



Volume 2, No. 2, January 14, 2020    Office (608) 243-5670    Fax (866) 813-0974    [info@gwaar.org](mailto:info@gwaar.org)

## GWAAR Updates

## Calendar of Events

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

### General

---

#### Nice to Know

---

#### Get Ready for Emergencies

FEMA's [Ready 2020 Preparedness Calendar](#) is now available. The planning tool marks preparedness activities and provides customizable resources to help promote preparedness throughout the year. Please feel free to adapt the materials to hazards that can impact your local area. Great for newsletters!

### Family Caregiver Support

---

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

#### Need to Know

---

#### Community Care Corps: Seeking Innovative Volunteer Caregiving Models

New funding opportunity coming next week! N4A and its partners, the Oasis Institute, the Caregiver Action Network and the Altarum Institute, will [release an RFP](#) soon seeking innovative models of volunteer caregiving programs to assist family caregivers, older adults or people with disabilities with non-medical care to help them maintain their independence while living in the community.

#### Nice to Know

---

#### Opportunities for Caregiver Input- Share with Your Caregivers If You Wish!

##### *Stanford Caregiver Questionnaire*

Caregivers are invited to participate in a research study through the Stanford University School of Medicine. The study has been approved by the Stanford Institutional Review Board (IRB). If you are a caregiver, please consider filling out the questionnaire which will have a few questions about your role as a caregiver. Researchers are not collecting any information identifying either you or your care partner (the person for whom you are caring). Take the [survey here](#). The total time should be 5-10 minutes.

##### *Research Participation Opportunity*

An ongoing research project at MIT AgeLab is building an international Caregiver Panel to learn more about experiences of family caregivers. In addition to current caregivers, the study has recently been expanded to include those who have cared for a loved one in the past or may in the near future. They are looking for family caregivers who would like to share their perspectives with researchers, developers, and policymakers. Interested caregivers can join the study following [this link](#).

Participants will hear from MIT AgeLab periodically (about every other month) to take part in brief online surveys. Participants who complete the surveys will be eligible to win gift cards as part of a raffle.

Please email [mit-caregiving@mit.edu](mailto:mit-caregiving@mit.edu) if you have any questions.

## Health Promotion

---

[Angie Sullivan](#), OAA Consultant - Health Promotions Specialist

*Nice to Know*

---

### Opportunity to Implement *Physical Activity for Lifelong Success* in Your Community

The Wisconsin Institute for Healthy Aging (WIHA) has an opportunity to implement *Physical Activity for Lifelong Success* (PALS) in your community. PALS is an evidence-based program specifically designed for sedentary older adults and is designed to get people active, and keep people going after the PALS workshop. The program meets three days per week for 10 weeks, followed by 10 coaching session over six months. This behavior change program uses self-efficacy and self-regulation tools to get older adults active and then help them to stay active after the 10-week workshop is over.

Currently, PALS is in the Program Evaluation (grant-funded) phase of the project. Meaning, the team at the Community-Academic Aging Research Network (CAARN) and WIHA are working with new leaders on packaging and implementation materials to ensure it is the best package it can be for future leaders. Thus, they are asking new leaders for their feedback on the program and to conduct evaluations with their participants. In exchange for these evaluation efforts from new leaders, WIHA will provide leaders with the following:

- Free 2-day leader training (\$475 value)
- Free equipment (\$500 value)
- A \$500 stipend as a thank you for your time and efforts in assisting us with our program evaluation efforts

There are two leader trainings remaining that will have this opportunity available.

- February in Madison, WI
- March in Eau Claire, WI

Registration is now open! You can complete the leader [registration form here](#).

To learn more about the PALS program, please view the webinar [here](#).

If you have any questions, comments, or concerns about the program, please reach out to Erin Eggert at the contact information below. If you are interested in the upcoming leader training, please let me know.

Erin Eggert, MS, EP-C, Community Research Associate, Wisconsin Institute for Healthy Aging  
Community-Academic Aging Research Network

Contacts: Work Cell: 608-852-4303; [Erin.eggert@wihealthyaging.org](mailto:Erin.eggert@wihealthyaging.org)



## Nutrition Program

---

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

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

*Nice to Know*

---

### Reminder: 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 pay homage to the retro campaigns of the 1970s and ’80s that are popular again. The theme’s rhyme and simple food treatment

not only appeals to kids and kids-at-heart, but 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 in early 2020 [here](#).



## Volunteerism

---

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

### Celebrate National Volunteer Week

Plan to celebrate National Volunteer Week on April 19-25, 2020, an annual celebration of service in the United States. Nationally, the light is shined on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

How will you recognize your volunteers? A thank you note, a banquet, a small token, a newsletter or newspaper article – big or small – there are many ways to recognize your volunteers and the contribution they make to your agency and the impact they have in your community.

Learn more and access the [2020 Toolkit](#)

