MISSOURI ASSOCIATION OF AREA AGENCIES ON AGING

21st Show Me Summit on Aging & Health 2026

November 2-4, 2026
Columbia, MO

Seize The Age



Missouri Association of Area Agencies on Aging

Missouri's Trusted Voice on Aging

Show Me Summit on Aging & Health 2026

Seize the Age!

November 2-4, 2026 | Columbia, MO

Welcome to the 21st Show Me Summit on Aging and Health!



We're thrilled to have you with us as we **Seize the Age**. Building on last year's look at a New Era in Aging, this year's theme is a call to act: to move past old assumptions, take up forward-thinking strategies, and make full use of the opportunities in front of us. Older Missourians are living with greater purpose, energy, and ambition. Our shared work is to make sure communities, policies, and support networks help them thrive.

The old definition of "old" no longer fits. Today's aging population is more active, more connected, and more determined to keep shaping the places they call home. That shift strains services and the workforce, and it also opens real opportunity if we embrace it together. In Missouri, adults 60 and older are growing faster than the youth population. Seizing the age means working smarter and more collaboratively so every Missourian can age with dignity, health, and independence, in the place they choose.

We are honored to welcome our special guests. Greg Burris, founder of Give 5 and a Certified Futurist, opens the Summit by challenging us to reimagine community connection. Sandy Markwood, CEO of USAging, brings the national view of trends and policy across the Area Agency on Aging network. Sarah Willson, Director of the Missouri Department of Health and Senior Services, shares how the state is putting the Master Plan on Aging—Missourians Aging with Dignity—into practice.

Missouri's ten AAAs, part of that national network of AAAs, are uniquely placed to turn this vision into local action. Close to home, we coordinate services, support caregivers, and partner with senior centers, nutrition programs, and community organizations so older adults and adults with disabilities can remain independent. Breakout sessions will take up innovative programs, pressing issues, and models worth replicating, with time to compare notes and take ideas home.

Thank you to our sponsors and exhibitors. Your partnership makes this gathering possible. Please visit the exhibit floor to meet new partners and to find new tools, and don't miss Tuesday's Block Party!

We're glad you're here. Let's leave Columbia ready to seize the opportunities ahead.

Enjoy the Summit!

Kristi Bohling-DaMetz, RN, BSN, MBA
President, Missouri Association of Area Agencies on Aging (ma4)
Director of Aging and Adult Services, Mid-America Regional Council (MARC)l

ma4
Missouri Association of
Area Agencies on Aging

Missouri's Trusted Voice on Aging
2027 Christy
Jefferson City, MO 65101
www.ma4web.org

ma4 provides advocacy, information, and services for Missourians along the aging journey.

ma4 is Missouri's trusted resource for advocacy, information, and services for aging Missourians. Powered by ten independently operated Area Agencies on Aging (AAAs), we forge powerful partnerships with governmental bodies, private corporations, foundations, and community organizations to ensure older Missourians can age in the homes and communities of their choice. Our combined voice advocates at every level of government—local, state, and federal—for the policies, resources, and funding that allow our aging friends, neighbors, and loved ones to thrive. Together, we create a stronger, more unified voice for aging Missourians.

Sarah Willson, Director
Missouri Department of Health and Senior Services

Dear Friends:



Welcome to the 2026 Show Me Summit on Aging and Health! This year marks the 21st Summit, and we are thrilled to gather with you as we embrace our theme, "Seize the Age." Together, we are taking proactive steps to empower older adults, foster vibrant communities, and build bold, forward-thinking strategies for health and longevity across Missouri.

We are excited for the dynamic lineup of speakers, breakout sessions, and networking opportunities tailored to inform, inspire, and spark actionable change. Highlights of this year's Summit include engaging and energizing keynote speakers, valuable insights from aging advocates, and practical workshops designed to elevate community-based care and support systems which allow older Missourians to age with health and independence in their environment of choice.

The Master Plan on Aging continues to guide our momentum, providing a strong roadmap to ensure Missourians can age with dignity, purpose, and independence. Through ongoing collaboration across state agencies, Area Agencies on Aging, dedicated community partners, and Missourians with lived experience, we are turning bold goals into measurable progress. We look forward to highlighting the impactful implementation strategies taking root across our state.

To "Seize the Age" is to champion the invaluable contributions of our older population while ensuring they have access to resources needed to thrive. Your unwavering commitment to advocating for and supporting older adults and their caregivers is what makes this vision a reality.

Thank you for your partnership, dedication, and leadership. This 21st Summit will leave you energized, inspired, and ready to seize the opportunities ahead as we continue transforming aging in Missouri.

With appreciation,
Sarah Willson, BSN, MBP, FACHE
Director, Missouri Department of Health and Senior Services

MISSOURI'S AREA AGENCIES ON AGING – REGIONS

1: SENIORAGE - SPRINGFIELD
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2: AGING MATTERS - CAPE GIRARDEAU
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3: CARE CONNECTION FOR AGING SERVICES–WARRENSBURG
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4: YOUNG AT HEART – CAMERON
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5: NORTHEAST MO AAA – KIRKSVILLE
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MISSOURI SENIOR RESOURCE LINE
Find Your Local AAA:
1-800-235-5503



Greg Burris

Certified Futurist
Founder, Give 5 Program
Fellow, Foundation for Social Connection
Welcome Keynote

Greg Burris has served as Vice President at Missouri State University, City Manager of Springfield, Missouri, and President & CEO of United Way Ozarks Region. He founded the Give 5 Program, a "civic matchmaking" program for older adults implemented nationally. He recently implemented Give 5 Academy to teach high school students about their community, how nonprofits work, and the impact students can make on their community. Greg is a certified futurist and is wrestling with retirement. Greg married up, was born on Halloween, is a professional musician with limited talent, pole vaulted for a school that had neither a pole nor a pit, and enjoys French Silk Chocolate Pie (typically, alone in a dark corner).

Sandy Markwood

CEO, USAging
Gala Keynote

Sandy Markwood 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.

A passionate advocate, Sandy has led numerous campaigns focused on combating social isolation, encouraging healthy aging, supporting caregivers, promoting livable communities, and preventing elder abuse. Her goal 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 more than 30 years of experience in aging, health, human services, housing, and transportation programs. She holds bachelor's and master's degrees from the University of Virginia.





Sarah Willson, BSN, MBP, FACHE

Director, Missouri Department of Health and Senior Services
Plenary

Sarah Willson, MBA, BSN, RN, FACHE was appointed director of the Missouri Department of Health and Senior Services (DHSS) by Governor Mike Kehoe on January 14, 2025. She brings a wealth of valuable experience to DHSS from her background as a practicing nurse and healthcare executive.

Prior to joining DHSS, Willson served as Vice President of Clinical and Regulatory Affairs for the Missouri Hospital Association for nearly a decade. She has also held leadership roles with Compassus Hospice and Palliative Care and at Capital Region Medical Center. Her career has been defined by advocating for quality care, developing efficiencies, and improving outcomes for patients.

Willson has a Master of Business Administration in health management from William Woods University and a Bachelor of Science in nursing from the University of Missouri–Columbia. She is a Fellow of the American College of Healthcare Executives.

