



Volume 3, No. 5, February 2, 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.

General

Nice to Know

Aging Connected: New from Senior Planet

From Senior Planet: We are excited to announce the launch of Aging Connected, our new national campaign dedicated to closing the technology adoption gap for older adults. With generous support from the Humana Foundation, we have a goal of bringing one million seniors online with high-speed internet by 2022.

By connecting and coordinating the efforts of technology companies, nonprofit senior services providers, and public sector agencies, we aim to increase broadband connectivity among older adults and help seniors maximize the benefit of technology use for health, social engagement, and other essential outcomes.

- Visit Aging Connected at <https://agingconnected.org/>, enter your zip code, answer a few questions about your household income and situation, and receive a customized list of low-cost broadband options and internet devices.
- Visit Senior Planet at <https://seniorplanet.org/> to find free classes and events aimed to help anyone age 60 and older who is new to the internet learn the basics of home internet access, how to choose a computer, staying safe online, and much more.

If you'd like to learn more about this initiative and help get friends and family online, visit agingconnected.org to find out more and use our low-cost internet search tool.

Updated Social Isolation Resource Guide:

This guide was created by Area Agency on Aging of Dane County and is meant to be used as a tool to help combat social isolation and loneliness in older adults. A special thanks to Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) and Dane County Focal Points for sharing resources. In 2021, GWAAR will be the lead on updating the guide. Please contact Pam VanKampen, GWAAR OAA Consultant at

Pam.vankampen@gwaar.org or 608.228.8095 with any questions or if you have additional resources to add.

The guide is posted on the GWAAR website here: <https://gwaar.org/api/cms/viewFile/id/2006043>

Advocacy

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

Nice to Know

The February 16th Primary Election is Right Around the Corner

Make sure you are ready and help others be ready to cast an informed vote. While 2021 is not a presidential election year, down-ballot state and local elections are also important and can have a tremendous impact on your daily life and the lives of your fellow community members.

(continued)

Offices up for election in February and April 2021 include:

- Wisconsin Superintendent of Public Instruction
- Special Elections in Districts 13 and 89
- Intermediate Appellate Court Elections in Districts 1, 2, and 3
- School board elections
- Municipal elections

To find out what is on your ballot, visit myvote.wi.gov

Deadlines for the February 16th Primary Election:

- February 11, 2021 @ 5:00 p.m.- Deadline to Request an Absentee Ballot- Regular and Permanent Overseas Voters-
- February 12, 2021 @ 5:00 p.m.- Deadline to Request an Absentee Ballot- Indefinitely Confined
- February 12, 2021 @ 5:00 p.m. - Deadline to Register in Your Municipal Clerk's Office-
- February 16 - from 7:00 a.m.-8:00 p.m. - Register to Vote at Your Polling Place-

Note: If requesting an absentee ballot, please don't wait until the deadline. Mailing ballots takes time, so make your request soon and complete and return your ballot quickly.

Get links to information about the offices, the candidates, and more details about elections deadlines here:

<https://gwaar.org/api/cms/viewFile/id/2006485>



Aging Plans

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

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

Nice to Know

GWAAR and the Wisconsin Department of Health Services will be hosting monthly calls to help in the development of your 2022-2024 Aging Plans. The first call on January 28 was a discussion about Community Engagement. Notes from the call, and helpful handouts are available on the GWAAR website at

<https://gwaar.org/plansamendmentsassessments> . The January 28th recording is here:

[https://zoom.us/rec/play/TO71F-sAQVtj2QfF-](https://zoom.us/rec/play/TO71F-sAQVtj2QfF-XMLeIWw5bdpCY2AXfHZGLpJ5cAAUzSIYh4pi4dsKMXJNE5k4ysCYK0cikK5FyWf.laNVSPC6eVMJz5Df?autoplay=true&startTime=1611859576000)

[XMLeIWw5bdpCY2AXfHZGLpJ5cAAUzSIYh4pi4dsKMXJNE5k4ysCYK0cikK5FyWf.laNVSPC6eVMJz5Df?autoplay=true&startTime=1611859576000](https://zoom.us/rec/play/TO71F-sAQVtj2QfF-XMLeIWw5bdpCY2AXfHZGLpJ5cAAUzSIYh4pi4dsKMXJNE5k4ysCYK0cikK5FyWf.laNVSPC6eVMJz5Df?autoplay=true&startTime=1611859576000)

PASSCODE for recording: 809741

Scheduled dates and topics for the next meetings are:

- February 25 - Focus Areas
- March 25 - Writing Goals
- April 22 - Writing the Context

Contact your plan reviewer, Jane Mahoney or Nick Musson with questions

Family Caregiver Support

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

Nice to Know

Caregiver Teleconnection

The February calendar for the Caregiver Teleconnection is available here:

<https://gwaar.org/api/cms/viewFile/id/2006482>. For archived presentations visit their website at <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection>

Animatronic Companion Pets: Combating Social Isolation during COVID-19 Webinar

Tuesday, March 2, 2021 at 12:00 pm CT

Register at <https://register.gotowebinar.com/register/4832883980849693200>

The links between social isolation and nutrition are undeniable and critical to addressing these social determinants of health. Social distancing measures established because of the pandemic—while appropriate and needed—have greatly exacerbated the existing epidemic of social isolation. Learn how animatronic companion pets can be a valuable contributor to your game plan in reducing social isolation within the populations that you serve.



