



Volume 3, No. 9, March 3, 2021 Office (608) 243-5670 Fax (866) 813-0974 info@gwaar.org www.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

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

Nice to Know

Tips and Highlights

Aging Plan Outreach Partners

When looking to distribute your community engagement materials, like surveys, remember to expand your reach through partner agencies. Connect with your local health department, regional planning commission, senior centers, non-profits, community health centers, faith-based organizations, local business owners, libraries, and job centers. All these agencies have different connections to your community and can help you get the engagement needed for a successful plan.

One example is Eau Claire County, who plans to share their survey (<https://www.surveymonkey.com/r/SXFDV6R>) in the following ways:

- Email blast (to name a few- electronic newsletter subscribers, Hunger Prevention Coalition, HealthWatch Coalition, Dementia Coalition, Housing Coalition, ADRC Board, Nutrition Advisory Board, Chippewa Valley Diversity Taskforce including professionals from UWEC, CVTC, Hmong Mutual Association, City of Eau Claire, City of Altoona, etc.) In the email we sent out we encourage them to forward to other county residents.
- Meals on Wheels participants will get paper copies
- Media release
- Short Survey (<https://gwaar.org/api/cms/viewFile/id/2006548>) will be handed out at Health Dept. Vaccination Clinic (the survey offers an opportunity to access the full survey)
- ADRC Facebook and Health Dept. Facebook
- Post on our website
- Post on Community Calendars
- Churches
- ADRC Newsletter
- Send to Senior Centers
- Send to Senior Apartments

Please visit the GWAAR website at <https://gwaar.org/plansamendmentsassessments> for any of your plan development-related needs. We will continue to add and update resources on this page. For example, the Community Engagement Questions document (<https://gwaar.org/api/cms/viewFile/id/2006354>) has been updated to include a few more check-the-box questions. And lastly, please continue to reach out to your OAA Plan Consultant, Jane Mahoney or Nick Musson for questions or to share ideas and best practices.

If you have a promising practice to share or a question about aging plan development, please contact [Jane Mahoney](#) or [Nick Musson](#).

Family Caregiver Support

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

Nice to Know

March Caregiver Teleconnection

Get the March calendar for the Caregiver Teleconnection here: <https://gwaar.org/api/cms/viewfile/id/2006553>.

Some this month's topics touch on medication management, sleep, legal authority of caregivers and several on dementia. All their calls are free and archived here: <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection>

Health Promotions

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

Nice to Know

Help to Reduce Social Isolation and Loneliness: The National Institute on Aging (NIA) Invites You to Spread the Word

#CommitToConnect

As you know, many older adults feel socially isolated and lonely, which leaves them vulnerable to related health problems such as cognitive decline, depression, and heart disease. To increase awareness of this issue, NIA invites you to join them in discussion and resource-sharing to help older adults stay connected and well.

- Tag social media posts #CommitToConnect to join the conversation.
- Find more information from NIA's Facebook page and Twitter feed.
- Use NIA's Outreach Toolkit of animated graphics, social media posts, and more. Find it at: <https://www.nia.nih.gov/ctctoolkit>

Transportation

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

Need to Know

Understanding Mobility Needs for Older Adults in Wisconsin

Help shape our transportation system for our older adults in Wisconsin!

The University of Wisconsin-Milwaukee (UWM) recently received a grant entitled "Understanding mobility needs for older adults in Wisconsin" funded by the Wisconsin Department of Transportation, with local funding match from UWM, Washington County and Ozaukee County, and Interfaith Caregivers of Ozaukee County. The purpose of this project is to help improve transportation services for older adults in the state of Wisconsin.

Project goals:

1. Provide the public transit community with an improved understanding of travel needs and barriers for older adults in using public transport and paratransit services;
2. Examine the relevant factors and anticipated trends (e.g., new information and communication technologies) that may affect attitudes, travel patterns, and lifestyle options of older adults in Wisconsin; and
3. Provide guidance on how these changes may shape Wisconsin public transport marketing strategies, operations improvements, service design, and future capital investments.

