Please join us for the 16th Annual Show Me Summit on Aging and Health, Missouri’s premier conference on aging, at the Chateau on the Lake Resort in Branson, Missouri, September 9-11, 2019.

Be a part of a dialogue that focuses on the opportunities and challenges facing Missouri’s senior population. You will make important business connections with leaders of the aging network.

⇒ The Summit will focus on five key topics: Professional Development, Innovation in Aging, Advocacy, Best Practices in Healthy Aging and Hot Topics.
⇒ Exhibit hall opportunities will showcase services, products, and information, and will include prize drawings.

**Keynote Speaker**
Sandy Markwood, CEO, National Association of Area Agencies on Aging (n4a)

**Special Guests**
Mike Kehoe, Missouri Lt. Governor
Jay Ashcroft, Missouri Secretary of State

**Plenary Session Speakers**
Autumn Campbell, Director, Public Policy and Advocacy, National Association of Area Agencies on Aging (n4a)
Paul Greenwood, Former Prosecutor, San Diego Office of the District Attorney
**Monday, September 9, 2019**

7:30 am  Registration

**8:00 - 12 noon**  
Missouri Senior Services’ Levy Fund Meeting  
(To register for this meeting contact Tina Uridge at Clay County Senior Services, 877-452-3297)

8:00 - 12 noon  Exhibitor Set-up

9:00 - 12 noon  Ma4 Board Meeting

9:30 - 11:30 am  ACL Chronic Disease Self-Management Education  
(For more information contact Cathy Boyer-Shesol at cboyer@marc.org)

12 noon - 5:30 pm  Exhibit Hall Opens

**1:00 - 3:00 pm**  
Opening Plenary Session  
SPONSORED by Aetna  
Dave Sykora, ma4 President; Mike Kehoe, Missouri Lt. Governor; Sandy Markwood, CEO, National Association of Area Agencies on Aging (n4a)

3:00 - 3:30 pm  Break to View Exhibits

3:30 - 4:30 pm  
Breakout Session #1  
PROFESSIONAL DEVELOPMENT  
“Every Team Needs a Coach”  
Jessica Macy, New Chapter Coaching

**INNOVATION IN AGING**  
“Level of Care Transformation Project”  
Kitty Engler, Missouri Division of Senior and Disability Services, Missouri Department of Health & Senior Services

**ADVOCACY**  
“Public Administration-Most Important Job Nobody Knows About”  
Carol Johnson, Dallas County Public Administrator, Missouri Association of Public Administrators

**BEST PRACTICES IN HEALTHY AGING**  
“Diabetes Management and Prevention”  
Becky McCarthy, MBA, PMP, Diabetes Lifestyle Change Project Manager, Missouri Department of Health & Senior Services; Dorothy Andrae, MHA, BSN, RN, CPHQ, Director of Clinical Operations-Government, Primaris

**HOT TOPICS**  
“Missouri Senior Food Insecurity Report”  
Michael C. Brewer, Missouri Division of Senior and Disability Services, Missouri Department of Health & Senior Services

5:00 pm  Reception and Dinner  
SPONSORED by Walgreens
**Tuesday, September 10, 2019**

7:00 am  
Registration

7:00 - 8:30 am  
Breakfast Buffet  
**SPONSORED by SGC Food Service**

7:00 - 4:00 pm  
Exhibits Open

8:30 - 9:00 am  
**Welcome**  
Dr. Randall Williams, Director, Missouri Department of Health & Senior Services

9:00 - 10:00 am  
**Morning Plenary Session**  
**SPONSORED by GA Foods**  
“Advocacy and Policy”  
Autumn Campbell, Director, Public Policy and Advocacy, National Association of Area Agencies on Aging (n4a)

10:00 - 10:45 am  
Break to View Exhibits

10:45 - 11:45 am  
**Breakout Session #2**  
**PROFESSIONAL DEVELOPMENT**  
“Social Isolation-CircleTalk Part 1”  
Cammie Cloman, CircleTalk

**INNOVATION IN AGING**  
“Generations United Together”  
Lori Smith, Executive Director, Palestine Senior Citizen Activity Center, Inc.

