



Volume 6, No. 13 March 26, 2024  
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## Greater Wisconsin Agency on Aging Resources (GWAAR) News

### Nice to Know

#### **Final 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](http://www.gwaar.org/aging-advocacy-day-2024) | #WIAgingAdvocacyDay #WIAAD24

#### **Reminder: 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.*



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### **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>.

### **Final FY 2024 Appropriations Bill Level Funds OAA**

On Friday, March 22 (the day the fourth continuing resolution was set to expire), House members passed the remaining Fiscal Year (FY) 2024 government funding bill. This legislation contains six funding bills, including the Labor-HHS-Education bill where the Older Americans Act programs are funded. The package of six bills passed in the Senate in the early hours of Sat. morning and was signed into law by President Biden later that same day to avoid any major lapse in federal funding.

Older Americans Act and other aging services programs were mostly level funded except for the Title III-F Family Caregiver Support Program which was increased slightly and the Title III-C Nutrition program which saw a slight decrease. Though the Title III-C1 (Congregate Meals) and III-C2 (Home-Delivered Meals) both saw small increases, the Title III-C Nutrition Program as a whole was cut by \$8 million due to a significant cut in the Nutrition Services Incentive Program (NSIP) funding.

Program	FY23 Final	FY24
<b>Older Americans Act Programs</b>		
Title III-B Home and Community-Based Services	\$410 million	\$410 million
Title III-C Nutrition Total	\$1.066 billion	\$1.058 billion
III-C-1 Congregate Meals	\$540 million	\$565 million
III-C-2 Home-Delivered Meals	\$366 million	\$381 million
III-C Nutrition Services Incentive Program (NSIP)	\$160 million	\$112 million
Title III-D Preventive Health	\$26.3 million	\$26.3 million
Title III-E Family Caregiver Support Program	\$205 million	\$207 million
Title V Senior Community Service Employment Program (SCSEP/CSEOA-DOL)	\$405 million	\$405 million
Title VI Native Americans Nutrition/Supportive Services	\$38.2 million	\$38.2 million
Title VI Native Americans Caregiver Program	\$12 million	\$12 million
Title VII Long-Term Care Ombudsman	\$21.8 million	\$21.8 million
Title VII Elder Rights Support Activities Total	\$33.9 million	\$33.9 million
Elder Justice-State APS Grants/APS Funding	\$15 million	\$15 million

## **Family Caregiver Support**

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

### **Nice to Know**

#### **March replay and more now available**

Now available! You can find the notes, recording, and attachments from March's Caregiver Support Community Statewide Webinar here:

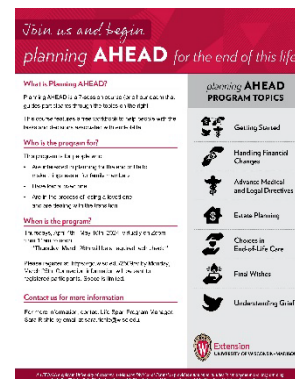
<https://gwaar.org/wisconsin-caregiver-support-community-monthly-calls>

## What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each), offered through the University of Wisconsin–Madison Division of Extension, that guides participants through the topics on such as handling financial changes, advance medical & legal directives, estate Planning Choices in end-of-life care, final wishes, and understanding grief.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life. Please note: The virtual course is currently full, but a wait list is available.

**View the flyer:** <https://gwaar.org/api/cms/viewFile/id/2008080>



**Virtual wait list, in-person registration and course information:**  
<https://aging.extension.wisc.edu/upcoming-classes/>

## Reminder: 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>.

## Reminder: 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://wisconsincaregiver.org/caregiver-support-agencies>

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



## Final 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>

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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

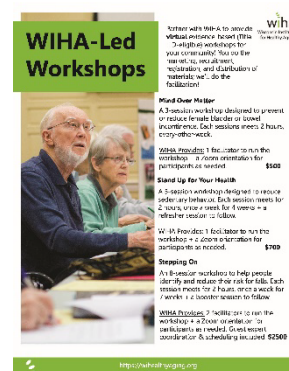
### Need to Know

#### New! Wisconsin Institute for Healthy Aging (WIHA)-Led Workshops

WIHA recently announced an opportunity for Aging Units and Aging and Disability Resource Centers to partner to provide virtual evidence-based workshops for your community utilizing OAA Title III-D funding. You do the marketing, recruitment, registration, and distribution of materials; and WIHA does the facilitation! Program options include: Mind Over Matter, Stand Up for Your Health, Stepping on, Living Well with Chronic Conditions, Living Well with Chronic Pain and Healthy Living with Diabetes. First come, first served based on WIHA availability.

