



MILWAUKEE COUNTY

Department on Aging

**Milwaukee County Commission on Aging
Wellness Committee Meeting
October 17, 2019**

The Wellness Committee held its bimonthly meeting on Thursday, October 17, 2019, at Clinton Rose Senior Center, 3045 N. MLK Jr. Dr., Milwaukee, WI.

Members Present:

Maureen Conrad
Jim Piontek
Jarvis West
Pam Matthews
Mary Ellen Schlax
Priya

Staff Present:

Jennifer Lefeber

MINUTES

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Committed to the Independence and Dignity of Older Adults Through Advocacy, Leadership and Service



- I. **Meeting called to order at 1:34 PM.**
- II. **Review and approval of the August 15th, 2019 Wellness Committee meeting minutes.**
The meeting minutes were reviewed and approved.
- III. **Group Activity: Liberating Structures**
 - The group was rather small to get the desired outcome. But the group still participated to get the feedback of those present. The purpose of the activity was to see what the group would like to get out of the meetings, what they like/dislike, and other thoughts for this committee moving forward. We will conduct this activity again in 2020, once the new chairperson has been selected by the Chair of the Commission on Aging.
- IV. **Wellness Committee Members & Guests-Update on Resources and Opportunities for Older Adults**
 - a. The group discussed other ways to attract more people to the meetings. Some ideas were to have the senior center coordinators hand-pick senior center participants to attend as an “ambassador” for the senior centers. It was also discussed to host meetings at area parishes. The group asked that a draft “invitation” be distributed to the current committee members and guests so they can help recruit others to attend.
 - b. Jim Piontek suggested that AARP’s Amber Miller provide a presentation on “Fraud Watch”.
 - c. Priya Nambisan from UWM’s College of Health Sciences-Department of Health Informatics & Administration presented some background information on her study (*MyHestia*). It is a database where patients can go to track their every day living activities, eating habits, sleep habits, medications, etc. She is currently in the first phase of the study, with plans for phase 2 in 2020. She will be looking for groups of people to speak to in order to recruit for phase 2. If you know anyone interested in hearing more, she can be contacted at: nambisap@uwm.edu
- V. **Adjournment:** Meeting adjourned at 3:04 PM.

There will be no December Wellness Committee meeting. The next meeting will be January 16th, 2020, at Clinton Rose Senior Center (3045 N. Martin Luther King Jr Drive).

Respectfully submitted,
Jennifer Lefeber
Evidence-Based Programs Coordinator