



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

WELLNESS COMMITTEE MEETING MARCH 18, 2026

The Wellness Committee members convened on March 18, 2026, at the Marcia P. Cogg Health and Human Services Building, with members attending both in person and virtually via Microsoft Teams and conference call.

Members' Present

Commissioner, Jacqueline Smith-*Chair*
Julia Means- *Vice Chair*
James Sampson
Christy Sanhuber
Erika Villafuerte

Staff Present

Kaisa Kerrigan *DHHS*

Attendees from the Public

LaRaine Patterson

Members Excused

Mark Behar
Maureen Conrad
Tom Suchecki
Jim Piontek

MINUTES

I. CALL TO ORDER AND ROLL CALL

Chair Jaqueline Smith called to order at 1:37 P.M. Kaisa Kerrigan Community Health Coordinator took the roll call. A quorum was present.

II. REVIEW AND APPROVAL OF JANUARY 21, 2026, WELLNESS COMMITTEE MEETING MINUTES

MOTION: To accept, Wellness Committee meeting minutes.

ACTION: Motion prevailed by unanimous consent (Means Moved, Sampson Second)

III. ACTION/ INFORMATIONAL/ DISCUSSION ITEMS

A. Informational Item: Kidney Disease Awareness Month

Julia Means shared information about Kidney Disease Awareness Month emphasizing the importance of understanding how common kidney disease is-especially among older adults and families with genetic risk-and encourages early testing through measures like GFR and creatinine levels. Ms. Means highlighted the need to review results with a doctor, to

adopt healthier lifestyle habits, and offer compassion to those facing dialysis or transplant challenges. The message also promotes organ donation and points to available educational resources for anyone seeking more information. This flyer is available.

B. Informational Item: Healthy Living with Diabetes Program

Kaisa Kerrigan presented an overview of the six-week diabetes workshop, which focuses on essential skills, confidence building, and group support. The workshop can be offered in person, virtually, or by phone, with sessions scheduled for April through June. A flyer to upcoming sessions was provided. LaRaine Patterson noted that Archwell is willing to host and promote the workshop at any of its four centers.

C. Informational Item: Diabetes Programming through Milwaukee County Aging Area Agency on Aging

Kaisa presented a PowerPoint presentation on this item, providing percentages of participants who have completed the Healthy Living with Diabetes program, which primarily serves adults aged 60 and older. Kaisa Kerrigan noted that participation is overwhelmingly females, with significantly lower representation from male participants. Efforts are being made to recruit more male facilitators to help increase male engagement in future sessions. Power Point is available.

IV. 2026 WELLNESS COMMITTEE MEETING DATES

VIRTUAL OPTION AVAILABLE FOR ALL MEETING

- May 20, 2026, from 1:30-3:00pm (Mitchell Street Library)
- September 16, 2026, from 1:30-3:00pm (TBD)
- November 18, 2026, from 1:30-3:00pm (TBD)

V. WELLNESS COMMITTEE MEMBERS & GUEST-UPDATES ON RESOURCES AND OPPORTUNITIES FOR OLDER ADULTS

Discussion focused on providing updates and resources. Members were directed to the Milwaukee County website for current information, and the link was shared in the chat. The group also discussed strategies for distributing pamphlets, to promote upcoming events and share updates relevant to older adults.

VI. ADJOURNMENT: Meeting adjourned at 3:00 p.m.
Motion to Adjourn (Means moved, Sanhuber second)

Sincerely
Ortrialla Paris, AAA Administrative Assistant