MONDAY, NOVEMBER 2, 2026

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

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

1:00-2:15 — **SUMMIT OPENS** — **Expo Center**

Welcome: Christine Hustedde, ma4 Summit Chair, and Aging Ahead CEO

Opening Keynote: Greg Burris

Founder, Give 5 Program; Fellow, Foundation for Social Connection; Certified Futurist

2:15-2:45 — **Break to View Exhibits** — **Expo Center**

2:45-3:30 — **Breakout Sessions -#1**

AI and Aging: Supporting Independence and Care in Missouri Communities — **Windsor I & II**

This session explores how artificial intelligence (AI) can support older adults, caregivers, and aging service providers across Missouri. Focusing on practical, real-world applications, we will examine how AI tools can enhance independence, improve safety, and expand access to care. Attendees will learn how AI is already being used in areas like fall detection, care coordination, and communication, while also considering important issues such as privacy, accessibility, and trust. This session is designed to be approachable and non-technical, equipping participants with a clear understanding of where AI can add value in aging services today.
Avion Bryant, Stronghold Data

► **Digital Front Door: Technology Solutions for Senior Center Operations** — **Windsor III**

Senior Centers and Community Centers see hundreds of visitors every day. Yet many still rely on paper sign-in sheets, manual tallies, and after-the-fact data entry to document that activity. AgingIS Kiosk changes that. In this session, attendees will see how a self-service kiosk empowers participants to check in via touchscreen, badge swipe, barcode scan, or manual entry — logging visits instantly across all programs, from meals and fitness to classes and recreation. Staff gain real-time visibility, automatic roster management, and compliance-ready reports — without adding burden to the front desk. Built for AAAs, CBOs, and senior centers across Missouri and the nation, AgingIS Kiosk transforms the participant experience and the operational back-end — all from a single, intuitive device.
Ben Heah, Jy Chia, Innovative Data Solutions

► **SMP Fraud Fighter Academy** — **Windsor IV**

Fraud Fighter Academy: Are You Ready to Join the Fight? Step into the Fraud Fighter Academy and learn how to protect yourself from Medicare fraud, errors, and abuse. This interactive session from the Missouri SMP (Senior Medicare Patrol) equips participants with the skills to spot scams, identify red flags, safeguard personal information, and know what to do if fraud is suspected. Gain practical tools to protect yourself and help others in your community. **Leslee Howard & Samantha Schnell, Care Connection for Aging Services**

► **Top 10 Traits of THE BEST Senior Center Directors** — **Parliament I & II**

This session explores the ten defining traits of highly effective senior center directors and how these leadership characteristics move organizations from simply surviving to truly thriving. Participants will learn practical strategies for strengthening vision, data-driven decision making, funding sustainability, team development, and community partnerships to position their centers for long-term impact. **Michael Lippert, My SeniorCenter**

3:30-4:00 — **Break to Visit Exhibits** — **Expo Center**

4:00-4:45 — **Breakout Sessions –#2**

► **Why Falls Keep Happening—and What Works: Launching an OT-Led Home Hazard Removal Program (HARP)** — **Windsor I & II**

Falls remain the leading cause of injury among older adults, yet many prevention efforts rely on education or generic home safety checklists that fail to reduce repeat falls. In 2026, Limitless Living Solutions launched an occupational therapy–led Home Hazard Removal Program (HARP) in Clay County, Missouri, funded through Clay County Senior Services to address a gap in OT-driven community programming in the Kansas City metro. Building on the evidence-based HARP model, the LLS program was intentionally designed to leverage Medicare Part B coverage for medically necessary occupational therapy—containing costs—while partnering with existing county-funded programs for referrals and home safety modifications. Serving community-dwelling seniors, particularly low-income older adults, this model demonstrates how OT strengthens coordinated, sustainable fall prevention across local systems.
Kristin Lienhop, Limitless Living Solution

► **Home Modification, Does It Have to be so Hard?** — **Windsor III**

The aging network cannot afford to wait for the concerns of using AI to be resolved. In this session, learn how one nonprofit organization's team navigated the complexities of using AI to get their daily work done. We will discuss the philosophical, policy, ethical, and compliance issues related to the use of AI in the workplace. We will explore how one organization addressed these concerns, including examining a policy outlining key guidelines for team members to use AI appropriately. Whether you are a policymaker, CEO, or frontline staff, you have a role in AI use, even if you've never used it before. (You probably have!). We will cover AI types and definitions. No advanced knowledge is required to gain something useful from this session.
Scout Merry, Missouri Assistive Technology

► **Beyond the Levy: Building Community Power to Fund Aging Services** — **Windsor IV**

What does it take to build sustainable, community-driven funding for older adult services? This interactive session spotlights the Missouri Council on Aging's leadership in advancing senior levy funds and strengthening local funding strategies across the state. Participants will receive an overview of how public opinion data can inform local decision-making and support grassroots momentum. Through real-world case studies, presenters will highlight how communities have mobilized support, built coalitions, and advanced funding. The session centers on participant engagement, with guided discussion and peer exchange to spark ideas and surface opportunities. Attendees will leave with fresh inspiration and practical approaches to developing resources that sustain and strengthen services for older adults in their communities. **Andrew Shaughnessy, Limitless Horizons**

► **Seize the Age: Smarter HCBS Strategies for Aging at Home** — **Parliament I & II**

"Seize the Age" means empowering older adults to age on their own terms with the knowledge to make informed decisions about remaining at home, preserving independence, and protecting the assets they have spent a lifetime acquiring. This session explores how Medicaid Home and Community-Based Services (HCBS) can be used proactively to help individuals stay in their homes longer while safeguarding assets, including the family home. Designed for leaders, professionals, volunteers, and advocates in the aging services network, this presentation explains how timing, assessments, and asset division strategies for married couples directly impact outcomes. Through practical examples, attendees will learn how collaborative planning can reduce crises, delay institutional care, and preserve assets. The strategies shared are replicable across communities statewide and encourage creative, strengths-based thinking around long-term care planning. **Jessica Rooks, The Rooks Law Firm**

4:45 pm	**Break to Visit Exhibits**	**Expo Center**
5:30 pm	**EVENING RECEPTION – COCKTAILS (SELF- PAY)**	**EXPO CENTER**
6:00 pm	**GALA DINNER**	**Expo Center**

Welcome: Kristi Bohling-DaMetz, ma4President; Director of Aging Services, MARC
Keynote: Sandy Markwood, CEO, USAging

TUESDAY, NOVEMBER 3, 2026

8:00-3:15	**Exhibits Open**	**Expo Center**
8:00-9:00am	**Breakfast**	**Expo Center**
9:00-10:00	**Plenary: Sarah Willson, Director, Missouri Department of Health and Senior Services**	**Expo Center**

Centered on the call to "Seize the Age," this keynote explores Missouri's unified roadmap to empower older adults, adults with disabilities, and family caregivers. From the ten-year Master Plan on Aging and rural care coordination to major federal grants advancing caregiver supports and healthy aging, discover how Missouri is weaving an integrated tapestry of care. Join us in celebrating our statewide network's progress in championing choice, dignity, and independence for all Missourians.

