



Volume 6, No. 48 November 26, 2024  
Office: 608-243-5670 Fax: 866-813-0974  
info@gwaar.org www.gwaar.org



## Greater Wisconsin Agency on Aging Resources (GWAAR) News

---

### *Nice to Know*

---

#### **GWAAR closed November 28-29 for Thanksgiving**

Wishing everyone a safe and enjoyable Thanksgiving holiday!

*Happy Thanksgiving!*

#### **Reminder: Two new Nutrition training modules available in GWAAR ED**

Anybody who is currently a registered GWAAR ED user can access these two new courses from your learning library in GWAAR ED. If you previously enrolled in the Nutrition courses, these courses will be added as required courses. Detailed information about the new courses can be found in the Nutrition section on page 9 of this newsletter.

If you would like to register for GWAAR ED, the registration form and instructions can be found on <https://gwaar.org/gwaar-ed>.



#### **Reminder: Leadership opportunities: GWAAR Board of Directors and GWAAR Advisory Council**

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.

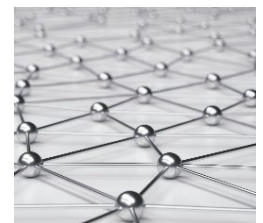
**Learn more:** <https://gwaar.org/leadership-opportunities>



#### **Reminder: Medicare Outreach Coordinator employment opportunity**

The Medicare Outreach Coordinator, in conjunction with the GWAAR benefit specialist supervising attorney team, provides training and technical assistance to Elder Benefits Specialists and the broader community of State Health Insurance Assistance Program (SHIP) counselors.

**Read the full job description:** <https://gwaar.org/api/cms/viewFile/id/2008362>



## Advocacy

---

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

### **Need to Know**

---

#### **Older Americans Act (OAA) Reauthorization to Advance Contact Your Senators to Urge Support**

After several months of quiet negotiations between the House and Senate OAA committees, and intensive lobbying by our national partner (USAgings), **next week, the Senate will attempt to advance the OAA Reauthorization Act of 2024. The House is expected to follow suit quickly.**

When the Senate returns to Capitol Hill next week, it is anticipated that they will advance an amended OAA reauthorization bill that reflects negotiations between the Senate and House committees with jurisdiction over OAA. USAgings has learned that the Senate intends to “hotline” the bill immediately after the Thanksgiving recess. This means that Senators are informed that leadership intends to move the bill under a process reserved for non-controversial legislation—then Senators are given a short period of time during which to object to use of that “unanimous consent” process. If no Senators object to advancing the bill under that process, then the bill can move quickly to the floor. Such unanimous consent bills don’t require much Senate floor time and are often dealt with in batches when the Senate isn’t focused on more high-profile, recorded-vote measures.

Despite this promising news, **your advocacy is needed to get the bill across the finish line!** Please use the email template below to contact Senator Baldwin and Senator Johnson and urge them to support the OAA Reauthorization Act of 2024.

#### **Take Action Now**

1. Using the template email below, send an email to Senators Baldwin and Johnson requesting their support of the OAA Reauthorization Act of 2024! Be sure to customize it to your agency/community. Send your email to their DC and district offices (you can find the contact information on pages 1 and 2 of this [document](#)). <https://gwaar.org/api/cms/viewFile/id/2007697>

#### **Email Template to Your Senators:**

Note: Areas with **yellow highlighting** require customization.

Dear **[Senator Baldwin or Senator Johnson]**:

On behalf of **[AGENCY NAME]** in **[AGENCY LOCATION AND STATE]**, we are writing to urge you to support advancing the bipartisan Older Americans Act (OAA) Reauthorization Act of 2024 (S.4776), which we expect to be considered by the Senate in early December.

The bipartisan Senate bill, amended with the House’s input, includes critical updates to the law that help agencies like ours better serve older adults and their family caregivers. Because the Act expired in September, it’s imperative that Congress act quickly this year to ensure the continued health and well-being of the 11 million older adults and family caregivers who receive OAA services in communities across the country.

