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Greater Wisconsin Agency on Aging Resources (GWAAR) News

Nice to Know

Reminder: Technology tutorials available for older adults

Generations on Line (GoL) is a national nonprofit organization that offers interactional tutorials to help older adults learn to use tablet and smartphone technology. Allowing you to offer tablet and smartphone training directly to your older adults. Use either staff or volunteers, along with the GoL tutorial(s.) The tutorials are web based and software can be accessed at: www.golhelp.org There is nothing to download!

Should you desire to use some, or all of the tutorials, to offer training to your older adults, GoL provides supportive materials, again at no cost, to assist you. Interested? Simply send an email to Katie Burke KBurke.GoL@comcast.net requesting the link to the materials. She is also happy to answer any questions.

Many of Wisconsin's senior centers, libraries, and ADRC have had the joy of teaching using these products and they have been extremely effective.

Sample article for sharing in your newsletters:

Do you know the basics of using a smartphone or tablet to access the Internet, but would like to use the device more? We suggest going to www.golhelp.org to see interactive tutorials, all available at no cost.

The first three teach the basics. Simply tap on the one that best matches your device (Choosing wrongly will not hurt your device-the images will just not match your device). We suggest you start here if you only know a little. You may want to ask a friend or relative to assist.

If you want to learn how to use your tablet or smartphone to partake in a telehealth appointment, read a newspaper online, or seek and apply for employment online, Generations on Line offers a tutorial for each! All at no cost – not now or ever!

Visit the site: www.golhelp.org



Reminder: ADILN conference Early Bird Registration extended through March 8

Wisconsin Aging, Disability, and Independent Living Network conference

April 23–25, 2024

Join leaders from the Wisconsin Aging, Disability, and Independent Living Network April 23–25, 2024, in La Crosse, WI. This conference is focused on improving the lives of older people and adults with disabilities. Attendees will enjoy two full days of learning (half-day pre-conference intensive followed by a day and a half of workshops) along the beautiful Mississippi River. Attendees will also have numerous opportunities to learn, network, and collaborate with each other.



Early Bird: \$275 until March 8

Includes access to half-day pre-conference sessions.

Regular: \$300 beginning March 9

Includes access to half-day pre-conference sessions

Register for the conference: <https://bit.ly/49fS3xz>

More information: <https://gwaar.org/adiin-2024>

Advocacy

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

Need to Know

New State Legislative Maps Signed into Law

On, President's Day (Feb. 19, 2024), the Governor signed new state Assembly and Senate District maps into law. The new maps, approved by the state legislature last week with bipartisan support, don't guarantee a legislative majority to the Republicans or to the Democrats.

The new maps means that there will likely be many more contested elections this year, including a lot of contested primary elections in August. Some of the new districts will have two incumbents vying for the district seat, while other districts may have no incumbent. It is imperative for us to educate all candidates about the issues facing older adults, people with disabilities, and their family caregivers, as well as our policy priorities.

The maps enacted today will take effect immediately after publication and will be in place for the fall elections. The Governor has also asked the state Supreme Court to clarify that the maps will be in effect for any special elections prior to the November election.

The new maps can be viewed using the links below. (Please note, the links will require you to accept the terms and conditions of the site hosting the maps. To view with new district lines and county borders, under "overlays" select district lines and county lines):

Wisconsin State Assembly:

<https://bit.ly/49mHAKo>

Wisconsin State Senate:

<https://bit.ly/48izmbX>

Nice to Know

Reminder: Disability Advocacy Day 2024 registration deadline March 1

Wednesday, March 20, 9:30 a.m.

Please share! Registration is open for Disability Advocacy Day 2024! Join us in Madison on Wednesday, March 20 with advocates from around the state and meet with your elected officials. This is a great opportunity to share your story and educate your legislators on disability rights!

It's free to attend, but you must register by March 1! Register now online!

Registration: <https://bit.ly/3UAgjGR>

Family Caregiver Support

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

Need to Know

Webinar series on Intellectual Disability and Dementia

Hosted by The National Taskforce on Intellectual Disabilities and Dementia Practices

2024 Family Webinar Series #1

Tuesday, February 27, 1:00 – 2:00 p.m.

Process of Aging, Mary Stephens, M.D.

