



## Wellness Committee Meeting November 20, 2024

The Wellness Committee members convened virtually on November 20, 2024. Members and attendees joined the virtual meeting with video conference and conference call.

### **Members Present:**

Gloria Miller-Chair  
Cathy Trecek  
Maureen Conrad  
Christy Sanhuber  
Tom Suchecki  
John Griffith  
Mark Behar  
Carol Sibilski

### **Staff Present:**

Kaisa Kerrigan  
Alexa Law  
Jennifer Lefebber  
Ortrialla Paris  
Kayla Steinke  
Vonda Nyang

### **Attendees from the Public:**

Jim Piontek-AARP  
James Sampson  
Jacqueline Smith

## MINUTES

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

Chair Gloria Miller called the meeting to order at 1:30 p.m. Everyone was asked by Jennifer Lefebber to briefly introduce themselves and their roles.

### **II. REVIEW AND APPROVAL of the September 18, 2024, Wellness Committee Meeting Minutes:**

MOTION: To accept the September 18, 2024, Wellness Committee meeting minutes. Corrections/Changes were made by Chair Gloria Miller.

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

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

- A. Milwaukee County's Area Agency on Aging's Caregiver Support Coordinator, Kayla Steinke, gave a presentation on National Family Caregivers Month (NFCM), which has been celebrated in November since the 1990s. National Family Caregivers Month is an opportunity to recognize

the estimated 580,000 Wisconsin caregivers and the \$9.2 billion of unpaid care they provide annually. The month-long celebration:

- Raises awareness of family caregiver issues
- Celebrates the efforts of family caregivers
- Educates family caregivers about self-identification
- Increases support for family caregivers
- Reduces feelings of isolation

Steinke highlighted some of the Caregiver Support Programs, which focus on education and advocacy to promote the health and wellbeing of Milwaukee County caregivers as they provide crucial support to others. Steinke talked about the National Family Caregiver Support Program. This program offers respite, information, support, and other resources to family caregivers. The Alzheimer's Family and Caregiver Support Program (AFCSP) was created to enhance the lives of informal and family caregivers while helping people with dementia remain living in the community as long as possible.

Steinke talked about some of 2024 Programs highlights, including welcoming new staff member Alexa Law! So far in 2024 they have provided grant support in 227 cases with an additional 300 contacts outside of financial support. There has been tremendous success in the No Wrong Door referrals with Aging and Disabilities Services. They are looking ahead to 2025 with focus on engagement.

B. Social Isolation and Loneliness Pharmacy Project (Kaisa Kerrigan, Community Health Coordinator)-see attached PowerPoint presentation

#### **IV. 2025 WELLNESS COMMITTEE MEETING DATES (2:45 P.M.)**

- January 15, 2025, at 1:30-3:00pm Virtual, Teams
- March 19, 2025, at 1:30-3:00pm In-Person
- May 21, 2025, at 1:30-3:00pm In-Person
- September 17, 2025 at 1:30-3:00pm In-Person
- November 19, 2025 at 1:30-3:00pm In-Person

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

**VI. ADJOURNMENT:** Motion: Chair Miller Adjourn the meeting at 3:00 p.m.  
Action: Motion prevailed by unanimous consent (Griffith, moved. Piontek, second).

The next Wellness meeting will be January 15, 2024, a Virtual meeting.

Respectfully submitted,

Ortrialla Paris  
Clerical Assistant

Final