10:00-10:30	**Break to Visit Exhibits**	**Expo Center**
10:30 11:15	**Breakout Sessions – #3**	

► **Centers for Independent Living: A Hidden Resource in Missouri** — **Windsor I & II**

The session would provide information about what a center for independent living (CIL) is and how they can work with consumers to access resources and programs to continue to live independently in their community.
Karen Gridley, MO Statewide Independent Living Council

► **Aging Services Providers Responding to the Unexpected** — **Windsor III**

Having trusted partners with experience serving older adults is important. Crisis management specifically focused on older adults is not the norm. Older adults often face disproportionate challenges during disaster recovery, including mobility limitations, complex medical needs, lower fixed incomes, and barriers accessing shelters or navigating recovery systems. Attend this session to learn ways to plan, prepare, & better serve older adults during crisis situations. **Anneliese Stoever, St. Louis Area Agency on Aging**

► **Let's Talk About Death: A Death Doula's Guide to Meaningful Conversations** — **Windsor IV**

Death is universal, yet conversations about mortality are often avoided in both professional and personal settings. Led by trained end-of-life planners and Death Doulas, this session introduces the death positive movement and explores how open, thoughtful dialogue about aging, grief, and end-of-life wishes can reduce fear, improve planning outcomes, and support greater autonomy and aligned care. Designed for professionals working with aging populations, attendees will gain practical tools, real-world examples, and communication strategies to navigate these conversations with greater confidence and sensitivity. The presentation will also highlight the growing value of incorporating death education into local senior centers through compassionate support, advance planning guidance, meaningful community programming, and resources that help older adults and families feel more informed, connected, and supported. **Kelly Tecklenburg & Lauren Ponder, With Love Events**

► **Advocacy and the Missouri State Budget** — **arliament 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 2027 legislative session. **Lindsey Baker, Missouri Budget Project**

11:15-11:30 **Break to Visit Exhibits** **Expo Center**

11:30-12:15 **Breakout Sessions -#4**

► **Automating the Last Mile: Mobile-First Software for Meals on Wheels** **Windsor I & II**

Home Delivered Meals programs run on the dedication of drivers — yet most still rely on paper routes, phone calls, and manual check-ins. AgingIS Care, a newly launched mobile app built specifically for HDM field operations, changes that. In this session, attendees will see how a purpose-built mobile-first solution empowers drivers to manage routes, document welfare checks, capture proof of delivery, and communicate exceptions — all in real time, even offline. The companion Admin Portal gives program staff live visibility into daily operations and automates data entry workflows. Built for AAAs and CBOs in Missouri and across the nation, AgingIS Care transforms HDM delivery into a modern, compliant, and scalable operation — without adding burden to your team.
JY Chia & Ben Heah, Innovative Data Solutions

► **Senior Centers - Senior Center Roundtable: A Guided Discussion** **Windsor III**

This session will provide an opportunity for senior center administrators and board members to connect with others across the state. Using guided questions, participants will have the opportunity to discuss burning questions and learn from other administrators.
Kristin Davis & Becky Malisch, Missouri Department of Health and Senior Services

► **Kinship Connection: A Community Driven Approach to Supporting Grandfamilies** **Windsor IV**

Kinship Connection is a trauma informed support model for grandparents and kin age 55+ who are raising grandchildren. Many children in kinship care have experienced trauma, and caregivers often step in suddenly with limited resources, high stress, and little guidance. Kinship Connection strengthens these families through caregiver education, peer support circles, family navigation, and intergenerational resilience workshops. Caregivers learn trauma responsive strategies, gain emotional support, and access financial, legal, educational, and mental health resources. The program is designed for statewide replication, offering a consistent core model with flexibility for local communities. Kinship Connection builds resilience across generations and ensures kinship families receive the support they need to thrive. **Tammy Wilkey & Melanie Foster, Care Connection for Aging Services**

► **Cannabis and Aging: What Seniors and Providers Need to Know** **Parliament I & II**

Nearly 80% of Americans live in a county with at least one legal cannabis dispensary. What does this mean for the aging services network? In this presentation, we will cover how and why people use medical cannabis, risks and benefits, and safety tips. We will also discuss the state and federal regulations on cannabis, the status of rescheduling and where medical cannabis falls under CMS guidelines. **Sara Figueroa, BeLeaf Medical**

12:15-1:30 **Lunch** **Expo Center**

1:30-2:00 **Chair Fitness** **Expo Center**

Hang around after lunch and join us for Chair Fitness. This energizing session demonstrates low-impact fitness techniques and is guaranteed to shake off the afternoon slump and leave you feeling revitalized! **Teresa Etters, Care Connection for Aging Services**

1:30-2:00 **Break to Visit Exhibitors** **Expo Center**

2:00-2:45 **Breakout Sessions – #5**

► **Aging in Place: New Technology, New Possibilities** **Windsor I & II**

For millions of older adults, the desire to remain at home as they age is both deeply personal and increasingly achievable. This presentation explores how emerging remote support services and assistive technologies are transforming what's possible for seniors living independently. From smart sensors that detect falls and monitor daily routines, to devices that connect residents to caregivers in real time, today's tools are quietly revolutionizing how we define safety and security at home. We'll examine real-world applications, share outcome data, and discuss how families and care coordinators can leverage these innovations to reduce risk, delay transitions to facility-based care, and improve quality of life for older adults in their own homes. **Mike Bates, Hearo Technologies**

► **Silver Prom: Engage Nostalgia, Social Wellness and Dancing!** **Windsor III**

Silver Prom is a unique event in the calendar year for senior programming. It is a night dedicated to helping seniors experience a time of nostalgia and fun! We replicate a prom experience similar to what they would have had in their youth. This event lends well to being intergenerational as high school students can host and assist with planning. With two successful proms held in Excelsior Springs, we are excited to share how anyone can make this event happen with key partnerships, and why this will become your favorite programming event every year! **Jeff Barge, Excelsior Springs Senior Center; Laura Mize, City of Excelsior Springs**

► **Caring for Others Without Carrying It All** **Windsor IV**

Professionals who support older adults encounter grief, loss, cognitive changes, and emotional distress each day. This work requires sustained empathy and can build strain over time. Repeated exposure to distress can shape how professionals respond to mental health or substance use challenges. This session focuses on caring for yourself while supporting older adults. Participants will reflect on emotional load, identify early signs of adverse effects, and examine how cognitive and emotional empathy influence helping responses. The session introduces the Mental Health First Aid Action Plan (ALGEE) as a framework to support self-awareness and self-care while continuing to support others. **Christina Edholm & Isaac Sandidge, Mental Health First Aid Missouri**

► **Stop Being a "Best Kept Secret": Creating Outreach That Works** — **Parliament I & II**

Many organizations describe themselves as a "best kept secret," but in outreach, being unseen means being underutilized. This session focuses on practical ways to create outreach materials that people actually notice and engage with. We'll explore common issues that reduce connection with the audience, including unclear messaging, inconsistent branding, and ineffective photos. Participants will leave with simple, actionable strategies to improve flyers, social media posts, and other outreach materials without adding significant time or resources. The goal is not perfection, but creating clear, consistent, and engaging materials that better reflect the impact of your work. **Shannon Poskocil, Care Connection for Aging Services**

