



**Milwaukee County Commission on Aging
Wellness Committee Meeting
April 18, 2019**

The Wellness Committee held its bimonthly meeting on Thursday, April 18, 2019, at Wilson Park Senior Center, 2601 W. Howard Avenue, Milwaukee, WI 53221.

Members Present:

Maureen Conrad
Kathleen Platt
Sue Shepeard
Theresa Bellone
Marilyn Lange
Mary Ellen Schlax
Ellen Danto-Nocton

Commissioners Present:

Johnny C. White Jr.
Jason Haas

Staff Present:

Beth Monrial-Zatarski
Ayame Metzger
Jennifer Lefebber
Dan Idzikowski

MINUTES

I. Meeting called to order at 1:39 PM.

II. Review and approval of the February 21st, 2019 Wellness Committee meeting minutes.

The meeting minutes were reviewed and approved.

III. Informational Items:

a. Presentation on Healthy Living with Chronic Pain

Jennifer Lefeber gave a presentation on this evidence-based program that is new to Wisconsin. It was developed at Stanford University (Living Well with Chronic Conditions and Healthy Living with Diabetes also are out of Stanford University). See attached handout for more information on this program. You can also visit the Self-Management Resource Center and Wisconsin Institute for Healthy Aging websites for more information:

- <https://www.selfmanagementresource.com/programs/small-group/chronic-pain-self-management/>
- <https://wihealthyaging.org/healthy-living-with-chronic-pain>

There were some questions that came up at the end of the presentation. The program is for any adult aged 18 and older. The cost for the 4-day training is \$325 for county/tribal/other government agencies and community-based non-profits and \$475 for all other Wisconsin Organizations & Health Care Providers and \$195/\$295 for the 2-day cross-training for those who are already trained in the chronic conditions or diabetes program. Workshops can be held anywhere in the community (ie. Senior centers, churches, apartment buildings, healthcare setting, etc). Brochures will be coming soon. No workshops have been scheduled at this time. Milwaukee County currently has 3 people trained in the program. A Committee Member asked if the department attends Chill on the Hill. There is also the Garden District Farmer's Market that will be happening right outside at Wilson Park Senior Center. The municipalities in the southern part of the county hold their "Night Out" in August. These could all be great ways to promote our programs. If anyone is interested in becoming a facilitator for the program or hosting the program, contact Jennifer at 414-289-6352 or Jennifer.Lefeber@milwaukeecountywi.gov.

b. Transportation Update

Ayame Metzger shared that a statewide transportation survey from the Survival Coalition came out in September 2018. A number of the findings in the survey apply to the older adults in Milwaukee County. See attached document. There is also the "Transportation Options" handout that can help people with their transportation needs. That is also attached to these minutes. Ayame shared that the county lines make it difficult when people need transportation to cross county lines. She had a grant in 2018 that allowed her to start talking with other counties on how to get passed the county line. But it never went beyond just talking about it. She is now considering working with healthcare organizations and insurance companies to help them understand that there is a benefit to them providing the rides for their

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patients/members. You can help by advocating for this and other issues with your local and state representatives. Transit Express used to be the provider of transportation. Milwaukee County's Procurement Division has awarded Abel Access the contract for transportation as of 2019. The Department on Aging has been working closely with them to ensure all needs of older adults are met. If anyone has concerns or questions, please contact Ayame at the Department on Aging at 414-289-6547 or ayame.metzger@milwaukeecountywi.gov.

IV. Wellness Committee Members & Guests-Update on Resources and Opportunities for Older Adults

- a. Advocacy Day flyers were distributed.
- b. A report recently came out about the future of the Milwaukee senior centers. More information can be found here:
 - <https://wispolityforum.org/research/young-at-heart-exploring-the-future-of-senior-centers-in-milwaukee-county/>
- c. The Department on Aging website has a new look:
 - <https://county.milwaukee.gov/EN/Department-on-Aging>
- d. Wisconsin Institute for Healthy Aging is not holding their 2-day "Summit" this year, but rather an event called "Summer School". More info can be found here (anyone with an interest in evidence-based programs can attend):
 - <https://wihealthyaging.org/summer-school-regional-training>

V. Adjournment: Meeting adjourned at 3:07 PM.

The next Wellness Committee meeting will be June 20th, 2019, at the Clinton Rose Senior Center (3045 N. MLK Jr. Drive., dining room).

