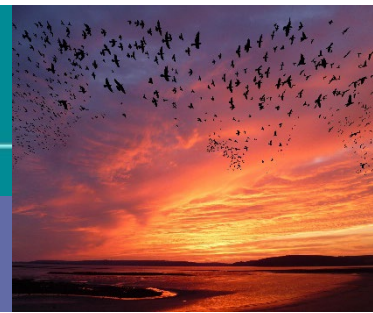




Volume 5, No. 14 April 7, 2023  
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**Join us for Aging Advocacy Day May 9!**

www.gwaar.org/aging-advocacy-day-2023 | #WIAgingAdvocacyDay2023 #WIAAD

## Greater Wisconsin Agency on Aging Resources (GWAAR) News

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

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#### **Reminder: Second Quarter Virtual ACE Meeting April 12**

Wednesday, April 12 | 1:30 p.m. – 3:00 p.m.

(Calendar invitation, link and agenda sent by Rosanna Mazzara ([Rosanna.Mazzara@gwaar.org](mailto:Rosanna.Mazzara@gwaar.org)))

For the second quarter, our A Commitment to Excellence (ACE) meeting will include updates in preparation for Aging Advocacy Day May 9, as well as GWAAR Advocacy updates.

## Advocacy

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

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

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#### **Wisconsin Aging Advocacy Network (WAAN) State Budget Action Alert**

The Joint Finance Committee, the state legislature's committee responsible for development of the budget, will be holding three more public hearings on the 2023-25 state budget in the month of April. One was already held Wednesday, April 5 in Waukesha.

The public hearing schedule is:

- Tuesday, April 11, 2023 - UW-Eau Claire, Davies Student Center Ojibwe Grand Ballroom (Third Floor) 77 Roosevelt Ave., Eau Claire
- Wednesday, April 12, 2023 - Wilderness Resort, Glacier Canyon Conference Center Sandstone Meeting Room 45 Hillman Road, Wisconsin Dells
- Wednesday, April 26, 2023 - Lakeland Union High School 9573 State Highway 70, Minocqua

The public hearings will begin at 10 a.m. and conclude at 5 p.m. Attendees will be asked to fill out a form upon arrival to be added to the queue to testify. The JFC has also created an **online portal** for constituents to provide input <https://legis.wisconsin.gov/topics/budgetcomments/>. All entries will be circulated to the full committee.

The JFC has also developed a **dedicated email address** for input only:

<mailto:budget.comments@legis.wisconsin.gov> and all emails will be circulated to the full committee.

Some aging/ADRC network professionals (and hopefully board members, older adults, people with disabilities, and family caregivers too) are making plans to attend one of the four in-person budget hearings. Thank you, this is important. This is a great way to make sure the issues of importance to older adults are shared with members of the legislature's Joint Finance Committee, as well as other state and local officials, community

members, and members of the media in attendance at the hearings! See Tips for Testifying Before JFC at State Budget Hearings: <https://gwaar.org/api/cms/viewFile/id/2006628>

Other aging/ADRC network professionals, board members, older adults, people with disabilities, and caregivers may be unable to attend one of the four hearings in-person, but they can still help! **With so much at stake for older adults, people with disabilities, and caregivers in this budget, we must use every opportunity available to provide input on the 2023-2025 state budget.**

The Wisconsin Aging Advocacy Network (WAAN) has created a four-week State Budget campaign to help members of the Joint Finance Committee (JFC) learn about pressing issues impacting the lives of older Wisconsinites. The campaign includes strategies for connecting with members of the JFC, your own state Senator and Assembly Representative, as well as opportunities to educate the public and media about the WAAN issues.

WAAN has created a theme for each week in April to help coordinate our messages. The themes each week cover issues of importance to older adults and caregivers.

WAAN's weekly state budget campaign themes:

- April 3 – Access: Transportation & Voting
- April 10 – Program/Service Investment: ADRCs, Elder Justice, & Home-Delivered Meal Service
- April 17 – Independence & Health: Healthy Aging Grants/Housing
- April 24 – \*Caregiving: Family Caregivers/Long-term Care Workforce

(\*Get your comments submitted early the final week of the campaign, as the online portal and email address could close after the final hearing on April 26th.)

