



Volume 2, No. 1, January 7, 2020 Office (608) 243-5670 Fax (866) 813-0974 info@gwaar.org

GWAAR Updates

[Calendar of Events](#)

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

General

Need to Know

Reminder: ACE Conference Call

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, and an educational or informational session. More ACE Meeting dates for 2020 will be coming soon.

Reminder: Make Your Mark!

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. The 2020 theme is *Make Your Mark*.

ACL selected this theme to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

Celebrate Older Americans Month and make your mark in May! Leading up to the observance, ACL will release artwork, activity suggestions, and other materials you can use online and at events. Remember to share your #OAM2020 plans, stories, & events on social media. Announcements will be sent when new resources are posted to the [official website](#).

Advocacy

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

Nice to Know

Upcoming Elections

Do you live in the 7th Congressional District in Northwestern and Central Wisconsin? If you're not sure, find out by typing [your zip code here](#). If you live there, you have two Special Elections approaching to determine who will fill the remainder of U.S. Representative Sean Duffy's term. *(These are in addition to the April 7, 2020 statewide Spring Election and Presidential Preference Primary.)*

- Feb. 18, 2020: Special Primary for Congressional District 7. This is the same day as Wisconsin's statewide spring primary.
- May 12, 2020: Special Election for Congressional District 7. Yes, unfortunately the May election falls on the same day as our 5th Annual Aging Advocacy Day. *(continued next page)*

Does this mean if you live in the 7th Congressional District you can't vote **and** join us in Madison for Aging Advocacy Day 2020? No, but if you wish to attend this exciting aging network event you will need to plan ahead. Make plans to vote by absentee ballot! This can be done in advance of the election and may be completed in-person, by mail, email, online or fax. Get more information on absentee voting [here](#). For additional elections or voting information go [here](#).

Family Caregiver Support

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

Nice to Know

Reminder: Share Your Ideas for the 2020 Caregiver Support Community Statewide Calls

If you have not already done so, please complete [this short survey](#) (about 4 minutes) to help plan the Caregiver Support Community Statewide Calls for 2020. Your thoughts and opinions are very valuable and helpful! You can share the link with others in your agency who have also participated in these calls.

Thank You!

Nutrition Program

[Jean Lynch](#), OAA Consultant - Nutrition Program Specialist

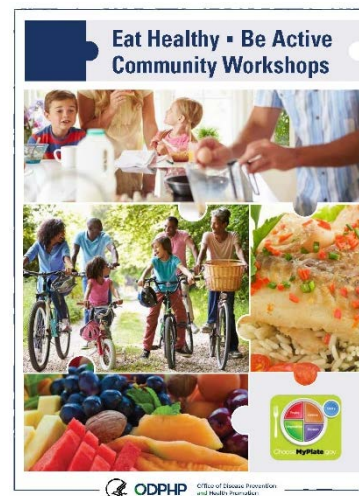
[Pam VanKampen](#), Older Americans Act Consultant — Nutrition Specialist — Senior Center Representative

Nice to Know

Reminder: Eat Healthy — Be Active Community Workshops Handbook

Take a look at the [handbook for conducting community workshops](#) based on the 2015—2020 Dietary Guidelines for Americans and Physical Activity Guidelines for Americans. The six one-hour workshops developed by the U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion feature updated materials on added sugars, sodium, saturated fat, and healthy eating patterns; and easy-to-understand handouts updated with health literacy principles in mind.

This is not an Evidence-Based Workshop, however, it's a great resource for Nutrition Education!



Business Development Center

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

Nice to Know

Check it Out: *Why Collaboration Is Crucial to Innovators in the Longevity Market*

I felt compelled to read this article by four words in the title "Collaboration...Innovators... Longevity Market".

Take the time to [read this short piece](#) by Ann Oldenburg and learn how thought leaders believe can re-frame the conversations we have daily on aging.