Sincerely,

**[NAME, affiliation, address, etc.]**

2. Engage your provider network. Urge your vendors/providers, advisory board members and other important stakeholders to send their own emails to your state’s Senators. Please do all you can to amplify the message and engage others who understand the value of OAA in their community! Forward this Alert to your networks or edit it to be best received by your agency’s advocates. Your advocacy will help to ensure OAA is reauthorized before the new year!

## Nice to Know

---

### Caregiver Nation Summit 2024

Last week, Wisconsin caregiver advocates Kristin Voss, Beth Fields, Bryn Ceman and Janet Zander traveled to Washington, D.C. to participate in Caregiver Nation Summit 2024. The event brought together leaders, advocates, and family caregivers who drive real change for the caregiving community. The event included a trip to Capitol Hill so advocates could meet with Members of Congress and fight for policies that will support America's 53 million family caregivers. Members of Congress were urged to act on the reauthorization of the Older Americans Act, a critical step to provide the recognition, resources, and support caregivers so deeply deserve.

It's time to show we value and support family caregivers in our society and to ensure they receive the assistance they need to care for their loved ones without sacrificing their own health and well-being.

Wisconsin's participants were proud to stand with advocates from across the country to make a real impact and drive change for family caregivers.



## Data Management

---

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

### Need to Know

---

**Webinar: 2023-2024 EOY Variance Federal Reporting** – conducted November 19<sup>th</sup> and the recording is posted on the Data Management page, as well as the Fiscal Resources page. The variance form is forthcoming, and an email will be sent out to notify Aging Unit staff.

### Reminder: Important dates and information for PeerPlace Training

#### [PeerPlace Training Details:](#)

**November 6, 2024 - PeerPlace “go-live” date.** Users may begin entering data into the PeerPlace system. Note that WellSky information will remain available for viewing and creating reports through the end of calendar year 2024.

#### Log in

After Nov. 6, when PeerPlace went live, you use the new website address to log in: <https://peerplace.dhs.wisconsin.gov>.

**Do not use** the training site link “dhs-apps.wisconsin.gov,” for logging in.

**[PeerPlace Information Page for Aging:](#)** this page contains detailed information related to PeerPlace training including live webinar schedules, live webinar registration links, job aids, user group information, and key dates.

#### ***PeerPlace Training and Drop-in calls (registration required for some):***

#### ***Reminder: Register for upcoming webinars***

#### ***Wednesday, December 4, 2–3:30 p.m.: [Advanced Reporting Training](#)***

This webinar is highly recommended for all users and will focus on how to create reports from templates developed by PeerPlace, create customized reports, and utilize the PeerPlace View Builder feature.

-continued-



DHS PeerPlace  
Training

**Thursday, December 5, 2–3:30 p.m.: [PeerPlace Resource Database User Webinar](#)**

The PeerPlace internal resource database is comprised of information about aging and disability resources and service providers throughout the state. All PeerPlace users are encouraged to attend this session in order to learn how to locate applicable resources for their customers.

**Registration is required to attend all live webinars. All webinars will be recorded and available for viewing on demand. Recordings of all completed webinars can be found on the [PeerPlace Training Vimeo Showcase](#).**

**The above links may be shared with PeerPlace users who do not have access to the [ADRC and Aging SharePoint site](#).**

## Family Caregiver Support

---

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

### Need to Know

---

#### Replay for Caregiver Coordinator Statewide call available soon

We covered a lot of information during this month's Caregiver Coordinator Statewide meeting.

**View the agenda:** <https://gwaar.org/api/cms/viewFile/id/2008375>

If you were unable to attend, you can find the notes, and other materials here:

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

The replay will be available soon.

### Nice to Know

---

#### Specialized Aging Support: Providing Care for Those with Intellectual and Developmental Disabilities at High-Risk and Living with Dementia webinar

Monday, December 9 | 2:00 p.m.

Individuals with intellectual and developmental disabilities (IDD) face lifelong battles of inclusion and access to services. Throughout the aging process, even more significant needs for support present as they experience Alzheimer's disease and other related dementias (ARD) at a staggering rate. As individuals with Down syndrome and other IDD diagnoses face everyday challenges associated with ARD, they also face the struggles of providers and caregivers unsure of the next steps.



