



Volume 8, No. 39 September 29, 2026
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Greater Wisconsin Agency on Aging Resources (GWAAR) News

Need to Know

Save the Date! Fourth Quarter Virtual ACE Meeting Coming Up!

Wednesday, October 14 | 1:30 p.m. – 3:00 p.m.

Invitations were sent by Rosanna.Mazzara@gwaar.org on September 22.

View the agenda: <https://gwaar.org/api/cms/viewFile/id/2009159>



Reminder: GWAAR Partner Resources EXT SharePoint site

We've recently had an issue with guest user access to our site due to a Microsoft update. We believe we have corrected the issue but if you continue to experience access issues please email sharepointadmins@gwaar.org.

Additionally, as of October 1, any user account that has not accessed our SharePoint site within the past 6 months will be disabled and have to re-register for access if needed. This will be a regular review to disable unused accounts.

Nice to Know

Reminder: Wisconsin Statewide Discovery Survey

Common Good Philanthropies, in partnership with Envision Greater Green Bay, has launched the **Wisconsin Statewide Discovery Survey** to better understand the trends, challenges, and opportunities shaping long-term services and supports (LTSS) across Wisconsin.



Leaders and professionals whose work supports older adults and people with disabilities are invited to share their perspective. What we learn will help shape future **Strategic Foresight trainings and learning opportunities for Wisconsin-based nonprofits working in LTSS**—giving organizations practical tools to anticipate change, explore possibilities, and strengthen resilience for the future.

Take the Wisconsin Statewide Discovery Survey: <https://bit.ly/4d1uiOd>

The survey takes approximately **12–15 minutes** and is open through **September 30, 2026**.

Please share this opportunity with others in your network whose perspectives should be represented.

Learn more about Common Good Philanthropies' partnership with Envision Greater Green Bay:
<https://bit.ly/3V0vZW9>

Advocacy

[Emily Petersen](#), Advocacy and Public Policy Director

Need to Know

Reminder: Join WAAN's Fall Webinar Series!

Join the Wisconsin Aging Advocacy Network (WAAN) starting next week for a series of engaging webinars focused on our top policy priorities ahead of the 2027–2029 biennial budget!

These include asks related to funding for Aging & Disability Resource Centers, home-delivered meals, falls prevention, and specialized transportation.



Home-delivered Meals

Tuesday, October 6 | 12:00 – 1:00 p.m.

Registration: <https://us06web.zoom.us/meeting/register/BbuWP5nNQtm2Ew1LRbSuCA>

Falls Prevention

Tuesday, October 13 | 12:00 – 1:00 p.m.

Registration: https://us06web.zoom.us/meeting/register/m9bm2w5hTT6Q_S39WFuN_w

Aging and Disability Resource Centers

Tuesday, October 20 | 12:00 – 1:00 p.m.

Registration: <https://us06web.zoom.us/meeting/register/FQTdwpzsTXmv1Sp2fvyMCw>

Specialized Transportation

Tuesday, October 27 | 12:00 – 1:00 p.m.

Registration: <https://us06web.zoom.us/meeting/register/X9Bp-B5EQmGmknrTdZ6BaA>

More information available here: <https://gwaar.org/get-ready-to-advocate>

WAAN and Survival Coalition Disability and Aging Issue Forum

Tuesday, October 13 | 11:00 a.m.

Join the Wisconsin Aging Advocacy Network (WAAN) and Survival Coalition on Tuesday, October 13 at 11:00 a.m. for a virtual nonpartisan policy forum. Advocates, policy experts, and coalition leaders will come together to discuss the policy issues and personal stories facing older adults and individuals with disabilities ahead of the November election. The event will focus on the erosion of civil rights protections, care infrastructure, housing, and schools.

To watch a livestream of the forum, join us at 11:00 a.m. on Tuesday, October 13 here: <https://www.youtube.com/@WPDD>



Nice to Know

National Voter Education Week 2026: How Elections Work in Wisconsin

Thursday, October 8 | 12:00 – 1:00 p.m.

Join the Wisconsin Disability Vote Coalition on October 8 from 12:00 -1:00 p.m. for a webinar celebrating National Voter Education Week! Learn how elections work in Wisconsin, including the role of the Wisconsin Elections Commission, County and Municipal Clerks, and other election officials, like poll workers.

