



SHOW ME SUMMIT ON AGING AND HEALTH 2022

## WE ARE BETTER TOGETHER!

A joint conference by the Missouri Association  
of Area Agencies on Aging and Age Positive



## Welcome to the 2022 Show Me Summit on Aging and Health!

After a two-year pause, we are delighted to gather together in person for the 17<sup>th</sup> Show Me Summit on Aging and Health. Our theme this year is “We Are Better Together,” and we are proud to partner with Age Positive.

While the lessons from the Covid-19 crisis are still unfolding, we know the impact on older adults was devastating. That’s why this year’s Summit is so important as we come together with a spotlight on advocacy to improve the lives of adults who are aging and adults with disabilities.

Kathy Greenlee, appointed by President Obama as the Assistant Secretary of Aging at the U.S. Department of Health, will offer her wisdom and experience on the importance of sharing our voices; Kathy will provide information about the newly forming Missouri Council on Aging and how we can collaborate to make Missouri a place where we can all age with dignity.

Back by popular demand, Paul Greenwood will draw upon his 22 years of prosecuting elder abuse crimes to emphasize the need for a multi - disciplinary approach and will provide examples of how working together can overcome the barrier of silence to provide justice for older adults.

When we come together in a spirit of collaboration, communication and cooperation, great things happen! Thank you for joining us this year as we are all Better Together!

Our sponsors and exhibitors are a very important part of the success of our Summit. Thanks to all of them. Be sure to spend time with them to learn more about products and services that are available.

Enjoy the Summit,

Lana Johnson  
MA4 President  
Executive Director, Aging Matters



**MISSOURI ASSOCIATION OF AREA AGENCIES ON AGING | ma4 |** is the leading voice for service, information, and advocacy to improve the lives of older Missourians. We advocate at the local, state, and federal level for services and supports to enhance the lives of older adults. ma4 is the statewide association of Area Agencies on Aging (AAAs), which together provide nearly \$1 billion worth of services annually to adults 60+ in every county in Missouri. Services include nutrition, home delivered meals, wellness, chronic disease management, home modification, care transitions, transportation, social connectedness, caregiving, in-home and personal care services, Medicare options counseling, legal services, ongoing learning, and many other services intended to help adults age in the place they call home.



**AGE POSITIVE: Ideas for an Age-Friendly Future** is an annual conference that offers a forum for innovative program idea to professionals and volunteers working in senior centers, community centers, libraries, park districts and other venues that offer programming for older adults. Hosted by a partnership of regional organizations, this is the 7th annual Age Positive conference.

**OUR JOINT NETWORK** includes expertise reaching adults age 60+, including special populations such as hard-to-reach older adults, adults living with chronic medical conditions, caregivers, rural and urban populations, and more. Thank you for joining us this year as we celebrate: **We Are Better Together!**



**Missouri Department of Health and Senior Services**

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RELAY MISSOURI for Hearing and Speech Impaired and Voice dial: 711

**Paula F. Nickelson**  
Acting Director



**Michael L. Parson**  
Governor

September 2022

Dear Friends:

Welcome to the 17<sup>th</sup> Missouri Show Me Summit on Aging and Health after a two-year pause. The Department of Health and Senior Services is proud to collaborate with the Missouri Association of Area Agencies on Aging, to bring you this year's presenters.

As in years past, a cadre of aging network professionals is working to increase awareness of the ongoing opportunities and challenges facing Missouri's seniors through motivating topics and workshops. This year's conference highlights the importance of advocacy to improve the lives of all seniors in Missouri. We are pleased to announce the keynote speaker is Kathy Greenlee, senior director for Elder Justice Initiatives for ADvancing States, the national organization of state agencies on aging, disability and Medicaid home and community-based services. With over two decades of experience in the development and delivery of programs within the aging and disability network, Ms. Greenlee can provide us with excellent insight and information on the importance of advocacy and partnerships at the local, state and national levels.

As the senior population continues to grow and face new challenges, we are called to take action and find a dedicated approach to promote cost-effective programs that meet a growing need for services and preserve fiscal stability. By finding ways to strengthen community options, we make it possible for older adults to age well and safely in the community setting of their choice.

Thank you for attending this year's Summit. We encourage you to join the discussion and remember "We are stronger and Better Together!"

Sincerely,

Paula F. Nickelson  
Acting Director

**HEALTHY MISSOURIANS FOR LIFE**

The Missouri Department of Health and Senior Services will be the leader in promoting, protecting and partnering for health.

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

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Sept. 12–14, 2022 • Intercontinental Kansas City on the Plaza

## CONFERENCE SCHEDULE

### MONDAY, SEPTEMBER 12, 2022

7:30-12:00 PM	MoALSO Levy Board Meeting	
8:00-12:00 PM	Exhibitor Set-up	
11:00 AM	Registration	FOYER OF SALON 2,3
9:00-12:00 PM	MA4 Board Meeting	
12:00-5:30 PM	EXHIBIT HALL OPENS	
1:00-2:30 PM	<b>OPENING PLENARY SESSION</b>	SALONS 2 AND 3
	<b>WELCOME</b>	
	<b>Lana Johnson, President, ma4 and Executive Director, Aging Matters</b>	
	<b>Keynote – Kathy Greenlee: Advocacy: Voice is Power</b>	
	The best advocates are trusted, smart, steady, helpful, resourceful, and passionate. They believe in mission and in people. A great advocate understands their voice matters.	
	Kathy Greenlee, J.D., ADvancing States, <b>previously</b> served as the U.S. Assistant Secretary for Aging and Kansas Secretary for Aging. She is a public policy expert in aging with 25 years of public service experience.	
2:30-3:00 PM	<b>BREAK TO VIEW EXHIBITS</b>	Salons 2 and 3 and Foyer
3:00-4:00 PM	<b>BREAKOUT SESSION #1</b>	
	<b>Advocacy 101: Engaging Policymakers</b>	<b>Rooftop Ballroom, 12<sup>th</sup> floor</b>
	From increasing reimbursement rates to aging in place to affordable housing, policies matter for older adults and the communities in which they live. Whether at the local, state or federal level, nonprofit organizations can and should play an important role in identifying and advocating for policies that support their community. And yet, many organizations don't. This workshop will clear up many of the myths around nonprofit advocacy and give participants the know-how and confidence to advocate. Attendees will learn the three most important ingredients for successfully engaging policymakers as well as pitfalls to avoid. his workshop is relevant to all board, staff and volunteers affiliated with nonprofit organizations that provide services to older adults – and desire a basic understanding of advocacy efforts, and strategies to design an advocacy program for your organization.	
	<b>Jessica Hembree, Platform Civic</b>	
	<b>Advocacy 201: Next Level Advocacy</b>	<b>Rooftop Bar, 12<sup>th</sup> floor</b>
	Discover strategies, lessons learned, and next level advocacy from an experienced statewide coalition. Members of the Kids Win Missouri team will share insights on policy and advocacy from the perspective of this successful statewide coalition. Attendees will learn about the principles and strategies that have the guided the organization in advancing policies and systems changes to support children and families.	
	<b>Brian Schmidt, Joe Gallant, Casey Hanson, Kids Win Missouri; Tracy Greever Rice, Missouri University</b>	
	<b>Life Care Planning: Who is Going to Take Care of My Loved One When I am Not Around</b>	<b>Plaza Room Room,12<sup>th</sup> floor</b>
	Envisioning a day when you need help OR you will not be around to take care of your loved one (an older adult, an individual with intellectual and developmental disabilities, or a person with mental illnesses) can be terrifying. Learn the Five Elements of a Life Care Plan and the Step-by-Step Planning Process that will assure the best care and community for your loved one: Health Care Advocacy, Housing, Financing, Legal and Family/Community. Also includes essential estate planning provisions and optional Living Trust and Special Needs Trust provisions maximizing safety, care, community, and financing. The reality is that something could happen at any moment to leave you or your loved one at risk. It's more than simply an estate plan, it's a Life Care Plan.	
	<b>P. Glen Smith, Lifescape Law; Melissa Hardin, Lifescape Law; McGovern “Meg” Bergner, Lifescape Law</b>	
4:00-4:15 PM	<b>BREAK TO VIEW EXHIBITS</b>	Salons 2 and 3 and Foyer