For more information contact [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

View the flyer: <https://gwaar.org/api/cms/viewFile/id/2008056>



#### Reminder: 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/>
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](mailto:Amie.rein@wihealthyaging.org) or 608-852-7251.





## Reminder: 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](mailto: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/>

## Reminder: 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](mailto:jennifer.whitty@wisc.edu)) with any questions.

April 10, Madison WI

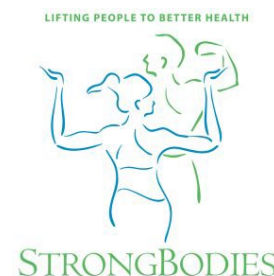
May 8, Milwaukee, WI (GenteFuerte) StrongBodies for Spanish-speaking Leaders

August 7, Eau Claire, WI

November 13, Appleton, WI

**Registration:** <https://bit.ly/3IRIDhQ>

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



## Nutrition

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

### Nice to Know

#### #SampleWholeGrains on Wednesday!

Wednesday, March 27, 2024 is Whole Day for Whole Grain, and the Whole Grain Council has a number of fun whole grain challenges. This is a great chance to learn and share a little more about whole grains on your social media accounts. There's even a chance to win prizes when challenges are completed when participants follow @wholegrains\_council on Instagram.



**Learn more:** <https://wholegrainscouncil.org/get-involved/whole-day-whole-grain>

## Learn more about Pop Up Dining

Wednesday, March 27 | 2:00 -3:00 p.m.

The Nutrition Team is hosting a call about Pop-Ups March 27, 2:00 to 3:00 pm. We get many questions on how to start, what is required, and “Can I put this in my next Aging Plan?”

Portage, Taylor and Villas counties will each do a short presentation, and there will be time for Q and A. This call will be recorded if you want to listen later.

[Join the meeting now](#)

Meeting ID: 213 921 303 688 | Passcode: GQMofT

Dial-in by phone

[+1 608-338-1382](tel:+16083381382), [830789907#](tel:+1830789907) United States, Madison

[877\) 565-2671](tel:+18775652671), [830789907#](tel:+1830789907) United States (Toll-free)

Phone conference ID: 830 789 907#

Meeting link:

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NDI2NTUyZGMtYmRjYy00ZmQ5LWFIZWtNGE2MzI2YzU0ZTYy%40thread.v2/0?context=%7b%22Tid%22%3a%228e087664-409d-4c4c-a6b4-7aa01020d6ea%22%2c%22Oid%22%3a%225bff1be9-6044-4ec3-bbd9-156066bb3892%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDI2NTUyZGMtYmRjYy00ZmQ5LWFIZWtNGE2MzI2YzU0ZTYy%40thread.v2/0?context=%7b%22Tid%22%3a%228e087664-409d-4c4c-a6b4-7aa01020d6ea%22%2c%22Oid%22%3a%225bff1be9-6044-4ec3-bbd9-156066bb3892%22%7d)



## Sign up for Monthly Nutrition Education and Recipe Resources for Older Adults from Food Hero!

Food Hero for Older Adults contains resources tailored to the unique nutrition and activity needs of people ages 60 and older. Each issue shares practical tips for maintaining a healthy lifestyle through balanced nutrition and physical activity. In addition, you'll find tasty and easy-to-follow recipes to prepare on your own or with others.

You can sign up to receive their monthly materials here: <https://bit.ly/3vuKvsQ>

You can view and download and use their handouts (they have granted permission) here:

<https://foodhero.org/monthly>

Reminder: Annually you need to provide nutrition education to older adults on Vitamin D and B12. Look under “O” for Older Adult Focus on...and you will see great handouts to meet this requirement.



## Medicare Outreach and Assistance

### Nice to Know

[Alyssa Kulpa](#), Medicare Outreach Coordinator

### Reminder: 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.



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*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>

## Volunteerism

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

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**Get Ready for Global Volunteer Month – Just 1 Week Away!**

Set a reminder on your calendar on April 1 to kick off #GlobalVolunteerMonth and thank volunteers worldwide and inspire individuals to volunteer with your organization.

- Explore the Points of Light social toolkit for tailor-made content to make thanking and inspiring volunteers easier than ever.
- Nominate a volunteer to be a Daily Point of Light.

More than 150 organizations have joined the movement as Global Volunteer Month Heroes. You can become a Hero, too!

**View the social media toolkit:** <https://socialpresskit.com/points-of-light>

**Learn more:** <https://www.pointsoflight.org/global-volunteer-month/>