**ADVOCACY**  
“The Impact of Federal and State Tax Proposals”  
Lindsey Baker, Research Director, Missouri Budget Project

**BEST PRACTICES IN HEALTHY AGING**  
“Exploring Tai Chi for Health”  
Sheila Bassoppo-Moyo, Healthcare Coordinator, St. Louis Area Agency on Aging

**HOT TOPICS**  
“Dementia Friendly Kansas City”  
April Roy, Director, Kansas City Public Library; Deborah Shouse, The Creativity Connection; Ron Zoglin, The Creativity Connection

12:00 - 1:30 pm  
Luncheon  
**SPONSORED by Missouri SMP**  
Jay Ashcroft, Missouri Secretary of State

1:30 - 2:30 pm  
**Breakout Session #3**  
**PROFESSIONAL DEVELOPMENT**  
“Social Isolation-CircleTalk Part II”  
Cammie Cloman, CircleTalk
INNOVATION IN AGING
“Advancing a Network of Chronic Disease Self-Management Education”
Erika Saleski, Mid-America Regional Council; Beth Richards, Director, Missouri Arthritis and Osteoporosis Program; Travis West, Co-Chief, Bureau of Long Term Services and Supports, Home and Community Based Services, Missouri Department of Health & Senior Services

ADVOCACY
“Making the Census Count: How an Accurate and Complete Count Benefits Missouri Seniors”
Alexandra Rankin, Government Affairs Manager, Missouri Foundation for Health

BEST PRACTICES IN HEALTHY AGING
“Suicide Prevention in Older Adults”
Krissy Sinor, Facilitator, Springfield-Greene County Library; Tammy Flippen, Springfield-Greene County Library

HOT TOPICS
“Missouri Securities Division-Investments and Scams”
Todd Hurt, Manager, Vulnerable Citizens Services Unit, Securities Division, Missouri Secretary of State

2:30 - 3:00 pm  Break to View Exhibits

3:00 - 4:00 pm  Breakout Session #4

PROFESSIONAL DEVELOPMENT
“Keeping You Safe on the Job (SMART Training)”
Keith Feisel, Trainer, Division of Senior and Disability Services, Missouri Department of Health & Senior Services

INNOVATION IN AGING
“Building Multi-Sector Partnerships”
Casey Parnell, Project Manager, #HealthierMO; Jaci McReynolds, Communications Coordinator, #HealthierMO

ADVOCACY
“Understanding and Responding to Domestic Violence Victims”
Gail Reynoso, Member Services Specialist, Missouri Coalition Against Domestic and Sexual Violence

BEST PRACTICES IN HEALTHY AGING
“Dealing with Difficult Family Members”
Christine A. Alsop, Owner, The Elder & Disability Advocacy Firm of Christine A. Alsop, LLC

HOT TOPICS
“Boldly Leading: Missouri AAAs Respond to the Need for LGBT Inclusive Services”
Sherrill Wayland, SAGE; Dan Stewart, SAGE of PROMO Fund; Lisa Knoll, Aging Ahead; Anneliese Stoever, St. Louis Area Agency on Aging

5:00 - 10:00 pm  Optional Activities
There will be two buses running a continuous loop from The Chateau to the Branson Landing. This will be first come first served at pick up times. The last pick up at the Branson Landing will be at 9:30 pm. Transportation will be provided by OATS Transit.
Wednesday, September 11, 2019

7:30 am  Registration

7:30 - 8:30 am  Breakfast Buffet

8:30 - 9:30 am  Morning Plenary Session
SPONSORED by Aging and In-Home Services of Northeast Indiana, Inc.
Paul Greenwood, Former Prosecutor, San Diego Office of the District Attorney

9:30 - 10:00 am  Break

10:00 - 11:00 am  Breakout Session #5
PROFESSIONAL DEVELOPMENT
“The Language of Leadership”
Alex Cobb, Chief Human Resources Officer, SeniorAge Area Agency on Aging

INNOVATION IN AGING
“Heartfelt Matters”
Christine Thompson, Director of Field Operations, SeniorAge Area Agency on Aging; June Huff, SeniorAge Area Agency on Aging; Juli Jordan, Marketing and Development Director, SeniorAge Area Agency on Aging

ADVOCACY
“Adult Protective Services”
Tim Jackson, Section Administrator, Adult Protective Services, Missouri Department of Health & Senior Services; Michelle Humphrey, Aging Program Specialist, Missouri Department of Health & Senior Services; Amanda Veltrop, Aging Program Specialist, Missouri Department of Health & Senior Services

BEST PRACTICES IN HEALTHY AGING
“Trauma-Based Moral Injury and Complicated Grief in Aging”
Tommy Goode, DMin, President/Director, Moral Injury Institute, Inc.

HOT TOPICS
“We’re in This Together: Disaster Planning”
Marcia Davis, Disaster Response Coordinator, Missouri Department of Health & Senior Services; Melissa Friel, Duty Officer, Emergency Response Center, Missouri Department of Health & Senior Services

11:00 - 11:30 am  Ma4 Update

11:30 am  Box Lunch, Door Prizes and Final Announcements
OATS Transit will be running two buses on a continuous loop from The Chateau to the Branson Landing from 5:00 to 10:00 pm. This will be first come first served at pick up times. The last pick up at the Branson Landing will be at 9:30 pm. For a complete list of shopping and dining visit www.bransonlanding.com.

