



## GWAAR Updates

## Calendar of Events

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

### General

#### Need to Know

##### **ACE Conference Call-January**

**January 14, 2020 from 9:00 a.m. to 10:30 a.m.** *The call-in information is as follows:*

Conference Name: FC1111

Dial in number: (712) 775-7031 Meeting ID: 378-231-776#

Please help us kick-off 2020 with an ACE Meeting Conference Call. This call will include GWAAR and Bureau Updates, as well as a to be determined, educational or informational session. Additional ACE Meeting dates for 2020 will be coming soon.

#### Nice to Know

[Bob Kellerman](#), Executive Director

##### **Help Us Find Governing Board and Advisory Council Members**

GWAAR is looking for new members for both our Board and Advisory Council. Please [share this article](#) in your local newsletter to help get information about these opportunities spread through all the counties and tribes we serve. Please contact [Bob Kellerman](#) if you have questions.

### Advocacy

[Janet Zander](#), Advocacy & Public Policy Coordinator

#### Nice to Know

Four elder abuse bills were recently bill released. These bills came out of the task force created by former Attorney General Schimel in Aug. 2017.

- AB 479/SB 430 - Expediting criminal proceedings when a victim or witness is an elder person and preserving the testimony of a crime victim/witness who is an elder person,
- AB 480/SB 427 - Increased penalties for crimes against elder persons,
- AB 481/SB 429 - Financial exploitation of vulnerable adults, and
- AB 482/SB 428 - Financial exploitation of vulnerable adults with securities accounts

Last week the Assembly Committee on Criminal Justice and Public Safety held a hearing on AB 480, AB 481 and AB 482. See [GWAAR's testimony here](#). On Thursday, November 21, the Assembly Committee on Judiciary will hold a public hearing on AB 479. This is a good time to let your state Representative and Senator know how elder abuse is impacting older adults in your community and to share your thoughts and stories related to these proposals.

## Health Promotion

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

### **Reminder: Need to Know**

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#### **Review Your Year-to-Date Expenditures**

A reminder for all Aging Units/ADRC's to review your year-to-date expenditures for Title III-D dollars. There is a tremendous amount of money not being utilized in Wisconsin to implement high-level evidence-based programming for older adults. If you have any questions on how those dollars can be spent, please don't hesitate to [reach out to me](#) as soon as possible. Thank you.

### **Nice to Know**

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#### **Walk with Ease**

A handful of Aging Units/ADRC's have been implementing the Walk with Ease program in Wisconsin. The Arthritis Foundation has listened to feedback and updated their online leader training. This is a great program for those of you looking to add more high-level evidence-based programming for older adults in your community. Since the leader training is online, you could still use your 2019 Title III-D dollars to train facilitators by the end of the year. If you are looking to add this high-level evidence-based walking program to your menu of offerings, here is the link to find out more about it and how to get started: <https://wihealthyaging.org/walk-with-ease>

## 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

### **Need to Know**

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#### **March is National Nutrition Month!**

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

The National Nutrition Month® 2020 theme — Eat Right, Bite by Bite — and accompanying graphic pays homage to the retro campaigns of the 1970s and '80s that are popular again. The theme's rhyme and simple food treatment appeals to kids and kids-at-heart, and "bite by bite" also supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming.

Most importantly, Eat Right, Bite by Bite is fun, positive, kid-friendly, inclusive of and adaptable for all eating patterns and cultures, and accessible and easy to understand.

The Academy of Nutrition and Dietetics looks forward to celebrating National Nutrition Month® with you! Resources and materials will be available at the beginning of the new year.

### **Nice to Know**

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#### **National Handwashing Awareness Week December 1-7, 2019!**

Don't forget to prepare your nutrition staff and volunteers and community by sharing the free posters link! It will have a positive impact on their health and wellness!

Remember there are *many* other viral infections that do not have vaccines: CMV, RSV, enterovirus, AFM (Acute Flaccid Myelitis), parainfluenza, Coxsackie, Norovirus and many more!

Then of course there is MRSA, Strep, C difficile, E coli and many more bacteria, as well!

The posters are in 21 languages [you can download](#) and give away to help "Spread the word not the germs"!

