



Volume 6, No. 40 October 1, 2024
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Greater Wisconsin Agency on Aging Resources (GWAAR) News

Need to Know

Reminder: GWAAR Partners Resource site available for registered users

This site is used by those in the Wisconsin Aging Network to access resources provided by GWAAR. You'll find claim forms, and other training and webinar materials here, along with news, updates and upcoming events. **Registration is required:** <https://gwaar.org/gpr-ext>

Visit the site: <https://gwaar.sharepoint.com/sites/PartnerResources>

Please note: Effective Sept. 20, the temporary document library (old SharePoint) is no longer available

If you have any issues or questions related to the new site, please contact SharePointAdmins@gwaar.org.

Nice to Know

Reminder: Leadership opportunities

GWAAR is looking for thoughtful, civic-minded, energetic individuals to serve on its 11-member board and 9-member Advisory Council. Members play a critical role in guiding and overseeing the agency's actions and initiatives. Candidates for these roles must live outside Dane and Milwaukee Counties and be able to devote time and energy to the GWAAR's governance.

Learn more: <https://gwaar.org/leadership-opportunities>

Reminder: VSDP Care Consultant Employment Opportunity

Read the full job description: <https://gwaar.org/api/cms/viewFile/id/2008300>

Abuse in Later Life Grant

Nice to Know

Reminder: Direct Services Elder Abuse Training-October 9 (No Cost)

Wednesday, October 9 | 8:30 a.m. - 4:30 p.m.

Walworth County Health & Human Services Building; 1910 County Road NN, Elkhorn

The purpose of this training is to enhance older victims' safety and quality of life by strengthening collaboration among direct service providers.

View the flyer: <https://gwaar.org/api/cms/viewFile/id/2008283>

Registration:

<https://wisdoj.eventsair.com/direct-services-elder-abuse-training---walworth-county/oct9/Site/Register>



Event Title:
 October 9, 2024 (8:30am - 4:30pm)
Location:
 Walworth County Health & Human Services Building
 1910 County Road NN, Elkhorn
<https://wisdoj.eventsair.com/direct-services-elder-abuse-training---walworth-county/oct9>
About:
 The purpose of this training is to enhance older victims' safety and quality of life by strengthening collaboration among direct service providers.
Topics include:

- Types of Abuse in Later Life
- Understanding types of abuse in later life and abuser tactics
- Collaborating to create a victim centered response
- Planning for victim safety
- Existing services for older victims

Any questions on this training, please contact Doreen Gutsch 608-219-5623 or by email at Doreen.Gutsch@gwaar.org

Advocacy

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

Need to Know

Older Americans Act (OAA) – FFY 2025 Budget Update

Late last week Congress passed a Continuing Resolution (CR) to keep the government funded until Dec. 20, 2024. On Fri, Sept. 28, President Biden signed the CR into law. In addition to keeping federal agencies and programs funded at fiscal year (FY) 2024 levels, also adds \$231 million to the budget for the Secret Service to enhance its ability to protect presidential candidates.

As a refresher, the House and Senate released their FY 2025 proposed bills over the summer with the House bill including increases to OAA Title III B, III E and Title VI but with cuts to other key aging programs (OAA Title III C1 and C2 Nutrition Services programs, Adult Protective Services and the OAA's Title V, the Senior Community Service Employment Program). The Senate bill rejected House-proposed cuts and included level-funding for OAA programs. See USAging's [appropriations chart](#) for specific details:

<https://www.usaging.org/Files/FY%202025%20Senate%208.1.24.pdf>

Passage of the CR buys Congress more time to negotiate FY 2025 appropriations. Our goal remains to keep the House increases to OAA Title III B, III E and Title VI, with the Senate's better recommendations for the other priorities in the final bill.

Members of Congress will be home in their states and local districts throughout the month of October and until the November election. Election outcomes will be a key factor in a final bill being passed before the end of the year or punted into the new year with the next Congress.

