



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

WELLNESS COMMITTEE MEETING JANUARY 21, 2026

The Wellness Committee convened in a hybrid format on January 21, 2026. Members and attendees participated in person at the Marcia P. Coggs Health and Human Services Center and via Teams video conference call.

Members Present

Jacqueline Smith-*Chair*
Julia Means- *Vice Chair*
Mark Behar
Maureen Conrad
James Sampson
Christy Sanhuber
Tom Suchecki

Members Excused

Gloria Miller
Jim Piontek
Cindy Van Vreede
Erika Villafuerte

Staff Present

Daniel Idzikowski *DHHS*
Ortrialla Paris *DHHS*
Ginger Rogers *DHHS*

Attendees from the Public

Denise Callaway, *COA Chair*
Daren Allen
Valley Hollins
Catherine Trecek

MINUTES

I. CALL TO ORDER AND ROLL CALL

Chair Jaqueline Smith called the meeting to order at 1:34 p.m. Daniel Idzikowski, Director of Aging Services of AAA, conducted the roll call, and a quorum was present.

II. REVIEW AND APPROVAL OF November 19, 2025, WELLNESS COMMITTEE MEETING MINUTES

MOTION: To accept November 19, 2025, Wellness Committee meeting minutes.

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

III. ACTION/ INFORMATIONAL/ DISCUSSION ITEMS

- A. Action Item:** Vote for Vice Chair, Chair Jacqueline Smith presented the action item for the vote.

NOMINATIONS: Tom Suchecki, Julia Means.

ACTION: Julie Means was elected. Vice Chair

- B. Informational Item:** Silver Sneakers Program, Valley Hollins

Ms. Valley Hollins provided an overview of the Silver Sneakers exercise program offered through the YMCA of Greater Milwaukee. Participation requires a YMCA membership; however, the membership cost is covered by selecting Medicare Advantage insurance plans.

- C. Informational Item:** Medicare and Medicare Advantage Preventive Benefits- Ginger Rogers

Ginger Rogers, Medicare Outreach Specialist with Milwaukee County AAA, provided an overview of preventive health services covered by Medicare, including annual wellness visits, screenings, and vaccinations. She also noted that some Medicare Advantage plans may include programs like Silver Sneakers at local YMCAs. Members are encouraged to visit **medicare.gov** if you have questions, or additional details.

- D. Discussion Item:** “Be Healthy, Be You” WNOV Radio Program-Julia Means and Jacqueline Smith.

Ms. Means provided updates on the weekly radio show sponsored by Ascension Health, previously aired on WNOV which focused on various health topics and diseases. Due to WNOV’s change in ownership, the program has transitioned to a monthly schedule. The group discussed the possibility of expanding this initiative to community locations, such as senior centers and churches, to enhance outreach efforts.

IV. 2026 WELLNESS COMMITTEE MEETING DATES

VIRTUAL OPTION AVAILABLE FOR ALL MEETING

- March 18, 2026, from 1:30-3:00 p.m. (Marcia P. Coggs Health and Human Services Center)
- May 20, 2026, from 1:30-3:00 p.m. (TBD)
- September 16, 2026, from 1:30-3:00 p.m. (TBD)
- November 18, 2026, From 1:30-3:00 p.m. (TBD)

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

Daniel Idzikowski announced several strategic initiatives from the Area Agency on Aging. The Agency is promoting a part-time nutrition staff member to full-time role with outreach responsibilities. In addition, it is strengthening its partnership with the Wisconsin Institute for Health Aging to enhance facilitator training, and certification, allocating funds to support community-based facilitators serving diverse populations.

Health promotion classes will once again be offered in Spanish, after a pause in service for the second half of 2025. Current program offerings are being reviewed to ensure alignment with community needs. Volunteer stipends and training will continue, and outreach efforts will expand to include Native American and Hmong communities.

VI. ADJOURNMENT

MOTION to Adjourn meeting at 3:15 P.M. (Conrad moved, Behar second)

ACTION: Approved by unanimous consent.

Sincerely,

Ortrialla Paris
AAA Administrative Assistant