2:45-3:15 **Break to Visit Exhibits** — **Expo Center**

3:15 **Exhibits Close**

3:15-4:00 **Breakout Sessions – #6**

► **Experiencing Memory Loss** — **Windsor I & II**

Experiencing Memory Loss is an interactive exercise designed to help participants understand what it feels like to lose the most essential aspects of their lives. The goal is to increase awareness of the losses experienced by individuals living with dementia and to foster empathy for what they go through each day. Following the exercise, participants take part in a brief training session focused on effective communication strategies for interacting with people who have dementia. **Cheryl Wilson, Advocacy 4 Seniors**

► **Care Management: A Pathway to Healthier Aging** — **Windsor III**

This workshop explores the concept of care management and its significance in enhancing health outcomes, particularly for older adults. It identifies key barriers to accessing care, including socioeconomic factors, transportation issues, and healthcare availability. The workshop emphasizes strategies to overcome these obstacles, fostering a more effective care management system. Additionally, it highlights the positive impacts of care management on the well-being of older adults, demonstrating how improved coordination and support can lead to better health outcomes. Through a comprehensive understanding of these elements, this workshop advocates for the implementation of effective care management practices as a vital pathway for improved health within the aging population.
Lauren Negrete, Mid-America Regional Council

► **Connected at Home: A Collaborative Virtual Senior Center for Older Adults** — **Windsor IV**

In partnership with Health Communication Research Laboratory of Washington University, Aging Ahead has launched a virtual senior center, known as Aging Ahead-Connect, delivering virtual programming to older adults through a custom-built website, accessed via low proficiency tablets and participants' personal devices. This session will explore the challenges and successes of engaging the older adult population with accessible technology. It will highlight key data points and outcomes that have emerged over the two and a half years of the research study, offering a clear picture of the program's impact and lessons learned. Attendees will gain practical insights into program implementation and guidance on building partnerships with research institutions to develop collaborative projects and pursue grant opportunities to expand and sustain innovative aging services.
Emily Harrow, Aging Ahead; Karen Skinner, Washington University

► **Lights, Camera, Confidence – Media Training 101** — **Parliament I & II**

Whether you've fielded dozens of media calls or are stepping into a role where media requests are new territory, this session is designed to meet you where you are. Media Training 101 delivers practical, real-world strategies to help you respond to media inquiries with clarity, credibility, and composure—especially within the unique landscape of the aging services network. Expect a mix of smart tips, insider tricks, and guidance to help you approach every media interaction with confidence.
MJ Grothe, Aging Ahead; Julie Peetz, ma4

4:00-4:30 **Break**

4:30-6:00 **ALL NEW: BLOCK PARTY** — **Expo Center & Parking Lot**

Join us for a Block Party featuring Aging Best's M.O.V.E (mobile senior center) Music. Networking. Light Refreshments

6:00 **EXPLORE COLUMBIA - on your own or with friends!**

WEDNESDAY, NOVEMBER 4, 2026

7:30-8:30 **Breakfast** — **Expo Center**

8:30-8:45 **Break**

8:45-9:30 **Breakout Sessions – #7**

► **Artificial Intelligence is not coming. It's here! Are you ready?** — **Windsor I & II**

The aging network cannot afford to wait for the concerns of using AI to be resolved. In this session, learn how one nonprofit organization's team navigated the complexities of using AI to get their daily work done. We will discuss the philosophical, policy, ethical, and compliance issues related to the use of AI in the workplace. We will explore how one organization addressed these concerns, including examining a policy outlining key guidelines for team members to use AI appropriately. Whether you are a policymaker, CEO, or frontline staff, you have a role in AI use, even if you've never used it before. (You probably have!). We will cover AI types and definitions, so no advanced knowledge is required to get something useful from this session.
Scott Miniea, Missouri Connections for Health

► **Everyone is a Fundraiser (Yes, You): How Every Role Drives Revenue & Impact** **Windsor III**

Fundraising doesn't live in one department; it thrives when it's embedded across an organization. This session explores how programs, communications, leadership, and frontline staff all play a vital role in strengthening donor relationships and advancing mission impact. Participants will learn practical, nonprofit-friendly strategies to break down silos, build a culture of shared ownership, and turn everyday interactions into meaningful engagement opportunities. From storytelling and stewardship to data sharing and cross-team collaboration, we'll highlight simple systems that make fundraising more sustainable and effective.
Christine Hustedde, Aging Ahead

► **Beyond ZIP Codes: Meeting Missouri Caregivers Where Missouri Lives** **Windsor IV**

Missouri's caregivers don't all look the same — and neither should the programs that support them. Drawing from Trualta's national caregiver engagement data and real outcomes from a long history of Missouri partnerships, including Buchanan County, this session explores how geography, relationship type, and caregiver identity shape what support actually works. Attendees will walk away with data-backed strategies for supporting caregivers and programs that drive engagement and real-world outcomes. Whether the caregiver lives in St. Joseph, Columbia, or a rural county without broadband, their access to support and information should be the same. Featuring insights from multiple counties, this session offers replicable models any agency can adapt to meet caregivers where they are. **Shazad Zafar, Trualta**

► **Missouri's Master Plan on Aging** **Parliament I & II**

This presentation provides a high-level overview of Missouri's Master Plan on Aging and its statewide implementation strategy. It highlights the plan's vision for supporting older adults, people with disabilities, and caregivers; summarizes the seven strategic domains that guide the work; and emphasizes the extensive public engagement that informed the plan's recommendations. The presentation also outlines the tools and structures guiding implementation—including the local implementation toolkit, phased action approach, and cross-agency governance—along with the key milestones and next steps that will drive progress over the coming years.
Mindy Ulstad, Missouri Department of Health and Senior Services

9:30 -10:00 **Break**

10:00-10:45 **Breakout Sessions – #8**

►**How Are You Gonna Pull That Off: Big Project to Fix Big Problems** **Windsor I & II**

Two supervisors turned project managers navigate the logistics of pulling off a huge task. Being rewarded the grant was just the start of a logistical undertaking that brought much-needed supplies to clients in need in St. Louis County. **Brooke Huber, Aging Ahead**

► **Building Brain Healthy Habits** **Windsor III**

Everyone, at any age, can take action now to help protect their brain health. Building Brain-Healthy Habits shares important information about brain-healthy actions we should all build into our routines. It's never too early — or too late — to start prioritizing our brain health. This program helps participants understand the science-backed habits we can build to support our lifelong brain health. Participants will leave with a customized action plan to help them commit to these brain-healthy habits. **Sarah Lovegreen, Alzheimer's Association.**

► **The Missing Muscle in Leadership: Aging, Energy, and Performance** **Windsor IV**

What if the missing link in healthy aging and leadership performance is not mindset alone, but the body? This session introduces the Muscle-Mind Continuum, a framework that connects physical activity with cognitive function, energy, and long-term resilience. Attendees will learn how strength training, movement, and daily habits directly impact memory, focus, and stress regulation. Designed for professionals serving aging populations, this session provides simple, practical strategies that can be implemented immediately to improve quality of life and performance. Participants will experience interactive movement and leave with tools they can apply personally and share with their communities to support healthier, more energized aging.
Dr. Brittany Ramsey, Dr. Brittany Ramsey Wellness

► **Compassionate Conversations: Helping Families to Plan with Intention** **Parliament I & II**

