



Missouri
Association
of Area
Agencies
on Aging

20th Show Me Summit on Aging & Health 2025



Aging in a New Area!

Missouri Association of Area Agencies on Aging

September 8-10, 2025

Wyndham Executive Center – Columbia, MO

Missouri Association of Area Agencies on Aging
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SHOW ME SUMMIT ON AGING & HEALTH 2025

Missouri Association of Area Agencies on Aging

Aging in a New Era!

September 8-10, 2025 | Columbia, MO



Welcome to the 20thth Show Me Summit on Aging and Health!

We're thrilled to have you join us as we explore Aging in a New Era, a transformative period for our country and especially for Missouri. The former definition of "old" is gone; today's aging population is more active, curious, and seeking a continued sense of purpose. This shift presents us with both challenges and remarkable opportunities.

In Missouri, the number of adults age 60+ is growing faster than the youth population. This demographic shift is unprecedented and, as we know, puts a strain on existing resources. We must work smarter and more collaboratively than ever to ensure that every Missourian can age with dignity and independence.

We are honored to welcome our special guests, Tim Van Zandt, Deputy Director for the Missouri Department of Health and Senior Services, and Amy Gotwals, Chief of Public Policy for USAging.

As a member of the nationwide network of Area Agencies on Aging (AAAs), Missouri's AAAs are uniquely positioned to address the local needs of communities across Missouri. This year's summit is designed to foster a spirit of inspiration and partnership. We have 36 engaging breakout sessions that will delve into innovative programs, pressing issues, and replicable models of success. Plus, our Affinity Groups are back by popular demand, offering dedicated spaces for networking and collaboration.

A heartfelt thank you to our sponsors and exhibitors for their invaluable support. Please take time to explore their offerings and discover new resources that can help us all navigate this new era of aging.



Enjoy the Summit!

Kristi Bohling-DaMetz,
ma4 President,
and Director of Aging &
Adult Services, Mid
America Regional Council

Agenda at a Glance

MONDAY 9/8/25

9:00 am-noon	Pre-Summit Meetings: ma4 Board AAA Fiscal Directors MCoA Senior Levy Fund
11:00 am	Registration Opens
12:00 noon	Exhibit Hall Opens (12:00 – 5:30pm)
1:00-2:30 pm	SUMMIT OPENS: Special Guest: Tim Van Zandt
2:30-3:00 pm	Break to Visit Exhibitors
3:00-3:45 pm	Breakout Sessions #1
3:45-4:15 pm	Break to Visit Exhibitors
4:15-5:00 pm	Breakout Sessions #2
5:00-5:30	Break to Visit Exhibitors
6:00 pm	Reception
6:30 pm	Dinner: Special Guest: Amy Gotwals, USAging

TUESDAY 9/9/25

8:00 am	Registration; Exhibit Hall Open
8:00-9:00 am	Breakfast
9:00-10:00 am	Plenary: Our North Star
10:00-10:30 am	Break to Visit Exhibitors
10:30-11:15 am	Breakout Sessions #3
11:15-11:30 am	Break to Visit Exhibitors
11:30-12:15 pm	Breakout Sessions #4
12:30-1:30 pm	Luncheon. Special Guest: Lt Gov Wasinger
1:30-2:00 pm	Break to Visit Exhibitors
2:00-2:45 pm	Breakout Sessions #5
2:45-3:15 pm	Break to Visit Exhibitors (Exhibitors close at 3:15)
3:15-4:00 pm	Breakout Sessions #6
4:00-4:30 pm	Break
4:30-5:15 pm	Affinity Groups – Networking and Collaboration

WEDNESDAY 9/10/25

7:00-8:00 am	Breakfast
8:00-9:00 am	Plenary: Missouri's Master Plan on Aging
9:00-9:15 am	Break
9:15-10:00 am	Breakout Sessions #7
10:00-10:15 am	Break
10:15-11:00	Breakout Sessions #8
11:00-11:15 am	Break
11:15-12:00 noon	Breakout Sessions #9
12:00 noon	Summit Concludes

Sarah Willson, Director Missouri Department of Health and Senior Services



Dear Friends:

Welcome to the 2025 Show Me Summit on Aging and Health! This year marks our 20th Summit, and we are excited to gather with you to explore our theme, "Aging in a New Era." Together, we will reflect on the progress we've made, embrace innovation, and prepare to meet the evolving needs of Missouri's older adults and caregivers.

We are thrilled to have a dynamic lineup of speakers, sessions, and networking opportunities designed to inform, inspire, and empower. Highlights of this year's Summit include a visit from Lieutenant Governor David Wasinger, Missouri's Senior Advocate; and a keynote presentation from Amy Gotwals of USAging, sharing national insights on aging policy and advocacy.

The Master Plan on Aging continues to be a cornerstone of our collective vision for the future. Guided by input from town halls, surveys, and ongoing collaboration with stakeholders across the state, this plan will help ensure that Missourians of all ages can thrive with dignity, safety, and opportunity in the years ahead. Thank you for your tireless work to develop and implement the plan. We look forward to hearing updates about the implementation work already underway through state agencies and community partners.

As we step into this new era together, we celebrate the incredible work you do every day – supporting, advocating for, and empowering older Missourians and their caregivers. Your dedication drives the progress we see and fuels the innovations we are building for the future.

Thank you for being here. May this Summit leave you informed, inspired, and energized to continue making a difference in the lives of those you serve.

With appreciation

**Sarah Willson, BSN, MBP, FACHE
Director**



Tim Van Zandt, MPA, RN, Deputy Director Missouri Department of Health & Senior Services



Tim Van Zandt, MPA, RN, is a deputy director for the Missouri Department of Health and Senior Services, supporting Director Willson and several divisions within DHSS. He joined DHSS after more than 20 years of health care experience, which included nursing, accounting and government affairs roles. Tim put his registered nursing degree to work in the medical-surgical unit for John's Hopkins Medicine and on the surgical trauma unit at Indiana University Health.

Tim served as a Missouri state representative for four terms, providing fiscal oversight as a member of the House Budget Committee focusing on DHSS and the Department of Mental Health. He also chaired the historic joint committee on the Missouri Tobacco Settlement funds.

Most recently, Tim served for a decade as vice president of Government and Community Relations for St. Luke's Health System where he used his experience as a lawmaker to influence change in public policy. He leveraged his skills in finance, compliance and quality improvement in a nearly 25-year career at St. Luke's. He was responsible for leading internal and external communications concerning governmental affairs issues, directed and coordinated system response to proposed regulatory and legislative actions, supervised activities relating to the development of Community Health Needs Assessments and the Missouri Health Facilities Review Committee. Prior to working in government and community relations, Tim served as a corporate compliance analyst where he led investigations into Medicare compliance and analyzed denied claims. He also served as the director of revenue cycle management where he led a variety of process analyses centered on revenue enhancement and supervised the charging standardization process for St. Luke's, which resulted in the realization of a substantial increase in patient revenues.

Tim holds a bachelor's degree in accounting with a minor in political science from the University of Central Missouri, a Master of Public Administration in Health Care Administration from the University of Missouri Kanas City, and an Associate of Science in Nursing from Montgomery College.



Amy Gotwals, Chief Public Policy and External Affairs, USAgging

Amy E. Gotwals joined USAgging in September 2005 and currently serves as Chief, Public Policy and External Affairs.

In her role, Amy leads USAgging's public policy, advocacy, external relations and membership relations activities. Representing local aging agencies, Amy serves as the lead in outreach to Congress and the Administration to ensure that needed resources and support services are available to older Americans and their caregivers.

Amy has 30 years of public policy, lobbying and grassroots organizing experience. She has represented groups including the Older Women's League, the Center for Science in the Public Interest, the Alliance of Nonprofit Mailers and the National Network for Youth.

Amy holds a Bachelor of Arts in American Studies from Mount Holyoke College and earned a Master of Legislative Affairs from the George Washington University.