<b>4:15-5:15 PM</b>	<b>BREAKOUT SESSION #2</b>	
	<b>Panel Discussion: Informing Advocacy: Leveraging Data to Drive Impact for Aging Adults</b>	<b>Plaza Room, 12<sup>th</sup> floor</b>
	Discover new resources for data on older adults in Missouri; Dr. Greever Rice, Missouri University, will announce the new, updated Missouri Senior Report with expanded info including social determinants of health indicators. Dr Baker will share the all-new MO Budget Dashboard with funding info for aging services. Learn what we can know about older adults through data and analysis and how to leverage this to successfully advocate for the needs of older adults in Missouri. <b>Kathy Greenlee, Chair; Presenters: Tracy Greever Rice, PhD, Missouri University; Lindsey Baker, PhD, MO Budget Project; Nicole Lynch, VOYCE; Jay Hardenbrook, AARP</b>	
	<b>Identifying Secondary Trauma and Self-Care</b>	<b>Rooftop Ballroom, 12th floor</b>
	Discover how to identify the secondary trauma workers are exposed to and the importance of self-care. We will discuss the everyday stressors as well as the new stressors being faced during the pandemic. Strategies for promoting self-care including self-assessment tools, mindfulness and meditation will be discussed as well as techniques to become more stress resistant and promote a healthy work/life balance. <b>Robin Pendleton, DHSS – Adult Protective Services</b>	
	<b>Planning for Good Life with Assistive Technology</b>	<b>Rooftop Bar, 12<sup>th</sup> floor</b>
	In learning about the LifeCourse framework and tools, you will have strategies to organize your ideas, visions, and goals. We will also strengthen your everyday knowledge on how to navigate and advocate for assistive technology supports. With these immediate use ideas, our goal is to help you fulfill your right to live, love, work, play and pursue your life aspirations. <b>Sheli Reynolds, UMKC; David Baker, MO Assistive Technology</b>	
<b>6:00 PM</b>	<b>RECEPTION AND DINNER</b>	<b>Salons 2 and 3</b>

## TUESDAY, SEPTEMBER 13, 2022

<b>7:30 AM</b>	<b>REGISTRATION</b>	<b>Foyer of Salons 2 and 3</b>
<b>7:30-8:30 AM</b>	<b>CONTINENTAL BREAKFAST</b>	<b>Salons 2 and 3</b>
<b>7:30 AM-4:00PM</b>	<b>EXHIBITS OPEN</b>	<b>Salons 2 and 3 and Foyer</b>
<b>8:30-8:45 AM</b>	<b>WELCOME</b> <b>Diana Hoemann, Executive Director, Care Connection for Aging Services</b> <b>Dr. Laura Naught, Deputy Director</b> <b>Missouri Department of Health and Human Services</b>	<b>Salons 2 and 3</b>
<b>9:00-10:00 AM</b>	<b>MORNING PLENARY SESSION – Paul Greenwood</b> <b>TOGETHER – We CAN Put the Spotlight on Elder Abuse: A crime too often operating in the shadows</b> Elder Abuse has been called the crime of the 21st century with good reason. Paul Greenwood will draw upon his 22 years of prosecuting such crimes to emphasize the need for a multi - disciplinary approach and will provide examples of how working together can overcome the barrier of silence to provide justice for older adults. Working in silos is often counter - productive; but when we come together in a spirit of collaboration, communication and cooperation, great things happen! <b>Paul Greenwood, Greenwood Law</b>	<b>Salons 2 and 3 – Presented Virtually</b>
<b>10:00-10:15 AM</b>	<b>BREAK TO VIEW EXHIBITS – *Door Prizes Announced</b>	<b>Salons 2 and 3 and Foyer</b>
<b>10:15-11:15 AM</b>	<b>BREAKOUT SESSION #3</b>	
	<b>The Importance of Mental Health for Older Adults</b>	<b>Plaza Room, 12th floor</b>
	The older population is often neglected when it comes to mental health—and it is often overshadowed by the importance of physical health. However, they are equally important. Upon retiring, it becomes more perceptible that older adults lack the resources and education that is necessary to discern potential mental health conditions (or a situational mental health crisis). This could easily be avoided, and it starts here. <b>Katie Andrews, Missouri Mental Health Foundation; Tynesha Hardin, Missouri Mental Health Foundation</b>	
	<b>Addressing Loneliness and Social Isolation with a Circle of Friends</b>	<b>Rooftop Ballroom, 12th floor</b>
	This presentation introduces definitions, prevalence, risk factors, and the social and physical and mental health impacts of loneliness and social isolation on older adults. Assessment and intervention strategies will be presented for application in practice settings. Current interventions to address the issues of loneliness and social isolation in older adults with an overview one non-pharmacological evidence-based intervention, Circle of Friends, developed and validated in Finland over two decades ago. The intervention is shown to decrease the loneliness, social isolation, and the associated physical and mental health challenges. Saint Louis University is the first organization in the U.S. to provide training for this intervention. Participants will have the opportunity to consider ways in which these interventions can be integrated into their own practice settings. <b>Marla Berg-Weger, PhD, LCSW, St. Louis University</b>	
	<b>Continuing the Conversation-Shifting the Focus</b>	<b>Rooftop Bar, 12th floor</b>
	We will discuss where we are as a nation and state in preparing older adults for emergencies and disasters, the changing demographics of our older population, what makes older adults more vulnerable during emergencies and how your agency can continue the conversation of creating a culture of self-sufficiency. <b>Marcia Davis, DHSS</b>	

11:15-11:30 AM	<b>BREAK TO VIEW EXHIBITS – *Door Prizes Announced</b>	<b>Salons 2 and 3 and Foyer</b>
11:30-12:30 PM	<b>BREAKOUT SESSION #4</b>	
	<p><b>Make a Plan to Age Well in Place</b>          If you are interested in how to make sure you can stay living in your own home for as long as possible this is the session for you. If you are a provider that wants to know more about how to educate your patients or clients on how to help them be more independent in the house or apartment, then this session is also for you! Join a seasoned occupational therapist as she educates you on ways to make living in place a reality.  <b>Brandy Archie, AccessAble Living</b></p> <p><b>Achieve More through Strategic Collaboration -Interagency Partnerships</b>  <b>Maximize Resources and Outcomes</b>          How can we be better together? How can we do more good for more people, more efficiently? Collaborative partnership. How can aging and disability network programs avoid duplication, fill gaps, address unmet needs in the social safety net, and ensure that Missourians maximize their benefits to achieve a healthier Missouri? In this interactive session, we will focus on partnerships, both formal and informal, that can lead to healthier aging including approaches to partnership, best practices, and lessons learned. Hear our panel share specific examples of formal and informal partnerships and the attributes that make them effective. Explore starting new partnerships and reinvigorating more established partnerships. Come with your questions and your own “pro tips” to share.  <b>Scott Miniea, MO Connections for Health; Anneliese Stoever, STLAAA; Janet Baker, KC Shepherd's Center</b></p> <p><b>Dignity Through Music: Community Music for Older Adults</b>          Communities are beginning to see music groups designed especially for people with diagnoses such as Alzheimer's and Parkinson's disease. People with these designated diagnoses come together, along with their care partners, for the purpose of making music, often with the goal of performing for the wider community. Music therapists structure rehearsals to meet the unique needs of participants. A Parkinson's choir includes focus on posture and vocal exercises to help people with Parkinson's maintain and improve vocal function. A group for people with dementia includes a slower pace, more written and verbal memory cues, and opportunities for reminiscence, as well as abundant understanding of life with dementia shared with the other groups members. Participants benefit from the camaraderie and joy of making music, and the wider community benefits also. These performances are an opportunity to tell the story of people living with that diagnosis. These performances also help to normalize and destigmatize life with long-term illnesses so people living with that diagnosis can live with dignity to the end of life. Hear about two successful programs in the Kansas City area - the Parkinson's Choir and the Alzheimer's Association Jam Session - and be inspired to grow programs in your own community.  <b>Rachelle Morgan, Soundscaping Source</b></p>	<p><b>Rooftop Ballroom, 12th floor</b></p> <p><b>Plaza Room, 12th floor</b></p> <p><b>Rooftop Bar, 12th floor</b></p>
12:30-1:30 PM	<b>BUFFET LUNCHEON - Welcome Remarks, Jennifer Shotwell</b> <b>-MA4 Announcements, Julie Peetz</b>	<b>Salons 2 and 3</b>
1:45-2:45 PM	<b>BREAKOUT SESSION #5</b>	
	<p><b>Clay &amp; Platte Counties Collaborating on Falls and Falls Prevention and How We Get it Done!</b>          What is a Fall? What are the risk factors for falls? Where and why, we fall. How we can help reduce/prevent falls as we age. Developing programs to get the message out to our 50+ moving forward population. How Clay &amp; Platte Counties have successfully collaborated to develop and create programs and special events around falls and falls prevention.  <b>Kathy Armitage, YMCA of Greater Kansas City</b></p> <p><b>Cognitive Stimulation Therapy for Persons with Dementia</b>          Cognitive Stimulation Therapy (CST) is an evidence-based, non-pharmacological clinical intervention for persons with mild to moderate dementia. This presentation will introduce participants to CST, its history, development, key principles, and implementation. Designated as the North America CST Training Institute, Saint Louis University is the first organization in the U.S. to provide training and certification for facilitation and training for this intervention. Participants will learn about the protocol for initial and maintenance sessions and settings in which CST can be effectively delivered.  <b>Max Zubatsky, St. Louis University</b></p> <p><b>Remember When: Conducting Reminiscence Groups with Older Adults</b>          Reminiscing can be a powerful tool in improving quality of life for older adults. Benefits include: building interpersonal connections, reducing feelings of isolation, building self esteem, resolving conflicts and fears, reducing symptoms of depression and anxiety, and preserving stories and memories for future generations. Reminiscing can be done naturally in a one-on-one setting or in a more structured way in groups. Examples of both will be discussed. Step-by-step instructions on how to plan and carry out reminiscence groups will be shared.  <b>Tami Hurst, Roya Mortazavi, Olathe Public Library</b></p>	<p><b>Plaza Room, 12th floor</b></p> <p><b>Rooftop Bar, 12th floor</b></p> <p><b>Rooftop Ballroom, 12th floor</b></p>
2:45-3:15 PM	<b>BREAK TO VIEW EXHIBITS – *Door Prizes Announced</b>	<b>Salons 2 and 3 and Foyer</b>
3:15-4:15 PM	<b>BREAKOUT SESSION #6</b>	
	<p><b>Caring Café: Creating Shared Space for Caregivers and Loved Ones</b>          We live in world that tends to silo individuals based on distinctions and differences. Caring Café is a model that focuses on coming together by emphasizing our common ground. Learn about the background of this model, the benefits of an inclusive approach, and ways to promote emotional safety while combating ageism.  <b>Becky Franklin, Tri-County Mental Health; Dianna Englander, Northland Shepherd's Center</b></p>	<b>Plaza Room, 12th floor</b>

