



Volume 4, No. 28, July 26, 2022 Office (608) 243-5670 Fax (866) 813-0974 info@gwaar.org www.gwaar.org

## **Greater Wisconsin Agency on Aging Resources**

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### **GWAAR News**

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

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##### **Reminder: 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).

### **Advocacy**

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

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

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##### **AARP Tele-Town Hall with the Wisconsin Public Service Commission**

Thursday, July 28, 2022 | 10:00 a.m.

There has been lots of funding for highspeed internet (Broadband) in the last year, but do you know how to get access and what programs exist to make it more affordable? Join us for a live telephone town hall on Thursday July 28 at 10:00 a.m. We'll be sharing information about programs to make high speed internet more accessible and more affordable in Wisconsin. We'll have a guest expert from the Wisconsin Public Service Commission who will answer all your consumer questions including tips about how to get some financial help and to assess the speed and reliability of the service you have. Callers will be able to ask questions during the event.

Please register online to receive a call to participate in our tele-town hall:

<https://vekeo.com/aarpwisconsin/#event-37943>.

## Nice to Know

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### The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

Effective July 16, 2022, everyone across the United States is able to connect to the National Suicide and Crisis Lifeline by dialing 988. People can call, text, or chat 988 to be connected to trained counselors that are part of the Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.



988 was created as a shorter and easier number to remember for calling the Suicide and Crisis Lifeline (though the original 10-digit number for the Suicide Prevention hotline will also remain in service). Experts say a phone number that's easier to remember will save lives and help far more people who need immediate access to help in a crisis.

The 988 Suicide and Crisis Lifeline provides a special option for veterans. Veterans can dial 988 and then 1 to connect to the Veterans Crisis Line (988+1). Veterans having thoughts of suicide, a mental health crisis, or any other kind of emotional distress can dial this number and be connected to counselors trained to work with veterans. Anyone can dial 988+1 if they are worried about a veteran who may need crisis support.

## Health Promotion

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

### Nice to Know

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#### Testimonial: Success in Jackson County with Walk with Ease Class

Linda Solano was in pain for over 10 years due to severe arthritis in her back. Her first visit to the Lunda Community Center was to participate in the Walk with Ease for Arthritis Class. She arrived using a cane. Due to the Walk with Ease Class and the ongoing Silver Sneakers classes, her pain is much better, and she no longer needs a cane. In fact, Linda has lost 35 pounds, increased her walking pace, and is now able to do other things she had given up due to her pain. Linda states, "I recommend these programs to everyone!" You will find Linda enjoying a cup of coffee and socializing with her friends in the Hub after her Silver Sneakers class every Monday, Wednesday, and Friday.



#### Older Adults and Evidence-Based Physical Activity Programming

As many of you know, older adult activity levels decreased drastically during the pandemic and they are still working to recover. Many older adults don't know where to start or now feel like they are too inactive to get started. As a reminder, there are several evidence-based health promotion programs that Aging Units and Aging and Disability Resource Centers can utilize OAA Title III-D funding to implement to get older adults moving in your community. Here are a few of the most popular III-D eligible programs that we see implemented throughout Wisconsin:

- Stand Up and Move More is an evidence-based sedentary behavior reduction program. It is not an exercise program. This program is proven to reduce sedentary time by 68 minutes/day and is designed for any older adult that sits more than six hours per/day. WIHA is offering a facilitator training in September. To learn more about the training, visit: <https://wihealthyaging.org/standup>.
- Physical Activity for Lifelong Success (PALS) is an evidence-based physical activity program. This program is designed for sedentary older adults — either those who have never exercised before or those who have taken some time off and are looking for a way to get started again. To learn more about the PALS training, visit: <https://wihealthyaging.org/pals>.
- StrongBodies is an evidence-based health promotion program, administered through the UW Madison Division of the Extension, that focuses on increasing participant's strength, balance and flexibility. Since the program began in Wisconsin, StrongBodies leaders have conducted sessions reaching more than 15,000 participants. To learn more about StrongBodies, visit: <https://healthyliving.extension.wisc.edu/programs/strongbodies/become-a-leader/strongbodies-leader-training/>.



If you are not already doing so, please consider implementing one of the above mentioned programs in your community. Please contact Angie Sullivan, GWAAR OAA Consultant Health Promotion and Disease Prevention, at [angela.sullivan@gwaar.org](mailto:angela.sullivan@gwaar.org) or 608-228-8081 to discuss health promotion programming in your community.

## Nutrition

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

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

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#### **Help Raise Awareness About Malnutrition Risk Among Community Dwelling Older Adults Malnutrition Awareness Week September 19-23, 2022**

Please visit <http://www.nutritioncare.org/SpreadTheWord/> for some great resources to help you promote Malnutrition Awareness Week, including social media posts, sample emails, and a media toolkit. There are webinars during the week of September. Please share the discount code MAW-GWAAR with your community, so they may participate in the MAW2022 webinars for free. Instructions on how to register for the webinars are available here: <https://gwaar.org/api/cms/viewFile/id/2007495>. Our #MalnutritionAwarenessWeek stickers are available in English, Spanish, and Portuguese! Download and print the #ASPENMAW22 sticker sheets from our website to wear and share with your nutrition staff, HDM drivers, local dietitians, etc.

Thank you in advance!