David Wasinger, Missouri Lieutenant Governor



A lifelong Missourian, David was born and raised in Hannibal. He was raised by hard-working parents who instilled small-town conservative values of faith in God, respect for law enforcement, honor for our veterans, protecting the unborn, love of family, and the value of hard work.

David is happily married to Colleen, and together they are the proud parents of two sons. He currently serves on the Board of Directors of the Boy Scouts of Greater St. Louis and previously served on the Board of Curators of the University of Missouri.

A lifelong fan of Mizzou Tigers' football, David attended the University of Missouri-Columbia on a merit-based Curators' scholarship, graduating with an accounting degree and earned his CPA. He then went on to Vanderbilt University School of Law, where he put his small-town values to use, fighting for justice for victims and winning for working Missourians.

David later joined a small firm that became Wasinger Daming in Brentwood, Missouri, where he specialized in business law with a clear focus on defending the interests of Main Street, directly benefiting hard-working Missourians and others around the country. David is committed to continuing that fight for Main Street, bringing accountability to state government, and delivering a conservative agenda that brings opportunities for the next generation of Missourians to achieve the American Dream.



MONDAY SEPTEMBER 8, 2025

11:00 am **Registration Opens** **Atrium Lobby**

12:00-5:30 **Exhibits Open** **Expo Center**

1:00-2:30 **SUMMIT OPENS** **Expo Center**

Welcome: Anneliese Stoever

ma4 Summit Chair and Executive Director, St. Louis Area Agency on Aging

Tim Van Zandt, Deputy Director, Missouri Department of Health & Senior Services

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

3:00-3:45 **Breakout Sessions #1**

► **Older Adults' Experiences of Ageism and Ideas for Confronting It**

WINDSOR I & II

Interventions to combat ageism rarely incorporate the voices of older adults themselves. This session will present key findings from a qualitative study with 75 participants aged 60 and older, exploring how they perceive and experience ageism in their daily lives. We will discuss surprising findings, including a general unfamiliarity with the concept of "ageism" and the greater prevalence of ageist encounters within families and among younger acquaintances compared to professional settings like healthcare. The session will also highlight how intersecting identities, such as race, ability, and sexual orientation, shape these experiences. Join us for a discussion on how these insights can guide the development of more targeted and effective anti-ageism interventions, educational campaigns, and advocacy efforts. This session is designed for researchers, clinicians, policymakers, and anyone interested in building a more respectful and inclusive society for all ages. **Aaron Li, Nancy Morrow-Howell, Washington University in St. Louis, Brown School of Social Work**

► **Bringing Age-Friendly Care to Your Community: Four Must-Know Words**

WINDSOR III

Age-friendly care is a new paradigm that centers on the 4Ms framework: What Matters, Medications, Mentation, and Mobility. This session will describe the inter-connected nature of the 4Ms and how this framework can be applied not only to healthcare encounters, but to other community-based services that support staying independent and aging in place. The session will explore each of the 4Ms and use interactive discussions to illustrate ways to apply the framework in a variety of settings that are relevant to professionals, older adults, and/or caregivers. We are all community-based stakeholders in promoting age-friendly care, thus this session provides a valuable foundation to anyone interested in advocating for improved quality of life and health outcomes for older individuals.

Hedva Barenholtz Levy, HbL PharmaConsulting

► **Development of a Sensor-Enhanced Care Coordination Approach to Facilitate Aging in Place**

WINDSOR IV

The ASSETs for AIP project supports aging-in-place for rural Missouri older adults and people with disabilities. Our goal is to use passive, low-cost smart home sensors to help clients maintain independence and remain in their homes. Our interdisciplinary care coordination team—composed of an occupational therapist, a registered nurse, and a social worker—uses digital health data from the sensors, along with client assessments, to proactively identify changes in activity and health. This approach facilitates tailored care and timely interventions. The project aims to reduce re-institutionalization, improve quality of life, and enhance independence at home by meeting individual support needs and preferences. This presentation will share key insights to inform other care coordination research that uses telehealth and sensor technologies to facilitate aging in place. **Elizabeth Conrow, Ashley Roberts Dulany, MOT, OTR/L, Sinclair School of Nursing, University of Missouri**

► **A Death Doula's View on The Gentle Art of Swedish Death Cleaning**

PARLIAMENT I & II

Together, we have the opportunity to join a revolution that can transform how we think, feel, and act toward ageism. Ageism is often defined as prejudice or discrimination based on a person's age. It encapsulates a range of beliefs and attitudes that need to be changed. In this interactive workshop, we will explore what a world looks like where people are valued for their perspectives and creativity. Imagine a world where we celebrate the diversity of age. Let's break down those age-related walls and challenge the stereotypes and rewrite the narrative about aging. We can build bridges instead of limiting potential and celebrate every stage of life. Come join me in the revolutionizing the perspectives on aging in today's world. **Lauren Ponder, With Love**

3:45-4:15 **Break to Visit Exhibits** **Expo Center**

4:15-5:00 **Breakout Sessions #2**

► **Thriving in the Next Decade and Beyond: Senior Center Sustainability**

WINDSOR I & II

This session, aimed at senior center administrators and board members, will focus on long-term senior center sustainability. Topics will include rebranding, diversifying funding streams and programs, leveraging participants, and strengthening the board of directors.

Kristin Davis, Missouri Department of Health and Senior Services

► **Sleep is a Super Power**

WINDSOR III

The sound of the alarm clock--That's a sound we are familiar with and what that awful sound does, is stop us from doing the single most important behavioral experience that we have, sleep. If you're an average person, 36% of your life will be spent asleep; if you live to 90, then 32 years will have been spent entirely asleep! Yet most of us don't give sleep a second thought. For most of my life I have tolerated the need for sleep and thought of sleep as an illness that needed some sort of a cure. Well, it's because you don't do anything while you're asleep, right? You don't eat. You don't drink. So, it's a complete waste of time, right? Wrong. Actually, sleep is an essential part of our biology, and neuroscientists are beginning to explain why it's a superpower. Sleep directly affects our relationships, life expectancy, libido, weight gain, cardiovascular health and more! Learn the science behind the value of sleep and how to leverage this superpower. **Michelle Lane, North Kansas City Hospital/Meritas Health**

► **Community Action Ride System - Battling the Transportation Barrier with Volunteer Drivers!**

PARLIAMENT I & II

Transportation is a barrier for Senior residents in Missouri. The Community Action Ride System (CARS) was created to help ease the burden for residents in Barton, Jasper, Newton, and McDonald counties unable to find transportation. Learn more about how Volunteer Driver networks are making a big impact on the state of Missouri! **Cavanaugh Studyvin, Economic Security Corporation**

► **Reinventing the Narrative: Ageism in the Spotlight!**

WINDSOR IV

Together, we have the opportunity to join a revolution that can transform how we think, feel, and act toward ageism. Ageism is often defined as prejudice or discrimination based on a person's age. It encapsulates a range of beliefs and attitudes that need to be changed. In this interactive workshop, we will explore what a world looks like where people are valued for their perspectives and creativity. Imagine a world where we celebrate the diversity of age. Let's break down those age-related walls and challenge the stereotypes and rewrite the narrative about aging. We can build bridges instead of limiting potential and celebrate every stage of life. Come join me in the revolutionizing the perspectives on aging in today's world. **Dr. Debra Mrock, ReSound LLC**

6:00 pm **Evening Reception – Cocktails (self-pay)**

Expo Center

6:30 pm **Dinner**

Expo Center

Welcome: Kristi Bohling-DaMetz, ma4President; Director of Aging Services, MARC

John Byer, Cumulus

Dinner Keynote: Amy Gotwals, Chief, Public Policy and External Affairs, USAgings

TUESDAY SEPTEMBER 9, 2025

8:00-3:15 **Exhibits Open (*Exhibits close at 3:15)**

Expo Center

8:00-9:00 **Breakfast**

Expo Center

9:00-10:00 **Plenary: Our North Star: The Enduring Why Behind Our Work**

Expo Center

- Silver Prom, Jeff Barge, Excelsior Springs Senior Center
- Tornado Response, Anneliese Stoeber, Executive Director, St. Louis Area Agency on Aging
- Shared Meals for a Lifetime, Jennifer Shotwell, CEO, Region X Area Agency on Aging