Registration for this free webinar here: <https://bit.ly/4yoFxcj>



Reminder: In-District Events

Legislators are in their districts and eager to hear from constituents about the issues that matter. Now is a great time to schedule an In-District Aging Advocacy event in your region with your state Representatives and Senators. Local hosts are encouraged to schedule these events between now and the end of October 2026. When you schedule your meeting, please reach out to let us know!

Did you know that WAAN can provide reimbursement of up to \$300 to support In-District Events? Funds can be used for facility rentals, refreshments, speaker fees, printing costs, and more. To learn more and/or submit a request for reimbursement, review our form here:

<https://gwaar.org/api/cms/viewFile/id/2008991>

Did you have an in-district event recently? Please share your pictures! We would love to use these in future WAAN presentations and Aging Advocacy Day materials.



Family Caregiver Support

[Bryn Ceman](#), Caregiver Programs Specialist

Nice to Know

Caring Better and Braver Conference 2026

 Saturday, October 24, 2026 | 9:00 a.m.–3:30 p.m.

 UWL Health Science Building, 1300 Badger St., La Crosse

 Free to attend; free parking available

 **Register by October 12**

Call the ADRC of La Crosse County at 608-785-5700

The event is sponsored by the La Crosse County Caregiver Coalition and ADRC of La Crosse County.

Caregiver Coordinators are encouraged to share this free caregiver conference in La Crosse with family caregivers and families who may benefit.

The Caring Better and Braver Conference will be held Saturday, October 24, from 9:00 a.m.–3:30 p.m. at the UWL Health Science Building in La Crosse. The day will offer caregivers opportunities to learn, connect with others, and focus on their own well-being.

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Caring Better and Braver Conference 2026

When: Saturday, October 24, 2026
Time: 9:00 AM to 3:30 PM
Where: La Crosse Medical Health Science Consortium Building
1300 Badger St
La Crosse, WI 54601
Cost: FREE!!!!

Register by calling the ADRC of La Crosse County 608-785-5700
Registration Closes October 12, 2026

What to Expect:
9:00 AM to 11:00 AM Vendor Fair
9:30 AM to 10:30 AM Welcome and Keynote Speaker
Kris Bjerke-Ullman, Chaplain from St. Croix Hospice
10:45 AM to 11:45 AM Morning Breakout Sessions:
• For the working caregiver: Using FMLA for Caregiving Activities
• For the caregiver who is considering long term care: The State of Wisconsin's Ombudsman Program
• For the stressed out caregiver: Stress Reduction
11:45 AM to 12:45 PM Lunch and the opportunity to socialize with other caregivers
1:00 PM to 3:00 PM

From Executive Producer Bradley Cooper, this is the story of paid and unpaid caregivers navigating the challenges and joys of this deeply meaningful work. Intertwining intimate personal stories with the untold history of caregiving, the documentary reveals the state and the stakes of care in America today.

3:00 PM to 3:30 PM Debriefing and Wrap-Up

Sponsored by:
La Crosse County Caregiver Coalition
&
ADRC of La Crosse County

Any questions can be directed to Kristine Meyer, Caregiver Support Specialist
608-386-0922 or kmeyer@lccrosscounty.org

The event includes a vendor fair, keynote presentation, lunch, and caregiver networking, along with breakout sessions on FMLA for working caregivers, Wisconsin's Ombudsman Program, and stress reduction. The afternoon will feature a screening of *Caregiving*, a documentary executive produced by Bradley Cooper that explores the experiences of paid and unpaid caregivers.

👉 Please share with caregivers, families, and community partners in your area!

View the flyer: <https://bit.ly/4hkHSyN>

🌱 Breathe, Bloom & Belong: A Caregiver Appreciation Event

📅 Wednesday, October 28 | 12:30–5:00 p.m.

📍 Olbrich Botanical Gardens, Madison

Please share this FREE caregiver appreciation event hosted by the Aging & Disability Resource Center of Dane County. Caregivers from Dane County and around the state are welcome!

Enjoy garden tours, refreshments, caregiver resources, a keynote, creative activities, and music. Free on-site respite is available 1:30–4:30 p.m. with advance registration.

