

# A guide to Community Resources for Healthy Living

in Milwaukee County



# Introduction

# The 8 Dimensions of Wellness

Eight dimensions contribute to life quality at any age.

physical - spiritual - social - intellectual vocational - emotional - financial - environmental

The Wellness Council of the Milwaukee County Commission on Aging promotes information and activities that help people maintain independence and well being throughout their lives.

The resources in this guide are located throughout Milwaukee County and address a wide range of health and wellness topics that include all of the eight dimensions of wellness.

Inside, you will find contact information and lists of the types of programs offered at various agencies in our community. You can call the contacts provided for details on programs of interest.

You can also find quick web links to some community based agencies and learn more about the Wellness Council at our website: www.milwaukee.gov/help4healthyaging

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# Aurora Health Care

You can use an online search tool to find an event or class of interest to you at:

www.aurorahealthcare.org/events

### Classes and education

AARP Driver Safety Smoking cessation Stress management Asthma

Cancer Stroke

Cardiac Weight loss

**CPR** Women's health

and Nutrition Education Program Diabetes

Diet and Nutrition Living Well (Chronic Disease Self Management) Elder Care Psychological Management of Chronic Pain

Exercise and fitness Stride and Chat Walking Club

First aid and safety Stroke:

Money matters -Recognition, Treatment, and Recovery

Pain management

Sleep

### Screenings Blood pressure

Diabetes

Spinal (spine neck head)

# **Behavioral Health**

Alcohol and Drug Addiction

**Emotional Eating Therapy Group** 

Expressive Arts Studio

**Group for Problem Gamblers** 

**Outpatient Recovery Group** Women's Therapy Group

Women's Wellness Therapy Group

# Support groups

Diabetes

Kidney Cancer

Parkinson's Disease

Stroke

Transplant

-Heart and Lung

-Liver, Kidney, and Pancreas Prostate Cancer ("Us Too")

Women's Cancer Support Group

("All About Living")

# Other specialty services for seniors

#### **Aurora Adult Day Center**

Phone: 414-374-4000

#### Aurora Freedom 55+

Membership card that provides emergency medical information access. Quarterly newsletter, money-saving discounts, 24 hour nurse hotline, physician referral and many other benefits

Phone: 414-389-2555

#### **Aurora Geriatrics Institute**

Comprehensive, coordinated health care services to meet the diverse and changing physical, social and emotional needs of adults 65 years and older.

Phone: 414-219-7300

#### **Aurora VNA Home Health**

Phone: 414-327-2295 Toll Free: 800-862-2201

#### **Heart Failure Case Management**

Phone: 262-787-2760 Toll Free: 888-394-7650

#### **Home Health Monitoring**

Registered nurses provide the client with secure daily vital sign monitoring by a secure in-home device. Available in all areas

Aurora VNA serves. Phone: 414-327-2295

Toll Free: 800-862-2201 x5433

#### **MD.2 Personal Medication System**

Easy-to-use device that organizes, reminds, dispenses, monitors and safeguards daily medications.

Phone: 414-489-5514 Toll Free: 800-475-2413

# Columbia St. Mary's

Columbia St. Mary's offers several classes, events, tours and support groups every month. You can view their community events and classes as a calendar or search by category or name using an online search tool at:

www.columbia-stmarys.com/EventsClassesCalSearch.asp

### Classes and education

Acupuncture for allergies

Advance Directives and Planning

**Bariatric Center Exercise Classes** 

**Bariatric Center Information Classes** 

Behavioral Health

Burn prevention education (Regional burn center)

Cancer

CPR and First Aid

Diabetes

Diet and nutrition

Health and Wellness

**Heart Care** 

Knee and hip pain

Incontinence issues

Minimally Invasive Surgery

Management of nasal and sinus problems

Orthopedics and Rehabilitation

Osteoporosis

Pain management

**Prostate Cancer** 

**Smoking cessation** 

Substance Abuse

Stroke Awareness Tai Chi classes

# Support groups

Bariatric Center - pre/post operative

Behavioral Health

Brain injury

**Breast Cancer** 

Grief

Stroke

### Other Specialty Services of Columbia St. Mary's

### **Kacmarcik Education Resource Center**

The Kacmarcik Education Resource Center is a consumer health library and is a part of the health information network of the Columbia St. Mary's Medical Libraries.

Patients and family members may use internet-connected computers independently, or request a professional search for information on a specific topic. Information from the Center material is available to be photocopied at little or no cost.