10:00-10:30 **Break to Visit Exhibits**

Expo Center

10:30 11:15 **Breakout Sessions #3**

Expo Center

► **The Saving Claire Project: Using Storytelling to Prevent Falls**

WINDSOR I & II

The Saving Claire Project is a community-focused initiative that uses the power of storytelling to raise awareness about fall risks among older adults. At the heart of the program is a short documentary featuring Claire, a fictional 70-year-old woman navigating the challenges of aging, independence, and the consequences of ignoring fall hazards. Through public screenings, simple fall risk surveys, and expert-led discussions, the project fosters reflection, behavior change, and community engagement. This session will introduce participants to the design and impact of the program, showcasing how it connects seniors and caregivers to practical resources while inspiring safer living environments. Ideal for professionals in healthcare, aging services, and community education, the session demonstrates how narrative can drive prevention in meaningful, memorable ways. **Kristen Lienhop, Limitless Living Solutions**

► **Enhancing Health Outcomes for Older Adults Aging in Place**

WINDSOR III

Aging in place is what 90% of older adults want—but only 9% of homes are ready for it. What if a \$1,500 investment in adaptive equipment and virtual occupational therapy (OT) evaluations could change that? AskSAMIE, in collaboration with Health Forward Foundation, JFS Help at Home, and Community Capital Fund, launched a groundbreaking Community Grant Project to measure the impact of home modifications on falls, hospitalizations, and quality of life. Join us for an engaging discussion on the project's preliminary findings, real-world impact, and next steps toward making home accessibility a scalable solution. Get insights on how your agency can implement similar cost-effective interventions to improve senior well-being and reduce healthcare costs. Don't miss this chance to lead the way in transforming aging in place! **Brandy Archie, OTD, OTR/L, CLIPP, AskSAMIE**

► **Advocating for Older Adults in PALTC**

WINDSOR IV

Learn and apply concepts of advocacy and assessment for multidisciplinary team members, including families for older adults in PALTC. Understand CMS requirements of the IDT, including mandated care and documentation in order to follow up.

Susan Elliott, Saint Louis University Dept IM, Division of Geriatrics

► **Nutrition and Aging**

PARLIAMENT I & II

As we age, our nutritional needs and risks change. This presentation will address some of the unique nutritional needs and risks of older adults and how to address them. **Jordanna McLeod, Missouri Division of Senior and Disability Services**

11:15-11:30 Break to Visit Exhibits

Expo Center

11:30-12:15 Breakout Sessions #4

Expo Center

► **Growing our Virtual Village**

WINDSOR I & II

Aging Ahead has launched Aging Ahead-Connect, a first-of-its-kind Virtual Senior Center designed to combat social isolation. We'll discuss the program's structure and its evolution over the past two years, including the development of our dedicated website that provides access to all services and programming. We'll also share key findings from our partnership with the Health Communication Research Laboratory at Washington University. Drawing on interim data from new program participants, we will show how our virtual center drives engagement and positively impacts participants' mental health and feelings of loneliness. **Emily Harrow, Christine Hustedde, Aging Ahead; Dr. Jennifer Wolff, Washington University**

► **Changing in Changing Times**

WINDSOR III

Understanding change management is crucial as it ensures smoother transitions, minimizes resistance, and maintains productivity during periods of change. The process typically involves stages like planning, communication, training, and implementation. Best practices for each stage include clear goal-setting, stakeholder engagement, consistent communication, and offering support. Effective tactics include using change champions, leveraging feedback, and providing continuous training. By mastering these strategies, organizations can enhance their ability to implement change successfully, driving better outcomes and ensuring long-term success. **Liz Yokley, Aging Matters**

► **Discover How You Can Empower Seniors to Access Essential Food Funds**

WINDSOR IV

Are you eager to support the seniors in your community in accessing essential nutritional funds through the SNAP Program? Join us for an informative session with Ozarks Food Harvest, where you'll discover valuable OFH resources and learn how you can empower seniors to secure crucial SNAP benefits. Your involvement can make a real difference! **Terra Baum, Kristin Graves, Ahilyn Aceves, Ozarks Food Harvest**

► **Advocacy and the Missouri State Budget**

PARLIAMENT I & II

The Missouri budget is more than a spreadsheet. Every number represents an investment in our kids, our parents & grandparents, and our neighbors. Unfortunately, years of special corporate giveaways and tax loopholes have left our communities strapped to be able to provide the basic services that allow our communities to thrive. This session will provide an overview of the Missouri state budget process and information on how to advocate for budget priorities, with a special emphasis on advocacy for older Missourians. It will also provide a preview of key priorities in the 2026 legislative session. **Lindsey Baker, Missouri Budget Project**

12:30-1:30 Lunch. Special Guest: Lt. David Governor Wasinger: Missouri's Senior Advocate

Expo Center

1:30-2:00 Break to Visit Exhibitors

Expo Center

2:00-2:45 Breakout Sessions # 5

► **Disaster Preparedness for Caregivers: Ensuring Older Adults' Safety**

WINDSOR I & II

This presentation highlights the critical role caregivers play in protecting older adults during natural disasters. Many caregivers lack the important information, resources, and planning strategies for disaster preparedness. This session will address key challenges, such as accessing emergency supplies, financial constraints, and evacuation difficulties, while guiding caregivers in creating personalized emergency plans. Topics include risk assessment, emergency contacts, evacuation strategies, and medical and mobility support. Special considerations for individuals with dementia will also be covered. Attendees will learn about community resources, best practices for sheltering, effective communication, and post-disaster recovery. The session aims to empower caregivers with practical tools, including checklists and emergency plans, to enhance preparedness and ensure the safety and well-being of older adults during emergencies. **Rickeah Henderson, Dr. Allison Gibson, Saint Louis University**

► **Financial Social Work-Coaching for the Next Act**

WINDSOR III

Lack of economic security in later life has a detrimental effect on an individual's overall health and wellness. Throughout our lives we learn skills and develop resources to maintain our livelihood, but rising costs, stagnant incomes, and personal/family crises can prevent us from thriving. To meet the needs of older adults with financial challenges, we employ a different model of financial education. For more than seven years, our Certified Financial Social Workers (CFSWs) have been engaging in one-on-one coaching that helps consumers set goals, establish a plan of action, and change behaviors. This session will share best practices from our coach who works with older adults and discuss the necessity of an individualized approach to build trust, accountability, and sustain long-term behavior change. **Samantha Ferguson Knight, LifeWise STL**

► **Dementia Prevention through Nutrition and Exercise**

WINDSOR IV

This presentation will include researched dietary and exercise recommendations for the prevention of Dementia. Details will be provided on why the dietary and exercise recommendations help in the prevention of Dementia from a medical and psychiatric standpoint. **Valerie Goodale, Ozark Center**

► **Nutrition Trends to Unfollow**

PARLIAMENT I & II

Could everything on the internet really be true? Find out with Brooke Huber and Tracey Tripp as they navigate nutrition misinformation online. Social media algorithms, confusing ads, and limited research results can cloud even the most savvy professionals. Join our session to find out how you can better advocate for your clients by giving them the tools to use the internet wisely. **Brooke Huber, Tracey Tripp, Aging Matters**

2:45-3:15

Break to Visit Exhibitors *Final chance to visit Exhibitors!

