

Expanding the Possibilities!

ma4

Missouri
Association
of Area
Agencies
on Aging



18TH SHOW ME SUMMIT ON AGING & HEALTH 2023

Missouri Association of Area Agencies on Aging

September 11-13, 2023

Holiday Inn Executive Center – Columbia, MO

SHOW ME SUMMIT ON AGING & HEALTH 2023
Missouri Association of Area Agencies on Aging
Expanding the Possibilities!
September 11-13, 2023 | Columbia, MO



Agenda at a Glance

Welcome to the 18th Show Me Summit on Aging and Health!

Thank you for joining the conversation as we focus on the opportunities and challenges facing Missouri’s older adults.

Our theme this year is Expanding the Possibilities. We are excited to collaborate with our partners across the state in Missouri’s march forward to create the first ever statewide Master Plan on Aging!

We are delighted to welcome Governor Michael Parson and hear his vision for making Missouri a great place to age well. With the Governor launching the first ever Missouri Master Plan on Aging, we join a handful of states recognizing and preparing for the important demographic shift occurring all across the country.

We also welcome USAging Executive Director, Sandy Markwood, and we look forward to hearing more about important national strategies supporting aging adults.

Nancy Morrow-Howell will offer her wisdom and experience on the importance of telling the full story of aging.

Back by popular demand, John Carney will draw upon his 40+ years of experience in bioethics to share profound insights on honoring personal values and choice as individuals make important end of life decisions.

This year’s Summit hosts 36 compelling breakout sessions on innovative approaches, current issues in aging, replicable programs, as well as a special bonus round for Affinity Groups to meet and network.

Our sponsors and exhibitors are a very important part of the success of our Summit. Thanks to all of them for making the Summit possible! Please be sure to spend time with them and learn more about products and services that are available to help you in your work.

When we join forces in a spirit of collaboration, communication and cooperation, great things happen. Thank you for joining your peers to network and expand the vision for making Missouri a place where we can all age well.



Enjoy the Summit!

Lana Johnson
MA4 President and
Executive Director,
Aging Matters

Monday 9/11/23

8:00 am-noon	Exhibitor Set-Up
7:30 am-noon	MoALSO Levy Boards Meeting
9:00 am-noon	ma4 Board Meeting
12 noon-5:30 pm	Registration; Exhibit Hall Open
1:00-2:30 pm	Opening Keynote: Nancy Morrow-Howell
2:30-3:00 pm	Break to View Exhibits
3:00-4:00 pm	Breakout Sessions #1 - #4
4:00-4:15 pm	Break to View Exhibits
4:15-5:15 pm	Breakout Sessions #5 - #8
6:00 PM	Reception and Dinner; Special Guests: Missouri Governor Michael Parson USAging Executive Director Sandy Markwood

Tuesday 9/12/23

7:30-4:00 pm	Registration; Exhibit Hall Open
8:00-9:00 am	Breakfast
8:30-9:00 am	Welcome-DHSS Deputy Director Dr. Laura Naught
9:00-10:00 am	Morning Plenary – John Carney
10:00-10:15 am	Break to View Exhibits
10:15-11:15 a	Breakout Sessions #9 - #12
11:15-11:30 am	Break to View Exhibits
11:30-12:30 pm	Breakout Sessions #13 - 16
12:30-1:30 pm	Luncheon
1:45-2:45 pm	Breakout Sessions #17 - #20
2:45-3:15 pm	Break to View Exhibits
3:15-4:15 pm	Breakout Sessions #21 - #24
4:15-4:30 pm	Break to View Exhibits
4:30-5:00 pm	Bonus Round: Affinity Groups Meet & Share
5:30 pm	Zumba!

Wednesday 9/13/23

7:30-8:30 am	Breakfast
7:30-12:00 noon	Exhibit Hall Open
8:30-9:30 am	Breakout Sessions #25 - #28
9:30-9:45 am	Break to View Exhibits
9:45-10:45 am	Breakout Sessions #29 - #32
10:45-11:00 am	Break to View Exhibits
11:00-12 noon	Breakout Sessions #33 - #36
12:00 noon	Conference Closes
12:00-3:00 pm	Missouri Budget Project-Circuit Breaker Work Group



Dear Friends:

Welcome to the 18th Missouri Show Me Summit on Aging and Health. 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 speakers. As in years past, a dedicated group of professionals is working to expand opportunities and services for Missouri's older adults and caregivers through diverse and engaging large-group presentations and breakout sessions.

On January 19, 2023, Governor Michael L. Parson signed Executive Order 23-01 to establish the Missourians Aging with Dignity Initiative with the aim of reducing age and disability discrimination, eliminating barriers to safe and healthy aging, and helping Missourians age with dignity. We are pleased to announce that Governor Parson plans to join us during the summit to speak about our joint goal to ensure all Missourians have a safe and healthy environment in which to live our lives.

Over the past few months, it's been my honor to visit several senior centers and discuss successes and barriers with Area Agency on Aging and Senior Center staff and participants around the state. We are proud of our current offerings and excited for the vision and implementation of the Master Plan on Aging, as we collectively refine and expand those offerings to best serve our population for generations to come.

Thank you for attending this summit. We hope you are inspired, encouraged, and rejuvenated to continue the work of Expanding the Possibilities.

Sincerely,

Paula F. Nickelson, Director, Missouri Department of Health and Senior Services



Nancy Morrow-Howell, MSW, PhD
Keynote: What Story Are We Telling?

Nancy Morrow-Howell, MSW, Ph.D., is the Bettie Bofinger Brown Distinguished Professor at Washington University in St. Louis. She also directs the Harvey A. Friedman Center for Aging that promotes research, education, and community engagement on aging-related issues across all academic disciplines at the University. Her scholarship focuses on productive engagement in later life, specifically program and policies to optimally engage older adults in paid and unpaid work, including working, volunteering, and caregiving.

Dr. Morrow-Howell has her MSW from the University of Kansas and her doctorate from the University of California, Berkeley. She is past president and fellow of the Gerontological Society of America. She is a master trainer and a member of the national advisory committee for its *Reframing Aging* initiative, and is a member of the Age-Inclusive University Workgroup. She received the Distinguished Career Achievement Award from the Society for Social Work and Research as well as the Distinguished Faculty Award at Washington University. She was awarded the Maxwell A. Pollack Award for Contributions to Health Aging from the Gerontological Society of America in 2022.



Michael L. Parson
57th Governor of Missouri

Governor Parson sworn in as Missouri's 57th Governor on June 1, 2018. Governor Parson came into the role of Governor with a lifelong commitment to serving others and over 30 years of experience in public service. He is a veteran who served six years in the U.S. Army, and he served more than 22 years in law enforcement as the sheriff of Polk County. He also served in the Missouri House of Representatives from 2005-2011, in the Missouri Senate from 2011-2017, and as Lieutenant Governor in 2017-2018.