Learn from Arc Jacksonville's Specialized Aging Support program, which launched the next phase of services, developing an interactive day center for those living with and at high risk of dementia, caregiver support, and education, and trainings focused on IDD and dementia. Through their work, The Arc Jacksonville aims to establish a more dementia-capable workforce that is equipped for this next phase of life in individuals with IDD.

To register for the Specialized Aging Support: Providing Care for Those with Intellectual and Developmental Disabilities at High-Risk and Living with Dementia webinar, click here:

[https://rtiorg.zoom.us/webinar/register/WN\\_60hLL8BjRS6OOOrFL1tuhA#/registration](https://rtiorg.zoom.us/webinar/register/WN_60hLL8BjRS6OOOrFL1tuhA#/registration)

## Reminder: Learn more about the Caregiver Postcard Project

Do you work with family caregivers? If so, invite them to participate in the Caregiver Postcard Project.

### **What is the caregiver postcard project?**

Nearly 1 in 5 adults in Wisconsin is helping a loved one with an illness or disability. Caring for a loved one with a health challenge can be hard and beautiful at the same time. The Caregiver Postcard Project wants to hear from caregivers about the times when their care role makes them overflow with joy. Or when it makes them so frustrated that they think they will explode. Or when they get help that really, truly helps.

Caregivers to share their experiences by submitting a postcard or sharing an entry online. Caregivers can write - a few words, a sentence, a paragraph, or even a poem, or create - draw, paint, or create a collage.

Entries are anonymous, other than what participants choose to put in their submission.

Learn more on <https://wisconsincaregiver.org/> | (for professionals): <https://bit.ly/3Zd88lu>

View the flyer (for caregivers):

[https://wisconsincaregiver.org/\\_data/media/90/postcard-project-for-caregivers.pdf](https://wisconsincaregiver.org/_data/media/90/postcard-project-for-caregivers.pdf)



The flyer is titled "Do you work with family caregivers? Invite them to participate in the CAREGIVER POSTCARD PROJECT". It features a QR code and a URL: "or go to: go.wisc.edu/caregiver-postcard". The flyer is divided into several sections with green and blue highlights:

- Participate online:** Scan this QR Code: [QR Code]
- An opportunity to lift up the voices of caregivers:** Use art as a quick tool to share your caregiving journey. Identify moments of joy within hardship. Share an "in the moment" struggle.
- Express gratitude for a resource, conversation, helping hand, etc.**
- Responses may become part of public art and research that will raise awareness about the family caregiving experience.**
- Spread the word:** Contact Kristin Litzelman at [litzelman@wisc.edu](mailto:litzelman@wisc.edu) for a PowerPoint slide or newsletter blurb to share this project with caregivers.
- Host a conversation with caregivers:** Conversations with caregivers about these postcards -- about their joys, struggles, and gratuities in the caregiving role -- can be transformative. Through sharing their experiences, you can give caregivers a voice in the work that YOU do in the community and in policy.
- Need a facilitator?** Contact Kristin Voss. She is also the founder of the Center for Caregiver Serenity, a professional classroom teacher, and a family caregiver to her daughter with special needs. Contact her at [kristinvoss@gmail.com](mailto:kristinvoss@gmail.com).
- Who is running this project?** This project is led by Dr. Kristin Litzelman, a faculty member at the University of Wisconsin-Madison and Kristin Voss. The Wisconsin Family Caregiver Support Alliance is collaborating on this work. The Ira and Ineva Reilly Baldwin Wisconsin Idea Endowment is funding this project.

## Fiscal

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

### **Need to Know**

**Webinar: 2023-2024 EOY Variance Federal Reporting** – conducted November 19<sup>th</sup> and the recording is posted on the Data Management page, as well as the Fiscal Resources page. The variance form is forthcoming, and an email will be sent out to notify Aging Unit staff.

### **October Claim Form:**

Thank you to everyone for getting in your September claim form on time so that we could start working on the October claim. While there is some final wrap up on GWAAR Fiscal's part, we plan to have the October claim posted the week of 11/25/24.