Where do you come into this process? We need your help distributing the surveys to gain a better understanding of the travel patterns, gaps in transportation services, and the transportation needs and wants of Wisconsin older adult residents. These surveys will bridge this general knowledge gap by designing, developing, and delivering smart assistive mobility technology that can transform transportation services for older adults in Wisconsin.

The survey will be from a sample of older adults over the age of 65 who live in locations not served by regular fixed route transit in the state of Wisconsin, with specific focus on older adults who need transportation assistance in their daily life, such as clients of local transportation services and meal services (Meals on Wheels). There will be two types of surveys: one for older adults (aged 65 and older) available printed and online. and the other is an online agency personnel survey (Aging Directors, Home Delivered Meal Managers or Mobility Managers, whomever is responsible or has knowledge of your transportation program). Surveys can be sent out with home delivered meal, through volunteer drivers, links in newsletters or even in person if allowed. Paper surveys will be mailed to Aging Unit or ADRC for distribution. Here is the link to the online version of the survey:

<https://tinyurl.com/14z3f40n>

Any questions can go to the survey coordinator: Anne Lupton, sandhill7564@gmail.com

Medicare Outreach and Assistance

[Debbie Bisswurm](#), Medicare Outreach Coordinator

Need to Know

National Virtual “Welcome to Medicare” Will be Rescheduled!

The SHIP TA Center has announced that their *National Virtual “Welcome to Medicare”* event planned for April 7, 2021 will be rescheduled. It is reportedly taking longer than anticipated to develop a registration interface that will best meet the needs of the public attendees. Because of that, they have decided to change the event date from April to June. The exact date has not yet been determined.

Thank you to all who responded to the event survey and expressed a willingness to participate. As plans unfold and a new date is selected for this event, we will reach out to you again with further information.

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

Administration for Community Living is Celebrating the Senior Nutrition Program in March

Weekly March Webinars, Thursdays, 2:00 p.m. CT

The Administration for Community Living (ACL) has planned weekly webinars to share a fresh look at the intent of the Older Americans Act, Nutrition, Socialization, and Health and Well-Being. Questions? Please contact Kathy Wilson-Gold, MS, RDN, LD, FAND at kathy.wilson-gold@acl.hhs.gov

Meetings are scheduled for the following dates:

Webinar 1: Kick-Off: Nutrition, Socialization, and Health and Well-Being

Thursday, March 4th, 2:00 p.m. – 3:00 p.m.

Register at: <http://www.advancingstates.org/community-opportunities/events/thursday-three-kick-webinar-nutrition-socialization-and-health-and>

As a result of your participation, you will be able to:

- Understand the meaning of the Older American's Act, including the three areas of focus (nutrition, socialization, and health and well-being)
- Learn how to expand initiatives to increase the outreach of older adults in need during the COVID-19 pandemic and beyond
- Develop creative solutions to ensure Implementation of the act and define steps to success

Presenters: Edwin Walker, Deputy Assistant Secretary for Aging – ACL, Jason Echols, Manager of Special initiatives, AgeOptions, Joel Sekorski, Director, Services for the Elderly, Sullivan Senior Center, and Special Guests from the Jeopardy Nutrition Team

Webinar 2: Food Insecurity and Malnutrition

Thursday, March 11th, 2:00 p.m. – 3:00 p.m.

Register at: <http://www.advancingstates.org/community-opportunities/events/thursday-three-food-insecurity-and-malnutrition>

As a result of your participation, you will be able to:

- Distinguish between nutrition and food insecurity.
- Identify the root causes of malnutrition and present innovative approaches to combatting malnutrition.
- Discuss the importance of partnerships and lessons learned.

Presenters: ACL speaker Judy Simon, MS, RD, LDN, National Nutritionist and network speakers Paul Hepfer, CEO Project Open Hand (California), and Pam VanKampen, Greater Wisconsin Agency on Aging Resources (Wisconsin).

Webinar 3: Socialization: Thursday, March 18th, 2:00 p.m. – 3:00 p.m.