Governor Parson and First Lady Teresa live in Bolivar. Together they have two grown children and six grandchildren. He was raised on a farm in Hickory County and graduated from Wheatland High School in Wheatland, Missouri. He is a small business owner and a third-generation farmer who currently owns and operates a cow and calf operation near their hometown of Bolivar. Governor Parson has a passion for sports, agriculture, Christ, and people.



Sandy Markwood

Executive Director of USAging

Sandy is a national advocate for aging issues and a champion for ensuring that older adults have the best supports to age well at home and in their communities. As the CEO of USAging since 2002, she is committed to ensuring that our society values and supports people across the lifespan. This commitment has taken many forms, including advocacy with multiple administrations and on Capitol Hill for the passage of legislation aimed at supporting older adults, including access to critical information, in-home services and caregiver support.

A passionate advocate, Sandy has led numerous USAging campaigns to support the needs of older adults as they age, including those focused on combating social isolation among older adults, encouraging healthy aging, supporting caregivers, promoting livable communities, and access to transportation and housing options. Sandy has focused on the development of community planning practices that include the creation of dementia friendly communities and maximize the benefits of volunteering and engagement for people of all ages while preventing elder abuse and neglect. Sandy's goal and the goal of USAging is to ensure that older adults have the ability to age with maximum independence and quality of life. According to Sandy, aging isn't just about adding years to our lives, it's about adding life to those years.

Sandy has 30 + years' experience in the development and delivery of aging, health, human services, housing and transportation programs in counties and cities across the nation. Prior to joining USAging, Sandy served as the Deputy Director of County Services at the National Association of Counties where she took a lead role in research, training, conference planning, program development, technical assistance, and grants management.



John G. Carney, MEd

Plenary: Completing the Journey: What Older Adults Can Teach Us About Healthcare and Human Flourishing, If We Care Enough to Listen

For the last four decades, **John Carney** spent much of his waking hours involved with colleagues in health care committed to improving health outcomes for elders and those living at the edge of life. Nearly half that time he worked in leadership positions in hospice and palliative care in the Midwest at the local, regional state levels, completing his work in this arena as the COO of the National Hospice and Palliative Care Organization.

During the second half of his career, he worked in leadership positions at the Center for Practical Bioethics, addressing ethical and social issues of care and services for elders, through shared decision making, focused on care equity and justice issues for those often overlooked by traditional health services. Honoring and respecting patients' values were his passion as he advocated for removing barriers facing underserved persons and reducing the impact of overmedicalization in the aging process. The impact of the COVID Pandemic on older adults had a profound effect on his final years as an executive. Since retiring from paid work earlier this year, he is now spending more precious time with a dozen grandchildren ranging in age from 4 months to 19 years. He and his wife, Dianne will celebrate 48 years of marriage this year.

Monday September 11, 2023

1:00-2:30 **Welcome: Anneliese Stoeber, Summit Chair** **Main Expo I, II, III**
Keynote: Nancy Morrow-Howell
Reframing Aging: What Story Are We Telling?

The story we tell about aging is powerful and pervasive. The way we see ourselves and our clients sends a resounding message about aging in our society. The national Reframing Aging initiative encourages us to think critically about the way we communicate and challenges us to make choices about what we emphasize (and more importantly what we don't) to be effective and skilled communicators. This session will explore the current stories we tell about aging in our society. In addition, we will explore how these stories enable ageism and perpetuate stereotypes and biases that impact care delivery and ultimately shape our structural policies. After the keynote, join Dr. Morrow-Howell for an applied learning workshop. In this workshop, she will offer support and insight as participants reframe aging in Missouri using the Reframing Aging Communication Best Practices toolkit.

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

3:00-4:00 **Breakout Sessions #1 - #4**

Nutrition in Older Adults – What is a Healthy Diet? **Windsor IV**

The discussion will focus on a practical understanding the over-arching concepts of nutrition, appetite in people with dementia, risk for weight loss, and poor health outcomes associated with weight loss in older adults. The SNAQ screening tool will be used for case study analysis to understand score implications, and person-centered interventions. Additional topics include evidence-based nutrition for treating dementia, vitamin and nutritional supplements, restricted diets such as diabetic diets and low sodium diets, and meaningful activities relating to food. Audience participation is encouraged.

Susan Elliott, St. Louis University Department of Geriatric Medicine

Creating a New Narrative for Aging in Missouri **Windsor III**

This interactive workshop invites participants to work together to identify dominant narratives around aging in Missouri. Drawing on Dr. Nancy Morrow-Howell's keynote, participants will be encouraged to work together to reframe messaging and apply best practices to their communication strategies. Special attention will be paid to culture and context as we work together to reframe the stories we tell about aging in Missouri. Workshop participants will receive a copy of the Best Practices in Communication: Reframing Aging Initiative Guide to Telling a More Complete Story of Aging.

Nancy Morrow-Howell, Washington University; Brueggeman, Executive Director, Missouri Council on Aging

Seniors and Sexuality **Windsor I &**

This session will provide an overview of sexual health and sexuality through the process of aging. We will begin by covering some common sexual challenges faced by older individuals, including physical changes, personal and societal stigmas around seniors and sexual activity, isolation, and the loss of a partner through death or divorce. This will be followed by a discussion of the systemic and societal barriers in place that prevent individuals from accessing the information and resources to address their needs. We will finish with highlighting of the critical role we as service providers can play in breaking down these barriers to provide more holistic support to the people we serve. **Briana Conley, Paraquod; Dave Haessig, Paraquod**

Creating Equity in Aging in Place **Parliament I & II**

AARP reports that 90% of Americans want to age in place but only 9% of housing units are actually 'aging ready'! Closing that gap requires multiple methods especially if it is going to be solved in a way that is inclusive. Learn about how an adaptive equipment-based approach to home modifications can be an affordable and effective way to make homes 'aging ready'. Attendees will walk away with access to resources that can be effective anywhere in the region as well as up to date knowledge on the solutions that are available to help older adults maintain their independence and safety in their home. **Brandy Archie,**

4:00-4:15 **Break to Visit Exhibits** **Main Expo I, II, III**

4:15-5:15 **Breakout Sessions #5 - #8**

Who You Gonna Call? **Windsor I & II**

Participate in small group problem solving common issues experienced by people 60 and over related to Medicare, Medicaid, exploitation, fraud and abuse. This interactive session will provide aging network professionals with helpful resources that will "Expand the Possibilities" of assistance they are able to offer. **Rona McNally, Care Connection for Aging Services; Yimar Santos**

Fostering Caregiver Collaborations: AAA's & The Kinship Navigator Network **Parliament I & II**