**Program Share Roundtable****Salons 2 and 3**

The best thing about attending a conference is having real tangible ideas to take back and implement in your work. Attend this roundtable to share your best program, customer service tip, marketing idea, speaker or entertainer you booked and more with your colleagues. All information shared will be collected, compiled and distributed to attendees. If you attend this session, come prepared to share the best of the best you've provided!

**Michele Alexander, Johnson County KS Parks and Recreation**

**A Quilt to Cover Caregiving and Caregivers****Rooftop Ballroom, 12th floor**

A Quilt to Cover Caregiving and Caregivers will focus on resources and strategies to support caregivers in Missouri. We will look at in person, traditional, and online resources for professions and caregivers that can help people navigate their role as a family caregiver. Participants will pool their knowledge and ideas in interactive table discussions as well as receive free AARP resources specific to Missouri and available nationally. There are many pieces to the resources for caregiving and caregivers. Like the community tradition of coming together to create a quilt, this session will help us put the pieces together to create a blanket of available resources and supports to improve the lives of caregivers and the loved ones they care for.

**Diane Hall, AARP**

**Supporting LGBTQ+ Older Adult Missourians: Planning, Outreach, and Services****Rooftop Bar, 12th floor**

The Aging Network plays a critical role in delivering services to older adults across Missouri, yet LGBTQ+ older adults often feel left out of these services. An estimated 55,000+ older Missourians identify as LGBTQ+. Many LGBTQ+ older adults do not access critical social aging services because they do not feel welcomed and fear discrimination. What can your organization do to improve LGBTQ+ older adult outreach, so LGBTQ+ older Missourians know that they are welcomed and supported by your organization? Join this presentation to learn of tools and resources to assist your organization in LGBTQ+ inclusivity through planning, outreach and services.

**Sherill Wayland, SAGE; Anne Krause, PROMO Missouri**

**4:30-5:00 PM****BONUS LIGHTNING ROUND: BREAKOUT #7****Missouri State Plan on Aging: Outreach, Summary, and Tools****Rooftop Bar, 12th floor**

A conversation with DSDS about outreach and Missouri's State Plan on Aging. DSDS has made a concerted effort to reach older adults across Missouri to receive input about the next State Plan on Aging. This effort has included virtual and in-person outreach across the state. See the tools that DSDS used to reach older adults and learn how you can use the tools in your communities. Hear who responded and what they had to say.

**Jordanna Mcleod, DSDS**

**Missouri SMP – Fraud Fighting takes Teamwork****Salons 2 and 3**

The Medicare program is losing approximately \$7 million/hour to fraud, waste, and abuse. This session will focus on why Medicare fraud is a problem, the current scams that are targeted at stealing Medicare dollars, and how we can work together to preserve this valuable resource. Demonstrations will include an interactive game, an online game, and other tools that have been developed to provide education and outreach.

**Rona McNally, Care Connection**

**Case Study in Innovation: From Platform Dependence to Data Freedom****Plaza Room, 12th floor**

MARC's Aging and Adults Services Department has successfully used platforms such as SharePoint to assess and manage clients funded through the Mid-America Community Support Network, a community care hub that integrates health and social care. To provide the best level of service for our federally funded clients, we embarked on a project to migrate key workflow tasks to SharePoint. Original workflows relied on emails, PDFs, and duplicative data entry. Adopting a new data stance to innovate with focused platforms streamlines many processes and creates opportunities for automation. We're also able to use client data for improved planning service deployment. Attend this session for a case study in how AAAs can identify and deploy new tools for improved data sophistication within their organization.

**Nicolette Wallis, MARC; Kayla Hower, MARC**

**Volunteers: The Best Kind of Human Resources****Rooftop Ballroom, 12th floor**

Volunteers add so much to an organization's programs. Many of us simply cannot fulfill our mission without the aid of volunteers. This workshop is designed to help you build and sustain a strong volunteer program. We will examine some of the current difficulties associated with volunteerism (Hello: Covid?). We will also look at some unique opportunities available to organizations right now in this arena. The organization that will succeed in the very near future is the organization that will best recruit, train, and retain volunteers. You want to be that organization. This session will help you accomplish that goal.

**Dr. Alex Cobb, SeniorAge**

**5:00 PM +****OPTIONAL ACTIVITIES ON YOUR OWN****5:30 PM****\*\*NEW: JOIN US FOR ZUMBA IN THE ROOFTOP BALLROOM****Rooftop Ballroom, 12th floor****WEDNESDAY, SEPTEMBER 14, 2022****7:30-8:30 AM****CONTINENTAL BREAKFAST****Salons 2 and 3****7:30 AM-12PM****EXHIBITS OPEN****Salons 2 and 3 and Foyer**

<b>8:00- 8:15 AM</b>	<b>WELCOME REMARKS - DOOR PRIZES - Must be present to win!</b>	<b>Salons 2 and 3</b>
<b>8:30-9:30 AM</b>	<b>BREAKOUT SESSION #8</b>	
	<b>APS: Missouri's Response to Adult Abuse, Neglect &amp; Exploitation</b>	<b>Salons 2 and 3</b>
	Missouri's Adult Protective Services (APS) agency receives over 41,000 reports of abuse, neglect, and exploitation of vulnerable Missourians each year. Learn about how Missouri's APS staff responds to these reports and what kind of assistance is offered to the elderly or disabled individuals.	
	<b>Tim Jackson, Section for Adult Protective Services; Kristi Siler, Protective Services Unit; Jerry Greene, Central Registry Unit &amp; Special Investigations Unit</b>	
	<b>Elder Abuse- Fraud, Scams</b>	<b>Rooftop Ballroom, 12th floor</b>
	Special Agent Aaron Volk will discuss elder financial abuse and ways to protect elderly in our community. Content includes latest statistics, common elderly frauds, and how to recognize, prevent, and report abuse.	
	<b>Aaron Volk, FBI</b>	
	<b>Finance Options for Helping Older Adults Age in Place</b>	<b>Rooftop Bar, 12th floor</b>
	According to AARP, 90% of seniors want to age in place. Yet, the supportive services needed are not covered by Medicare and funding from the Older Americans Act has remained flat. Missouri law, however, provides counties with a tool to fund a broad array of services that enable older adults to remain in their homes as long as possible. Called Senior Services Funds, these property tax levies are enacted on a county-by-county basis with voter approval. Currently 54 counties utilize these funds to support transportation, meals and other essential services. This session will feature information about assistance available to counties through a new organization, the Missouri Association of Levy Boards and Senior Organizations (MoALSO), and present the steps needed to ensure successful passage of a senior levy in your community.	
	<b>Tina Uridge, Clay County Seniors, Moderator: Panelists: Jamie Opsal, St. Louis City Senior Fund; Debbie Gwin, Platte County Senior Fund; Laura Loyacono, The Penman Group</b>	
	<b>Planning For Long-Term Care - Healthcare Decisions, Asset Protection, &amp; Medicaid Eligibility</b>	<b>Plaza Room, 12th floor</b>
	Getting started can be the hardest step to planning for life as aging and disability may affect one's daily life. It may begin with a conversation with a loved one, chatting with a friend whose spouse has received a new health diagnosis, or contacting a professional to ask for advice. The roads of aging and disability may appear daunting, but with advanced planning, one can ensure that their healthcare and financial needs and desires are met. In this presentation, Niki Piskuric, JD will offer insight and information on such topics as Wills & Trusts, Advance Directives, Healthcare Proxies, Durable Powers of Attorney for Finances & Healthcare, Guardianship, Probate, & Qualifying for Medicaid and other government benefits. A question & answer period will follow the presentation.	
	<b>Niki Piskuric, JD, Shepherd Elder Law Group</b>	
<b>9:30-9:45 AM</b>	<b>BREAK TO VIEW EXHIBITS</b>	
<b>9:45-10:45 AM</b>	<b>BREAKOUT SESSION #9</b>	
	<b>The Importance of Keeping Our Aging Population Moving and Active for Life</b>	<b>Plaza Room, 12th floor</b>
	This presentation will provide a positive outlook on the aging process and the importance of staying socially connected and physically active so that the aging population has the ability and opportunity to age in place and live life upbeat with control of movement and functionality. This offers opportunities for AAA's to significantly improve quality of life for older adults. Virtual programming of exercise classes and educational classes (initially because of Covid) has been a lifesaver for the aging population to combat social isolation, loneliness and being sedentary. Now we have centers open and can offer live classes, hybrid (zoom and live) classes, and purely virtual classes. Evidence based classes allow for exercise instructors to get to know their participants and reach out to them through class time, emails, or separate zoom calls to answer questions and offer friendly support. By broadening the activities that are offered at centers, we can turn senior centers into social gathering places that are attractive to our aging allowing them to age in place virtually from their homes and in-person at senior centers. Participants will be able to participate in an example exercise class.	
	<b>Teresa Etters, Care Connection</b>	
	<b>Addressing COVID-19 Vaccination and Testing Needs Among Seniors Who Receive HDM</b>	<b>Rooftop Bar, 12th FL</b>
	Homebound seniors who receive meal delivery services were identified as a vulnerable population with difficulty accessing COVID-19 resources. The St. Louis Area Agency on Aging (SLAAA), Washington University, and St. Louis Senior Centers collaborated to address COVID-19 vaccination and testing needs for older adults in St. Louis City. SLAAA made outreach calls to assess vaccination status and offer assistance including: appointment scheduling, transportation, and arranging in-home vaccination. Additionally, COVID-19 self-test kits were delivered by local senior centers with meals in May 2022. Some seniors completed a follow-up survey during which they could order additional self-test kits and request vaccination assistance. Over 2000 seniors in St. Louis City were reached by these programs. Washington University evaluated both programs to determine best practices.	
	<b>Anneliese Stoever, STLAAA; Matt Elmore, FiveStar Senior Center, John Zakibe, STLAAA</b>	
	<b>Home Modifications: Keeping Individuals Safe and Independent in their Homes</b>	<b>Salons 2 and 3</b>
	With the in-home worker shortages getting worse and the number of natural caregivers starting to decline, the aging network must seek out new and innovative ways to keep older adults and adults with disabilities safe and independent in their own homes. One way is to help older adults and adults with disabilities complete home modifications or repairs which will enable them to live safely and independently in their homes. From handrails, to ramps, to stairlifts, roll-in showers, or even widening doorways, making the home safe and accessible can allow individuals to remain safe, give them a great sense of independence, and help them remain in the location they want to be in.	
	<b>Mindy Ulstad, DHSS; Shelly Brown, DMH; Rena Cox, DHSS; Jennifer Braun, DHSS</b>	

