



Volume 7, No. 1 January 7, 2025
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Greater Wisconsin Agency on Aging Resources (GWAAR) News

Need to Know

First quarter ACE meeting is tomorrow

Wednesday, January 8 | 1:30 p.m.

Read the agenda: <https://gwaar.org/api/cms/viewFile/id/2008409>



Reminder: Mark your calendars for these additional ACE dates in 2025

- Wednesday, April 9
- Wednesday, July 9 *In-person, Stevens Point*
- Wednesday, October 8

These can also be viewed by registered users on the GWAAR Partner Resources SharePoint site:

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

Reminder: Accepting applications for GWAAR Board of Directors and Advisory Council

Use Your Leadership Skills to Support Older People in Wisconsin

If you'd like to play a role in shaping the direction of programs and services for older people in the state, we invite you to volunteer for leadership team of the Greater Wisconsin Agency on Aging Resources (GWAAR), Inc.

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, including:

- Serve at least one 3-year term on the board.
- Attend multiple meetings per year, often centrally located in the state.
(Necessary expenses covered by GWAAR.)
 - GWAAR's Board of Directors has 6-8 meetings/year
 - GWAAR's Advisory Council has a minimum of four meetings/year

Learn more or view applications at: <https://gwaar.org/leadership-opportunities>



Valentines for Wisconsin Veterans

The Wisconsin Department of Veterans Affairs (WDVA) is asking for help showing veterans how much we appreciate their service and sacrifice by sending Valentine's Day cards to veterans living in WDVA facilities.

In their first year, WDVA received 24,000 Valentines and last year that grew to 28,000. Because of the overwhelming response, WDVA will be able to share valentines with even more veterans by delivering them to three locations in Chippewa Falls, Green Bay, and Union Grove.

The valentines are hand-delivered by staff to the veterans, loved ones, and Gold Star families residing in our veterans facilities. Cards must be mailed no later than January 31, to allow time to be distributed to all WDVA facilities on February 14. Due to allergies/dietary restrictions, do not include candy, food, or snacks.

Cards can be sent to:

Wisconsin Department of Veterans Affairs

Attn: Veteran Valentines

PO Box 7843

Madison, WI 53707-7843

View the press release: <https://content.govdelivery.com/accounts/WIDVA/bulletins/3c8230f>



Advocacy

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

Need to Know

State Legislature - 2025-2026

Mon., Jan. 6, 2025, marked the start of the 2025-2026 State Legislature. There are many new faces in the legislature (6 in the Senate and 31 in the Assembly). Given the new members in the legislature, as well as the new district maps, many of you may have new legislators serving you and/or the area you serve. If you are uncertain about who represents you, go to the Wisconsin State Legislature's homepage – <https://legis.wisconsin.gov/> and type your home address in the box under, "Who Represents Me?" For easy reference throughout the legislative session, insert your Senator and your Assembly Representative's name, email address, and phone number into the "Your Elected Officials" contact form - located in GWAAR's Advocacy Toolkit. **Advocacy Toolkit:** <https://gwaar.org/advocacy-toolkit>

Your elected officials reference sheet: <https://gwaar.org/api/cms/viewFile/id/2007751>

To view the committee assignments for this session:

You can view the Senate committees here: <https://docs.legis.wisconsin.gov/2025/committees/senate>

You can view the Assembly committees here: <https://docs.legis.wisconsin.gov/2025/committees/assembly>

With state budget work now underway, you may also wish to see which 16 members of the legislature have been selected to serve on the state's Joint Committee on Finance (JFC) for the 2025-2026 Legislative Session - <https://docs.legis.wisconsin.gov/2025/committees/joint/2920>.

Governor Evers' State of the State and Budget Address

The dates for Governor Evers' State of the State and budget address are confirmed. The State of the State will be delivered on Jan. 22, 2025 and his budget address will be on Feb. 18, 2025.

119th Congress – Wisconsin Delegation

The 119th Congress began on January 3, 2025, following the adjournment of the 118th Congress. Biographies and contact information for Wisconsin's Members of the 119th Congress have been updated and can be found here: <https://gwaar.org/api/cms/viewFile/id/2008426>

Nice to Know

Reminder: New Advocacy Resources from the National Center to Reframe Aging

The National Center to Reframe Aging is here to help you strengthen your advocacy communications with evidence-based communication strategies! Speaking with policymakers and community leaders is a powerful way to advance age-related issues, and their tools are designed to support you every step of the way:

Talking to Policymakers Script: This guide offers practical tips for presenting your issue to policymakers, along with a sample script that demonstrates effective, reframed messaging.

