



20th Show Me Summit on Aging & Health 2025

AGENDA

*Preview. Subject to change

PRE-SUMMIT: MONDAY SEPTEMBER 8, 2025

Pre-Summit	7:30-noon	MO ALSO Levy Board Meeting
	9:00-noon	ma4 Board Meeting
	10:00-12:00 pm	AAA Fiscal Directors Meeting

MONDAY SEPTEMBER 8, 2025

11:00 AM	Registration Opens		
12:00-5:30	Exhibits Open		
1:00- 2:30	Welcome and Keynote		Welcome and Keynote: Aging in a New Era!
2:30-3:00	Break to Visit Exhibitors		
3:00-3:45	Breakout Sessions #1	TRACK	
	Aaron Li	Advocacy	Older Adults' Experiences of Ageism and Ideas for Confronting It
	Hedva Barenholtz Levy	Healthy Aging	Bringing Age-friendly Care to Your Community: Four Must-know Words
	Elizabeth Heaton Curtis, BSN	Innovation	Development of a Sensor-Enhanced Care Coordination Approach to Facilitate Aging in Place
	Lauren Ponder	Healthy Aging	A Death Doula's View on The Gentle Art of Swedish Death Cleaning
3:45-4:15	Break to Visit Exhibitors		
4:15-5:00	Breakout Sessions #2		
	Kristin Davis	Leadership	Thriving in the Next Decade and Beyond: Senior Center Sustainability
	Michele Lane	Healthy Aging	Sleep is a Super Power
	Dr. Debra Mrock	Advocacy	Reinventing the Narrative: Ageism in the Spotlight!
	Cavanaugh Studyvin	Innovation	Community Action Ride System - Battling the Transportation Barrier with Volunteer Drivers!
5:00-5:30	Break to Visit Exhibitors		
6:00 pm	Reception - Cash Bar		
6:30 pm	Dinner: Welcome:		Keynote: Amy Gotwals, USAging

TUESDAY SEPTEMBER 9, 2025

8:00-4:30	Exhibits Open		
8:00-9:00	BREAKFAST		
9:00-10:00	Plenary #1	Special Presentation on Aging in a New Era!	
10:00-10:30	Break to Visit Exhibitors		
10:30-11:15	Breakout Sessions #3		
	Kristen Lienhop	Healthy Aging	The Saving Claire Project: Using Storytelling to Prevent Falls
	Brandy Archie, OTD, OTR/L, CLI	Innovation	Enhancing Health Outcomes for Older Adults Aging in Place
	Susan Elliott	Advocacy	Advocating for Older Adults in PALTC
	Jordanna McLeod	Healthy Aging	Nutrition and Aging
11:15-11:30	Break to Visit Exhibitors		
11:30-12:15	Breakout Sessions #4		
	Emily Harrow	Innovation	Growing our Virtual Village
	Liz Yokley	Leadership	Changing in Changing Times
	Terra Baum	Advocacy	Discover How You Can Empower Seniors to Access Essential Food Funds
	Lindsey Baker	Advocacy	Advocacy and the Missouri State Budget
12:30-1:30	Lunch - Special Guest	Lt. Governor Wasinger - Missouri's Senior Advocate	
1:30-2:00	Break to Visit Exhibitors		

2:00-2:45	Breakout Sessions #5		
	Rickeah Henderson	Leadership	Disaster Preparedness for Caregivers: Ensuring Older Adults' Safety
	Tyra Cole	Advocacy	Financial Social Work-Coaching for the Next Act
	Valerie Goodale	Healthy Aging	Dementia Prevention through Nutrition and Exercise
	Brooke Huber	Healthy Aging	Nutrition Trends to Unfollow
2:45-3:15	Break to Visit Exhibitors		
3:15-4:00	Breakout Sessions #6		
	Rebecca Nowlin	Leadership	Trauma-Informed Self Care
	Sarah Lovegreen	Healthy Aging	Aging in Place - Education and Support for Growing Older at Home
	Bridget Gittemeier	Advocacy	Why Your Voice Matters Now: Advocacy for All
	Greg Burris	Innovation	An Intergenerational Approach to Fighting Disinformation
4:00-4:30	Break to Visit Exhibitors		
4:30 AM	Exhibits Close		
4:30-5:15	Affinity Group Networking : Meet with Peers from across the state who share your passion. Open Conversations		
		Affinity Group	Advocacy
		Affinity Group	Informsyion and Assistance
		Affinity Group	Nutrition
		Affinity Group	Sennior Centers
5:30-6:30	Teresa Etters	Revitalize!	Chair One Fitness
5:30-6:30	Connect with Your Peers! (On Your Own)		

WEDNESDAY SEPTEMBER 10, 2025

7:00-8:00	BREAKFAST		
8:00-9:00	Welcome and Plenary		
9:00-9:15	Break		
9:15-10:00	Breakout Sessions #7		
	Janice Thomas	Advocacy	Elder Justice: A Presentation for Professionals Working with Older Adults
	Helen Sheridan	Healthy Aging	Charting the LifeCourse Framework Application for I&A Professionals
	Sydney Gosik	Healthy Aging	Community-Based Food Is Medicine Programs to Support Aging Adults
	Scout Merry	Innovation	Simple Tools and Tips for Agile Aging
10:00-10:15	Break		
10:15-11:00	Breakout Sessions #8		
	Nicole Staab	Advocay	Building Strong Support Networks for Caregivers: Engaging Friends, Family, Neighbors, Colleagues, and Religious Communities
	Mark Applegate	Healthy Aging	10 Things I Wish Someone Would Have Told Me Before I Started the Dementia Journey
	Christina Scott	Innovation	Innovating to Expand Caregiver Services
	Amanda Ruback	Healthy Aging	Cannabis and Aging: Understanding the Risks for Older Adults
11:00-11:15	Break		
11:15-12:00	Breakout Sessions #8		
	Beth Koster	Healthy Aging	Keep Your Keys
	Michael Lippert	Leadership	Thriving or Just Surviving? Building the Senior Center of the Future with Smart Leadership & Data-Driven Strategy
	Samantha Schnell	Advocacy	Are You Smarter Than A Scam Artist
	Brittany Leuken	Healthy Aging	Mind Matters: Supporting Brain Health in Older Adults
12 Noon	Conference Concludes. Thank you for joining the Show Me Summit on Aging & Health! Safe Travels Home! Save the dates for Summit 2026: September 7-9, 2026		