



MILWAUKEE COUNTY
Department on Aging

**Milwaukee County Commission on Aging
Wellness Committee Meeting
February 21, 2019**

The Milwaukee County Commission on Aging Wellness Committee held its meeting on Thursday, February 21, 2019, at Clinton Rose Senior Center, 3045 N. Martin Luther King Jr. Dr, Milwaukee, WI.

Commissioners Present

Pastor Johnny C. White, Jr.

Commissioners Excused

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

Members Present

Barbara Bechtel
Hector Hernandez
Alice Kowalski
Song Xiong-Buck

Members Present (Continued)

Maureen Conrad
Willie Mitchell
Ellen Danto-Nocton
Kathleen Platt

Milwaukee County Staff Present

Dan Idzikowski
Jennifer Lefeber
Beth Monrial Zatarski

MINUTES

- I. **Call to order and Introductions:** Jennifer Lefeber called the meeting to order and asked for introductions around the room.
- II. **Review and approval of December 13, 2018, Wellness Committee meeting minutes:** The Wellness Committee meeting minutes were reviewed and approved without further discussion.
- III. **Informational Item: Presentation on Milwaukee County Senior Centers:**
 1. **Greater Galilee: Pastor Johnny C. White, Jr.:** The Greater Galilee Community Development Corporation, GG CDC presents, "The Greater Life Community Center: "Where Generations Connect and Communities are Strengthened." The Greater Life Community Center is a new multicultural generational center that has a focus of intergenerational interdependence and improving the wellbeing of all generations. The GG CDC has three guiding principles: Person-centered, wellness, and crossroads of generations. The GG CDC has partnered with three organizations, one of which is *Among the Clouds* a nonprofit organization that provides evidence-based programs for seniors and recreational opportunities for both children and adults. The second organization, *Feeding America*, has provided hot meals and fresh produce for about 200 seniors at GG CDC, every third Wednesday of the month for the past two years. Lastly the Medical College of Wisconsin, is studying the health disparities of African Americans through focus groups that take place at the center. A US Census Bureau's study had reported Milwaukee Wisconsin's 53206 zip code to have the highest poverty and crime rate in the state with 44.6% to be living below the poverty level combined with a 21% unemployment rate. The

53206-zip code is a focus of GG CDC. For more information, please call Pastor Johnny C. White Jr. at (414) 562-1110.

2. **United Community Center: Hector Hernandez:** The United Community Center, UCC is a non-profit organization that has provided programs and services to the southside of Milwaukee's Latino community for the past 50 years. The United Community Center provides its population with a single point of access multigenerational facility that ensures their social, health, and economic needs are being met. The United Community Center is currently promoting neighborhood development around its campus area by offering First Home Buyer Seminars. A few of the many services and programs UCC has to provide seniors with are a senior center, beauty salon, adult day care, transportation, housing, wellness prevention programs, and a memory clinic. The UCC has been involved in the research of helping to translate the "Stepping On" Falls Prevention program into Spanish (called "Pisando Fuerte"). For more information about UCC and its programs and services, please contact Hector Hernandez at (414) 384-3100.
3. **Milwaukee Christian Center: Song Xiong-Buck:** The Milwaukee Christian Center, MCC has been in business since 1921 and is a multi-service organization that works to build healthy neighborhoods by providing multiple opportunities for its community through four core areas: housing, youth development, older adults, and food security. The Milwaukee Christian Center services about 7,500 people per year and offers several block programs, youth programs (one with a GED program), and health prevention programs. The Milwaukee Christian Center this year signed a contract with MCDA to service their 14 dining sites. MCC also offers the Stepping On program and are in the process of designing it to be culturally relevant for the Hmong and Laotian populations with the assistance of MCDA, the Wisconsin Institute of Healthy Aging, and two interpreters.
4. **Serving Older Adults: Vevette Hill-Nwagbaraocha:**
Serving Older Adults, SOA is a brand-new non-profit organization that started in 2018, with a mission of connecting seniors to resources they need throughout their entire life. SOA started out assisting seniors in the Greenfield area, but now have a contract with Milwaukee County Department on Aging, for the five county-owned senior centers in addition to 13 of the dining sites. SOA provides evidence-based prevention programs as well as recreational and educational programs for seniors. SOA will have their activity calendar posted soon on their website.

IV. **Wellness Committee Members & Guests – Update on Resources and Opportunities for Older Adults:**

- **Wisconsin Policy Forum presentation:** The Wisconsin Policy Forum will have a presentation on the nationwide study they conducted on Senior Centers for MCDA. The presentation will be held next week Tuesday at 9:00 am., at the Clinton Rose Senior Center.
- If you are interested in viewing the PowerPoint presentation from our previous Wellness meeting, please contact Jennifer Lefeber at 289-6352 or email: Jennifer.Lefeber@milwaukeecountywi.gov.
- **Social Development Commission's "Senior Friday":** SDC has their Super Senior Friday on March 15th, the flyer will be finalized tomorrow, and Jennifer Lefeber will email the flyer to everyone.

- **Falls Coalition Prevention Focus group:** The Falls Prevention Coalition Focus group, which is a countywide coalition group, is partnering with Aurora Healthcare and they are having their first meeting on March 8, 2019. There was a sign-up sheet on a previous email from Jennifer Lefebber. If you are interested, please contact Jennifer, and she will forward you the information.
- **Governor Evers signed into law a new Caregivers Taskforce.** The Caregivers Taskforce is charged to evaluate the caregiver crisis and establish policies to increase access to funds for caregivers and respite care.
- The International Respite Care Association is having its 2020 conference in Madison. More information to come later.
- **The Hunger Task Force Stockboxes:** The Hunger Task Force will have additional fruits and vegetables to distribute every week to those in need at the current stockbox locations. Deliveries will be made now on a weekly basis.
- **Community Conversation on Caregiver Crisis:** There's a crisis in finding and maintaining qualified caregiver staff and family caregivers to provide care for the aging and those with disabilities for in-home, community-based, and facility-based settings. There will be a meeting on February 26, 2019, from 6:00pm – 8:00 pm at Independence First.
- **Senior Statesman Program:** The Senior Statesman program is a self-Advocacy 2 ½ day training program that will take place Wednesday, April 24th – Friday, April 26th (A flyer was distributed).
- **Advocacy Day:** Advocacy Day will take place on May 14, 2019, at the state capitol (Madison, WI), it's free and open to everyone who would like to attend (flyer was distributed).
- New Dementia State plan is available on DHS's website. The new plan is for increasing the number of Dementia Care Specialists, funding for the program, as well as offering the program statewide.
- **Addressing Dementia in Communities of Color:** On April 5, 2019, from 8:00am – 12:00pm., at the Italian Community Center, the University of Wisconsin's Dementia Institute will have a discussion on "Addressing Dementia in Communities of Color."

V. Adjournment: Meeting adjourned at 3:05 PM.

The next Wellness Committee meeting will be April 18, 2019, at Wilson Park Senior Center, 2601 W. Howard Ave., Milwaukee, WI.

Respectfully submitted,

Vonda Nyang
Executive Assistant