

County of Milwaukee

INTEROFFICE COMMUNICATION

DATE: July 2, 2012

TO: Sup. Marina Dimitrijevic, Chairwomen, Milwaukee County Board of Supervisors  
Sup. Peggy Romo West, Chairperson, Committee on Health and Human Needs

FROM: Stephanie Sue Stein, Director, Department on Aging

RE: Request for authorization to increase by \$18,171, from \$49,979 to \$68,150, the Professional Services contract with Jennifer Lefeber to serve as Manager of the Department's two Evidence-Based Prevention programs, and to extend the term of the contract from January 1, through September 30, 2012 to January 1, through December 31, 2012

I respectfully request that the attached resolution be scheduled for consideration by the Committee on Health and Human Needs at its meeting on July 18, 2012.

The attached resolution authorizes the Director, Department on Aging, to increase by \$18,171, from \$49,979 to \$68,150, the Professional Services contract with Jennifer Lefeber to serve as Manager of the Department's two Evidence-Based Prevention programs, and to extend the term of the contract from January 1, through September 30, 2012 to January 1, through December 31, 2012. As required under Chapter 56.30, Milwaukee County Code of Ordinances, the Department is seeking authorization for a Professional Services contract exceeding \$50,000.

The Evidence-Based Prevention programs named "Living Well" and "Stepping On" promotes healthy aging by enabling seniors to proactively manage their health. Living Well (Chronic Disease Self-Management) consists of multiple training sessions presented in community settings. The sessions teach seniors (a) techniques to deal with such problems as fatigue, pain, and isolation, (b) appropriate exercises for maintaining and improving strength, flexibility, and endurance, (c) tips on better nutrition and medication management, and (d) communicating effectively with family, friends, and health professionals on health issues. Stepping On teaches behaviors designed to help seniors (a) reduce the risk of falls, (b) improve balance and gain strength, (c) increase home safety measures, and (d) minimize risks from vision impairments and medication side-effects. Over 1,300 seniors have taken advantage of the evidenced based programs, including 200 Spanish-speaking elders.

Since 2008, the Milwaukee County Department on Aging has executed annual professional services contracts with Jennifer Lefeber to manage the Evidence-Based Prevention programs. Over the last four years, she established networks of trained program leaders and connections with host sites where community training sessions are held. Program leaders are community volunteers certified through training from Ms. Lefeber. The certification program involves classes conducted under structured guidelines. In order to maintain their certification as leaders, the volunteers must pass regular fidelity checks to assure they adhere to program protocols. Efforts to increase the number of program leaders (and host sites) are ongoing in order to provide more opportunities for participation.

July 2, 2012  
Sup. Marina Dimitrijevic  
Sup. Peggy Romo West  
Page 2

Finally, Ms. Lefeber conducts outreach presentations for agencies and the general public and acts as a community information resource for other evidence-based programs. All of these efforts are essential to successful implementation of the Living Well initiative.

The Evidence-Based Prevention programs for 2012 have been funded through a grant from the Arthritis Foundation and from Title III-D of the Older Americans Act.

If you have any questions, please contact me at 2-6876.



Stephanie Sue Stein, Director  
Milwaukee County Department on Aging

cc: County Executive Chris Abele  
Tia Torhorst  
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Attachments