



Volume 4, No. 34, September 27, 2022 Office (608) 243-5670 Fax (866) 813-0974 info@gwaar.org

Greater Wisconsin Agency on Aging Resources

GWAAR News

Nice to Know

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.

Webinar: Exploring Core Competencies for Information and Assistance (I&A) Professionals in Self-Direction

October 4, 2022 | 2:00 pm CT

Information and Assistance (I&A) is essential for helping participants understand self-direction, navigate their program and its rules, and have a successful experience self-directing. An underpowered I&A function can limit not only a program's growth and participant satisfaction but also its integrity, as one of the core functions of I&A is to provide additional program monitoring and safeguards. Co-sponsored by the National Center on Advancing Person-Centered Practices (NCAPPS) and Applied Self-Direction (ASD), this webinar will highlight a new resource on core standards for I&A professionals in self-direction. The panel will feature people with lived experience of self-directing who will share their experiences with quality I&A professionals and how they have affected their self-direction journeys.

To register, visit https://us06web.zoom.us/webinar/register/WN_q-dCfCmsRcijNbrRjrPKvw?timezone_id=America%2FChicago.

Advocacy

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

Nice to Know

Absentee Voting News: Make Your Vote Count

Two recent court decisions issued orders impacting absentee voting in Wisconsin. The first is a federal court ruling that confirmed the federal rights of Wisconsin absentee voters with disabilities to receive ballot return assistance and ordered the Wisconsin Elections Commission (WEC) to issue written instructions to all municipal clerks clarifying these rights. WEC's guidance states:

- Any Wisconsin voter who requires assistance with mailing or delivering their absentee ballot to the municipal clerk because of a disability must be permitted to receive such assistance by a person of the voter's choice (except for the voter's employer [or agent of that employer] or officer or agent of the voter's union, if applicable).
- A Wisconsin voter may self-identify as requiring ballot return assistance due to a disability.

The second court decision, issued earlier this month, is a circuit court ruling stating:

- The WEC is prohibited from publicly displaying or disseminating guidance issued to clerks regarding Missing or Insufficient Witness Address on Absentee Certificate Envelopes, AMENDED Oct. 18, 2016.
- Wis. Stat. § 6.87. informs municipal clerks that if they receive an absentee ballot with an improperly completed certificate or with no certificate, the clerk may return the ballot to the elector, inside the sealed envelope when an envelope is received, together with a new envelope if necessary, whenever time permits the elector to correct the defect and return the ballot by the applicable deadline.

(Note: Clerks will not be able to fix missing or incomplete witness addresses on absentee ballot certificate envelopes.)

What does all this mean to older voters?

- If you need assistance with mailing or delivering your absentee ballot to your municipal clerk because of a disability, you may receive assistance by a person of your choice (with limited exceptions noted above), and
- You are encouraged to complete your absentee ballot and absentee ballot certificate very carefully, as your clerk is unable to correct or complete any missing information on the certificate and there may not be time to return your ballot in time for you to make the necessary corrections/additions and return your ballot in time for it to be counted.

Ageism Awareness Day – Oct. 7th

Ageism Awareness Day 2022 is Oct. 7th. This day is an opportunity to draw attention to the existence and impacts of ageism. Awareness is an important step toward changing community attitudes and building a world where people of all ages are valued and respected and their contributions are acknowledged.

Below are some action steps suggested by The American Society on Aging (ASA) for celebrating Ageism Awareness Day:

- Gather a group of people at a senior center, an aging unit/ADRC committee/commission meeting, in someone's home, etc., and watch Ashton Applewhite's TEDtalk: Let's End Ageism- https://www.ted.com/talks/ashton_applewhite_let_s_end_ageism?language=en. Invite younger folks to watch it, too.



- If your local newspaper runs letters to the editor, submit one about Ageism Awareness Day, and why it is so important.
- Share personal stories whenever possible. Human interest stories are important. Including on social media.
- Invite an expert on ageism to speak at a meeting.
- Post about the day on Facebook and Instagram, using a short illustrative tale with a photo representing aging in a positive light, then explain the day and why it matters.

