



## GWAAR Updates

## Calendar of Events

Links to files may download or open, depending on your settings.

### Family Caregiver Support

[Jane Mahoney](#), Older Americans Act Consultant

#### ***Nice to Know-Reminder***

#### **2020 Alzheimer's Association State Conference Workshop Proposals**

Workshop proposals are being accepted for the 2020 Alzheimer's Association State Conference at the Kalahari Resort & Convention Center in Wisconsin Dells, Sunday through Tuesday, May 3-5, 2020.

The theme for the 2020 conference is "*Living Well*" which can encompass many workshop topics such as:

- Living well as person with dementia, as caregiver, or as professional
- Social engagement
- Physical exercise, diet, sleep, work-life balance
- How to manage chronic conditions when you have Alzheimer's (diabetes, etc.)
- How as a family do you live well
- Mindfulness/Living in the Moment/Attitude
- Younger onset and family dynamics

The deadline to complete a workshop proposal is Friday, November 15, 2019.

[Submit with the online form.](#)

[Submit with the PDF form.](#)

### Health Promotion

[Angie Sullivan](#), Older Americans Act Consultant - Health Promotions Specialist

#### ***Need to Know-Reminder***

#### **Health Promotion Webinar**

Tuesday, November 19 9:00 - 10:30 a.m.

The next Health Promotion Webinar will feature Brooks Kenny, the Executive Director of the [WomenAgainstAlzheimer's Association](#) discussing their 30-Day Brain Health Challenge for women. Shannon Myers from WIHA will also be talking about the Mind Over Matter (MOM) program, which is now eligible for Title III-D funding. Anyone is welcome to join the call.

*Call-in/Log-In Information:*

- Conference Line: 1-800-977-8002
- Passcode: 464-53-44#

Adobe Connect Link: [https://gwaar.adobeconnect.com/heath\\_promotion/](https://gwaar.adobeconnect.com/heath_promotion/)

## Nutrition Program

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[Jean Lynch](#), *Older Americans Act Consultant - Nutrition Program Specialist*

[Pam VanKampen](#), *Older Americans Act Consultant — Nutrition Specialist — Senior Center Representative*

### Nice to Know

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#### **National Nutrition Month® 2020 Theme and Graphic Unveiled**

NNM 2020 National Nutrition Month®, celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for National Nutrition Month® 2020 is Eat Right, Bite by Bite. The theme and its accompanying graphic echo retro campaigns of the 1970s and '80s that are popular again. They are designed to be fun, accessible, positive and kid-friendly, and to include and be adaptable to all eating patterns and cultures. Resources and materials will be available in early 2020. [Check it out here!](#)