**Nutrition Counseling: Who needs it? When? And Why?****Rooftop Ballroom, 12th floor**

This session will introduce you to the tools you need to complete nutrition counseling for your clients, including identifying and assessing nutrition risks, effective counseling and education, and monitoring for improved outcomes.

**Brooke Grubb, Aging Ahead; Rochelle Hill, St. Louis Area Agency on Aging**

**10:45–11:00 AM****BREAK TO VIEW EXHIBITS****11:00-12:00 PM****BREAKOUT SESSION #10****Respecting Patients' Values When Goals Shift to Palliative Care****Rooftop Ballroom, 12th floor**

For many older adults and their families, goals of care discussions don't take place when they should. Too often conversations about advancing chronic conditions occur after a crisis event, when discussions about what's most important is defined by medical treatments rather than a focus on values, meaning, and purpose in life. This session introduces the often-unfamiliar language of palliative care that can benefit anyone living with an older adult whose goals in life and focus on living to fullest should govern and guide shared decision making among family and caregivers.

**John Carney, Center for Practical Bioethics**

**Addressing Homecare Workforce Crisis: Innovations in Consumer-Directed Services****Salons 2 and 3**

The in-home care agency industry has grappled with chronic staffing shortages in recent years. The Missouri Department of Mental Health reports that nearly 77% of people who started in the field in 2019 ended up leaving, with low pay and the uncertainties of the pandemic the suspected reasons. Facing problems in our region with agencies' lack of workforce, many older adults have struggled to find care and risk long-term care placement. To remedy this situation, MARC has developed a consumer-directed model of providing in-home care to older adults. Attend this session to learn from our launch and implementation of a CDS approach to in-home services!

**Shannon Halvorsen, MARC; Kayla Hower, MARC**

**Positive Aging and Sexual Health - Sex Never Gets Old****Rooftop Bar, 12th floor**

This session aims to share information related to understanding sexual health in our aging population. This session will address stigma, understanding, advocacy, and the importance of sexual health for older adults.

**Matthew Swango, DHSS, Marie Pulkrabek, RN, Director of HIV Case Management**

**Making Social Media Work for You****Plaza Room, 12th floor**

Many think our seniors can't be reached through social media. Is this an assumption or a fact? Regardless, it needs to be worth your time. Social media can be a burden, but often with a little guidance it can quickly become your easiest blessing. Learn basic techniques for running successful social media accounts targeted at older Missourians. Whether you're a pro or a first-time user, you can always learn something new from a fellow marketer!

**Matt Elmore, Five Star Center**

## KEYNOTE SPEAKER

**Kathy Greenlee, J.D.**, Kathy Greenlee is a former government official with twenty-five years of federal and state experience. From 2009 to 2016, she served as Assistant Secretary for Aging at the U.S. Department of Health & Human Services, a position to which she was appointed by President Barack Obama. Prior to leaving for Washington, Kathy worked 18 years in Kansas state government. She was the Kansas Secretary for Aging for then-Governor Kathleen Sebelius. Kathy is currently Senior Director for Elder Justice Initiatives for ADvancing States, the national membership organization of state agencies on aging, disability and Medicaid home and community-based services. She is a board chair for the National Council on Aging and a member of the Leadership in Aging Network in Kansas City. Kathy is a University of Kansas graduate, having received a Bachelor of Science in Business Administration and a J.D. from the School of Law. Kathy lives in Lenexa, Kansas

## PLENARY SESSION

**Paul Greenwood** is an Elder Abuse expert witness, Teacher/Consultant and Owner of Greenwood Law Corp; Newly "retired" Deputy District Attorney and former Head of Elder Abuse Prosecutions, San Diego District Attorney's Office. Paul Greenwood was a lawyer in England for 13 years. After relocating to San Diego in 1991 he passed the California Bar and joined the DA's office in 1993. For twenty-two years Paul headed up the Elder Abuse Prosecution Unit at the San Diego DA's Office. In 1999 California Lawyer magazine named Paul as one of their top 20 lawyers of the year in recognition of his pioneering efforts to pursue justice on behalf of senior citizens. He has prosecuted over 750 felony cases of both physical and financial elder abuse. He has also prosecuted ten murder cases, including one death penalty case. In March 2018 Paul retired from the San Diego DA's office to concentrate on sharing lessons learned from his elder abuse prosecutions with a wider audience. In October 2018 he was given a lifetime achievement award by his former office. Paul now spends much of his post retirement time consulting on elder abuse cases and providing trainings to law enforcement and Adult Protective Services agencies across the country and internationally. He is also involved as the criminal justice board member of National Adult Protective Services Association.

## SPECIAL GUEST

**Dr. Laura Naught** was named DHSS Deputy Director in March 2022. Dr. Naught has more than 17 years of experience with the Missouri Department of Health and Senior Services with her most recent role being the Director of the Missouri State Public Health Laboratory. Within the Missouri State Public Health Laboratory, she has also served as a public health laboratory scientist in the Chemistry Unit, the laboratory's Quality Systems Officer and the director of Clinical Laboratory Improvement Amendments (CLIA). Prior to her service at DHSS, Dr. Naught worked at the University of Missouri-Columbia as a research specialist. Dr. Naught received her Bachelor of Arts from Drury University in Springfield, Missouri, and both her Master of Science in biochemistry and her Ph. D. in veterinary pathobiology from the University of Missouri-Columbia. Dr. Naught is also a board-certified toxicological chemist

## **SPEAKERS**

**ALEXANDER.** Michelle Alexander is a park and recreation professional with Johnson County Park and Recreation District's 50 Plus Department for 23 years. She is a founding member of the Age Positive Conference serving on the planning committee.

**ANDREWS.** Katie Andrews is the Executive Director of the Missouri Mental Health Foundation. During her career, she has helped improve access for Missourians to behavioral healthcare and connected justice-involved individuals to specialized programs to reduce (re)incarceration and increase public safety.

**ARCHIE.** Brandy Archie, OTD, OTR/L, CLIPP, CLVT, received her doctorate in occupational therapy from Creighton University. She is certified in both Living in Place and Low Vision Therapy. Dr. Archie has over 15 years of experience in home health and elder focused practice settings. She is currently the founding director of AccessAble Living, a company whose mission is to adapt environments to fit the needs of older adults to keep them living safely in their homes in the Kansas City Metro area. She is also expanding their services to all areas through an online app called AskSAMIE.com that connects people with the right adaptive equipment and resources to maintain their independence.