With your Representative and Senators Baldwin and Johnson heading home, now is the time to engage them in person to remind them of why funding for OAA programs is critical! Please use [USAging's FY 2025 appropriations campaign page](#) for additional advocacy resources and guidance on how to engage your Members of Congress!

<https://www.usaging.org/content.asp?admin=Y&contentid=1618>

Find your Members' contact information on their websites: www.house.gov and www.senate.gov (or see Wisconsin Members of the 118th Congress - <https://gwaar.org/api/cms/viewFile/id/2007697>).

ACTION NEEDED:

Contact your federal legislators as soon as possible and ask to see them in person (their local office, your office, site visit, or other community location). During your meeting provide stories and data to remind them why funding for OAA programs is critical!

Reminder: Wisconsin has a General Election on Tues., Nov. 5, 2024

For more information about the General Election and to see what is on your ballot go to [MyVote Wisconsin](#): <https://myvote.wi.gov/en-us/>

Check out [VOTE411](#) for information about the candidates on your ballot: <https://www.vote411.org/ballot>

And to register to vote: <https://www.vote411.org/register>

Registration Deadlines for the Nov. election:

- By Mail: Wednesday, October 16, 2024
- In Person: Tuesday, November 5, 2024
- Online: Wednesday, October 16, 2024 ([Register to vote!](#))

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For information regarding rides to the polls, see <https://disabilityvote.org/2024/rides-to-the-polls-2024/>.

For additional voter resources, including information regarding the Nov. 5 Constitutional Amendment question (see [Fact Sheet-Sept-2024](#)), check out the Disability Vote Coalition materials at: <https://disabilityvote.org/resources/>.

View the Sept. 2024 Fact Sheet: <https://bit.ly/4eesEHG>

Nice to Know

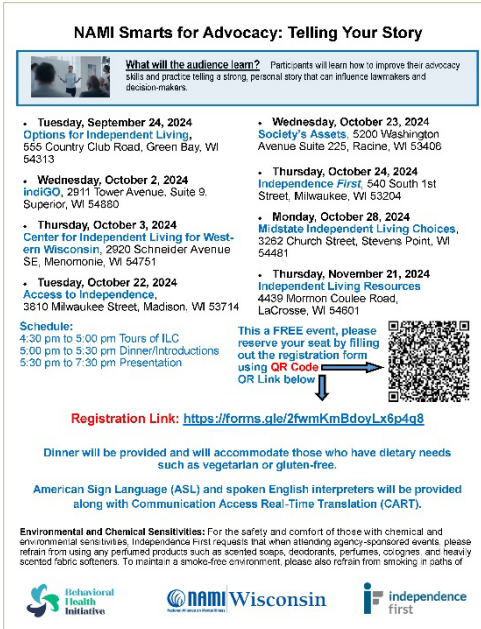
Reminder: NAMI Smarts for Advocacy: Telling Your Story

NAMI is hosting local events throughout Wisconsin in September, October and November. Participants will learn how to improve their advocacy skills and practice telling a strong, personal story that can influence lawmakers and decision-makers. Locations include Green Bay, Superior, Menomonie, Madison, Racine, Milwaukee, Stevens Point and LaCrosse.

View the flyer: <https://gwaar.org/api/cms/viewFile/id/2008313>

View event dates, locations and registration:

<https://forms.gle/2fwmKmBdoyLx6p4q8>



NAMI Smarts for Advocacy: Telling Your Story

What will the audience learn? Participants will learn how to improve their advocacy skills and practice telling a strong, personal story that can influence lawmakers and decision-makers.