Expo Center

3:15-4:00

Breakout Sessions #6

► **Trauma-Informed Self Care**

WINDSOR I & II

In our current climate of uncertainty, self-care for professionals is critical. Discover practical strategies for Trauma-Informed Self-Care. Learn to recognize the signs of secondary trauma and compassion fatigue as we explore a variety of techniques to build resilience and promote personal well-being. The session aims to provide tangible tools that staff can immediately apply to better support themselves while continuing their vital work with older adults. **Rebecca Nowlin and Marissa Peterson, Aging Best**

► **Aging in Place - Education and Support for Growing Older at Home**

WINDSOR III

Many people want the same things as they get older: to stay in their own homes and to maintain independence as long as possible. Attendees in this session will receive updates on the landscape of Alzheimer's and dementia, explore resources and support systems to help plan for "aging in place" and how this strategy can also be effective for those with dementia. **Sarah Lovegreen, Alzheimer's**

► **Why Your Voice Matters Now: Advocacy for All**

WINDSOR IV

Advocacy is essential to ensuring that older adults in Missouri receive the care, respect, and opportunities they deserve. As policies and programs evolve, speaking up helps shape a future where everyone can age with dignity and support. This session will highlight why advocacy matters, how it impacts communities, and ways individuals from all backgrounds can get involved. Whether you're an older adult, service provider or simply someone who cares about aging well, your voice can make a difference.

Stacy Morse, Bridgett Gittemeier, Missouri Council on Aging

► **An Intergenerational Approach to Fighting Disinformation**

PARLIAMENT I & II

The Give 5 Team in Springfield hosted its inaugural "Give 5 Take Action" intergenerational workshop with a focus on ways to address rising levels of disinformation in our community. This session will outline the process, the resulting recommendations, and the lessons learned. **Greg Burris, United Way of Ozarks; Cora Scott, City of Springfield**

4:00-4:30

Break

4:30-5:15

Affinity Groups: Join your peers from across the state to connect and collaborate in a dedicated space.

- **Advocacy:** This group brings together passionate advocates to discuss policy, share successful strategies, and collaborate on initiatives to champion the rights and needs of aging Missourians. **Madison Eacret, The Penman Group** WINDSOR I & II
- **Caregiving:** This group convenes professionals who work with caregivers – and who are often caregivers themselves. **Jennifer Shotwell, Region X Area Agency on Aging** WINDSOR III
- **Nutrition:** This group is for attendees who are passionate about nutrition to connect and discuss how Healthy nutrition can empower Missouri's aging population. **Symphony Foster, St. Louis Area Agency on Aging** WINDSOR IV
- **Senior Center:** This group provides a space for senior center professionals to share best practices, discuss challenges, and collaborate on innovative ways to serve their local communities. **Kevin Rusenstrom, SeniorAge** PARLIAMENT I & II

WEDNESDAY, SEPTEMBER 10, 2025

7:00-8:00

Breakfast

Expo Center

8:00-9:00

Plenary: Aging with Dignity: Missouri's Master Plan on Aging

Expo Center

Mindy Ulstad, Chief, Bureau of Senior Programs, Division of Senior Disability Services, Department of

9:00-9:15

Break

9:15-10:00

Breakout Sessions #7

► **Elder Justice: A Presentation for Professionals Working with Older Adults**

WINDSOR I & II

This presentation explores the critical issue of elder justice and the role of the Missouri Coalition for Justice for Elder & Disabled Adults (CJEDA) in promoting education, advocacy, and awareness. Attendees will gain an understanding of elder abuse, including its types, risk factors, and systemic challenges. The presentation highlights the importance of recognizing signs of abuse, responding effectively, and advocating for stronger protections for older adults and adults with disabilities. Participants will also learn about legislative efforts, best practices for reporting abuse, and practical ways to support elder justice initiatives within their professional roles. The session will conclude with a discussion on available resources and ways to collaborate in strengthening protections for older and disabled adults. **Janice Thomas, VOYCE**

► **Charting the LifeCourse Framework Application for I&A Professionals**

WINDSOR III

This session will teach you how to apply the Charting the LifeCourse Framework when providing information and assistance services. The framework, developed at UMKC's Institute of Human Development, uses seven guiding principles to help people make decisions that lead to the best possible outcomes in their lives. The presentation will focus on the principle of Integrated Services and Supports Across the LifeCourse. This principle breaks down the different types of support available to individuals, helping them identify which resources will best meet their needs. Instead of relying solely on public support systems, which are often limited, this principle helps people see and use other resources they or their family might not have considered. Participants will learn how to apply this principle in their daily work as information and assistance professionals. They will discover how to use it to help people problem-solve when no obvious resource is available and how to teach this approach to those receiving assistance so they can become better at solving their own problems in the future. **Helen Sheridan, Missouri Division of Senior and Disability Services**

► **Community-Based Food Is Medicine Programs to Support Aging Adults**

WINDSOR IV

This presentation explores the impact of community-based Food-is-Medicine (FIM) programs to address food insecurity and chronic health conditions among older adults. It highlights Food Outreach, a St. Louis-based nonprofit that provides medically tailored meals (MTMs), groceries, home delivery, and nutrition counseling with registered dietitians to senior populations diagnosed with a chronic illness. The presentation examines Missouri's senior nutrition landscape, connections between aging and diet-related chronic illnesses, and barriers to proper nutrition. It showcases Food Outreach's comprehensive model, including metrics, meal distribution, and the essential role of volunteers and delivery drivers. A client testimony and agency video illustrate the real-life impact of these services. The discussion concludes with a call to action for expanded healthcare coverage, including Medicare support, to sustain and grow these vital programs. **Sydney Gosik, Brittany Rudy, Food Outreach**

► **Simple Tools and Tips for Agile Aging**

PARLIAMENT I & II

Change is an inevitable part of life, and our ability to adapt determines how successfully we navigate it. This presentation will explore the importance of acknowledging changes and taking proactive steps to achieve the best possible outcomes. Specifically, we will examine both barriers and supports to change through the lens of assistive technology, offering practical solutions for aging well. The focus will be on low-barrier tools and accommodations because any time we experience a change in function there is an opportunity to try a new strategy or support. I will also briefly discuss the current collaboration between Missouri's Area Agencies on Aging and Missouri Assistive Technology around 3D printed tools. Additionally, I will also give out at least 20 3D printed tools to participants. **Scout Merry, Missouri Assistive Technology**

9:30 -9:45

Break

10:15-11:00

Breakout Sessions #8

► **Building Strong Support Networks for Caregivers: Engaging Friends, Family, Neighbors, Colleagues, and Religious Communities**

WINDSOR I & II

Join us for an interactive presentation designed to empower caregivers in creating robust support networks composed of friends, family, neighbors, colleagues, and members of religious communities. Caregiving can be a challenging and demanding role, but with a strong support system in place, caregivers can find strength, resilience, and assistance to navigate their caregiving journey effectively. **Nicole Staab, Rachel Blankenship, Rings of Care**

► **10 Things I Wish Someone Would Have Told Me Before I Started the Dementia Journey**

WINDSOR III

"10 Things I Wish Someone Would Have Told Me Before I Started the Dementia Journey" shares insights from 20+ years of caregiving experience. Having supported my grandmother, uncle, and mother through dementia in varying capacities, I've learned valuable lessons (often the hard way: after the fact), which I currently share in facilitating 13 Dementia Caregiver Support Groups. This presentation offers practical, often light-hearted tips to help others navigate dementia caregiving with resilience and hopefully joy. **Mark Applegate, SeniorAge Area Agency on Aging**

► **Innovating to Expand Caregiver Services**

WINDSOR IV

Services for caregivers are needed more than ever, but rising costs and uncertain futures can make providing those services challenging. Let's discuss how to innovate and expand services for this diverse and growing population. **Christina Scott, Missouri Division of Senior and Disability Services**

► **Cannabis and Aging: Understanding the Risks for Older Adults**

PARLIAMENT I & II

Older adults aged 65 years and older report a 7% increase in cannabis use from 2012 to 2021. This is a five-fold increase over this time. These adults are turning to cannabis to improve sleep, reduce pain, or treat anxiety in place of and in partnership with prescription drugs. Are there dangers to cannabis use among older adults? Additionally, what messaging is important to provide to older adults around the issue of cannabis and safe usage? Learn more during this presentation as we dive into the topic of cannabis and older adults. **Amanda Ruback, Missouri Poison Center**

11:00-11:15

Break

11:15-12:00

Breakout Sessions #9

► **Keep Your Keys**

WINDSOR I & II

Keep Your Keys is a program that focuses on keeping our older drivers safe on the roadway. We provide tips in self-assessing current driving status, how to navigate new roadway constructions and new car technologies, how to plan for an unexpected need to retire from driving, and how to stay mentally, medically, and physically fit to drive.

