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Greater Wisconsin Agency on Aging Resources (GWAAR) News

Nice to Know

USAgging Policy Briefing & Hill Day in Washington, DC – March 11-13, 2024

GWAAR Board Member **Cookie Lough** with **Congressman Tom Tiffany**, and Wisconsin advocates with Senator Tammy Baldwin. Pictured, left to right are: **Janet Zander** (Advocacy & Public Policy Coordinator), **John Schnabl** (Executive Director), **Emily Petersen** (Advocacy and Policy Manager – Aging and Disabilities Services, Milwaukee County Department of Health and Human Services), **Senator Tammy Baldwin**, **Cookie Lough** (GWAAR board member), and **Mark Weisensel**, (GWAAR Advisory Council member).

Visits also took place with staff in Sen. Johnson's office and staff in the offices of U.S. Representatives Van Orden, Moore, Fitzgerald, and Grothman.



Reminder: ADILN conference Registration open through March 31

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 and have numerous opportunities to learn, network, and collaborate with each other.

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

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



Advocacy

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

Nice to Know



Join us for Aging Advocacy Day May 14!

www.gwaar.org/aging-advocacy-day-2024 | #WIAgingAdvocacyDay #WIAAD24

Aging Advocacy Day 2024 – Registration Now Open!

Are you interested in speaking out on issues affecting older adults and family caregivers? **On May 14, 2024**, join members of the Wisconsin Aging Advocacy Network (WAAN), aging network professionals, older adults, and family caregivers at an in-person Aging Advocacy Day (AAD) 2024 event in Madison to “tell your story” and help educate your state Senator and Assembly Representative and/or their staff about issues impacting Wisconsin’s aging population. Your voice matters!



More information and registration:

<https://gwaar.org/aging-advocacy-day-2024>.

Registration closes April 29, 2024.

Pre-Advocacy Day Virtual Training

Tuesday, May 7, 2024 | 1:00-2:00 p.m.

The virtual training is not required to attend Aging Advocacy Day, but is recommended.

To help attendees prepare for legislative visits, the Wisconsin Aging Advocacy Network is hosting a virtual information session with a brief overview of this year’s issues and talking points. Those unable to attend Aging Advocacy Day in-person are also welcome to attend the virtual event and are encouraged to contact their state legislators independently or as part of a local, in-district meeting.

Additional information on in-district meetings will be posted online the week of April 22 at

<https://gwaar.org/aging-advocacy-day-2024>.

Family Caregiver Support

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

Nice to Know

Caregiver resources available in Spanish and Hmong

Just a reminder that we have the Alzheimer's Family Caregiver Support Program and National Family Caregiver Support Program available in US Spanish and Hmong. You can find these resources on the Family Caregiver Marketing Toolkit page, and by clicking on “Fact Sheets.”

<https://gwaar.org/family-caregiver-marketing-toolkit>.

New resource available on WisconsinCaregiver.org

Wish of a Lifetime, an AARP affiliate, grants life-changing wishes to older adults (65+) and inspires people to redefine aging in America.

Find this and other caregiver resources here:

<https://wisconsin caregiver.org/caregiver-support-agencies>

Learn more about Wish of a Lifetime: <https://wishofalifetime.org>



Reminder: Survey opportunity for family caregivers

Caregiver Coordinators and other professionals within the Aging & Disability Community, the Wisconsin Institute for Healthy Aging (WIHA) is looking for your HELP! Please share this survey opportunity with your 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!

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>

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.

"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!"



SCAN ME



Health Promotion

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

Nice to Know

Health Promotion Resources from the Wisconsin Institute for Healthy Aging

The Wisconsin Institute for Healthy Aging (WIHA) has a few resources to share.

They currently produce two newsletters:

1. The Age Well Newsletter - intended audience is older adults looking for more information on how to age well. **Learn more and subscribe here:** <https://wihealthyaging.org/age-well/age-well-newsletter/>

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2. The WIHA Update - intended for professionals serving older adults and providers of WIHA programs. This newsletter provides program updates as well as free materials around healthy aging to use in your community (flyers, handouts, social media posts, etc.)

Learn more and subscribe here:

<https://wihealthyaging.org/for-professionals/news-for-professionals/>

WIHA is also starting a new Age Well Series - this will be a series of presentations happening in person and/or virtually across the state. The series will invite experts on certain topic areas like brain health, falls prevention, creating a will, and more. More information on the series can be found in the Age Well newsletter and on the WIHA website: <https://wihealthyaging.org/age-well-series/>

We encourage you to use these resources and share with others who you feel would be interested. For more information contact Amie Rein Amie.rein@wihealthyaging.org or 608-852-7251.