NTG's NEW family webinar series on key issues related to aging/dementia and intellectual disability will occur February-April 2024.

The Family Support Program within the National Task Group (NTG) has organized an informative webinar series about aging, dementia, and intellectual disability. It specifically explores issues of interest and value for families, caregivers, and friends of adults with an intellectual disability. The series, "Aging, Dementia, and Intellectual Disability," will run fortnightly in five parts, beginning on February 27 and completing on April 23. Attendance is offered at no cost, but there is a requirement to register.

View the flyer: <https://gwaar.org/api/cms/viewFile/id/2008049>

More information and registration: <https://www.the-ntg.org/family-caregivers>



The flyer for the NTG 2024 Family Webinar Series features the NTG logo and a QR code. It lists five webinars with their dates, times, and topics. The text states: "The NTG is hosting a free 5 session webinar series about aging, dementia, and adults with intellectual disability designed especially for families/caregivers. The series will cover the topics noted below." It also includes a registration link and a note that registered individuals will have access to recorded webinars.

1	February 27th, 2024 1pm - 2pm ET (US)	Process of Aging	Presenter: Mary Stephens, MD, MPH, FAAP, FAADM
2 <th>March 12th, 2024 1pm - 2pm ET (US)</th> <th>Early Screening for Cognitive Changes</th> <th>Presenter: Michael May, Ed.D., BCBA, LPC, LBS, NADD CC</th>	March 12th, 2024 1pm - 2pm ET (US)	Early Screening for Cognitive Changes	Presenter: Michael May, Ed.D., BCBA, LPC, LBS, NADD CC
3 <th>March 26th, 2024 1pm - 2pm ET (US)</th> <th>Life Planning for Different Phases of the Life Journey</th> <th>Presenter: Brittany Goodrich, B.S.</th>	March 26th, 2024 1pm - 2pm ET (US)	Life Planning for Different Phases of the Life Journey	Presenter: Brittany Goodrich, B.S.
4 <th>April 9th, 2024 1pm - 2pm ET (US)</th> <th>Behavioral Changes that Occur with Aging & Dementia</th> <th>Presenter: Katie Frank, PhD, OTR/L</th>	April 9th, 2024 1pm - 2pm ET (US)	Behavioral Changes that Occur with Aging & Dementia	Presenter: Katie Frank, PhD, OTR/L
5 <th>April 23rd, 2024 1pm - 2:30pm ET (US)</th> <th>Family Panel - Sharing Personal Experiences</th> <th>Presenters: Hut Beall, B.A., M.S., Sharon Trocki-Miller, M.Ed., Leone Murphy, A.P.N., B.C.</th>	April 23rd, 2024 1pm - 2:30pm ET (US)	Family Panel - Sharing Personal Experiences	Presenters: Hut Beall, B.A., M.S., Sharon Trocki-Miller, M.Ed., Leone Murphy, A.P.N., B.C.

Reminder: Emergency Respite Care Grant for Providers

Emergency Respite Care addresses the health and safety of the care recipient or the caregiver across the lifespan, placing either at risk or in danger.

The Emergency Respite Grant for Providers is available funding for established and existing respite care providers to increase emergency respite care. Direct emergency respite care must be provided within 180 days of the awarded grant.

Learn more:

<https://respitecarewi.org/emergency-respite-grant-for-providers/>



The flyer for the Emergency Respite Grant for Providers features a stylized graphic of a person and the text "EMERGENCY RESPITE GRANT FOR PROVIDERS". It includes the logo for the Respite Care Association of Wisconsin (RCAW) and the website www.respitecarewi.org.

Reminder: Survey opportunity for family caregivers

The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about their thoughts on falls risk and prevention. We would greatly appreciate your help in sharing our survey to your family caregivers!

Use the flyer and QR code with the sample language provided below when sharing:

"Falls are the leading cause of injury and death of older adults in Wisconsin. Caregivers are in a unique position - you provide care for individuals that may be at risk of falling while you yourself may also be at risk. Prevention can make all the difference to help you and the person you care for stay safe and avoid injuries.



SCAN ME

The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about your thoughts on falls risk and prevention. We would greatly appreciate your input! Please take 3-5 minutes to complete the survey below. Thank you for your time and consideration!"