Beth Koster, MU Health

► **Thriving or Just Surviving? Building the Senior Center of the Future with Smart Leadership & Data-Driven Strategy**

WINDSOR III

Explore how senior centers (or area agencies) can move from surviving to thriving through the power of data and visionary leadership. We will cover the importance of data in making smart decisions, eliminating inefficiencies, and securing funding. The session highlights how effective leadership drives strategy, empowers teams, and builds a sustainable future. It emphasizes using data to navigate funding challenges, support long-term planning, and create the senior center of the future. Participants will leave with actionable insights to shape their senior centers' future, ensuring they thrive for years to come! **Michael Lippert, MySeniorCenter**

► **Are You Smarter Than A Scam Artist**

WINDSOR IV

Join the Missouri SMP for Are You Smarter Than A Scam Artist? A fun, interactive game show-style presentation that helps seniors and Medicare beneficiaries spot the latest scams they could be faced with. Test your knowledge with multiple-choice questions about common fraud attempts—especially Medicare scams—and see if you can outsmart the scam artists! After each question, we'll dive into a quick mini presentation revealing the truth behind the scam, how to recognize it, and tips to stay safe. It's an entertaining way to learn vital tips to protect yourself and your loved ones. Don't miss this chance to have fun while becoming scam smart! **Samantha Schnell, Care Connection for Aging Services**

► **Mind Matters: Supporting Brain Health in Older Adults**

PARLIAMENT I & II

While dementia risk increases with age, research shows it can be reduced through targeted lifestyle and environmental changes. This session explores how the brain changes with age and how factors such as social connection, mental stimulation, and physical health influence cognitive function. Attendees will gain evidence-based, practical strategies—including fun and engaging approaches—to help clients reduce dementia risk and support long-term brain health. **Brittany Leuken, Cheryl Kinney, Memory Keepers, LLC**

ABOUT OUR SPEAKERS

Ahilyn Aceves is a SNAP Outreach Coordinator at Ozarks Food Harvest, where she strives to enhance the accessibility of the SNAP program for neighbors and advocates for its impact. Ahilyn is excited to continue advancing initiatives for the well-being of Missouri's communities and seniors.

Mark Applegate assumed that he would someday retire at the end of a 20+ year IT career, but multiple cases of dementia in his family required a screeching U-Turn. Currently Mark facilitates 13 caregiver support groups, serves the Springfield Missouri Walk to End Alzheimer's as chair, and advocates for those with dementia as the Alzheimer's Association AIM Ambassador for the 4th US Congressional District. He does what he does for his family (including his first grandbaby Genevieve) and for the over 120,000 Missourians suffering with this umbrella of diseases.

Brandy Archie, OTD, OTR/L, CLIPP received her doctorate in occupational therapy from Creighton University and is a certified Living in Place Professional. Dr. Archie has over 16 years of experience in home health and elder-focused practice settings, which led her to start AskSAMIE, a curated digital marketplace to make aging in place possible for anyone. It puts clinicians, adaptive equipment, senior care services, and education all in one place and uses tech to match clients with the right tools to meet their needs.

Lindsey Baker is the Research Director for the Missouri Budget Project. She is a former NIA Postdoctoral Fellow and Research Assistant Professor at the University of California's Andrus Gerontology Center and has a Ph.D. and M.S. in Gerontology from the University of Massachusetts Boston.

Hedva Barenholtz Levy, PharmD is founder of HbL PharmaConsulting, a senior care pharmacy practice in St. Louis. She is a board-certified geriatric pharmacy specialist, adjunct instructor at the University of Health Sciences & Pharmacy, and author of the consumer-facing book entitled, *Maybe It's Your Medications*. Dr. Levy received her PharmD degree from the University of Michigan.

Terra Baum is the Agency Compliance and Capacity Manager at Ozarks Food Harvest, bringing 16 years of experience in food banking. Her role is ensuring that 270 partner agencies meet compliance standards and overseeing the OFH agency grants program to strengthen the capacity of their partner agencies. Her role not only safeguards OFH's mission but also empowers their partners to better serve the community.

Rachel Blankenship is a highly experienced professional with a diverse background in law, mediation, and bioethics. With a career spanning over 16 years in Family Law, Rachel transitioned into the field of mediation in 2019 and has since become a court-approved mediator in both Missouri and Kansas. Most recently Rachel was appointed to the Senate Subcommittee on Family caregivers for the Missouri Master plan on Aging. She will be advocating in Jeff City for family caregivers, paid family leave, and death dignity.

Greg Burris. After serving as the President & CEO of United Way of the Ozarks for six years and the Springfield City Manager for ten years, Greg Burris is semi-retired and serves as the Executive Director of the Give 5 Program, a "civic matchmaking" program for older adults that is operational via nine host sites in Missouri. Greg pole vaulted for a high school that had neither a pole nor a pit.

Elizabeth Conrow is a nursing care coordinator on the ASSETs for Aging in Place demonstration program which provides sensor-enhanced health coaching through the University of Missouri's Sinclair School of Nursing. She earned a Master of Science in Nursing from Central Methodist University in 2014. Elizabeth has experience in case management, public health, school settings and home health.

Kristin Davis is a Senior Program Specialist with the Department of Health and Senior Services. In her position, Kristin is involved in a number of projects including monitoring and compliance for the Older Americans Act and the Senior Community Service Employment Program (SCSEP). She serves as the state program director of the Medicare Improvement for Patient and Providers Act Priority 2 (MIPPA), and also provides networking and technical assistance for senior center administrators.

Ashley Roberts Dulany is an occupational therapist care coordinator on ASSETs for Aging in Place, a grant-funded demonstration program providing sensor-enhanced health coaching through Mizzou's Sinclair School of Nursing. Ashley completed her master's degree in occupational therapy in 2020 and is currently completing a post-professional doctorate in occupational therapy. She recently earned her Certified Aging in Place Specialist designation (CAPS), as well as an ADA Coordinator certification (ADAC). Her career is focused on helping older adults maintain a high quality of life at home.

Susan Elliott is a NP at SLU Geriatrics, carries her own panel of primary care patients in outpatient clinic, and sees residents for primary care in SNF and residential care facilities. She participates in the GWEP grant housed in Family Medicine, which is dedicated to educating multidisciplinary health members and the community to improve quality care in older adults.

Bridget Gittemeier serves as the Advocacy Manager for the Missouri Council on Aging (MCoA.) Before joining MCoA, she provided case management at one of Missouri's ten AAAs, as well as in community-based behavioral health. Growing up, Bridget spent much of her time with her grandparents and their friends, which first ignited her passion to work with and help better the lives of older adults.

Samantha Ferguson Knight is the Director of Senior Programming at LifeWise StL. She manages the Senior Companion Program, the Senior Resiliency Fund, and Intergenerational Programming at the organization. She has been working with older adults and their families since she moved to St. Louis in 2012. Samantha earned her Master's in Social Work with a concentration in Older Adults and Aging Societies from the Brown School at Washington University. She uses the Life Course Perspective to guide her program development and service implementation.

Natalie Galucia, LMSW, has a background in social work and a passion for working with older adults. She is currently the manager for the Harvey A. Friedman Center for Aging. Prior to this she was a client care manager at The Key. Natalie started her career in aging as member services coordinator and then director with Village-to-Village Network, a national nonprofit focused on aging in place.

Dr. Allison Gibson is an Associate Professor at Saint Louis University (SLU), School of Social Work and the SLU Family Center for Healthy Aging. She is academically trained as a gerontological clinical social worker which has prepared her to conduct clinical intervention research with older adults and persons living with Alzheimer's disease and related dementia (ADRD). Dr. Gibson currently serves as a co-convenor for the Gerontological Society of America's special interest group on disasters and older adults. She is passionate about empowering caregivers and community organizations with the tools and knowledge to protect older adults in disaster and emergency events.