ASA has several ageism resources available to its members. If you are not a member, reach out to GWAAR for additional resources. Other ageism resources can be found at Old School – an Anti-Ageism Clearinghouse - <https://oldschool.info/>, LeadingAge - <https://leadingage.org/ageism-resources-0>, and Ageism, Inc. - <https://www.ageism.org/>.

International Day of the Older Person – Oct. 1st

On December 14, 1990, the United Nations (UN) General Assembly designated October 1 as the International Day of Older Persons. The 2022 theme for the United Nations International Day of Older Persons (UNIDOP) is “The Resilience and Contributions of Older Women.” According to the UN, the theme “serves as a hallmark and reminder of the significant role older women play in traversing global challenges and contributing to their solutions with resilience and fortitude.”



To create meaningful policies to enhance a holistic response to local, national, and global challenges and catastrophes, it is critical to recognize the vital contributions of older women and promote the inclusion of their voices, perspectives, and needs. UNIDOP2022 “is a call to action and opportunity aimed to embrace the voices of older women and showcase their resilience and contributions in society, while promoting policy dialogues to enhance the protection of older persons human rights and recognize their contributions to sustainable development.”

You may wish to consider celebrating and recognizing this day by sharing communications (speeches, letters-to-the-editor, social media posts, and agency or local newsletter articles) focusing on this growing section of the population. Include the important voices of older adults, by highlighting older persons who have had an impact on society.

For more information regarding the objectives of UNIDOP 2022 and the history related to the designation of this day, go to: <https://www.un.org/en/observances/older-persons-day>.

Family Caregiver Support

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

Nice to Know

Bringing Respite to Your Community!

This FREE workshop will provide you with the information and building blocks needed to start a respite program in your community. You will have the opportunity to offer and receive feedback from others starting programs in their communities, allowing you to build a support system throughout Wisconsin.

BRYC is a six-week course. The first, third, and fifth weeks consist of online modules for you to complete on your own time. The second, fourth, and sixth weeks are virtual, face-to-face meetings at a scheduled time. Four sessions are being offered in 2022 for Wisconsin Residents. If you have questions, please contact BRYC's instructor Val Madsen: vmadsen@respitcarewi.org

To register, visit <https://rcaw.gnosishosting.net/Events/Calendar?fordate=2022-10-02>.

 <p>Bringing Respite to Your Community Workshop</p>	<p>Fall 2022 Workshop Oct 3 - Nov 13, 2022 Registration Opens August 21, 2022</p>	<p>Virtual Face to Face Dates Monday October 10, 2022 Monday October 24, 2022 Monday November 7, 2022 from 4pm - 7pm</p>
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Health Promotion

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

Nice to Know

Updated Tools from engAGED to Help the Aging Network Raise Awareness of Social Engagement Opportunities

With the COVID-19 pandemic prompting many adaptations to social engagement activities, engAGED updated their Community Awareness Toolkit to help organizations in the Aging Network promote their activities - and the importance of social engagement. The Toolkit contains customizable materials including a consumer brochure, infographics, fact sheets, a PowerPoint presentation, sample newsletter and social media language and a calendar of social engagement opportunities. Learn how your Aging Unit or Aging and Disability Resource Center can best use these tools, now available online:

<https://www.engagingolderadults.org/engagedcommunitytoolkit>.

SOCIAL ENGAGEMENT:
A Key Ingredient to Well-Being for Older Adults

Wisconsin Falls Coalition Toolkit Now Available!

