



Volume 4, No. 2, Week of January 10, 2022 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 GWAAR

#### *Nice to Know*

##### **Aging in Place in Rural America: Challenges, Opportunities and Policy Initiatives Webinar**

*Tuesday, January 18, 2022*

Noon to 1 p.m.

[https://und.zoom.us/meeting/register/tJEvd-mprikiEt33cBvD\\_i1OsdFwMhajt5g7](https://und.zoom.us/meeting/register/tJEvd-mprikiEt33cBvD_i1OsdFwMhajt5g7)

Rural Health Research Gateway, funded by the Federal Office of Rural Health Policy, will host this free webinar exploring new research related to aging in place in rural communities. “Aging in Place” refers to the phenomenon of people remaining in their homes and communities as they get older, even if their health status changes. Supporting older adults in remaining in their homes is particularly urgent in rural areas, where the population is older. Carrie Henning-Smith, PhD, MPH, MSW, and Megan Lahr, MPH, will present results from a range of studies investigating challenges, opportunities, and policy implications for older adults aging in place living in rural areas. Results are drawn from nationally representative survey data, a content analysis of state-level policies and initiatives and a survey of representatives of state offices of rural health.

##### **Older Americans Month 2022 Theme Announced: *Age My Way***

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme provides an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities:

[acl.gov/oam](https://acl.gov/oam)

ACL will be discussing how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing what each person needs and prefers is unique.

The 2022 logos are available now at <https://acl.gov/oam/2022/older-americans-month-2022-logos>

Stay tuned for a poster, social media graphics, and more that you can use to celebrate OAM in your community. Remember to follow #OlderAmericansMonth for the latest from ACL, and to see what others are planning!

### Emergency Preparedness

Submitted by [Pam VanKampen](#), Older Americans Act Consultant — Nutrition Program Specialist — Sr. Center Rep.

#### ***Need to Know***

##### **2022 Emergency Preparedness Calendar**

The *Ready 2022 Preparedness Calendar*: <https://www.ready.gov/calendar> is a planning tool that marks preparedness activities and provides customizable resources to help promote preparedness throughout the year. Please feel free to adapt the materials to hazards that can impact your local area.

Social media toolkits are available for many weather and climate events such as extreme heat, floods, hurricanes, wildfires and much more. Find toolkits at [www.ready.gov/toolkits](http://www.ready.gov/toolkits).

In addition, check out the emergency materials designed specifically for seniors and persons with disabilities. These are great to add to your Nutrition Program Welcome Packets!

<https://www.ready.gov/seniors>

<https://www.ready.gov/disability#>

## Family Caregiver Support

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*[Bryn Ceman](#), Older Americans Act Consultant -Family Caregiver Support Specialist*

### ***Nice to Know***

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#### **Virtual Workshops for Caregivers**

*January 21 10:00 a.m., January 25 11:00 a.m., January 26 6:00 p.m.*

The virtual workshop will take place via Zoom and will also be available in February. Please email Julia Norton ([julia@wisconsinliteracy.org](mailto:julia@wisconsinliteracy.org)) at least two business days prior to the date you are interested in attending for registration.

Wisconsin Literacy, Inc. recently developed a program for unpaid caregivers who are supporting a friend or family member with Alzheimer's or another dementia. This program is designed as a training for family members and unpaid caregivers who provide care and support to those with early Alzheimer's or other dementias.

Please share with caregivers and families.

The interactive, hands-on workshops will help participants better understand:

- Why those with Alzheimer's disease and other dementias are at higher risk for low health literacy
- The impact low health literacy has on the health of those with Alzheimer's disease or other dementias
- The benefits of improved health literacy, including medication management safety – a concern for all, but especially for those with Alzheimer's disease and dementia
- How better health literacy can help improve communication with health professionals and those with Alzheimer's disease and other dementias
- Tools and resources

#### **Reminder: Wisconsin's Family Caregiver Support Program Website**

Another resource for Aging Directors, Caregiver Coordinators and caregivers is Wisconsin's Family Caregiver Support Program's website:

<https://wisconsinfamilycaregiver.org>. Caregivers or professionals

can visit the website to enroll with Trualta's eLearning programs. Programing is free and there is no need for

Tribes or Counties to complete data entry! Trualta will be

joining our upcoming Caregiver Support Community Statewide Webinars to share more about what they can offer.



#### **Reminder: Attention Aging Directors and Caregiver Coordinators!**

If you are looking for resources to provide to caregivers, information to share on your local Facebook pages or articles to share in your local newsletters, please "like" and follow us on our Facebook page:

@WisconsinFamilyCaregiver. Encourage your caregivers to follow the page too! Lynn Gall, Family Caregiver Support Programs Manager, Bureau of Aging and Disability Resources/Office on Aging, and I try to keep the information relevant, helpful, uplifting, and informative.

