



Milwaukee County Commission on Aging Wellness Committee Meeting May 17, 2023

The Wellness Committee held its meeting on May 17, 2023 at 1:30pm in-person at Wauwatosa Health Department 7725 W. North Avenue, Wauwatosa.

Members Present:

Maureen Conrad
Sophia Franklin
Carmen Pangilinan
Jim Piontek
Carol Sibiliski
Cathy Trecek

Staff Present:

Christel Colorado
Dan Idzikowski
Jennifer Lefeber
Bekki Schmitt

Commissioners Present:

Gloria Miller

MINUTES

I. Meeting called to order at 1:39 pm

Gloria welcomed everyone and invited each person to introduce themselves with their name and agency or affiliation. Commissioner Miller announced she will be leaving early.

II. Approval of the March 15, 2023 meeting minutes

There was a motion to approve the March 15 minutes with corrections by Gloria Miller and a second by Maureen Conrad.

Corrections page 3 second paragraph, Pat. Walk with Ease, Greendale, instead of Greenfield, second paragraph, Shawne was spelled incorrectly. Page 2, second sentence remove "it" after Jennifer.

III. Informational Item: Wellness Workshop Update (Jennifer Lefeber)

A. Healthy Living with Diabetes PowerPoint

Jennifer shared a brief background of the program. The Healthy Living with Diabetes program has been around a bit longer in terms of the evidence-based programs. This program is referred as a Self-Management program along with the Chronic Conditions and Chronic Pain Program. The Healthy Living with Diabetes program is for any adult

18 and older who has prediabetes, or type 2 diabetes. There have been people with type 1 diabetes who have taken the program, but there is a disclaimer given to them due to different advice from their health care providers. Family members and caregivers are always encouraged to take the workshop along with the participants. The program meets one day a week for six weeks for 2.5 hours. At the end of the sixth week, a seventh session takes place where a certified diabetes educator can answer any questions participants may have. An ideal class size may contain 10-16 participants, virtual workshops have always been smaller. Throughout the six weeks, participants build their confidence to manage their diabetes or other chronic health issues they might have. The program focuses on creating action plans, weekly goals, healthy eating, and looking at nutrition labels to even meal planning. The Healthy Living with Diabetes program also focuses on managing medications, self-care, and making long-lasting behavior changes. Fox Valley/Network Health completed an 18-month follow-up who were members of their diabetes program, their AC1 dropped drastically with an average of 4 points. Jennifer commented that virtual workshops are still available but have noticed people prefer in-person. Telephone workshops are also available, Maureen Conrad and Jennifer will both be leading workshops later this year. Telephone workshops are the same length, six-week, one day a week but are a 45-minute phone call; these are self-guided there is a toolkit/booklet included that is sent to each participant. Jennifer explained that the telephone workshops are a group call that can range from two to six participants. Jennifer has facilitated these telephone workshops for the Chronic Pain workshop and Maureen facilitates them for the Diabetes workshops. They have found out that setting up the meeting through MTeams or Zoom works well by giving the participants the number and for them to log in; they can identify who is talking in the workshop. Jennifer commented if anyone is interested in becoming a facilitator, to please reach out to her. The website lists all the available workshops: county.milwaukee.gov/aging

IV. Information Item: Living Well With Chronic Conditions Program (Jennifer McAlister and Shai Wise, Alzheimer's Association - WI Chapter)

Jennifer McAlister and Shai Wise were unable to attend.

V. Information Item: Milwaukee Area Agency on Aging (Dan Idzikowski, Aging Service Director)

Dan Idzikowski spoke regarding the Area Agency on Aging. Area Agencies on Aging were setup 50 years ago this year and were established under the first revision of the Older American Act. Dan shared, the Older Americans Act emphasized the importance of having home and community-based services to keep older adults engaged, well and healthy in the communities. Under the Older American Acts, there are multiple categories that receive funding from the federal government. Advocacy and administration, for older adults to be able to advocate on policy matters. Nutrition, which includes programs such as Meals on Wheels, the dining programs and nutrition education, socialization programs. The

Wellness program, and all programs Jennifer shares are funded by Title 3D of the Older Americans Act. The Caregiver Supports, Alzheimer's family care support programs and the federal national family caregiver support program. The Commission on Aging, an official government body containing 17 members appointed by County Executive ensure that there is a broad network of services for older adults. The Commission on Aging creates an Area Aging Plan every three years, that provides goals and visions for the older adult population. The new Milwaukee County area vision is to look beyond three years but to focus on health equity, coordination, communications, and the dimensions of wellness. The Commission on Aging, Advisory Council has picked out two goals, chronic heart disease, mental health and depression among older adults to move towards racial equity by becoming the healthiest community.

