



**Milwaukee County Commission on Aging
Wellness Committee Meeting
September 20, 2023**

The Wellness Committee members convened virtually on September 20, 2023 at 1:30 p.m. Members and attendees joined the virtual meeting with video conference and conference call.

Members Present:

Gloria Miller – *Chair*
Maureen Conrad
Sophia Franklin
Eric Pampuch
Carmen Pangilinan
Jim Piontek
Carol Sibiliski
Christy Sanhuber
Cathy Trecek

Staff Present:

Christel Colorado *DHHS*
Jennifer Lefeber *DHHS*
Bekki Schmitt *DHHS*

Public:

Suzie Ryer – Milwaukee County Falls
Prevention Coalition
Leah Delaney- Associate Director at WI
Arthritis Foundation

MINUTES

I. CALL TO ORDER AND INTRODUCTIONS

Chair Gloria Miller called the meeting to order at 1:32 p.m. Roll call was taken. Agenda item IV was addressed after the review and approval of the minutes. Everyone gave a quick introduction of their titles and roles.

II. REVIEW AND APPROVAL OF THE MAY 17, 2023 WELLNESS COMMITTEE MEETING MINUTES:

MOTION: To accept the 2023, Wellness Committee meeting minutes.

ACTION: Motion prevailed by unanimous consent (Miller moved, Sanhuber Second).

III. INFORMATIONAL ITEM: WELLNESS WORKSHOP UPDATE (Jennifer Lefeber)

A. Pisando Fuerte

Evidence-Based Prevention Programs Coordinator, Jennifer Lefeber

shared a PowerPoint Pisando Fuerte, a Spanish version of Stepping On. She gave a quick overview of why Pisando Fuerte is needed. An overview of why it's important to have additional languages such as Spanish, as there is a large Spanish speaking community in Milwaukee County. She shared that United Community Center in Milwaukee has been very instrumental in completing the research, testing and pilots. Their staff have also been trained in the program. The Master trainers are located in Waukesha County in the Hispanic Recourse Center. Pisando Fuerte will still focus on four areas, balancing & strength exercises, vision, medication review and home modifications. The program will be meeting in-person two hours a week for 8 weeks. A follow-up home visit and phone call will take place. Each session will consist of 10-14 participants. Ms. Lefebber also spoke about the strategies to promote EBPPs in communities of color.

B. EBPP Quarterly Report

Ms. Lefebber shared the quarterly report June – August. The report will be shared, as it is very extensive report. They are closing in on the 2023 target. Note, these targets numbers are pre-pandemic. The Stepping On does require “guest experts” if anyone know anyone interested, please refer them to her without the guest experts, classes can not commence.

IV. **INFORMATION ITEM: LEAF GRANT:** (Suzie Ryer, Milwaukee County Falls Prevention Coalition)

Suzie Ryer, Senior Project Coordinator from Aurora and Milwaukee County Falls Prevention Coalition facilitator shared a PowerPoint regarding fatal falls in Wisconsin and in Milwaukee County. She shared the problem overview and the strategic plans that will help decrease the high volume of falls. Ms. Ryer shared information regarding the Localizing Efforts to Address Falls (LEAF) grant. The \$10,000 grant is from Wisconsin's Healthy Aging, the purpose is to increase awareness about fall prevention and provide fall risk screenings. Increase referrals to and availability to Stepping On in faith-based communities of color. The LEAF Grant has partnered with Siloah Lutheran Church, on the north side of Milwaukee. On Saturday, October 7th there will be a 90-minute session, Stand Up to Falls Seminar. Following a Stepping on Workshop, a seven-week workshop starting Wednesday October 18th – December 6th. Ms. Ryer shared that we have been able to send out mailers to three surrounding zip codes to household who are 60 years and older. About 8,000 households have received these mailers.

V. **DISCUSSION ITEMS:**

A. National Fall Prevention Week

Bekki Schmitt shared this week is National Fall Prevention Week, all across the country government agencies, community-based organizations are highlighting fall prevention, particularly fall prevention resources and programming within the community. Ms. Schmitt shared the Free From Fall Resource Fair flyer and the Falls Free WI Campaign Kick-off flyer.

a. Free Form Fall Resource Fairs

Ms. Schmitt shared the fall prevention activities for this week at Kelly Senior Center and Washington Park Senior Center. She gave a shout-out to AARP Wisconsin with fall prevention programming too. With Homefit on Monday, September 18 and Walk With a Doc on Saturday September 23. Ms. Schmitt shared a short video from the Milwaukee County Falls Prevention Coalition highlighting National Falls Prevention Week.

b. Falls Free WI Campaign Kick-off

Ms. Lefeber informed the Wellness Committee that tomorrow's event at Washington Park will include the Wisconsin Institute for Healthy Aging (WIHA) staff. They will also be kicking off their Falls Free WI Initiative. It is a statewide initiative meant to help reduce falls in older adults. The Wisconsin Falls Free Coalition is made up of community partners such as ADRC's, health care, public safety, senior centers, public health departments and many more. Besides reporting data, addressing policies and system changes, they will be promoting to help raise awareness. Ms. Lefeber shared the dedicated website for this initiative, www.fallsfreewi.org. Ms. Conrad asked what contributes to falls and if falls are documented multiple times. Ms. Lefeber commented that winters are a very small part of documented falls in older adults. She then shared that, alcoholism, binge drinking is very high in older adults. Wisconsin is very good at reporting falls compared to other states. Which could be another reason why it looks much higher than other states. Conversation was brought up on having evening workshops. Ms. Lefeber mentioned that it's based on facilitator availability and having people interested in attending.

VI. UPCOMING WELLNESS COMMITTEE 2023 MEETING

DATES:

November 15, 2023 In-person at Wilson Park Senior Center 1:30-3:00 p.m.

VII. WELLNESS COMMITTEE MEMBERS & GUESTS- UPDATES ON RESOURCES AND OPPORTUNITIES FOR OLDER ADULTS:

Jim Piontek AARP member announced they will have their tax sites open this year at the Washington Park Senior Center, Clinton Rose Senior Center, McGovern Senior Center and West Allis. Mr. Piontek shared that AARP has six million members that are veteran's and have formed a new group to help veterans, working with the Veteran's Affairs.

Director Leah Delaney commented she is interested in partnering with the Wellness Committee and everyone's organization to help share their resource and share awareness.

Wellness Coordinator Eric Pampuch announced a Stepping On class at Washington Park and Wilson. They are hoping to do one next year at McGovern Senior Center he will share the dates when available.

Chair Miller shared St. Ann Center now offers swimming classes for both children

and adults. If interested, you can call Eric at 414-210-2450.

VIII. ADJOURNMENT:

MOTION: To Adjourn

ACTION: Motion prevailed by unanimous consent (Moved Miller, Second).

Meeting adjourned at 2:54 p.m.

Respectfully submitted,

Executive Assistant

Christel Colorado