



Volume 2, No. 27, July 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

[Jayne Mullins](#), Older Americans Act Consultant

#### Nice to Know

##### Customer Satisfaction Survey Update

The 2019 OAA Consumer Satisfaction Survey will not happen during 2020 due to the ongoing COVID-19 pandemic. The research firm that conducts this annual survey, Westat, is planning on continuing this project sometime in 2021. We have been informed that GWAAR will be among those area agencies on aging participating at that time. Contact Jayne Mullins ([jayne.mullins@gwaar.org](mailto:jayne.mullins@gwaar.org)) if you have questions.

### Advocacy

[Janet Zander](#), Advocacy & Public Policy Coordinator

#### Nice to Know

##### Disability Vote Coalition's Press Event

Thursday, July 16

9:00 a.m. Join via Facebook Live at:

<https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fwisconsin DisabilityVote%2Fposts%2F2059451664189579&data=02%7C01%7C%7C8e61b7e4f0fb431b615408d82767d625%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637302674215360396&sdata=GtzS9oafChzFBHhrqmQOMVw%2BqEzc5XWEQPUOYKGlt3I%3D&reserved=0>

This virtual press conference will recognize and highlight National Disability Voter Registration Week, July 13 - 17, 2020. A panel of advocates from around Wisconsin will discuss the efforts of the Disability Vote Coalition to advance policies to eliminate barriers to voting, as well as share stories from voters with disabilities about the importance of turning out the disability vote. Individuals will be able to join via the Facebook Live link above.

### Family Caregiver Support

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

#### Nice to Know

##### July 14<sup>th</sup> is the Last Chance for Comments

The Governor's Task Force on Caregiving is looking for public input on their draft policy proposals. Full versions of the proposals as well as summaries of each proposal can be found on their website along with the link to the survey.

- Draft proposals: <https://gtfc.wisconsin.gov/content/draft-policy-proposals>
- Task Force website: <https://gtfc.wisconsin.gov/content/welcome-governors-task-force-caregiving-site>

## Provide Support to Wisconsin Caregivers Through Trualta!

The Wisconsin Trualta Portal is set up and ready to use.

### Next steps:

#### *Set-up your account:*

- if you haven't done so, set up your Trualta account via the e-mail link provided when you signed up for training.
  - if you didn't receive an email, check your spam folder.
  - if you still cannot find it, please contact me ([Jane Mahoney](#)).

#### *Invite Caregivers:*

- if you have completed the training and taken the quiz, you can start inviting caregivers!
- if you were unable to attend one of the trainings please watch the recording (48 minutes) and take the quiz. The recording and quiz can be found on the Staff Space.  
<https://trualta.docsend.com/view/s/qi6pwprjtjbeygp2>
  - if you have questions after that, please let me know and I will help.
  - when you have completed the training and taken the quiz, you can start inviting caregivers!

#### *Understand the Resources*

- familiarize yourself with the content so you can share complete information with caregivers.
  - Staff Space (<https://trualta.docsend.com/view/s/qi6pwprjtjbeygp2>) provides a list of all the trainings and sample content for potential users.

The program is pretty intuitive and easy to use. Let me know if you have any questions!

## RAISE Family Caregiving Advisory Council Hosts Virtual Full Council Meeting

July 16

11:30 a.m-3:30 p.m.

ACL is pleased to announce the fourth full council meeting of the RAISE Family Caregiving Advisory Council, established by the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act. The agenda for the meeting will be posted on the RAISE webpage prior to the meeting.

### *Online Attendance:*

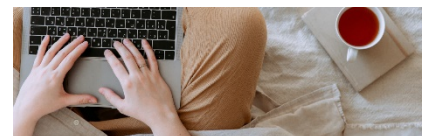
The virtual meeting will be open to the public. Registration is not required to attend via webinar. The webinar link will be posted on the RAISE webpage: RAISE Webpage:

<https://acl.gov/programs/support-caregivers/raise-family-caregiving-advisory-council> and open for access (live) 15 minutes prior to the meeting start time.



## Virtual Support for Caregivers!

Many virtual support groups, memory cafes and events are available to caregivers across the state. In fact, a caregiver could participate in something every weekday! Please make sure your caregivers know about these opportunities, listed at <http://wisconsincaregiver.org/virtual-events-for-caregivers>



If you would like to add your virtual support group or event to this website, please submit the request by completing this form: <https://forms.office.com/Pages/ResponsePage.aspx?id=ZHYIjp1ATEymtHqgECDW6j5D4Zt-k39MuZHRh4KS7CZUMkFES0o3UktIWEpFVjMwQUpMREI1UVY1Vy4u>

## Health Promotion

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

### Nice to Know

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#### Two 2020 StrongBodies Wisconsin Trainings

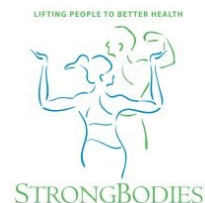
September 30th, Appleton, WI

November 11th – Madison, WI

Registration will be limited. Register at: <https://forms.gle/NW83bwtTyDFCjLXw6>

For more information about the WI StrongBodies program:

<https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffyi.extension.wisc.edu%2Fstrongwomennwisconsin%2F&data=02%7C01%7C%7C05477010a7014e69f97208d8240f6acd%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637298995935090998&sdata=tVwFApqA%2BOKs69TNc9e79bzn4mhVozM1ubU5no8yQg%3D&reserved=0>



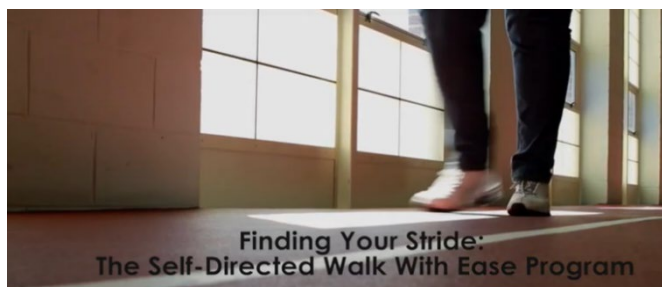
#### The Walk With Ease Program is Now Available in a Self-Directed Format

##### Walk With Ease Program Summary

With the Walk With Ease Self-Directed Enhanced Program, a group of participants will begin and end the program at the same time. Along with a guidebook and walking schedule, the program leader will share regular reminders and updates about the program and opportunities for interactions through email, social media, message boards, text, or phone/video calls. You may innovate with your communication delivery, but do not add, change, or delete any components of the program. Walk with Ease is proven to:

- reduce the pain and discomfort of arthritis
- increase balance, strength, and walking pace
- build confidence in your ability to be physically active and
- improve one's overall health.

The guidebook is \$11.95 per/participants (Spanish-language also available)



Self-Guided Format Details: <https://oaaction.unc.edu/resource-library/for-community-partners>

click on “Self-Directed WWE” (purple box, second row) and you will find:

- A 5-minute informational video for potential participants or partners
- Self-Directed Enhanced Kit - Leaders can use this kit to coordinate a Walk with Ease Self-Directed Enhanced Program. The kit and program include everything needed to develop a walking plan, keep groups motivated, share ways to manage pain, and provide exercise safety tips.
- Walk With Ease Enhanced Self-Directed Session Guidance
- Walk With Ease welcome email to send to participants and examples of weekly coaching emails

The Walk With Ease Self-Directed Program is high-level evidenced based, therefore eligible to utilize Title III-D dollars to implement. If you have questions regarding the WWE program, please contact Jill Renken, Director of Program Provider Partnerships at WIHA [Jill.Renken@wihealthyaging.org](mailto:Jill.Renken@wihealthyaging.org)

If you have any questions regarding the use of OAA Funds to implement evidence-based health promotion programming, please contact Angie Sullivan at [angela.sullivan@gwaar.org](mailto:angela.sullivan@gwaar.org)

## 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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#### Reminder: Addressing Nutritional and Social Connection Needs of Rural Older Adults During the Covid-19 Emergency

Wednesday, July 15, 1:00 pm CDT

Register at: <https://register.gotowebinar.com/register/2911936007677683984>

Hosted by the National Resource Center on Nutrition and Aging (NRCNA)

Older adults living in rural areas are especially vulnerable during the COVID-19 public health emergency, even as their needs for nutrition and socialization services are rising. Rural residents face persistent challenges related to accessing long-term services and supports, healthcare, transportation, telecommunications and other important resources. Older adults who are isolated from others, particularly those who live alone, or who live in frontier areas may be particularly at risk for limited social connectivity and in turn, dietary intake. Senior nutrition programs have and continue to demonstrate great creativity and determination in recent months to overcome these challenges to meet service needs of their communities. Join this upcoming webinar to hear from three senior nutrition program professionals leading initiatives and organizations in varied rural, frontier and tribal communities, and their successes and lessons learned in meeting the nutrition and social connection needs of the older adults they serve during the COVID-19 public health emergency.



*The NRCNA is hosted by Meals on Wheels America as part of a cooperative agreement with ACL.*

#### Nutrition Program Promotional Poster

This Local Meal Program promotional poster can be used to promote HDMs as well as Carryout/Grab n Go meals. You can customize this 8.5" x 14" poster with your phone number, email address, or URL. Print and hang it in the window of your centers, on local grocery store bulletin boards, and other places in your community.

Get the promotional poster at:

<https://acl.gov/sites/default/files/programs/2019-03/MealProgramPosterLocal.pdf>



## Business Development Center

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

#### Medicare Advantage Plans Target Social Isolation in New Programs

Cigna and SCAN Health Plan's Medicare Advantage programs are focused on decreasing senior social isolation during the coronavirus pandemic through new programs and funding, relying on volunteers and community partnerships.

This is a footprint for increased outreach. An interesting potential next step for us? Read the complete article at <https://healthpayerintelligence.com/news/medicare-advantage-plans-target-social-isolation-in-new-programs>