



GWAAR Updates

[Calendar of Events](#)

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

General

Happy Fourth of July!

No GWAAR Newsletter next week.

Consumer Satisfaction Survey

GWAAR has been informed that ACL's 2019 OAA Consumer Satisfaction Survey will not be happening 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 if you have questions at jayne.mullins@gwaar.org.

Census

Nice to Know

Postcards Encouraging Households to Respond to 2020 Census Sent to P.O. Boxes

Between June 24 and July 3, the U.S. Census Bureau is sending postcards to an estimated 1.3 million post office boxes in communities where P.O. boxes are the only mailing address available. The postcards alert households that a census taker may drop off census invitations soon or will visit later to interview them. The postcards also provide information on how to respond to the 2020 Census online or by phone.

Households are encouraged to respond to the 2020 Census as soon as they receive their invitation packet. Households that receive mail in P.O. boxes should provide their street address (not their P.O. box number) when responding to ensure their response is associated with the physical location where they live, not where they receive mail.

Households can respond online in English or 12 other languages, by phone using the Census ID included in the packet or by completing and mailing back the paper questionnaire delivered to them.

For more information, visit 2020census.gov



Family Caregiver Support

Jane Mahoney, Older Americans Act Consultant

Need to Know

Tualtra Training for Caregiver Coordinators/Dementia Care Specialists

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

Register here: <https://gwaar.wufoo.com/forms/xjjo1w005rlinr>

Sign-up for Thursday's Tualtra training for caregiver coordinators/DCSs to learn how to use the platform and enroll caregivers in Tualtra. If you plan to use Tualtra but cannot attend a training, please indicate that on the registration form and you will receive information about additional training options.

Please note: All staff enrolling caregivers in Tualtra need to participate in the training.

Nice to Know

The Governor's Task Force on Caregiving has created an online survey for public comment on the draft proposals created by the Task Force. The survey will be available through July 14. More details can be found on the website: <https://gtfc.wisconsin.gov>

Survey link: <https://www.surveymoz.com/s3/5636144/Governor-s-Task-Force-on-Caregiving-Policy-Proposal-Comment>

Health Promotion

Angie Sullivan, OAA Consultant — Health Promotions Specialist

Nice to Know

Aging Mastery Program Starter-Kit Gives Older Adults a Playbook for Healthy Aging

Congratulations to Paula Schutt, Director of the Rock County Council on Aging, for her work with the Aging Mastery Program Starter-Kit, which was recently featured in a local newspaper article. During this time of social isolation, health promotion will play a vital role in reducing the health risks of loneliness. Read it here:

https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gazettextra.com%2Fnews%2Flocal%2Fprogram-gives-older-adults-a-playbook-for-healthy-aging%2Farticle_fbefdebb-64f0-5d58-8513-c8dfeba29f24.html%3Futm_medium%3Dsocial%26utm_source%3Demail%26utm_campaign%3Duser-share&data=02%7C01%7C%7C2ee99d642e334e4a6f9308d81841b024%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637286017698191413&sdata=TbkiNVC%2Bs28GQyFcWN3AwJwQPSdC8inXID5ofLUnzTk%3D&reserved=0

Reminder: 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

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

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

Nice to Know

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.

Looking for Food Safety Handouts?

The Partnership for Food Safety Education has created new materials for consumers and educators that debunk common home food safety myths. Brush up on safe food handling advice with Fight BAC! food-safety Mythbusters. Each of the 10 featured food safety myths has a two-page handout that would be great to include as Nutrition Education materials for HDM and Grab n Go Meals.

<https://www.fightbac.org/food-safety-education/home-food-safety-mythbusters>