Respectfully submitted,
Jennifer Lefebvre
Evidence-Based Programs Coordinator



Healthy Living with Chronic Pain

Provided by the Milwaukee County
Department on Aging in partnership with
the Wisconsin Institute for Healthy Aging
and the Self-Management Resource Center



Why is Healthy Living with Chronic Pain needed?

- Chronic Pain affects more Americans than diabetes, heart disease and cancer combined.
- 4 in 10 Americans say pain interferes with their mood, activities, sleep, ability to do work or enjoyment of life.
- Pain is a component of many long-term health issues.
- Many struggle to find ways to manage their chronic pain.



Consequences of Chronic Pain

- In the US, the total annual incremental cost of health care due to pain ranges from \$560 billion to \$635 billion
- Chronic pain is the most common cause of long-term disability
- The annual value of lost productivity ranged between \$297.4 - 335.5 billion
- Emotional and physical toll on individuals and families



The Chronic Pain Program

- Community workshop
- 10 - 18 participants
- 2.5 hour sessions, once a week, for 6 consecutive weeks
- Led by 2 trained Leaders
- Pre-set curriculum
- For individuals with chronic pain or someone who lives with someone who does
- Exists in nearly all U.S. states



The Chronic Pain Program

- Evidence-based
- Meets AoA's highest standard
- Developed by Stanford University's Patient Education Research Center
- Disseminated through the Self-management Resource Center (SMRC)
- Developed over years of:
 - pilot-testing
 - refinement
 - evaluative research



Researched and proven Studied participants show:

- Improved energy and mental health
- Decreased pain
- Less dependence on others
- More involvement in daily activities
- Better ability to understand pain and use coping skills
- Improved quality of life!

Program's Underlying Concepts



- People dealing with pain issues have similar experiences and problems
- People must manage their pain and the impact it has on their lives and emotions
- Lay Leaders facilitate this workshop as effectively, if not more effectively, than health care professionals
- The program *process* is as important, if not more important, than subject matter

Target Population



- Any aged adults with chronic pain; e.g., low back / neck pain, or pain that radiates from your shoulders into your arms; others may have fibromyalgia, headache, pelvic pain, or complex regional pain syndrome.
- People who live with someone who has chronic pain

Weekly Contents



1. What is Pain?, Mind-Body Connection, Quality Sleep, Action Plans (happens every session)
2. Dealing with Difficult Emotions, Intro to Physical Activity, Better Breathing, Fatigue Management
3. Pacing, Evaluating Treatments, Decision Making
4. Healthy Eating, Communication Skills, Problem-Solving
5. Medication Usage, Depression, Positive Thinking, Stress and Relaxation Techniques
6. Working with the Health Care System, Communicating about pain, Weight Management, Planning for the Future

Leader Training



- Come in pairs, or solo if your already has a trained Leader to co-facilitate with
- Four *full* days – must attend all to learn:
 - The issue and impact
 - *HL w/ Chronic Pain* curriculum
 - Skill building & practice
 - Support; during and after training

Leader Qualifications

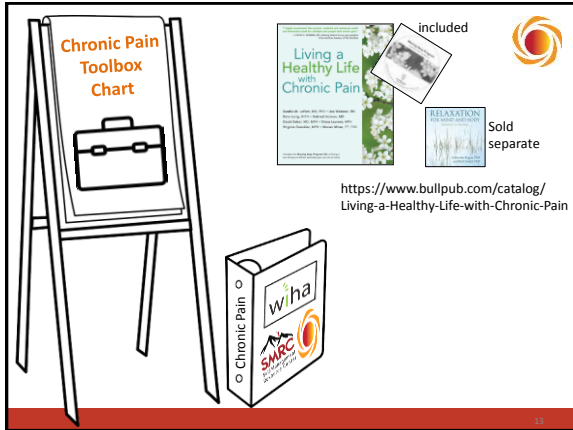


- Friendly personality and comfortable leading small groups of adults (10-18 people)
- Time commitments: Training and Workshop
- Comfortable following a script
- At least one Leader has a chronic pain
- Experience with chronic pain– personal or professional
- Past participants encouraged!