Valeri Goodale, FNP-BC, PMHNP-BC, is a board certified family nurse practitioner and psychiatric nurse practitioner who started the Adult ADHD Diagnostic Clinic. With over 13 years in both neurological and psychiatric care, she has worked to attain the knowledge to assist those with ADHD. As a person with ADHD herself, diagnosed in adulthood, she has learned the importance of intervention in adult ADHD. She seeks to provide compassionate, evidence-based, and thorough psychiatric care to her patients.

Sydney Gosik, MPH, MSW is a public health professional with expertise in program planning, implementation, and evaluation. She specializes in community-based initiatives that address social determinants of health and empower communities to thrive. With a strong background in Food Is Medicine, Sydney develops strategic partnerships to enhance nutrition service accessibility and improve health equity.

Kristin Graves is a SNAP Outreach Coordinator at Ozarks Food Harvest, dedicated to making the SNAP program more accessible for our community. She actively advocates for the program's positive impact while ensuring that the voices of neighbors are not just heard but prioritized to effectively address their needs.

Emily Harrow has served as the Supervisor of Community programs at Aging Ahead since January 2023 after spending 12 years in Intergenerational Programming. Emily manages the team responsible for implementing evidenced based programming and programming at community focal points, including Aging Ahead-Connect, Aging Ahead's Virtual Senior Center.

Rickeah Henderson earned her Bachelor of Social Work from the University of Central Missouri and is currently a Master of Social Work student at Saint Louis University, where she serves as a graduate assistant engaging with aging populations and older adults with cognitive impairments. She collaborates on community initiatives, provides cognitive behavioral screenings for older adults, and facilitates caregiver support groups. She is passionate about aging services and dedicated to enhancing disaster preparedness for older adults and their caregivers.

Brooke Huber is a Registered Dietitian with Aging Ahead and has been a dietitian for 9 years with experience in community nutrition for 5 years. She enjoys live music and spending time with her dogs. Brooke is dedicated to supporting older adults through the journey of aging by supporting advocacy efforts for her community.

Christine Hustedde joined Aging Ahead in 2018 as the Chief Operating Officer. Christine has a Master of Social Work degree from St. Louis University, is a Licensed Master Social Worker (LMSW) and has served in nonprofit management for over 20 years. Christine works closely with Aging Ahead staff to ensure effective operations at multiple community locations and represents the agency locally on the Aging and Behavior Health Council, Community Action Network/Regional Response Team, and various other community groups.

Cheryl Kinney is a licensed clinical social worker and private therapist with over 38 years of experience working with older adults and caregivers. As the 2019 recipient of the Washington University Center on Aging Harvey A. and Dorismae Hacker Freidman Award for excellence in service to older adults, Cheryl has developed and taught University-level courses on aging and Alzheimer's and Dementia Care and is a co-author of the best-selling book *The Caregiver's Advocate: A Complete Guide to Support and Resources*. In 2020, Cheryl co-developed Memory Keepers a Cognitive Stimulation Therapy-based program for those with mild to moderate memory loss.

Beth Koster was an elementary / middle school teacher for 33 years. Six years ago, Beth joined the Injury Prevention Team at MU Health Care and serves as the Coordinator of Outreach.

Leslee Howard. With more than 20 years of experience in the media industry, Leslee Howard combines her expertise in marketing and graphic design with a lifelong passion for helping others. She specializes in creating impactful visual materials and presentations aimed at educating the public about Medicare and Medicaid fraud detection and prevention across the state.

Michelle Lane is a certified nurse leader and health coach. Michelle has over 30 years' experience in nursing, psychology, and wellness. She combines her love of health and education to assist people in achieving their goals related to health and happiness. She currently serves as the Sr. Director for Community Wellness and Corporate Health. Previous roles include Sr. Director of Critical Care, Emergency, Trauma, and Education; all at North Kansas City Hospital.

Aaron Li is dedicated to addressing aging and health inequalities in disadvantaged communities. His research interests lie at the intersections of aging, communications, health, and social policy. Aaron hopes to infuse culturally appropriate communication strategies to alleviate later life disparities, particularly countering ageism and developing productive messaging about aging and civic engagement.

Kristen Lienhop, MSOT, OTR/L, founder of Limitless Living Solutions, has dedicated 27 years to serving the Kansas City Northland community as an Occupational Therapist in hospital and home care settings. Certified as a Senior Home Safety Specialist, she is a leading expert in home safety assessments, home modifications, and adaptive solutions for seniors and families. Driven by a passion for empowering individuals to age in place, Kristen combines her expertise, holistic approach, and evidence-based tools to help clients overcome challenges and achieve safety, independence, and quality of life at home.

Michael Lippert. With a dynamic career spanning over 25 years, Michael is an expert facilitator who offers interactive and engaging sessions instead of the traditional lectures. He taps into the knowledge of his audience to create a collaborative learning experience to keep participants actively involved. His relatable storytelling and captivating speaking style have made him a sought-after speaker in a variety of fields. With a strong background in programming, technology sales, and business processes, Michael ensures that his sessions will leave a lasting impact on your agency leadership or senior center staff. He has thrived in roles such as business owner, corporate technology trainer, sales manager, and program director.

Sarah Lovegreen is the Vice President of Programs for the Alzheimer's Association of Greater Missouri and leads efforts to expand care and support for people impacted by the disease. This work includes community outreach and education, healthcare engagement and strategies to increase access to services. She recently served and contributed to the Missouri Alzheimer's State Plan Task Force and the Missouri Plan on Aging Advisory Council. Sarah has a Master's in Public Health from Saint Louis University and is a Master Certified Health Education Specialist.

Brittany Lueken co-founded Memory Keepers, where she develops evidence-based programs for professionals and organizations serving older adults. With a Master of Social Work from Washington University in St. Louis and extensive experience in dementia care, program development, and Cognitive Stimulation Therapy (CST), she is dedicated to improving the quality of life for individuals impacted by dementia. Her background includes leadership roles in educational multimedia and research, as well as volunteer facilitation for Alzheimer's support groups.

Jordanna McLeod is a senior program specialist with the Bureau of Senior Programs. Part of this position is working with the older adult nutrition programs. She has a Master's in Public Health with an emphasis in nutrition and dietetics. Jordanna is also passionate about nutrition and how it impacts quality of life.

Scout Merry has worked in the field of Assistive Technology for about 15 years. He has also been a teacher, a painter and even a professional salsa maker. Scout dove into assistive technology while working at an independent living center in Columbia, MO and then transitioned to Missouri Assistive Technology in Kansas City, MO. 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 Mock is an International Speaker, Dramatic Speaking Coach, Author, and Workshop Leader. She has a BA in speech and communications, a master's in education, a doctorate in transformational leadership, and a certificate in aging. She challenges individuals to see a new era aging and empowerment.

Nancy Morrow-Howell, PhD, is an international leader in gerontology, known for her work on productive engagement of older adults. Her research contributes to knowledge about programs, policies and organizational arrangements that maximize the productive engagement of older adults while promoting positive outcomes for the individuals themselves. Her research documents outcomes for individual, families, and communities associated with work, volunteering, and caregiving by older adults. Her interests include the development of the Next Move initiative, now a part of WashU for Life, where older adults are facilitated in transitions to new roles in employment, volunteering, or education.

Stacy Morse is the Executive Director of the Missouri Council on Aging (MCoA), bringing extensive experience in public policy, education, and advocacy. With a decade of leadership in the Missouri Senate and roles in government and nonprofit sectors, she has championed legislative initiatives and policy programs that improve the lives of Missourians. Holding a Master's in Human Development and Family Studies with a Public Policy focus, Morse is dedicated to expanding resources and support for Missouri's aging population.

Rebecca Nowlin has been the CEO of Aging Best since 2018. She attended University of Missouri and Stephens college where she earned her M.Ed. in Counseling, and is a Licensed Professional Counselor. She lives in Columbia with her husband and two children.