**Bass Pro Shops** White River Outpost located on the south end of Branson Landing, alongside beautiful Lake Taneycomo. This is one location that has it all, from Fishing, Hunting, Marine, Camping, Gifts, Boats, Clothing, a Marina and much more.

**Marble Gypsy** is located in the Uptown District on the South side of Branson Landing. The Marble Gypsy has a deep appreciation for all things unique and one of a kind, specializing in pottery, clothing, boots, jewelry and anything with a little western flair. They have put together a collection you will find nowhere else in the world.

**The Fudgey**, where employees who stir, turn and fold the fudge into a long loaf do more than whistle while they work, are famous for fudging show tunes and coaxing smiles.

**Tuning Element** products and energy bracelets are designed to work with our bodies to help us perform at our best. They positively affect the body when they come in contact with the skin by causing our cells to resonate in harmony with each other. Through biofield technology and sympathetic resonance, our energy bracelets will help you stay in Tune and balanced. We change lives through health, mobility and performance technology by helping to support LIFE!

**Versona** is a unique fashion destination for women’s apparel items! Versona is committed to high quality fashions at exceptional values, every day. They carry everything you need to complete your look including jewelry, handbags, shoes, belts, scarves, hair accessories, sunglasses, gift items, and more. Versona promises to be a fun and easy place to shop, where you can find the perfect accents to any outfit, no matter what the occasion.

**Kirkland’s Home** presents a broad selection of distinctive merchandise, including framed art, mirrors, candles, lamps, picture frames, accent rugs, garden accessories and artificial floral products. Our stores also offer an extensive assortment of holiday merchandise, as well as items carried throughout the year suitable for giving as gifts. We provide our customers an engaging shopping experience characterized by a diverse, ever-changing merchandise selection at surprisingly attractive prices.

At **Big Whiskey’s**, the friendly staff will make you feel right at home, with their amazing fare and the many TV’s strategically placed throughout the restaurant. Plus, you can even sit on the patio, as you savor their unforgettable creations and enjoy great views of the Branson Landing Promenade. Featuring everything from Appetizers, Salads, Wraps, Steaks, BBQ, pastas, Wings, Entrees from the Sea, Sandwiches, Soups, Sweets and Treats, you’re guaranteed to find something perfect for everyone. Plus, Big Whiskey’s also has a full service bar, including whiskey on tap and a Happy Hour!

**Cantina Laredo** serves authentic Mexican dishes in a sophisticated atmosphere. We offer daily fish specials, grilled chicken and steaks complemented by signature sauces such as chipotle-wine with portobello mushrooms or sautéed artichoke hearts and roasted red bell peppers.

**Pie Five** creates custom, personal pizzas with quality ingredients in only five minutes (Pie Five, get it?). Tell us your favorite crust, sauce, and toppings, and we’ll create and bake it in under five minutes for one price. Crazy, right? All you have to do is enjoy!

**Go! Calendars, Games & Toys** is a specialty retailer, offering the best selection of calendars in the known universe plus unique and family-favorite games and toys!

**Parakeet Pete’s Waterfront Zipline**, an opportunity to soar over Lake Taneycomo. The experience, designed for all ages begins at Branson Landing, where guests can be secured into a seat, similar to a ski lift chair, and lifted above and across the lake. Once across they will take in an amazing aerial view of downtown Branson while zipping back to their starting point at Branson Landing. Be the first to fly over Lake Taneycomo on the only picturesque urban zipline experience in Branson!
Name__________________________________________________________________________________
Organization ______________________________________________________________________________
Address __________________________________________________________________________________
City/State/Zip _____________________________________________________________________________
Phone ____________________________ Email __________________________________________________
Food Allergies _____________________________________________________________________________

## CONFERENCE FEES
(Check all items that apply - Prices include all meals and breaks)

<table>
<thead>
<tr>
<th></th>
<th>Before 8/10/19</th>
<th>After 8/10/19</th>
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<tbody>
<tr>
<td>Full Registration (9/9-11)</td>
<td>☐ $230</td>
<td>☐ $260</td>
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<tr>
<td>Monday Only (9/9)</td>
<td>☐ $105</td>
<td>☐ $115</td>
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<tr>
<td>Tuesday Only (9/10)</td>
<td>☐ $70</td>
<td>☐ $80</td>
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<tr>
<td>Wednesday Only (9/11)</td>
<td>☐ $60</td>
<td>☐ $70</td>
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## GUEST MEAL TICKETS
(Guests are not allowed access to any sessions)