### **Other updates:**

- The 2024 Re-Ob/De-Ob Request form link is available on the Fiscal Resources site. This form is used to request to de-obligate and re-obligate funds from Title III B-C1-C2-D-E, SSCS, Alzheimer's\*, EBS\*, or Elder Abuse contract funds. (\*Only if your contract is with GWAAR.) Please complete by Dec. 15, 2024.
- If completing a Re-Obligation request, by completing this form you are requesting additional contract funding, if available, which must be spent by Dec. 31, 2024, for expenses from Jan.-Dec. 2024. By completing this form, you understand any requests are not guaranteed and must be claimed by the Final Claim form, due March 5, 2025.

### **Upcoming:**

- The Budget to Actual document will also be forthcoming shortly. This document compares your submitted Final Budget for 2024 against the actual expenses reported. We will host a webinar to assist Aging Unit Fiscal staff in reviewing the information and how to address inconsistencies.

## Nice to Know

---

### Dollars & Sense

Check this section for the answers to your Fiscal questions. Watch upcoming issues of the newsletter for more updates!

**Q: Sister Molly age 65 is caregiver for Brother Sam age 70. Sam receives a home delivered meal (HDM) and it would be beneficial for Molly to receive a meal to eat with Sam. Is Molly's meal covered under IIIE (Caregiver) or IIIC-2 (Home Delivered Meals)?**

A: Since Molly is eligible for the nutrition program (over age 60) her meal would be included in C-2 HDM not IIIE, nutrition program trumps caregiver for meals.

**Q: A volunteer from the UW Extension is the facilitator for Bingocize an evidence-based class. Can those volunteer hours be used as in-kind for IIID Health Promotion?**

A: No, since the UW Extension receives federal funding, those hours cannot be used as match.



## Health Promotion

---

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

### Nice to Know

---

#### Join Our Health Promotion Advisory Group!

Are you a Health Promotion Coordinator, Aging Unit Director, or Manager passionate about improving health and wellness for older adults? We're seeking dedicated professionals to join a new Health Promotion Advisory Group designed to strengthen and enhance our collective efforts in implementing OAA Title III D evidence-based health promotion programs.



#### Why Join?

This group will meet quarterly to:

- Share challenges, successes, and best practices in implementing evidence-based programs.
- Collaboratively develop solutions to common barriers in service delivery.
- Assist in planning engaging and relevant agenda items for quarterly health promotion webinars.

#### Benefits of Participation

- Gain valuable insights and ideas from peers.
- Play a key role in shaping effective health promotion strategies.
- Network with other leaders in aging services.

#### Get Involved

Together, we can advance the health and well-being of older adults in our communities.

**To express your interest or for more information, please complete this form:** <https://bit.ly/410vtbB>

Let's work together to make a lasting impact in Wisconsin! For questions, contact Angie Sullivan OAA Consultant - Health Promotion at [angela.sullivan@gwaar.org](mailto:angela.sullivan@gwaar.org)

## In Case You Missed It... Social Connection Awareness Week

Weren't able to attend one or all of the Social Connection webinars last week during Social Connection Awareness Week? View the recordings on the Wisconsin Coalition for Social Connection website (under the Awareness Week Resources drop down) and make a commitment to connection beyond the awareness week!

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

## Reminder: Keep Connecting with Wisconsin Coalition for Social Connection (WCSC) Network meetings

Tuesday, December 17 | 2:00 – 3:00 p.m.

Join future conversations and register for future Wisconsin Coalition for Social Connection (WCSC) Network meetings. The next meeting will be held virtually on Zoom Tuesday, December 17 from 2:00 - 3:00 p.m.



### Registration (required) for the December 2024 meeting here:

[https://us06web.zoom.us/join/register/tZcufumrrzIqGdLby\\_GdyI1Mrw6Ej6wOMbSj#/registration](https://us06web.zoom.us/join/register/tZcufumrrzIqGdLby_GdyI1Mrw6Ej6wOMbSj#/registration)

2025: Third Tuesday of every other month | 2:00 – 3:00 p.m.

