

## GWAAR Updates

## Calendar of Events

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

### Family Caregiver Support

Jane Mahoney, Older Americans Act Consultant

#### Nice to Know

##### Caregiver Support Community Statewide Call

*Learn about Tualta, available through GWAAR in July*



**SKILL-BASED  
TRAINING**



**CLINICALLY  
VALIDATED**



**PERSONALIZED  
LEARNING JOURNEY**



**TRACK ENGAGEMENT**

*June 23, 10:00 a.m., via Adobe Connect Webinar*

Adobe Connect login: [https://gwaar.adobeconnect.com/cg\\_coord\\_call/](https://gwaar.adobeconnect.com/cg_coord_call/)

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

The next Caregiver Support Community Statewide Call will feature a demonstration of the eLearning program Tualta, which has been purchased by GWAAR for statewide use. Tualta offers skill-based training delivered through an online learning system build specifically for family caregivers of older adults. Tualta will become available in July. Please invite others who work with family caregivers to attend this meeting so they can learn about this new resource!

##### Tualta Training Dates Set

Caregiver coordinators will have two opportunities for Tualta training following the demonstration. More details to come.

*June 29, 2:00 p.m.*

*July 2, 9:00 a.m.*

##### Reminder: Share Your Virtual Events!

Remember to share your virtual support group or event using the online form below to submit it to [wisconsincaregiver.org](http://wisconsincaregiver.org). There is a nice assortment of support groups, memory cafes and events already listed for caregivers to choose from. Then help get the word out about this new webpage! Thanks!

Webpage: <http://wisconsincaregiver.org/virtual-events-for-caregivers>

Link to online form: <https://forms.office.com/Pages/ResponsePage.aspx?id=ZHYIjp1ATEymtHqgECDW6j5D4Zt-k39MuZHRh4KS7CZUMkFES0o3UktIWepFVjMwQUpmREI1UVY1Vy4u>

## Health Promotion

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Angie Sullivan, OAA Consultant - Health Promotions Specialist

### **Need to Know**

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#### **Quarterly Health Promotion Webinar - Save the Date**

Tuesday, August 18, 9:00 a.m. – 10:30 a.m., via Adobe Connect Webinar

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

Call-In/Log-In Information for Participants:

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

**\*\*You will need to call in using the conference line and log-in on the adobe connect link\*\*** Please mute your computer speaker to reduce feedback; all lines will be muted.

#### *Agenda*

- Welcome – Angie Sullivan, GWAAR (3-5 min)
- UW Population Health Resources – Justin Rivas (20 min)
- Title III-D and SAMS – Carrie Kroetz, GWAAR (20 min)
- GWAAR Updates – Angie Sullivan, GWAAR (15 min)
- WIHA Updates – WIHA Staff (25 min)
- Better Choices, Better Health
- Other Updates
- Closing Comments (5 min)

### **Nice to Know**

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#### **Program Spotlight: Bingocize Program Summary**

Bingocize is an evidence-based 10-week program combining bingo-like games with exercise and health education. The unique addition of bingo addresses many of the barriers to older adults' participation because the game is fun, familiar, and done in a group setting. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. A mobile app version is also available. The overall goals of the program are to help older adults improve and/or maintain mobility and independence, learn and use health information focused on falls reduction and other health-related behaviors, and socially engage with other older adults. During the time of COVID-19, the creators of the program have approved Bingocize to be administered virtually. Bingocize is on NCOA's list of approved high-level evidence-based program, therefore eligible for Title III-D dollars. Please see the program summary for more information on cost and implementation at <https://gwaar.org/api/cms/viewFile/id/2006090>.



## Nutrition Program

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[Jean Lynch](#), Older Americans Act Consultant - Nutrition Program Specialist

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

### Nice to Know

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#### Free Support Resources

Looking for recipes, nutrition and food safety education handouts, games and activities to include with Grab n Go and HDMs? The Academy of Nutrition and Dietetics and its members are offering free nutrition articles, infographics, videos and activities for individuals and families managing challenging conditions. At the link below you will find:



- Videos on kitchen safety, cooking with kids and more
- Nutrition-related tip sheets, games and activities for the entire family
- Recipes for delicious meals, snacks, and refreshing drinks

Check it out here:

[https://www.eatright.org/coronavirus?\\_ga=2.74879579.831658733.1587997631-1083570537.1548455769&\\_zs=UfDFa&\\_zl=cpN82](https://www.eatright.org/coronavirus?_ga=2.74879579.831658733.1587997631-1083570537.1548455769&_zs=UfDFa&_zl=cpN82)

#### Summer Nutrition Director Meetings Changed to Zoom Platform

We've planned two Zoom meetings, one each for the Northern and Southern Regions, to help address the COVID stages in the various parts of the state. The meetings have the same agenda. If you are unable to attend the meeting for your region, you can join the date that works best for you. We look forward to "seeing" you!

##### *Northern Nutrition Directors*

June 23, 2:00 p.m.

Meeting Access Information:

Online Zoom Meeting Link: <https://dhs.wi.zoom.us/j/95045756125?pwd=YmoyZmFIV2Q2cnJiWUJNV3lqOHVZQT09>

Telephone Options: 301-715-8592 or 646-558-8656

Meeting ID: 950 4575 6125      Password: 664792

##### *Southern Nutrition Directors*

June 30, 2:00 p.m.

Meeting Access Information:

Online Zoom Meeting Link: <https://dhs.wi.zoom.us/j/96286614822?pwd=QmNuMGVIRIZFc1lpUW4wQi9sVVEyUT09>

Telephone Options: 301-715-8592 or 312-626-6799

Meeting ID: 962 8661 4822      Password: 484759

## Medicare Outreach and Assistance

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[Debbie Bisswurm](#), Medicare Outreach Coordinator

### **Reminder: Nice to Know**

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#### **Conducting Effective Virtual Presentations**

Thursday June 25, 10:00 a.m. via Adobe Connect Webinar

Webinar link: [https://gwaar.adobeconnect.com/virtual\\_presentations](https://gwaar.adobeconnect.com/virtual_presentations)

Accuconference line: 800-977-8002

Participant Code: 4645344#

Please mark your calendars for the next Medicare outreach training, which will cover the topic of *Conducting Effective Virtual Presentations*. Some of you may have started doing online presentations and others may be considering it. This training will include information, tips and tools that you can use to help make your virtual presentations more effective.