

Presented by the Milwaukee County DHHS Aging & Disabilities Services and AARP Wisconsin



# WELLNESS SYMPOSIUM 2022



**Connecting for a Healthier Community | August 4 | 8:30am-12pm**

This event will focus on building connections and strengthening the network of agencies and individuals working towards better health for older adults.



*With Keynote Speaker*

**Gina Green-Harris, MBA**

Director, Wisconsin Alzheimer's Institute (WAI)  
Regional Milwaukee Office

Attendees will be able to choose from the below breakout session topics with a local expert speaking on each of the following dimensions of wellness:

**Social Wellness**

**Financial Wellness**

**Spiritual Wellness**

**Intellectual Wellness**

**Occupational Wellness**

**Register by August 1 for this no cost event at:**

**<https://bit.ly/MKEWellness2022>**

***Location: Wilson Park Senior Center, 2601 W. Howard Ave., Milwaukee, WI 53221  
A sit-down breakfast will be available from 8:30-9am.***



## **Breakout Session #1: 10:05-10:50am**

### **Financial Wellness: Financially Fit @50+**

**Presenters:** Amber Miller & Jim Piontek, AARP Wisconsin

**Description:** Would you like to help older adults learn smart money habits? Join us to gain knowledge on resources, tips & tricks to support our 50+ community with their personal money management.

### **Intellectual Wellness: Strategies for Brain Health**

**Presenter:** Candice LeGros, Milwaukee County DHHS Aging & Disabilities Services

**Description:** Learn all about the modifiable risk factors that can reduce the risk of developing memory problems with age. Also learn about Wisconsin's Dementia Care Specialist Program and how this program is supporting Wisconsin's residents.

### **Spiritual Wellness: The Importance of Spiritual Well-Being in Later Life**

**Presenter:** Robert Best, Clifden Court

**Description:** This presentation will explore the importance of spiritual well-being during the third age of life. We will discuss how spirituality contributes to improved health outcomes and an overall sense of wellness.

## **Breakout Session #2: 11:00-11:45am**

### **Intellectual Wellness: Age Friendly Conversations - Communicating with Older Adults**

**Presenter:** Julia Norton, Wisconsin Health Literacy

**Description:** This session will discuss effective communication with older adults and highlight changes that occur as we age, and strategies to enhance and ensure understanding when working with older adults.

### **Occupational Wellness: Employment & Volunteering**

**Presenters:** Annette Dizinno, Goodwill Industries of SE WI and Beverly Arrowood, United Way of Greater Milwaukee and Waukesha County

**Description:** Whether it's gaining employment or volunteering, both can provide meaning and purpose to individuals. By attending this workshop, you will learn about career resources for the 50+ and the benefits of volunteering in the community.

### **Social Wellness: How Social Isolation & Loneliness Impact Your Health**

**Presenter:** Kris Krasnowski, Wisconsin Institute for Healthy Aging (WIHA)

**Description:** In this session, we'll discuss the latest research on the prevalence, risk factors and health implications of social isolation and loneliness and will introduce you to a statewide movement to support older adults and people with disabilities who are lonely and socially isolate.