Dan shared other vendor programs that are provided through AAA. Milwaukee County owns and operates 5 senior centers, they also partner with Serving Older Adults of Southeast Wisconsin. In addition to those senior centers funding for socialization and nutrition assistance is also given to 6 other senior centers: Indian Council for the Elderly senior center, LGBT senior center, Milwaukee Christian Center, Muslim Community & Health Center, and United Community Center. Area Agency on Aging offers legal services through Senior Law, free legal services that are not based on income. An elder benefit specialist is also available focusing on Medicare, Nina Yang is able to provide unbiased information to older adults. Another program being offered is financial navigation, AAA has partnered with Riverworks to assist individuals with transitional life stages. Such as assisting older adults with budget planning, debt counseling, house counseling, and many more services. Dan shared they offer case management and benefit supports through the Hmong Association for older refugees, as English may not be their first language. The Life Navigator program supports older adults, who have children with intellectual developmental disabilities who are now in need of support. As they have been a primary caregiver their whole life and they too need support while they age.

The Household outdoor maintenance engagement program, provided by ERAS helps recruit volunteers to assist older adults in shoveling, cleaning, and daily chores. Sophia Franklin shared that the program will be in place this year. Dan shared a program that is underutilized is Late life Counseling. A program provided by Jewish Family Services that support older adults with end-of-life issues. With professional counseling targeting depression and mental health. Another program provided by AAA is the Telephone Reassurance program, through Vital Voices. The program calls clients who are living alone that may need daily phone check-ins or support. Commissioner Miller questioned the board, on how to get out the information to the public. Bekki shared that they are currently working on a consumer-friendly document to share with the public. Bekki reminded Dan about transportation, another program that AAA offers through ERAS and Transit. Dan shared, there a few options for transportation; MCTS, Paratransit with a qualification process and Older Adult Transportation Services (OATS) for adults 60 or older for non-emergency medical transportation. OATS will assist older adults with a higher level of service, assisting them with loading/unloading groceries. OATS operates Monday – Friday and is limited to certain locations. Transit is the provider for OATS, which

they provide the drivers and the vehicles. AAA also helps fund the volunteer driver program through ERAS Senior Network. They also help fund transportation services in the other 6 senior centers. Dan explained that OATS transports clients within 5 miles of the Milwaukee County border. Sophia Franklin shared the process of transportation with ERAS. A client must be registered and assessed, there must be a 7-day notice for any appointment. The volunteer will contact the client a day or so to connect and give their car description. Carol questioned if Hunger Task Force is still utilizing Door Dash for the stock box deliveries. Dan shared they are no longer utilizing it since the pandemic has ended.

Sophia commented that ERAS welcomes new clients with welcome packets and informative information about the program. She asked if an informative document can be included with the AAA transportation. Bekki informed the board that an informational piece is currently being worked on.

VI. Discussion Items

A. Mailed Toolkit/Telephone Workshops - Strategies for reaching homebound participants

Bekki tabled the Area Plan Goals due to time restraints but mentioned the study on virtual and mail toolkit workshops targeted to homebound participants. The only concern for these workshops is the costs, each kit would cost \$30 per participant but can also be beneficial to underserved populations. She mentioned they will be testing the Meals on Wheels program, with their menu and, on the back will list workshops facilitated by Jennifer and Maureen for the fall. Bekki shared with the committee that the way the area plan goal is written to test the virtual and mailed workshops by focusing on promotion the first two years and evaluate the effectiveness in the third year. Lastly, Bekki shared with the board suggestions whether the Wellness Committee should meet in-person since they meet five times a year or continue to do a blend of virtual and in-person.

VII. Upcoming Wellness Committee 2023 Meeting Dates

September 20 at 1:30-3:00pm (Virtual)

November 15 at 1:30-3:00pm (Wilson Park Senior Center, 2601 W. Howard Ave. Milwaukee)

VIII. Wellness Committee Members & Guest – Updates on Resources and Opportunities for Older Adults

Jim Piontek shared a flyer with AARP Wisconsin Updates. Walk with a Doc Events, dates are listed on the flyer. Jim Piontek mentioned that Walk with a Doc was created in 2012 by a group of doctors, the idea is to get people walking.

AARP has piloted the program since last August, participants meet at a designated park and will get a five-minute lecture from a doctor regarding health. Jim also shared the AARP WI speaker bureaus; Jim will be speaking on 5 of the listed topics. Participants can sign up at [AARP.org/WI](https://www.aarp.org/WI). Lastly, Jim shared AARP 2022 tax returns results. Jim shared the drop of tax returns in 2019 were due to COVID but can see they are coming back. This year 2023, AARP has finally completed over a million returns nationwide. AARP was located in 11 tax sites, Clinton Rose Senior Center, McGovern Park Senior Center, Shorewood Senior Resource Center, Sojourner Family Peace Center, Wilson Park Senior Center, West Allis Senior Center, Franklin Library, Cudahy Library, St Matts Church.

IX. Adjournment

Respectfully submitted,

Executive Assistant Christel Colorado