



Milwaukee Department on Aging Wellness Committee April 19, 2018

The Milwaukee County Commission on Aging Wellness Committee held its monthly meeting on April 19, 2018, at Wilson Park Senior Center, located at 2601 W. Howard Ave., Milwaukee, WI 53221.

Commissioners Present

Beth Meyer-Arnold, R.N., M.S., Chair
Maria Castrejon-Pérez
Charles Vang

Special Presentation by:

Beth Meyer-Arnold, Chair
Jennifer Lefeber

Wellness Committee Members Present

Maureen Conrad
Patrick Steliga
Marilyn Lange

Wellness Committee Members Present.... Continued

Susan Shepeard
Enid Asmus
Song Xiong-Buck
Margo Ford
Jay Gottschalk
Barbara Bechtel
Morgan Morgan

Milwaukee County Staff Present

Jennifer Lefeber

Guests Present

Amy Sikes

I. CALL TO ORDER AND INTRODUCTIONS

Jennifer Lefeber, MCDA's Evidence-Based Programs Coordinator and Coordinator of the Wellness Committee called the meeting to order. Ms. Lefeber requested all attendees to participate in an ice breaker with brief personal introductions. The new Wellness Committee Chair, Commissioner Beth Meyer-Arnold, introduced herself. Attendees were encouraged to share information and resources about their program or business at all the Wellness Committee meetings to network and promote building relationships.

II. REVIEW AND APPROVAL OF FEBRUARY 15, 2018, MEETING MINUTES

Minutes from February 15, 2018 were reviewed and approved without further discussion.

III. INFORMATIONAL ITEM: PRESENTATION BY BETH MEYER-ARNOLD, WELLNESS COMMITTEE CHAIR, AND JENNIFER LEFEBER, EVIDENCE-BASED PROGRAMS COORDINATOR, MILWAUKEE COUNTY DEPARTMENT ON AGING:

- A. Ms. Meyer-Arnold shared with the committee that the Milwaukee County Department on Aging uses the Substance Abuse and Mental Health Services Administration

(SAMHSA) model of 8-Dimensions of Wellness as the framework for planning programs. (<https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>)

- B. Ms. Meyer-Arnold described the model by defining each dimension, sharing some tips and facts about that dimension, sharing examples of what programs in that dimension would look like, and asking for other examples of programs from the audience. The 8-Dimensions of Wellness are: Emotional, Intellectual, Spiritual, Physical, Environmental, Financial, Intellectual, Occupational, and Social. Some highlights: The Physical Wellness dimension is not only physical “fitness”. It also includes diet, nutrition, hydration and getting enough sleep. Also, Physical Wellness is learning how to prevent, adjust, and/or live with chronic illness. Physical Wellness also covers alternative wellness programs such as Tai Chi, Yoga, breathing techniques, dance, swimming, and mindfulness. The Environmental Wellness dimension looks at what supportive environments are needed to support good health and wellbeing, including purposeful activities such as volunteering and safety (including self and home defense and how do be aware of scams). The group provided many examples of wellness programs that are available for seniors in the Milwaukee County senior centers. Some of the 8-dimensions of wellness programs such as learning about different lifestyles and cultures, overlap several of the 8-dimensions.
- C. Jennifer Lefebber, the MCDA Evidence-Based Programs Coordinator, provided an overview of the five Evidence-Based programs that MCDA delivers through the Wisconsin Institute for Healthy Aging (WIHA). The evidence-based programs are: “Stepping On”, “Healthy Living with Diabetes”, “Living Well with Chronic Conditions”, “Walk with Ease” and “Powerful Tools for Caregivers.” These programs cover falls prevention, empower older adults to manage diabetes and other chronic conditions, establish a walking regimen, and how to support family caregivers’ wellbeing. A handout was provided that shared Wisconsin data on the evidence-based programs including total number of program participants, workshops held, program leaders, and the counties/tribes where these workshops are held.
- D. Ms. Lefebber also reviewed WIHA data on the program health outcomes and related cost-savings the state has seen since these evidence-based programs have been provided. Handouts were provided showing these results. You can find more information on the statewide programs on WIHA’s website <https://wihealthyaging.org/> and the County’s programs on MCDA’s website.
- E. Through MCDA and WIHA, the facilitator training for volunteers of the evidence-based programs typically would cost around \$350. Both organizations are providing supplemental support to make it more affordable for these volunteers. A new program, Tai Chi Fundamentals, will soon be added to MCDA’s evidence-based programs offerings. If you have any questions, please feel free to contact Jennifer Lefebber.

IV. INFORMATIONAL ITEM: DISCUSSION OF WORKGROUP CHARTER AND PURPOSE OF COMMITTEE, JENNIFER LEFEBBER:

Ms. Lefebber informed the group that the charter of the committee has been developed and the purpose of the Wellness Committee has been reviewed. The committee assists in the development, implementation and monitoring of the healthy aging goals developed every 3 years by the Commission on Aging for the Area Plan

mandated by the Older Americans Act for approval by the State Office on Aging. See attached charter document for details.

V. WELLNESS COMMITTEE MEMBERS & GUESTS – UPDATE ON RESOURCES AND OPPORTUNITIES FOR OLDER ADULTS:

Announcements

- Wisconsin has its own free cell phone program named “Assurance Wireless Lifeline Service” provided through Virgin Mobile. For more information visit:
<http://assurancewireless.virginmobileusa.com/become-a-partner/>
- A mobile market allows older adults to have access to fresh healthy foods and offers quality food at discount prices. The mobile market, titled “Fresh Picks Mobile Market” offered through Pick N’ Save and the Hunger Taskforce, visits all of the Senior Centers. The mobile market’s schedule can be accessed thru the Hunger Taskforce:
<https://www.hungertaskforce.org/signature-programs/fresh-picks-mobile-market> or
Pick N Save’s website: <https://www.picknsave.com/topic/mobilemarket>
- Sisters of St. Francis of Assisi are building a new convent for the benefit of elderly and frail sisters. You can find out more information on their website:
<http://www.lakeosfs.org/uncategorized/new-convent-construction-update-beam-signing-event>. They anticipate it will be completed by September 2019.

VI. ADJOURNMENT

The meeting was adjourned at 2:48PM.

The next Wellness Committee meeting will be on June 21, 2018 at Clinton Rose Senior Center, 3045 N. Martin Luther King Jr. Dr., Milwaukee, WI

Respectfully submitted,



Vonda Nyang
MCDA Executive Assistant