**ARMITAGE.** Kathy Armitage is the Active Lifestyle Program Director at the Platte County Community Center South YMCA. She has over 20 years' experience developing and implementing activities promoting good health among our "50 Moving Forward" market - specializing in Fall Prevention and Age in Place programming. She received a Bachelor of Science Degree in Therapeutic Recreation from Central Missouri State University and serves as an active member of the Age Positive Planning Committee, Show Me Falls Coalition, Senior Falls Prevention Coalition of Clay-Platte County and Northland Professionals in Aging. Her promotion and presentation credits include EBP Enhance Fitness Age Positive Conference, Fall Prevention Podcast – Small Changes Big Shifts with Dr. Michelle Robins and respondent of Fall Prevention, WDAF-TV FOX 4 NEWS. She also maintains certifications in Red Cross CPR/AED and Emergency Oxygen, Standard First Aid, Enhance Fitness Faculty training, Healthway's SilverSneakers Fitness, Arthritis Foundation, TAI CHI for Arthritis, Matter of Balance, and AMP Instructor.

**BAKER.** Janet Baker leads KC Shepherd's Center, which supports, celebrates and empowers older adults, fostering independence and connection in the Kansas City area.

**BAKER.** David Baker, BA, MA, Director, Missouri Assistive Technology – David has over 30 years experience working in the disability, independent living, and assistive technology fields.

**BAKER.** Lindsey Baker, PhD, is the Research Director for the Missouri Budget Project. Before joining the MBP team in 2016, Lindsey served as an independent research consultant and as a Research Assistant Professor at the University of Southern California's Davis School of Gerontology. Lindsey is a former National Institute on Aging Postdoctoral Fellow in the University of California's Andrus Gerontology Center and has a Ph.D. and M.S. in Gerontology from the University of Massachusetts Boston and a B.S. in Psychology from Iowa State University.

**BERG-WEGER.** Dr. Berg-Weger, PhD, LCSW, is Co-Project Director of the Geriatric Workforce Enhancement Program. Her scholarly work focuses on family caregiving, non-pharmacologic interventions for persons with dementia, loneliness and social isolation, and social work practice. She has authored four books and over 100 publications. She serves as the immediate past president of the National Association for Geriatric Education

**BERGNER.** McGovern "Meg" Bergner, J.D. Meg is an attorney and advocate at Lifescape Law & Development. She helps older adults and individuals with intellectual and developmental disabilities and their families craft asset protection trusts, special needs trusts, compliance reports, estate plans, and obtain Medicaid, SSI, VA and all facets of benefits. She is a listening ear, guide, and strong advocate for those she serves. Meg is a member of the Kansas and Missouri bar associations, National Academy of Elder Law Attorneys, and Northland Professionals in Aging.

**BRAUN.** Jennifer Braun, DHSS, Jennifer Braun is the Brain Injury Manager for the Bureau of Special Health Care Needs within the Missouri Department of Health and Senior Services. Jennifer is responsible for providing development, implementation, day-to-day management, monitoring and continuous improvement of all Adult Brain Injury Program and Brain Injury Waiver components in order to assure appropriate services for persons with brain injuries are delivered and received. She also serves as the Project Director for the Administration for Community Living (ACL) Traumatic Brain Injury (TBI) State Partnership Grant. In addition, she is responsible for facilitating the functions of the Missouri Brain Injury Advisory Council, a state-wide Governor appointed council that studies and promotes interventions and systems that improve outcomes related to traumatic brain injury

**BROWN.** Shelly Brown, DMH, Shelly Brown currently serves as a Provider Relations Specialist with the Division of Developmental Disabilities Universal Design and Assistive Technology team. The Universal Design and Assistive Technology team support stakeholders to understand, implement and expand Environmental Accessibility and Adaptation and Assistive Technology Services to assist individuals in obtaining independence through evaluation of environmental support needs. Shelly is an Enabling Technology Integration Specialist, Certified through Shift's nationally recognized program. She is responsible for developing, implementing and monitoring systems and processes in pursuit of quality service delivery

**CARNEY.** John G. Carney has served as the President and CEO of the Center for Practical Bioethics a community-based health ethics service organization for more than a decade. His expertise in the area of shared decision making for those living with advanced life limiting illness spans more than three decades regionally and nationally. Since 2009, the Center has sponsored the bi-state (KS/MO) initiative known as TPOPP/POLST serving patients, families and providers in translating patient values and goals of care into actionable medical orders across the continuum of care regardless of where patients reside.

**COBB.** Dr. Alex Cobb serves as the Chief HR Officer for SeniorAge - the non-profit Area Agency on Aging serving 17 counties in SW MO. He also serves Drury University as their Director of the Leadership Collaborative in the Graduate Studies Program where he also teaches a variety of graduate classes. Alex serves as the Board Chair for the Volunteer Leaders of the Ozarks and he serves on the board of Generations Village. On Friday and Saturday nights, you can find Alex playing bass guitar and harmonica for the rock band Brother Ray and the Sometimes Righteous. On Sunday mornings, Alex preaches at the Christian Church in Clever, MO.

**COX.** Rena Cox, DHSS, Rena Cox is the Bureau Chief of Long-Term Services and Supports which includes the Independent Living Waiver program. Home modifications through Medicaid are allowed as part of this program. Rena enjoys serving the participants of Home Community Based Services by reviewing and approving policy improvements

DAVIS. Marcia Davis. As the State Unit on Aging's primary advocate for seniors in disaster mitigation, preparedness, response, and recovery, Ms. Davis works with local partners to ensure seniors and adults with disabilities are included in planning, response and recovery efforts.

ELMORE. Matt Elmore lives in St. Louis and is the executive director of Five Star Center which serves older and differently abled adults in South City. He has served in various nonprofit leadership roles for more than 10 years. Thanks to his husband's military service, he has experienced the nonprofit and older adult service communities and their nuances from all over the US.

ENGLANDER. Dianna Englander is a former Microbiologist and Health Information Technology Specialist with over 20 years of business management and healthcare related experience. She completed her undergraduate degree at Park University and has a Master of Public Health degree from Benedictine University. Dianna has been a Community Aging Specialist at Northland Shepherd's Center for the past 7 years. Dianna and her colleague Becky Franklin, LPC and Older Adult Educator with Tri-County Mental Health Services, provide caregiver support to a group they call Together We Care. They do monthly a monthly meeting and started a Caring Café. The Caring Cafe is designed for caregivers, with or without their loved ones, to share stories and lessons learned while having fun. This is a casual environment where we want everyone to find common ground and feel comfortable simply being together.

ETTERS. Teresa Etters is the Supportive Services Director for Care Connection for Aging Services which supports 13 counties and 20 centers in mid-western Missouri, and a certified group exercise instructor and certified personal trainer through NETA (National Exercise Trainers Association). My passion is keeping people moving, developing relationships, and helping to support our aging population so that all people can stay active living in their own communities exactly as they would like with support from the community that they reside.

FRANKLIN. Becky Franklin is a behavioral health specialist and educator with Tri-County Mental Health. She has been a therapy provider for over 15 years. Becky also provides mental health support and outreach to the older adult population through support groups, presentations and case management. As part of this role, Becky coordinates the Northland Grandfamilies Program. This exciting program offers support to grandparents raising grandchildren, or others who are in a kinship role. Becky is passionate about reducing the stigma surrounding mental illness and sharing inspiration about being a lifelong learner. In her free time, Becky enjoys being outdoors, playing with her two dogs, or spending time with family. As a former hospice chaplain, she has found that there truly is beauty to be found in each and every day.

GALLANT. Joe Gallant serves as the Outreach Coordinator for Kids Win Missouri, where he coordinates the parent and family engagement activities and the organization's home visiting coalition.

GREENE. Jerry Greene is the Bureau Chief for Missouri's Intake and Investigations Unit consisting of 21 call center personnel and approximately 30 criminal investigators. Jerry has 25+ years of experience in a variety of law enforcement positions including Patrol Officer, Detective, Patrol Sergeant, Detective Sergeant, and many other specialty assignments. Jerry also worked in the counter terrorism investigative field during Operation Iraqi Freedom and for the Missouri Attorney General's Criminal Division-Public Safety before joining the Department of Health & Senior Services in 2016. Jerry received a Bachelor of Science degree from Southeast Missouri State University in Criminal Justice.

GREEVER-RICE. Dr. Tracy Greever-Rice is the director of the Center for Health Policy (CHP) in the Office of Health Outreach, Policy and Education (HOPE) in the University of Missouri School of Medicine. Trained as rural sociologist, Dr. Greever-Rice's work focuses on scholarship and policy support research at the intersection of population health, the determinants of health, and health care access. She is currently Principal Investigator of the Missouri Health Care Workforce project, the MU MoHealthNet Data project, the Missouri Census Data Center, the Missouri Senior Report, and a Missouri Foundation for Health-funded grant to better understand the demographic characteristics and health care access patterns of Missouri's Medicaid expansion population. She also serves as the program director for the Missouri Family and Community Trust's KIDS COUNT project funded by the Annie E. Casey Foundation. Greever-Rice serves on the board of Kids Win Missouri, is a member of the Missouri Council on Aging advisory committee and teaches in the MU Women's and Gender Studies and Public Health programs.

