



## WELLNESS COMMITTEE MEETING NOVEMBER 19, 2025

The Wellness Committee members convened hybrid on November 19, 2025. Members and attendees joined the hybrid meeting with video conference and conference call.

### **Members Present:**

Jacqueline Smith- *Chair*  
Maureen Conrad  
Mark Behar  
Jim Piontek  
Tom Suchecki  
Julia Means

### **Members Excused:**

Gloria Miller  
Christy Sanhuber  
Cindy Van Vreede  
James Sampson  
Erika Villafuerte

### **Staff Present:**

Kaisa Kerrigan *DHHS*

### **Attendees from the Public**

Zach Wilks-Metrou

## MINUTES

### **I. CALL TO ORDER AND ROLL CALL**

Chair Jaqueline Smith called the meeting to order at 1:37 p.m. Kaisa Kerrigan took the roll call. A quorum was present.

### **II. REVIEW AND APPROVAL OF THE MARCH 19, MAY 21, AND SEPTEMBER 17, 2025, WELLNESS COMMITTEE MEETING MINUTES**

MOTION: To accept the September 17, 2025, Wellness Committee Meeting Minutes.

ACTION: Motion prevailed by unanimous consent (Conrad Moved, Behar Second)

### **III. ACTION/INFORMATIONAL/DISCUSSION ITEMS**

#### **A. Informational Item: Introduction of new Wellness Committee Member**

Julia Means was introduced as a new member of the Wellness Committee. She graciously accepted the role and shared her professional background.

#### **B. Informational Item: Importance of Aging and Heart Health and Updated Blood Pressure Guidelines Zachary Wilks-Metrou from the American**

Heart Association gave a brief presentation on the importance of aging and heart health, including updated blood pressure guidelines. The Power Point presentation is available for review.

**C. Informational Item: Senior Center Blood Pressure Hub and Heart Health Initiative Update, Community Health Coordinator Kaisa Kerrigan.**

Mrs. Kerrigan provided an update on the Senior Center Blood Pressure Hub Project and the Heart Health Initiative, developed in collaboration with the American Heart Association. She shared a PowerPoint presentation outlining the successful deployment of blood pressure kiosks at all five Milwaukee County owned senior centers. Each center hosted a kickoff event, accompanied by ongoing heart health education sessions. Feedback was gathered during these events, and Ms. Kerrigan noted that the community response was excellent. The PowerPoint presentation is available upon request.

**D. Discussion Item: 2026 Wellness Committee Meeting Locations, Chair Jacqueline Smith.**

Chair Jacqueline Smith reviewed potential meeting locations for the upcoming year. The committee is considering spaces to hold the five meetings in 2026, including hosting two meetings at the Maricia Cogg's Human Services Center one or two at the Senior Centers, and one or two in various community spaces.

**IV. 2026 WELLNESS COMMITTEE MEETING DATES**

See 2026 master calendar for 2026 Wellness Committee meeting dates.

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

Jim Piontek gave AARP updates. Chair Jacqueline Smith discussed updates and resources. Cinnabar Nutrition is a local site in Sherman Phoenix that offers a small room for meetings, juice for purchase, and literature that may benefit older adults. It has hosted presentations and could support educational events. Virtual access is possible but not guaranteed, so future meeting sites should include internet, a projector, and audio/visual tools for hybrid participation.

**VI. ADJOURNMENT:** Meeting adjourned at 3:04 p.m.

**Motion to Adjourn** Motion prevailed by unanimous consent (Piontek moved , Behar Second).

Respectfully submitted,

Ortrialla Paris  
Administrative Assistant