



Milwaukee County

Marcia Coggs Human
Services Center
1220 W. Vliet St.
Milwaukee, WI 53205

Meeting Agenda Commission on Aging

Janice Wilberg, Ph.D.
Chair

Terrence Regan Moore, Sr.
Vice-Chair

Brian Peters
Legislative Officer
Chair, Advocacy Committee

Gloria Miller
Secretary
Chair, Wellness Committee

Denise Callaway
Chair, Advisory Council

Cindy Van Vreede
Chair, Nutrition Council

Eugene Guskowski, AIA
Chair, Senior Center Committee

Amber Miller
Chair, Service Delivery Committee

Sequanna Taylor
County Supervisor

George Banda
Mark P. Behar, PA-C, MPAS
Stephenson Crocker, BA, J.D.
Marni King
Paula Pennebaker
Jacqueline Smith

Wednesday, September 18, 2024

1:30 PM

This meeting is recorded and Live Streamed
(Virtual and Audio)

In and on a Teleconference Phone
(414) 436-3530 U.S., Milwaukee

Phone Conference ID 897 823 197#
<https://gcc02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteam>

Wellness Committee

- I. **CALL TO ORDER AND ROLL: Gloria Miller (1:30 p.m.)**
- II. **REVIEW AND APPROVAL OF MAY 22, 2024, WELLNESS COMMITTEE MEETING MINUTES (Action Item) (1:35 p.m.)**

[HRA24-168](#) Minutes from the September 18, 2024, Wellness Committee Meeting

Attachments: [HRA24-168 Wellness Meeting Minutes final draft \(2\)kkedits.pdf](#)

- III. **ACTION / INFORMATIONAL / DISCUSSION ITEMS (1:45 p.m.)**
- A. **Informational Item: Wellness Workshop Highlights-Mind Over Matter (Jennifer Lefeber, Health & Wellness Programs Coordinator)**
- B. **Informational Item: Senior Center Blood Pressure Hubs (Zach Wilks-Metrou, American Heart Association)**
- C. **Discussion Item: 2025-2027 Area Aging Plan Goals (Jennifer Lefeber, Health & Wellness Programs Coordinator)**
- IV. **UPCOMING WELLNESS COMMITTEE MEETING DATES (2:45 P.M.)**
- November 20, 2024, at 1:30-3:00 West Allis Senior Center
7001 W. National Ave, West Allis, WI 53214
- V. **WELLNESS COMMITTEE MEMBERS & GUEST -UPDATES ON RESOURCES AND OPPORTUNITIES FOR OLDER ADULTS (2:50 P.M.)**
- VI. **ADJOURNMENT (3 P.M.)**

ADA Accommodation Requests: ADA Accommodation requests should be filed with the

Milwaukee County Office for Persons with Disabilities, (414) 278-3932 (Voice) or 711 (TRS) upon

receipt of this notice. Commission on Aging meetings are recorded and open to the public. The

Chair will take public comments on each agenda item at her/his discretion.