Leader Expectations



- Attend all of 4-day Leader training
- Work with a local Program Provider
- Lead workshops in pairs; both certified by a Master Trainer
- Lead two workshops each year
- Adhere to the curriculum
- Use required materials
- Follow WIHA protocols:
Workshop notification forms and data collection



QUESTIONS?

Jennifer Lefeber
Evidence-Based Programs Coordinator
414.289.6352
Jennifer.Lefeber@milwaukeecountywi.gov



MILWAUKEE COUNTY
Department on Aging

Wisconsin Transportation Survey Results



Survival Coalition

of Wisconsin Disability Organizations

September 2018

web: www.survivalcoalitionwi.org

email: survivalcoalitionwi@gmail.com

Trouble Getting Places



72% of respondents have trouble finding transportation at least 30% of the time.

- **45%** of respondents can't get where they need to go **50%** of the time

• **15%** of respondents can't get where they need to go **70%** of the time.

 I Need Transportation to...

Visit my family	86%
Attend community events	84%
Access medical help	82%
Get groceries	80%
Go to parks, trails or gyms	69%
Run errands	66%
Go to libraries or community centers	64%
Commute to work	62%
Attend business appointments	61%
Attend religious services	55%
Volunteer	51%
Go to civic buildings	45%
Commute to trainings	20%

If my usual transportation:

- ✓ **mode**—rides from family members, transit services, or other options

- ✓ destination or

✓ **schedule**

changes, **70%** say they would not be able to get where they need to go.

Current Transportation Services Limit My...



Community participation
83%



Access to
medical care
61%



Ability to find or
keep a job
59%



Visiting
my family
58%



Living options
50%



Voting ability
37%



Transportation Challenges Include

47%

Not having enough transportation to do everything, so I must choose where I go based on if I can get a ride

19%

There's no accessible transportation in my community

24%

Rides are only available for medical trips

43%

Transportation is unreliable, scheduled rides are late, do not come, or get cancelled

55%

Transportation services don't go where I need to go

47%

Must be scheduled too far in advance, cannot accommodate changes to schedule or my needs