AAA's and Kinship Navigator Networks serve a mutual population in older caregivers of children. Learn how MARC partnered with Foster Adopt Connect to create GrandPass, a unique respite program. Grandpass allows caregivers age 55+ to send their children to a free week of camp. Explore other services and resources available to older caregivers through collaborations with the Kinship Navigator Network and child welfare system. Brainstorm creative ways to utilize Older Americans Act funding to support grandparents and other older caregivers of children in your community. **Sarah Albin, MARC**

The Trauma of Aging

Windsor III

Everyone suffers from trauma. We suffer as individuals, as a community, and as entire generations. What effect does this have on us, individually and collaboratively? Acknowledging and honoring someone's story will change the way we offer care and support. We are much more effective when we apply trauma-informed principles. **Jennifer Chappel, GSC**

Experiencing Memory Loss

Windsor IV

Experience what it feels like to lose your memory. It includes a 45-minute interactive exercise followed by training on how to work with individuals with dementia. **Cheryl Wilson, The Weeks Group**

6:00 PM

Cocktail Hour and Dinner

Welcome: Lana Johnson, ma4 President

Special Guests:

Missouri Governor Michael Parson and USAging Executive Director, Sandy Markwood

Tuesday September 12, 2023

8:00 9:00am

Breakfast

Main Expo I, II, III

8:30 am

Welcome: Dr. Laura Naught, Deputy Director, Missouri Department of Health and Senior

9:00-10:00

Plenary: John Carney: Completing the Journey: What Older Adults Can Teach Us About Healthcare and Human Flourishing, If We Cared Enough to Listen

Main Expo I, II, III

After a nearly 40-year career of working with older adults, particularly those living with chronic and progressive disease in the final chapters of their lives, John Carney "retired" from professional duties earlier this year. This presentation will focus on the challenging realities in America on both sides of the stethoscope, impacted by "advances in medicine" that have assured nearly all of us a different kind of death than those of our ancestors. His personal reflections on lessons learned will weave the evidence of how care for older adults has made for longer lives often resulting in more clinically complicated and complex lives for the seniors themselves, their families, and caregivers. Responding to the American tendency to overmedicalize decisions of all kinds when it comes to the aches, pains, joys and struggles of normal aging, we do so within a health system that pays disproportionate attention to some, often at the expense of others. Carney will close with a series of questions of how families can assist each other in helping face some of the deeply personal questions about values, preferences, honor, respect, and most of all, the importance of accompaniment.

10:00-10:15

Break to Visit Exhibits

Main Expo I, II, III

10:15-11:15

Breakout Sessions #9 - #12

Stories From the Edge of Life: How the Journeys of Older Adults Changed Me and My Life For Good

Windsor IV

John Carney's Breakout Session will continue his plenary discussion with participants on the reactions to and insights from the attendees in how to balance the benefits of burdens of the last chapters of lives, in light of culture, ethnicity heritage, ritual, religious and spiritual traditions, ethnicity and race. **John Carney Part 2**

It's Not You; It's Me – Reimagining Volunteerism

Windsor III

It's more important than ever to attract and retain great volunteers. Thus, it is time to reimagine volunteerism, from recruitment to retention. Join us for a discussion of intergenerational volunteerism, reimagining the role of volunteers in your organization, the importance of finding a good match, and retention/appreciation best practices.

Greg Burris, United Way of the Ozarks; Cora Scott, City of Springfield; Juli Jodan, SeniorAge

Going Beyond Traditional Service Models to Reach Seniors

Windsor I & II

This session will be most beneficial to AAA Nutrition Program Staff and Senior Center Administrators who would like to expand service to unserved areas. Attendees will learn about two Community Hosted Programs for congregate dining, one Congregate Voucher/Restaurant Program, and a Home-delivered Frozen Meals Program called Distance Dining. The programs will be thoroughly explained and forms provided for easy start up replication. These programs, while non-traditional, seek to provide outreach along with nutrition services to rural unserved areas, thus exemplifying our mission to reduce social isolation and enhance the quality of life for seniors who participate. **Rhonda Bramlett, Aging Matters; Tracey Tripp, Aging Matters**

11:15-11:30

Break to Visit Exhibits

Main Expo I, II, III



11:30-12:30 Breakout Sessions #13 - #16

A 3-Year Effort: How a Global Pandemic, the Death of a Queen, & Bananagrams Shaped My Study of Aging Windsor I
Pursuing a master's degree in social gerontology is obviously an academic effort that requires rigor and perseverance. But it also requires the curiosity to engage and the commitment to learn from our old. This presentation shares the valuable lessons learned along a non-traditional path to becoming a gerontologist – one that unexpectedly involved homeschooling two children for 18 months, completing three internships including five weeks in Scotland, and discovering the useful tool that is Big Letter Bananagrams. Participants are sure to walk away from this session full of inspiration, fresh ideas, and a renewed sense of purpose. **Rachel Kail**

Innovation in Nutrition Education and Socialization through Virtual Healthy Habits Windsor III
Virtually Healthy Habits (VHH) is an award winning, innovative, virtual, and interactive group-based program designed for older adults to learn about healthy nutrition and includes home-delivered meal kits with cooking demonstrations. Participants choose their own recipes, get groceries delivered to their door, and meet virtually for weekly nutrition education and social sessions. The group-based design aims to improve older adults' dietary knowledge, perceptions, and behaviors as well as their social connectedness. To date, roughly 250 older adults have participated. This interactive session will: (1) describe the innovative VHH program; (2) share findings from the ongoing randomized clinical trial to show VHH's effectiveness; and (3) highlight strategic partnerships with Area Agencies on Aging to assist with recipe development, participant recruitment, and implementation. **Emir Kandzetic, OASIS Institute; Brooke Grubb, Aging Ahead**

Mental Health First Aid for Older Adults: Be The Difference Windsor IV
Discover an evidence-based national training program called "Mental Health First Aid (MHFA)" with a special focus on Older Adults. This program introduces participants to a 5-Step Action Plan (ALGEE) that helps to recognize risk/protective factors and warning signs of common mental health challenges and substance use concerns, builds an understanding of their effects and how they manifest, and provides an overview of common treatments specific to older adults. Through scenarios and interactive exercises, the participants will learn specific skills to assess a mental health crisis, provide initial help, and connect people to professional, peer and social supports as well as self-help resources for older adults and their caregivers. Participants will be given information on how to access this certification training program. **Desma Reno, Southeastern Missouri Area Health Education**

Everything You Never Wanted to Know About Long-Term Care Parliament I & II
Navigating the long-term care industry is difficult at best. Attendees will learn important information about how to assist clients and loved ones. From basic knowledge about the differences in levels of care to self-advocacy tips, this presentation will cover what you need to know in order to obtain quality care for those who need it most. **Christina Kanak, Care Connection for Aging Services; Angela Barnes, MARC**