Survey link: <https://bit.ly/3SF5Vfp>

Did you know? Home safety assessments, minor home improvements/equipment and wellness classes are available to family caregivers through the Wisconsin Department of Health Services caregiver support and falls prevention programs!

For more information: <https://www.dhs.wisconsin.gov/aging/caregiver.htm>

FALLS PREVENTION FOR CAREGIVERS

Why it Matters...

Caregivers may provide care for an older adult that has fallen or is at risk of falling and may be the first line of defense in prevention.

Caregivers can help their care recipient access healthcare providers, pharmacists, physical or occupational therapy, balance and strength exercise programs, and assist with home safety modifications.

Caregivers may also be at increased risk of falls themselves due to physical strain of caregiving responsibilities or having a fear of falling.



Falls prevention resources for caregivers coming soon!



FallsFreeWI.org
falls@wihealthyaging.org



Nice to Know

My Two Elaines webinar: Learning, Coping, and Surviving as an Alzheimer's Caregiver

Wednesday, March 6, 1:00 p.m.

Join Respite Care Association of Wisconsin and learn how former Wisconsin Governor Marty Schreiber continues the most significant crusade of his life when he opens up about caring for someone with Alzheimer's.



RCAW
Respite Care Association
of Wisconsin



Marty is an award-winning crusader for Alzheimer's caregivers and persons with dementia. Reaching audiences nationwide at live events and through various forms of media, he uses humor and compassion as he shares lessons from his ongoing, decade-plus journey as a caregiver. Like many others thrown into the role of caregiving, he knew little about the disease as he cared for his beloved wife, Elaine, of more than 60 years.

During this webinar, Marty will share what he has learned so others do not experience the learning curve he did. There will be time for questions, answers, and suggestions from other caregivers.

The first 30 people who attend and complete the inquiry form will receive a free copy of Marty's book.

Registration and more information: <https://rcaw.gnosishosting.net/Events/Calendar?fordate=2024-03-06>

Keeping Close: Intimacy for Those Impacted by Alzheimer's and Dementia - A Virtual Mini Conference

Wednesday, February 28, 11:30 a.m. - 1:30 p.m.

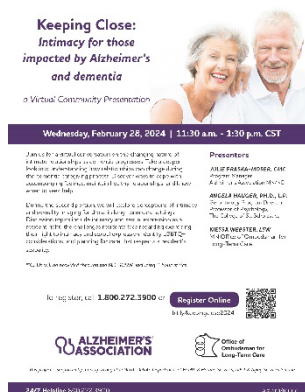
Join the Alzheimer's Association for a no-fee virtual presentation about how to maintain intimate relationships as dementia progresses.

This session will look at how relationships can change during the dementia caregiving process, ways to cope and maintain healthy relationships, and when to seek help. It will also cover the perceptions of intimacy and sexuality in aging for those in long-term care settings. **CEUs will be provided through the ND BOSW.

Registration: <http://bit.ly/keepingclose2024> Or call 1-800-272-3900

View the flyer for more information:

<https://www.alz.org/media/mnnd/documents/2024-Keeping-Close-flyer.pdf>



Health Promotion

Angie Sullivan, Older Americans Act Consultant - Health Promotions Specialist

Nice to Know

New! Meals on Wheels America Advocacy Resources

Use the newly updated 2024 state fact sheet for Wisconsin to help you be an effective advocate for your local programming. The fact sheet presents the most recent data

for older adults living in Wisconsin and senior nutrition programs receiving federal funding through the Older Americans Act (OAA) in Wisconsin. The fact sheet includes data on population size, demographics, food insecurity and nutrition, social isolation, poverty, health and disability, falls and health care utilization and health care costs.



View the Wisconsin fact sheet: <https://gwaar.org/api/cms/viewFile/id/2008044>

Reminder: AVID – Arts-based, Virtual, Intergenerational, and Dementia-friendly

AVID is a free, intergenerational, virtual opportunity that connects people across generations to share art, music, poetry, and stories.

How it works: Younger and older adults of different generations will be matched to video-chat weekly for one hour. These are social conversations around arts-based prompts that are provided by AVID. No artistic background is necessary to join.

Benefits of joining:

For older adults: Opportunities for creative self-expression and social engagement with younger adults while informally contributing to their education.

