



Volume 3, No. 2, January 12, 2021 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.

Aging Plans

[Jane Mahoney](#), Older Americans Act Consultant - Family Caregiver Specialist

[Nick Musson](#), Older Americans Act Consultant - Transportation Specialist

Need to Know

Aging Plan Development Support Calls

Fourth Thursday of the month at 1:00 p.m.

First meeting: Thursday, January 28 at 1:00 Log-in/call-in details will be sent next week.

GWAAR and the Department of Health Services Department on Aging will be offering monthly calls to assist in developing your 2022-2024 Aging Plans. Each call will include a short presentation, introduction of helpful tools, time for discussion and Q/A. Any staff involved in developing the local aging plan is welcome and encouraged to attend. The first call topic will be Community Engagement. If there are any questions or specific things you would like addressed, please notify Nick Musson or Jane Mahoney.

Family Caregiver Support

[Jane Mahoney](#), Older Americans Act Consultant - Family Caregiver Specialist

Nice to Know

Check Your Trualta Account

If you have been designated as your county/tribal contact for Trualta and have not created your account, please do so. You can check this list to confirm your account is set up: <https://gwaar.org/api/cms/viewFile/id/2006404> . When a caregiver signs themselves up on the wisconsincaregiver.trualta.com website, an email is automatically sent to the designated coordinator in caregiver's county/tribe. You need to have your account set up for so you can get the new caregiver's information and do the follow-up. More details and instructions about Trualta can be found on the GWAAR website: <https://gwaar.org/family-caregiver-support-for-professionals>. Please contact Jane Mahoney (jane.mahoney@gwaar.org) if you have questions.

Link to Trualta: <https://wisconsincaregiver.trualta.com>

2021 Caregiver Support Community Statewide Calls

Fourth Tuesday of most months, 10:00 a.m.

First meeting: Tuesday, January 26, 10:00 a.m.

Agendas will be sent the week prior to each meeting.

Relatives As Parents Program Workgroup Meetings

Quarterly on the third Monday of the month at 1:00 p.m. (Feb., May, Aug., and Nov.)

First meeting: Monday, February 15 at 1:00 p.m.

The number of grandparents and family members raising their relative's children is increasing and they need support! For the past couple of years, a Relatives As Parents Program Workgroup (including caregiver coordinators, kinship care coordinators, family resource center staff, and other professionals who work with grandparents/kinship caregivers) has been meeting several times a year. They learn about the various programs available across the state and discuss how our partnerships and collaborations can increase across these programs. The focus will be on education and continued partnership to expand and enhance support to relative caregivers. The first meeting (above) will feature guest speaker Peg Cadd. The presentation will address ways to help caregivers handle anger and resentment towards the birth parent. More information about the presenter and the topic will be shared in the next couple of weeks.

If you are interested in joining our workgroup or being added to the Relatives As Parents Program Listserv to learn about other meetings and opportunities to learn about relative caregivers, please let Jane Mahoney know.

Health Promotions

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

Nice to Know

Wise Wisconsin Winter Educational Services

Wednesdays, 9:00 a.m., February 3 - March 10, 2021 (six one-hour Zoom sessions)

Register for the sessions you wish to attend at <https://go.wisc.edu/8s973c>

UW-Madison Division of Extension's Life Span program has created *Wise Wisconsin Winter Educational Services* for older adults. This *free* series will connect participants with others from around the state and teach them how to increase joy and satisfaction in their lives during these cold, snowy winter months. Registration is required and participants will get the zoom connections information the week of the scheduled session(s) they registered for.

The subjects include February 3, Cultivating Optimism; February 10, Social Connections; February 17th Finding Your Joy; February 24th, Money by the Heart; March 3, Retirement Refirement; March 10, Positively Aging

Get all the details here! <https://gwaar.org/api/cms/viewFile/id/2006405>

GWAAR Health Promotion Quarterly Webinar

Tuesday, February 9th, 1:00 - 2:30 p.m.

Topic: Health Promotion Webinar

Join Zoom Meeting:

<https://zoom.us/j/98850366396?pwd=UVErNXIncG4yNTdhNFFmZWRRBRFpsQT09>

Meeting ID: 988 5036 6396 Passcode: 636908

One tap mobile: +13126266799,,98850366396#,,,,*636908# US (Chicago)

Dial by your location +1 312 626 6799 US (Chicago)

Meeting ID: 988 5036 6396 Passcode: 636908

The first quarterly Health Promotion Webinar of 2021 will take place on Tuesday, February 9th from 1:00 - 2:30 p.m. Please see agenda here: <https://gwaar.org/api/cms/viewFile/id/2006406>

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

Nutrition Education Materials for 2021!

Happy New Year! We are pleased to announce first quarter monthly materials are available on the GWAAR website for 2021 *Eat Well, Age Well* (<https://gwaar.org/eat-well-age-well>) and *Eat Well, Care Well* (<https://gwaar.org/nutrition-education-and-activities>)

Even when the Senior Dining Sites aren't open, you can still use the materials in print form as handouts, to promote weekly challenges, and post them in your newsletters and/or on social media posts. If you need the Word version, please contact pam.vankampen@gwaar.org.

Please share with your contract dietitians so they can utilize the materials in presentations, cooking demonstrations, etc.

Eat Well, Age Well monthly materials include:

- one-page handout
- one-page monthly challenge tracking calendar
- four placemats
- four table tents

Eat Well, Care Well monthly provides a two-page handout.

2021 Subjects

Eat Well, Age Well

January- Eye Health
February- Heart Health
March- Brain Health
April- Nutrient Dense, Low Sodium
May- Understanding Added Sugar
June- Bone Health
July- Potassium
August- Gut Health
September- Magnesium
October- Nutrition and Arthritis
November- Fad Diets
December- Healthy Holiday Meals

Eat Well, Care Well

January- Eye Health
February- Food Safety
March- How to Read the New Food Label
April- Oral Health Care Tips
May- 10 Min. Lunch Ideas
June- Low Sodium Cooking
July- Healthy Dinners in 30 Minutes
August- Hydration
September- Malnutrition Awareness Month
October- Healthy Fall Baking
November- Healthy Holiday Recipes and Tips
December- Healthy Holiday Recipes and Tips

Thank you to the UW Stout Dietetic students for the excellent work on the materials. Please let me know if you have any questions. pam.vankampen@gwaar.org

National Nutrition Month® 2021 (March) Promotional Product Catalog is Now Available!

National Nutrition Month® (NNM) is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Check out the promotional products catalog at <https://www.jimcolemanstore.com/nnm>

Please be aware of the Guidelines for using the NNM materials.

<https://www.eatright.org/food/resources/national-nutrition-month/guidelines-for-using-the-nnm-mark-and-slogan>

Additional resources and materials will be available soon, so check the website often.

<https://www.eatright.org/food/resources/national-nutrition-month>

2021 Consumer Food Safety Education Virtual Conference

March 9-12, Cost \$99.

As the pandemic continues, educating the public on safe food handling, preparation and storage has a new urgency. The 2021 Consumer Food Safety Education Virtual Conference, the only U.S.-based event developed by and for food safety educators. Whatever your role, you'll gain new insights and make valuable professional connections.

Explore two conference tracks:

1. Cutting Through Clutter: What's Working to Engage Consumers?
2. Safe Food Handling in Today's Food Landscape

Learn more and register at <https://cfsec.swoogo.com/conference>