12:30 - 1:30 **Lunch – ma4 Update** Main Expo I, II, III

1:45 - 2:45 Breakout Sessions #17 - #20

Missouri's Circuit Breaker Tax Credit: Legislative Update and Next Steps Parliament I & II
Increasing housing costs can price older people out of the homes and communities they have lived in for decades. Missouri's "circuit breaker" property tax credit helps low-income older adults and people living with disabilities offset the cost of property taxes. Though a modest amount, the credit is a critical lifeline for over 131,000 Missouri households. Unfortunately, the value of this credit has declined dramatically over recent decades as the credit was not designed to automatically keep pace with rising housing costs and incomes. This presentation will provide an update on Circuit Breaker and other property tax relief proposals from the 2023 legislative session and will discuss the next steps for advocacy in this area. MBP resources on best practices for property tax relief will be shared. **Lindsey Baker, Missouri Budget Project**

Let's "STAY" Physical! Windsor I & II
Staying active can mean a lot of things, not just planned exercise. Finding passion, the thing that gets you excited about moving forward is the new message. As we age our interests grow and change, but the message is that it's never too late to start something new, and it has to stay at the forefront of our minds. We are always growing and learning and becoming better. Staying active and curious, and taking that first step is what keeps us passionate about living, being connected, taking care of ourselves, and keeps us on that upward spiral to more! The aging message of retire, relax, take it easy has changed. **Teresa Eters, Care Connection for Aging Services**

So, I've Got This Wild Idea...Now What?? Windsor III
Looking at challenges through an out-the-box lens is becoming the norm. "Innovation" is a buzzword in nearly every economic sector. Hatching a creative idea takes time, unencumbered energy, and courage, but coming up with the best idea in the world only gets us halfway there. How do we successfully engage others to buy in and support our inspirations so that they can actually see the light of day? Join us for a discussion about how to leverage collaboration and inspire others to partner and make your wild idea reality. **Lisa Knoll, Aging Ahead; Jan Keith, Aging Ahead**

Hear is Why Our Brain Matters

Windsor IV

Join us for an engaging discussion concerning the research linking hearing loss to cognitive decline and social isolation. The presentation will address developing partnerships within your communities and working with current resources available to enable your client to receive hearing devices. We will also share real life stories showing the positive impact of receiving and using hearing aid devices and helping prevent cognitive decline and social isolation.

Liz Yokley, Aging Matters; Jackie Dover, Aging Matters; Kate Sinks, Center for Hearing & Speech

2:45 - 3:15

Break to Visit Exhibits

Main Expo I, II, III

3:15 - 4:15

Breakout Sessions #21 - #24

Shatter the Lies Reinventing Retirement and Aging for A Fulfilling Second Act

Windsor

Statistics show we are living longer and healthier than ever before. There is still time to do what you have always dreamed of or find something new. This fun interactive workshop will help you answer what your next "Now What" looks like. It is time to reframe what retirement and aging looks like by removing the false horizons and negative messages that have impacted us all our lives. **Dr. Debra Mrock**

Reducing the Cyber Risk of Your Non-Profit

Windsor

Non-profit organizations are some of the top targets for bad actors and cybercrimes. This is because they are typically more vulnerable due to low security measures and policies. Most non-profits would rather allocate their resources to helping their clients rather than to updating technology and increasing security. The truth is, when cyber risk is reduced and technology is improved, services for clients will also improve and their data is protected. This presentation will evaluate why non-profits need to reduce their cyber risk, how they can reduce their cyber risk and ultimately increase their digital transformation.

Jason Rincker, Stronghold Data

Aging Advocacy - What to Expect in 2024, and How to Talk to Legislators about It

Parliament I & II

Members of the Penman Group will review the 2023 legislative session, and prepare advocates for what they might expect in 2024. Discover the best way to approach and communicate with legislators on aging topics in the current political landscape and with consideration for the 2024 elections. **Scott Penman, The Penman Group; Kaycee Nail, The Penman Group**

Let's Get Real - Actions You Can Take for LGBTQ+ Inclusive Aging Services

Windsor I & II

We have participated in LGBTQ+ inclusive trainings and we have updated our policies. Now what? How do we engage with the LGBTQ+ community and provide services they need. This session will provide an opportunity for real talk as we share about our successes and challenges with LGBTQ+ inclusion. **Sherrill Wayland, SAGE; Anneliese Stoeber, St. Louis Area on Aging**

4:15 - 4:30

Break to Visit Exhibits

Main Expo I, II, III

4:30 - 5:00

Affinity Groups Network and Share

These are unstructured meet and greets for attendees to network with peers across the state.

See signage at welcome desk for more information.

5:30 pm

Zumba Time!

Join Teresa Etters. Care Connection, for an energizing way to cap off a day of meetings. Whether you are a Zumba pro or have never tried it, you will enjoy this energizing activity!

Wednesday, September 13, 2023

7:30 - 8:30

Breakfast

Main Expo I, II, III

8:30 - 9:30

Breakout Sessions #25 - #28

Creating Sustainable Intergenerational Programs through Education-based Community Partnerships to Encourage Social Wellness and Shared Learning Experiences

Windsor I & II

Aging Ahead and Lindenwood University partnered to create intergenerational programming to help bridge the gap between older adults and college students through a Cyber-Seniors pilot program. Together, the panel will discuss the importance of community partnerships, intergenerational programming, and setting up organizations for successful and sustainable programs that meet the needs of both partnered participants. We will address topics like intergenerational programs, community partnerships, social determinants of health, social isolation, and technology.

Kerri Gallagher, Aging Ahead; Annie Alameda Ed.D., Lindenwood University

Aging in Place - A Home Maintenance Program Model

Windsor III

As you look around a home, reflect on tasks one couldn't manage if; they had recent hip surgery, had poor vision or balance, or assembling furniture that was too heavy. For many, these challenges can be insurmountable without available familial support or finances to pay market-rate for a contractor or service. The maintenance of a house – gutter cleaning, weatherization, even changing light bulbs, can get overwhelming to the point of moving. Eighty-eight percent of individuals aged 50-80 think it is important to age in place. What services make it possible to feel confident in aging in place? Learn about the Help at Home Program at Jewish Family Services and how to replicate a nonprofit Handy Staff assist approach to home maintenance.

Rachel Ohlhausen, Jewish Family Services of Greater Kansas City

Expanding Elder & Disabled Abuse Multidisciplinary Teams in Missouri

Windsor IV

Multidisciplinary Teams (MDTs) are a best practice in addressing abuse & neglect of the elderly and disabled. While Child Abuse MDTs are present throughout Missouri, the same cannot be said of Elder & Disabled Abuse MDTs. Missouri's Adult Protective Services (MO APS) program would like to change that and is currently pursuing a project to expand the use of Elder and Disabled Abuse MDTs in Missouri. During this session, we'll provide an introduction to Elder & Disabled Abuse MDTs, share an example of a successfully implemented MDT, and share details about MO APS' efforts to expand the use of Elder & Disabled Abuse MDTs throughout Missouri.