- **Tuesday, September 24, 2024**
Options for Independent Living, 655 Country Club Road, Green Bay, WI 54313
- **Wednesday, October 2, 2024**
INDIGO, 2811 Tower Avenue, Suite 9, Superior, WI 54880
- **Thursday, October 3, 2024**
Center for Independent Living for Western Wisconsin, 2620 Schneider Avenue SE, Menomonie, WI 54751
- **Tuesday, October 22, 2024**
Access to Independence, 3810 Milwaukee Street, Madison, WI 53714
- **Wednesday, October 23, 2024**
Society's Assets, 5200 Washington Avenue Suite 225, Racine, WI 53406
- **Thursday, October 24, 2024**
Independence First, 540 South 1st Street, Milwaukee, WI 53204
- **Monday, October 28, 2024**
Midstate Independent Living Choices, 3252 Church Street, Stevens Point, WI 54481
- **Thursday, November 21, 2024**
Independent Living Resources, 4439 Mormon Coulee Road, LaCrosse, WI 54601

Schedule:
4:30 pm to 5:00 pm Tours of ILC
5:00 pm to 5:30 pm Dinner/Introductions
5:30 pm to 7:30 pm Presentation




This a FREE event, please reserve your seat by filling out the registration form using QR Code or QR Link below

Registration Link: <https://forms.gle/2fwmKmBdoyLx6p4q8>

Dinner will be provided and will accommodate those who have dietary needs such as vegetarian or gluten-free.

American Sign Language (ASL) and spoken English interpreters will be provided along with Communication Access Real-Time Translation (CART).

Environmental and Chemical Sensitivities: For the safety and comfort of those with chemical and environmental sensitivities, Independence First requests that when attending agency-sponsored events, please refrain from using any perfumed products such as scented soaps, deodorants, perfumes, colognes and heavily scented fabric softeners. To maintain a smoke-free environment, please also refrain from smoking in paths of

Data Management

[Carrie Kroetz](#) Older Americans Act Consultant – Data Management

Need to Know

Reminder: Important Dates and information for PeerPlace Training

PeerPlace Training Details: <https://share.health.wisconsin.gov/ltc/teams/ADRC/sitepages/PPTrg.aspx>

Key Dates (tentative):

- September 16, 2024 - Users will be granted access to the PeerPlace training environment.
- October 18, 2024 - WellSky Aging users' deadline for data entry. After this date services entered prior to September 30, 2024 will be locked down to prepare for ACL Federal Reporting.
- October 29, 2024 - all WellSky data will be locked down to read-only access to prepare for the transition to PeerPlace. Users will continue to have read-only access through the end of the year.
- November 6, 2024 - PeerPlace "go-live" date. Users may begin entering data into the PeerPlace system.

[PeerPlace Training Details page](#), this page contains detailed information related to PeerPlace training including live webinar schedules, live webinar registration links, user group information, and key dates.

View the PeerPlace Training Details page: <https://bit.ly/3TENqYG>

Upcoming PeerPlace Functionality Training for Aging program staff:

- Nutrition Advanced Functionality Webinar on Wednesday, October 2, 2024, 2–4:30 p.m. ([registration link](#))
- Transportation Advanced Functionality Webinar on Tuesday, October 8, 2024, 2–3:30 p.m. ([registration link](#))
- Other Programs Advanced Functionality Webinar on Thursday, October 10, 2024, 2–3:30 p.m. ([registration link](#)) (Note: This training encompasses Adult Day Care, Case Management, Health Promotion, In-Home Supportive Services, Aging I&A, Outreach, Recreation & Socialization, and Other Services.)
- Caregiver Advanced Functionality Webinar on Tuesday, October 22, 2024, 2–3:30 p.m. ([registration link](#))
- Senior Center Advanced Functionality Webinar on Thursday, October 24, 2024, 2–3:30 p.m. ([registration link](#)) (Note: This training is for Milwaukee AAA and providers only.)
- Volunteer Management Advanced Functionality Webinar on Thursday, October 31, 2024, from 2–3:30 p.m. ([registration link](#))



DHS PeerPlace
Training

Training for all users

PeerPlace Core Functionality Webinar is required for all users.

This required training is applicable for all PeerPlace users in the Wisconsin ADRC, Aging, and Tribal partner network.

These live trainings were held on September 11th and 12th and recordings for these trainings, and all trainings, is located on the PeerPlace Webinar Recordings site.

