



GWAAR Updates

Calendar of Events

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

General

Nice to Know

New Title III Document

A [Quick Guide to Aging Programs](#) can be found on the [GWAAR website](#). The document gives a brief overview of each Title III program and the following state-funded programs:

- Elder Abuse Direct Service Funds
- State Senior Community Services
- Alzheimer's Family Caregiver Support Program
- NSIP and Elderly & Disabled Transportation Assistance (85.21 and 85.215).

Under each program is a list of services that can be funded, along with special requirements/considerations, carryover and match requirement. Use the guide as a quick reference to the various funding sources. For more specific details about each program, please continue to refer to the Wisconsin Aging Network Policy Manual.

Wisconsin Aging Unit Nutrition Program Partnerships Featured on N4A Website

An article about our Nutrition Program from N4A's latest newsletter is featured on their [home page](#). The article is about the success of our partnerships with Sustainable Kitchens. Once again, Wisconsin Aging Units provide a national model for improving the quality of life for older adults in our communities. Thanks to all of you who've participated in the program!



advocacy | action | answers on aging

Family Caregiver Support

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

Nice to Know

Online Certification Program

Grandfamilies Leadership Program [registration](#) is open! This online certificate program is for professionals who work with relative caregivers. The nine modules program is delivered over a 12-week period. You work at your own pace and the cost is only \$85. NFCSP funds could be used to cover the cost. Click [here for more information](#).

Community Care Corps Request for Proposals: Innovative Local Models to Provide Non-Medical Assistance to Older Americans, Persons with Disabilities, and Family Caregivers

Community Care Corps seeks proposals for innovative local models in which volunteers assist family caregivers or directly help older adults or adults with disabilities with non-medical assistance in order to maintain their independence.

Community Care Corps will award competitive grants between \$30,000 and \$250,000 to establish, enhance, or grow volunteer programs. A wide range of nonprofit entities, such as faith- and community-based organizations, institutions of higher education, and service organizations, as well as state, county, and local governments are encouraged to apply.

Community Care Corps seeks to fund local models that represent a diverse cross section of the nation reflective of geography, urban/rural/frontier and Tribal communities, underserved and limited English-speaking populations, communities with limited support programs, and more.

There will be an informational webinar on January 29 - details will be posted on their website soon.

Find the RFP information [here](#). Applications due April 3, 2020

Caregiver Teleconnection

The Caregiver Teleconnection is a program offering no-cost, one-hour conference calls. These sessions cover a wide range of interesting topics beneficial to family caregivers. Call participants can get expert advice, ask questions and talk to other people providing care. Upcoming calls are [found on their website](#) along with an archive of recorded calls available for listening. This is such a great option for caregivers in the heart of winter when people tend to be stuck at home.

International Short Break Association Conference

- 2020 International Respite (Short Break) Conference
- Monona Terrace Convention Center
- June 16th-19th, 2020, Madison, Wisconsin

The International Short Break Association (ISBA) is hosting the 2020 International Respite (Short Break) Conference in Madison, Wisconsin, from June 16th-19th, 2020. This international conference is intended for everyone who provides, uses, or needs respite/short break services. It is also for policy makers and program administrators who want to understand or better support the respite/short break needs of family caregivers, and individuals who receive respite care across all ages.



The theme for the conference *Moving Respite Forward* is inspired by Wisconsin's motto "Forward" which reflects the State's continuous drive to be a national leader. This conference will provide a space to advance knowledge and understanding of respite by learning from and with international leaders in the field of respite. The conference will also challenge attendees to utilize evidence-based practices and discover innovative strategies to improve respite care to meet the growing needs of the 43 million U.S. family caregivers and millions more caregivers around the world. Together, we are *Moving Respite Forward*!

The world's first Respite Research Summit will be held immediately following the conference on June 19, 2020. Find the conference website and registration [here](#).

Health Promotion

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

Nice to Know

Chronic Pain Program: Cross-Training Opportunity through WIHA-Register Now!

Please register soon for upcoming WIHA Leader Trainings. See the [training link](#) for all the details.

I would also like to highlight a new program that came to Wisconsin last year, Healthy Living with Chronic Pain (HLCP). It's a tremendous program for those dealing with on-going, persistent pain. It follows the same format as the other Stanford University programs; it is led by two peer facilitators and meets for 2 1/2 hours, once a week, for six weeks in a row. It validates chronic pain issues and empowers participants to focus on the things they can do to manage their pain. WIHA had great success with this program in 2019 and they are looking to spread it even further in 2020. You can see the [full course overview](#) on WIHA's website:

Active leaders in *Living Well or Diabetes* can take a 2-day cross-training to become cross-certified in Chronic Pain. In 2020, WIHA is offering two different cross training opportunities, and the first one is coming up quick!

- February 13 & 14, 2020, Oconomowoc (Waukesha County)
- Second one will be in La Crosse in July 2020.

Otherwise, WIHA has a 4-day HLCP Leader Training in Stevens Point this April for new leaders.

I encourage you to plan early to have facilitators trained.

Nutrition Program

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

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

Nice to Know

Calendar of Social Engagement- Opportunities for Older Adults

This [outreach/activity calendar](#) from engAGED lists monthly topics that can be used for plan programming and activities around. For example, February includes *Make a Friend Day* (February 11) and *Random Acts of Kindness Week* (week of February 17). Review the calendar with your Nutrition Advisory Council and brainstorm ways to engage your dining site and HDM participants. Partner with your local senior center, library, faith communities, health departments, etc. Each step forward, no matter how small, is a step in the right direction.