Tim Jackson, Missouri Division of Senior & Disability Services; Crystal Cox, Phelps's County Prosecutor's Office

Exploring Missouri's Senior Services Levies – Funding, Impact, and Community Support

Parliament I & II

As our state's population ages, one of the greatest concerns is growing economic insecurity experienced by older adults. As we know, services in many of our communities are insufficient to meet this growing need. Missouri law provides counties with a tool for addressing health, social services, transportation, meals, and other essential services to benefit older Missourians. Called Senior Services Funds, these levies are enacted on a county-by-county basis with voter approval. Funding generated in the county stays in that county to serve older adults, based on local need. This session will present information about senior levies, including how they operate and how much money they generate. We will have input from urban, rural, and suburban senior service funded counties. **Tina Uridge, Clay County Senior Services; Laura Loyacono, MoALSO.**

9:30 -9:45 m

Break to View Exhibits

Main Expo I, II, III

9:45-10:45

Breakout Sessions #29 - #32

Exploring the World of Technology Possibilities for Aging in Place

Windsor I & II

Come learn about assistive technology devices for everyday life that can be used to help you and those you support age in place. Through the lens of Charting the LifeCourse this interactive session will demo devices for a variety of daily activities to provide you with immediate-use ideas and solutions. **Scout Merry, Missouri Assistive Technology; Angela Alpert, University of Missouri**

Re-Envisioning Retirement: Expanding Possibilities for Aging Adults

Windsor III

Embracing the emerging Third Age of Life, older men and women are rapidly increasing as an influential demographic of the U.S. population. In terms of wealth, experience, time affluence, healthcare, housing, and spending, they have a disproportionate impact and social clout. This presentation offers a holistic look at today's aging adults, builds understanding, and positions practitioners to better provide informed, innovative, empathetic, and valuable services. Learn to put wisdom to work in various ways including cycling between work and leisure, new careers, entrepreneurial efforts, phased retirement, and more.

P. Glen Smith, Lifescape Law & Development; Rachel Kail

Older Adult Food Security

Windsor IV

Learn more about the national, statewide, and county-level data about food insecurity. Explore resources to address food insecurity in Missouri. Review myths and barriers to accessing food resources and discuss strategies to overcome them.

Jordanna Mcleod, Missouri Bureau of Senior Programs

Navigating Long Term Services and Supports (LTSS) through Missouri's State Departments

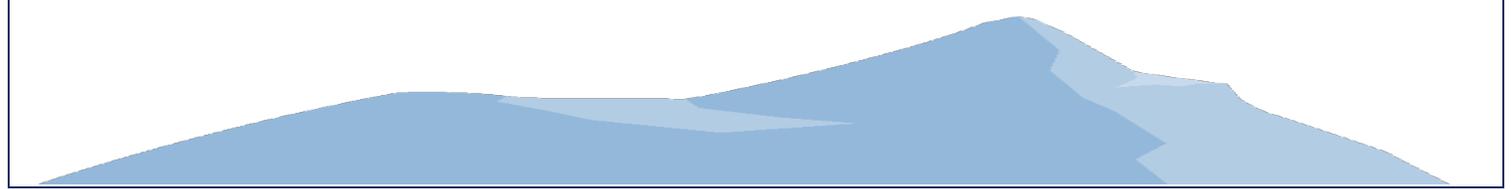
Parliament I &

Are you struggling to identify the most appropriate Long-Term Service and Supports (LTSS) resource to help your client or loved one? Don't know who to contact first to initiate services? Do you feel like you need an "insider" to help you navigate the web of LTSS? Then this session is for you! Missouri's LTSS system spans across multiple state departments and divisions. This session will highlight the different state agencies and how a consumer may interact with each when seeking common types of care. We will also review current initiatives to improve the interaction between our agencies to provide a more streamlined service for Missouri residents. **Melanie Highland, Director, Missouri Division of Health and Senior Services**

10:45-11:00

Break to View Exhibits

Main Expo I, II, III



11:00-12:00

Breakout Sessions #33 - #36

Trauma Informed Supervision

Windsor I & II

Trauma Informed Supervision: The reaches of trauma extend beyond our clients. As a supervisor, you and your staff will experience not only your own traumas but those of your clients. That toxic stress and secondary trauma can lead to post traumatic stress, compassion fatigue, and burn out with your team and potentially yourself. Trauma-Informed Supervision can mitigate some of those effects on staff by focusing on the core principles of Trauma-Informed Care, especially relevant to exposures experienced in helper professions. This type of supervision fosters a culture of empathy, safety, healing, and peer support within your team and beyond. **Robin Pendleton, Missouri Department of Health and Senior Services**

Cost Saving and Climate Friendly Service Delivery with Electric Vehicles

Windsor III

Learn about the St. Louis Vehicle Electrification Rides for Seniors (SiLVERS) program, which provides electric vehicles (EVs) and EV chargers to two agencies. By using EVs to deliver fresh food and provide rides to medical appointments and errands, SiLVERS introduces seniors, agency staff, volunteers, and community members to the benefits of driving electric. EVs are cleaner and cheaper to operate than internal combustion engine (ICE) cars, so using EVs helps agencies direct more money to their mission rather than transportation expenses. SiLVERS EVs have provided over 1,700 rides and delivered over 16,300 meals. Using EVs instead of ICE vehicles has saved over 48,400 lbs. of CO2 emissions to date.

Jennifer Zavon, Forth; St. Louis Area Agency on Aging; Annelise Stoeber, St. Louis Area Agency on Aging

Drama Therapy as a Community-Based Rehabilitation Tool for Adults Across Generations Struggling With Mental Health

Parliament I & II

This presentation will demonstrate the benefits and challenges of therapeutic theatre. The first half of the presentation breaks down the drama therapy process used at a community-based rehabilitation center built on the Clubhouse model of psychosocial rehabilitation for adults with severe persistent mental illness in St. Louis and shows a brief example of the work. The drama program is led by a Registered Drama Therapist in collaboration with Stages St. Louis, a local theatre, and assisted by the St. Louis Area on Aging. The second half of the presentation will give a brief overview of the research pertaining specifically to older adults and acting, with a focus on caregiving, and a 15-minute "teaser" of an original play by a staff member from the St. Louis Area Agency on Aging on caregiving and disability using the readers theatre format. **Sheila Bassoppo-Moyo, St. Louis Area**

Missourians Aging with Dignity Initiative- Missouri's Master Plan on Aging

Windsor IV

Missouri, like the rest of the nation, is aging. By 2034, Missouri older adults will outnumber children for the first time in our history. On January 19, 2023, Governor Parson signed Executive Order 23-01 enacting the Missourians Aging with Dignity Initiative and ordered the Missouri Department of Health and Senior Services to lead the Missouri Master Plan on Aging (MPA). In this session you will learn about the overall goal of the MPA, the work being performed by the subcommittees, the efforts planned to gain public input for development of the plan, how you can get involved in developing the plan, and much more. Join this interactive conversation as the State of Missouri plans for the growing aging population. **Mindy Ulstad, Missouri Bureau of**



ABOUT OUR SPEAKERS

Annie Alameda, Ed.D., has worked in higher education for 6 years where she facilitates campus wellness programming and is currently a university staff council representative aiding communication and shared governance with university leadership.

