



The

# Dish

With the  
GWAAR  
Nutrition Team



Week of November 30, 2020

## Holiday Video Presentation

The holidays are once again upon us! We would love to create a video to share with the nutrition network highlighting your holiday festivities. This could include a picture of your holiday meal or video of your cooks preparing a meal. Other ideas include connecting with your participants to prevent social isolation or your volunteers helping out. Make sure you have permission to take their picture or video first. We do have several videos/pictures of Thanksgiving meals. Please feel free to send your pictures from Thanksgiving as well. This will be a great way to spread holiday cheer and take us into 2021! Please send to Jean Lynch at [jean.lynch@gwaar.org](mailto:jean.lynch@gwaar.org) by January 8, 2021. We look forward to seeing your awesome programs!

## Checking Our List!

In the next Dish we would like to list everyone new to role of Nutrition Director in 2020! We have a list and we are checking it twice. If you became a Nutrition Director in 2020, please send your GWAAR Nutrition Representative an email with a sentence or two about yourself. This year we have not been able to connect in person, so we really want to “introduce” you to the network. Pictures welcome!

## End of Year Review 2020

Watch for an email from your GWAAR Nutrition Representative requesting compliance information. Due to COVID 19 and the amount of work and effort you have all put in, we shortened this year's requested information. We are asking for temperature logs, HDM test tray temps, ServSafe and Serving Safe Food updates and any changes to your dining sites or dining hours. Thank you!

## Learn About Creative Initiatives to Foster Engagement During the Holiday Season

Wednesday, December 9, 12:00 noon

<https://register.gotowebar.com/register/7004266612352166413>

The holidays will look different this year, which may lead to increased feelings of isolation and loneliness among older adults. That's why enGAGED: The National Resource Center for Engaging Older Adults, is holding a webinar focused on ways to engage older adults during the holiday season. The webinar will spotlight initiatives and resources to help older adults celebrate the holiday season, even when they can't be with family and friends in person.

- The Eldercare Locator will highlight its annual *Home for the Holidays* campaign and resources available for Aging Network use
- Older Adults Technology Services (OATS) will share information about creative technology solutions organizations can use to help older adults engage virtually
- Baltimore County Department of Aging, the Seven Oaks Senior Center and Oasis will detail how their virtual holiday programming is fostering social engagement and addressing social isolation this holiday season.

## Wash Your Hands!

The first week of December is National Handwashing Awareness Week. CDC launched *Life is Better with Clean Hands*, a new national campaign designed to motivate adults to make clean hands part of their daily lives. The campaign resources at <https://www.cdc.gov/handwashing/campaign.html> are designed to help raise awareness about the importance of handwashing at key times in both homes and public settings. Download and share to help spread the word and encourage handwashing within your community.