Mind Over Matter Facilitator Training Opportunity

Wednesday & Thursday, May 29-30 | 8:30 a.m.- 3:30 p.m.

Due to high demand, we have added another Mind Over Matter: Healthy Bowels, Healthy Bladder facilitator training this spring. The Wisconsin Institute for Healthy Aging (WIHA) is excited to be offering a virtual facilitator training on May 29-30 from 8:30 a.m.- 3:30 p.m.

Facilitator requirements include:

- Female
- Comfortable discussing bladder and bowel function.
- Must hold at least one community workshop every 12 months.

WIHA provides support and technical assistance before, during, and after training. If you have questions or want to learn more, please contact Amie Rein, Health Promotion Coordinator at mom@wihealthyaging.org.

The deadline to apply for this training is April 22, 2024.

Training Application: <https://wiha.wufoo.com/forms/s1ny8d5x0o9x8hc/>

Learn more about Mind Over Matter: <https://wihealthyaging.org/programs/live-well-programs/mom/>



Sign Up Now! 2024 StrongBodies Wisconsin Leader Trainings

The University of Wisconsin-Madison Extension has pilot funding in 2024 to cover the cost of the leaders' trainings registration fees (\$350) for new GenteFuerte leaders. Please contact Jenn Whitty (jennifer.whitty@wisc.edu) with any questions.

April 10, Madison WI

May 8, Milwaukee, WI (GenteFuerte) StrongBodies for Spanish-speaking Leaders

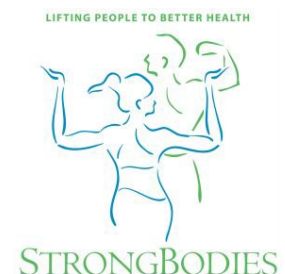
August 7, Eau Claire, WI

November 13, Appleton, WI

Registration:

<https://docs.google.com/forms/d/e/1FAIpQLSeWbhNVMjvRpdMoCk5d3CGE97Uu5Q16T3zCxYyum8Noh0gY9Q/viewform>

Learn more about StrongBodies: <https://healthyliving.extension.wisc.edu/programs/strongbodies/>



Medicare Outreach and Assistance

Nice to Know

[Alyssa Kulpa](#), Medicare Outreach Coordinator

Registration Instructions for Basic SHIP Counselor Trainings

Disability Rights Wisconsin is offering a series of live virtual trainings on Medicare topics for basic-level SHIP counselors.

Intended audience:

SHIP counselors who are newer or would like a refresher are welcome to join all or some of the trainings. These optional trainings are geared towards “basic-level” SHIP counselors, such as volunteers and case managers. However, benefit specialists and other advanced-level SHIP counselors are also welcome.

The training schedule is below. A list of online learning prerequisites for new counselors will be sent to attendees. The trainings will be recorded.

- Monday, April 8, 10 a.m.–11 a.m. SHIP and MIPPA New Counselor Orientation
- Tuesday, April 9, 10 a.m.–12 p.m. Medicare Basics
- Thursday, April 11, 10 a.m.–11 a.m. Medicare Supplements
- Tuesday, April 16, 10 a.m.–12 p.m. Medicare Advantage
- Thursday, April 18, 10 a.m.–12 p.m. Medicare Part D
- Friday, April 19, 10 a.m.–11:30 a.m. Medicare.gov Plan Finder

Continuing Education Hours/Units (CEHs/CEUs) are available for live training attendance only.

Registration closes March 29.

2024 Save the Dates: Medicare Basic SHIP Counselor Training

<https://gwaar.org/api/cms/viewFile/id/2007967>

April 8-19, 2024: Registration Instructions for Basic SHIP Counselor Trainings -

<https://gwaar.org/api/cms/viewFile/id/2008069>



Wisconsin Senior Medicare Patrol

[Ingrid A. Kunderinger](#), Senior Medicare Patrol Program Director

Nice to Know

Reminder: Translation services are now available for the Senior Medicare Patrol website

Visit the site: <https://www.smpwi.org>

The available languages represent the largest populations with limited English proficiency in Wisconsin. These languages are Spanish, Hmong, German, Russian, Chinese-Mandarin, Italian, Polish, and Laotian.

To read the information in another language, there is a drop-down box in the upper right-hand corner of the website homepage. The newsletters and fraud alerts are not translated yet, but all other content on the website is available in these languages. This represents the first of many efforts the Wisconsin Senior Medicare Patrol will launch to reach culturally diverse and underserved populations across the state. Stay tuned for more updates on these efforts!