Interested in starting or revitalizing a falls or injury prevention coalition locally? The Falls Free Wisconsin Coalition created a Falls Coalition Quick Guide, now available online at <https://wihealthyaging.org/wp-content/uploads/2022/09/Falls-Free-WI-Coalition-Quick-Guide-FINAL-2.pdf>. This guide has been prepared in recognition of the special role local communities play in reducing falls and fall-related injuries within the older adult population. This quick guide provides practical tools, resources, and strategies to assist coalition building efforts. It provides the framework, infrastructure, and guidance to establish community partnerships and implement fall prevention interventions. In addition, this guide contains examples from coalitions around the state of Wisconsin and contains resources on not only starting a coalition but maintaining these efforts and aligning them with other initiatives. The toolkit was designed as part of a statewide fall prevention initiative, titled Falls Free Wisconsin.

OAA Title III-D Orientation Available

October 13, 2022 / 9:00 am CT

By attending the OAA Title III-D Orientation, you will learn how health promotion and disease prevention can have a profound impact on the older adult population in your community. In this 90-minute session, participants will be given an overview of the WI Aging Network, provisions and priorities of the Older Americans Act, what constitutes high-level evidence-based programming and how you can utilize III-D funding as efficiently as possible to improve overall health of the older adult population in your county.

This orientation is appropriate for new and old Health Promotion Coordinators, Aging Unit Directors and Supervisors, any other staff members or partners who want to learn more about the ins and outs of OAA Title III-D. Registration is required. Please reach out to Angie Sullivan at angela.sullivan@gwaar.org if you have any questions.

Register in advance for this meeting: <https://us06web.zoom.us/meeting/register/tZltce6przgvHt1-go2wxxmdiBUW8WKJSOS->. After registering, you will receive a confirmation email containing information about joining the meeting.

Career Opportunities at the Wisconsin Institute for Healthy Aging

The Wisconsin Institute for Healthy Aging (WIHA) is seeking candidates to join their team of professionals to support healthy living and healthy aging in Wisconsin. If you or someone you know is interested in a remote-working position in a supportive, collegial environment where initiative and creativity are valued. They currently have two positions available:

Falls Prevention Coordinator - The Falls Prevention Program Coordinator will lead WIHA's falls prevention programming and activities with a focus on developing a coordinated, collaborative hub for best practices and consumer engagement in falls prevention.

Chronic Disease Program Coordinator - The Chronic Disease Program Coordinator will play a key role in helping people manage their ongoing health conditions through the spread of evidence-based self-management programs and practices.

If you have questions or want to learn more, please feel free to contact Kris Krasnowski, Interim Executive Director kris.krasnowski@wihealthyaging.org.



Nutrition

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

Need to Know

Power Up Your Congregate Program... Tips to Attract New Participants

September 29, 2022 | 2:00 pm CT

ACL Office of Nutrition and Health Promotion Programs, in partnership with NCOA, invites you to attend this engaging panel discussion to learn how to enhance your congregate site. Attendees will be able to:
Demonstrate understanding of the behaviors and preferences of older adults and congregate nutrition sites.
Understand how to create a welcoming environment to congregate nutrition sites. Apply learned techniques to increase participation in congregate sites and other programs.

Free event. Register here: <https://connect.ncoa.org/products/power-up-your-congregate-programtips-to-attract-new-participants>.

Nice to Know

Join us for the 2022 WASC (WI Association of Senior Centers) Fall Conference: Refresh-Refocus-Reimagine

Thursday, October 27 - Friday, October 28 | Holiday Inn Hotel & Convention Center, Stevens Point, WI 54482

The featured keynote speaker for this conference is Corey Huck, PhD. He will present "Optimizing Your 'Go-To Market' Strategy" on Thursday and Friday, Dr. Carrie Jarosinski, RN, CNE, CWP will close with "Leading the Way through Self-Compassion Practices"

In addition to the excellent training lineup, they will have a silent auction as well as a live auctioneer Thursday evening. If you haven't been to a WASC live auction, you are in for a real treat! It's a blast and the auction items are amazing!

