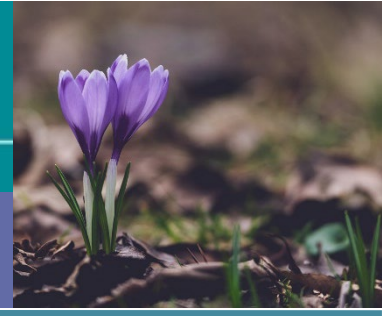




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Join us for Aging Advocacy Day May 14!

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

Greater Wisconsin Agency on Aging Resources (GWAAR) News

Nice to Know

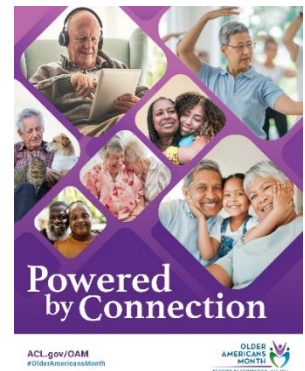
Older Americans Month (OAM) 2024 Materials Available

Every May, ACL leads the nation's observance of Older Americans Month (OAM). This year's theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Join us in exploring the vital role that connectedness plays in supporting independence and aging in place.

Now available on the OAM website:

- Logos*
- Posters*
- Social media graphics*
- Masthead*
- Activity ideas
- Sample article
- Proclamation template
- Virtual backgrounds
- Logo, font, and color tips

**English and Spanish*



Use these materials to celebrate OAM with your community. Don't forget to follow #OlderAmericansMonth for the latest from ACL and to see what others are planning!

Visit the site to learn more and access materials: <https://acl.gov/oam/2024/older-americans-month-2024>

Register for GWAAR ED

GWAAR ED is an online platform for training and professional development for the various Older Americans Act programs we support. If you're eligible to enroll and haven't done so, you'll find self-guided content about the different aspects of GWAAR depending on the duties associated with your position.

To enroll: <https://gwaar.wufoo.com/forms/z95v3sv0qghoha/>

Questions can be directed to Lucia Mennen at gwaar.ed@gwaar.org.



Aging Plans

[Nick Musson](#), Older Americans Act Consultant

Need to Know

2025-2027 Aging Plan - Upcoming Trainings

We are already three months into 2024 and everyone should be working on community engagement for their 2025-2027 Aging Plan. All the resources you need to develop your 2025-2027 aging plan are located on GWAAR's Aging Plan Technical Assistance webpage at: <https://gwaar.org/plansamendmentsassessments>

The webpage includes a timeline with key dates, a link to all the current aging plans, the 2022-2024 Aging Plan development series, planning resources, and 2025-2027 community engagement materials. Please reach out with any questions.

Upcoming Trainings:

Focus Area Training (Virtual)

Thursday, April 18, 1:00 – 2:30 p.m.

The definition of focus areas for an Aging Plan involves identifying key areas where interventions, policies, and programs can make a significant difference in supporting aging individuals and their communities. These focus areas serve as guiding principles for developing strategies, allocating resources, and implementing initiatives aimed at improving the aging experience and ensuring that older adults can age with dignity, independence, and fulfillment. The training will introduce the 2025-2027 Aging Plan Focus Areas and what is to be expected for each.

Goal Writing Training (In-person)

Wednesday, May 8, 10:00 a.m. - 2:30 p.m.

Goals for an Aging Plan are typically defined through a collaborative process involving stakeholders such as government agencies, community organizations, healthcare providers, advocacy groups, older adults themselves, and their caregivers. At least one goal must be developed per focus area. The in-person training will introduce the goal development tool and an opportunity to begin developing your own goals with all the resources you need at your fingertips.

If you would like to be added to the 2025-2027 Aging Plan contact list, please contact Nick Musson at nick.musson@gwaar.org. The contact list will be used for Aging Plan updates and all the trainings and presentations.

Advocacy

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

Nice to Know

Governor's Bill Signing – Wednesday, March 27, 2024

Jayne Mullins, GWAAR's Older Americans Act Consultant/Elder Abuse Program Specialist, attended the Governor's signing of AB 556 / SB 516 relating to: expediting criminal proceedings when a victim or witness is an elder person and preserving the testimony of a crime victim or witness who is an elder person. Jayne also attended a bill signing on March 29, 2024, for AB 467/ SB 462 relating to: expanding emergency detention and urgent crisis care facilities. GWAAR supported both bills which have now been signed into law, Act 231 and Act 249, respectively.



New Legislative Maps in Wisconsin: Implications for Advocates

Thursday, April 25 | 12:00 -1:00 p.m.

Join Wisconsin Partners for a nonpartisan, informational overview of the new state legislative maps in place for the November 2024 elections.

Signed into law in February, these maps will have long-term implications for state legislative races in both the Assembly and Senate. Advocates will benefit from a deeper understanding of the new map lines, implications for state legislative races, timelines, and potential political impacts on the balance of power in state government.

This event is strictly intended as a non-partisan and educational summary of new maps and impacts for Wisconsinites. No political activity will be conducted. The event will feature a presentation from Tony Langenohl, Partner, Michael Best Strategies, who will share data about the legislative district and implications for the November races.

To join the webinar on 4/25/24 or to request the webinar recording (if you are unable to join on 4/25) go to: <https://bit.ly/wp-newmaps> or

<https://www.wisconsinpartners.org/event-details/new-legislative-maps-in-wisconsin-implications-for-advocates>



**WEBINAR:
NEW LEGISLATIVE
MAPS IN WISCONSIN**

Thursday, April 25
Noon - 1:00 PM
Virtual only

Join Wisconsin Partners for a nonpartisan, educational overview of the new state legislative maps in place for the November 2024 elections.