Save the date for 2025 WCSC Network meetings! Meetings will be held on the third Tuesday of every other month (starting in February) from 2:00 - 3:00 p.m. **Registration (required) for 2025 meetings here:**

<https://bit.ly/4g8VCcB>

Learn more: <https://connectwi.org/about/>

## Virtual Health Promotion Opportunity for OAA Title III-D and/or ARPA D Funding

UW Madison Extension Virtual StrongBodies Series

- Offered via Zoom
- Class meets on Tuesdays and Thursdays at 9:00 a.m. weekly for 11-12 weeks
- Aging Units can reserve spots for county residents (\$50 per/participant)
- Reserve spots here: <https://bit.ly/41oboMH>

After the Extension receives your request for spots, you will be emailed an invoice for payment, customizable flyer for upcoming virtual series for recruitment and link to online registration for the virtual class to register local participants.

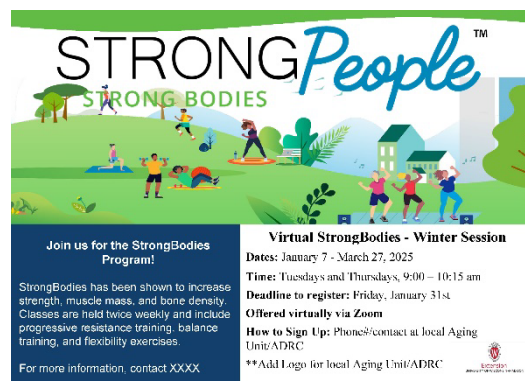
Participant demographic information will be sent to you for Peer Place reporting after the registration deadline for each series.

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

### 2025 Series:

- Winter Session: Jan 7 - Mar 27 (deadline: Fri, Jan 31)
- Spring Session: Apr 8 - Jun 28 (deadline: Fri, May 2)
- Summer Session: July 8 -Sept 25 (deadline: Fri, Aug 1)
- Fall Session: Oct 7 - Dec 18 (deadline, Fri, Oct 31)

Questions? Contact Jen Whitty, Health Promotion Programs Coordinator, Health & Well-Being Institute, University of Wisconsin-Madison at [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu)



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.  
For more information, contact XXXX

**Virtual StrongBodies - Winter Session**  
Dates: January 7 - March 27, 2025  
Time: Tuesdays and Thursdays, 9:00 – 10:15 am  
Deadline to register: Friday, January 31st  
Offered virtually via Zoom  
How to Sign Up: Please contact at local Aging Unit/ADRC  
\*\*Add Logo for local Aging Unit/ADRC



An UW-Madison employee, University of Wisconsin-Madison Extension, which is an Equal Opportunity Employer, is providing this information in conjunction with programming, including a 100% tuition fee waiver for the first 12 credits of the first year of study. Funding for this program is provided by the USDA Supplemental Nutrition Assistance Program (SNAP) and the Wisconsin Department of Health Services. © 2025 University of Wisconsin-Madison. All rights reserved.

# Wisconsin Senior Medicare Patrol

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

## Nice to Know

### Winter edition of The Scoop now available

The Winter edition of the Wisconsin Senior Medicare Patrol's quarterly newsletter, The Scoop, is now available. This issue of The Scoop includes ideas to help you stay ahead of Medicare fraudsters, food safety tips for the fall and winter holidays, ways to stay connected to avoid loneliness, a story about a doctor charged in a Medicare fraud scheme, how to donate wisely on Giving Tuesday, and so much more!

You are welcome (and encouraged) to share this newsletter with anyone you think might find the information useful – whether it be consumers, Medicare beneficiaries, neighbors, family and friends, those who work with older adults, etc.

### View the newsletter:

[www.smpwi.org/wp-content/uploads/2024/11/Winter-Newsletter-FINAL.pdf](http://www.smpwi.org/wp-content/uploads/2024/11/Winter-Newsletter-FINAL.pdf)

**The SMP SCOOP**  
PROTECT DETECT REPORT  
WINTER 2024

**Stay Ahead of Medicare Fraudsters**  
Resourced from: Medicare.gov

The Senior Medicare Patrol (SMP) Scoop is prepared by the GWAAR SMP Team to help Medicare beneficiaries and their advocates prevent, detect, and report health care fraud, abuse, and errors.

