



## Milwaukee County Commission on Aging Wellness Committee Meeting March 15, 2023

The Wellness Committee held its meeting on March 15, 2023 at 1:30pm virtually through MS Teams.

### **Members Present:**

Kathi Brueggemann  
Maureen Conrad  
Kim Lombard  
Eric Pampuch  
Carmen Pangilinan  
Christy Sanhuber  
Pat Steliga  
Carol Sibiliski  
Cathy Trecek  
Song Xiong  
Sharon Roy

### **Commissioners Present:**

Gloria Miller

### **Staff Present:**

Christel Colorado  
Jennifer Lefeber  
Bekki Schmitt

## MINUTES

### **I. Meeting called to order at 1:31pm**

Gloria welcomed everyone and invited each person present to introduce themselves with their name and agency or affiliation.

### **II. Approval of the January 18, 2023 meeting minutes**

There was a motion to approve the January 18 minutes by Pat Steliga and a second by Christy Sanhuber with correction on 5b. and 5c.

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

#### **A. Walk With Ease**

Jennifer shared a brief background of the program. Milwaukee County West Allis Senior Center previously had the program and will be bringing it back. Sean along with a retired public nurse will be bringing back the program to the Greenfield location as well. Jennifer shared an overview Walk with Ease PowerPoint. She shared program goals, the four key program components, the target audience, and the program structure. Jennifer shared an example of a session schedule and what it would look like for an active member. She shared workshop sites considerations that can work outdoors and indoors, along with post-program strategies, and lastly the program outcomes. PowerPoint will be sent to all committee members. There is opportunity for becoming a facilitator, training is done online and at your own pace. Jennifer gave the floor to Sharon Roy to talk about her experience within the program.

**IV. Information Item: Walk With Ease Programming in West Allis (Sharon Roy, West Allis Senior Center)**

Sharon responded to a few questions she received from Jennifer. “Why did it they want to implement it the program in the West Allis Senior Center. Sharon shared that they were able to give an intra-survey with their membership, and many participants were interested in a walking program. Also training for becoming a facilitator was provided by Milwaukee County. Within the first couple weeks there were about 20 people already signed up. Sharon shared that they are in their 9th session and will continue to walk in the senior center basement and park & rec. Classes have been extremely successful, participants continue to come back. Sharon shared what the participants are saying “They are enjoying the class”, “they love the friendly atmosphere”, “their stamina has improved”, and much more. Aging and Disabilities Services provided Sharon and the West Allis Senior Center with training along with supplies and books.

Commissioner Miller shared it is a wonderful program. She asked if there was a goal. Sharon commented that they are walking per minute and taking breaks. Commissioner Miller shared that St. Ann had a similar program but it was unsuccessful; she would really like to see it come back. Jennifer will connect with Commissioner Miller to help her bring it back.

Maureen Conrad asked if snacks and water are provided. Sharon explained that the class is short, and snacks are not necessary at the time. Jennifer mentioned if they plan to implement the class, they can provide snacks if necessary. Commissioner Miller asked the time the class is held. Sharon replied, Class is held at 12:30-1:30 p.m. Kathy asked if people with canes or walker can participate in the program. Sharon informed that everyone is welcomed.

**V. Discussion Item:**

**A. Demographic and Zip Code Analysis of EBPP Participation**

Bekki shared the EBPP participation data across the county along with demographic and zip codes that were represented. A five-year look was given, representation is given for those participants who completed the survey. Bekki mentioned data will be shared after the meeting.

Jennifer explained data will be shared but gave a quick explanation on information. Data has been broken down by zip code, race over 60, demographic over and under 60. Data shows whether they live alone, if they are veteran, are low-income, - male/female and is broken down by minority and non-minority. Years shown are 2018-2022. 2020 was a rough year due to the pandemic, there wasn't much data gathered. There were only 43 people entered in 2020. Graph shows all predominantly white within the program but will continue to talk about how to expand program to all demographics. Jennifer showed participation per zip code most active were 53132 and 53129.

