



MILWAUKEE COUNTY  
Department on Aging

# Milwaukee County

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

## Meeting Agenda

### Commission on Aging

*Richmond Izard*  
*Chair; Commission on Aging*

*Sharon Abston-Coleman, PhD*  
*Vice Chair; Commission on Aging*

*John Griffith*  
*Secretary; Commission on Aging*

*Bettie Rodgers, J.D.*  
*Chair, Advisory Council*

*Shirley Sharp*  
*Chair, Advocacy Committee*

*Gloria Miller*  
*Chair, Wellness Committee*

*Rev. George Pumphrey, Jr., PhD*  
*Legislative Officer*

*County Supervisor Jason Haas*

*Sharon Abston-Coleman, PhD - Ronald Byington - Gloria  
Pitchford-Nicholas, Ed.D. - John Griffith - Amber Miller*

Wednesday, September 16, 2020

1:30 PM

Virtual MS Teams or Phone In: (414) 436-3530

Conference ID: 893 077 506#

#### Wellness Committee

- 1 **Call to Order and Introductions (Gloria Miller)**
- 2 **Review and Approval of July 15, 2020 and October 17, 2019 Wellness Committee meeting minutes**  
[HRA20-206](#) Minutes from the July 15, 2020, and October 19, 2020, Wellness Committee  
Attachments: [HRA20-206 Wellness Committee Mtg Mins July 15 2020 minutes \(2\).pdf](#)  
[HRA 20-206 Wellness Committee Mtg Mins October 17 2019 minutes \(1\).pdf](#)
- 3 **Informational Item: Wellness Workshop Highlight Stepping On (Jennifer Lefeber)**
  - a. **Stepping On for Falls Prevention**

**4 Discussion Items:**

- a. Liberating Structures Activity (Gloria Miller)**
- b. Falls Prevention Week (Bekki Schmitt)**
- c. Virtual Wellness Workshops (Jennifer Lefeber)**

**5 Wellness Committee Members & Guests – Update on Resources and Opportunities for Older Adults****6 Wellness Committee Meeting Dates**

- a. Wednesday, November 18 at 1:30pm**

**7 Informational Item: Update on Resources and Opportunities for Older Adults**

[HRA20-207](#) Informational Item: Update on Resources and Opportunities for Older Adults

**Attachments:** [HRA20-207 Wellness Virtual Series Fall 2020 Revised Dates.pdf](#)

**8 Adjournment**

**The Wellness Committee meetings are open and recorded meetings, and the community is welcome to attend. The Chair will take public comments on each agenda item at his discretion.**

**ADA Accommodation Requests: ADA Accommodation requests should be filed with the Milwaukee County Office for Persons with Disabilities, 278-3932 (Voice) or 711 (TRS) upon receipt of this notice.**