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Greater Wisconsin Agency on Aging Resources

Links to files may download or open, depending on your settings.

GWAAR News

Nice to Know

Leadership Opportunities

Do you know someone who would make good member of GWAAR's volunteer leadership? GWAAR is looking for thoughtful, civic-minded, energetic individuals to serve on its 11-member board and 9-member Advisory Council. Members play a critical role in guiding and overseeing the agency's actions and initiatives. Learn more about it and share this link with potential candidates: <https://gwaar.org/leadership-opportunities>.

Network News

Nice to Know

Emotional Wellness Toolkit

Diet and exercise are not the only things that affect health. Emotional wellness is also an important aspect of overall health. The National Institutes of Health developed an interactive Emotional Wellness Toolkit to educate on ways to improve emotional wellness today.

To order free print publications in English and/or Spanish:

Send your name, mailing address, and quantity for each wellness toolkit to: nihnewsinhealth@od.nih.gov

Find more information at: https://www.nih.gov/health-information/emotional-wellness-toolkit?utm_medium=email&utm_source=govdelivery

Senior Americans Day Returns with a New Name: Academy for Lifelong Learners!

June 7, 2022, In-Person or Online

UW-Eau Claire Campus: W.R. Davies Center, 77 Roosevelt Avenue, Eau Claire, WI 54701

This "positively ageless" program will once again provide a fun day of education, resources, and social interaction. Enjoy a keynote address presented by Dr. Zorba Paster, host of the Wisconsin Public Radio program Zorba Paster on Your Health. Both in-person and online attendees can choose three workshops from a wide variety of subjects.

In-Person: Take advantage of free health screenings and have a free photo taken in the photo booth for a fun keepsake. Attend workshops, peruse dozens of exhibit booths, pick up valuable information, and register to win the Get-Away Prize Package. Enjoy a continental breakfast and lunch with your friends.

Online: New this year, portions of Academy for Lifelong Learners will be livestreamed. Join us live online for the opening session and keynote address, three live online workshops, and enjoy closing entertainment provided by Stand in the Light Memory Choir. View online agenda.

Limited scholarships are available.

Get more information and registration details at: <https://ce.uwec.edu/programs/academy-lifelong-learners>

Advocacy

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

Nice to Know

Older Americans Act (OAA) Federal Fiscal Year 2022 Appropriations

Funding levels for OAA and other aging service programs proposed by the Senate generally reflect smaller increases than those proposed by the House earlier this summer. Negotiations continue between the two Houses and a final agreement has yet to be reached.

To avoid a government shutdown, Congress passed a third FY 2022 continuing resolution (CR) extending funding (at FY 2021 levels) through March 11, 2022. To avoid yet another CR or government shutdown, efforts to come to a final agreement on the 12 appropriations bills that fund the government for the remainder of fiscal year 2022 (which ends Sept. 30, 2022) must now be completed by March 11, 2022.

Our national partners continue to urge us to reach out to advocate for a FY 2022 funding bill that includes house-approved levels for OAA and other aging programs and against any additional CRs. To contact Wisconsin's U.S. Senators directly call: Sen. Baldwin – (202) 224-5653 and Sen. Johnson – (202) 224-5323. To find out who represents you in the U.S. House of Representatives go here: Who Represents Me? : <https://www.house.gov/representatives/find-your-representative>

For additional contact information see a complete list of Wisconsin's Members of the 117th Congress here: <https://gwaar.org/api/cms/viewFile/id/2004017> . Let your federal elected officials know how important permanent funding for caregiver support services is to the caregivers in your community. Encourage others to make calls too!



Health Promotion

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

Nice to Know

New! High-level Evidence-based Health Promotion Program Added to Wisconsin's List of Eligible Title III-D Workshops!

