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Greater Wisconsin Agency on Aging Resources (GWAAR) News

Nice to Know

Reminder: Brief Survey Regarding Volunteer Coordination

The Volunteer Program Coordinator for the Bureau of Aging and Disability Resources has asked that anyone coordinating volunteers consider completing this brief survey:

<https://survey.alchemer.com/s3/7123493/BADR-Volunteer-Coordinator-Survey>

The results of the survey will be used in a new series of meetings that will connect volunteer coordinators and other individuals who work frequently with volunteers in their professional roles. The meetings will allow time for collaboration and connection, but also sharing of best practices.

Please complete the survey by January 31, 2023.



Advocacy

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

Nice to Know

Upcoming Advocacy Days at the State Capitol

Alzheimer's Association – Wisconsin Chapter

Wisconsin Advocacy Day

Tues., March 7th, 9:00 a.m. – 3:00 p.m.

- Opening program at the Best Western Premier Park Hotel in Madison and meetings with your state lawmakers at the Wisconsin State Capitol in the afternoon.
- To register, visit <https://p2a.co/wdgttaf>.

Disability Advocacy Day of Action!**Thursday, March 23, 2023**

- In -Person 10 A.M.– 3:00 P.M.
Monona Terrace, One John Nolen Drive, Madison, WI, and the Wisconsin State Capitol
- Registrations opens Feb. 1, 2023
- For more information, visit <http://www.survivalcoalitionwi.org/wp-content/uploads/2023/01/2023-DAD-Save-the-date.pdf>.

Aging Advocacy Day 2023**Tuesday, May 9, 2023**

- In-Person Event with virtual option for those unable to come to Madison.
- Best Western Premier Park Hotel, Madison, and the Wisconsin State Capitol
- More information will be posted soon at <https://gwaar.org/aging-advocacy-day-2023>.

Family Caregiver Support

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

Nice to Know

Call for Nominations: Outstanding Caregiver Awards

The Alzheimer's Association - Wisconsin State Conference Planning Committee invites nominations recognizing Wisconsin's outstanding caregivers. Awards recognize individuals living with the disease,

family caregivers, organizations, and professionals who serve and support individuals with Alzheimer's disease and related dementias. Nominations must be submitted by February 28, 2023. Winners will be notified by email by March 15, 2023, and recognized at the 37th Annual Wisconsin State Conference Awards Ceremony the night of May 21, 2023, which will be held at the Wilderness Resort in Wisconsin Dells, WI.

Nominate someone today using this form:

<https://docs.google.com/forms/d/e/1FAIpQLSd4SbAAxtGoBBNULwR54zez1oVUCT7SMZo85UD6qOq4yRvBAg/viewform> or submitting this document: <https://www.alz.org/media/wi/documents/Award-Nomination-Guide-Form-2023.pdf>.

ALZHEIMER'S ASSOCIATION®

Wisconsin's Outstanding Caregiver Awards

Nominations accepted through February 28, 2023.

Webinar: The next generation of support for working caregivers

Wednesday, February 8 | 1:00 p.m.

As caregiving continues to be a top priority for many organizations in 2023, it's become clear that the traditional approach to supporting working caregivers is in need of innovation. While popular point solutions like backup care and 1-1 coaching were successful in bringing caregiving to the forefront, they aren't comprehensive enough to meet the needs of today's families or employers.



Today's support solutions must be truly inclusive of every employee- regardless of age, life stage, care condition, or culture. By investing in platforms that prioritize inclusivity, scalability, and cost-effectiveness, employers will be better equipped to meet the needs of the increasing number of employees who are facing caregiving situations.

Join ianacare CEO & Co-founder Jessica Kim to learn:

- What caregiving solutions should look like in order to effectively support today's working family caregivers
- Why leveraging both technology and human navigation leads to higher engagement and utilization
- The impact of innovative solutions built to encourage and enable proactive support vs more reactive point solutions

This webinar is being offered by Employee Benefit News. To register, visit <https://www.benefitnews.com/web-seminars/the-next-generation-of-support-for-working-caregivers>.

Health Promotion

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

Need to Know

Webinar: OAA Title III-D Health Promotion and Disease Prevention Orientation

Thursday, February 2 | 9:00 – 10:30 a.m.