41%

Not having enough money to pay for the rides I need

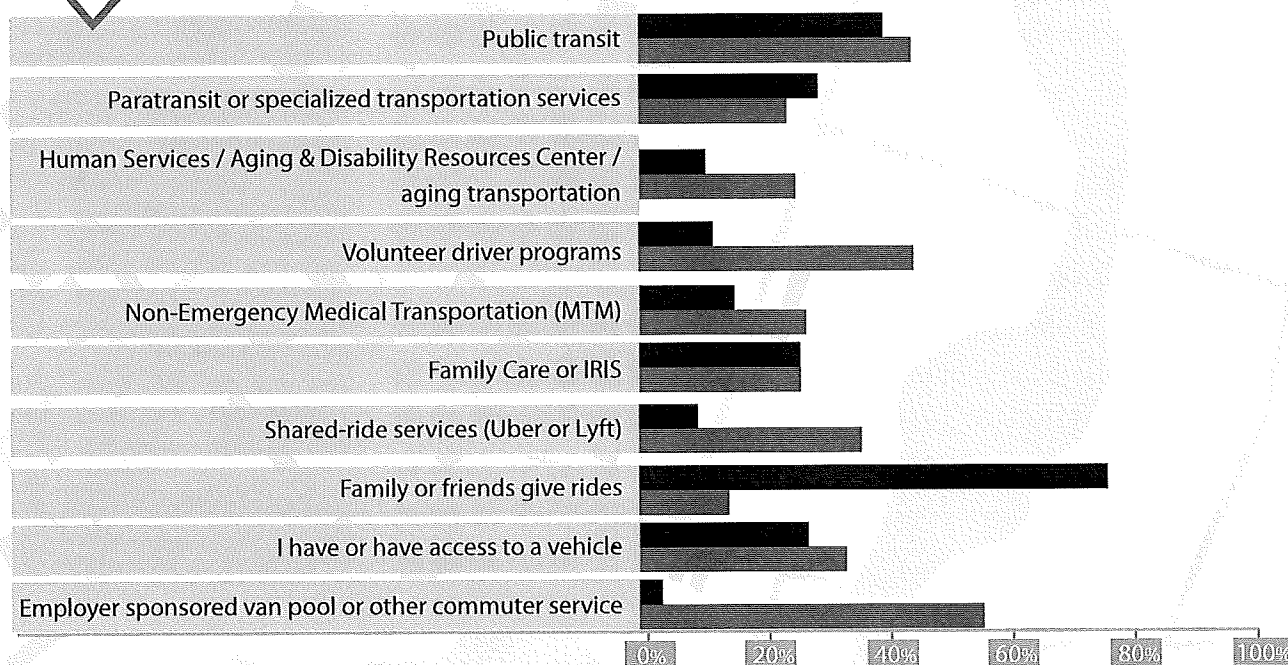
59%

Transportation is not available at times I need it



■ Transportation Options Routinely Used

■ Transportation Options NOT Available in My Community...



Most Important Features of Any Transportation Option

1. Reliability
2. Availability
3. Flexibility
4. Affordability
5. On-Demand Scheduling
6. Geographic Range
7. Safety
8. Accessibility

Transportation Options

So you can get where you need to go

GoPass

Who: Financially eligible seniors (65 years or older) and persons with disabilities.

What: Unlimited rides on the bus for \$2/day. With a multitude of routes, the Milwaukee County Transit buses can take you throughout the county.

How: Contact the Aging and Disability Resource Centers at (414) 289-5800.



MCDA Transportation

Who: Individuals 60 years or older who are unable to ride the bus but still able to get onto the van.

What: Transit vans provide rides for medical and dental appointments for a fee of \$3 each way. Free rides to Senior Dining sites and for groceries.

How: If you're a new rider, call the Aging Resource Center to enroll at (414) 289-6874. Once you're enrolled, call (414) 536-5800 to schedule your rides.

Transit Plus

Who: Individuals with a disabling illness or condition that prevents them from using the bus or Transit Express service. Must be verified by a doctor.

What: Transit Plus vans have a lift feature which allows them to assist those with walkers or wheelchairs. Rides cost \$4 each way and must be scheduled in advance.

How: To register call (414) 343-1700.

Other Options

Medicaid/T-19: Those enrolled in Medicaid may have access to rides through MTM at 1-866-907-1493.

Veterans: Veterans can access rides to the VA through the Disabled American Veterans shuttle service. Call (414) 384-2000 ext. 41811 for more information.

Volunteer Drivers: Volunteer drivers are available through Unison's Neighborhood Outreach Program. Call (414) 291-7500 to learn more.



MILWAUKEE COUNTY
Department on Aging



The Milwaukee County Department on Aging provides a single point of access to services for people aged 60 and over. We offer a wide range of programs and services to meet the diverse needs of the older adults in our community.

Meeting Vital Needs

- Long Term Care
- Dementia Care
- Meals on Wheels
- Elder Abuse
- Information & Assistance

Meeting Your Quality of Life Needs

- Senior Centers
- Wellness Programs
- Senior Dining
- Transportation

For more information transportation options or any other services for adults aged 60 years and older, contact the Aging Resource Center of Milwaukee County.

Milwaukee County Department on Aging Aging Resource Center of Milwaukee County

Monday – Friday 7:30am-5:00pm

1220 West Vliet Street, Suite 300 | Milwaukee, WI 53205

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