Stand Up & Move More (Stand Up) has been added to Wisconsin's list of high-level evidence-based programming eligible for Title III-D funding. *Stand Up* is an evidence-based program designed to help older adults reduce sitting time by standing up and moving more. The program meets once per week for two hours for four weeks, followed by a Booster Session at Week 8. Stand Up is designed for older adults who sit for more than six hours per day.

Sessions take place in a group setting where participants identify barriers to standing more and discuss strategies to increase their standing time.

Based on a researched and tested program, Stand Up:

- Reduces sedentary behavior by 68 mins/day
- Reduces problems performing daily activities
- Reduces pain interference and intensity
- Improves functional performance
- Improves vitality
- Improves general overall health

For more information regarding Stand Up, including how to become a facilitator, visit the Wisconsin Institute for Healthy Aging Website (<https://wihealthyaging.org/standup>), or contact Erin Eggert at erin.eggert@wihealthyaging.org.

Reminder: Monthly 2022 OAA Title III-D Orientation

Thursday, March 10, 9:00 - 10:30 a.m.

OAA Title III-D orientations occur on the second Thursday of every month. The orientation is highly recommended for new Aging Unit/ADRC Directors, Aging Supervisors, and Health Promotion Coordinators. If you're not new but would like a refresher on the provisions and priorities of Title III-D, you are welcome to attend as well. Email angela.sullivan@gwaar.org to reserve your spot. Once I receive your registration, you will be sent an outlook invite with a zoom link.

Nutrition Program

[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

The Role and Value of Volunteers in Home- and Community-based and Long-term Care Programs for Older Adults

Tuesday, March 15, Noon - 1:30 p.m.

Register at https://us06web.zoom.us/webinar/register/WN_w5mU5UyBQn6TyXzv9V-9qQ?j=1396134&sfmc_sub=189574014&l=6707_HTML&u=31137489&mid=515008575&jb=0

During this webinar, ACL will present findings from a study on the role and economic value of volunteers in ACL-funded programs that provide home- and community-based and long-term care services for older adults (i.e., Older Americans Act Title III programs and Title VII Long-Term Care Ombudsman Program and State Health Insurance Assistance Program). In addition, program grantees will discuss the ways they use volunteers and innovative strategies they have implemented during the pandemic for using volunteers and mitigating the impact of having fewer volunteers.



Nutrition and Aging Resource Center Resources for Older Adults

Did you know there are several excellent, ready-to-use handouts and resources for older adults and caregivers available on the Nutrition and Aging Resource Centers website? Check them out at this link and consider hyperlinking this tab on your local nutrition page's website or promoting on social media:

<https://acl.gov/senior-nutrition/information-older-adults>



Nutrition and Aging Resource Center

Senior Medicare Patrol

[Ingrid Kunding](#), Project Manager

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

Nice to Know

Reminder: Live Stream Panel Discussion

Thursday, March 3, 11:00 a.m.

The Wisconsin Senior Medicare Patrol (SMP) is hosting a live stream panel discussion event on our Wisconsin SMP Facebook page at facebook.com/WisconsinSeniorMedicarePatrol. The goal is to increase the awareness of the SMP program, what we do, and how we can help Medicare beneficiaries and their family members and caregivers.

A pdf file of the event poster is attached. Please take the opportunity to post this flyer, to share it around your community, and to send this link to your contacts. Your effort would be very much appreciated.

The key is to spread the word! Please help us share this information. Thank you.

[SMP Facebook Live Poster JPG](#)

[SMP Facebook Live Poster PDF](#)

WARNING
Medicare fraud, errors, and abuse are happening now!

Protect Detect Report

Wisconsin Senior Medicare Patrol
www.smpwi.org

Wisconsin Senior Medicare Patrol empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Learn how you can PROTECT your information, DETECT errors, and REPORT fraud by attending the...

Live Panel Discussion Webinar
Thursday, March 3, 2022 | 11am-Noon

For details or to view a recording after the event, see our Facebook Page:
facebook.com/WisconsinSeniorMedicarePatrol

Confidential Toll-Free Helpline:
888-818-2611