#### **Action needed this week:**

**Action Step 1 – Submit online comments related to transportation funding and/or voting rights (see talking point resources below) to the Joint Finance Committee using their online portal:**

[www.legis.wisconsin.gov/topics/budgetcomments](http://www.legis.wisconsin.gov/topics/budgetcomments) (If you prefer, your comments may also be submitted to the Joint Finance Committee using the following email address: <mailto:budget.comments@legis.wisconsin.gov>)

**Action Step 2 – Send emails to your own state elected officials.** Send one email to your state Assembly Representative and another to your state Senator. To find out who your state legislators are (and to find their contact information) visit <https://legis.wisconsin.gov/> and enter your home address in the box under “Who are my Legislators?” Let your legislators know how these issues impact you personally or those you serve. Be sure you include your address, so they know you are a constituent or are serving constituents in their district.

**Action Step 3 – Share this message** with board members, program participants, volunteers and community members and partners and ask them to take action too!

#### **Additional Optional Action Steps -**

**Share your story** (see Five Steps for Creating Powerful Personal Testimony). Have you, a family member, or those you serve had difficulty getting where they want to go if they do not drive or own a vehicle? Had difficulties obtaining a photo ID for voting or voting at the polls or by absentee ballot? How are voting issues or transportation challenges affecting you or those you serve? **In addition to sharing your personal story in your written comments to JFC consider one or more of these additional actions:**

- Write a letter to the editor!** Using your story and/or talking points on either of the issues (see below) write a short letter to the editor to your local daily or weekly paper.
- Prepare articles for your agency newsletter related to these budget topics** (and/or submit an article to your local newspaper regarding transportation and/or voting needs).
- Share a budget message on your social media sites and tag your state Senator and Assembly Representative.** Find social media links for state legislators here: <https://www.wispolitics.com/wp->

[content/uploads/2023/03/230303Directory.pdf](https://gwaar.org/content/uploads/2023/03/230303Directory.pdf) (Senators see pg. 8 and Assembly Representatives see pgs. 9 & 10).

- D. **Attend an in-district listening session with your legislator(s).** Many legislators are holding listening sessions in their districts. Sign up for your legislator's electronic newsletters and watch for opportunities for you to connect with your legislators.
- E. **Invite your legislators for a site visit or to attend an agency event or board meeting.** This is a great way to help your legislators hear about and see the great work you are doing.

See WAAN's Transportation Issue Brief (<https://gwaar.org/api/cms/viewFile/id/2007612>) and Voting Issue Brief (<https://gwaar.org/api/cms/viewFile/id/2007633>) for more information on the network's budget ask (position) and talking points.

**Your voice matters!** The more of us that participate in the hearings and the weekly campaign activities, the more legislators will hear what issues are important to aging advocates and older adults.

## Family Caregiver Support

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

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

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#### **September Caregiver Support Community Statewide Meeting**

There has been some interest in an in-person for our Caregiver Coordinator group. So that there is enough time to plan and hopefully decent traveling weather, September seems to be the best month. The purpose of this poll is to gauge the number of people willing to travel and their availability on the proposed meeting date and at the available time. Please complete this poll today: <https://forms.office.com/r/tXZrs5WGJF>

The poll results will help us determine if a large in-person meeting is practical and if it would be well attended. If there is little to no interest, we would keep our standing virtual meeting already set for September. The proposed date for the in-person meeting is Tuesday, September 26 from 1 - 3 pm at the Aging & Disability Resource Center of Portage County 1519 Water Street, Stevens Point, WI 54481. This poll will close Friday, April 21st at 5 pm. Thank you for your help!

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

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#### **Caregiver Opportunities to Re-Enter Workforce**

If you know working family caregivers or family caregivers who may be looking to re-enter the workplace after time off or in a reduced capacity or in a new role altogether, we may have some resources that could help. Check out the newly added Employment Resources on our Wisconsin Caregiver website here: <https://wisconsin-caregiver.org/employment-resources>. Currently, we have information about the Senior Community Services Employment Program. Soon we hope to add an employer toolkit and other resources. Please keep checking back!

## Updates from Tualta

- In February the Wisconsin portal grew by +44 new caregivers and there are 1,193 registered caregivers as of today!
- Earlier this month Tualta's Care Educator, Monique, hosted a live webinar for caregivers across all portals to provide additional support on healing caregiver burnout. Caregivers were invited via email and the live event was very engaging with lots of conversation in the chat from caregivers in attendance! The webinar recording can be accessed here:



<https://us02web.zoom.us/rec/play/RqGOEtYMUlw3zMdj7UNm5L7eynd0SYfFRbCF-DvrJ1Gs8ExeNPOwW6tGAVV6GlefzggjFexKWCF03zfl.9aOXRYd5-Ykfi5U?continueMode=true>

- As a heads up, there will be another webinar coming up in a few weeks on the topic of “Breaking Communication Barriers.” Look for one or two webinars like this a month as we move forward!
- A new Toolkit on the portal was recently launched for caregivers of individuals living with Depression and Bipolar Disorder. The Toolkit includes:
  - Worksheet for tracking moods and triggers to support developing a proactive care plan
  - Resources and ideas for addressing withdrawal and inactivity
  - Tips for how to encourage someone with mental illness
  - Specific strategies for caring for someone with bipolar disorder
- There have been some revisions to the Reports Section for Admin Users on the portal—if you’ve logged into the portal’s Reports section in the last week or so, you may have noticed it looks a bit different. Here is a short video to walk you through the Report section:  
<https://www.loom.com/share/855f5c07351a4443af9bf5cd833efec9>.