This event is particularly relevant for any individuals engaged with state-level advocacy, legislator communication, and/or civic engagement efforts.

<https://bit.ly/wp-newmaps>



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.



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

Reminder: 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>

Health Promotion

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

Need to Know

Quarterly Health Promotion Webinar

Tuesday, May 21 | 9:00 - 10:30 a.m.

Save the date! The next Quarterly Health Promotion Webinar is scheduled for Tuesday, May 21 from 9:00 - 10:30 a.m. We will have a presentation on technology resources available from Older Adults Technology Services (OATS) from AARP, and learn about a free, intergenerational, virtual opportunity to reduce social isolation and loneliness. Register today!

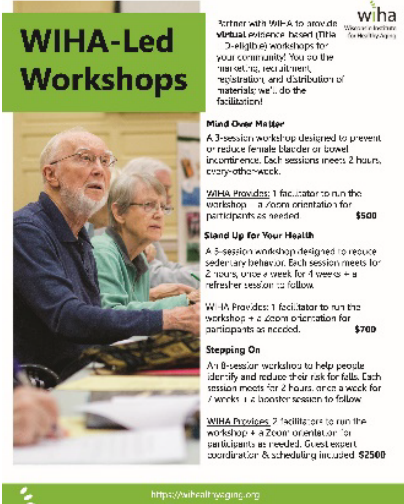
Registration link: <https://us06web.zoom.us/meeting/register/tZYqcOyrqzkqHtH9WEIzJcAHP9O57XJVLLSD>

Reminder: 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

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



The flyer features a photograph of two elderly individuals, a man and a woman, sitting at a table and looking at a laptop. To the right of the photo is a list of workshop options with their descriptions and costs. The WIHA logo is in the top right corner.

WIHA-Led Workshops

Partner with WIHA to provide virtual evidence-based (Title III-D eligible) workshops for your community. You do the marketing, recruitment, registration, and distribution of materials; we'll do the facilitation!

Mind Over Matter
A 3-session workshop designed to prevent or reduce female bladder or bowel incontinence. Each session meets 2 hours, every other week.
WIHA Provides: 1 facilitator to run the workshop + 1 Zoom orientation for participants as needed \$500

Stand Up for Your Health
A 3-session workshop designed to reduce sedentary behavior. Each session meets for 2 hours, once a week for 3 weeks + a refresher session to follow.
WIHA Provides: 1 facilitator to run the workshop + 1 Zoom orientation for participants as needed \$700

Stepping On
An 8-session workshop to help people identify and reduce their risk for falls. Each session meets for 2 hours, once a week for 7 weeks + 1 booster session to follow.
WIHA Provides: 2 facilitators to run the workshop + 1 Zoom orientation for participants as needed. Guest expert coordinator & scheduling included \$2500

<https://wihealthyaging.org>

Nutrition

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

Nice to Know

The Academy of Nutrition and Dietetics Social Media Toolkit

2nd Quarter content now available

This incredible resource from The Academy helps you plan nutrition and wellness days to highlight monthly on your menus, at your Senior Dining Sites, newsletter articles, social media posts. For example, April is National Stress Awareness Month.

There are talking points and social media posts ready for you to use. For example, April is Irritable Bowel Syndrome (IBS) Month and National Stress Awareness Month.



Visit the site: <https://www.eatrightpro.org/about-us/for-media/social-media-toolkits>

Reminder: 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

[Alyssa Kulpa](#), *Medicare Outreach Coordinator*

Nice to Know

Medicare Improvement for Patients and Providers Act (MIPPA) Outreach Idea

Every month, the GWAAR Medicare Outreach Coordinator, Alyssa Kulpa, shares a MIPPA outreach idea.

April's Idea of the Month is "Be Powered by Connection for Older American Month!" Idea of Month resources are an ideal model for your organization to use to meet your outreach goals, educate Medicare beneficiaries, and encourage participants to become advocates for their own health care.

Download the April Idea of the Month: <https://gwaar.org/api/cms/viewFile/id/2008084>

View past ideas: <https://gwaar.org/idea-of-the-month>

Continuing Education Hours (CEH) Opportunity for SHIP counselors and supervisors

Thursday, April 4 | 1:00 p.m.

There will be an optional SHIP training coming up on 4/4/24 "Partnerships and Professional SHIP Volunteers" presented by Michelle Grochocinski, WI SHIP Director, Samantha Margelofsky, DHS Volunteer Program Coordinator, and Alyssa Kulpa, GWAAR Medicare Outreach Coordinator.

Intended audience: SHIP counselors and supervisors interested in expanding their partnerships and/or identifying when it is advantageous to invite partners to become SHIP volunteers.

Objectives:

- Identify how to maximize the impact of a partnership
- Learn when and how to refer prospective professional SHIP volunteers
- Review conflict of interest rules regarding professional partnerships

DHS has partnered with the University of Wisconsin-Stevens Point to issue Continuing Education Hours/Units (CEH/CEU) to SHIP training participants. You must attend LIVE trainings to be eligible for CEHs/CEUs. Your attendance is verified using Zoom attendance reports and completion of the survey after the live event.

For questions regarding the training, email Alyssa Kulpa, GWAAR Medicare Outreach Coordinator, at alyssa.kulpa@gwaar.org.

For questions regarding the Continuing Education Hours (CEH) Opportunity, email Pam Watson, MIPPA Grant Coordinator, at pamela.watson@dhs.wisconsin.gov.



Navigating Medicare

Outlook event: <https://bit.ly/3lzw35P>

Zoom link: <https://bit.ly/3wExFbn>