Please feel free to share this publication with others who may benefit from its contents.

**TO CONTACT WI SMP**  
Call: (888) 815-2611  
Email: [smpwi@gsaar.org](mailto:smpwi@gsaar.org)  
Website: [www.smpwi.org](http://www.smpwi.org)  
Facebook: [@WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)  
To subscribe, please send us an e-mail.

**GWAAR**  
Greater Wisconsin Agency on Aging Resources, Inc.

**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

Every day, criminals target older Americans with one goal – to steal their Medicare numbers and other protected health information. To fraudsters, this information is just as valuable as credit card information. These criminals steal Medicare numbers and unlawfully bill Medicare for medical services that were never provided to the patient or overbill for provided services.

When criminals commit fraud, and to say bill Medicare, people's medical records may become inaccurate, and they can suffer delayed or even be denied care. In the end, Medicare fraud costs taxpayers.

*Continued on page 2*

# Tribal Technical Center

[Kassy Heard](#), TTAC Program Director

[Ryan Bunker Jr.](#), TTAC Program Specialist

## Nice to Know

### Resources for Native American Heritage Month

#### History and Meaning of the Ojibwe Word, "Miigwech

Did you know the meaning of the Ojibwe word for thank you, "miigwech," actually means, "that's sufficient/that's enough?" Historically, there was no word for thank you in the Ojibwe language. However, during the French Fur Trade Era, the French would offer more and more supplies and goods for furs until the Ojibwe said, "miigwech!" It was then misunderstood as, "thank you!" At some point miigwech eventually adopted this new meaning and speakers today generally use miigwech to say, "thank you!"

### Indigenous/Tribal Resources

Check out this list of resources which includes everything from music and books to research topics.

<https://gsaar.org/api/cms/viewFile/id/2008382>

**Indigenous/Tribal Resources**

**Music you can listen to:**

- It, Carols Naital (Ito) music
- Bear Creek Flow (Wov) Drum
- Ridge of America by Annie Hummeray

**Items you can listen to:**

- A, My (I) of (I) of (I) Podcast
- Native Opinions Podcast
- The Red Nation Podcast
- Telling Our Twisted Histories Podcast

**Movies to watch:**

- Smoke Signals
- Truckee
- Winter in the Blood
- Wind River
- Sweathheart Journals
- Dances with Wolves
- Indian Love
- Enduring Ways of the Lac du Flambeau people

**Items to read:**

- Broken Sweetgrass by Robin Wall Kimmerer
- Carry by Toni Jensen
- Freeseater's Daughter by Angela Bourlay
- Coda Talker by Joseph Bruchac
- There There by Tommy Orange
- The Day, Indigenous History of Transfiguring by Aoki Baraka
- Everything you want to know about Indians but were afraid to ask by Axtell Houser
- The Wolf's War Camp by Kasper
- Walking a Distance by Ada Deer
- The Mishonik Book by Edward Saiton-Bond

**Support Indigenous Artists**

**Research and learn about the tribes in Wisconsin**

- Wisconsin First Nations <https://wisconsinfirstnations.org/>
- American Indian Studies Program | Wisconsin | Department of Public Instruction <https://dpi.wisconsin.gov/ainid>
- Great Lakes Indian Fish and Wildlife Commission <https://glfwc.org/>

**Short Videos**

- PBS Wisconsin <https://pbswisconsin.org/watch/tribal-history>
- Videos about each Wisconsin Tribal Community through networks of Tribal Movie Bots <https://pbswisconsin.org/article/learn-more-about-native-american-heritage-with-pbs-wisconsin/>
- GLFWC <https://glfwc.org/publications/>

Under Education Minnesota's, there are videos about struggles and benefits in Tribal Communities regarding their rights

This is not a complete list. We did our best to have any official or any of the agencies listed



### ***Honoring Native American Heritage Month: Recipes from My Plate***

These recipes and instructions for accessing additional recipes from MyPlate.gov can be found in the Nutrition section on page 10 of this newsletter.