The Health Education Resource Center provides a comfortable setting for those seeking credible, comprehensive health and healthcare information. Providing patients with the information that will enable them to make educated decisions and better manage the treatment and recuperative process is part of the philosophy that places patient care first at the Columbia St. Mary's.

For more information click here or please call the Kacmarcik Education Resource Center at (262) 243-7448.

# Froedtert & Medical College of Wisconsin

Froedtert & Medical College offers classes, community events and support groups aimed at promoting health and wellness. You can use an online search tool to find current events or classes of interest to you at:

www.froedtert.com/HealthResources/ClassesAndEvents (You will need to create a free account in order to register.)

Classes, events and support groups from both Froedtert & The Medical College of Wisconsin and Community Memorial Hospital are listed on this site. In most cases the classes are free of charge. Many feature physicians from the Medical College of Wisconsin. Classes are held in the Community Conference Center, 8700 Watertown Plank Road, Wauwatosa or at Small Stones, 17145 W Bluemound Road, Brookfield.

You can also call 414 805-3666.

The following list is a sample of the types of classes and events you can find through Froedtert & the Medical College:

### Classes and education

Cancer/cancer care
Ear nose and throat
Eye and Vision
Fitness and nutrition
Grieving and bereavement
Health and Wellness
Heart and vascular
Neurological conditions
Safety
Transplants
Weight loss bariatric surgery
Women's Health

# **Screenings**

Depression
Blood Pressure and Body Fat:
Nutrition Assessment:
Stroke Risk Assessment
Prostate Screening:
Cholesterol Screening

# Support groups

Alpha-1

ALS (Lou Gehrig's Disease)

Alzheimer's Disease Caregiver Support Group

**Autonomic Disorders** 

Bariatric Surgery - 1 Year Post-Op

Bariatric Surgery - Pre and Post Op

**Brain Tumor Support Group** 

**Breast Cancer** 

Cancer and Leukemia "Learning and Sharing"

CHADD (Families of Children with Attention Deficit Disorders)

Chronic Fatigue Support Group/Fibromyalgia

Crohn's and Colitis Foundation

**DBS Support Group** 

**Diabetes** 

**Epilepsy** 

Families of the Mentally III (NAMI)

Head and Neck Cancer

Heart and Lung Transplant Support Group

**Huntington's Disease** 

Insulin Pump

MDA/Muscular Dystrophy (Neuromuscular Disease)

Myasthenia Gravis

Ostomy Support Group (Milwaukee Illeostromy and Colostomy

Association)

Parkinson's Disease Support Group

Parkinson's Disease Caregiver Support Group

Peripheral Neuropathy

Polycystic Kidney Disease

Prostate Cancer (Us Too!)

Restless Legs Syndrome

Sjogrens Syndrome

Spinal Cord Injury Education and Support Group

Stroke Support Group

TOPS (Take Off Pounds Sensibly)

Victims of Violence Support Group

Young Onset Parkinson's Support Group

# Wheaton Franciscan

Wheaton Franciscan offers classes and community events aimed at promoting health and wellness You can use an online search tool to find an event or class of interest to you at:

www.mywheaton.org/patients/classes

or you may call Wheaton NurseDirect at 1-888-994-3286.

The following list is a sample of the types of classes and events you can find through Wheaton Franciscan:

### Classes and education

Coping with grief
Health Management tips
Health and Wellness:

- -Knee and Hip Pain Seminar
- -Reiki II Practitioner Training
- -Brain Jogging
- -Look Good, Feel Better
- -Diabetes Education Series
- -Foot Pain Seminar
- -Yoga

Medicare information
Memory Retention
Movement /Exercise
Safety / Injury Prevention
Senior Health
Spiritual Care
Smoking Cessation
Weight loss
Women's Health

# **Support groups**

Alzheimer's Association Caregiver Support

**Amputee Support Group** 

Bariatric - pre- and post-operative

Cancer

After Breast Cancer (ABC) for Seniors

Coping With Cancer

Losers For Life - for one-year post-operative bariatric surgery patients.

Pulmonary Rehabilitation

Pulmonary Rehabilitation - Harmon-I-CATS

-helps pulmonary patients exercise their lungs while making music with harmonicas.

Parent Grief Support Group

-for parents, family members and friends coping with the loss of an infant.

Stroke Support Group

### **Screenings**

Screenings are scheduled in the community at various locations. Some require advance registration or an appointment and there may be a fee.

# Other Community Based Providers

You may find health and wellness education, support, or services at the following local agencies.

