



GWAAR Updates

Calendar of Events

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

General

Nice to Know

GWAAR's Employment Opportunities Web Page is For You

When you're looking for new staff, or a new job, remember the GWAAR website [Employment Opportunities](#) page. To get a position posted, send a link with the information/application, and the date you want the post taken down to kim.cobb@gwaar.org. *Please note:* the page is hidden when there aren't any active postings.

Nice to Know

Resource Directory Updates

As you develop and maintain your Resource Directory, please remember to include the services GWAAR offers directly to older adults and their caregivers. Use [this guide](#) with standardized language to describe our programs.

Advocacy

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

Need to Know

Second Short-term Spending Bill Signed

On Thursday, Nov. 21, 2019, the President signed a short-term spending bill to avoid a federal government shutdown just hours before the previous Continuing Resolution (CR) was set to expire. The new CR extends funding levels from the last fiscal year (which ended Sept. 30, 2019) until Dec. 20, 2019. Congressional negotiators now have an additional four weeks to work on spending agreements for the 2020 fiscal year (FY).

The CR passed in the House on Nov. 19, in the Senate on Nov. 21, and then sent directly to the President's desk. Some members of Congress are optimistic a funding deal will be reached before the end of this calendar year, but appropriators have indicated an additional short-term extension (CR) will be needed before the holiday break to provide additional time to reach a final agreement.

More Contacts Needed

Even if you have contacted your federal legislators about 2020 funding in the past, contacts are needed again as we push for a full-year FY 2020 funding that includes the House-approved increases for Older Americans Act and other aging programs. Your [Members of Congress](#) need to hear from state/district constituents who benefit from the OAA programs and services you deliver. They also need to hear how prolonged CRs (which keep your programs flat funded) cause challenges for you at the local level. [U.S. Senator Tammy Baldwin](#) serves on the Senate Committee on Appropriations. Messages to her should include a request asking she share your message with her committee leaders. If you are represented by [Congressman Mark Pocan](#), you should include a similar message as he serves on the House Committee on Appropriations.

Health Promotion

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

Need to Know

Health Promotion Quarterly Webinar Recording Available

Thank you to all who attended the November 19th Health Promotion Webinar. Brooks Kenny, the Executive Director of [WomenAgainstAlzheimer's](#), gave us an overview of their free 30-Day Brain Health Challenge for Women. Shannon Myers provided an update on a popular new program called [Mind Over Matter: Healthy Bowels, Healthy Bladder \(MOM\)](#), which is now eligible for Title III-D dollars. The Wisconsin Institute for Healthy Aging also discussed several updates to Stepping On and Living Well with Chronic Conditions, which will roll out in 2020. Please take time to listen to the [recorded webinar](#).

Nutrition Program

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

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

Nice to Know

Could Decreasing Inflammation Be the Cure for Everything?

Diet and lifestyle choice play a significant role in chronic inflammation that can contribute to and/or worsen many chronic conditions. This [article from AARP Magazine](#) does a very nice job explaining the causes and offers practical dietary and other lifestyle advice.

Kellogg's Wellbeing Collective Provide Valuable Information

We discuss the importance of collective impact to address food insecurity and malnutrition; we can do more when we work with partners. Check out the new [Kellogg's Wellbeing Collective](#), a source for valuable food and nutrition news, recipes, nutrition education materials, professional resources and more. I briefly looked at the recipes and they are nutrient dense, have nutrition fact labels and sound delicious. For example, baked banana donuts, yum! Learn about the new Wellbeing Principles and the many benefits of joining the Wellbeing Collective [here](#).

Transportation

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

Need to Know

Link Correction: [Community Needs Health Assessment](#) (also posted on [GWAAR's Transportation page](#) under the Coordinated Planning and Coordination Committees)

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.

Volunteerism

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

Need to Know

Attention! Extended Deadline!

The deadline to become part of the second “See a Need, Take the Lead” initiative will be extended until Dec. 20. This will allow those of you who were swamped with open enrollment and other things an opportunity to review the materials and submit your application. Get the application [here](#), and you’ll find the cohort 1 summary report and application on the GWAAR website [here](#).

Check out the testimony from the current Marathon County “See a Need, Take the Lead” project:

“Being part of the Self-Directed Volunteer Team approach has been a very positive experience for our group. The approach has provided direction and focus to do our work efficiently and effectively. Our team is varied in age, background, profession and skill, but we share a common thread. We value and respect the contributions each member brings to the group. We are passionate about providing awareness, knowledge and understanding about healthy aging concepts in our community. The SDVT model/approach has value. The structure provides clear direction and helps us focus our time, energy and effort in a coordinated way. Where there is passion and power, there is impact!” Susan Krolow, RSVP Director, United Way of Marathon County

Webinar to Learn More

Still have questions? I will be holding a special webinar to give a brief explanation and provide time for Q&A on Tuesday, Dec. 10 from 9:00 – 9:30 a.m. This will give you and your staff an opportunity to learn more about the program and ask questions. Please join me in an Adobe Connect Meeting.

Meeting Name: See a Need, Take the Lead Introductory Webinar

When: 12/10/2019 9:00 AM - 9:30 AM

Conference Number(s): Call-in: 1-800-977-8002 passcode: 4645344#

To join the meeting:

<https://gwaar.adobeconnect.com/sntlcohort2/>

Elder Benefit Specialists Services

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

Nice to Know

2020 EBS Training Calendar Has Been Released.

Check out the [new calendar here](#). Please note that one side of the document is exclusively for *newly-hired EBS*. The other side of the training calendar is for *all EBS*. These trainings are mandatory for *all EBS* regardless of the length of time in the position. Aging directors should be sure that EBS have these dates on their calendars and do not have conflicting events scheduled for these dates. In the event that an EBS will not be able to attend a mandatory training, it must be discussed with their assigned program attorney in advance.