Space is limited; register by October 23.

Register here:

https://countyofdane.qualtrics.com/jfe/form/SV_9YV398wAkVoyMn4

View the flyer: <https://gwaar.org/api/cms/viewFile/id/2009160>



Fiscal Resources and Data Management

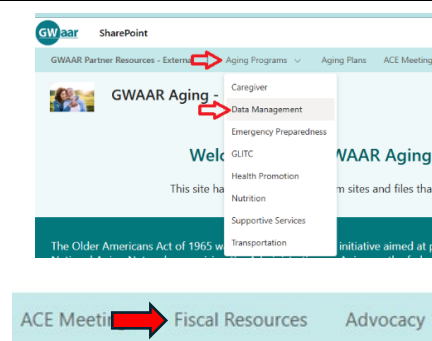
[Carrie Kroetz](#), Data Management and Technology Coordinator

Need to Know

All webinars are recorded and posted on the GWAAR Partners Resources site and accessed by registered users.

<https://gwaar.sharepoint.com/sites/PartnerResources> | Aging Programs | Data Management

<https://gwaar.sharepoint.com/sites/PartnerResources> | Fiscal Resources



Fiscal Updates

- We have received the final 2026 allocations for Title III and will be distributing amended contracts shortly.
- The 2027 Preliminary Budget has been posted. All contracted providers are required to complete both the preliminary and final budget (when posted in the Spring). The due date for submission of the preliminary budget is November 5th, 2026.

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- We have received confirmation of approved transfers from the state. Once we have received the amended contract from the state GWAAR will be able to initiate Aging Unit amendment and update the allocations on the September claim form.
- We have also received the 2027 preliminary allocations. Once we receive the contract from the state we will then be able to initiate contracts.
- Fiscal Staff will be hosting a one-hour webinar to follow up on the in-person End-of-Year Variance Reporting Explanations on Thursday, October 1st at 1:00 p.m. This webinar will briefly review how to create clearer explanations and how to incorporate the reporting data into the reporting form. A reminder notice will be sent out Wednesday afternoon for those registered.

Registration for End of Year Variance Reporting: <https://bit.ly/4xAqMC1>

PeerPlace Review and Cleanup

GWAAR will be posting another round of data entry errors by Wednesday to address as the year end is approaching fast. This will include IIIB, IIIC and IID reviews as before. A IIIE – NFCSP Caregiver data entry review will also be posted by Friday. Please aim to have these addressed by October 7 before the next review run.

Continue to keep watch in the Data Management library for updated review documents. Just as a reminder, error Reports/View Builders should be run monthly to ensure accuracy in data and fiscal reporting. Please refer to the associated webinars for your program.

“Let’s Talk Data” End-of-Year Webinar Series

We will be hosting a weekly webinar on Thursdays from October 1 to October 29 from 9:00 – 10:00 a.m. to help answer questions for end of year reporting. Aging staff is always welcome to schedule time with Carrie Kroetz using her Booking App link. As a reminder, all client/service data for October 2025 through September 2026 must be accurately entered by October 31 2026.

Webinar Series Link: Let’s Talk Data - End of Year Series: <https://bit.ly/4hCulxb>

Please add the event to your calendar as this link is a Join link, not a registration link.

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Health Promotion

[Evan Ewing](#), Health Promotion Program Specialist

Nice to Know

Stepping Up Your Nutrition & Stepping On: Falls Prevention Awareness Month

Did you know that nutrition can play a role in the risk of falls? If you are planning to offer the Stepping On Fall Prevention program from Wisconsin Institute for Healthy Aging (WIHA), you may consider pairing a Stepping Up Your Nutrition class with it as well. Stepping Up Your Nutrition is a onetime fun and interactive 2-hour class where participants will learn more about:

- -How nutrition affects falls
- -Why muscle matters
- -Tips for getting adequate protein & fluids
- -Steps to improve health, concentration, and overall well-being

OAA Title III-C and III-B funds could be used to provide this class; however, you cannot use III-D funds. If you, or anyone at your agency, are interested in becoming trained as a leader for Stepping Up Your Nutrition, please contact Pam VanKampen at Pam.VanKampen@gwaar.org.