GRUBB. Brooke Grubb is a registered dietitian with a master's degree in Family and Consumer Sciences. She has prior experience in outpatient counseling, inpatient treatment in acute care and in a rehabilitation setting, as well as bariatric surgery counseling and treatment. She has been with Aging Ahead for 2 ½ years as the Food and Nutrition Services Supervisor, providing counseling services, community outreach and education, and menu building and meal planning for the agency.

GWIN. A Northlander and longtime public servant in the Clay County Public Administrator's office. Debbie Gwin joined the Platte County Senior Fund as the Executive Director in 2019 from Arcare, Inc. a Kansas-based nonprofit, where she served as a court-appointed guardian or conservator for Kansas residents. A board member and past president of the Missouri Association of Public Administrators, her contributions were recognized in 2015 with the Public Administrator of the Year Award given by that organization. Beyond her work with the Missouri Public Administrators Association, she has been active in a number of other organizations and community groups, including the Northland Professionals on Aging and the Northland Community Services Coalition, where she was a board member. Debbie was a past board member of the Missouri Association of Counties and is a Certified Guardian by the National Center for Guardianship Certification. Debbie has been a member of the National Guardianship Association since 2004. She was recognized in 2013 with the National Certified Guardian Excellence Award and in 2016 received the Fred Kretz Cornerstone Award given by the Center for Guardianship Certification.

HALL. R. Diane Hall is the Associate State Director for Community Outreach for AARP Missouri. She works with the AARP Missouri community outreach and education volunteer network throughout Missouri and has been with AARP since 2001. Ms. Hall's educational background includes a B.S. in Communications, Missouri Lifetime Teacher Certification, and an M.Ed. from the University of Massachusetts. Ms. Hall is a Missouri native, originally from Doniphan, Missouri. She has been active in community development both in Missouri and in several international settings for the United States Peace Corps.

HALVORSEN. Shannon Halvorsen received her master's in social work from the University of Missouri – Kansas City. She has worked for MARC's Aging and Adult Services for eight years and has been in her most current position as Integrated Care Manager for five years. Shannon manages the Veteran Direct Care program and Medicaid HCBS re-assessments for MARC.

HANSON. Casey Hanson is the Director of Outreach and Engagement at Kids Win Missouri. In this role, she leads the organization's health policy work and develops and executes strategies to foster engagement among organizational stakeholders.

**HARDENBROOK.** Jay Hardenbrook joined AARP Missouri team as the Advocacy Director in December of 2014. Jay has worked in public policy for over two decades and possesses an extensive knowledge of Missouri's Budget process and has a depth of knowledge in health care, consumer and utility issues. He has spent years building relationships with legislators and with like-minded advocates in the Capitol. Jay lives in St. Louis with his wife, Jessica. Together they have five children, Jack and Maggie – currently in college, and Lucas, Max, and Lucy.

**HARDIN.** Melissa Hardin, CECC. Melissa serves as a Life Care Coordinator with Lifescape designing and facilitating Life Care Plans for older adults, and individuals with intellectual and development disabilities or living with mental illnesses. Melissa obtained her Developmental Psychology and Social Work degree from the University of Texas-Austin and is certified as an Elder Care Coordinator through Stockton University. She previously worked with persons with developmental disabilities and for 5 years directing and managing group homes and supported living apartments. With nearly 3 decades of experience across a wide spectrum of opportunities, including social work, those living with disabilities and functional limitations, and children's ministry, Melissa is well-prepared to connect deeply and relationally with loved ones and their family while advocating for them and providing valuable wise insight.

**HARDIN.** Tynesha Hardin is the Community Engagement Coordinator for the Missouri Mental Health Foundation. She specializes in internal and external engagement, building and maintaining relationships, marketing, social media, mental health, and diversity & inclusion.

**HEMBREE.** Jessica Hembree is the Principal of Platform Civic, a consulting firm that provides nonprofits with strategic planning and policy advocacy. In this role, Jessica has helped to incubate ballot initiatives, facilitate federal planning processes, and create strategic plans. With twenty years of experience in policy change, including ten years as Policy Director at a regional health foundation, Jessica has experience across multiple issues. From starting new advocacy organizations to researching complex issues to developing model policies, Jessica is an insightful leader in nonprofit policy and civic change. Jessica received her master's in Public Affairs from Princeton University. She serves on the Shawnee Mission School District Board of Education. She is married to her high school sweetheart and the mother of three sons. On Saturday mornings, you can usually find Jessica taking an excessively long walk to her favorite coffee shop.

**HILL.** Rochelle Hill is a native St. Louisan. She is a graduate of the St. Louis University Dietetic Internship Program. She worked for Connect Care Clinics for five years as a registered dietitian for the WIC (Woman Infant Children) program and also performed diet counseling for the adult medicine clients. She is presently the Nutrition Program Coordinator for the St. Louis Area Agency on Aging, where she has worked over 21 years. Some of her main responsibilities are monitoring the nutrition programs, running a supplemental program where she performs nutrition assessments and counsels high risk clients that are losing weight. Clients are provided supplements to improve their overall health and quality of life.

**HOWER.** Kayla Hower received her master's in public health from the University of Missouri – Columbia. Kayla is currently a Senior Integrated Care Specialist for MARC's Aging and Adult Services and provides leadership and support for several Older American's Act programs.

**HURST/MORTAZAVI.** Tami Hurst has worked for the Olathe Public Library in Olathe, Kansas for 22 years. Roya Mortazavi has been with OPL for 12 years. Together, Tami and Roya coordinate the Olathe Public Library's Library to You service, a free home delivery service for individuals who can't physically travel to the library. Tami and Roya also make monthly visits to local retirement communities and care centers to do outreach and literacy-based programming such as Tales and Travel Memories programs for older adults. Tami has a personal interest in improving the quality of life for people living with dementia as her father passed away from Alzheimer's in 2019. Roya has helped care for her aging parents for 8 years.

**JACKSON.** Tim Jackson has 24+ years of experience working with Adult Protective Services in Missouri and has been in his role as Section Administrator of Missouri APS since November 2018. Prior to that, Tim worked as an APS investigator, field supervisor, investigative consultant, and Regional Manager all in Southeast Missouri. Tim received a bachelor's degree in Social Work from Southeast Missouri State University in 1997

**KRAUS.** Anne (pronounced Annie) Kraus serves as a Manager of Public Policy and Advocacy at PROMO Missouri. She is new to the aging space but brings 9 years of experience as a school counselor, and a dynamic skill set built from working in multiple educational institutions. She just recently took the lead of the MO Aging with Pride, formerly known as the SAGE of PROMO Fund.

**KREUTER.** Matthew Kreuter, PhD, MPH is the Director of the Health Communication Research Laboratory and Professor of Public Health at Washington University. Dr. Kreuter is a leading national public health expert in the field of health communications. His research focus includes integrating health and social services and addressing health disparities.

**LOYACONO.** Laura Loyacono is an education and policy consultant specializing in state and local government. She has served as manager of public affairs at the Ewing Marion Kauffman Foundation, as Senior Policy Director at the National Conference of State Legislatures, as the founding Executive Director of the KC STEM Alliance and as Director of Education and Community Engagement at Kansas State University. She is currently working with Missouri AARP where she leads the Livable KC Coalition, a community initiative to help older adults age in place. She has helped lead several successful local ballot initiatives including those establishing the Jackson County and Clay County Children's Services funds. Originally from Denver, Colorado, she lives in South Kansas City with her husband, and they have four children between them.

**LYNCH.** Nicole Lynch, MSW, is the Policy Director of VOYCE, a St. Louis-based organization that advocates for quality long-term care through direct service and systemic reform. Nicole also serves as the coordinator for the new statewide Aging and Disability Advocacy Network. In these roles, Nicole has led grassroots and grassroots organizing efforts, developed political strategy, and facilitated effective advocacy between stakeholders and policymakers. Previously, Nicole spent five years working in Residential Care Facilities for adults experiencing severe and persistent mental illness (SPMI). She served in various roles from Medication Technician to Lead Support Staff and, eventually, as a Facility Coordinator. Nicole's hands-on experience in the long-term care industry makes her a passionate advocate for resident-centered reform.

**MCLEOD.** Jordanna Mcleod has worked with the Bureau of Senior Programs since July of 2020 and is coordinating the Missouri State Plan on Aging. Within the bureau, she provides technical assistance for nutrition and legal assistance programs. Jordanna is currently working on her MPH with a specialization in nutrition.

