



Volume 2, No. 19, May 5, 2020 Office (608) 243-5670 Fax (866) 813-0974 info@gwaar.org www.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 COVID-19 page: gwaar.org/covid-19

The Wisconsin Dept. of Health Services and CDC COVID pages include regularly updated information:

<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 Support Community Statewide Call

Tuesday, May 26 at 10:00 a.m.

https://gwaar.adobeconnect.com/cg_coord_call/

Call-in: 1-800-977-8002 Passcode: 4645344#

During the next Caregiver Support Community Statewide Call I will highlight caregiver supports that can be delivered to caregivers in their homes. If you are willing to share how you are supporting caregivers while they are staying "safer at home," please let me know.

Nice to Know

Get Reduced Prices on UW Oshkosh Dementia Care Courses

UW Oshkosh is offering the Dementia Generalist Course and their Dementia Specialist Courses at a reduced cost of \$20 through June 30, 2020. The courses are great for family caregivers caring for someone with dementia. There are 15 Dementia Specialist courses with topics such as:

- Meaningful Engagement Through Activities
- Wandering and Exit-Seeking Behavior
- Discovering Moments of Joy
- Activities of Daily Living
- *Newly Added!* Lewy Body Dementia: A Complex Condition
- *Newly Added!* Vascular Dementia: The Heart to Brain Connection (cont. next page)

All classes can be paid for with NFCSP and AFCSP funds for eligible participants.

Specialist Courses: https://wss.ccdet.uwosh.edu/stc/dhsdementia/cst_SpecialistCourses.htm

Generalist Course: https://wss.ccdet.uwosh.edu/stc/dhsdementia/cst_GeneralistCourses.htm

Health Promotion

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

Need to Know

Reminder: 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

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.

Nice to Know

Encouraging Older Adults to Stay Active and Safe During the Coronavirus Pandemic

Corrected Link: Last week the wrong link was published with this article. Please use the new link below <https://www.ncoa.org/blog/encouraging-older-adults-to-stay-active-and-safe-during-the-coronavirus-pandemic/>

Your Aging Unit/ADRC may not be able to offer group exercise classes during the COVID-19 outbreak, but it is important to encourage older adults to stay active and maintain gains in strength, balance, and flexibility that reduce fall risk, strengthen the immune system, and improve quality of life.

The National Council on Aging has compiled tips and resources to use when communicating with older adults about the importance of staying active during this time. At this link you'll find infographics, videos and tips that can be shared in Home Delivered Meals, Grab n' Go Meals, newsletters and social media.

Addressing Social Isolation for Older Adults During the COVID-19 Crisis

This resource is intended to assist states and others with creative and thoughtful approaches to social isolation and loneliness in older adults and facilitate sharing and learning across states. It provides a list of activities and ideas to address social isolation in older adults. Take a look here:

<https://gwaar.org/api/cms/viewFile/id/2006043>

Nutrition Program

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

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

Nice to Know

What's New With the Nutrition Facts Label?

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. The main page of information can be found here: <https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>

Learn about what's new with the *Nutrition Facts Label*, including details on calories, serving sizes, added sugars, and more here: <https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

There are several practical, useful materials including a Social Media Toolkit with

- Announcements for Newsletters
- Facebook/Twitter Posts
- Campaign Videos
- Downloadable Factsheets.

Get the social media toolkit at <https://www.fda.gov/food/new-nutrition-facts-label/social-media-toolkit-new-nutrition-facts-label>

Finally, check out the new Nutrition Facts campaign and resources designed specifically for older adults also available at <https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults>



Business Development Center

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

Nice to Know

Medicare Advantage Plans Targeting Social Isolation Through New Community Partnerships

The development of these new and innovative pathways are successfully reaching vulnerable community members. Read on to learn more and tell us about your ideas.

<https://healthpayerintelligence.com/news/medicare-advantage-plans-target-social-isolation-in-new-programs>