This interactive session introduces Rings of Care's Compassionate Conversations Program, helping families navigate aging, caregiving, and future planning with clarity and empathy. Using the Aging with Intention: Aging Timeline manual, attendees will receive a free copy and guided time to explore key sections together. Through discussion and shared reflection, participants will learn practical tools, conversation prompts, and strategies to support meaningful, respectful dialogue within families. This session empowers individuals to approach sensitive topics proactively, strengthening communication, honoring personal preferences, and building supportive plans before decisions are made in times of crisis. **Niki Staab, Rings of Care; Rachel Blankenship, MOKS Queer Law**

10:45-11:00 **Break**

11:00-11:45 **Breakout Sessions – #9**

► **Older Adult Behavioral Health** **Windsor I & II**

One in four older adults experience a mental health or substance use disorder. By 2030, one in five Missourians will be 65+, highlighting the growing need for adequate behavioral health supports for older adults. This presentation will review warning signs for behavioral health concerns in older adults as well as supports that the Department of Mental Health offers, including crisis intervention. **Hannah Levely, Missouri Department of Mental Health**

► **Missouri Government 101** **Windsor IV**

Join lobbyist Scott Penman for an insightful session exploring the fundamentals of Missouri government and the state budget process. Participants will learn practical strategies for effective advocacy to help amplify their impact for older adults.

D. Scott Penman, Penman Group

► **Improvisational Communication Tools for Dementia Care** **Windsor III**

Caregivers supporting individuals living with dementia often encounter communication challenges that traditional approaches do not fully address. When memory, perception, and language change, common strategies such as correction or logical explanation can unintentionally increase confusion or distress. This session introduces practical communication tools that help caregivers respond with empathy, flexibility, and curiosity. Participants will explore techniques such as emotional mirroring, curiosity-based responses, and improvisational communication strategies that allow caregivers to connect with individuals living with dementia in meaningful ways.

Kari Ann Forbush, Amicus Mortis

► **Tech That Cares: Assistive Technology for Family Caregivers** **Parliament I & II**

Caring for an aging loved one can be overwhelming, but you don't have to do it alone. This session introduces practical technology tools that promote safety, security, and connection—helping caregivers feel more confident while easing daily responsibilities and worry. **David Baker, Missouri Assistive Technology**

11:45-12:15 **Closing Session**

IMPORTANT NEXT STEPS

Stay engaged after the Summit!

1: SIGN UP for ma4 Action Alerts! Stay engaged! Stay updated on critical legislative items and ways to share your voice. Use the QR code or go to www.ma4web.org/advocacy/take-action/

ma4 Action Alerts

2: SAVE THE DATE: Senior Advocacy Day 2027. Join the Silver-Haired Legislature, ma4, and MCoA at the Capitol in Jefferson City on **February 23, 2027**. To learn more, use the QR code or go to: https://www.ma4web.org/advocacy/2027-seniors-advocacy-day/

Senior Advocacy Day

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!

www.ma4web.org

ABOUT OUR SPEAKERS

David Baker is the Director of Missouri Assistive Technology and is passionate about expanding access to tools that promote independence and inclusion for people with disabilities, aging adults, and caregivers. His work focuses on practical solutions that improve daily life for individuals, families, and professionals across Missouri.

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.

Jeff Barge is the Senior Center Administrator in Excelsior Springs, MO, now in his 21st year working {having fun} in Senior Centers. He is passable at Senior Karaoke, a World Champion at Senior Goat Cuddling and the host and creator of "JEFFARDY!" the last Friday of each month at 1:00pm.

Myke Bates is the CEO and Co-Founder of Hearo Technologies, where he has spent more than seven years building solutions that help people live more independently. A developer and technology advocate based in Springfield, Missouri, Myke brings a hands-on background spanning software development, IoT, and assistive technology along with a deep commitment to solving real problems for real people. His work at Hearo reflects a simple belief: that listening carefully and then doing something about it is what good technology is all about.

Rachel Blankenship is the co-founder and President of Rings of Care, where she leads efforts to build supportive communities for caregivers navigating times of need. With a professional background as a mediator, she brings a strong foundation in advocacy, conflict resolution, and systems navigation to her work. Rachel is passionate about empowering families with the resources, guidance, and support needed to navigate complex caregiving journeys with confidence and compassion.

Avion Bryant is Chief Technology Officer at Stronghold Data, a managed service provider based in Joplin, Missouri. He leads Stronghold's client experience team and builds the AI systems the firm deploys across its own operations before recommending them to clients. Much of his work sits with nonprofits, municipalities, and public sector agencies, where budgets are tight, compliance is not optional, and there is rarely a technology department to lean on. He helps those organizations sort real automation from vendor noise and put tools in place that their staff will actually use. Before moving into IT, Avion served as a U.S. Army Staff Sergeant as a Combat Engineer for 8years. With a deployment to Iraq and instructor duties at Fort Leonard Wood.

JY Chia is Co-CEO of Innovative Data Systems, driving strategic direction and partnerships across government, healthcare, and aging services stakeholders. He works closely with aging services partners to identify technology needs and translate them into compliant, practical solutions.

Kristin Davis is the Deputy Bureau Chief of Senior Programs at the Department of Health and Senior Services. She serves as the State Director of the Senior Community Service Employment Program (SCSEP) and the Medicare Improvement for Patients and Providers Act Priority 2 (MIPPA). She monitors Older Americans Act funding for compliance and works closely with the state's ten Area Agencies on Aging.

Christina Edholm is the Mental Health Training and Outreach Specialist with Mental Health First Aid Missouri through the Missouri Institute of Mental Health. She has six years of experience supporting mental health literacy, communication, and community engagement. Her work equips professionals with practical strategies to recognize mental health challenges while maintaining their own well being.

Teresa Etters has been in the fitness industry for the last 18 years teaching and training people of all ages. She loves how intricately designed the human body is and the joy of getting to move and live and breathe. Teresa is a mom of 5 beautiful girls 18 to 23, and wife to a pretty awesome potato salesman. She is grateful and loves being a part of the Care Connection team as Director of Health and Wellness. Teresa has been at Care Connection for five years now.

Sara Figueroa studied Gerontology at Webster University and is the first gerontologist to work in the Missouri state-regulated cannabis industry. In addition to managing the Wellness and Aging Program for BeLeaf Medical, Sara is a monthly contributing writer to The Evolution magazine and co-director of The Church on Delmar, a cannabis consumption event space in St. Louis, Missouri.

Kari Ann Forbush is an end-of-life doula and caregiver educator specializing in compassionate dementia care and communication. Through her work with Amicus Mortis, she trains professional caregivers and aging service teams to navigate behavioral changes, emotional distress, and family dynamics with confidence and dignity. Her teaching blends real-world caregiving experience with practical tools that strengthen connection between caregivers and the older adults they support.

Melanie Foster is the Director of Care Management for Care Connection, bringing 30 years of experience in rural social services and case management. She leads a team of seven Care Managers serving 13 rural counties, navigating the unique challenges of delivering quality support in areas with limited resources. Drawing from her own experience as a family caregiver, Melanie deeply understands the critical role Family Caregiver services play in rural communities, where distance and limited access to support can make caregiving especially demanding. Her work is grounded in a commitment to strengthening care systems and improving the lives of caregivers and those they support.

Karen Gridley is the executive director of the MO Statewide Independent Living Council. She has worked in centers for independent living in Missouri for over 20 years and believes everyone should be able to stay in their community for as long as they desire.

