



# QUARTERLY HEALTH PROMOTION WEBINAR



Tuesday, August 20, 2024 9:00 - 10:30 a.m.

Facilitator Angie Sullivan,  
OAA Consultant GWAAR



# HOUSEKEEPING

1. Mute Your Microphone - avoid background noise
2. Use the Chat Feature - for questions and/or comments
3. Turn on your video (if possible) - make the meeting more interactive, but if you have connectivity issues, please feel free to keep it off.
4. Recording notice - this session is being recorded for those who couldn't make it.
5. Raise Your Hand - if you'd like to speak, please use the "Raise Hand" feature, and we'll call on you.
6. Stay Engaged - please avoid multitasking to get the most out of the meeting.
7. Technical issues - if you experience technical difficulties, try leaving the meeting and rejoining.





## AGENDA

- I. Welcome
- II. Reframing Aging
- III. Panel Discussion  
    ARPA D Spending
- IV. GWAAR Updates
- V. WIHA Updates



August 20, 2024

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# HANNAH ALBERS

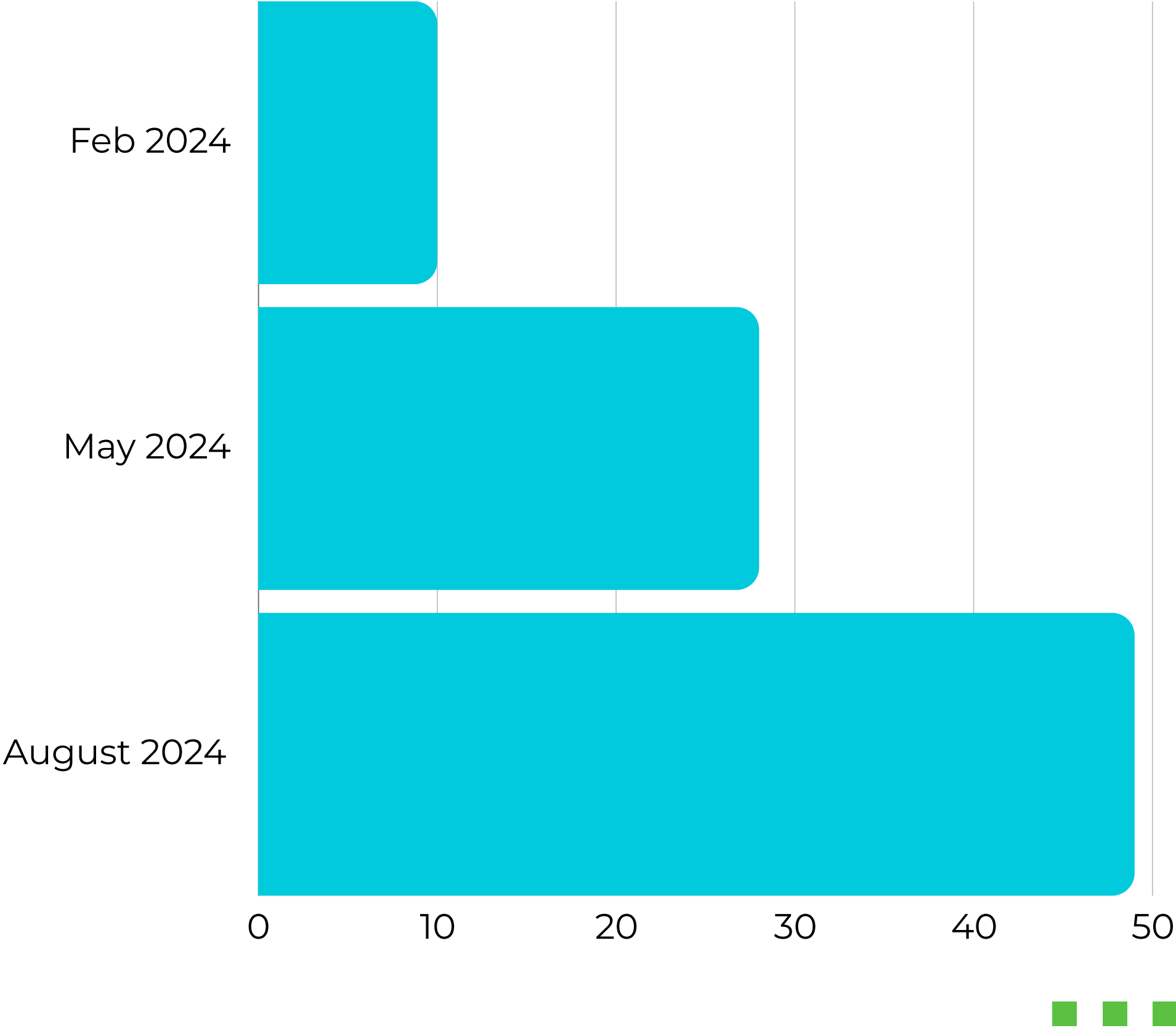
PROGRAM DIRECTOR  
NATIONAL CENTER TO REFRAME AGING

Countering Ageism By Changing How  
We Talk About Aging



# ARPA D

51 % of ARPA D Funds remaining





## PANEL DISCUSSION

# ARPA D

- Kari Dombrowski, Aging Services Supervisor, ADRC of Ozaukee County
- Nicki Scharrig, Assistant Director, ADRC of Door County
- Chetney Blaszczyk, ADRC Nutrition & Health Promotion Coordinator, Walworth County Health and Human Services



## UPDATES

- ✓ OAA Reauthorization Recommendation
- ✓ UW-Extension Virtual StrongBodies - New! Spanish Version
- ✓ Diversity, Equity & Inclusion Self-Assessment Summary

August 20, 2024



RECOMMENDATIONS FOR THE  
REAUTHORIZATION OF THE

# OLDER AMERICANS ACT

Goal 1 - To Serve More Older Adults Who Need Help to Age Well at Home

Recommendation 1.3 - Allow Title III D health and wellness programs to be evidence-informed not just evidence-based to expand the Aging Network's ability to reach older adults with emerging interventions and to extend the reach especially in rural areas which have limited funding for this important work.



[www.usaging.org/OAA](http://www.usaging.org/OAA)





# PBS WISCONSIN COLLABORATION

- English & Spanish Recordings Available Now
- Hmong recording coming soon!



August 20, 2024



# STRONG *People*™

## STRONG BODIES



### Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu)

### Virtual StrongBodies - Fall 2024 Session

**Dates:** October 1 through December 19, 2024

**Time:** Tuesdays and Thursdays, 9:00 – 10:15 am

**How to Sign Up:** Register online at <https://go.wisc.edu/k5dtx0>

\*A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after September 30th\*



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# Updates



wiha

Wisconsin Institute  
for Healthy Aging

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**Webinar**


Webinar ■

**THANK YOU  
NEXT QUARTERLY HEALTH  
PROMOTION WEBINAR**

**NOVEMBER 19, 2024**

9:00 - 10:30 a.m.

Angie Sullivan, MS, CHES  
OAA Consultant - Health Promotion  
Greater Wisconsin Agency on Aging Resources Inc.  
angela.sullivan@gwaar.org  
608-228-8081

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- Guardian Support Center
  - DEI Self-Assessment Summary
  - HP External SharePoint