Marissa Peterson is the Chief Program Director with Aging Best. She attended John Carroll University and Frostburg State University where she earned her M.S. in Counseling Psychology, and is a Licensed Professional Counselor. Marissa Lives in Holts Summit with her husband and two children.

Lauren Ponder is a certified End-of-Life Planner and the Director of Last Call events, dedicated to making end-of-life conversations approachable, educational, and even celebratory. As the founder of With Love Events and the St. Louis Death Positive Collective, she works to shift cultural perspectives on death through community, advocacy, and thoughtful planning. With a warm and engaging approach, Lauren helps individuals and professionals navigate end-of-life decisions with confidence and clarity.

Amanda Ruback is a registered nurse who began working at the Missouri Poison Center in 2010 as a Certified Specialist in Poison Information answering calls on the Poison Help line. She now works as the Community Outreach Coordinator at the Missouri Poison Center. In this position, she coordinates education with schools, health departments, and other organizations across the state on topics related to poison prevention.

Brittany Rudy, RD, LD is a registered dietitian with over 15 years of experience in nutrition education, dietetic counseling, and nutrition program implementation. She specializes in Food Is Medicine initiatives and works to create culturally responsive nutrition programs that meet clients' needs. Brittany focuses on addressing barriers to access and improving health outcomes by bridging the gap between healthcare and nutrition.

Samantha Schnell has been a dedicated member of Care Connection for 10 years, with 6 of those years focused on the Missouri SMP (Senior Medicare Patrol) program. Throughout her life, Samantha has been deeply passionate about helping others and focuses her efforts on educating seniors and their families on Medicare and Medicaid fraud and abuse prevention, as well as raising awareness about potential scams affecting the community. Her commitment to serving others and making a difference is at the heart of everything she does.

Christina Scott works as a Senior Program Specialist for the Bureau of Senior Programs at the Department of Health and Senior Services. She works with several different grants and specializes in caregiver services. She lives in Jefferson City with her husband, cat and rabbit.

Cora Scott. As Director of Public Information & Civic Engagement for the City of Springfield, Missouri, Cora is responsible for communications for Missouri's third largest city, acting as chief spokesperson and overseeing communication strategy and media relations for the local government, its various service lines and its outreach initiatives and events. Cora is the co-creator of the Give 5 Program.

Helen Sheridan is a Senior Program Specialist with the Department of Health & Senior Services. Helen is involved in a number of projects including monitoring and compliance for select Older Americans Act programs, the state's Senior Independent Living Programs, and the Give 5 program operated by ma4. She also serves on the Division of Senior and Disabilities team for developing a No Wrong Door system for the state and she represents the interest of older adults and persons with disabilities on transportation committees made up of state and private agencies.

Niki Staab is a compassionate professional and co-founder of Rings of Care, an organization dedicated to providing support to caregivers of all kinds. With a mission to create strong support networks that empower caregivers, Niki leads a team that offers resources, assistance, and workshops. Her work ensures that caregivers can build a village and attain resources they need.

Cavanaugh Studyvin has been active in the Southwest Missouri community since 2020. She was the Executive Director for the Carl Junction Area Chamber of Commerce for 3 years before accepting her position at Economic Security Corporation in 2023. She is the Community Organizer for ESC specifically running the transportation program - CARS.

Janice Thomas. With over 20 years of experience in healthcare operations, Janice Thomas is dedicated to improving care quality, compliance, and patient support across biomedical, laboratory, and clinical settings. She holds an undergraduate degree in business from St. Louis University and completed graduate studies at St. Louis University School of Public Health. Janice serves as the Elder Justice Manager at VOYCE and coordinates the Coalition for Justice for Elder and Disabled Adults (CJEDA), the National Institute of Justices' Missouri Elder Justice coalition.

Tracey Tripp is the Assistant Nutrition Project Director, as well as a Registered Dietitian, with Aging Matters. She enjoys spending time with her family, especially her grandchildren. In a world of confusing, contradictory messages, Tracey is dedicated to providing evidence-based nutrition information.

Mindy Ulstad is the Chief of the Bureau of Senior Programs for the Missouri Department of Health & Senior Services. She leads statewide efforts to implement and oversee programs funded under the Older Americans Act and other federally and state-funded programs, ensuring older adults, adults with disabilities, and their caregivers have access to vital services and supports. Mindy also serves as the state lead for the Missouri Master Plan on Aging, guiding policy development and strategic initiatives to prepare Missouri for a rapidly aging population. With a strong commitment to collaboration, Mindy works closely with Area Agencies on Aging, community partners, and state and federal stakeholders to expand resources and strengthen systems of care. Passionate about advancing opportunities for older Missourians to live with dignity, independence, and purpose, Mindy combines deep knowledge of aging policy with a practical, solutions-focused approach to building stronger communities across the state.

Dr. Jennifer Wolffe received her PhD in Developmental Psychology from the University of Nebraska-Lincoln. She is currently the Research Director for the Health Communication Research Laboratory at Washington University in St. Louis, focusing on research that addresses loneliness and isolation across the lifespan, including the evaluation of the Virtual Senior Center with Aging Ahead.

Liz Yokley has been with Aging Matters since 2010 and is currently the Chief Operating Officer. Liz was born and raised in Southeast MO and has a Master's in Public Administration and a Bachelor's in Social Work. Loves collaborating with seniors and having a good cup of coffee.

MISSOURI'S AREA AGENCIES ON AGING – REGIONS

1: SENIORAGE - SPRINGFIELD

Becca Fields, Liz McClelland, Co-CEOs
1-417-862-0762
www.senioragemo.org
seniorageinformation@senioragemo.org

2: AGING MATTERS - CAPE GIRARDEAU

Lana Johnson, Executive Director
1-573-335-3331
www.agingmatters2u.com
info@agingmatters2u.com

3: CARE CONNECTION FOR AGING SERVICES–WARRENSBURG

Wendy Martin, Executive Director
1-660-747-3107
www.goaging.org
information@goaging.org

4: YOUNG AT HEART – CAMERON

Penny Crawford, CEO
1-660.240-9400
www.yahresources.org
info@yahresources.org

5: NORTHEAST MO AAA – KIRKSVILLE

Debbie Blessing, Executive Director
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www.nemoaaa.org
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Julie Peetz, Executive Director
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info@ma4web.org

6: AGING BEST - COLUMBIA

Rebecca Nowlin, CEO
1-573-443-5823
www.agingbest.org
help4u@AgingBest.org

7: MARC – KANSAS CITY

Kristi Bohling-DaMetz, Director of Aging & Adult Services
1-816-421-4980
www.marc.org
marcinfo@marc.org

8: AGING AHEAD – ST. LOUIS METRO

Christine Hustedde, CEO
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www.agingahead.org
info@agingahead.org

9: ST. LOUIS AAA – ST. LOUIS CITY

Anneliese Stoeber, Executive Director
1-314-612-5918
www.slaaa.org
slaaa@stlouiscity.com

10: REGION X AAA - JOPLIN

Jennifer Shotwell, CEO
1-417-781-7562
www.aaaregionx.org
aaax@aaaregionx.org

MISSOURI SENIOR RESOURCE LINE

Find Your Local AAA:
1-800-235-5503



We are Missouri's Trusted Voice for Aging

Information. Service. Advocacy

Thank you for attending the Show Me Summit on Aging & Health. Your presence here signifies a shared commitment to addressing one of the most significant demographic shifts in our history: a new era of aging.

