



**Milwaukee County Commission on Aging
Wellness Committee Meeting
January 17, 2024**

The Wellness Committee convened virtually on Wednesday, January 17, 2024. Members and attendees joined the virtual meeting with video conference and or conference call options (computer or telephone).

Members Present:

Gloria Miller – *Chair*
Maureen Conrad
John Griffith
Carmen Pangilinan
Christy Sanhuber
Tom Suchecki
Cathy Trecek

Staff Present:

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

Public:

Commissioner Mark P. Behar

Members Excused:

Eric Pampuch

MINUTES

I. CALL TO ORDER AND INTRODUCTIONS

Chair Gloria Miller called the meeting to order at 1:31 p.m. Roll call was taken. Everyone gave a quick introduction of their titles and roles.

II. REVIEW AND APPROVAL OF THE NOVEMBER 15, 2023 WELLNESS COMMITTEE MEETING MINUTES:

MOTION: To accept the November 15, 2023 Wellness Committee meeting minutes.

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

III. INFORMATION ITEM: WISCONSIN INSTITUTE FOR HEALTHY AGING (Jill Renken, Executive Director)

Community Program Supervisor, Bekki Schmitt informed the Committee Executive Director for Wisconsin Institute for Healthy Aging, Jill Renken was unable to join today's meeting. She was asked to present at the Healthy Aging Grants Legislation at the State capital.

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

A. First Quarter Workshops

Evidence-Based Prevention Programs Coordinator, Jennifer Lefeber shared the Health & Wellness Workshops quarterly flyer. She shared all the workshops happening across Milwaukee County between January and April. Dates, locations and registration information is listed on the flyer. Lefeber also shared the suggested contribution stated on the flyer for the workshops. There will no longer be a cost associated with the workshops but there may be a suggested contribution to go towards funding and other logistics. Lefeber mentioned there are many volunteers willing to assist with workshops. If anyone is interested in doing a workshop at their site or interested hosting a workshop, please reach out to her.

Lefeber shared the Volunteer Wellness Leaders Needed Flyer. This is the final year of the ARPA funding, she shared they have been able to do a lot that typically they would not be able to do with the ARPA funding. A goal they are trying to achieve is sending out people to complete the facilitator training by September. The recruitment flyer talks about what it takes to become a facilitator and has the programs listed with a short description. Chair Miller questioned if the ARPA funding will be ending. Lefeber explained that the ARPA funding is federal money for 2022-2024 to be used on evidence-based programs along with other areas of aging services. Ms. Conrad asked how the Volunteer Wellness Leaders Needed flyer is being distributed. Lefeber mentioned that they are distributing it through all their networks and sharing it with the department, committees and commissions. Ms. Conrad suggested to also share with parishes, Archdiocese for catholic and Diocese for the Episcopal. Chair Miller also suggested MICAH, Milwaukee Inner-City Congregation Allied for Hope, her pastor is currently the new president of MICAH. Lefeber asked Chair Miller if she could share the Volunteer flyer with her pastor. If anyone is interested in becoming a facilitator, she asked to please reach out to her.

V. DISCUSSION ITEMS:

i. Title IIID ARPA Funding

Schmitt shared a PowerPoint. ARPA was a three-year funding, which allowed Aging programs the opportunity to pilot new ideas, reach new population and test new programs. She discussed Title IIID, which is part of The Older Americans Act that supports Health Promotion and Disease Prevention programs. She shared the Milwaukee IIID programs offered through Milwaukee County. Programs listed on the facilitator flyer Lefeber was referencing.

ii. 2023 Review

Last year's 2023 funding went towards: Facilitator Training and Support, \$14,000, EBPP Workshop Supplies, \$17,000 and Promotion of Evidence Based Programs with \$11,000.

Commissioner Behar asked if workshop supplies included items such as flat screen TVs or computers. Schmitt informed the Committee technology can be purchased if it is for implementing evidence-based prevention workshops.

Carryover from FY2023 is approximately \$60,000, the expected IIID ARPA allocation FY2023 is \$76,000. Total expected funding for FY2023 is \$136,000. This fiscal year started in October 2023 and will run until September 30, 2024

iii. 2024 Proposed Plans

Schmitt shared the Committee a 2024 Spending Proposal for the ARPA Title IIID funds. Facilitator Training and Support, \$40,000, EBPP Workshop Supplies, \$30,000 and Promotion of Evidence Based Programs with \$66,000.