This orientation will outline the provisions and priorities of the Older Americans Act Title III-D Health Promotion and Disease Prevention. Resources and frequently asked questions will be reviewed. Anyone can attend the orientation; however, it is most appropriate for new health promotion coordinators, supervisors of health promotion activities and any Aging Unit staff that is involved in health promotion. To register, visit <https://us06web.zoom.us/meeting/register/tZAqd-ChrDkjHdYpAAAnlZ0okKVA7dcYbDSS7>.

This is a small group interactive session. Please contact Angie Sullivan with any questions at angela.sullivan@gwaar.org.

Medicare Outreach and Assistance

[Alyssa Kulpa](#), Medicare Outreach Coordinator

Nice to Know

GWAAR Welcomes Kulpa as Medicare Outreach Coordinator

Hello! I am Alyssa Kulpa and the new Medicare Outreach Coordinator with GWAAR. My start date was January 3, and I will be working from my home office in Walworth County. I am so excited to join GWAAR to help provide outreach to Medicare Beneficiaries in the State of Wisconsin! Before coming to GWAAR, I was an Elder Benefit Specialist with the Jefferson County ADRC for almost eight years. There was also a short time that I was a dual Elder and Disability Benefit Specialist. That is a unique position, with only a few in the state!

When I am not in my role as an aging advocate you can find me with my family. I have a husband, Rob and two-year-old daughter, Emsley and we can't forget about our cat Rosie! We recently purchased a home, so most weekends we are working on house projects. It seems to be never-ending, but we enjoy learning new things together and making it our own! We also love the outdoors, so in the summer we enjoy fishing on our boat or spending time in our backyard around the campfire.

In this role I will get to work with so many of you dedicated aging partners across the state. Please reach out with your ideas or to work together on a project. I am excited to see all the things we can do in 2023 to support Medicare Beneficiaries in the State of Wisconsin!



Nutrition

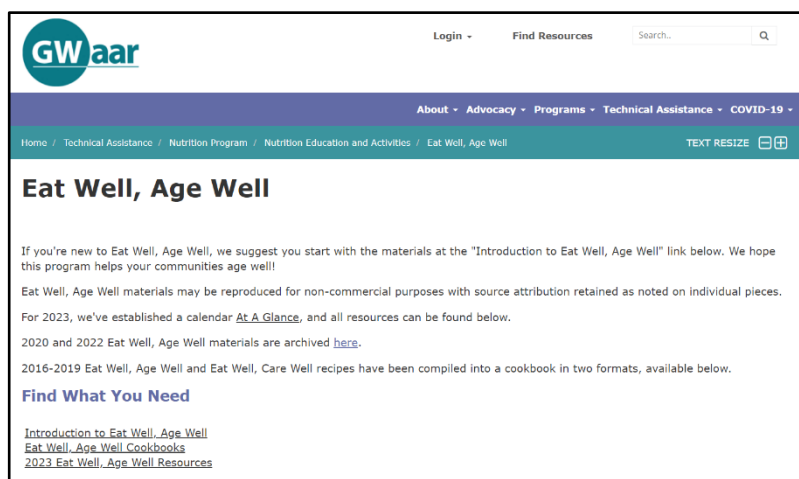
[Pam VanKampen](#), Older Americans Act Consultant - Nutrition Specialist/Senior Center Representative

Nice to Know

2023 Eat Well, Age Well Resources Now Available

The GWAAR Nutrition team has posted our new 2023 Eat Well, Age Well resources to the website at <https://gwaar.org/eat-well-age-well>. An At-A-Glance document also available on the website can help you plan for the year ahead. Please note, September and November resources will be coming soon.

All past Eat Well, Age Well resource are available online in our archive as well: <https://gwaar.org/eat-well-age-well-archive>



2023 Holiday Social Media Toolkit from The Nutrition and Aging Resource Center

This is a great tool for nutrition and health promotion programs as well as Senior Centers.

Included in the Holiday Toolkit are a few helpful ways to personalize your messages. Be sure to read each post in full before posting on

your organizations or agencies social media to ensure all needed material is transferred and nothing additional is needed. There are several posts for each month, what a great way to keep nutrition and wellness messaging front of mind for folks.

Please feel free to use any or all of the following sample posts for your social media presence. As always, they ask that you tag them in your nutrition posts @Aging.Nutrition so they can share your amazing work as well!

To view the toolkit, visit <https://acl.gov/sites/default/files/nutrition/Holiday%20Toolkit.pdf>.