***Three Sisters Soup:*** <https://www.myplate.gov/recipes/three-sisters-soup>

***Sautéed Walleye with Tarragon:*** <https://www.myplate.gov/recipes/sauteed-walleye-tarragon>

***Autumn Vegetable Succotash:*** <https://www.myplate.gov/recipes/autumn-vegetable-succotash>

## **Nutrition**

---

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

### ***Need to Know***

---

#### **Reminder: Two new Nutrition training modules available in GWAAR ED**

Anybody who is currently a registered GWAAR ED user can access these two new courses from your learning library in GWAAR ED. If you previously enrolled in the Nutrition courses, these courses will be added as required courses.

If you would like to register for GWAAR ED, the registration form and instructions can be found on <https://gwaar.org/gwaar-ed>.



#### **Module 1- Overview of Malnutrition in Older Adults**

This module is for ALL disciplines that work with community based older adults. Our nutritional journey can be quite complex. Anyone can become malnourished!

By the end of the learning module you should be able to:

- Understand the prevalence of malnutrition in older adults.
- Better identify the root causes and contributing factors that can lead to malnutrition and nutrition risk.
- Understand the consequences of malnutrition.

#### **Module 2- What Can WE do About it?**

This module is specifically for the WI Elderly Nutrition Program providers, but it can be viewed by others.

We take a deeper drive into interventions and resources that can be offered once someone has been identified to be at risk.

By the end of the learning module you should:

- Be aware of basic screening tools and how they can be used in The Aging Network.
- Identify at least one intervention that can help decrease risk.
- Identify at least one resource to increase awareness & enhance understanding.

**Reminder: Please join us on December 17 for the Home Delivered Meal Assessor Peer Sharing call**

*Tuesday, December 17 | 2:00 – 3:00 p.m.*

We are excited to host the second Home Delivered Meal Assessor Peer Sharing call on Dec. 17 from 2 to 3 p.m. This call is for anyone who does the HDM initial and annual reassessments.

Tentative Agenda:

- How do you handle No Shows or not canceling meals?
- Other agenda items? Please send to [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)

[Click here to join the meeting](https://bit.ly/3AsrSbz) | <https://bit.ly/3AsrSbz> Meeting ID: 214 394 008 477 | Passcode: dgk4rb

**Dial in by phone** | [+1 608-338-1382](tel:+16083381382), [685336459#](tel:+16083386853) United States, Madison | [Find a local number](#)

Phone conference ID: 685 336 459#

***Nice to Know***

**Honoring Native American Heritage Month: Resources from MyPlate.gov**

In honor of Native American Heritage Month this November, we encourage you to take time to reflect on how Indigenous food, culture, and traditions brighten and contribute to the overall culture and richness of America.

You can also explore the [Native American/Alaskan Native cuisine filter](#) on MyPlate Kitchen to check out these and more recipes!

<https://www.myplate.gov/myplate-kitchen/recipes?f%5B0%5D=cuisine%3A137>

The [USDA Foods Nutrition Education Resource Library](#) houses resources for Food Distribution Program on Indian Reservations (FDPIR) administering agencies. The library has materials such as posters, recipe cards, magnets, shelf-talkers, stickers and brochures. Download them for your nutrition education needs!

**Check out these recipes from [MyPlate Kitchen](#):**

**[Three Sisters Soup:](https://www.myplate.gov/recipes/three-sisters-soup)** <https://www.myplate.gov/recipes/three-sisters-soup>

**[Sautéed Walleye with Tarragon:](https://www.myplate.gov/recipes/sauteed-walleye-tarragon)** <https://www.myplate.gov/recipes/sauteed-walleye-tarragon>

**[Autumn Vegetable Succotash:](https://www.myplate.gov/recipes/autumn-vegetable-succotash)** <https://www.myplate.gov/recipes/autumn-vegetable-succotash>

