



MILWAUKEE COUNTY  
**Department on Aging**

**Milwaukee County Commission on Aging  
Wellness Committee Meeting  
July 15, 2020**

The Wellness Committee held its monthly meeting on July 15, 2020 at 1:30pm virtually through MS Teams.

**Members Present:**

Patricia Glover-Howard  
Kim Lombard  
Willie Mitchell  
Jim Piontek  
Patrick Steliga  
Catherine Traecek  
Judith Troestler

**Staff Present:**

Andy Bethke  
Dan Idzikowski  
Jennifer Lefeber  
Bekki Schmitt

**Attendees from the Public**

**Commissioners Present:**

Gloria Miller

## **MINUTES**

**I. Meeting called to order at 1:32pm**

Gloria introduced herself and asked the group to introduce themselves, where they work, why they joined the Wellness Committee and what is a burning issue that the wellness committee should look at.

**II. Informational Item: Wellness Workshop Highlight – Mind Over Matter (Jennifer Lefeber)**

Jennifer discussed the newest EBPP, Mind Over Matter. It is a program for women aged 50 and over to help them improve their symptoms of bladder and bowel incontinence. Gloria asked if there is a way the AARP could partner on the incontinence issue.

Patricia added that the workshop was just so much fun and that the practice and modeling were deeply embedded in training, so the trainer is really prepared to facilitate the class.

Gloria asked about how we promote the programs via churches and community newspapers.

Bekki added that we did a campaign in 2019 in 7 or 8 community newspapers to get the word out about the evidence-based programs. There may be a small budget available to do something similar again this year. Bekki & Jennifer are in talks about how that may look. Gloria discussed the free radio time we may be able to get to have an open discussion to get the word out to the community. She stressed that we need to make the commitment to awareness.

### **III. Discussion Items:**

#### **a. Review Wellness Committee Charter (Bekki Schmitt)**

Bekki & Gloria are new in their roles in the Wellness Committee, therefore the group was invited to take a look back at the Charter document for reference. Bekki explained that the Wellness Committee is a committee under the Commission on Aging. The charter outlines the requirements of the committee. Wellness is the least formal of the committees. This committee is meant to be MCDA's partnership building and bringing in community advocates to help promote EBPPs and encourage other practices that lead to the 8 dimensions of wellness.

Bekki talked about revisiting the Liberating Structures activity at the September meeting. Gloria shared that people like being involved in activities that gets them involved. We can pull out 2 or 3 specific things that we can do. Bekki shared that we are at a good crossroads here with long-term members and new members to have the opportunity to identify specific objectives that we can do as a group to achieve the goals. Bekki asked long-term members to share their past experience. Jim Piontek shared how he has liked having all of the great speakers over the years. Bekki talked about recording the meetings to have speakers on file for sharing to the larger group, not just those who attend the meeting.

#### **b. Virtual Wellness Workshops (Jennifer Lefeber/Bekki Schmitt)**

When COVID first hit, we had to cancel or postpone all wellness workshops in Milwaukee County. WIHA has since developed virtual versions of many of their workshops including Living Well with Chronic Conditions, Living Well with Chronic Pain, Healthy Living With Diabetes, Powerful Tools for Caregivers, and Mind Over Matter. Here is the link to workshops statewide (virtual workshops are scheduled and can be joined from anywhere): <https://wihealthyaging.org/workshops>. MCDA will be developing a flyer that will have all virtual workshops for the fall that will be happening in Milwaukee County. We ask the WC to share that flyer. There is also going to be the opportunity to recruit participants for the Stepping On pilot in August. Wellness Committee members can share that flyer as well as soon as it is available. Judith expressed interest in helping out by being a part of the pilot.

#### **c. Discuss Wellness Committee Objectives (Gloria Miller)**

Gloria discussed the committee objectives. She asked how we strengthen the group and get the word out about our virtual meetings. Patricia Glover-Howard shared how she believes the older adult community is ready to get involved in programs because they have been isolated for so long.

Bekki will resend the bio on our new committee chairperson, Gloria Miller. It was in an introductory email sent out to the group on 5/19/2020.

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

Dan mentioned the importance of participation in the census. It matters because federal funding

is determined based on population counts; this includes a lot of activities and services that MCDA provides. He also talked about voting and the restrictive policies that have been put in place, to encourage older adults to register and participate in the voting process. Encourage them to vote absentee if they can. MCDA staff will be able to assist people in the voting process.

Gloria shared info on the Night& Day Band event on July 24 at 10am: Can watch livestream on [facebook.com/StAnnCenter](https://facebook.com/StAnnCenter)

Also, each Friday 10am-12pm during August, people can attend St. Ann Center for Intergenerational Care to walk the grounds and enjoy refreshments.

Bekki shared that MCDA will have an article in the next Milwaukee County Retiree Newsletter.

**IV. Adjournment:** Meeting adjourned at 3:00pm.

The next Wellness Committee meeting will be September 16 at 1:30pm and will be held virtually.

Respectfully submitted,

Jennifer Lefeber, Evidence Based Programs Coordinator

Bekki Schmitt, Community Programs Coordinator