



Volume 5, No. 35 October 10, 2023
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Greater Wisconsin Agency on Aging Resources (GWAAR) News

Nice to Know

Reminder: Accepting Applications: GWAAR 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 see the following and apply.

View the application: <https://gwaar.org/api/cms/viewFile/id/2005628>

If you have any questions about volunteering on the Advisory Council, please contact Nick Musson at nick.musson@gwaar.org.

Reminder: Upcoming WellSky (SAMS) Webinars:

EOY Reporting Q&A – 1 remaining session (Oct. 12)

Register on the GWAAR Data Management SharePoint site: <https://bit.ly/468PfAV>

Reminder: Next Virtual ACE Meeting October 11

Wednesday, October 11 | 1:30 p.m. – 3:00 p.m.

A Teams meeting invite was emailed out on September 14 and the agenda is now available. Contact Rosanna Mazzara for invitation details.

(Rosanna.Mazzara@gwaar.org)

October 11 meeting link: <https://bit.ly/46IW5Dr>

October 11 agenda: <https://gwaar.org/api/cms/viewfile/id/2007910>



Family Caregiver Support

Bryn Ceman, Older Americans Act Consultant - Family Caregiver Support Specialist

Nice to Know

Advanced access to Marketing Toolkit for National Family Caregiver Month

In preparation for National Family Caregiver Month, the Wisconsin Family & Caregiver Support Alliance or WFACSA team has developed a Marketing Toolkit that we would like to share with our community partners in advance of November 1.



The Toolkit can be used by you and your organization throughout the month of November to offer caregiver education, resources, and opportunities to connect. You will note that each week has a focus area. Clicking on each week's blue focus area brings you to jpegs, articles, videos, and other content applicable to our state's family and informal caregivers. **You are encouraged to share this content starting on November 1.**

Please be advised that additional links and resources may be added throughout the month of October. For example, we hope to include the Governor's Proclamation for National Family Caregivers Month once it becomes available. For this reason, please be sure to come back to these active links for the most up-to-date information.

View the Marketing Toolkit for National Family Caregiver Month:

<https://gwaar.org/api/cms/viewFile/id/2007912>

USAgging to Strengthen Infrastructure Supporting Family Caregivers

EXCITING NEWS! USAging will expand and enhance the capacity of the Aging Network to support family caregivers with funding it has received from the U.S. Administration for Community Living. Building upon the roadmap established by the 2022 National Strategy to Support Family Caregivers, the four-year cooperative agreement will enable USAging to launch the Innovations in Family Caregiver Services and Supports Initiative.



Learn more: <https://www.usaging.org/content.asp?admin=Y&contentid=1571>

Resources: Exploring What's Available!

Every so often we'll highlight resources either from the Family Caregiver Support page of [GWAAR.org](https://gwaar.org) or from [WisconsinCaregiver.org](https://wisconsincaregiver.org).

This week, I will share about resources found on the GWAAR website under the "After Caregiving" tab.

The resources here offer insight into tips on moving a loved one to a facility, advice and options for caregivers of someone with dementia, and what to do after your loved one passes.

Visit the Family Caregiver Support page: <https://gwaar.org/family-caregiver-support-for-professionals>

Visit the After Caregiving page: <https://gwaar.org/after-caregiving>

Health Promotion

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

Need to Know

Reminder: Quarterly Health Promotion Webinar

Tuesday, November 7 | 2:00 - 3:30 p.m.

Save the date for the next Quarterly Health Promotion Webinar taking place on Tuesday, November 7, 2023 from 2:00 - 3:30 p.m. After some GWAAR Updates, the majority of the agenda will be spent in breakout groups learning from each other about health promotion community partnerships, challenges, successes and any emerging trends. Health Promotion Coordinators from various counties will be leading the small groups.

Registration Link: <https://us06web.zoom.us/meeting/register/tZwrcuihpjlvHNQcsM3z2rtI9R0dIJY8wsSH>

Nutrition

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

Nice to Know

Looking for Nutrition Education Materials?

Here are a few websites to get you started.

The Nutrition and Aging Resource Center has a library of Nutrition Ed Materials, including ready-to-use items.

<https://acl.gov/senior-nutrition/ready-use-education>

Food Hero materials for older adults: <https://foodhero.org/older-adults>

My Plate Kitchen: <https://www.myplate.gov/myplate-kitchen>

My Plate: <https://www.myplate.gov/>

Indian Health Services Free Nutrition Ed Materials:

<https://www.ihs.gov/diabetes/education-materials-and-resources/>

GWAAR Nutrition Ed Page (Beneficial Bites and Eat Well Materials):

<https://gwaar.org/nutrition-education-and-activities>

Please remember to make the educational materials as engaging as possible. Encourage discussion, present materials in-person, plan a fun activity that helps support and reinforce the nutrition education topic.



Reminder: Learn more about meal prioritization/waitlist tool

Thursday, October 12 | 9:00 a.m.

We have updated the meal prioritization/waitlist tool for the GWAAR service area. Please join us to learn more. The meeting will be recorded and supporting documentation will be on the GWAAR Nutrition EXT SharePoint site. A tremendous note of thanks and appreciation for all those who served on the workgroup this year and in the past. It has been a journey; your insights have been invaluable.

October 12 meeting link: <https://bit.ly/3RK1lwq>

Teams Meeting ID: 298 120 566 036; Passcode: gWvhTd

Or call in (audio only) +1 608-338-1382, 293932813# Phone Conference ID: 293 932 813#