Sarah Albin has more than 15 years of experience working with older adults and caregivers in a variety of community based settings. She earned a B.A in communications from Truman State University and a master's degree in social gerontology from the University of Central Missouri. Albin currently manages caregiver programming, care management, and legal services for the AAA that covers Clay, Jackson, Platte, Ray, and Cass Counties in Missouri. She is a former foster parent and a passionate advocate for older adults and at-risk youth.

Angelina Alpert serves as the Research Assistant on statewide projects focusing on aging and disability. She has a key roles in supporting the No Wrong Door Governance Grant and Missouri's Statewide Technology Task Force project.

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 15+ years of experience in home health and elder focused practice settings which led her to start AskSAMIE, a curated marketplace to make aging in place possible for anyone, anywhere! Answer some questions about the problems the person is having, and then a personalized cart of adaptive equipment and resources is provided. She is also the founder of AccessAble Living, a company whose mission is to adapt environments to fit the needs of older adults and serves clients in person in the Kansas City area.

Lindsey Baker joined the Missouri Budget Project in 2016 and currently serves as its Research Director. She 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. She has extensive teaching and research experience on the topic of poverty and inequality throughout the life course.

Angela Barnes is currently in her third year as a Regional Ombudsman Program Director. Prior to accepting the position with Mid-America Regional Council, she served long-term care residents for 15 years in Social Services. A proud Kansas City, Missouri native, she received her BSW from the University of Central Missouri in 2005.

Sheila Bassoppo-Moyo has worked for the St. Louis Area Agency on Aging for five years and holds a doctorate in Higher and Adult Education. Sheila has an interest in theatre arts and recently acted in and produced a play recently on the life of Captain Charlton Tandy and the horse-drawn streetcar boycott of 1875.

Rhonda Bramlett has worked for Aging Matters for a total of 31 years and worked for the Division of Aging for 6 years. She has a heart for the Nutrition Program for the Elderly and has seen many changes over the years. She has a Bachelor of Science Degree with a minor in Gerontology. She resides in Cape Girardeau.

Nicole Brueggeman is the Executive Director of the Missouri Council on Aging.

Greg Burris serves as President and CEO of the United Way of the Ozarks. Greg also serves as the Executive Director of Give 5 and is the former City Manager of Springfield Missouri.

Jennifer Chappel works for GSC in Excelsior Springs. She also sits on the ES SAFE Committee (Substance Abuse Free Environment). She has been studying trauma and developmental assets for the last 12 years.

Briana Conley is Paraquad's Senior Director of Programs. During her three years with Paraquad, she has led a diverse team in developing a comprehensive, sex-positive sexual education program for people with disabilities across the lifespan and seniors - two populations who are often excluded from critical conversations around healthy relationships and sexuality.

Crystal Cox has been with the Phelps County Prosecutor's Office since 1991 for a current total of 32 +years. In 1995, Missouri prosecutors were urged by the State to start providing services to victims of crime. Mrs. Cox was interested in this field and accepted the position of Director of Victim Services in July of 2005. She is still currently the director, serving 28 years in victim services. Mrs. Cox has received the following awards, "The Leona Rivers-Jewell Award", in recognition for significant contribution to improving the treatment of child sexual abuse victims. This award was presented to Crystal on March 31, 2000, by the Missouri Victim Assistance Network. The second award was the "Bramlet-Light Award" in recognition of her dedicated efforts to assist victims of crime in Phelps County. This award was presented to her by the Rolla Optimist Club in 1997.

Jackie Dover is the Public Information Director at Aging Matters and has been employed there for 16 years. Has a Bachelor's degree in Public Relations and Marketing from Southeast Missouri State University. Mom of 4 redheaded boys who keep her busy and entertained. In her spare time, if there is any, she enjoys reading and spending time with her family.

Susan Elliott is a doctorally prepared Nurse Practitioner and Adjunct Instructor at St. Louis University's Department of Geriatric Medicine. She cares for a primary panel of patients in addition to consulting as a geriatric specialist, and provides care in the post-acute, long-term care setting. She provides education to multidisciplinary professionals and contributes a significant amount of her time to improving geriatric education and care via the HRSA GWEP grant at SLU.

Teresa Eppers. Mom of 5 gorgeous girls ages 15-20, and married to one fantastic potato salesman. I love teaching all sorts of fitness classes to all different age groups and I enjoy motivating people to be grateful for all the gifts we do have and the joy that we get to move and live and breathe. We must cherish every minute of this life!

Kerri Gallagher has been the Development Specialist at Aging Ahead for 5 years. She is passionate about seizing opportunities with community partners to create sustainable and engaging programming for older adults.

Brooke Grubb is a registered dietitian with 7 years of experience including inpatient and outpatient care as well as community nutrition for the past 3 years. She has been the Aging Ahead dietitian for the surrounding St Louis County area providing cooking demonstrations, nutrition education and counseling, and develops menus for all Aging Ahead centers.

Debbie Gwin is a Kansas City Northlander and longtime public servant in the Clay County Public Administrator's office. 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.

Dave Haessig is a social worker with 44 years of experience working with people with disabilities. In addition to his MSW, he also holds a Master's in Education and serves as the lead instructor for the adult segment Paraquad's comprehensive sexual health program.

Paula Heller, M.A., LPC, RDT is the owner of Metamorphosis Counseling in St. Louis. For 27 years, Paula taught High School Theatre. During that time, she continually saw the therapeutic benefits of students in the theatre program. As she made the decision to change careers, she focused on the universal need to belong and have purpose. So began a journey of therapeutic theatre through drama therapy training. She works with adults and children.

Melanie Highland is the Director of the Missouri Division of Senior and Disability Services. Melanie has over 15 years of professional experience in the in the field of budget and policy analysis with the State of Missouri, closely working with the Departments of Health and Senior Services, Mental Health, and Social Services (including Medicaid). Throughout her career, Melanie has been actively involved in the Home and Community-Based Services program, Medicaid policy and financing, and maximizing the use of federal dollars. Melanie holds an MSW from Washington University in St. Louis where she focused on macro social work, specifically social and economic development of disadvantaged groups.