Register at: <http://www.advancingstates.org/community-opportunities/events/thursday-three-socialization>

Webinar 4: Health and Well-Being: Thursday, March 25th, 2:00 p.m. – 3:00 p.m.

Register at: <http://www.advancingstates.org/community-opportunities/events/thursday-three-health-and-well-being>

Social Engagement and Nutrition Webinar: Innovations for Today and the Future

Tuesday, March 23, 12:00 p.m. - 1:00 p.m.

Register at: <https://register.gotowebinar.com/register/7943234151279809550>

Along with meeting critical nutrition needs, nutrition programs also provide social engagement opportunities for older adults. At the start of the COVID-19 pandemic, congregate nutrition and home-delivered meal programs quickly adapted to meet nutrition needs while finding creative ways to offer engagement opportunities for older adults in the home. The March engAGED webinar will feature the National Association of Nutrition and Aging Services Programs, Meals on Wheels America and an Area Agency on Aging on how nutrition programs have innovated to address social isolation during the pandemic. As we approach the one-year mark of the pandemic, speakers will also address the future of social engagement through nutrition programs.

StarKist® Can Help Your Clients Meet the 2020–2025 Dietary Guidelines for Americans

StarKist® Tuna and Salmon Pouches offer simple ways to add delicious, nutrient-dense, lean protein to meals and snacks. With a variety of ready-to-eat seasoned tuna and salmon pouches, they are ready to pair with healthy veggies, fruit, and whole grains for an easy meal in a minute. Check out these fun ideas to help your clients “Make Every Bite Count”!

These types of products are great for shelf-stable meals. Check out the website, specifically the “Recipes” and “Healthy Living” tabs for some great information: <https://starkist.com/products/pouches#anchor-1946>. The recipes and handouts could be incorporated into a great nutrition education presentation/cooking demo. The recipe cards can be downloaded and included with Grab n’ Go or home delivered meals.

Business Development Center

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

Need to Know

Reminder: Interested in Care Coordination?

Thanks in part to funding received via an Administration for Community Living grant, the search is on for network partners interested in being part of a Care Coordination program. Participation will create a new path of outreach for improving the health and well-being of some of our most vulnerable community members. Those joining GWAAR in this effort will also offer chances to build valuable relationships and new revenue for use on other programs. Please see below for details and contact Sky Van Rossum (sky.vanrossum@gwaar.org, 608.228.8088) to get started.

Care Coordination

Wisconsin has an extensive network of resources and services available to support the continued vibrancy of our community members as they age and manage changing needs.

Primary Stakeholders

- Health Care Provider
- Greater Wisconsin Agency on Aging Resources
- Network Service Provider Partners; (Sovereign Tribal Nations, Aging Units & ADRC's)
- CIHN (Community Integrated Health Network), Partners i.e. CBO's & Education

Project Services: Provide Care Coordination for individuals identified by a Health Care Provider Partner as being at high risk based on agreed upon risk indicators; those who have been admitted or discharged and could benefit from the support & coordination of additional services.

Process: Telephonic holistic assessments to identify the gaps in health care and social determinant risk factors, coordinate results, resources, and intervention.

- All findings, progress, and next steps will be communicated through secure protected electronic platform.
- Identify and focus on benefits, health literacy, functional, behavioral, cognitive, environmental, and social risk factors.
- Coordinate support needed for adherence to hospital discharge orders.
- Provide guidance in obtaining additional community resources as identified in the inventory of health needs assessment.

Desired Results:

- Provision of a care coordination service initiated based on a health care provider referral.
- Inventory and assessment of the unique needs of patient/client /customers, identified as being at substantial risk of re-admittance and poor health outcomes.
- Performance of a one-on-one comprehensive assessment and evaluation of social determinate factors that may contribute to limitations to health care outcomes.
- Assist in coordinating home- and community-based services and resources.
- Identify complex case management issues for referral to primary care designated resource.

Training -Qualifications:

Care Coordinators are nonclinical and shall not provide medical advice. A background and experience in community health services is preferred.

- Scripting and client communication
- HIPPA Compliance
- Software Training.
- Assistance available from GWAAR Staff