



Volume 2, No. 49, December 15, 2020 Office (608) 243-5670 Fax (866) 813-0974 info@gwaar.org

Greater Wisconsin Agency on Aging Resources

[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

Reminder: Webinar – Learn How to Use Zoom to Get Your Caregivers to Engage with Tualta

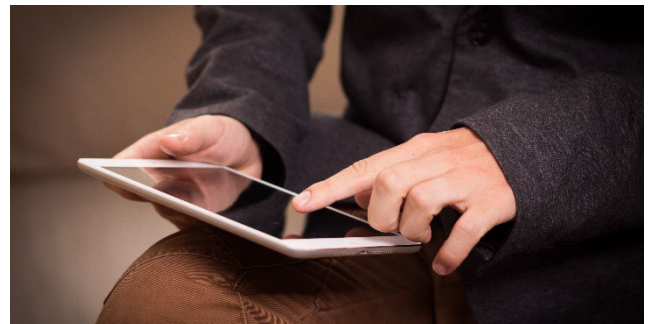
December 16, 11:00 a.m. - 12:00 p.m.

Join Zoom Meeting: <https://us02web.zoom.us/j/83273021702?pwd=N2hGTUphOXdpN0h5VkxxRWWhOeUtSdz09>

Meeting ID: 832 7302 1702 Passcode: 078067

One tap mobile: +16468769923,,83273021702# US (New York)

This training session will provide you with tactical, research-based strategies you can use to share Tualta with your family caregivers (“onboard”) them. We’ll demonstrate how you can take full advantage of Zoom’s features and highlight best practices. We will be joined by Katie Rodriguez, who successfully engaged 60 caregivers with Tualta in June through the University of Florida and the Alzheimer’s Association. Katie will be sharing how she has been using Zoom to meaningfully engage with her caregivers. This new content has been added for the holiday season:



- *Learning modules:* Holiday Activities for Families Who Are Apart and Downsizing Holiday Obligations
- *Music therapy modules:* A Smooth Jazz Christmas and The Songs and Spirit of Christmas

Health Promotions

[Angie Sullivan](#), Older Americans Act Consultant - Health Promotions Specialist

Nice to Know

Health Promotion Guidance During COVID-19

During a period of social distancing due to COVID-19, community-based organizations are canceling health promotion programs and exploring options for connecting remotely. The National Council on Aging has created a webpage with updates from individual programs on whether it’s feasible to continue implementation when in-person gatherings are not possible. This resource has FAQ documents on COVID-19 and Health Promotion Programs, Data Collection & Management as well as COVID-19 and Technology Resources.

<https://www.ncoa.org/news/ncoa-news/center-for-healthy-aging-news/track-health-promotion-program-guidance-during-covid-19>

Health Promotion Webinar 2021 Dates Announced

Thank you to all who have participated in the quarterly health promotion webinars; participation has doubled over the past two years. Based on feedback from participants, the time and platform will change in 2021. Please remember all the webinars are recorded and can be found on the GWAAR website under Technical Assistance/Health Promotion. If you would like to be added to the health promotion listserve, where you will receive outlook invites to the webinars, please send an email to Angie Sullivan - angela.sullivan@gwaar.org and asked to be added to the list.

2021 Dates on the Zoom Platform

All webinars will be from 1:00 - 2:30 p.m.

- Tuesday, February 9
- Tuesday, May 11
- Tuesday, August 10
- Tuesday, November 9

Nutrition Program

[Lori Fernandez](#), OAA Consultant - Nutrition Program Specialist

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

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

Nice to Know

Celebrating Holiday Traditions with Older Loved Ones

As your customers make holiday preparations during the pandemic, Right at Home is offering a free guide you can download for them. This guide contains tips and suggestions for ways that the holidays can be celebrated with older loved one. https://www.rightathome.net/avoid-isolation?utm_campaign=TGM%20December%202020&utm_medium=Email&utm_source=TGM&utm_content=December%20Digital%20Package