Tim Jackson has 25+ years of experience working with APS in Missouri. He 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.

Juli Jordan. With over 30 years of experience in volunteer-driven programs, Juli will share impactful and memorable tips from her personal experiences in recruiting, thanking, and maintaining a strong volunteer team. Ideas will vary among onboarding, simple messaging, and easy-to-create thank you gifts to more elaborate luncheons, fundraising banquets, and tracking reports. You'll walk away from this workshop with over ONE HUNDRED ideas to keep your volunteer-driven programs going strong.

Rachel Kail earned her undergraduate degree in Psychology from the University of South Florida and recently completed a Master of Science degree in Social Gerontology from the University of Central Missouri. Though her expertise has broadened within the field of aging, Rachel's heart is deeply tied to the subject of improving care for those living with dementia. For more than a decade, she partnered with her mother and stepfather as The Edcon Group, offering educational seminars to train health care professionals and family caregivers around the world in best dementia care practices. Their work resonated throughout the United States, Canada, Fiji, Scotland, and Ireland, in great part, because they approached the topic from a family perspective with real life experience, offering practical advice. Currently, Rachel is pursuing avenues to assist older adults in the capturing of their life stories through sound or writing. She also works as a Life Care Coordinator for Lifescape Law & Development in Kansas City, Missouri.

Christina Kanak is currently in her third year as a Regional Ombudsman Program Director. Prior to accepting the position with Care Connection, she served as a Social Services Director in a skilled nursing facility for 7 years. A proud Illinois native, she received her Masters of Science in Gerontology from the University of Central Missouri in 2011.

Emir Kandzetic is a program manager at the Oasis Institute. Mr. Kandzetic works on the evidence-based health team managing and implementing evidence-based programs in chronic disease self-management, social isolation, and nutrition. Currently, Mr. Kandzetic is leading a research team to design, implement, evaluate, and disseminate the Virtual Healthy Habits program with support and funding from the Administration for Community Living.

Jan Keith. In her role as Director of Community Engagement, Jan brings her experiences supporting older adults, navigating community partnerships, and building innovative programs to better serve the community. Jan has been with Aging Ahead 11+ years.

Lisa Knoll is the Chief Executive Officer at Aging Ahead. Lisa graduated with a master's degree in social work from the Brown School at Washington University. She is an appointed member of the St. Louis County Older Adults Commission and an executive member of Missouri's Association of Area Agencies on Aging.

Grace Kroll is the Director of Programs for The Food Bank for Central & Northeast Missouri. In this role, she manages regional data and relationships with partner agencies including senior centers, food pantries, and schools.

Laura Loyacono is a policy consultant specializing in state and local government. She is working with MoALSO to provide support for counties interested in passing a senior levy. Loyacono also works 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. Previous positions include: manager of public affairs at the Kauffman Foundation; senior policy director at the National Conference of State Legislatures; founding executive director of the KC STEM Alliance and director of education and community engagement at Kansas State University. Originally from Denver, Colorado, she lives in South Kansas City.

Jordanna Mcleod has been a senior program specialist with the Missouri State Unit on Aging for three years. She recently completed her Master of Public Health with an emphasis in nutrition and will be presenting on her dissertation topic today.

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 the RSVP Program.

Scout Merry has been working with Assistive Technology for about 14 years. Before that, he was a teacher, a painter and even a professional salsa maker. This position has enabled him to collaborate with AT professional all across the country as well as assist Missourians with a wide variety of needs.

Dr. Debra Mrock has overcome many obstacles to achieve later in life. Though her interactive program you will receive simple steps to achieving your dreams, no matter where you are in life.

Kaycee Nail, Director of Government Affairs Managing Director, Washington, DC. Kaycee began in the Missouri Capitol in 2016. Since that time, she has excelled in every aspect of the process, working closely with clients to develop and execute policy action plans and develop meaningful systemic change in Missouri's public safety, healthcare, guardianship, youth development, and child welfare systems. Kaycee has earned a reputation as a dedicated hard worker who clients, legislators, and Capitol offices can truly depend on for insight and support. When not working with clients, Kaycee focuses on innovative ways to reach state and Congressional elected officials on their issues through evidence-based research, strategic messaging development, and close communication with legislators and their staff.

Rachel Ohlhausen has a passion for developing age-friendly communities and attitudes, along with promoting high impact and efficient teams within nonprofits. At JFS, Rachel is the Director of Program Operations, overseeing two aging services (transportation and home maintenance) and two agency-wide operations (client intake and volunteer engagement). Rachel holds a Master's in Social Work from the George Warren Brown School of Social Work at Washington University in St. Louis, with an emphasis in Aging and Older Adult Populations and a specialization of Nonprofit Management.

Robin Pendleton, Senior Staff Development Training Specialist for the Department of Health and Senior Services. Robin has been employed with the State of Missouri for over 20 years, working with the Departments of Mental Health and currently with Department of Health and Senior Services. He has served as the training unit supervisor for Adult Protective Services as well as trainer for the HR department. 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)

D. Scott Penman, Owner & Founder, the Penman Group. In his nearly 30 years in the Capitol, Scott Penman has earned a trusted reputation as a key player in Missouri politics. Known for successfully managing complicated policy issues and maintaining relationships on both sides of the aisle, Scott provides clients with critical insight into Missouri policymaking, coupled with integrity and honesty at every step. Scott's experience has afforded him expertise on a wide array of policy issues from decades of meaningful partnerships. During his tenure in policy work, Scott's leadership has ranged from coordinating teams of lobbyists on mutual issues over multiple firms, to being the solo antagonist opposing and negotiating legislation.

Desma Reno is a Professor Emerita of Nursing from Southeast Missouri State University who is also certified as a Clinical Nurse Specialist in Gerontology. She continues to work as a Nurse Consultant who has expertise in gerontology, chronic disease management, dementia care, Parkinson's disease, mental health for older adults, health care advocacy/policy, and nursing workforce issues.

Jason Rincker is the Chief Revenue Officer of Stronghold Data. He has worked closely with the Missouri Department of Homeland Security, Secret Service, University of Missouri, FBI and others. He has spoken to and worked with numerous non-profit organizations, Missouri government, financial, and manufacturing associations to improve their technology, cybersecurity, and achieve digital transformation.

Yimar Santos has an MA in Rehabilitation Counseling and worked for the SHIP Program in Puerto Rico from 2005 till 2020. He now serves as the Assistant Director, Regional Liaison/Trainer for Missouri SHIP since 2021. Yimar enjoys meeting new people, singing, and caring for family.

Cora Scott is the Give 5 Co-Creator and the Director of Public Information & Civic Engagement for the City of Springfield, Missouri. Cora assists with Give 5 installations.