Eat Smart, Move More, Weigh Less: Next Series Begins Week of October 11th

Eat Smart, Move More, Weigh Less is a 15-week evidence-based health promotion program approved for seniors 60+ using title IIID funds. This online weight management was developed and is implemented by nutrition and physical activity experts at North Carolina State University.

Each hour-long lesson program informs, empowers, and motivates participants to live mindfully as they make choices about healthy eating and physical activity. Online classes are held online via Zoom with a live Registered Dietitian Nutritionist (RDN) instructor. Lunchtime and evening classes are available.

The program cost is \$260/person or \$245/person with a purchase of 20 or more slots.

If you are interested in learning more about the program or have questions, please contact Kelly Nordby, Program Coordinator at kcnordby@ncsu.edu.

Nutrition

[Kristi Cooley](#), Nutrition Program Specialist

[Jean Lynch](#), Program Specialist Manager

[Pam VanKampen](#), Nutrition Program & Senior Center Specialist

Nice to Know

Keep the Knocks Coming: Share the Message!

Our new 7-minute “Keep the Knocks Coming” video highlights the vital role home-delivered meals play in supporting healthy aging, connection, and safety for older adults across Wisconsin. Please watch, share and repost the video widely to help raise awareness, build community and legislative support for home-delivered meals, and recruit volunteers—and while you’re there, share your story using the story submission tab on the website!

Watch the video and learn more: <https://gwaar.org/keep-the-knocks-coming>

Watch on YouTube: <https://www.youtube.com/watch?v=6QImE8cweI0>



New Menu Review and Approval Resources Available

New resources are now available to help nutrition programs plan and review menus using the updated meal pattern requirements. **The updated meal pattern requirements are not required to be implemented until January 2027.** Resources include:

- **Meal Pattern & Sample Menus** – updated meal component requirements, serving sizes, additional guidance, and sample menus. Meal Pattern and Sample Menus.
- **Meal Pattern Approval Form** – a template to support menu review and approval.
- **Fruit & Vegetable Color Groups** – a quick-reference guide with examples of foods within each of the five color groups.

These resources are available on the **GWAAR External SharePoint** under **Nutrition → Menus and Meal Pattern Info** →  **Menu Review and Approval Templates:** <https://bit.ly/4dH7MdM>
Questions? Please contact your **Nutrition Program Specialist** for assistance.

Reminder: 2026 Nutrition Participant Satisfaction Surveys

Please remember to complete the required **2026 Nutrition Participant Satisfaction Surveys** during 2026. Once surveys are completed, participant responses should be entered using the appropriate survey link below. All survey data must be entered by **January 31, 2027, or sooner.**

2026 Survey Data Entry Links:

- **Community Dining Survey:** <https://bit.ly/4ynkNSx>
- **Home-Delivered Meals Survey:** <https://bit.ly/4vz7yvB>
- **Carryout Meal Survey:** <https://bit.ly/4bBPfyn>

Additional information and instructions for the 2026 surveys were shared in the **May 12, 2026 Weekly Digest** (<https://gwaar.org/api/cms/viewFile/id/2009029>), with the survey data entry links provided in the **July 14, 2026 Weekly Digest** (<https://gwaar.org/api/cms/viewFile/id/2009097>).

Questions? Please contact your **Nutrition Program Specialist**

Transportation

[Nick Musson](#), *Transportation & Aging Plan Specialist*

Nice to Know

Reminder: Week Without Driving: October 1-8, 2026

Week Without Driving was developed so that policy makers, elected leaders and transportation professionals could begin to understand the barriers nondrivers experienced in accessing their communities. It asks the question, “What would change in your life if driving wasn’t an option?”

The assumption that everybody is able to drive reveals who has access and who gets left out. When you don’t drive, everything becomes a negotiation between time, money, energy, distance and a tradeoff of what you can do and can access.

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

Participation tools and information: <https://weekwithoutdriving.org/participate/>

The Greater Madison Metropolitan Planning Organization is working with communities and organizations across Dane County to coordinate local events, activities, and ways to participate.

Madison events and information: <https://www.cityofmadison.com/mpo/events/week-without-driving/2026>