## Health Promotion

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

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

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#### **Reminder - Health Promotion Staff Member Changes**

Please remember to contact Angie Sullivan at <mailto:angela.sullivan@gwaar.org> with any health promotion staff changes. It is important to let me know of any changes to keep my contact lists up to date as well as reach out to new staff to make sure they receive the necessary orientation information to be successful in their position.

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

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#### **Save the date! Quarterly Health Promotion Webinar**

*Tuesday, May 23 | 1:00 p.m.*

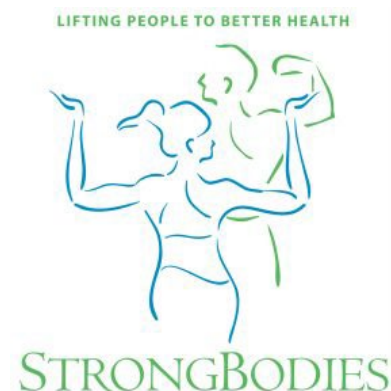
Save the date for the next Quarterly Health Promotion Webinar. The webinar will feature successful high-level evidence-based programs currently being implemented at Aging Units across the state. Register today at <https://us06web.zoom.us/meeting/register/tZcrcOitrjlrGN1PG7QPCYySMLkz4aaArYG0>.

## **StrongBodies Leader Training – Registration Deadline Today!**

*Wednesday, April 12 | Dane County Extension Office in Madison, WI*

Get trained to leader the high-level evidence-based StrongBodies Program! The StrongBodies Program supports aging adults to stay strong, healthy, independent and socially connected in their communities. Participation helps to improve strength, increase muscle mass, and preserve bone mineral density. Additional benefits of strength training for aging adults include: improved blood pressure, improved blood glucose, improved lipid profile, reduced arthritis symptoms, and more. If you have any questions, please email Jen Whitty, Health Promotion Programs Coordinator, University of Wisconsin-Madison Extension at [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu).

- When: April 12, 2023 (Register by April 7, 2023)
- Where: Dane County Extension Office, Madison WI
- Cost: \$350.00 (Aging Units are able to utilize OAA Title III-D funding to cover the cost)
- Register: <https://healthyliving.extension.wisc.edu/programs/strongbodies/become-a-leader/strongbodies-leader-training/>



## **engAGED Webinar: Supporting the Social Engagement Needs of Underserved Populations**

*Thursday, April 13 | 11:00 a.m.*

Don't miss this webinar on ways to socially engage older adults from underserved communities. Hosted in partnership with the Diverse Elders Coalition. The webinar will focus on social engagement among LGBTQ+ older adults. Register today at:

[https://us06web.zoom.us/webinar/register/WN\\_mpDENVepSxCbhJQr7OPNWg#/registration](https://us06web.zoom.us/webinar/register/WN_mpDENVepSxCbhJQr7OPNWg#/registration)

## **Nutrition**

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

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

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#### **Survey Regarding Meal Prioritization and Waitlists**

We need your help as we continue our advocacy work related to Home Delivered Meal (HDM) funding. Please take a few moments to fill out survey on Waitlist and HDM Prioritization (<https://forms.office.com/r/EbaK7wR7ju>) by April 10. Thank you!



## ***Nice to Know***

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### **Creative Fundraising for Senior Nutrition Programs**

*April 13 | 1:00 p.m.*

People 65 and older are expected to represent 22 percent of the U.S. population by 2040. Successful senior nutrition programs of the future will seek diverse funding streams that include but are not limited to participant contributions and public funding like the Older Americans Act. Join ACL's Office of Nutrition and Health Promotion Programs (ONHPP) to explore creative ways to sustain senior nutrition programs through fundraising efforts.

Attendees will learn to:

- Understand how fundraising contributes to a sustainable program.
- Identify and evaluate various fundraising activities and their target audiences.
- Develop community relationships and partnerships for sustainability.

Register here: <http://bit.ly/3GoqW7H>