View the Policymakers script: <https://bit.ly/405Mpws>

Talking at a Town Hall Script Town halls are valuable forums for addressing elected leaders and community members about upcoming legislation. Use this resource to prepare your remarks with helpful tips and a sample script that showcases reframed language for age-inclusive advocacy.

View the Town Hall script: <https://bit.ly/4fA5F9V>

Learn more: <https://www.reframingaging.org/resources>

Links to these resources and more are also available at <https://gwaar.org/advocacy-toolkit>



Data Management

Carrie Kroetz Older Americans Act Consultant – Data Management

Need to Know

PeerPlace Training Resources

Users may now enter data into the PeerPlace system using this address:
<https://peerplace.dhs.wisconsin.gov>.

PeerPlace Training Details:

Site for registered users:

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

PeerPlace Information Page for Aging:

https://share.health.wisconsin.gov/ltc/teams/ADRC/SitePages/PeerPlace_Aging.aspx

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.

Recordings of completed webinars can be found on the ***PeerPlace Training Vimeo Showcase:***
<https://vimeo.com/showcase/11338036>.

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DHS PeerPlace
Training

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

Optional PeerPlace Q&A opportunities for benefit specialists

These are optional opportunities for benefit specialists to meet with Cheri Stoffel and Michelle Grochocinski to ask questions about PeerPlace. Drop-in calls are informal chats, not formal training.

Thursday, January 16 | 2:35 – 4:00 p.m.

PeerPlace drop in call for benefit specialists ([Add this meeting to your Outlook calendar](#)—no registration required)

GWAAR will be coming out shortly with PeerPlace Aging Office Hours for Q&A, as well as program specific trainings. In 2025, we will be conducting regional PeerPlace trainings.

Family Caregiver Support

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

Nice to Know

Reminder: National Caregiver Support Collaborative (NCSC) Webinar: Introducing New Resources to Elevate Family Caregiver Programs

Thursday, January 9 | 11:30 a.m.

Please join the Administration for Community Living (ACL) on January 9 to learn more about the National Caregiver Support Collaborative (NCSC), an innovative new initiative offering resources and technical assistance to aging, tribal, and kinship caregiver support networks. Network participants and partners will have the opportunity to connect with and hear from featured presenters, including six ACL awardees of grants aligned with the goals and cross-cutting principles of the 2022 National Strategy to Support Family Caregivers. Participants will also learn about available resources and actionable tools to support service providers' operational and programmatic needs.



Webinar registration:

https://us06web.zoom.us/webinar/register/WN_kOsol7MTTdSfOLWHCmLpJw#/registration

Fiscal

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

Need to Know

ARPA Extension contract: now that September claims have been processed, we are able to provide the remaining allocations to the state for GWAAR to receive a new ARPA contract (Oct 2024-Sept 2025). Just as a reminder, this is a new contract not an amended contract extending out the date as before and should be used for expenses from Oct 2024-Dec 2024 for this calendar year, and then Jan 2025-Sept 2025 for expenses in 2025. The allocations will be posted on the Final claim form, until the ARPA funds are available on the claim form Aging Units should report the expenses in Cash Match or using other contract funds on their Oct-Dec claim forms and then adjust as necessary on the Final claim.

NSIP 24-25 contract: GWAAR has received the NSIP contract from the state and will be distributing out Aging Unit contracts shortly. As a reminder, this contract is for the expenses associated with raw food cost only and not the full cost of the meal. The allocations will be posted on the Final claim form, until the NSIP funds are available on the claim form Aging Units should report the expenses in Cash Match or using other contract funds on their Oct-Dec claim forms and then adjust as necessary on the Final claim.

Other updates:

- Report 99 in PeerPlace – currently this custom report has not been created in PeerPlace. This will not prevent you from submitting your October claim. We continue to work with BADR and PeerPlace to have this available and will let you know when it is – along with providing training on how to run the report.
- 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. 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.

Health Promotion

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

Need to Know

Quarterly Health Promotion Webinar -- Register Today!

Don't miss the first Quarterly Health Promotion Webinar of the year. You will have an opportunity to learn about the UW-Extension Regional Community Health Team and how they can assist you in reaching your health promotion goals. The last 30 minutes will be dedicated to answering your questions regarding Peer Place and Health Promotion data entry.

View the agenda: <https://gwaar.org/api/cms/viewFile/id/2008427>

Please submit your PeerPlace Questions ahead of time via this link:

<https://forms.office.com/r/Wqqzw0cHtV>

Webinar registration link:

<https://us06web.zoom.us/meeting/register/tZUudu2orzMpHNQGUggAHa2ZW2wNmaZTkUsd>

Nice to Know

Addressing Social Isolation and Loneliness in Older Adults: Special Focus on Holidays and Anniversaries

January 15 | 12:00 p.m.