MJ Grothe is the Chief Operating Officer of Aging Ahead and has been with the agency for over three years. Alongside her team, she is dedicated to supporting individuals throughout the aging journey. MJ holds an undergraduate degree in Health and Movement Science, as well as master's degrees in Kinesiology and Business Administration.

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 evidence based programming and programming at community focal points, including Aging Ahead-Connect, Aging Ahead's Virtual Senior Center.

Benjamin Heah is Co-CEO of Innovative Data Systems. He works directly with agency leadership and community partners to translate complex operational needs into compliant and scalable technology solutions including the newly launched AgingIS Care mobile app for Home Delivered Meals programs. Prior to Innovative Data Systems, Ben held senior product leadership roles at Amazon and TikTok, where he led global marketplace platforms, machine learning-driven workflows, and cross-functional engineering teams delivering products at scale for millions of users.

Leslee Howard is the SMP Outreach/Media coordinator with a passion for helping people. With over 20 years in the media industry, Leslee uses her background in marketing and graphic design to create innovative visual materials and presentations to educate about Medicare fraud detection and prevention across the state.

Brooke Huber is a registered dietitian with a Master's degree in Family and Consumer Sciences. She has prior experience in outpatient counseling, inpatient treatment in acute care and in a rehabilitation setting, as well as bariatric surgery counseling and treatment. She has been with Aging Ahead for 6 years as the Food and Nutrition Services Supervisor, providing counseling services, community outreach and education, and menu –

Christine Hustedde joined Aging Ahead in 2018 as the Chief Operating Officer and transitioned to the role of CEO in 2025. Christine has a Master of Social Work degree from St. Louis University, is a Licensed Master Social Worker (LMSW) and has spent her career in nonprofit management. Christine works closely with Aging Ahead staff to ensure quality services are provided to the local community. Prior to Aging Ahead, Christine worked in the victim services field where she most recently served as the Executive Director for a regional victim service agency that partnered with law enforcement. Christine currently serves as adjunct faculty for two universities where she teaches social work and criminal justice courses. In her spare time, Christine volunteers for a local feline rescue and works diligently to remember the rules of pickleball.

Hannah Levely is the Specialty Populations Coordinator for the Department of Mental Health, Division of Behavioral Health. In this role she ensures programs and policies across the state encompass the needs of youth, older adult, maternal, and rural populations. She also gets the chance to support behavioral health providers who serve these populations, as well as collaborate with other state agencies and stakeholders on best practices. She has her bachelor's and master's degrees in criminology.

Kristen Lienhop is an Occupational Therapist and Driving Rehabilitation Specialist with 28 years of experience supporting older adults to age safely and confidently at home and in their communities. She is the founder of Limitless Living Solutions, providing personalized, in-home occupational therapy focused on aging-in-place assessments, fall prevention, home safety, and comprehensive driving evaluations. An entrepreneurial leader and community educator, Kristen partners with local organizations to deliver evidence-based safety and mobility programs.

Michael Lippert has more than 30 years of experience, he is a forward-thinking facilitator who helps senior services leaders move from reactive daily operations to proactive, purpose-driven leadership. His energetic, interactive sessions replace traditional lectures with meaningful dialogue that encourages audience engagement and collaboration. Through relatable storytelling and a humorous style, Michael translates complex ideas into practical, actionable insights. As a former business owner, corporate trainer, sales leader, and program director, he understands the pressures agency leaders face and is focused on empowering senior services professionals to think differently, work smarter, and expand their impact.

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. Sarah has a Master's in Public Health from Saint Louis University and is a Master Certified Health Education Specialist.

Becky Malisch is a Senior Program Specialist at the Department of Health and Senior Services. She works with information and referral, transportation, the No Wrong Door initiative, Senior Independent Living Programs, senior centers, and assistive technology.

Scout Merry has been working in the field of assistive technology for about 16 years and ran a home modification program in central Missouri for many years. Scout also holds a home modification certificate from USC. He is a program coordinator at Missouri Assistive Technology.

Scott Miniea has served as the ED of Missouri Connections for Health and the Missouri State Health Insurance Assistance Program since 2019. As a senior in the aging and disability space, Scott has had a long career in K-12 and higher ed, nonprofit leadership/management and a variety of volunteer roles. Always interested in connecting people with questions to answers, Scott looks forward to sharing his own experiences in tackling today's challenges based on this experience.

Laura Mize - As the Neighborhood Specialist for the City of Excelsior Springs, Laura Mize oversees programs that connect neighbors to each other and connect residents with resources. She chairs groups that support neighborhood block parties and aging programming to include Silver Prom. She organizes volunteers such as the Snow Angels and Mow Angels. Through these activities, she gets to work with neighbors and residents who are actively making their community better.

Lauren Negrete is an Integrated Care Specialist and Community Support Network Coordinator with the Mid-America Regional Council. With over eight years of experience as a Community Health Worker specializing in older adult care management, Lauren is dedicated to delivering exceptional client care. She is passionate about bridging gaps in access to services and finding innovative, community-centered solutions to support the aging population.

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.

Julie Peetz is the Executive Director of Missouri's Association of Area Agencies on Aging, driving strategic planning, partnerships, and advocacy for aging Missourians. With over 40 years in non-profit leadership, she has focused on empowering vulnerable populations.

Lauren Ponder is an End-of-Life Planner (Death Doula) and founder of With Love Events. She works with individuals, families, and community organizations to support end-of-life planning through education, conversation, and facilitation. Lauren is a board member of the Gateway End-of-Life Coalition and the creator of Last Call: An End-of-Life Festival, which brings accessible, community-centered death education to the St. Louis region.

Shannon Poskocil is a PIO with nine years of marketing experience, including five years at Care Connection for Aging Services. She is currently pursuing an MBA with a focus in marketing and social media at University of Central Missouri. Her work focuses on helping senior centers create clear, accessible, consistent outreach materials that better connect with their communities.

Dr. Brittany Ramsey is a keynote motivational speaker, fitness expert, and kinesiology specialist with over 17 years of experience helping high-performing leaders transform their bodies to elevate their performance. She has spoken to over 600 students and organizations nationwide, integrating faith, fitness, and mindset. Her work bridges the gap between physical health, cognitive performance, and leadership excellence.

Jessica Rooks is the founder of an elder law and estate planning firm serving families across Missouri, with a focus on Medicaid Home and Community-Based Services (HCBS) planning that helps older adults remain at home while protecting assets and dignity. She was named Missouri National Academy of Elder Law Attorneys Member of the Year and collaborates closely across the aging services network on Medicaid and long-term care planning.

Isaac Sandidge, MA, QMHP, is a Training and Quality Specialist for Mental Health First Aid (MHFA) in Missouri at the Missouri Institute of Mental Health. He has 14 years of experience supporting mental health training, instructor development, and quality improvement across community and aging services. Isaac is a National MHFA Trainer who works closely with instructors and partners to apply MHFA skills in real-world settings.

Samantha Schnell has been a dedicated member of Care Connection for over 11 years, with 7 of those years focused on the Missouri SMP program. Samantha is been deeply passionate about helping others and focuses her efforts on educating seniors and their families on Medicare fraud and abuse prevention, as well as raising awareness about potential scams affecting the community.