**MCNALLY.** Rona McNally, a 25-year veteran of Care Connection for Aging Services, has expertise in Medicare fraud detection and prevention. As Director of Special Projects, her responsibilities include the statewide Missouri SMP (Senior Medicare Patrol), outreach grants, and AmeriCorps Seniors. Besides work, Rona enjoys cooking and travelling.

**MINIEA.** Scott Miniea leads Missouri Connections for Health, who operates the MO State Health Insurance Assistance Program (SHIP) called CLAIM which assists Missourians with Medicare through partnerships with Community Partners and a network of amazing volunteers.

MORGAN. Rachele Morgan, MA, MT-BC is the founder of Soundscaping Source, where her mission is to bring meaningful music experiences to older adults and their caregivers, all the way to the end of life. Rachele has been in clinical practice as a music therapist since 2004, and she maintains a private practice in Kansas City, where her team primarily serves older adults in senior living and hospice. Rachele is on the faculty of Saint Mary-of-the-Woods College and Johnson County Community College, is a frequent presenter at regional and national music therapy conferences, and is in demand as a speaker, consultant, and staff trainer on topics related to music and eldercare. Check out [SoundscapingSource.com](http://SoundscapingSource.com) to find a ton of great resources on music with older adults.

OPSAL. Jamie Opsal is the Executive Director for the St Louis City Senior Fund since its inception in 2018. Prior to this position, she served as the Project Director for Seniors Count aging coalition that was instrumental in getting the initiative of the ballot and passed in the City of St Louis to establish the fund. Ms. Opsal's professional experience includes positions as Accreditation Manager and Health Education Supervisor for the St Louis County Department of Health, Director of Senior Centers for Aging Ahead (formerly Mid-East Area Agency on Aging) and Director for Catholic Community Services Office in St. Peters, Missouri. She has a master's in science in Gerontology from the University of Missouri St Louis with an undergraduate degree in Sociology and Gerontology from Avila University. Jamie grew up and has lived in St. Louis her entire life. She is married and three children.

PENDLETON. Robin Pendleton, a nationally acclaimed speaker, has been employed with the State of Missouri for over 19 years, working with the Department of Mental Health and currently with Department of Health and Senior Services as the training unit supervisor for Adult Protective Services. He has over a decade of experience training employees in many topics focused on providing trauma informed, person centered care. Robin is also currently the Chair of the Curriculum Development Committee for the National Adult Protective Services Association (NAPSA).

PISKURIC. Niki Piskuric joined the Shepherd Elder Law Group in November 2020 as a Senior Attorney. Niki graduated from the University of Missouri at Columbia in May 2001 with Bachelor of Arts degrees in both Economics and Political Science. Niki stayed at Mizzou and completed her Juris Doctorate in 2004. In 2010, Niki coauthored "Chapter 18: Construction and Interpretation of Wills and Trusts" in the 5th edition of the Missouri Estate Administration published by the Missouri Bar Association. Niki is a member of the Kansas And Missouri chapters of the National Academy of Elder Law Attorneys (NAELA). Niki is licensed to practice in Kansas and Missouri. Niki Piskuric, Shepherd Elder Law Group

PULKRABEK. Marie Pulkrabek is a licensed registered nurse. Marie has been the Director of HIV Case Management since July 2020. This role oversees Missouri's Ryan White Case Management system. Before this role, she worked with the Ryan Part B Program as a Case Manager and Quality Service Manager/Educator. Marie has many years of experience in working with HIV and STDs.

REYNOLDS. Sheli Reynolds, University of Missouri-Kansas City – Sheli is on the project team for Missouri No Wrong Door Project.

SCHMIDT. Brian Schmidt. As Executive Director of Kids Win Missouri, Brian Schmidt is responsible for supporting the Kids Win Missouri team, executing Kids Win Missouri's strategic plan and supporting the organization's development.

SILER. Kristi Siler serves as the Bureau Chief for the Adult Protective Services Unit, which is comprised of over 200 staff who directly respond to all reports of physical abuse, sexual abuse, neglect, and exploitation concerning adults over the age of 60 and adults with disabilities. Kristi began her professional career with the Department of Health and Senior Services in 2002 as a Social Service Worker, promoted to Supervisor in 2013 and then to a Regional Manager in 2016 before promoting to her current position. Kristi earned her bachelor's degree in Social Work from Southeast Missouri State in 2001.

SKINNER. Karen Skinner, MPH is a Senior Research Program Manager at the Health Communication Research Laboratory at Washington University where her projects focus on addressing health disparities. Ms. Skinner earned her MPH from Saint Louis University

SMITH. P. Glen Smith, J.D., M.Div. Glen is the founder and Managing Attorney of Lifescape Law & Development, a holistic, multidisciplinary Life Care Planning, Elder Law and Special Needs Firm, and practices exclusively in the areas of Life Care Planning, Estate and Special Needs Planning, Long-Term Care Planning and Elder Law. In 2020, Glen lead Lifescape into becoming a Life Care Planning Law Firm, with services including care coordination, healthcare advocacy services, estate planning, elder law, crisis planning, asset protection, public and private benefits, and personal and health & wellness coaching serving older adults, individuals with intellectual and developmental disabilities, and their families.

STOEVER. Anneliese Stoever, MSW is the Director of the St Louis Area Agency on Aging and supervises staff, develops programs, writes grants, monitors services, and leads several community project initiatives. Ms. Stoever has a bachelor's degree in Social Work from the University of Kansas and has a MSW from Washington University.

SWANGO. Matthew Swango is a Licensed Clinical Social Worker and the Quality Service Manager for the Missouri Department of Health and Senior Services with 10+ years of experience in sexual health. He spent the first part of his career working in HIV/STI prevention doing community outreach, testing and education. This included educating and testing at medical schools, local colleges, high schools, and minority populations. Currently, Matthew works in HIV case management overseeing the Greater St. Louis and Southeast Missouri Regions for Ryan White Part B, ensuring those who are living with HIV have access to receive necessary services. Matthew believes that together we can create change!

ULSTAD. Mindy Ulstad, DHSS, Senior Program Specialist- Ms. Ulstad has been with the Division of Senior and Disability Services for over eight years. Ms. Ulstad completed the University of Southern California, Leonard Davis School of Gerontology's Home Modifications for the Aging Network course in May of 2020. Ms. Ulstad worked with partners across the state to develop a first of its kind Missouri Home Modification Resource Guide for all ages to be able to access home modifications needed to help keep safe and independent in their homes.

URIDGE. Tina Uridge, MS, has been Executive Director of Clay County Senior Services Fund since 2005. She earned her Social Work degree from Missouri State University and obtained her Master's in Gerontology from Central Missouri State University. Tina is the President of the Missouri Association of Levy Boards and Senior Organizations (MoALSO), serves on MARC's Commission on Aging and co-chairs the Falls Prevention Coalition of Clay & Platte Counties.

VOLK. Aaron Volk is a Special Agent for the FBI and has investigated financial crime since 2019, including securities fraud, money laundering, embezzlement, and elder fraud. Aaron serves on the Evidence Response Team.

WALLIS. Nicolette Wallis received dual bachelor's degrees in Urban Planning and Economics from the University of Missouri – Kansas City. She has managed and analyzed Social Determinants of Health data for five years and is currently a Business Technology Analyst for MARC's Aging and Adult Services.

WAYLAND. Sherrill Wayland is the Director of Special Initiatives at SAGE national, directing the National Resource Center on LGBT Aging (NRC), and providing leadership to support the SAGE/HRC Foundation Long-term Care Equality Index, SAGECare training and credentialing program, and the Diverse Elders Coalition. Sherrill began work with SAGE at the local level in 2008, founding the SAGE Affiliate in St. Louis, MO which merged with PROMO Fund in 2015. Sherrill is a 2008 graduate from the Brown School, Washington University in St. Louis and has over 25 years of professional experience in the fields of education, disability, aging, and LGBTQ+ older adult advocacy.

ZAKIBE. John R. Zakibe, MSW is the Disaster Response Coordinator for the St. Louis Area Agency on Aging and for the past two years has been working on making sure older adults have access to the COVID-19 vaccination. Mr. Zakibe has a MSW from Saint Louis University.

ZUBATSKY. Dr. Max Zubatsky, PhD, is a Licensed Marriage and Family Therapist (LMFT) and state approved Supervisor. He received his doctorate in Marriage and Family Therapy from the University of Minnesota and post-doctoral fellowship from the Chicago Center for Family Health in Medical Family Therapy. Dr. Zubatsky's research and clinical interests include caregiving, geriatrics, integrated behavioral health, residency education and provider wellness. He has published over 20 articles, media briefs, and book chapters in the mental health field. He is the Founding Director of The Aging and Memory Clinic at Saint Louis University, a specialty clinic that offers comprehensive services to older adults with dementia and their families, and Associate Director of the HRSA-funded Geriatric Workforce Enhancement Program.

