



Wellness Committee Meeting September 18, 2024

The Wellness Committee convened virtually on September 18, 2024. Members and attendees joined the virtual meeting with video conference and conference call.

Members Present:

Gloria Miller-*Chair*
Catherine Trecek
Maureen Conrad
Christy Sanhuber
Tom Suchecki

Members Excused:

John Griffith

Staff Present:

Ortriallya Paris *DHHS*
Jennifer Lefeber *DHHS*
Kaisa Kerrigan *DHHS*
Carrie Vallejo *DHHS*

Attendees from the Public

Jim Piontek-AARP
Zachary Wilks-Metrou-American Heart
Association

MINUTES

I. CALL TO ORDER AND ROLL CALL

Chair Gloria Miller called the meeting to order at 1:31 p.m. Everyone was asked to briefly introduce themselves and their roles by Jennifer Lefeber.

II. REVIEW AND APPROVAL OF THE May 22, 2024, Wellness Committee Meeting Minutes:

MOTION: To accept the May 22, 2024, Wellness Committee meeting minutes.

ACTION: Motion prevailed by unanimous consent (Piontek Moved, Sanhuber Second)

III. ACTION / INFORMATIONAL / DISCUSSION ITEMS (Jennifer Lefeber)

A. Informational Item: Jennifer Lefeber discussed the Mind Over Matter program, a program for women focusing on bladder and bowel incontinence. The program offers three, two-hour sessions every other week, with a booster session one month after the 3rd session, fostering trust and privacy. The program is facilitated by a woman. There are no more than 12 ladies who attend a group. Goal sheets are given at every session which consists of the participants monitoring their fluid intake, fiber intake, and pelvic exercises. The goal sheets are collected at the end of

each class and then the facilitators mail them to the participants as a reminder of the goals they set for themselves for the next session.

Lefebber shared program outcomes, which include reduced leakage, improved bladder symptoms in 71 % of women and improved bowel symptoms in 55% of women!

Jim Piontek asked if there's a class for men. Lefebber responded that UW Madison researcher and developer of the program, Dr. Heidi Brown, is working on a version for men. Lefebber stated that she will reach out to Dr. Brown for an update on those classes for men.

Maureen Conrad requested information for doctors. Jennifer Lefebber suggested using the trifold brochure and can provide more medical background if requested. Jennifer Lefebber stated that she will include the flyer in the meeting minutes.

B. Informational Item: Zachary Wilks-Metrou is the Community Impact Director for the American Heart Association here in Wisconsin. He serves the entire state, but his focus is on the Milwaukee and Madison/Dane County areas.

Zachary Wilks-Metrou announced that American Heart Association is providing blood pressure services to county senior centers, marking the first time in the state. Wilks-Metrou informed the committee that he will be sharing news articles and resources with the committee. Zachary Wilks-Metrou stated that Clinton Rose has set up the blood pressure tabletop devices in their building. The goal is to have clients come to a familiar, comfortable place, instead of having to go to their doctor's office and to avoid those extra appointments that makes some people nervous.

Wilks-Metrou is working with Lefebber and Kaisa Kerrigan to build a blood pressure program. They provide education as a supplement until clients can see their provider or have a treatment plan. They offer educational flyers and a blood pressure log. Wilks-Metrou stated that he will share all these materials with everyone. Wilks-Metrou gave a shout out to Clinton Rose for the story that's in the Milwaukee Courier, where Executive Crawley delivered a speech.

Commissioner Miller asked what the numbers should be when you take your blood pressure. She also asked if the machine tightens on the arm to get a good reading.

Wilks-Metrou provided educational materials with color-coded charts for easy understanding. He explained the proper positioning of the tabletop

machine, ensuring arms are positioned correctly so that the cuff will fill with air and properly give a good reading.

Wilks-Metrou plans to collaborate with various organizations to make these purchased devices available for community use, focusing on fundraising for local and faith-based organizations and Milwaukee public libraries. Wilks-Metrou stated that you can purchase the home-use version from Amazon. Chair Miller suggested that during the upcoming committee meeting, one of the machines may be available for those who wish to have their blood pressure taken. Kaisa Kerrigan and Wilks-Metrou discussed the idea of purchasing a traveling blood pressure monitor for county AAA or ADS, for community outreach and events. within the scope of blood pressure monitoring. Vallejo suggested that the next time the full Commission meets at Clinton Rose, we could be sure to call their attention to the tabletop blood pressure monitor.

C. Discussion Item: 2025-2027 Area Aging Plan Goals (Jennifer Lefebber, Health & Wellness Programs Coordinator). Jennifer Lefebber discussed the three-year area plan goals for 2025 - 2027.