Andrew Shaughnessy, MPH, MA (he/him) is the Owner and Principal Consultant of Limitless Horizons, where he partners with visionary leaders to turn ideas into impact. With over 18 years of experience, he has helped drive more than $410 million in philanthropic investment and supported the passage of over 200 policies across six states. His work focuses on systems change, advocacy strategy, participatory research, and building community-driven momentum for lasting impact.

Karen Skinner earned her MPH in Epidemiology from Saint Louis University and is currently pursuing her PhD in Public Health Sciences at Washington University in St. Louis. She is the Senior Research Program Manager for the Health Communication Research Laboratory at Washington University in St. Louis. She leads operations management for the evaluation of the Virtual Senior Center with Aging Ahead.

Niki Staab is a dedicated advocate and leader in community-based care, serving as a co-founder of Rings of Care. With a background as a death doula, Niki is passionate about supporting caregivers and individuals navigating end-of-life journeys through education, advocacy, and compassionate support. Her work focuses on building sustainable care networks that ensure no one faces caregiving or loss alone.

Annelise Stoever, Director of the St Louis Area Agency on Aging, supervises staff, develops programs, and leads community initiatives. Ms. Stoever served on several boards including STL Village, Missouri Aging & Disability Research Network, and SAGE of Metro St. Louis. Ms. Stoever has a passion for aging and disability issues.

Kelly Tecklenburg brings creative vision in the mortality awareness space, drawing on a background in marketing and media to make end-of-life conversations feel inclusive, engaging, and accessible as a Death Doula. She specializes in assisting families “right-size” their lives through Swedish Death Cleaning. Kelly is a member of the Independent Order of Odd Fellows and serves as sexton of Wildey Cemetery in Washington, Missouri, home of the Telephone of the Wind installation.

Mindy Ulstad, the Chief of the Bureau of Senior Programs at the Missouri Department of Health and Senior Services, is dedicated to advancing aging policy, service delivery, and cross-system collaboration across the State of Missouri. With extensive experience in grant administration, program oversight, and strategic framework implementation—including the Missouri Master Plan on Aging and No Wrong Door initiatives—she works closely with Area Agencies on Aging and community partners to expand vital supports, optimize funding sustainability, and ensure high-quality care for Missouri’s seniors and caregivers.

Tammy Wilkey is a Proud Climax Springs High School graduate; Tammy earned her BA in Healthcare Administration from Ashford University in 2016. She also has first-hand experience in navigating family and kinship caregiving, raising three of her grandchildren. During her time at Care Connection for Aging Services, she has greatly contributed to shaping the Family Caregiver and Kinship programs and launched the Community, Resources, Education, and Wellness (CREW) Expo. In her spare time, Tammy enjoys playing guitar and keyboard, exploring arts and crafts, and collecting antiques and coins. Creativity, family, and lifelong learning have shaped who she is today and how she navigates the world.

Cheryl Wilson is a long-term care and dementia specialist with 27 years of experience. She has worked in long-term care, had families in long-term care, and was the Director of Ombudsman Service for VOYCE for over 17 years, which makes her uniquely qualified to speak and advocate for seniors throughout the continuum of care. Her passion is to help families and professionals understand dementia and communicate with those who have it in a way that honors them.

Shahzad Zafar is COO at Trualta, a caregiver education and peer support platform serving 35 U.S. states through a mobile-first experience and a growing suite of AI-powered tools, including a personalized care platform designed to adapt to each caregiver's situation. With 20+ years in healthcare technology, he works closely with State Health and Human Services, Area Agencies on Aging, and county partners, including Missouri relationships like Buchanan County, to turn national caregiver engagement data into programs that work in cities, small towns, and rural communities alike.

21st Show Me Summit on Aging & Health 2026 AGENDA at a Glance

MONDAY NOVEMBER 2, 2026				
11:00 am	**Registration Opens**			Atrium Lobby
12:00-5:30	**Exhibits Open**			Expo Center
1:00-2:15	**SUMMIT OPENS**	**Welcome: Christine Hustedde, ma4 Summit Chair; CEO, Aging Ahead** **Dare to be Optimistic: Greg Burris**		Expo Center
2:15-2:45	**Break to Visit Exhibitors**			Expo Center
2:45-3:30	**Breakout Sessions**	TOPIC	PRESENTER	ROOM
	Innovation	**AI and Aging**	**Bryant**	Windsor I & II
	Innovation	**Digital Front Door: Technology Solutions for Senior Center Operations**	**Heah/Chia**	Windsor III
	Advocacy	**SMP Fraud Fighter Academy**	**Howard**	Windsor IV
	Leadership	**Top 10 Traits of the BEST Senior Center Leaders**	**Lippert**	Parliament I & II
3:30 - 4:00	**Break to Visit Exhibitors**			**Expo Center**
4:00-4:45	**Breakout Sessions #2**		**PRESENTER**	**ROOM**
	Healthy Aging	**Why Falls Keep Happening/What Works: Launching an OT-Led HARP**	**Lienhop**	Windsor I & II
	Innovation	**Home Modification, Does it have to be so Hard?**	**Merry**	Windsor III
	Leadership	**Beyond the Levy: Building Community Power to Fund Aging Services**	**Shaughnessy**	Windsor IV
	Advocacy	**Seize the Age: Smarter HCBS Strategies for Aging at Home**	**Rooks**	Parliament I & II
4:45-5:30	**Break to Visit Exhibitors**			Expo Center
5:30	**Reception - Cocktails (self-pay)**			
6:00	**Dinner Gala**	**Kristi Bohling-DaMetz, ma4 President; Director of Aging, Mid-America Regional Council**		Expo Center
	Keynote	**Sandy Markwood, CEO, USAging**		
TUESDAY NOVEMBER 3, 2026				
8:00-3:15	**Exhibits Open 8am-3:00pm**			Expo Center
8:00-9:00 am	**BREAKFAST BUFFET**			Expo Center
9:00-10:00	**Plenary**	**Sarah Willson, Director DHSS : Sieze the Age!**		Expo Center
10:00-10:30	**Break to Visit Exhibitors**			Expo Center
10:30-11:15	**Breakout Sessions #3**		**PRESENTER**	**ROOM**
	Healthy Aging	**Centers for Independent Living: A Hidden Resource in Missouri**	**Gridley**	Windsor I & II
	Innovation	**Aging Services Providers Responding to the Unexpected**	**Stoever**	Windsor III
	Healthy Aging	**Let's Talk About Death: A Death Doula's Guide to Meaningful Conversations**	**Ponder/Tecklenburg**	Windsor IV
	Advocacy	**Advocacy and the State Budget**	**L Baker**	Parliament I & II
11:15-11:30	**Break to Visit Exhibitors**			**Expo Center**
11:30-12:15	**Breakout Sessions #4**		**PRESENTER**	
	Innovation	**Automating the Last Mile: Mobile-First Software for Meals on Wheels**	**Chia/Heah**	Windsor I & II
	Leadership	**Senior Centers - Senior Center Rountable: A Guided Discussion**	**Davis/Malisch**	Windsor III
	Advocacy	**Kinship Connection: A Community Driven Approach to Supporting Grandfamili**	**Wilkey/Foster**	Windsor IV
	Healthy Aging	**Cannabis and Aging: What Seniors and Providers Need to Know**	**Sara Figueroa**	Parliament I & II
12:15-1:30	**LUNCH BUFFET**			Expo Center
1:30-2:00	**Chair Fitness with Teresa Etters/Break to Visit Exhibitors**			Expo Center
2:00-2:45	**Breakout Sessions #5**		**PRESENTER**	ROOM
	Innovation	**Aging in Place: New Technology, New Possibiliites**	**Myke Bates**	Windsor I & II
	Healthy Aging	**Silver Prom: Engage Nostalgia, Social Wellness and Dancing!**	**Barge /Mize**	Windsor III
	Leadership	**Caring for Others without Carrying It All**	**Edholm**	Windsor IV
	Advocacy	**Stop Being a "Best Kept Secret": Creating Outreach That Works**	**Poskocil**	Parliament I & II
2:45-3:15	**Break to Visit Exhibitors (Final Chance to Visit Exhibitors!)**			Expo Center
3:15-4:00	**Breakout Sessions #6**		**PRESENTER**	
	Advocacy	**Experiencing Memory Loss**	**Wilson**	Windsor I & II
	Healthy Aging	**Care Management: Pathway to Healthy Aging**	**Negrete**	Windsor III
	Healthy Aging	**Connected at Home: A Collaborative Virtual Senior Center for Older Adults**	**Harrow/Skinner**	Windsor IV
	Leadership	**Lights, Camera, Confidence: Media Training 101**	**Grothe/Peetz**	Parliament I & II
4:00-4:30	**Break**			
4:30-6:00	**Block Party featuring Aging Best's M.O.V.E (mobile senior center) Music; Networking; Refreshments**			Expo Ctr/PkgLot
WEDNESDAY November 4, 2026				
7:30-8:30 am	**BREAKFAST BUFFET**			
8:30-8:45	**Break**			
8:45-9:30	**Breakout Sessions #7**		**PRESENTER**	
	Innovation	**Artifical Intelligence is not coming - It's Here! Are you Ready?**	**Miniea**	Windsor I & II
	Leadership	**Everyone is a Fundraiser (Yes, You): How Every Role Drives Revenue & Impact**	**Hustedde**	Windsor III
	Healthy Aging	**Beyond ZIP Codes: Meeting Missouri Caregivers Where They Live**	**Zafar**	Windsor IV
	Advocay	**Aging with Dignity - Missouri's Master Plan on Aging**	**Ulstad**	Parliament I & II
9:30-10:00	**Break**			Expo Center
10:00-10:45	**Breakout Sessions #8**		**PRESENTER**	
	Innovation	**How Are You Gonna Pull That Off: Big Project to Fix Big Problems**	**Huber**	Windsor I & II
	Healthy Aging	**Building Brain Healthy Habits**	**Lovegreen**	Windsor III
	Leadership	**The Missing Muscle in Leadership: Aging, Energy, and Performance**	**Ramsey**	Windsor IV
	Innovation	**Compassionate Conversations: Helping Families to Plan with Intention**	**Staab/Blankenship**	Parliament I & II
10:45-11:00	**Break**			Expo Center
11:00-11:45	**Breakout Sessions #9**		**PRESENTER**	
	Healthy Aging	**Older Adult Behavioral Health**	**Levely**	**Windsor I & II**
	Advocacy	**Missouri Government 101**	**Penman**	**Windsor III**
	Healthy Aging	**Improvisational Communication Tools for Dementia Care**	**Forbush**	Windsor IV
	Innovation	**Tech That Cares**	**Baker**	Parliament I & II
11:45-12:15	**Closing Session**	**Closing Session**		Expo Center