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 a Masters in Social Work from Washington University. She has served on several boards including the Breakthrough Coalition and STL Village. Ms. Stoever was part of the committee that formed SAGE of Metro St. Louis (now SAGE of PROMO Fund) and continues to serve on the Missourians Aging with Pride Committee. Ms. Stoever assisted in research for the book, Aging and Disability: Crossing Network Lines, by Dr. Michelle Putnam. Ms. Stoever has a passion for issues related to aging and disability.

Tracey Tripp is a Registered Dietitian Nutritionist who enjoys cooking, baking, and all things food related. Working with Senior Center cooks and administrators to provide nutritious and delicious meals is a natural fit. Tracey is also a Master Trainer and workshop leader for both Chronic Disease Self-Management and Diabetes Self-Management Programs.

Mindy Ulstad is the Bureau Chief of Senior Programs at the Missouri Department of Health and Senior Services where she oversees the Older Americans Act and other programs which strive to keep older adults, adults with disabilities, and their caregivers safe, healthy, and independent in their environment of choice. Ms. Ulstad has a passion for breaking down barriers, filling gaps in services, connecting individuals to needed programs and services, and designing new and innovative ways to serve older adults.

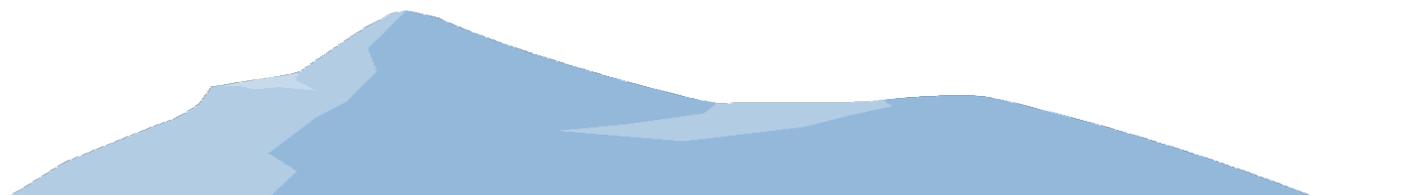
Tina Uridge, M.S., has been executive director of Clay County Senior Services Fund since 2005. She is the president of the Missouri Association of Levy Boards and Senior Organizations (MoALSO), serves on MARC's Commission on Aging and is on the advisory council for Missouri's Master Plan on Aging.

Sherrill Wayland, Senior Director of Special Initiatives and Partnerships, serves as a trusted thought partner to national initiatives team members and SAGE staff across the organization. They lead the National Resource Center on LGBTQ Aging, serves as SAGE lead for the Long-Term Care Equality Index (in partnership with the Human Rights Campaign Foundation) and works in close partnership with SAGECollab, SAGECare, and the Diverse Elders Coalition. Sherrill began work with SAGE at the local level in 2008, founding the SAGE Affiliate in St. Louis, MO (now Missourians Aging with Pride). Sherrill earned a Master of Social Work degree from the Brown School of Social Work, Washington University in St. Louis, and has over 25 years of professional experience in the fields of education, disability, and LGBTQ+ older adult advocacy.

Cheryl Wilson is the Geriatric Care Manager for the Weeks Group

Liz Yokley has been with Aging Matters since 2010 and is the Assistant Public Information Director. Born and raised in Southeast MO. She is married and has two children. Has a bachelor's degree in social work from Missouri State and master's in public administration from Southeast Missouri State. Loves collaborating with seniors and the show Downton Abbey.

Jennifer Zavon (Forth) and Anneliese Stoever (St. Louis Area Agency on Aging) will present on the St. Louis Vehicle Electrification Rides for Seniors (SiLVERS) program, which provides electric vehicles (EVs) and EV chargers to two agencies. By using EVs to deliver fresh food and provide rides to medical appointments and errands, SiLVERS introduces seniors, agency staff, volunteers, and community members to the benefits of driving electric. EVs are cleaner and cheaper to operate than internal combustion engine (ICE) cars, so using EVs helps agencies direct more money to their mission rather than transportation expenses. SiLVERS EVs have provided over 1,700 rides and delivered over 16,300 meals. Using EVs instead of ICE vehicles has saved over 48,400 lbs of CO2 emissions to date.





Ma4 Stands with Missouri's Leaders in Aging Services.

ma4 is the leading voice for service, information, and advocacy to improve the lives of aging Missourians. We advocate at the local, state, and federal level for services and supports to enhance the lives of adults through the aging journey.

ma4 is the statewide association of Area Agencies on Aging (AAAs), which together provide almost **\$100 M worth of services annually** to adults ages 60+ throughout every county in Missouri.

ma4 is dedicated to supporting the success of our members through advancing public policy, sparking innovation, strengthening the capacity of our members, raising their visibility and working to drive excellence in the fields of aging and home and community-based services.

Our members include highly respected leaders in aging who provide services including nutrition, home delivered meals, evidence-based health and wellness programs, home modifications, care transitions, transportation, social connectedness, caregiver support, in-home and personal care services, Medicare options counseling, Marketplace navigation, benefit counseling, legal services, long-term care ombudsman programs, ongoing learning, volunteer opportunities, and many other services intended to help adults age in the place they call home.

AAAs work to improve the quality of life and health of older adults and people with disabilities, including supporting persons with chronic illness, persons living with dementia, family caregivers, and all who want to age well at home and in the community.

With Governor Parson launching the first ever Missouri Master Plan on Aging, Missouri joins a handful of states to recognize and strategize for the important demographic shift occurring all across the country: By 2030, older adults will outnumber minors for the first time ever. This profound shift has important implications for policy needs, economics, health and welfare, housing, planning, and more.

The opportunities resulting from greater longevity abound! Communities that support aging, and especially aging in place, are the ones that will thrive. The future health of our communities depends on making a Missouri a place where we can all age well!

Thank you for joining us this year at the Show Me Summit on Aging & Health!

FIND YOUR LOCAL AAA

1.800.235.5503

Missouri Association of Area Agencies on Aging
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Golden Gourmet Meals

www.goldengourmet.com

Gray Matters Alliance

www.graymattersalliance.com

Health Quality Innovators QIN-QIO

<https://hqin.org>

Innovative Data Systems

www.indatsys.com

Lakeland Behavioral Health

www.lakelandbehavioralhealth.com

MapHabit

<https://www.maphabit.com>

Missouri Assistive Technology

www.at.mo.gov

Missouri Kidney Program

www.mokp.org

Missouri Poison Center

<https://missouripoisoncenter.org/>

Missouri Securities Division

sos.mo.gov

Mom's Meals

www.momsmeals.com

**Missouri Department of Health
and Senior Services**

<https://health.mo.gov/>

Relay Missouri

www.relaymissouri.com

Rest Assured

www.restassured.com

Senior Medicare Patrol

www.missourismp.org

Stronghold Data

strongholddata.com

TRIO Community Meals

www.triocommunitymeals.com

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