



Milwaukee Department on Aging  
Wellness Committee  
January 18, 2018

The Milwaukee County Commission on Aging Wellness Committee held its monthly meeting on January 18, 2018, at Wilson Park Senior Center, located at 2601 W. Howard Ave., Milwaukee, WI 53221.

**Commissioners Present**

Gary Mikolajczyk

**Commissioners Excused**

Gwen Jackson – Commissioner Emeritus

**Special Presentation by:**

Theresa Bellone, SAGE Greendale  
Qadira Harris, AARP

**Wellness Committee Members**

**Present**

David Hoffman, Chair  
Dave Schneider  
Susan Shepard  
Marilyn Lange  
Barbara Bechtel  
Bob Pietrykowski  
Stephanie Sue Stein  
Jeanette Decorah  
Enid Asmus  
Ann Walls

**Wellness Committee Members**

**Present...Continued**

Song Xiong  
Maureen Conrad  
Ellen Danto-Nocton, M.D.

**Wellness Committee Members Excused**

Judith Troestler  
Jean Davidson  
Vi Hawkins  
Willie Mitchel  
Carla Alejo  
Rocille McConnell  
Carol Anderson  
Karen Jackson

**Milwaukee County Staff Present**

Jennifer Lefeber  
Carmen Pangilinan  
Beth Monrial Zatarski

**Guests Present**

Kayla Steinke  
Patrick Steliga  
Margo L. Ford

**I. CALL TO ORDER AND INTRODUCTIONS**

Wellness Committee Chair, David Hoffman, called the meeting to order at 2:30 PM. Mr. Hoffman welcomed all in attendance.

## II. REVIEW AND APPROVAL OF NOVEMBER 16, 2017 MEETING MINUTES

Minutes from November 16, 2017, were reviewed and approved without further discussion.

## III. INFORMATIONAL ITEM: PRESENTATION BY AARP – QADIRA HARRIS, OUTREACH DIRECTOR; GREENDALE SAGE - THERESA BELLONE (Sue Kelley was unable to attend).

Qadira Harris discussed who is the “America Association of Retired Persons” (AARP), whom they serve in the community, and what are age-friendly cities and the community programs that help communities to become livable. Also, Ms. Harris provided clarification on what are Livable Communities, what does it mean to be Age-Friendly, why people use these terms interchangeably and why is AARP involved and how we can help. AARP promotes advocacy and outreach on a local level with educating and engaging public elected officials, community groups, and citizens by explaining current problems/issues that communities are currently facing and informing them on why they should care and how they can get involved with carrying out the work to improve their communities. AARP’s Wisconsin office has a staff of seven people, which is one big reason AARP heavily relies on its volunteers to be their champions with educating and engaging citizens. Listed below are the definitions of a Livable Community and being Age Friendly.

- **A Livable Community:** A Livable Community describes the dedicated community work that it takes to achieve a fantastic place for all people to live.
- **Age Friendly Communities:** The World Health Organization’s Global Network for Age-friendly Cities and Communities was established to foster the exchange of experience and mutual learning between cities and communities worldwide. Cities and communities in the Network are of different sizes and are located in different parts of the world. Their efforts to become more age-friendly take place within very diverse cultural and socio-economic contexts. What all members of the Network do have in common is the desire and commitment to promote healthy and active ageing and a good quality of life for their older residents

Ms. Harris elaborated on how the Age-friendly communities/cities started and what programs are currently available to assist communities and towns to become livable. This initiative began with the World Health Organization’s Program, which was a nationwide effort. In 2006, the Age-Friendly cities and communities program was initiated to prepare for an increasing population of Aging and urbanization by using the Eight Domains of Livability. The Eight Domains of Livability are: Outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. By improving these eight domains of livability, it will help a community become age-friendly. In 2012, AARP partnered with the World Health Organization and decided to launch their network of age-friendly communities in which 25-30 communities signed up. To date, there are 200 communities. Listed below is the process for joining the age-friendly system, and the age-friendly programs:

- **How can a community Join the age-friendly network?** 5-Step process: 1) Mayor or County Executive must fill out an Application, 2) acceptance into the system, 3)

- developing a plan of action, 4) measurement and outcomes, and 5) implementation and report.
- **Walk Audit Program:** Help residents determine how walkable is their community (If there were problems with crossing streets, request for speed bumps, etc.) and encourage them to give it to their alderman.
  - **Home Fit Workshops 2018 (Free to everyone):** Provides home modification tips to assist individuals with making home modifications that will allow them to stay in their homes.
  - **Livability Index:** (Found at [www.aarp.org/livabilityindex](http://www.aarp.org/livabilityindex))  
The Livability Index is where one can see how a Livable Community scored in each of the eight domains.

