



**Milwaukee County Commission on Aging
Wellness Committee Meeting
September 21, 2022**

The Wellness Committee held its meeting on September 21, 2022, at 1:30pm virtually through MS Teams.

Members Present:

Jim Piontek
Christy Sanhuber
Cathy Trecek
Erika Villafuerte
Song Xiong-Buck

Commissioners Present:

John Griffith
Gloria Miller

Staff Present:

Jennifer Lefeber
Bekki Schmitt

MINUTES

I. Meeting called to order at 1:33pm

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

II. Approval of the May 18, 2022 meeting minutes

There was a motion to approve the May 18 minutes by Jim Piontek and a second by Cathy Trecek.

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

a. Powerful Tools for Caregivers

Jennifer shared a brief overview of the program. This workshop is designed to help caregivers cope with the challenges that come up while they are providing care. Individuals who attend the workshop learn to reduce stress, guilt, anger and depression; manage their time, set goals and solve problems; make tough decisions; communicate more effectively; and master care-giving transitions. The workshop meets once a week for six weeks for 2-1/2 hours each session. See attached PowerPoint slides. Also see the attached flyer for an upcoming virtual workshop. To find the most updated list of workshops in Milwaukee County, please visit: county.milwaukee.gov/aging#wellness

John suggested sending the flyer to Muslim Community & Health Center, LGBTQ Community Center, Milwaukee Christian Center, and other minority community centers.



IV. Discussion Item: Title IIID ARPA Funding

a. Update on FY 2022 Funding Usage

Report was shared on the background criteria for Title IIID spending, the amount received this fiscal year and the four main projects it supported:

- Purchase of Evidence-Based Program Mailed Toolkits and Workshop Supplies
- MKE Wellness Symposium
- EBPP Facilitator Training and Support
- Promotion of EBPP Workshops to Communities of Color

See attached Powerpoint for complete details.

b. Planning for FY 2023 funding

Anticipate receiving the same amount of Title IIID ARPA Funding in the next fiscal year. The goals for funding and investment will continue to be: Facilitator Recruitment, Retention and Support; Increased Participation in Wellness Workshops; Increased Engagement by Communities of Color.

There will be a program facilitator meeting in December, where we will gather direct input from the facilitators who have first-hand knowledge on how to spend the funds in 2023 to support the workshops and increasing participation.

c. EBPP Quarterly Report

Jennifer shared the EBPP Quarterly Report for June through August of this year which included the number of workshops, participants, and newly trained leaders as well as successes and challenges. Complete report is attached.

d. Fall 2022 Wellness Workshops

There are many workshops being offered this fall across our lineup of topics. For a complete list of current programs, individuals should visit

county.milwaukee.gov/aging#wellness (On the main page under “Health & Wellness Workshops”)

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

Erika shared that annual enrollment for Medicare plans is around the corner. Erika does presentations to help people understand how to enroll. She would be happy to partner with anyone who wants to collaborate on this. Bekki shared a series that is scheduled through the MKE SHIP Collaborative at sites around the county. That schedule can be found on the website.

John shared that the Commission brought on a new Commissioner who has a background in communication. The Commission will start looking at how to reach the next generation, particularly through a podcast to promote messaging. Each of the committees will be asked to have someone participate in these podcasts.

We are in the middle of National Falls Prevention Week. We have 2 in-person events going this week. One already happened at the Elks Lodge on Good Hope Road on September 20. The next one will be at Wilson Park Senior Center on September 22 from 10am-12pm, outside by the parking lot.

Jim shared an upcoming program "Walk with a Doc" being piloted and sponsored by AARP. See attached flyers.

Gloria shared that Saturday October 15th is St. Ann's Pumpkin-palooza. The festival is from 11am-1pm.

VI. Wellness Committee Meeting Dates 2022

November 16

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

VII. Adjournment: Meeting adjourned at 2:39 pm.

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