



## Greater Wisconsin Agency on Aging Resources

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### GWAAR News

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

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##### **Join our Advisory Council**

The Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR), is looking for thoughtful, civic-minded, energetic individuals to fill vacancies on its Advisory Council. Advisory Council Members are involved in a variety of activities that support aging programs including promotion of quality improvement of aging services and individual and organizational advocacy. Advisory Council Members are expected to maintain community relationships to promote agency visibility and help achieve agency goals. If you are looking for a challenging volunteer opportunity where your skills can make a difference in program planning, development, and implementation, please apply: <https://gwaar.org/api/cms/viewFile/id/2005628>. For questions about volunteering on the Advisory Council, please contact Nick Musson at [nick.musson@gwaar.org](mailto:nick.musson@gwaar.org).

### Family Caregiver Support

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

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

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##### **Reminder: Our Caregiver Support Community Statewide Call is July 26**

Tuesday, July 26 | 10:00 a.m. CT

Hear updates on Public Policy and Advocacy. Learn DHS and GWAAR updates related to Caregiver topics. Learn about Trualta content and last, but not least we will hear from Dr. Jennifer Heston-Mullins from Miami, Scripps Gerontology Center about Our Family, Our Way resources. Our Family, Our Way is a communication and care coordination process developed by Miami University's Scripps Gerontology Center to help caregiving families think and talk about caregiving. Many resources and planning materials are available free of charge.

Microsoft Teams meeting link: [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NDRINjc1OGMtNzg3MS00MzhiLTkxNmYtYWE3OTM4NGRhMTgw%40thread.v2/0?context=%7b%22Tid%22%3a%228e087664-409d-4c4c-a6b4-7aa01020d6ea%22%2c%22Oid%22%3a%22394578c8-c741-45f1-a9f0-7518f82bcedb%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDRINjc1OGMtNzg3MS00MzhiLTkxNmYtYWE3OTM4NGRhMTgw%40thread.v2/0?context=%7b%22Tid%22%3a%228e087664-409d-4c4c-a6b4-7aa01020d6ea%22%2c%22Oid%22%3a%22394578c8-c741-45f1-a9f0-7518f82bcedb%22%7d)

Or call in (audio only): (877) 565-2671, Phone Conference ID: 468 991 500#

##### **Reminder: Professional Caregiver Training for Trualta July 26**

Tuesday, July 26 | 11:15 a.m. CT

Professional Caregiver Training for Trualta will be offered following our Caregiver Support Community Statewide Call on Tuesday, July 26. Our Caregiver Support Community Statewide Call begins at 10:00 a.m.; the Trualta Training will be offered at 11:15 a.m. Kenosha County's own Margaret Ricchio will walk us through her onboarding of Trualta. You will become familiar with Staff Space, learn how to communicate with registered

Caregivers, and how to educate others about Trualta. No need to register, simply join us at 11:15 a.m. and come ready with questions.

See the article above for information to join the Caregiver Support Community Statewide Call.

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

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#### **Reminder: New Resources Available from Scripps Gerontology Center**

Our Family, Our Way is a communication and care coordination process developed by Miami University's Scripps Gerontology Center to help caregiving families think and talk about caregiving. Offers:

- Family Meeting Materials
- Videos for Caregiving Families
- Tip Sheet for Caregiving Families
- Other Resources for Caregiving Families
- Materials for Professionals

For access to these resources, visit:

<https://www.miamioh.edu/cas/academics/centers/scripps/research/ofow/index.html>



#### **Reminder: Webinar: Emergency Response for People Living with Dementia and Their Caregivers: Preparing for Emergencies via Coordinated Efforts of First Responders and Local Aging Organizations**

Tuesday, July 19 | 12:00 p.m. CT

The Middle Alabama Area Agency on Aging and Pelham Fire Department have worked closely the last several years on a variety of innovations under the aging network to produce better outcomes for Area Agency on Aging clients. During this webinar, they will share how these partnerships started, give examples of the innovative programs on which they have collaborated, and most importantly, provide information on how to better prepare organizations and clients living with dementia and their caregivers for a disaster before it happens. The knowledge gained in this webinar can assist organizations as they develop emergency planning materials for clients living with dementia and when identifying and implementing practices for pre-disaster readiness and post-disaster needs. This webinar is part of the National Alzheimer's and Dementia Resource Center webinar series, sponsored by the Administration for Community Living.

Register now: <https://www.asaging.org/web-seminars/emergency-response-people-living-dementia-and-their-caregivers-preparing-emergencies>

## Nutrition

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[Pam VanKampen](#), Older Americans Act Consultant - Nutrition Specialist/Senior Center Representative

### **Nice to Know**

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#### **Accredited Podcast Series: Satisfied Eating – Putting Mindfulness into Practice and Other Nutrition Education Materials from Love One Today (All Things Avocado)**

Explore evolving viewpoints around health and wellness with Melissa Joy Dobbins, MS, RDN, CDCES, host of Sound Bites® Podcast, and guest Andrea Mathis, MA, RDN, LD. Learn about research that continues to explore how pairing fat and fiber can enhance satiety and why this may be helpful when counseling on mindful eating. Listen to the podcast at this link: [https://loveonetoday.com/health-professionals/education-material/satisfied-eating-accredited-](https://loveonetoday.com/health-professionals/education-material/satisfied-eating-accredited-podcast/?utm_source=Love+One+Today%C2%AE+Health+Professionals&utm_campaign=703415d593-HP_RSS_EMAIL_RESOURCES&utm_medium=email&utm_term=0_0e1bfe3c7d-703415d593-192051421)

[podcast/?utm\\_source=Love+One+Today%C2%AE+Health+Professionals&utm\\_campaign=703415d593-HP\\_RSS\\_EMAIL\\_RESOURCES&utm\\_medium=email&utm\\_term=0\\_0e1bfe3c7d-703415d593-192051421](https://loveonetoday.com/health-professionals/education-material/satisfied-eating-accredited-podcast/?utm_source=Love+One+Today%C2%AE+Health+Professionals&utm_campaign=703415d593-HP_RSS_EMAIL_RESOURCES&utm_medium=email&utm_term=0_0e1bfe3c7d-703415d593-192051421)

View and download nutrition education materials, recipes and more at this link:

[https://loveonetoday.com/health-professionals/educational-materials/?utm\\_source=Love+One+Today%C2%AE+Health+Professionals&utm\\_campaign=703415d593-HP\\_RSS\\_EMAIL\\_RESOURCES&utm\\_medium=email&utm\\_term=0\\_0e1bfe3c7d-703415d593-192051421](https://loveonetoday.com/health-professionals/educational-materials/?utm_source=Love+One+Today%C2%AE+Health+Professionals&utm_campaign=703415d593-HP_RSS_EMAIL_RESOURCES&utm_medium=email&utm_term=0_0e1bfe3c7d-703415d593-192051421)