Agency Name / Service	Contact Phone / Web site
Alzheimer's Association SE Wisconsin	1 - 800.272 - 3900 www.alz.org/sewi
Area Health Education Center (Milwaukee)	(414) 344 - 0675 www.milahec.org
Arthritis Foundation (Wisconsin Chapter)	(414) 321- 3933 www.arthritis.org
Core el Centro Natural alternative healing	(414) 384 - 2673 www.core-elcentro.org
Goodwill SE Wisconsin People with disabilities	www.goodwillsew.com (414) 353 - 6400
Gerald L. Ignace Indian Health Center Native American Community	www.indianhealthcenter.com (414) 383 - 9526

Agency Name / Service	Contact Phone / Web site
IndependenceFirst Resources on access for independent living	www.independencefirst.org (414) 291 - 7520
Interfaith	www.interfaithmilw.org
Older Adult Programs	(414) 291-7500
Luther Manor	www.luthermanor.org/community.asp
Senior Health and Wellness	(414) 464 - 3880
SAGE	www.sagemilwaukee.org
Seniors in the LGBT community	(414) 224 - 0517
St. Ann Center for Intergenerational Care	www.stanncenter.org (414) 977 - 5000
United Community Center	www.unitedcc.org
Latino community	(414) 384 - 3100 ext. 2855.
YMCA of Greater Milwaukee	www.ymcamke.org
Varied community programs	(414) 224 - 9622

# Milwaukee County Department on Aging

**WellnessWorks** is the name for Milwaukee County Department on Aging's Health, Wellness and Prevention Programs

# WellnessWorks Centers for Healthy Aging

You can find information on senior health and fitness at your local senior center.

Or visit one of Milwaukee County's senior fitness centers.

At fitness centers, seniors receive an assessment of their current fitness levels and advice on how to maintain or improve strength, flexibility and general fitness.

### FREE Fitness centers are now located at:

Washington Park Senior Center 4420 W. Vliet St.

**OASIS** 

2414 W. Mitchell St.

Clinton/Bernice Rose Senior Center 3045 N. Martin Luther King Dr.

**Grobschmidt Senior Center** 

2424 15th Ave. South Milwaukee

Wilson Park Senior Center

2601 W. Howard Ave.

WellnessWorks Fitness at Washington and OASIS Centers

Now include consultation and services of a licensed physical or occupational therapist

### For information on senior fitness contact:

WellnessWorks Fitness Program Manager **289-6352** 

email: fitnessprograms@milwaukeecounty.com

### **Senior Centers**

Physical Fitness and wellness are important parts of all Senior Center programs.

Five centers have fitness centers equipped with strength training and aerobic exercise machines. Students from the University of Wisconsin-Milwaukee staff the fitness centers on a rotating schedule to provide training on the equipment and consultation on workout routines.

Senior Meal Programs are offered at the centers and ethnic meals are also available at select sites.

Centers also sponsor a wide range of health related activities and education

Participation is free to Milwaukee County residents.

### For information on senior centers call:

Aging Resource Center of Milwaukee County **289-6874** 

### **Senior Meal Programs**

Good nutrition is an important part of healthy aging.

Milwaukee County seniors have two healthy eating options:

**Community Dining sites** serve nutritious balanced hot lunches at community dining sites around the County.

**Home Delivered Meals** promote independent living for homebound older adults through the delivery of a hot, nutritious noon meal Monday through Friday.

# For Senior Meal Program information call:

Senior Meal Program Assistant **289-6995** 

# Aging Resource Center of Milwaukee County

...providing information and assistance to **anyone** wishing to help people 60 years of age and older remain active, independent and connected to their communities.

# Regular business hours: M - F 7:00 AM - 6:00 PM

(24/7 for after hours/weekends - non medical emergencies)

When you call the Aging Resource Center, your questions and concerns will be answered by social workers who can link you with up-to-date information about a wide array of resources available in Milwaukee County.

The Resource Center also serves as the lead investigative agency for elder abuse investigations and crisis intervention.

Social workers are on call 24/7 to assist older adults who may be experiencing a non-medical crisis after normal business hours or on weekends.

Resource Center staff can also make referrals for services such as options counseling for long-term support, caregiver respite, transportation, home delivered meals and other community based services.

# Contact the Aging Resource Center of Milwaukee County:

Local: 414 - 289-6874

Toll free: 866 - 229-9695

TTY: 414 - 289-8591

Email: aging\_webinfo@milwaukeecounty.com

Website: www.milwaukee.gov/county/aging

For NON MEDICAL CRISIS after hours and weekends dial 211

For life threatening emergencies dial 911