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<tbody>
<tr>
<td>All Meals (Monday-Wednesday)</td>
<td>☐ $190</td>
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<tr>
<td>Monday (reception/banquet, and breaks)</td>
<td>☐ $70</td>
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<tr>
<td>Tuesday (breakfast, lunch and breaks)</td>
<td>☐ $65</td>
</tr>
<tr>
<td>Wednesday (breakfast, lunch and breaks)</td>
<td>☐ $55</td>
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Guest Name: ________________________________________________________________

## OPTIONAL ITEMS

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<table>
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<tbody>
<tr>
<td>Missouri Senior Services’ Levy Fund Meeting</td>
<td>☐</td>
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<tr>
<td>(Registration is separate, contact Tina Uridge, <a href="mailto:tina@claycoseniors.org">tina@claycoseniors.org</a>, 816-595-0087)</td>
<td></td>
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<tr>
<td>Certificate of Attendance</td>
<td>☐ $10</td>
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</tbody>
</table>

**TOTAL $ __________________**

Mail Registration and Payment To:
722 E. Capitol Avenue, Jefferson City, MO 65101
Phone: 573-634-2914
Fax: 573-635-7823
Email: abipadgett@embarqmail.com

Join the Discussion. Support the Mission.
### CONFERENCE SESSIONS

(please indicate which session for each time slot you will be attending)

<table>
<thead>
<tr>
<th>Time Slot</th>
<th>Professional Development</th>
<th>Innovation in Aging</th>
<th>Advocacy</th>
<th>Best Practices in Healthy Aging</th>
<th>Hot Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 3:30-4:30 pm</td>
<td>☐ Every Team Needs a Coach</td>
<td>☐ Level of Care</td>
<td>☐ Public Administration</td>
<td>☐ Diabetes Management</td>
<td>☐ Missouri Senior Food Insecurity</td>
</tr>
<tr>
<td>Tuesday 10:45-11:45 am</td>
<td>☐ Social Isolation-Part I</td>
<td>☐ Generations United Together</td>
<td>☐ The Impact of Federal and State Tax</td>
<td>☐ Exploring Tai Chi</td>
<td>☐ Dementia</td>
</tr>
<tr>
<td>Tuesday 1:30-2:30 pm</td>
<td>☐ Social Isolation-Part II</td>
<td>☐ Advancing a Network of Chronic Disease</td>
<td>☐ Making the Census Count</td>
<td>☐ Suicide Prevention</td>
<td>☐ Missouri Securities Division</td>
</tr>
<tr>
<td>Tuesday 3:00-4:00 pm</td>
<td>☐ Keeping you Safe on the Job</td>
<td>☐ Building Multi-Sector Partnerships</td>
<td>☐ Domestic Violence Victims</td>
<td>☐ Dealing with Difficult Family Members</td>
<td>☐ Boldly Leading</td>
</tr>
<tr>
<td>Wednesday 9:30-10:30 am</td>
<td>☐ The Language of Leadership</td>
<td>☐ Heartfelt Matters</td>
<td>☐ Adult Protective Services</td>
<td>☐ Trauma-Based Moral Injury</td>
<td>☐ We’re in This Together</td>
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</table>

### HOTEL RESERVATION

To make room reservations, please contact the Chateau on the Lake Resort at 1-888-333-5253 (LAKE) and ask for block “MA4” when making your reservations. A block of guest rooms is being held at a special rate of $104.00 for single or double. Lake Front Ambassador Suites are available for $199.00 a night. There is complimentary self parking for all guests. Reservations must be made by August 8, 2019 to receive the group discount.

**Chateau on the Lake Resort**
415 N. State Hwy 265
Branson, MO 65616

### MA4 POLICIES

Cancellation must be postmarked, emailed or faxed to ma4 by August 20, 2019. All cancellations will be charged an administrative fee of $25.00. No refunds will be made after August 20, 2019.

Attendees are responsible for making room cancellations (and for any associated fees related to late cancellations, no shows or early departures) directly with the Chateau on the Lake Resort.

Attendees may be photographed during the conference. These photos may be used for future promotions.

### CONTINUING EDUCATION

The CEU application for Nursing Home Administrators and Social Workers is pending.

### QUESTIONS

Catherine Edwards, PhD
Executive Director
Missouri Association of Area Agencies on Aging (ma4)
573-619-6185
cedwards@ma4web.org

**Conference Planners**
S & J Management Group
Sandy Boeckman
sandyboeckman@gmail.com
Abi Padgett
abipadgett@embarqmail.com
573-634-2914