PeerPlace Webinar Recordings: [PeerPlace Overview Webinar recording](#)

<https://vimeo.com/showcase/11338036/video/1003271603>

Reminder: Wellsky Title III data deadline Oct. 18

This year's deadline to enter in Title III services to Wellsky/SAMS AND make sure all client and service data is accurate for the reporting period October 2023-September 2024 is October 18th! For fiscal claim forms, your September (and all prior monthly claims) are due by November 8th! This information is then used for the GWAAR region and State of Wisconsin Federal Older American's Act Report.

If, upon reviewing and correcting data, services are removed from Title III to Title VI, NOAA or Family Care, as examples, you must let your fiscal staff know as it will impact your claim forms.

The list of Error and Informational reports to run, along with an instructional guide, can be found on the GWAAR Partner Resource SharePoint site under Aging Programs-Data Management.

Thank you, everyone, for your continued work on this and all the hard work you put into it throughout the year! Please feel free to contact me with any questions or book an appointment with me.

carrie.kroetz@gwaar.org

[Carrie Kroetz - Appointment Scheduler \(office365.com\)](#)

<https://outlook.office365.com/book/CarrieKroetzAppointmentScheduler@gwaar.org/>

Family Caregiver Support

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

Nice to Know

A Day at the Club: A Caregiver Retreat

REGISTRATION IS NOW OPEN! Join Jefferson, Rock, and Dane County ADRCs for "A Day at the Club: A Caregiver Retreat." Onsite respite will be provided with registration. Contact Karen at 608-741-3615 or Karen.Tennyson@co.rock.wi.us to register.



Reminder: Respite Care Association of Wisconsin webinar: "Trauma-Informed Practices & Why They're Important"

Wednesday, October 2 | 1:00 p.m.

This webinar is led Tenley Kohler, MS, and Director of the Community Alliance for Trauma Informed Care. Through community engagement and training, the Community Alliance for Trauma-Informed Care supports organizations in transforming their cultures and services.

Attendees will learn how to build awareness on:

1. How toxic stress and trauma can impact brain development
2. How early adversity can be passed down through generations
3. Some findings from the original Adverse Childhood Experiences Study
4. Ways to build strength and capacity in individuals and communities

Webinar registration:

<https://rcaw.gnosishosting.net/Events/Calendar?fordate=2024-10-02>



TRAUMA-INFORMED PRACTICES & WHY THEY'RE IMPORTANT
WEDNESDAY, OCTOBER 02, FROM 1:00 PM - 2:00 PM



Tenley Kohler, MS
Director

Community Alliance
TRAUMA-INFORMED CARE



info@respitcarewi.org

Join us for this informative webinar led by guest speaker Tenley Kohler, MS, and Director of the Community Alliance for Trauma Informed Care. Through community engagement and training, the Community Alliance for Trauma-Informed Care supports organizations in transforming their cultures and services.

Attendees will learn how to build awareness on:

1. How toxic stress and trauma can impact brain development
2. How early adversity can be passed down through generations
3. Some findings from the original Adverse Childhood Experiences Study
4. Ways to build strength and capacity in individuals and communities

REGISTER TODAY - WWW.RESPITCAREWI.ORG

Reminder: Caring Better & Braver event

Saturday, October 26 | 10:00 a.m. – 4:00 p.m.

A day of self-care & learning for family caregivers.

Main Speaker: Kari Berit Event Highlights: S.A.N.E. Caregiver Stress & Wellbeing Long-Term Care End of Life Social Connection

When: Saturday, October 26, 2024, 10:00 a.m. – 4:00 p.m.

Cost: \$20 / person Lunch Included

Where: Holmen Area Community Center 600 N Holmen Dr Suite 200 Holmen, WI 54636

The event is open to caregivers in all counties!

More information: <https://lacrossecounty.org/>

<https://www.lacrossecounty.org/adrc/events-workshops/event-details/2024/10/26/adrc-events/caring-better-braver>

Register by October 14:

<https://docs.google.com/forms/d/e/1FAIpQLSegZcBQnVo6-mDATn9I9aQRH4g6khdBFc-qEBmfxvbpWrlGFw/viewform>

Or call the ADRC of LaCrosse County at 608-785-5700.