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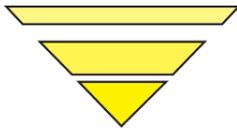


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## Restaurants near the InterContinental Kansas City at the Plaza

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American Slang - Brasserie

401 Ward Pkwy

Brio Italian Grille

502 Nichols Drive

Jack Stack Barbecue - Plaza

4747 Wyandotte

Chaz on the Plaza - American

325 Ward Pkwy

Seasons 52 – New American

340 Ward Pkwy

Pizza 51

5060 Oak St

Kona Grill - Kansas City - American

444 Ward Pkwy

O'Dowd's Gastrobar - Restaurant

4742 Pennsylvania Ave

KIN LIN - Chinese

314 E 51st

Gram & Dun – Bar & Grill

600 Ward Pkwy

Stock Hill - Steak

4800 Main St Ste G-001

Minsky's Pizza

5105 Main St

The Melting Pot - Fondue

450 Ward Pkwy

JJ's Restaurant - American

4810 Roanoke Pkwy

Urban Café - Restaurant

5500 Troost Ave

The Capital Grille – Fine Dining

4760 Broadway Blvd

Zócalo - Mexican

620 W 48th St

eggtc. - American

5107 Main St

Eddie V's Prime Seafood

700 W 47th St Ste 115

The Granfalloon Restaurant & Bar

608 Ward Pkwy

Jack Stack Barbecue - Plaza

4747 Wyandotte St

True Food Kitchen – Health Food

4749 Pennsylvania Ave

Buca di Beppo Italian Restaurant

310 W 47th

Chuy's - Tex Mex

209 W 46th Terrace

## Restaurants near the InterContinental Kansas City at the Plaza

---

Mission Taco Joint - South Plaza

5060 Main St

Duck & Roll - Chinese

4800 Main St

SPIN! Pizza

4950 Main St

André's Chocolates Kansas City

5018 Main St

BLU HWY - American

5070 Main St

Ruby Jean's Juicery

301 E 51st St

Planet Sub - Sandwich

4960 Main St

Osteria Il Centro - Italian

5101 Main St

Peanut on Main – Bar & Grill

5000 Main St

Grand Street Café - American

4740 Grand Ave

Potbelly - Sandwich

4725 Broadway Blvd #0

P.F. Chang's - Chinese restaurant

102 W 47th St

Third Street Social South Plaza -  
American

5031 Main St

McCormick & Schmick's Seafood  
& Steaks

448 W 47th St

Cooper's Hawk Winery &  
Restaurant

4686 Broadway Blvd

Fogo de Chão Brazilian  
Steakhouse

222 W 47th St

Winstead's Steakburgers -  
Hamburger

101 Emanuel Cleaver II Blvd.

The Cheesecake Factory -  
Restaurant

4701 Wyandotte St

# Aging & Disability Advocacy

*Help us establish a proactive and unified voice for aging Missourians and residents with disabilities.*

Join members of the new Missouri Council on Aging for bi-weekly Aging and Disability Advocacy calls to hear updates on relevant state legislation and opportunities for collaboration and other calls to action.



## Who

Aging and disability service providers and other advocates from across the state.

## Where

Virtually via your phone or computer

## When

Friday mornings every two weeks, resuming in January 2023

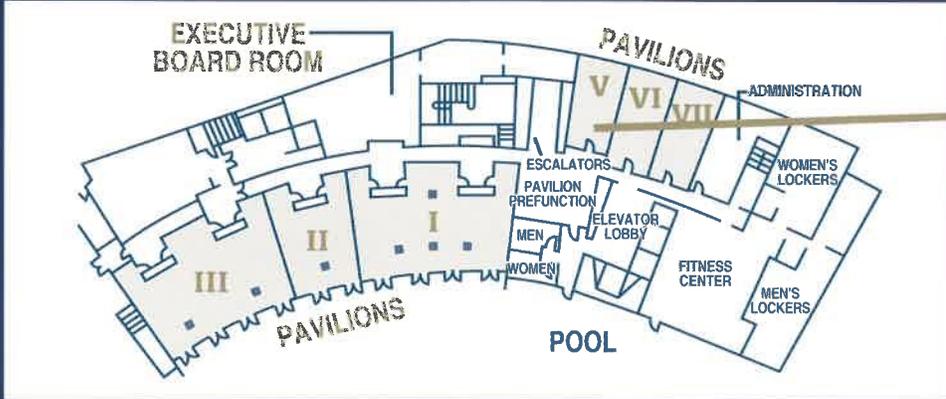
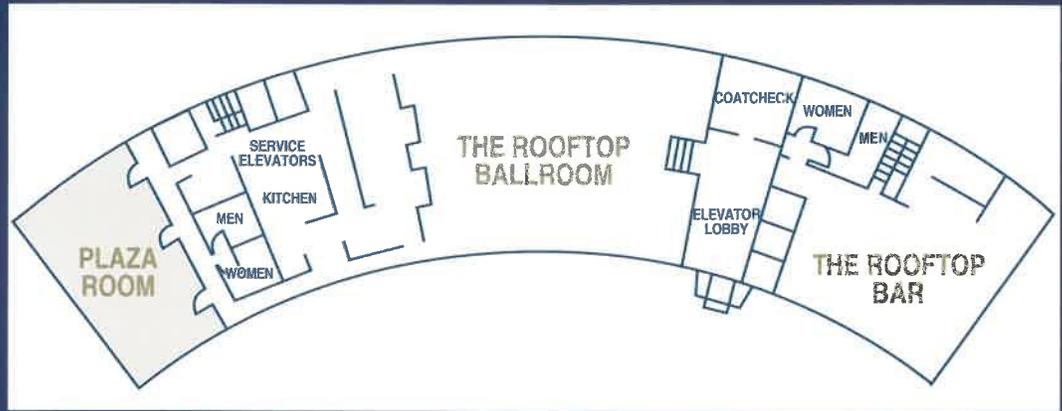
## Why

To improve the quality of life for Missourians as they age.

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# ROOFTOP BAR & BALLROOM

Tower Elevators Press "R"



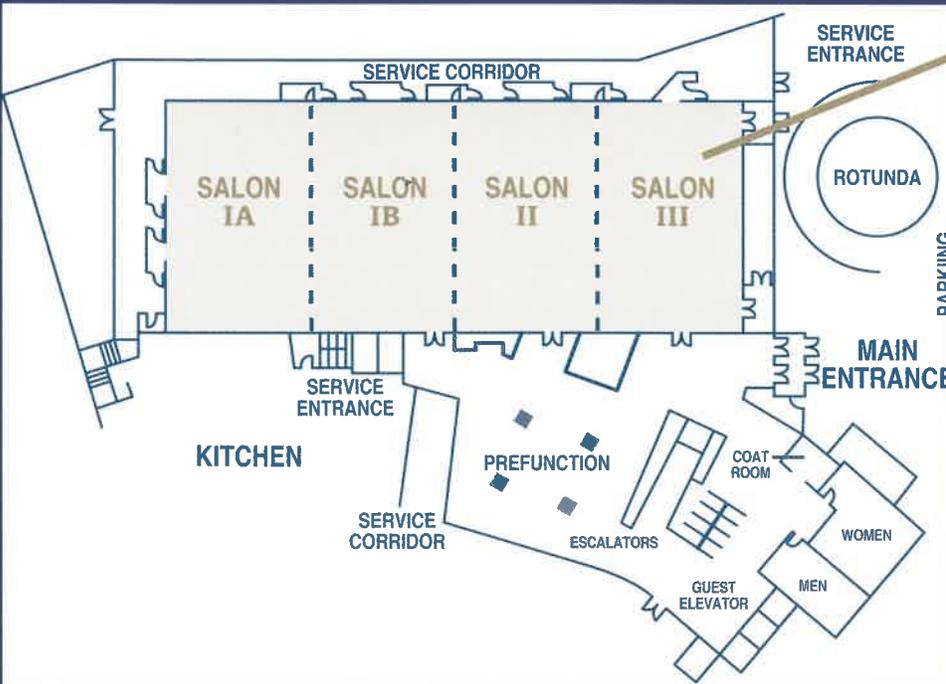
Pavilion V – 16" x 31" – 496ft<sup>2</sup>

# PAVILION ROOMS / BOARD ROOM

Pavilions 1-7, Tower Elevators Press "P"  
Executive Board Room, Base of Grand Staircase/Upper Escalator Landing

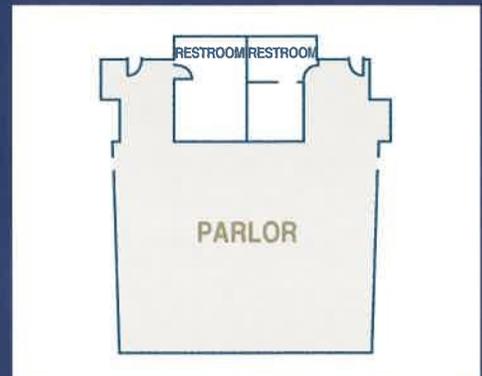


Salon III – 69" x 43" – 2,967ft<sup>2</sup>



# ALAMEDA BALLROOM

Alameda Salons 1-3, Tower Elevators Press "B"



# HOSPITALITY SUITES 211 & 217

Tower or Wing Elevators Press "2"  
Follow signs for Rooms 211 & 217