



Milwaukee Department on Aging Wellness Committee December 13, 2018

The Milwaukee County Commission on Aging Wellness Committee held its monthly meeting on December 13, 2018, at Wilson Park Senior Center, located at 2601 W. Howard Ave., Milwaukee, WI 53221.

Commissioners Present

Beth Meyer-Arnold, M.S., R.N.
Johnny White

Commissioners Excused

Gwen Jackson – Commissioner Emeritus

Wellness Committee Members Present

Mike Scasny
Maureen Conrad
Jim Piontek
Carol Sibilski
Sue Borkowski

Wellness Committee Members Present.... Cont.

Babette Honore
Amber Schallitz
Patrick Steliga
Enid Asmus
Anne Barbarena
Heide Planey
Mary Ellen Schlax

Milwaukee County Staff Present

Jennifer Lefeber
Andy Bethke

I. CALL TO ORDER AND INTRODUCTIONS

Wellness Committee Chair, Elizabeth Meyer-Arnold, called the meeting to order at 1:36pm.

II. REVIEW AND APPROVAL OF JUNE 21, 2018, MEETING MINUTES

Minutes from August 16, 2018, were reviewed and approved without further discussion.

III. INFORMATIONAL ITEM: Presentation on MCDA plan for WIHA's Prevention Campaign

- Jennifer Lefeber gave an update on the WIHA Prevention Campaign "Help Yourself to Better Health" and the efforts being done around this campaign in Milwaukee County. The campaign is not just for WIHA to promote the evidence-based programs, but to help people understand the need to take control of their lives by taking control of their health. WIHA is doing public events, media outreach and print material to help engage people in evidence-based programs and ensure access to programs by advocating for funding for these programs.
- Jennifer shared that MCDA is putting posts on their Facebook page, ads will be posted in senior centers and table tents will be used at all Milwaukee County dining sites. MCDA also put a flyer on the back of the menus at the dining sites. MCDA Outreach Coordinator, Bekki Schmitt, presented the information to the Milwaukee

County Commission on Aging. If anyone wants to utilize any of these materials to expand our reach, please contact Jennifer Lefebber.

- In March and April, WIHA is going on a “media road tour” around the state. We are hoping to include local officials, media and local spokespersons, Milwaukee & Waukesha Aging Consortium and others to help with the aspects of this tour. WIHA or Jennifer may reach out to you to see how you may be able to help in these efforts.
- More information on this campaign can be found at www.wihealthyaging.org. There are marketing materials you can personalize and use to fit your needs.

IV. INFORMATIONAL ITEM: Interactive Presentation on Person-Centered Care

- Beth Meyer Arnold talked about how we can be more person-centered in our organizations and the care we give. She talked about how activities, environment, etc., are not conducive to allowing person-centeredness. Most of us do repetitive activities in our centers, with people sitting in circles. Changes need to be made beyond just a state of the art, brand-new building. We need to be looking at our programming to have the kind of system for aging that we need.
- Tom Kitwood’s theory of person-centered care: respecting and valuing the uniqueness of the individual, maintaining and restoring personhood (what makes “me, me” and “you, you”).
- Beth shared that 2 adult day centers run by her and her team, implemented this idea of person-centered care. Her teams’ definition of person-centered care asks that we look at people in their psychological, physical and social care environment. As we talk with a client/patient to figure out how our services will work for them, we need to keep these 3 areas in mind. We want your clients to leave our facility having made us feel like they gave something to us and our staff. In order to empower someone, we need to balance our relationships.
- Changing to a person-centered model is difficult and there needs to be a sense of urgency. There are a lot of silos we need to deal with in the workplace, but that can be a great time for change and transformation. We need to think creatively, innovatively, and improve on what’s already there. We need a “game-changer” for long-term care and aging services.
- Beth asked the group to break into their small table groups to discuss where they imagine they will be living when they’re 88 years old, who will they be living with, who are their friends, and what are they hoping for. The group came back together and shared a few ideas. Most people shared that they want to be in their own home, near friends or with close family. Nobody said they wanted to be in a nursing home or attending an adult day center. We need to feel like we still have purpose.
- Beth shared several pictures in her slide presentation that showed situations that were not person-centered. We need to think about person-centered programs and plans. How can we use our physical environment to support that plan and the people? Being engaged in the world around us does not mean we need to be involved in chaotic activities all the time. We can do things alone and things we enjoy to keep us healthy and minimize the disengagement. Beth also shared pictures that showed people engaged and disengaged. The group discussed what was happening in each of the situations to better understand engagement versus

disengagement. The key is, how do we change what we're doing to change that, so the engagement is better. Positive interactions need to happen between us and our clients/patients. These positive interactions increase wellbeing. We need to know how to stop some of our behaviors that prevent us from being person-centered.

- Beth played a short video and asked the group to watch for the 7 positive values she shared in her slide presentation. She asked the group if they saw any of those values. She also showed some pictures of different environments to see what kinds of cues for behaviors the group got from looking at the setup of each particular environment. We want to see very small groupings of chairs and/or tables so people can talk to one another. We don't want to create "airport environments" in our lobbies. We need to use our environment to support engagement. Small group activities, one-on-one conversations and flexible furniture allow for this.
- We need to see people as being "extraordinary". That is how we can develop a person-centered program. We need to get to know people. Beth's team used a simple tool of 20 questions (see attached) to be used in community settings, nursing homes, assisted livings, senior centers, etc. so they can begin to develop relationships with clients/patients.
- If we want our organizations to be more person-centered, we need to do these 3 things: 1. Think about our clients/patients so that they are being engaged and the staff is having positive interactions, 2. Our services can be the most person-centered if we develop relationships with the people and, 3. Determine how you can use the environment to support a balanced relationship.
- We can't solve problems if we use the same kind of thinking that created the problems. Your team needs to feel comfortable questioning the decisions each other makes.

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

- Molina Healthcare: They partnered with Milwaukee Health Services Inc. to give away over 1,000 turkeys for Thanksgiving. There is another event coming up before the holidays.
- MCTS Next: Routes are being redesigned. Some stops will be cut to expedite routes. Listening sessions for 2018 are through, but there may be more in 2019.

VI. ADJOURNMENT

The meeting was adjourned at 2:50PM.

Respectfully submitted,

Jennifer Lefebvre
MCDA Evidence-Based Programs Coordinator