For students: Opportunities for creative self-expression and develop communication skills by connecting with older adults outside their usual circles of family and friends.

For questions or information on signing up: Krysta Peterson, 440-340-8537, or ScrippsAVID@MiamiOH.edu

Learn more: <https://avid.scrippsoma.org/>

View the flyer: <https://gwaar.org/api/cms/viewfile/id/2008041>



Nutrition

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

Nice to Know

New Food Safety Education Resource available. *Prep Yourself!*

The Partnership for Food Safety Education is offering free Prep Yourself campaign resources to help individuals increase awareness and take responsibility to handle food safely after it has been delivered. Access and share the Prep Yourself food delivery educational materials! Remember to use the hashtag #prepyourself in your social media posts. Thanks for helping us educate households on keeping delivery foods safe!



Prep Yourself Resources: If you're interested in helping people navigate food safety in the food delivery environment, the following resources are available:

- Brand Style and Usage Guide
- Prep Yourself Logos
- Social Media Content
- Digital Ads
- Downloadable Print Materials

View campaign resources, food delivery educational materials: <https://www.fightbac.org/prep-yourself/>

- Newsletter: <https://www.fightbac.org/sign-up-page/>
- Webinars: Watch the recording of the webinar presenting the new campaign and its resources. <https://www.fightbac.org/free-resources/recorded-webinars/#prepyourself>

Free Webinar and 1-hour CEU: Nutrition & Food Safety? Not that Big of a Leap!

Thursday, February 29, 12:00 p.m.

During this free webinar, you'll learn important links between food safety and nutrition as experts share their personal experiences incorporating the two together and the lessons they've learned along the way. Register now to earn free CEUs from ANFP, CDR, NCHCE, and NEHA!

More information and registration: <https://www.fightbac.org/events/>

Free food safety training tips and guides available from State Food Safety

Numerous free training resources are available on this website to help make ongoing employee training easy for food managers.

Topics include:

- | | |
|---|--|
| • Cleaning and sanitizing | • Why food handlers should wear gloves |
| • Cooling food safely | • Handling chemicals safely |
| • Date marking and FIFO (First In, First Out) | • Handwashing effectively |
| • Food allergies | • Food employee illness |
| • Preventing cross-contamination | • Receiving a food delivery |
| • Waste management | • Taking food temperatures |

-continued-



Hands-on Activities

Learners tend to remember only 5% of what they hear, but 75% of what they do. The site provides a food handlers course with role-play activities, and role-plays are effective for stand-ups too!

Printable Food Safety Posters

The site also offer a variety of free downloadable posters about cooking temperatures, food storage organization, food allergy symptoms, and more. Hang them around your establishment to help food handlers remember important food safety principles while on the job. You can even make the posters part of your HACCP plan by teaching employees to refer to them daily to prevent food safety incidents.



Visit the site:

<https://www.statefoodsafety.com/Resources/Resources/reinforce-food-safety-with-stand-up-trainings>

Senior Centers

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

Nice to Know

Seasoned Times: A resource for Baby Boomers and Seniors

Each month Seasoned Times posts free content, including articles and printable puzzles, and more. Their tagline is, "Let's make the most of life at every age!"

Seasoned Times is all about celebrating the "seasoned times" of life and encouraging wise, healthy, and happy aging.



Visit the site: <https://seasonedtimes.com/>

Volunteerism

Need to Know

2024 Volunteer Programs Survey open through March 7

Any staff member who participates in volunteer coordination or volunteer management in ADRC, Aging Unit, Tribal Nation, or Independent Living programs is invited to take or share the 2024

Volunteer Programs Survey. The purpose of this survey is to collect information around how volunteer staff feel about the successes, challenges and outlooks of their programs as well as help determine what tools and supports could be needed for the volunteer network. This survey expands off of the survey that was done last spring.



Please share this survey with any and all staff members that participate in volunteer coordination or volunteer management in your agency.

For questions or additional information, please contact:

Samantha Margelofsky (she/her), Volunteer Program Coordinator
Bureau of Aging and Disability Resources, Wisconsin Department of Health Services
Samantha.margelofsky@dhs.wisconsin.gov, 608-267-3228

Take the survey: <https://survey.alchemer.com/s3/7701774/2024-Volunteer-Programs-Survey>