This event is brought to you by:



Fiscal

[Carrie Kroetz](#) Older Americans Act Consultant – Data Management

Need to Know

Reminder: 2025 preliminary budget information available; Upcoming budget webinar Oct. 3

The 2025 Preliminary Budget will be posted tonight on the GWAAR Partner Resources - External SharePoint site (link below). All Aging Units and Elder Abuse sub-recipients are required to submit a Preliminary Budget by November 8th, as well as a Final Budget - deadline to be determined in the Spring.

For Aging Units, the following information is important to know and will be addressed in the upcoming budget webinar.

Thursday, October 3 | 11:00 a.m. - 12:00 p.m.

Registration for Oct. 3 webinar: [GWAAR Fiscal - 2025 Budget Webinar Registration Link](#)

<https://events.teams.microsoft.com/event/944ffa72-5027-4ecf-86a9-57b6cff155b8@8e087664-409d-4c4c-a6b4-7aa01020d6ea>

GWAAR Partner Resources - External SharePoint site:

<https://gwaar.sharepoint.com/sites/PartnerResources>

- All displayed contract amounts are based on a 12-month estimate based off of 2024 amounts (not including carryover funds).
- Reminder, you are required to report the total budgeted expenses anticipated to fully provide Title III services. This includes reporting over match if necessary to fulfill the needed funds for all expenses.

-continued-

- ARPA B, D and E - since at this time we do not know what your extension rollover amounts for 2025 will be it is up to the Aging Unit to estimate and apply that spending accordingly. Actual amounts will be posted on the Final Budget in the Spring. Reminder that Match will be required for these ARPA funds as you apply the expenses.
- ARPA B, D and E - current deadline for spending these extension contract will be September 30th, 2025.
- Transfers - if requesting a transfer between B, C1, and/or C2 the official request will be made on the Final Budget and the online Transfer Request Form will need to be completed at that time to qualify.
- IIIB/ARPA B 6% Waiver - If you indicate that you will not be requesting the 6% waiver, you will need to indicate if you plan to spend IIIB/ARPA B funds to provide I&A services. Waivers must be completed online but this will not take place until the Final Budget is posted.
- IIIE/ARPA E Case Management/I&A Waiver - If you indicate that you will not be requesting the waiver for IIIE Case Management/I&A, you will need to indicate if you plan to spend IIIE/ARPA E funds to provide I&A services. Waivers must be completed online but this will not take place until the Final Budget is posted.
- If you are applying for IIIE waivers and indicate a waiver for each of the 5 required categories, you will receive an error - as this would indicate that you are not providing any IIIE services. Please review your planned spending and apply the waivers accordingly.
- If your agency uses AFCSP as Match for IIIE a reminder notice will display for you to acknowledge upcoming changes estimated by the end of 2025.

Please reach out to the GWAAR Fiscal Staff with any additional questions.

<https://gwaar.org/fiscal-p>

Nice to Know

Dollars & Sense

In case you missed it! Dollars & Sense provides answers to your Fiscal questions. Watch upcoming issues of the newsletter for more FAQs!



Q: When is the GWAAR Claim Form due?

A: Each agency/provider must submit a monthly claim form even if no contract dollars are being expended. Claim Forms are to be submitted accurately by the 5th of each month in order for payment to be processed. If the 5th lands on a weekend or holiday the claim will be due the following business day.

Q: What expenses should be included on the GWAAR Claim Form?

A: Only costs related to Title III services must be reported on the claim form. All costs related to Family Care, IRIS, 85.21/85.215, Title VI or NOAA non-eligible private pay services expenses should be subtracted from the overall costs before Title III expenses are determined.

Q: What revenues should be included on the GWAAR Claim Form?

A: Only revenues related to Title III services must be reported on the claim form. Revenues received related to Family Care, IRIS, 85.21/85.215, Title VI or NOAA non-eligible private pay services should not be included on the GWAAR claim form and must be subtracted from the overall revenues before Title III is determined.

