



**Milwaukee County Commission on Aging
Wellness Committee Meeting
May 18, 2022**

The Wellness Committee held its meeting on May 18, 2022 at 1:30pm virtually through MS Teams.

Members Present:

Sophia Franklin
Carmen Pangilinan
Jim Piontek
Christy Sanhuber
Pat Steliga
Cathy Trecek
Erika Villafuerte
Andrew Warren
Song Xiong-Buck

Commissioners Present:

Gloria Miller

Staff Present:

Jennifer Lefebber
Bekki Schmitt

MINUTES

I. Meeting called to order at 1:34pm

Gloria asked the group to take a moment for silent reflection and positive thoughts for our community and country, in consideration of the events of the recent week. Following this, she invited each person present to introduce themselves with their name and agency or affiliation.

II. Approval of the March 16, 2022 meeting minutes

There was a motion to approve the March 16 minutes by Christy Sanhuber and a second by Carmen Pangilinan.

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

a. Stand Up & Move More

Jennifer spoke to the group about the newest program being offered in Milwaukee County, Stand Up & Move More. Stand Up & Move More is designed to help adults reduce sitting time by standing up and moving more. Sessions take place in a group setting where participants identify barriers to standing more and discuss strategies to increase their standing time. Based on a researched and tested program, Stand Up is shown to: reduce sedentary behavior by 68 minutes per day, reduce problems performing daily activities, reduce pain interference and intensity, improve functional performance, improve vitality and improve general overall health. The program meets once a week for four weeks, followed by a Booster Session at Week 8. See attached powerpoint slides and brochure for

more details. To find the most updated list of workshops in Milwaukee County, please visit: county.milwaukee.gov/aging#wellness

IV. Discussion Item: Title IIID ARPA Funding

Bekki gave an overview of the ARPA funding received by Milwaukee County for the evidence-based prevention programs. See attached document.

a. EBPP Facilitator Training

One of the most important components of our wellness programming is the network of trained facilitators. To support this network, we are covering the cost of all facilitator training and recertification training this year. This announcement was shared through our networks and there was very positive response. Bekki asked the group if there are any other networks or agencies we should be reaching out to with this information, who might want to get trained to offer these workshops.

Sophia shared that conversations will begin with her, Freda Wright and Jennifer to expand the programs in the Harambee neighborhood. Sophia also will be sending out the training opportunity through their networks.

Patrick shared that County Board Supervisors will be sending out their supervisor newsletters again now that April elections are over. That would be a good way to get the word out about the opportunity. Also Michelle Allison knows the process for posting information throughout the MPL system. He also shared that the County Retiree newsletter would be a good avenue for getting the word out about the facilitator opportunity. Particularly if it was a very targeted article on facilitator recruitment. Bekki and Jennifer will coordinate to distribute this article through the publications suggested.

Sophia asked about the possibility of training interns who may be a more short term commitment but could lead multiple workshops during their internship period.

Carmen suggested that we reach out to more recreation departments throughout the municipalities in Milwaukee County.

Any additional ideas or suggestions can be emailed to Bekki at Rebecca.schmitt@milwaukeecountywi.gov or Jennifer at Jennifer.lefeber@milwaukeecountywi.gov

b. Promotional Campaign

Once we have a firm network of trained facilitators, the next priority is increasing awareness and participation in the available workshops. We are working with a marketing firm to do a promotional campaign this summer. The target audience for this campaign is African Americans as we need to increase the participation and impact of these prevention programs among African Americans in particular. The campaign will involve print ads in the Milwaukee Courier and the Milwaukee Community Journal, as well as a mailer in targeted zip codes. The mailer will

include a targeted message to identify workshops that are happening in those specific zip codes.

Bekki asked the group if anyone is familiar with firms who specialize in promotions among communities of color. Gloria has a contact that she will reach out to. She also shared Black Woman 50+ Magazine would be a great avenue to pursue for an article. Bekki shared that the agency who coordinated the Healthy MKE promotion would be good to contact as well.

c. Workshop Supplies

One of the other investments we will be making this year with the ARPA IIID funds is in workshop supplies. Jennifer shared that through the funding, facilitators can receive supplies from Aging & Disabilities Services for their programs. Examples of this include – manuals, ankle weights, printing of workbooks and handouts, carts, display items, and refreshments.

Song asked if we could purchase items or gift cards as incentives. Jennifer explained that, we can purchase workshop related incentives and gave the example of the incentives being purchased for the PALS workshop.

V. Discussion Item: National Senior Health & Fitness Day

This year's National Senior Health & Fitness Day will be on Wednesday, May 25th. We are partnering with Serving Older Adults (SOA) to offer a variety of activities at the five county-owned senior centers. Eric shared that there will be a program highlight at each site. They are promoting the programs as an opportunity for current members to bring a friend to get started on their wellness journey. (See attached flyer)

All Committee members were asked to share this wellness opportunity among their networks and also invited to join us at one of the five senior centers for the event.

There was a conversation about taking some of the activities virtual.

VI. Discussion Item: MKE Wellness Symposium

This year's MKE Wellness Symposium will be held on August 4, 8:30-12:00 at Wilson Park. (See attached Save the Date card). We have been working closely with this year's Planning Committee to lineup speakers and details for the event. Thank you to Song, Carmen, and Sophia from this Wellness Committee who are all helping with the planning. Gina Green-Harris will be the keynote speaker. There are also speakers lined up for breakout sessions to talk about the 8 Dimensions of Wellness.

This event will focus on healthier aging and a healthier Milwaukee County. The objective is to raise awareness around wellness challenges facing older adults in our community, highlight wellness resources and strategies and also build connections to strengthen the network of agencies and individuals working towards better health for older adults. The target audience is professionals, advocates and leaders in areas of aging.

Wellness Committee members can help by sharing the Save the Date and upcoming invitation with their networks. We are still looking for suggestions for breakout session

speakers to present on one of the dimensions of wellness. Finally, we will need help the day of the event with logistics, welcoming participants, and breakout room hosts. Jim and Gloria both volunteered to help at the event.

Gloria & Christy suggested having a cooking demonstration around healthy eating & cooking on a budget.

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

- a. Carmen is leading a Living Well With Chronic Conditions workshop which is starting soon. There are a few remaining spots available, please share this opportunity with your networks. (See attached flyer.)
- b. Gloria shared that the St. Ann summer music series will be starting soon and invited everyone to come out for one of the concerts this summer. It will be held every Wednesday starting June 1. Details are at: <https://stanncenter.org/band-shell-kicks-off-free-entertainment-series/>

VIII. Wellness Committee Meeting Dates 2022

September 21, November 16

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

IX. Adjournment: Meeting adjourned at 2:46 pm.

The next Wellness Committee meeting will be September 21 at 1:30pm and will be held virtually.

Respectfully submitted,
Jennifer Lefeber, Evidence Based Programs Coordinator
Bekki Schmitt, Community Programs Supervisor