The Changing Landscape of Aging

Today, as lifespans lengthen and the youth population declines, the demographic makeup of the U.S. is turning upside down. For the first time, older adults will soon outnumber youth under 18, and this trend is particularly relevant here in Missouri. This shift isn't just about numbers; it's about redefining what it means to age. As Ken Dychtwald says, "Today's older adults are more likely to be seen at a rock concert than a rocking chair." The traditional models of support, including federal and state funding, are being outpaced by the needs of our aging population. It's more critical now than ever to be strategic about how we use our resources and services.

ma4: Missouri's Trusted Voice for Aging

As Missouri's trusted voice for aging services, information, and advocacy, ma4 is committed to improving the lives of older adults. We are the statewide association of ten Area Agencies on Aging (AAAs), which collectively provided over \$136 M in services to adults 60+ in FY24. Founded in 1973, ma4 serves as the dynamic heart of Missouri's aging services network. We provide strategic leadership, support, and powerful advocacy, identifying critical needs, forging powerful partnerships, and securing vital funding to empower our AAAs. Our relentless focus is on enabling Missourians to age with dignity, choice, and independence in their preferred setting, preventing premature institutionalization.

Our Impact and Future Vision

Through a vast network of over 200 senior centers and 500 community partners, we deliver a coordinated, community-based approach to care. Our members are highly respected leaders in the field, offering a wide range of services, including:

- **Nutrition and Meals:** Home-delivered meals
- **Health and Wellness:** Health programs, care transitions, and in-home care
- **Information and Support:** Information assistance, Medicare counseling, and caregiver support
- **Community Engagement:** Transportation, social connectedness, and volunteer programs

These services empower adults to age in place, improving their quality of life. The rising costs of housing, healthcare, and other essentials can be a heavy burden for many older adults. That's why we support initiatives like the newly proposed draft of Missouri's first-ever Master Plan on Aging. This plan is a great start toward creating public and private partnerships that will ensure a future where aging in place is not only possible but fully supported.

The opportunities that arise from increased longevity are vast, and communities that support aging in place are poised to thrive. The future health of our communities depends on making Missouri a place where everyone can age well.

Thank you again for joining us as we explore a new era in aging. We hope you will continue to be an active participant in the conversations and work that lie ahead.

IMPORTANT NEXT STEPS:

Master Plan on Aging

#1: Missouri's draft Master Plan on Aging is available for public comment. Please review the MPA draft and share your feedback before 9/14/25. And, please share this opportunity with your networks. We need all voices to be represented! After public comments, the plan will be finalized and delivered to Governor Kehoe by December 31, 2025. Use the QR code below, or go to www.health.mo.gov/seniors/masterplanonaging/



#2: SIGN UP for ma4 Action Alerts! Stay engaged! ma4 will not overwhelm your mailboxes, but we will keep you updated on critical issues and ways to share your voice. Use the QR code or go to www.ma4web.org/advocacy/take-action/

ma4 Action Alerts



#3 COMPLETE the ma4 post-Summit survey. Watch your email for this important survey, and share your feedback so that we can continue to make the ma4 Show Me Summit on Aging & Health a valuable and helpful opportunity for all of us. **Your Voice Matters!**

MA4 Show Me Summit on Aging and Health 2025

Thank You to our Sponsors for Making the Summit Possible!

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PCSCS Fund	www.platteseniors.org
Region X Area Agency on Aging	www.aaaregionx.org
Senior Medicare Patrol (SMP)	www.missourismp.org
SGC Foodservice	www.sgcfoodservice.com

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FreedomCare	www.FREEDOMCARE.com
Golden Gourmet Meals	Golden Gourmet Meals.com
Harvey A. Friedman Center for Aging, Washington University -STL	sites.wustl.edu/centerforaging/
Hospice Foundation for Outreach	https://www.ozarkslinked.com/hospice-ozarks/
Innovative Data Systems	www.indatsys.com
Lifeline	www.lifeline.com
LPi Communications	lpicommunities.com
Missouri Assistive Technology	www.at.mo.gov
Missouri Broadcasters Association	www.missouribroadcasters.org
Missouri Department of Health and Senior Services	Health.Mo.Gov
Missouri Kidney Program	www.mokp.org
Missouri Poison Center	www.missouripoisoncenter.org
Missouri SHIP	www.missourismp.org
Missouri Securities Division	sos.mo.gov
Mom's Meals	www.momsmeals.com
MySeniorCenter	www.myseniorcenter.com
Rehabilitation Services for the Blind	www.dss.mo.gov/fsd/rsb
Rest Assured	www.restassured.com
Senior Medicare Patrol (SMP)	www.missourismp.org
TRIO Community Meals	triocommunitymeals.com
Wolfner Talking Book & Braille Library	https://www.sos.mo.gov/wolfner

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ma4 SHOW ME SUMMIT ON AGING & HEALTH 2025
UPDATES AND PROGRAM CORRECTIONS

***NEW**

TUESDAY 1:30 – approximate time – after Lunch 😊

CHAIR ONE FITNESS

EXPO CENTER

Join Teresa Etters from Care Connection for Aging Services for a condensed version (24 minutes!) of Chair One Fitness, a fun and adaptable seated exercise program. Get a taste of this energizing class designed to boost strength, improve balance, and increase flexibility—all from the comfort of a chair. This session is the perfect way to get re-energized after lunch and before your afternoon meetings!

PROGRAM DESCRIPTION CORRECTION

MONDAY 3:00 – 3:45 PM

A Death Doula's View on The Gentle Art of Swedish Death Cleaning

PARLIAMENT I & II

Swedish Death Cleaning is more than just decluttering—it's a mindful, intentional process that brings peace to both the living and those left behind. In this engaging session, certified End-of-Life Planner Lauren Ponder shares how a death doula's perspective can enhance this practice, making it a meaningful part of aging with dignity. Attendees will learn practical strategies for sorting possessions, fostering important family conversations, and easing the emotional and logistical burdens of aging. Whether for yourself, loved ones, or clients, this session offers compassionate guidance on preparing for the future with clarity and care. **Lauren Ponder and Kelly Tecklenburg, With Love**

PRESENTERS:

Lauren Ponder is a certified End-of-Life Planner and the Director of Last Call events, dedicated to making end-of-life conversations approachable, educational, and even celebratory. As the founder of With Love Events and the St. Louis Death Positive Collective, she works to shift cultural perspectives on death through community, advocacy, and thoughtful planning. With a warm and engaging approach, Lauren helps individuals and professionals navigate end-of-life decisions with confidence and clarity.

Kelly Tecklenburg, Death Doula, brings creative vision, enthusiastic coordination, and loving empathy to whatever family or project encounters. Kelly's background in marketing and media gives her a unique lens on how to make the mortality awareness space feel inclusive, engaging, and beautiful. Kelly is a Senior Move Specialist, helping individuals and families “right-size” through the art of Swedish Death Cleaning—making space for what matters most. Kelly is also a member of the Independent Order of Odd Fellows and sexton of Wildey Cemetery in Washington, MO, location for Telephone of the Wind. For With Love and Last Call Ventures, Kelly shows up with curiosity, humor, and warmth.

PRESENTER BIO CORRECTION

TUESDAY 2:00-2:45 PM

Dementia Prevention through Nutrition and Exercise

WINDSOR IV

PRESENTER BIO: Valerie Goodale. FNP-BC, PMHNP-BC, is a dual board-certified Psychiatric Mental Health Nurse Practitioner (PMHNP) and Family Nurse Practitioner (FNP), offering compassionate, evidence-based psychiatric care for individuals across the lifespan. She earned her Master of Science in Family Medicine from the University of Central Missouri and completed her Post-Master's Certificate in Psychiatric Mental Health at Herzing University. Her nurse practitioner clinical journey began at Ozark Center Urgent Behavioral Solutions in Joplin, MO, followed by roles in adult and geriatric inpatient psychiatry at Freeman Health in Joplin, MO, as an inpatient psychiatric provider. Valerie has also received specialized training in adolescent inpatient psychiatry and therapy, allowing her to support patients at every stage of life. In addition to her clinical work, Valerie holds a business degree and is the owner, provider, and founder of the Adult ADHD Diagnostic Clinic in Springfield, MO. The Adult ADHD Diagnostic Clinic is a practice dedicated to accurate diagnosis and tailored treatment for adults with ADHD. Valerie's approach is holistic and collaborative. She believes that effective psychiatric care should be thorough, personalized, and rooted in the latest clinical research. Her dual certification reflects a deep commitment to understanding the full scope of her patients' needs—both physical and mental.