Health Promotion

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

Need to Know

OAA Title III-D Health Promotion and Disease Prevention Frequently Asked Questions Document (FAQ)

The OAA Title III-D FAQ document was recently updated. Check out the new question added -

NEW! Question – Can Aging Units/Tribal Aging Units enter OAA Title III-D health promotion participants into Wellsky (SAMS) in a month different from the month the expense occurred, and the claim was submitted? (e.g. you train a leader in November and submit the claim for that cost, but the program is not implemented until January)

Answer– Yes, it is acceptable to incur expenses before the workshop is implemented, as health promotion programs require time for a leader to be trained, marketing the program, participant recruitment and registration. It is reasonable for these expenses to occur in advance, with the expectation that the health promotion program will begin within three months of the expense or claim submission. If this timing causes an error when completing your claim form, you can resolve the error by providing an explanation for the discrepancy in the comment section of the Wellsky/Fiscal tab.

Similarly, if a workshop has already been held, but the expenses have not yet been submitted or paid, you should leave an explanation in the comment section of Wellsky/Fiscal tab. If you have any questions, please contact fiscal@gwaar.org.

View the FAQ: <https://gwaar.org/api/cms/viewFile/id/2008318>

Reminder: Quarterly Health Promotion Webinar: Save the Date! Register today.

Tuesday, November 19 | 9:00-10:30 a.m.

This webinar will feature an overview of the Wisconsin Guardian Support Center by Polly Shoemaker, WI Guardian Support Center Attorney. In addition, we will be discussing the findings from the recent Diversity, Equity & Inclusion self-assessment that was distributed recently. A more detailed agenda will be released in October.



Contact Angie Sullivan, OAA Consultant - Health Promotion/GWAAR if you have any questions angela.sullivan@gwaar.org.

Register here: <https://us06web.zoom.us/meeting/register/tZApdOqorTsiE9xGw-QQmuuACkK6iN81PstW>

Reminder: Save the Date 2025 Quarterly Health Promotion webinars

- Tuesday, February 4, 9:00 – 10:30 a.m.
- Tuesday, May 6, 9:00 – 10:30 a.m.
- Tuesday, August 5, 9:00 – 10:30 a.m.
- Tuesday, November 4, 9:00 – 10:30 a.m.

Nice to Know

Social Connection Awareness Week November 10 - 16, 2024

Join the Wisconsin Coalition for Social Connection (WCSC) to learn about the importance of social connection for older adults and people with disabilities and the impact that you can make to reduce social isolation and loneliness! The WCSC is excited to announce that they will be holding FREE lunch & learn webinars each weekday during Social Connection Awareness Week in November for professionals interested in learning more about these important topics.

Learn more about these offerings on the attached flyer. If you're not able to make one or all of the events, just register and you will be sent the recording.

<https://connectwi.org/wp-content/uploads/2024/09/WCSC-Social-Connection-Awareness-Week-Summit-2.pdf>

Now Available!! Awareness Week Promotional Resources November will be here before we know it! Promotional resources are now available for you to start planning for how to use them during Social Connection Awareness Week. Social media graphics and suggested text, a newsletter article, press release, and letter to the editor can be found on our website and customized for local use.

<https://connectwi.org/for-professionals/awareness-resources/#d>



Medicare Outreach and Assistance

[Alyssa Kulpa](#), Medicare Outreach Coordinator

Nice to Know

Reminder: Fall Medicare Training for Wisconsin Professionals

Register for each webinar you wish to attend.

The Wisconsin SHIP network coordinates a free training series on Medicare updates before the Medicare Open Enrollment Period every year. This year's webinars take place *September 30* through *October 2*.

The 2024 Fall Medicare Training agenda is now available. The agenda includes information about registration, presentation content and materials, recordings, continuing education credits, accommodations, and additional resources.

2024 Fall Medicare Training Agenda: <https://gwaar.org/api/cms/viewFile/id/2007858>

Who should attend? All professionals who work with Medicare beneficiaries or want to learn more about Medicare updates are invited. Some of the trainings are required for SHIP counselors; see the agenda for details. Presenters will assume that attendees have a basic understanding of Medicare and will focus on Medicare updates. Attendees who want refresher trainings on Medicare basics are encouraged to view the Medicare training resources listed in the agenda.

