

NOTABLE 2021 UNIT CHANGES



Please see below for a list of the notable content changes made to GrapeVine's unit materials (may include changes to PowerPoints, handouts, presenter resources, etc.). In addition to these changes, but not specifically noted, some statistics and web links may have been updated, as well as minor Partner Notes added.

ADVANCE CARE PLANNING

PowerPoint: Slide 15	No more mention of "My Gift of Grace" card game (no longer available). Direct participants to "Hello" game instead. ("Go Wish" is still the same.)
Partner Resources	NEW <ul style="list-style-type: none">• Organizations Participating in Honoring Choices WI• Helpful Phrases for POLST (Physicians Orders for Life-Sustaining Treatment) Conversations• Organ Donations FAQs UPDATES <ul style="list-style-type: none">• Advance Care Planning Resources for Presenters
Participant Handouts	UPDATES <ul style="list-style-type: none">• PowerPoint slides handout• Conversation Starter Kit• Advance Directive form from Honoring Choices Wisconsin

HEALTHY BONES, HEALTHY YOU

PowerPoint: Slide 16	Slides about calcium and vitamin D have been combined into one.
PowerPoint: Slide 18	Different food label example used and Osteoporosis Foundation Calcium Calculator added to slide.
PowerPoint: Slide 24/ Participant Handout	Removed talking points reference to the International Osteoporosis Foundation's "One-minute risk test" which we had participants take. It is only available online now and referred to on Slide 25. Paper copy removed from handouts.
Partner Resources	NEW <ul style="list-style-type: none">• Fun Facts about the Skeletal System• Medications Approved to Prevent Osteoporosis
Participant Handouts	NEW <ul style="list-style-type: none">• Home Falls Prevention Checklist for Older Adults UPDATES <ul style="list-style-type: none">• PowerPoint slides handout• Exercises – Additional page added to end

BETTER BRAIN HEALTH

PowerPoint: Slide 9	Added Partner Note about dementia diagnosis, evaluation and treatment.
PowerPoint: Slide 15	Changed “mental stimulation” title to “life-long learning” and “social engagement” to “socializing.”
PowerPoint: Slide 20	Mental injury (anxiety, depression, stress) added as sources of brain injury.
PowerPoint: Slide 21	This slide used to include stress, along with substance use and lack of sleep. Stress is now addressed in talking points on previous “injury” slide (slide 20).
Partner Resources	NEW <ul style="list-style-type: none">• 10 Fun Facts About Your Brain• Diagnostic Guidelines for Alzheimer’s Disease• Medications for Memory UPDATES <ul style="list-style-type: none">• The MIND Diet handout
Participant Handouts	NEW <ul style="list-style-type: none">• 10 Steps to Approach Memory Concerns UPDATES <ul style="list-style-type: none">• PowerPoint slides handout

NAVIGATING BREAST HEALTH

PowerPoint: Title	Title changed from “Breast Cancer” to “Navigating Breast Health”
PowerPoint: Slide 7	Related to uncontrollable risk factors, white women are only slightly more likely to develop breast cancer than Black women, and Black women are more likely to die from it. Height is a risk factor!
PowerPoint: Slide 11	Expanded on alcohol consumption and breast cancer risk.
PowerPoint: Slide 16	Added talking point about soy consumption and breast cancer risk.
PowerPoint: Slide 18	Partner Note added to discuss screening options for women with dense breasts.
PowerPoint: Slide 29/ Participant Handout	Komen Breast Cancer Assistance Fund no longer available as of March 31, 2021. Handout is just WWWP info now.
Partner Resources	NEW <ul style="list-style-type: none">• Height & Breast Cancer Risk• ACR Screening for Women at High Risk• Clinician Decision Aide
Participant Handouts	NEW <ul style="list-style-type: none">• Patient Decision Aid About Mammography UPDATES <ul style="list-style-type: none">• PowerPoint slides handout

PREVENTING TYPE 2 DIABETES

PowerPoint: Slide 27 Partner Note added for the difference between added sugars and natural sugars.

Participant Handouts NEW

- Portion Control Placemat

UPDATES

- PowerPoint slides handout

GYNECOLOGIC CANCERS

PowerPoint: Slide 26 Slide graphic and talking points updated to better reflect ACIP/CDC info regarding HPV vaccination for those ages 27-45 and discrepancy with recommendations by the American Cancer Society (for HPV vaccination as well as screening).

Participant Handouts UPDATES

- PowerPoint slides handout
- **All** Inside Knowledge Fact Sheets (Ovarian, Uterine, Cervical, Vaginal and Vulvar)

HEART DISEASE AND STROKE

Partner Resources NEW

- 7-step SMBP (self-measured blood pressure) quick guide

Participant Handouts UPDATES

- PowerPoint slides handout

COPING WITH STRESS THROUGH JOURNALING

PowerPoint: Slide 9 Added note about perceived stress. NEW handout: Is it Stress or Anxiety?

PowerPoint: Slide 12 Removed reference in scripting to study about breast cancer patients and journaling; made more generic to relate to more populations/individuals.

PowerPoint Slide 19 Added SMART goal-setting slide

Partner Resources NEW

- Forming a Story: The Health Benefits of Narrative – Pennebaker/Seagal

Participant Handouts NEW

- I'm So Stressed Out! Is it stress or anxiety?
- SMART Goal-Setting Worksheet

UPDATES

- PowerPoint slides handout
- Holmes-Rahe Stress Inventory Rating Scale

MENTAL HEALTH

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| PowerPoint: Slide 16 | Added note about what to do in a mental health crisis event. |
| Partner Resources | NEW <ul style="list-style-type: none">• Mental Health Disparities: Women’s Mental Health• Suicide Severity Rating Scale (C-SSRS) Risk Assessment |
| Participant Handouts | NEW <ul style="list-style-type: none">• 5 Action Steps for Helping Someone in Emotional Pain / Mental Health First Aid |
| | UPDATES <ul style="list-style-type: none">• PowerPoint slides handout |

OPIOID MISUSE PREVENTION

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| PowerPoint | General edits and reorganization of slides to improve flow and make opioid misuse versus addiction the focus. You will notice some slides have been combined into one. |
| PowerPoint: Slide 15 | Anyone can purchase naloxone without a prescription. |
| PowerPoint: Slide 23 | Removed mail-back option for safe disposal of opioids. |
| Partner Resources | NEW <ul style="list-style-type: none">• Guideline for Prescribing Opioids for Chronic Pain |
| Participant Handouts | NEW <ul style="list-style-type: none">• Take Action to Prevent Addiction |
| | UPDATES <ul style="list-style-type: none">• PowerPoint slides handout |

SELF-CARE

No changes made to presentation. Workbook sections that participants would explore on their own were updated with current health recommendations.