



Volume 2, No. 16, April 14, 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

#### *Nice to Know*

##### **Reminder: COVID 19 Resources**

The GWAAR website now has a page for reliable resource information about the current pandemic. As we get new information, we'll [post it here](#).



**WISCONSIN DEPARTMENT  
of HEALTH SERVICES**



<https://www.dhs.wisconsin.gov/covid-19/index.htm>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

### Family Caregiver Support

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

#### *Need to Know*

##### **Caregiver Coordinator Statewide Trainings Update**

Trainings have been rescheduled as follows:

*Wednesday, September 30* - ADRC of Barron, Rusk and Washburn Counties, 330 E. La Salle Avenue, Barron

*Tuesday, October 6* - ADRC of Brown County, 300 S. Adams Street, Green Bay

*Thursday, October 8* - ADRC of Southwest Wisconsin, 303 W. Chapel Street, Dodgeville

Please register here, <https://gwaar.wufoo.com/forms/caregiver-coordinator-training-october-2020> *even if you had already done so*. There is a place on the form to indicate if you have already submitted payment.

#### *Nice to Know*

There is an increased awareness of mental health needs during this pandemic. The *Milwaukee Neighborhood News Service* has compiled a wonderful list of mental health resources that cover a wide array of topics from credible sources about mental health. You will find articles, tip sheets and podcasts with information about medication access, FAQs, mental health while working from home, online support groups, warmlines and hotlines, etc. These are great resources to share with customers, volunteers and staff.

<https://milwaukeeenns.org/2020/03/25/mental-health-resources-you-can-use-during-covid-19-and-beyond/#comments>

## Health Promotion

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Angie Sullivan, OAA Consultant - Health Promotions Specialist

### Need to Know

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#### GWAAR Health Promotion Quarterly Webinar

May 12, 2020 9:00 a.m.

Call-In/Log-In Information for Participants:

Conference Line: 1-800-977-8002 Passcode: 464-53-44#

Adobe Connect Link: [https://gwaar.adobeconnect.com/heath\\_promotion](https://gwaar.adobeconnect.com/heath_promotion)

Please attend GWAAR's quarterly health promotion webinar. Angie Sullivan, OAA Consultant for Healthy Aging at GWAAR, will be providing an overview on the National Council on Aging's Aging Mastery Program Starter-Kit.

<https://www.ncoa.org/healthy-aging/aging-mastery-program/aging-mastery-starter-kit-faqs>. The starter-kit could be a great tool to maintain a connection with your older adults. The Wisconsin Institute for Healthy Aging will also be providing updates to the delivery of their programs in response to the COVID-19 pandemic.



#### Get Fit for Free!

Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIH), is designed to help you fit exercise and physical activity into your daily life. This comprehensive website offers free videos and tips on endurance, strength, balance and flexibility activities. Participants can also sign up to receive motivation and fitness tips directly to their inbox. The Go4Life website (<https://go4life.nia.nih.gov/>) offers free tracking tools such as weekly exercise and physical activity plan, and goal setting worksheets. Please feel free to share on your social media, as well as in direct emails to program participants in evidence-based programming at your Aging Unit/ADRC.



#### Reminder: Track Health Promotion Program Guidance During COVID-19

During a period of physical distancing due to COVID-19, community-based organizations are canceling health promotion programs and exploring options for connecting remotely. Check this link regularly for updates from individual programs on whether it's feasible to continue implementation when in-person gatherings are not possible. <https://www.ncoa.org/news/ncoa-news/center-for-healthy-aging-news/track-health-promotion-program-guidance-during-covid-19>

If the workshop is a WIHA program, please check with them prior to implementing online.

### Nice to Know

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#### Tools for Reaching a Remote Audience

Given the current COVID-19 crisis, outreach and education is taking place at a distance. This tip sheet provides an overview of some popular tools to reach out to and connect with your audience.

GWAAR and the National Council on Aging do not endorse any of these platforms or applications and recognizes that all tools have advantages and disadvantages. We hope that the tip sheet will help you find the tools right for you and your community.

<https://gwaar.org/api/cms/viewFile/id/2005991>

## Medicare Outreach and Assistance

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[Debbie Bisswurm](#), Medicare Outreach Coordinator

### **Nice to Know**

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#### **Conducting Outreach Targeting Hard-to-Reach Beneficiaries**

Thursday, April 30 10:00 a.m.

Accuconference line: 800-977-8002

Participant Code: 4645344#

Webinar link: [https://gwaar.adobeconnect.com/hard\\_to\\_reach](https://gwaar.adobeconnect.com/hard_to_reach)

Please mark your calendars for the next Medicare outreach training, *Conducting Outreach Targeting Hard-to-Reach Beneficiaries*. While we continue with our safer at home practices, this webinar will present strategies for reaching people with a special focus on outreach activities that can be conducted now.

This training will be presented as an Adobe Connect Webinar.

## Nutrition Program

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

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

### **Nice to Know**

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#### **Reminder: Nutrition Education Peer Group Webinar/Call**

Thursday, April 16

2:00 p.m.

Call-in Information: 1-800-977-8002

Call-In Code: 4645344#

Link: <https://gwaar.adobeconnect.com/r30v5i3h8ed/>

Join via Adobe Connect to view slides. (enter your name as a guest)

Carrie Kroetz, Older Americans Act Consultant, GWAAR, and Sara Koenig, Elder Nutrition Program Manager, Bureau of Aging and Disability Resources, will be joining the call to answer questions about how to record in SAMs/WellSky. We will also be discussing how you are conducting nutrition education while the Senior Dining Sites are closed and, of course, peer sharing.