This webinar on Adult Social Isolation and Loneliness addresses the unique challenges older adults face during holidays, anniversaries, and personal milestones, which can amplify feelings of loneliness and isolation.

Participants will explore the emotional impact of occasions like Mother's Day, Father's Day, Pet Day, and the death of loved ones on seniors, particularly those aging solo. The session covers lifestyle challenges, including loss of purpose and workplace connections, health challenges, and caregiving that can further deepen social isolation.



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Join Carol Marak for a webinar that will discuss remedies and solutions including building social support networks, planning for holiday connections, utilizing technology, and engaging in meaningful activities like volunteering or pet therapy. Through real-life case studies and professional tools, attendees will gain actionable strategies to support seniors in overcoming loneliness during difficult times.

More information and registration:

<https://www.rightathome.net/professionals/continuing-education-units/addressing-social-isolation>

Nutrition

Pam VanKampen, Older Americans Act Consultant - Nutrition Specialist/Senior Center Representative

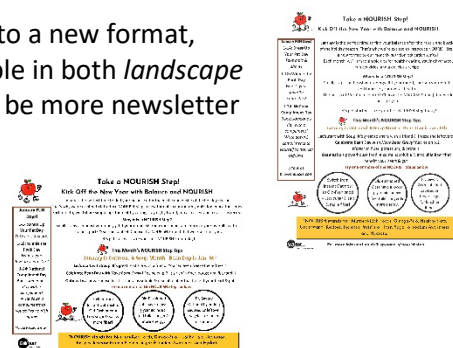
Nice to Know

First and second quarter 2025 GWAAR Nutrition Ed Handouts now available!

We have transitioned from the Eat Well, Age Well monthly handout to a new format, Take a NOURISH Step. The handouts are 2 pages long and are available in both *landscape view*, for placemats, back of menus, etc. Or in *portrait view* that may be more newsletter and handout friendly. As always, we welcome your feedback.

Handouts include:

- Fun theme days,
- An activity,
- A tie to wellness and socialization,
- And, of course, nutrition tips into each version.



Past issues of Eat Well, Age Well are still available on our website:

<https://gwaar.org/nutrition-education-and-activities>

If you prefer this format, you are welcome to use any of the past issues, as they are still relevant. If you are looking for the Beneficial Bites materials, visit:

https://www.adrcconnections.org/programs-and-services/nutrition_1

To access the newest handouts for 2025, registered users can visit GWAAR Partner Resources | Aging Programs | Nutrition | Nutrition Files | NOURISH Step: <https://bit.ly/4gJ2JJr>

These handouts will also be available publicly on the GWAAR website soon: <https://gwaar.org/nourishstep>

Or, use the links below to access them now!

January Theme: Life Balance

01-2025 – Life Balance – NOURISH Step (Portrait) <https://gwaar.org/api/cms/viewFile/id/2008413>

01-2025 – Life Balance – NOURISH Step (Landscape) <https://gwaar.org/api/cms/viewFile/id/2008414>

February Theme: Nurturing Relationship Wellness During Heart Month

02-2025 – Heart Month – NOURISH Step (Portrait) <https://gwaar.org/api/cms/viewFile/id/2008415>

02-2025 – Heart Month – NOURISH Step (Landscape) <https://gwaar.org/api/cms/viewfile/id/2008416>

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March Theme: Nutrition Month Celebrating Connection, Nutrition, and the Power of Listening

03-2025 – Nutrition and Connection – NOURISH Step (Portrait)

<https://gwaar.org/api/cms/viewFile/id/2008417>

03-2025 – Nutrition and Connection – NOURISH Step (Landscape)

<https://gwaar.org/api/cms/viewFile/id/2008418>

April Theme: Connecting Stress Awareness to Emotional Overeating

04-2025 – Stress Awareness – NOURISH Step (Portrait) <https://gwaar.org/api/cms/viewfile/id/2008420>

04-2025 – Stress Awareness – NOURISH Step (Landscape) <https://gwaar.org/api/cms/viewfile/id/2008421>

May: Capturing Joy: Celebrating Mental Health, Photography, & Smiles

05-2025 – Celebrate Mental Health - NOURISH Step (Portrait)

<https://gwaar.org/api/cms/viewfile/id/2008422>

05-2025 – Celebrate Mental Health - NOURISH Step (Landscape)

<https://gwaar.org/api/cms/viewfile/id/2008423>

June: Remember...Berries, Beans, & Leafy Greens. MIND Diet

06-2025 – Brain Awareness Month - NOURISH Step (Portrait)

<https://gwaar.org/api/cms/viewfile/id/2008424>

06-2025 – Brain Awareness Month - NOURISH Step (Landscape)

<https://gwaar.org/api/cms/viewfile/id/2008425>