## Health Promotion

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Angie Sullivan, Older Americans Act Consultant -Health Promotions Specialist

### **Need to Know**

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#### **Save the Date for the Next Health Promotion Webinar!**

February 8<sup>th</sup>, 9:00 - 10:30 a.m.

Join Zoom Meeting: <https://us06web.zoom.us/j/85779073325>

Meeting ID: 857 7907 3325

One tap mobile

+13126266799,,85779073325# US (Chicago)

Dial by your location

+1 312 626 6799 US (Chicago)

888 475 4499 US Toll-free

Meeting ID: 857 7907 3325

Find your local number: <https://us06web.zoom.us/u/kbudY5Ghc>

We will be discussing the Aging Mastery Program and provide important updates from GWAAR and WIHA. Outlook invites will be sent later this week. This webinar will be recorded.

#### **Stand Up and Move More Facilitator Training Opportunity**

Have you heard about WIHA's new program: *Stand Up and Move More*? *Stand Up* is an evidence-based behavior change program designed to get people to sit less by Standing Up and Moving More! This program has been researched and tested to reduce sedentary behavior by 68 minutes per day!

WIHA is offering a special introductory fee for those wishing to offer the Stand Up workshop in their communities. For the special cost of \$100 (full price \$250), trainees will attend the VIRTUAL facilitator training and be trained to offer the program in three ways: in-person, virtually, and telephonically. The next two trainings are:

- February 16-17
- March 22-23

Spots are filling up quickly! Space is limited to 10 trainees for each training.

To learn more about the Stand Up program, visit <http://wihealthyaging.org/standup>. Be sure to watch WIHA's new Stand Up promo video too!

If you'd like to register for one of the upcoming Facilitator Trainings, please click here:

<https://wiha.wufoo.com/forms/r1jqjrb18psff8>.

At this time, Stand Up and Move More is not considered a high-level evidence program; therefore, not eligible for Title III-D funding. However, with the discounted cost you could supplement with Title III-B or other funding sources. We are exploring adding it to the high-level evidence-based program list in 2022. If you have questions regarding OAA Title III-D funding requirements, please contact Angie Sullivan OAA Consultant-Health Promotion at [angela.sullivan@gwaar.org](mailto:angela.sullivan@gwaar.org).

If you have any questions regarding the program, please contact Erin Eggert, MS, EP, [Erin.eggert@wihealthyaging.org](mailto:Erin.eggert@wihealthyaging.org)



## Nutrition Program

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

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

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

### **Need to Know**

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#### **Clean vs. Sanitize: Know the Difference**

With the recent E. Coli O157:H7 and Listeria outbreaks linked to bagged salads, households should immediately discard the recalled products and sanitize any surfaces that came into contact with the items. It's important for families to know the difference between cleaning and sanitizing. They aren't the same thing. Both are important to help prevent the spread of harmful germs.

- Cleaning removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces.
- Sanitizing lowers the number of germs on surfaces or objects.



Download and share this flyer with participants to help households learn

how to clean and sanitize surfaces properly: <https://gwaar.org/api/cms/viewFile/id/2007227>

Learn more at [www.fightbac.org](http://www.fightbac.org)

## Volunteerism

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Submitted by [Pam VanKampen](#), Older Americans Act Consultant — Nutrition Program Specialist — Sr Center Rep.

### **Need to Know**

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#### **Register Now for Webinar on Developing Volunteer Opportunities to Help Older Adults Stay Engaged**

January 27 from 1:00-2:00 p.m.

[https://us06web.zoom.us/webinar/register/WN\\_x6mzOswgQluja5buEuLO9g](https://us06web.zoom.us/webinar/register/WN_x6mzOswgQluja5buEuLO9g)

Volunteers are essential support to many Aging Network programs and services. Volunteering also benefits the volunteers, with research showing volunteering a few hours a week can lead to better mental, physical, and emotional health.

This webinar will focus on developing volunteer opportunities to help older adults stay socially engaged. During the webinar, AmeriCorps Seniors will highlight ways the Aging Network can foster civic engagement through volunteerism and how volunteerism benefits older adults. Attendees will also hear from Erie County Department of Senior Services and Area Agency on Aging, Region One, on how they created and sustained volunteer opportunities that help older adults remain engaged and tips for organizations looking to develop similar opportunities.



**AmeriCorps  
Seniors**

## Senior Medicare Patrol

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[Ingrid Kunding](#), Project Manager

[Molly A. Kelly](#), Volunteer Coordinator

### ***Nice to Know***

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Senior Medicare Patrol is happy to report that after months of working on a new website, it has finally gone live! The new website is: <https://www.smpwi.org> . The following press release was sent on January 6. Please feel free to share this latest development! Press release: <https://gwaar.org/api/cms/viewFile/id/2007226>