Thank you for joining us at the **2026 Show Me Summit on Aging & Health**. Your presence here reflects a shared commitment to navigating one of the most significant demographic shifts of our time—and to seizing the immense opportunities of a new era of aging in Missouri.

The Changing Landscape of Aging

Today, the demographic makeup of our nation is turning upside down. For the first time in history, older adults will soon outnumber youth under age 18. This trend hits remarkably close to home: 1 in 4 Missourians are age 60+ .

This shift is not just about numbers; it is about redefining what it means to grow older. Today's seniors are more likely to be found at a rock concert than in a rocking chair. However, traditional models of support are being heavily outpaced by the needs of this rapidly growing population. To ensure a thriving future, we must be bold, strategic, and innovative with our resources, partnerships, and advocacy.

ma4: Missouri's Trusted Voice for Aging

Founded in 1973, the Missouri Association of Area Agencies on Aging (ma4) serves as the dynamic heart of our state's aging services network. ma4 works in close partnership with Missouri Council on Aging (MCoA) and the Silver Haired Legislature (SHL)in uniting a statewide voice dedicated to advocating for the needs, independence, and dignity of Missouri's older adults. ma4 champions policies and funding that safeguard the well-being and autonomy of Missouri's aging population. With grassroots support from Missouri's ten AAAs, ma4 advocates to expand access to vital community resources and support services to enable Missourians to age with dignity, choice, and independence in the communities they call home.

The return on investment is clear: **every dollar invested in Missouri's AAAs generates $3.81 in community value and taxpayer savings**. Through a vast network of more than **200 senior centers** and **500 community partners**, ma4 delivers a coordinated, community-based approach to care that impacts hundreds of thousands of Missourians annually, including:

- **Nutrition and Meals:** Serving over 10 million meals each year via home delivery and congregate dining.
- **Health and Wellness:** Providing evidence-based health programs, care transitions, and crucial in-home supports.
- **Information and Support:** Offering direct assistance, expert Medicare counseling, and vital family caregiver support.
- **Community Engagement:** Breaking isolation through transportation, social connectedness, and robust volunteer networks.

The Reality: Rethinking the Cost of Aging

Growing old in Missouri shouldn't come with a financial burden too heavy to bear. It is time for proactive, coordinated action across our state policy to tackle the rising cost of aging. Missourians are natural problem solvers—when something isn't working, we rethink our approach. Right now, we face a stark reality: older Missourians represent **25% of our state's population**, yet receive **less than 2% of state funding** for essential services. Our state infrastructure must adapt now to keep pace with this historic demographic shift.

Looking Ahead: Our 2027 Legislative Priorities

To bridge this gap and support the implementation of **Aging with Dignity: Missouri's 10-Year Master Plan on Aging**, ma4 has identified three critical pillars of advocacy for 2027:

- **Secure and Expand Senior Services Funding**: Protect and grow dedicated funding for the Senior Services Growth & Development Program to meet the rising demands of Missouri's aging population.
- **Fortify Area Agencies on Aging (AAA) Infrastructure:** Safeguard critical baseline funding to ensure local **AAA infrastructure** remains resilient, accessible, and fully equipped to deliver essential community services.
- **Champion Missouri's Master Plan on Aging:** Mobilize legislative support to advance and fund key recommendations from Missouri's Master Plan on Aging, establishing a sustainable, age-friendly state framework.

Seize the Age

The future health of our communities depends on making Missouri a place where everyone can age well. Thank you for standing alongside ma4 as we **Seize the Age** to shape policy, protect critical funding, and build a Missouri where we can all grow older with dignity, purpose, and independence.

Missouri Association of Area Agencies on Aging

Missouri's Trusted Voice on Aging

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jpeetz@ma4web.org

ma4 Show Me Summit on Aging and Health 2026

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