



**Milwaukee County Commission on Aging
Wellness Committee Meeting
March 16, 2022**

The Wellness Committee held its meeting on March 16, 2022 at 1:30pm virtually through MS Teams.

Members Present:

Carmen Pangilinan
Christy Sanhuber
Angie Sullivan
Pat Steliga
Cathy Trecek
Erika Villafuerte
Song Xiong-Buck

Commissioners Present:

John Griffith
Gloria Miller

Staff Present:

Michelle Allison
Andy Bethke
Jennifer Lefeber
Bekki Schmitt

MINUTES

I. Meeting called to order at 1:31pm

Gloria welcomed the group and invited each person present to introduce themselves with their name and agency or affiliation.

II. Approval of the January 21, 2022 meeting minutes

There was a motion to approve the January 21 minutes by Christy Sanhuber and a second by Song Xiong-Buck.

III. Informational Item: Wellness Workshop Highlight (Jennifer Lefeber)

a. EBPP Facilitator Training

Jennifer spoke to the group about the importance of having trained facilitators to lead the evidence-based prevention programs in Milwaukee County. COVID brought challenges in retaining trained facilitators as many workshops were cancelled/postponed due to the pandemic and some facilitators had to focus their time and efforts on other priorities during COVID. Milwaukee County will be investing in our facilitator network by paying for all facilitator training and facilitator update training this year. Contact Jennifer to learn more information. Full details on the dates for Facilitator Training can be found at [wihealthyaging.org](https://www.wihealthyaging.org)

b. Wellness Quarterly Report

Jennifer shared the quarterly report of highlights, accomplishments and challenges for the wellness programs. See attached report.

IV. Informational Item: GWAAR Statewide EBPP (Angie Sullivan, GWAAR)

Angie provides technical assistance to 70 counties and tribes to help them match their resources to their evidence-based programming. She also does quarterly webinars to get information out to as many people as possible.

She begin with an overview of some of the terminology in the evidence-based world. Particularly Older Americans Act and Older Americans Act funding.

Trends seen in 2021 were more virtual vs in-person workshops. The top EBPP in the state is StrongBodies, followed by Stepping On, Tai Chi, Mind Over Matter and Healthy Living with Diabetes as the top 5. StrongBodies is a program that people continue to repeat over time. It builds connections over time, which is why this program is so popular. Stand Up & Move More is a new program added this year from WIHA and is a high-level evidence-based program that can utilize Title III-D dollars.

Aging Mastery Program: GWAAR received a grant in 2017 to implement this program across the state. They recruited ADRCs across the state to bring the program to their counties. It's a 10-session, in-person class prior to covid, but went virtual during covid. Participation doubled when it went virtual. The program gets professionals to come in and do presentations for the participants on a specific topic (ie. pharmacists). The program is being implemented in Spanish in Jefferson County.

She highlighted some of the area plan goals across the state from out aging units. 41% of aging units have a goal around social isolation and loneliness. The Wisconsin Coalition to End Social Isolation and Loneliness was established to combat this issue. Counties who have identified this as an issue will be invited to the coalition. Other goals include increasing the number of EBPPs offered and the number of participants served. Another goal is to increase access and participation to underserved communities and build partnerships.

Angie shared the purpose of the American Rescue Plan funding. The funding must be used on high-level evidence-based programming. Prior to COVID, people were not allowed to use Title III-D funding on technology. That has now changed, to give counties the opportunity to deliver virtual programs. With the funds, Aging Units are adding hours to some staff since this isn't a sustainable solution (funding will end in 2024). Therefore, funds need to be used in a sustainable, creative manner. Examples include: build capacity for programs to be delivered in a virtual format, startup costs to get programs going, train additional personnel in anticipation of return to in-person program delivery.

Angie discussed the challenges, successes and trends in the transition from in-person to virtual programming for the evidence-based programs, as well as funding for the Title III-D programs.

Angie talked about the number of volunteers across the state being depleted. Bureau of Aging and Disability Resources recognizes this is an issue. They will begin doing a volunteer recruitment campaign across the state, which will direct people back to their local aging unit or ADRC.

V. Discussion Item: (Bekki Schmitt)

a. Milwaukee County Area Plan 2022-2024

Expanding the Reach of Stepping On Within Communities of Color

Bekki shared the Healthy Aging goals within the Area Plan, specifically the goal to “Expand the reach of the Stepping-On Evidence- Based Prevention Program [EBPP] within communities of color to decrease the risk of injury and death from falling for older adults of color.” She led the group in discussing strategies to achieve this goal.

Gloria asked Angie for ideas she has seen used across the state. Angie shared the effectiveness of recruiting volunteer facilitators from the target community and using their knowledge and community connections to build the programs. Also using promotion efforts through social media, outreach to community groups, newsletters, and leveraging participants from other workshops to participate and act as ambassadors.

Christy spoke about how local churches are continuing to offer services in a hybrid format both in-person and via Zoom. John also spoke about the FAB group at the LGBT Community Center transitioning to in-person and that there are still some benefits from virtual such as members from further communities.

Gloria advised connecting with African American sororities and fraternities which meet regularly and can serve as an effective connection point with the community. She offered to help connect with some key leaders within these organizations. She also suggested connecting with churches and local radio stations such as 101.7, 88.9 and 98.3.

John suggested connecting with the Wisconsin Trails Council to see how they can participate and attract interested participants. Trails usage has gone up during COVID with many users being older adults.

Please email Bekki at Rebecca.schmitt@milwaukeecountywi.gov with any additional ideas or suggestions as we work towards this goal.

VI. Wellness Committee Members & Guests – Update on Resources and Opportunities for Older Adults

- a. Gloria asked for an updated on the plans for the MKE Wellness Symposium.
Bekki shared that plans are moving forward together with the Planning Committee

and we are targeting an in-person event in August. More details and a Save the Date will be shared with this committee soon.

- b. John shared with the group information about the upcoming Senior Leadership Program taking place May 10-12. See attached flyer for details. He also spoke of the need to build diversity and inclusiveness on the Commission on Aging and its committees. More details can be [found on our website](#).
- c. Gloria shared information about St. Ann's Indaba Ball on March 26 from 5:30 pm – 9:00 pm. This is a fundraiser for their Indaba Band Shell Summer Series. Ticket information and other details are available on their website at:
<https://stanncenter.org/indababall/>

VII. Wellness Committee Meeting Dates 2022

May 18, September 21, November 16

Meetings take place at 1:30pm and will be virtual until further notice

VIII. Adjournment: Meeting adjourned at 3:02 pm.

The next Wellness Committee meeting will be May 18 at 1:30pm and will be held virtually.

Respectfully submitted,

Jennifer Lefeber, Evidence Based Programs Coordinator

Bekki Schmitt, Community Programs Supervisor