



## Milwaukee County Commission on Aging Wellness Committee Meeting January 18, 2023

The Wellness Committee held its meeting on January 18, 2023 at 1:30pm virtually through MS Teams.

### **Members Present:**

Sophia Franklin  
Anya Gordon  
Kim Lombard  
Eric Pampuch  
Carmen Pangilinan  
Jim Piontek  
Linda Radder  
Christy Sanhuber  
Pat Steliga  
Carol Sibiliski

### **Commissioners Present:**

Gloria Miller

### **Staff Present:**

Jennifer Lefeber  
Bekki Schmitt

## MINUTES

### **I. Meeting called to order at 1:31pm**

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

### **II. Approval of the November 16, 2022 meeting minutes**

There was a motion to approve the November 16 minutes by Christy Sanhuber and a second by Pat Steliga.

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

#### **a. EBPP Report**

Jennifer shared a year-end report on the EBPP programs in 2022. This included the full lineup of workshop topics offered, municipalities where workshops were held, number of workshops, number of workshop participants, number of trained facilitators and the satisfaction ratings by participants. In addition, it included the progress to date on the 2022-2024 Area Plan Goals in the Wellness Category. See attached slides for complete report.

Gloria asked about the zip code which were chosen for direct mailer – Jennifer explained that this was based on the geographic area around the workshop location (Aurora Sinai).

Pat asked about an analysis of workshop participants by zip code over the past few years. This could be used to help inform efforts to expand programs into zip codes and gaps. Committed to providing this follow-up zip code analysis of participants at the March Wellness meeting.

Christy asked about the fact that there were reported workshops in 2022 in 11 of 19 municipalities and are there efforts to target the other 8 municipalities. Discussion followed about the work to expand partnership and reach of programs within additional municipalities.

**IV. Informational Item: EBPP in Underserved Communities (Linda Radder and Anya Gordon)**

- a. Linda was a Faith Community Nurse at Cross Lutheran Church for 18 years. She conducted workshops for parish members throughout her time there. She shared that she had a built-in audience and strong connections with the people at the Adult Day Center. She described her experience working within the parishes has proven that getting connected with an administrative assistant is a great way to get the programs into the church communities. The former “Parish Nursing” program has changed to the “Faith Community” model. This will help create stronger partnerships and fill in gaps where there is a need for the EBPPs.

Anya explained that Aurora Healthcare’s goal with this new model is to expand the reach to community-based organizations via a tri-parish collaborative. They are going to look at addressing the community needs in particular zip codes (53209 & 53223). They have gathered information on the parishes and surrounding areas to help identify what resources can be offered. An example is a school nearby one of her churches has families living in a particular housing project where they plan to do some outreach. They also have a growing Hmong population at St. Bernadette’s. There is a need on the northwest side for programming and this will be a great way to make inroads to that part of the community/county.

Gloria asked about the demographics of the hypertension program that Anya is providing. She also asked about the time of this programming and how this may have helped. Finally, she asked about their partnership with Interfaith Conference or Milwaukee Inter-city Churches Allied for Hope (MICAHA) in this work.

**V. Discussion Item: ARPA Spending Ideas FY 2023**

Bekki shared the expected funding amount for year 2 of the Title IIID ARPA Funding. This funding is for the federal fiscal year, 10/1/22-9/30/23. She explained that this proposed spending plan is based on direct feedback and requests from the EBPP Facilitators who have firsthand experience recruiting for and operating these programs. We also based the spending plan on the Area Plan Goals, the county’s vision of racial equity and identified gaps and needs within the Evidence-based Prevention Programs.

- a. Facilitator Training and Support  
Proposed \$20,000 for Facilitator Training and Support  
Because the network of trained facilitators is core to the success of this programming one of our main priorities would be in supporting them through costs such as: new facilitator training, facilitator recertification, volunteer facilitator stipends, supplies, etc.
- b. EBPP Workshop Supplies  
Proposed \$20,000 for EBPP Workshop Supplies  
Purchase of EBPP workshop supplies such as: mailed toolkits, textbooks, flip charts, ankle weights, print materials, signage.  
Also would like to invest in purchase of incentives for completion of the workshops. This idea has been suggested numerous times by Wellness Committee members, facilitators, community partners and has specifically been offered as an idea for better attracting communities of color. Examples of incentives could include:
- c. Promotion of Evidence-Based Prevention Programs  
Proposed \$65,000 for EBPP Prevention  
Two main components of this promotion – one to better engage communities of color in EBPP and one to better recruit trained facilitators. These have different audiences and should be tailored as such. The promotion effort could include tactics such as: focus groups, market research on best practices to engage this community, print ads, direct mailers, video ads, partnership development.

(See attached slides)

Bekki asked the committee members for their feedback and additional suggestions on this plan for spending of the fund. Pat suggested paying someone in the community who is well-known and connected to promote the programs. Anya suggested recruiting workshop participants. Perhaps we create something to help promote the facilitator opportunity to current participants. Carol shared that what she has always found successful is making the “ask” personal and those relationships.

## VI. Wellness Committee 2023 Meeting Dates

Bekki shared the meeting dates for the 2023 Wellness Committee. After surveying the committee members there was response that these dates/times worked well for everyone and that most people would prefer a blend of virtual and in-person meetings. The May and November meetings have been designated as in-person. Discussion followed about suggested locations for these meeting dates. The SOA Senior Centers – particularly Wilson or Washington were suggested as was the Wauwatosa Health Department. Bekki will follow up with Carmen and Eric to schedule locations for these dates.

- a. March 15 at 1:30-3:00pm (Virtual)
- b. May 17 at 1:30-3:00pm (In-Person)
- c. September 20 at 1:30-3:00pm (Virtual)
- d. November 15 at 1:30-3:00pm (In-Person)

**VII. Wellness Committee Members & Guests-Updates on Resources and Opportunities for Older Adults**

- a. Jim shared that AARP will be opening 11 sites in Milwaukee county for tax services starting February 1. You can make an appointment for many of these at [AARP.org](http://AARP.org) under the Tax Aide Program. You can also visit [Freetaxhelp.as.me](http://Freetaxhelp.as.me). Attached is a full list of the Milwaukee County AARP Tax Aide sites.
- b. AARP will be providing the presentation “Financially Fit in 2023” at the Greenfield Library – listing is in the Greenfield Rec guide.
- c. Gloria announced that the date for this year’s Indaba African Ball is Saturday, February 4. They have had great success in sponsorships and support to date. She also shared that she has an upcoming shoulder surgery and may or may not be able to attend the March Wellness Committee meeting. Committee members wished her smooth healing through this process.

**VIII. Adjournment:** Meeting adjourned at 2:49 pm.

Respectfully submitted,

Jennifer Lefeber, Evidence Based Programs Coordinator

Bekki Schmitt, Community Programs Supervisor