Ms. Harris left business cards and gave AARP's website address for those who would like more information: AARP's website [www.aarp.org/livable](http://www.aarp.org/livable)

Theresa Bellone provided information on how she and her team became involved and began their work to make Greendale a Livable Community. Ms. Bellone utilized the World Health Organization's information from their website, United Way, and AARP's toolkits on the eight domains to help them in this endeavor. She also discussed the SAGE and CHIP programs. Besides Greendale, Greenfield and Shorewood have also been named Livable Communities.

#### IV. INFORMATIONAL ITEM: EVIDENCE-BASED HEALTH PROMOTION PROGRAMS UPDATE, JENNIFER LEFEBER:

- **WIHA Mini-Grants:** At the end of 2017, WIHA awarded mini-grants to organizations who wanted to start or continue our great evidence-based programs, "*Stepping On*," "*Living Well with Chronic Conditions*", and "*Healthy Living with Diabetes*". There were five awards given: Greendale Health Department, Greenfield Health Department, South Milwaukee Health Department, City of Milwaukee Health Department/Southside Health Center, and North Shore Health Department.
- **Program Facilitator Training:** We are in the process of recruiting new facilitators to be trained in WIHA's evidence-based programs. The "*Stepping On*" Facilitator Training will be held in Oak Creek in April. The training for "*Living Well with Chronic Conditions*" will be in March in Waukesha. The "*Healthy Living with Diabetes*" training will be in Milwaukee in July. And the training for the Spanish version of the "*Living Well with Chronic Conditions*" program will be held in Waukesha in April. These facilitator trainings charge a fee; however, Ms. Lefebber is looking for a funding source for volunteers who would like to take the training. If you are interested, please contact Jennifer Lefebber at 414.289.6352.

- **WIHA's new evidence-based programs coming soon:** In Milwaukee County the "*Walk with Ease*" program should be coming out sometime in February, and a Tai Chi fundamentals program sometime later.
- **MCDA's Website:** For those who would like more information on Health and Wellness, MCDA has a link on its website.
- **Wellness Committee meetings:** Please spread the word and invite people you know to attend and or become a committee member of the Wellness Council. Ms. Lefeber is reaching out to other organizations to network and create partnerships. The eight dimensions of wellness will be discussed at the next Wellness Committee meeting.

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

- **Hunger Task force/Pick N Save:** (*Fresh Picks* mobile market) – The food was marked down 25% percent and the food was not about to expire. Pantries need to provide fresh food for seniors and not expired goods as some senior survivors of an illness and those who are low income need fresh food and cannot eat canned or dried goods.
- **Advocacy with Senior Olympics:** Senior Olympics is reaching out to other cultures to join the Senior Olympics. They have been able to reach the African American population who has shown an interest in Track & Field and Basketball. A person doesn't have to be 65 years old to join, as the requirement starts at 50 years old. In the thought of reaching out to a larger population, Senior Olympics has discussed lowering the age requirement to 40 years of age, but that might involve changing its name.

**VI. ANNOUNCEMENTS:**

- **AARP Livable Communities Breakfast** (Free Event for Stakeholders): March 7, 2018, National experts on the topic to speak and AARP State Director and Questions & Answer session. Space is limited.

**VII. ADJOURNMENT**

The meeting was adjourned at 4:00PM

**The next Wellness Committee meeting will be on February 15, 2018 at Marcia Coggs Human Services Building, Conference Room 104, 1220 W. Vliet St.**

Respectfully submitted,



**Vonda Nyang  
MCDA Executive Assistant**