Caregiver program funds (AFCSP and NFCSP) could be used to purchase animatronic companion pets. Sponsored by the National Association of Nutrition and Aging Services Programs (NANASP).

Wisconsin Adoption & Permanency Support Program

The Wisconsin Adoption & Permanency Support Program has scheduled support monthly groups and special events for grandparents and kinship families for 2021. Support group meeting are:

- Fourth Thursday/month at 11:00 a.m.
- Third Wednesday of the month at 6:00 p.m.

The monthly special event may include a talent show, making family crests, DIY sensory boxes and family game night. Each event comes with an activity kit that will be mailed to registered families. There are added incentives for attending multiple events, too. Details are available here: <https://wisapsp.org/wp-content/uploads/2018/03/KINnect-Family-Events.pdf>

Please share with the families you work with!

Health Promotions

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

Nice to Know

Reminder: GWAAR Health Promotion Quarterly Webinar

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

Topic: Health Promotion Webinar

Agenda: <https://gwaar.org/api/cms/viewFile/id/2006406>

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

Meeting ID: 988 5036 6396 Passcode: 636908

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

Be Active

The Wisconsin Institute for Healthy Aging has created shareable tips and knowledge about physical activity. Please feel free to share these materials on your website, social media posts and/or newsletters.

<https://wihealthyaging.org/be-active>

Are You Concerned About Falling? *Prevention, Myths and Strategies in the African Americans Community*

Virtual Falls Prevention Panel

Thursday, February 11, 2021

6:30 - 7:30 p.m.

Register at: <https://forms.gle/GfA5zhUWGPjzssK4A> or call Ashley Hillman at 608-235-1957

Encourage your community members to join this free event to hear experts in the health field talk about the importance of Falls Prevention Strategies. Mary Muse, Chief Nursing Officer for the State of Wisconsin Department of Corrections will moderate this event. Panelists include: Dr. Linda Scott, Dean of the University of Wisconsin-Madison School of Nursing, Dr. Roanne Osborne, Chief Medical Officer at MercyCare Health Plans, Dr. Eva Vivian, Professor at the University of Wisconsin School of Pharmacy, and Aaron Perry, Founder and President of Rebalanced-Life Wellness Association.

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

February is Heart Health Month!

Did you know that about 54 to 58% of Medicare recipients in Wisconsin have hypertension (high blood pressure) and 41 to 48% have hyperlipidemia (high cholesterol)? This is about 1 in 2 older adults in the state. Here are some educational tools, social media posts and resources to help raise awareness and offer solutions.

- The National Heart, Lung and Blood Institute has a plethora of materials to use this month or anytime throughout the year. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month> Consider joining their #OurHearts Movement. It is an inspiring way for The Heart Truth® to encourage and motivate everyone to adopt heart-healthy behaviors, together. Research shows having social support and personal networks makes getting regular physical activity, eating healthy, losing weight, and quitting smoking easier.
- Lipton Tea Heart Health Communications Toolkit has six turnkey graphics to share via social media, three social media posts, two short scripts and two recipes. Download the toolkit at <https://www.lipton.com/us/en/love-your-heart.html>
- Love One Today (from the Hass Avocado Board) has several excellent nutrition education materials for heart health and more! <https://loveonetoday.com/health-professionals/educational-materials/>

Reminder: 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>

Business Development Center

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

Nice to Know

Award to Facilitate Network Collaboration from The Administration for Community Living!

In support of their *Strategic Framework for Action*, the Administration for Community Living (ACL), has invited GWAAR, the Wisconsin aging network, and the State of Wisconsin to participate in their Network Lead Entities (NLEs) Think Tank.

As noted in recently shared research, social determinants of health, such as social, behavioral, and environmental factors account for 60% of the factors influencing health. The ACL sees opportunities for action by strengthening and supporting the sustainability of aging and disability networks to deliver high quality, coordinated services in an increasingly value-based, integrated care environment, such as forming community health integrated networks (CIHNs). ACL has awarded \$125,000 for the facilitation and further expansion of our established community-based organizations network in addressing social determinants of health for our communities.



Network partners are invited to join GWAAR as we engage with ACL, Advancing States, N4A, Mission Analytics Group, the Aging and Disability Business Institute and leading Aging and Disabilities Services providers in five other states. As a network partner, your perspectives on challenges and needs will help to direct the expenditure of the awarded funds. Please contact [Sky Van Rossum](#) to discuss or with questions.

Medicare Outreach and Assistance

[Debbie Bisswurm](#), Medicare Outreach Coordinator

Nice to Know

New Welcome to Medicare Videos Available

The new Welcome to Medicare Video series is available now on the Educational Videos for Medicare Outreach page of the GWAAR website at <https://gwaar.org/educational-videos-for-medicare-outreach>. The previous videos required Adobe Flash Player, which is no longer supported. These Welcome to Medicare videos can be used to help people in your community learn about enrollment in Medicare, their coverage options, benefit programs to help people with limited income, and more! Consider sharing them through links from your agency website or email the links to callers who are interested in Medicare information. The 2021 *Welcome to Medicare PowerPoint* is also available and may be customized with your local contact information. <https://gwaar.org/api/cms/viewFile/id/2006447>