Bekki shared two demographic resources, an interactive map that was created by a Milwaukee County employee showing demographic data including race, age. A great resource to help plan outreach events. Second resource, a link Pat shared with Commissioner Miller and herself. Health Compass, a by zip-code data webpage that is broken down by race, ethnicity, age, gender and income. Link:

<https://www.healthcompassmilwaukee.org/?module=demographicdata&controller=index&action=index&id=43945&sectionId=>

Pat questioned the EBPP participants by race graph, he commented a concern on the Stepping On Program and the low number of participants in Greendale, West Allis, South Milwaukee, Oak Creek, Cudahy and Franklin locations. Bekki acknowledged Pat and shared that the data reflects workshops who are trained as facilitators. There are many partnerships. An example would be the Milwaukee Health Department, due to major health issues and staff they occasionally cannot commit to offer workshops. Bekki comments that there are many short-term workshops. They eventually move on to other things due to them volunteering. Jennifer shared that Stepping On training will be coming up in May. Eric will be training to bring workshop to all five county senior centers. Froedtert Medical College students will be getting trained to get them into the community. They are currently working with the Faith and Community Partnership manager at Aurora to get the program into the faith-based communities. Finally, they are also working with Milwaukee County Falls Prevention Coalition. Have connected into Pastors United, a faith-based group to help get the workshop into church in the communities.

## **B. Title IIID ARPA Spending FY2023**

Bekki shared a brief update. The expected funding amount for year 2 of the Title IIID ARPA Funding. This funding is for the federal fiscal year, 10/1/22-9/30/23. She explained that this proposed spending plan is based on direct feedback and requests from the EBPP Facilitators who have firsthand experience recruiting for and operating these programs. We also based the spending plan on the Area Plan Goals, the county's vision of racial equity and identified gaps and needs within the Evidence-based Prevention Programs.

### **a. Facilitator Training and Support**

Because the network of trained facilitators is core to the success of this programing one of our main priorities would be in supporting them through costs such as: new facilitator training, facilitator recertification, volunteer facilitator stipends, supplies, etc.

### **b. EBPP Workshop Supplies**

Jennifer organized an open invitation for Purchase of EBPP workshop supplies such as: snacks, grabbers, document holders, textbooks, flip charts, print materials, signage. Bekki shared they were excited to be able to do that, material was delivered to the facilitators during an in-person meeting in March. Will plan to do another round of ordering this year.

### **c. Promotion of Evidence-Based Prevention Programs**

Bekki shared that the Promotion of Evidence-Based Prevention programs is still in progress. Received input on the spending allocation from the Wellness Committee. Then was brought to the Advisory Council who is overseeing the ARPA spending, finally was brought to the Commission of Aging. The next step will be putting out a request for proposals from local agencies who can be contacted.

Maureen shared she came across the department page, trying to share a workshop. She commented everyone can promote in their personal social to reach a larger population. Bekki agreed trying to cross promote, she suggested to have quarterly flyer with all workshops being offered.

### C. Wellness Committee 2023 Meeting Dates

Commissioner Miller spoke about the upcoming meetings. The May and November meetings have been designated as in-person.

- a. May 17 at 1:30-3:00pm (Wauwatosa City Hall, 7725 W. North Ave., Wauwatosa)
- b. September 20 at 1:30-3:00pm (Virtual)
- c. November 15 at 1:30-3:00pm (Wilson Park Senior Center, 2601 W. Howard Ave. Milwaukee)

### D. Wellness Committee Members & Guests-Updates on Resources and Opportunities for Older Adults

- a. Maureen Conrad shared the diabetic management workshop. Only having one person signed up for it. She asked the committee to share and contract Jennifer to register if interested.
- b. Clarissa Cameron introduced herself, regional director with Mercy Housing Lakefront. They currently have four properties with Jefferson Court being the largest on the east side. A multifamily housing Greenwich Park by Columbia St. Mary, and McCauley Apartments, fourth property Johnson Center in the south side.
- c. Commissioner Miller shared St. Ann Center turns 40 years of age. They will be holding a replication summit that will go nationwide. She shares they are considering an intergenerational facility.
- d. Pat commented Maureen should consider delaying the start date of her workshop. Jennifer could help send announcements to all libraries since its virtual. Maureen shared that the start date has been postponed. Bekki commented that the quarterly workshop flyers were distributed throughout Milwaukee Public Library by Michelle Allison.

E. **Adjournment:** Meeting adjourned at 2:50 pm.

Respectfully submitted,

Executive Assistant Christel Colorado