Jennifer Lefebber stated that the team is working diligently to write their 2025-2027 goals, taking feedback from participant surveys and public hearing sessions. The Wellness Committee is needed to shape these goals, which have three specific areas of focus for the next three years. Lefebber and Kerrigan have drafted these goals. They will be shared with the group once they are finalized. The final draft will be submitted by the end of this week. The goals for 2025-2027 will be attached in the meeting minutes.

Overview of the goals for 2025-2027: the first goal is to increase the number of health and wellness workshops. The second goal is to enhance the Blood Pressure Monitoring Program and Heart Health Education to all Milwaukee County-owned senior centers. The third goal is to increase collaborative efforts to expand the network of organizations hosting EBP programs and recruiting new facilitators from communities of color.

Jennifer Lefebber gave a final update on the 2022-2024 goals for Stepping On, including expanding its reach to communities of color, developing marketing tools, and strengthening the network of agencies. The Wellness Symposium provided information on evidence-based programs, hosting options, and facilitator recruitment.

Carrie Vallejo suggested to the committee that another goal could be related to encouraging EBPP attendees to attend non EBPP wellness activities within the senior centers after their workshop, as part of their ongoing opportunities for maintaining good habits that they've learned in the workshops. As well as encouraging them to use the fitness centers that

exist at the senior centers after the classes to maintain the progress that they've made. Lefeber and Kerrigan stated that Vallejo suggestion was a good idea, but the funding must be used on programs classified as high-level evidence-based programs.

Chair Miller emphasized the importance of addressing blood pressure and its relationship with physical activity, as it can significantly impact overall health status and outcomes. Kerrigan, Lefeber agreed.

Chair Miller discussed her committee's marketing strategy and the ratio of African Americans and Hispanics being served. She is curious about the current balance and wonders if they are well-balanced. She believes that having a representative of a particular ethnic group could help achieve important goals, as they may miss out on important aspects due to the lack of representation from a particular ethnic group. The conversation is focused on maintaining a balanced group for effective communication and collaboration.

Sanhuber suggested partnering with host sites and other locations to increase facilitator recruitment and host opportunities. Kerrigan agreed with the suggestion.

Trecek suggested that the conversation also touch on the community-oriented nature of small or privately owned pharmacies like Hayat Pharmacy, which are more focused on partnering with people compared to Walgreens or CVS.

Kerrigan emphasized the key goals in the area plan: Transportation, Nutrition, Senior Centers, and Advancing Racial equity. Sanhuber suggested that we invite County Executive Crowley or one of his staff members to one of the Wellness Committee meetings. Vallejo stated that it is not common for Crowley to attend committee meetings, but she is sure he would like to be invited.

- IV. UPCOMING WELLNESS COMMITTEE MEETING DATES:** Chair Miller announced the Wellness Committee's final meeting on November 20th, 2024, at 1:30 p.m. at the West Allis Senior Center in West Allis, WI 53214.
- V. WELLNESS COMMITTEE MEMBERS & GUEST UPDATES ON RESOURCES AND OPPORTUNITIES FOR OLDER ADULTS:** Chair Miller announced that Jazz Trumpeter Byron Stripling has been hired as the Milwaukee Symphony Orchestra's new pops conductor. The orchestra will perform a free concert at St. Ann's Center over the weekend at the Indaba Band Shell at 6:00 p.m. Chair Miller will email the flyers.

Jim Piontek of AARP announced Linda Thompson Greenfield our ambassador who is an expert in Central America and South America. Piontek said that he met up with her along with upper management and a group of about 20 other people at the United Community Center and talked about Aging in different countries. She spoke highly about the United States compared to other countries. She also stopped at the Community Center in Oak Creek and State Fair. Piontek said that was one of the most interesting things he attended in the last 10 to 15 years.

Piontek mention that the AARP has been sponsoring the Walk with a Doc Program since 2012, which started with a group of doctors giving a five-to-seven-minute lecture on health concerns. The program has been running monthly, with the next walk scheduled for September 28th at Hoyt Park. The event is on AARP's website: events.aarp.org. The next event is "Women Who Made Their Mark Walking" at the Forest Home Cemetery, which is also the anniversary of the birth of Doctor Ethel Percy Andres, who first formed AARP in 1947. Both events are available for registration on the AARP website.

Chair Miller seeks information on a book by former newscaster Vivian King and Vivian's work to share with a group she walks with.

Kerrigan is seeking help from Jennifer or Gloria to share the group emails or list. They have a community vaccination clinic schedule flyer for the end of September, and she would like to share with the group.

- VI. ADJOURNMENT: MOTION:** Chair Miller Adjourn the meeting at 3:00 p.m.
ACTION: Motion prevailed by unanimous consent (Conrad motion, Sanhuber second).

The next Wellness meeting will be November 20, 2024, in person meeting.

Respectfully submitted,

Ortriallya Paris
Clerical Assistant