Effective Food Safety is based on Hand Awareness and Temperature Awareness. We have the basis for the multi-sensory visual driven food safety program that is a simple solution to a complex problem. Your kitchen and service staff are visual learners who respond to edu-tainment as the preferred method for learning. Henry the Hand Champion Handwasher and Tommy Temperature (coming soon) are "Teaming up" to "Spread the Word not the Germs".

There are many posters that can be used in your kitchen and restaurant. Get the downloadable posters [here](#).

Additional food safety posters and materials can be found [here](#).

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### ***Nice to Know***

#### **Ideas for Your Nutrition Dollars**

Do you have some nutrition dollars to spend before the end of the year? How about investing in some digital thermometers and brimmed hats with built in hairnets? Here are some samples.

- [Digital Thermometer](#)
- [Brimmed Hat Style 1](#)
- [Brimmed Hat Style 2](#)

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## **Transportation**

[Carrie Diamond](#), *Older Americans Act Consultant - Transportation & Volunteerism Specialist*

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### ***Nice to Know***

#### **Community Needs Health Assessment**

A Community Needs Health Assessment (CNHA) is a process of community engagement; collection, analysis, and interpretation of data on health outcomes and health correlates/determinants; identification of health disparities; and identification of resources that can be used to address priority needs - as defined by the CDC. Hospitals in your area will have one - do you know what's in it? Does it mention mobility and access?

[This publication](#) from the National Center for Mobility Management describes the CNHA process and provides case studies where mobility improvements stemmed from CNHAs. There are case studies highlighted and tips on ways you, your mobility manager or transportation coordinator can leverage the CNHA process to address transportation needs in your community.

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## **Volunteerism**

[Carrie Diamond](#), *Older Americans Act Consultant - Transportation & Volunteerism Specialist*

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### ***Reminder: Need to Know***

#### **One More Week to Apply! Seeking Second Cohort of See a Need, Take the Lead**

GWAAR is offering an opportunity for existing or developing programs in Sip & Swipe, StrongBodies, AMP (existing programs only) or Medicare Minutes to participate in Cohort 2 of the See a Need, Take the Lead volunteer initiative. This program offers expert assistance and a framework to create self-directed volunteer teams that reduce staff time needed to operate the program.

This is a unique opportunity in which GWAAR has invested in order to provide a sustainable volunteer program model that not only responds to your agency needs, but the needs of your older adult volunteers!

[Applications](#) are due Nov. 22.

## Business Development Center

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### ***Nice to Know***

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[Sky Van Rossum](#), Business Development Coordinator

#### **Your Services Fit Into the “Longevity Economy”**

The “Longevity Economy”, branded by AARP, represents the sum of all economic activity driven by the needs of Americans aged 50 and older, including products and services they purchase directly and the further economic activity this spending generates.

This [infographic from Stria News](#) helps identify elements of this growing economy. Take a look, and you’ll see how the programs and services provided by the aging network play a key role in this market.

Contact me to share your thoughts and ideas about the needs of your local market.

## Guardianship Support Center

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[Atty Kate Schilling](#), Legal Services Manager

### ***Reminder: Nice to Know***

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#### **Please Help Us Welcome the New Guardianship Support Center Staff Attorney!**

Attorney Polly Shoemaker has been hired to run our Guardianship Support Center in GWAAR’s Elder Law & Advocacy Center. Polly started November 18 and will be a full-time employee in our Madison office. For the past 4 years, Polly has worked as a staff attorney at ABC for Health, a non-profit organization in Madison dedicated to helping individuals access health care coverage and benefits.

Polly represented both older adults and children with special healthcare needs with Medicaid applications, appealing inappropriate denials, and all the way through to administrative hearings. This past summer, Polly took a case all the way up to the Wisconsin Court of Appeals in regards to a Medicaid countable income issue. Polly has a passion for legal writing, systems advocacy, and doing volunteer work for underrepresented groups. In her spare time, Polly is an avid knitter and helps coordinate the country’s largest knitters’ guild.

Please refer all guardianship and power of attorney questions to the GSC helpline at:

Helpline phone: (855) 409-9410 (leave a message)

Or email at <mailto:guardian@gwaar.org>