See flyer for full details (<https://gwaar.org/api/cms/viewfile/id/2007557>) and registration information (<https://docs.google.com/forms/d/e/1FAIpQLSctncigkwDwSWN6Qx0sa4R0CaKpSEh8rSf4ZVGnI-zLP1NaA/viewform>). This conference is open to anyone, you don't have to be a WASC Member to attend.

Senior Medicare Patrol

[Molly Kelly](#), *Senior Medicare Patrol (SMP) Volunteer Coordinator*

Nice to Know

Quarterly Newsletter, The Scoop, now available

The latest edition of the Wisconsin Senior Medicare Patrol's quarterly newsletter – The Scoop is now available. This issue features information about Medicare's Open Enrollment Period, new resources available for making decisions about Medicare coverage, Medicare marketing violations and enrollment fraud, Original Medicare vs. Medicare Advantage plans, tips on falls prevention, and so much more!

You are welcome (and encouraged) to share this newsletter with anyone you think might find the information useful – whether it be consumers, Medicare beneficiaries, neighbors, family, and friends, those who work with older adults, etc.

We added a new section to our website regarding Medicare Open Enrollment, which is October 15 – December 7, 2022: <https://www.smpwi.org/medicare/#wwfid-3>.

Please feel free to contact the Wisconsin Senior Medicare Patrol if you have any questions. We can be reached at our toll-free helpline, (888) 818-2611 or by email, smp-wi@gwaar.org.

New Medicare Decision-Making Tools Now Available

The Senior Medicare Patrol (SMP) program recognizes the complexity of the Medicare system and the wide-ranging amount of material that Medicare beneficiaries need to consider when making choices. We wanted to find a way to help them sort through the information and to make informed decisions. To aid with the process, we have created two worksheets, along with an accompanying resource sheet.

Working with Insurance Agents about a Medicare Plan - <https://gwaar.org/api/cms/viewfile/id/2007552>

The Ask the Right Questions worksheet is designed for a beneficiary, or their caregiver, to use when working with an insurance agent. This tool draws attention to key questions that are fundamental to choosing a plan that meets their needs. The worksheet is meant to be filled out during the meeting with an agent. They can then refer to this form when deciding later about which insurance to choose.

Comparing Medicare Coverage Options - <https://gwaar.org/api/cms/viewfile/id/2007553>

The Comparing Medicare Coverage Options worksheet is intended for a beneficiary, or their caregiver, to use when comparing a variety of plans. This tool identifies the central components of medical coverage that are essential to picking a plan that best meets their needs. The worksheet provides side-by-side notes for easier and more efficient comparison of the plans that are being considered.

Medicare Health Care Coverage - <https://gwaar.org/api/cms/viewfile/id/2007551>

The Navigate the Medicare Maze list is a companion piece to the worksheets. It provides a list of resources to call for unbiased and reliable information. We want to ensure that anyone using these worksheets has the resources they can turn to for assistance, clarity, and guidance on Medicare options and benefits.

Links to these forms are provided above and are also available on the SMP website, www.smpwi.org. A note to all the ADRC offices: Given that the two forms were designed as a booklet (printed on a 11"x17" paper), SMP will ship you printed copies to have available in your offices to hand out. If you would like to have copies sent to you, please contact Molly Kelly at Molly.kelly@gwaar.org with your mailing address and the number of copies you would like.

Transportation

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

Need to Know

Public Comment Period Open until Friday on WisDOT ADA Transition Plan

WisDOT has published the 2022 Americans with Disabilities Act (ADA) Transition Plan. There is a public comment period open through Friday, September 30 (approximately midnight, 11:59 a.m.). Your feedback is very important! Visit <http://www.wisconsindot.gov/ada> to find the plan, along with an overview video presentation and options to comment using the web, email or standard U.S. Mail.

The Federal Highway Administration (FHWA) reporting guidelines require the submission of an ADA Transition Plan that is monitored and updated annually to reflect WisDOT's program and practices. The plan is intended to be a living document that demonstrates WisDOT's commitment to ensure accessibility on the "Path to Zero" barriers in its public right of way.