How do I register? The registration links can be found on the agenda. You must register for each training you wish to attend. You should receive a confirmation email for each successful registration.

Please send questions to the Wisconsin SHIP Director, Michelle Grochocinski, at michelle.grochocinski@dhs.wisconsin.gov.



Nutrition

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

Nice to Know

Free Webinar. Putting Patients First: Malnutrition Care in the Community

Wednesday, October 9 | 11:00 a.m. - 12:15 p.m.

Facilitated by Heather Keller, RD, PhD, FDC, FCAHS, Schlegel Research Chair in Nutrition & Aging, University of Waterloo

Learning Objectives: Attendees of this webinar will:

- Learn about the perspectives and experiences of patients/caregivers who have experienced nutrition risk across Canada
- Reflect on barriers and facilitators around nutrition care as described by patients and caregivers
- Consider opportunities for advocating for patients/caregivers and how their own practices can be improved



Registration:

<https://cns-scn.ca/events/2024/10/09/putting-patients-first-malnutrition-care-in-the-community>

See #WhatsOnMyPlate Today!

The MyPlate team recently announced the launch of #WhatsOnMyPlate, a nationwide campaign to highlight how MyPlate fits many lifestyles and can be used to fit different food preferences, cultural tastes, and budgets. Through #WhatsOnMyPlate, people everywhere can learn about the healthy eating tools and budget-friendly resources available on our Digital Hub and across MyPlate.gov.

Are you looking to join the conversation on social media? Explore the #WhatsOnMyPlate Social Media Toolkit featuring sample social media messages, graphics, frames, animation videos, and tips for creating your own content. We hope you will share your healthy meals on social media with #WhatsOnMyPlate. Don't forget the hashtag and to tag us! We will be sharing updates on the Digital Hub, so be sure to check back in with us regularly! In the meantime, check out our new videos, "Budget-Friendly" and "More than a Plate," and feel free to share!



Digital hub: <https://www.myplate.gov/whatsonmyplate>

Social media toolkit: <https://www.myplate.gov/professionals/toolkits/whatsonmyplate-social-toolkit>

Budget Friendly: <https://www.youtube.com/watch?v=6bYsfeY6ALI>

More than a plate: <https://www.youtube.com/watch?v=smGnpU0dN-0>

Join us as we continue to celebrate National Hispanic Heritage Month!

National Hispanic Heritage Month is celebrated from September 15th to October 15th and honors how Hispanic foods, culture, and traditions brighten and contribute to the overall culture and richness in America. Meet the MiPlato Tools and Resources available en español! Use just one or all together to help you make healthy food and beverage choices.



Be sure to check out our MiPlato en español page for all MiPlato resources including tip sheets, graphics, and more! From MyPlate to your plate, every plate tells a story. MyPlate- a modern approach to healthy eating- is 100% customizable to fit your preferences and cultural traditions - so you can enjoy your favorite recipes AND eat the healthy foods you love. MyPlate is easy to use, based on science, and an overall great way to eat healthier. MyPlate offers tools, tips, and resources to help you prepare budget-friendly, healthy meals- available in Spanish.

Visit MiPlato en español: <https://www.myplate.gov/resources/en-espanol>

Updated Malnutrition State Advocacy Toolkit Available Now!

Defeat Malnutrition Today (DMT) is pleased to offer an updated state advocacy toolkit. Based off DMT's 2020 National Blueprint: Achieving Quality Malnutrition Care for Older Adults , this toolkit focuses on what advocates can do at a state level to reduce malnutrition in older adults.

defeatmalnutrition.today
...vital to healthy aging

View the toolkit:

<https://defeatmalnutrition.today/wp-content/uploads/2024/09/ANHI-National-Blueprint-Toolkit-State-Advocacy-September-2024.pdf>

View the DMT 2020 National Blueprint:

<https://defeatmalnutrition.today/wp-content/uploads/2023/03/MQC-Blueprint-web.pdf>