Training and Support

Funding will be towards facilitator training fees through WIHA and other providers. New facilitator training, recertification and volunteer stipends. Also, will be used for ongoing facilitator training and support supplies.

Ms. Conrad asked where the self-management centers are located. Lefeber commented they were formally housed within Stanford University. The developers of the Chronic Conditions Diabetes and Chronic Pain program broke off and created their own organization called Self-Management Resource Centers. Trainings are virtual. Commissioner Behar suggested investing in computer software and hardware to make use of the ARPA funds. Schmitt stated that facilitators are an important long-term investment because the workshops are delivered through only trained facilitators. Workshops may be in-person, virtual or mailed toolkits. Hybrid workshops are not allowed, per the developers. Ms. Sanhuber questioned if the Wellness Committee would receive funding, for the sole purpose if they bought equipment. Who would the equipment belong to, the Committee or the site. Schmitt will look into that. Ms. Conrad asked if Aurora or Sinai staff have been trained. Lefeber shared that the health system has been supportive for staff to be trained in various workshops, especially Stepping On.

EBPP Workshop Supplies

Schmitt shared the types of supplies that the funds will be spent

on Mailed Tool Kits, Textbooks, Flip Charts, Ankle weights, signs for promotion of workshops, etc. Lefeber also shared that it will be spent on handout and participant manuals which are printed. Other items have also been requested such as wireless headsets and microphones.

Promotion of Evidence Based Programs

They have partnered with INPOWER, a local marketing firm to look at strategies to better reach communities of color. The targeted marketing to engage communities of color is \$50,000. This includes strategies for African Americans, Latinx, and Native American communities. The overall marketing for the programs with print ads, social media, videos on the programs is \$16,000.

If the Wellness Committee moves forward and approves the proposed budget, it would put before the Advisory Meeting and then the Commission on Aging. Once approved the Wellness Committee can start the work on implementing it and spend it. Ms. Sanhuber brought up the video idea Commissioner Behar had on a previous Wellness meeting. Commissioner Behar shared his thought on how costly video production can be and how videos have such a short like span. He suggested considering a podcast or using YouTube videos. Ms. Conrad shared Channel 4 has interviews being aired, looking for local media can be a possibility. Schmitt shared the type of advertisement they have done previously; print ads, digital media ads, bus ads, bus tails, bus shelters and speaking on The Morning Blend. She comments they've the opportunity to try different strategies this year. Mr. Griffith agreed with Commissioner Behar, having a regular weekly podcast for seniors and to try to reach the next generation. He mentions they do not do enough work with assisted facilities and should be more involved. Schmitt stated the podcast is a great starting point and asked if anyone knew of a local podcast that would fit our target audience. Chair Miller & Ms. Conrad mentioned students from MATC, UWM and Alverno would assist as they are always encouraged to work on community projects. Lefeber thanks the Committee for their ideas, she thought those would be beneficial for future projects. But to remember the focus at this point is ARAP funds as they have a short window to spend it and it must be spent on evidence-based programs.

MOTION: To approve the proposed proposal.

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

VI. UPCOMING WELLNESS COMMITTEE MEETING DATES:

Chair Miller spoke on the upcoming Wellness Committee dates. The next Wellness meeting will March 20th, it will be virtual.

Jim Piontek was not present, but Schmitt shared on his behalf the details on the start of AARP Tax Aid programs in Milwaukee County. Ms. Conrad shared that medications with a 90-day supply are coming in 60 days with certain mail order companies. COVID test kits were being sent out by fraudulency. Schmitt responded that this should be reported to Senior Medicare Patrol. Any Medicare-related prescription fraud can be sent over to them as they oversee Medicare Fraud. Chair Miller shared this year is their fifth year Indaba African Bowl, at St. Anne Center. February 3rd, first Saturday of Black History month, the purpose of the ball is to support the Indaba Band Shell and it's a coming summer season for family-friendly entertainment.

VII. ADJOURNMENT:

MOTION: To Adjourn

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

Meeting adjourned at 2:57 p.m.

Respectfully submitted,

Executive Assistant

Christel Colorado