

# The Age of Opportunity!

ma4

Missouri  
Association  
of Area  
Agencies  
on Aging



## 19<sup>TH</sup> SHOW ME SUMMIT ON AGING & HEALTH 2024

**Missouri Association of Area Agencies on Aging**

**September 9-11, 2024**

**University Plaza Hotel – Springfield, MO**



# Welcome to the 19<sup>th</sup> Show Me Summit on Aging and Health!

We're thrilled to gather with you as we explore the exciting opportunities shaping the future for Missouri's aging population.

Our theme, *The Age of Opportunity*, reflects the dynamic landscape we're navigating together.

Building upon the momentum of Governor Parson's historic Master Plan on Aging, the AAAs have worked alongside the leadership of the Department of Health and Senior Services. We've spent the past year listening intently to the needs of our aging residents. Through statewide town halls and a comprehensive needs assessment, we are capturing invaluable insights to guide our work.

We're honored to have Dr. Jeremy Holloway, an expert in unlocking the potential of older adults, who will share his wisdom and his Tellegacy Program. Additionally, we're eager to learn from Sandy Markwood, CEO of USAging, who will share about national strategies supporting this vital population. And we are grateful for DHSS Director, Paula Nickelson, who will be joining us to share her vision for the future of aging in Missouri.

This year's summit offers a wealth of knowledge through 36 engaging breakout sessions covering innovative programs, pressing issues, and replicable models of success. We've also created special networking opportunities for Affinity Groups.

A heartfelt thank you to our sponsors and exhibitors for their invaluable support. Please take time to explore their offerings and discover new resources.

Together, through collaboration, communication, and cooperation, we can create a Missouri where we can all age with dignity, purpose, and fulfillment. Thank you for joining us on this journey.



**Enjoy the Summit!**  
**Lana Johnson**  
**ma4 President;**  
**and Executive Director,**  
**Aging Matters**

## Missouri Association of Area Agencies on Aging The Age of Opportunity! September 9-11, 2024 | Springfield, MO

### Agenda at a Glance Monday 9/9/24

7:30 am-noon	MoALSO Levy Boards Meeting
9:00 am-noon	ma4 Board Meeting
10:00am-noon	AAA Fiscal Directors' Meeting
11:00 am	Registration Opens
12:00-5:30 pm	Exhibits Open
1:00-2:30 pm	OPENING SESSION: Keynote: Dr. Jeremy Holloway
2:30-3:00 pm	Break to Visit Exhibits
3:00-3:45 pm	Breakout Sessions – 1
3:45-4:15 pm	Break to Visit Exhibits
4:15-5:00 pm	Breakout Sessions – 2
5:00-5:30 pm	Break to Visit Exhibits
6:00 pm	Reception – Cash Bar
6:30 pm	Dinner
	Keynote: Sandy Markwood, CEO, USAging

### Tuesday 9/10/24

8:00-4:30 pm	Exhibits Open
8:00-9:00 am	Breakfast
8:45-9:00 am	Welcome
9:00-10:00 am	Morning Plenary – AAA Director Panels
10:00-10:30 am	Break to Visit Exhibits
10:30-11:15 am	Breakout Sessions - 3
11:15-11:30 am	Break to Visit Exhibits
11:30-12:15 pm	Breakout Sessions – 4
12:30-1:30 pm	Luncheon – Paula Nickelson, DHSS Director
1:30-2:00 pm	Break to Visit Exhibits
2:00-2:45 pm	Breakout Sessions - 5
2:45-3:15 pm	Break to Visit Exhibits
3:15-4:00 pm	Breakout Sessions - 6
4:00-4:30 pm	Break to Visit Exhibits
4:30-5:15 pm	Bonus Round and Affinity Groups
5:30 pm	Zumba!
5:30 pm	Missouri LGBTQ+ Older Alliance Meet & Greet

### Wednesday 9/11/24

7:00-8:00 am	Expanded Continental Breakfast
7:45 am	Welcome
8:00-9:00 am	Morning Plenary: AAA Director Panels
9:00-9:15 am	Break
9:15-10:00 am	Breakout Sessions - 7
10:00-10:15 am	Break
10:15-11:00 am	Breakout Sessions - 8
11:00-11:15 am	Break
11:15-12 noon	Breakout Sessions - 9
12:00 noon	Conference Concludes - Safe Travels Home!

Dear Friends:

Welcome to the 19th Missouri Show Me Summit on Aging and Health. The Department of Health and Senior Services is proud to collaborate with the Missouri Association of Area Agencies on Aging to bring you this year's speakers, including keynote speaker Dr. Jeremy Holloway. As in years past, a dedicated group of professionals is working to expand opportunities and services for Missouri's older adults and caregivers through diverse and engaging large-group presentations and breakout sessions.



On January 19, 2023, Governor Michael L. Parson signed Executive Order 23-01 to establish the Missourians Aging with Dignity Initiative with the aim of reducing age and disability discrimination, eliminating barriers to safe and healthy aging, and helping Missourians age with dignity. Earlier this year, DHSS partnered with Missouri's AAAs and other aging network stakeholders to host ten in-person and two virtual town halls to hear what Missourians need to age with dignity. This information, along with information gained through the current statewide needs assessment, will be used by the subcommittees and advisory council to create Missouri's first Master Plan on Aging by the end of 2025. There is still time to ensure that your voice is heard in this plan. Please make sure you and those in your network complete the statewide needs assessment survey by September 16.



While the Master Plan on Aging will look to the future of aging in Missouri, it is important to acknowledge the present. Thank you for all the work you do to help Missourians each and every day. We are proud of our current offerings and excited for the vision and implementation of the Master Plan on Aging, as we collectively refine and expand those offerings to best serve our population for generations to come. Thank you for attending this summit. We hope you are inspired, encouraged, and rejuvenated as we step into an age of opportunity.

Sincerely,

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

### MISSOURI'S AREA AGENCIES ON AGING – REGIONS

#### 1: SeniorAge - Springfield

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

Freda Miller, Interim CEO  
1-660.240-9400  
www.yahresources.org  
info@yahresources.org

#### 5: Northeast MO AAA – Kirksville

Debbie Blessing, Executive Director  
1-660-665-4682  
www.nemoaaa.com  
nemoaaa@sbcglobal.net

#### MISSOURI ASSOCIATION OF AREA AGENCIES ON AGING

Julie Peetz, Executive Director  
1-573-668-8824  
www.ma4web.org

#### 6: Aging Best - Columbia

Rebecca Nowlin, CEO  
1-573-443-5823  
www.agingbest.org  
info@agingahead.org

#### 7: MARC – Kansas City

Kristi Bohling-DaMetz, Executive Director  
1-816-421-4980  
www.marc.org  
marcinfo@marc.org

#### 8: Aging Ahead – St. Louis Metro

Lisa Knoll, CEO  
1-636-207-0847  
www.agingahead.org  
info@agingahead.org

#### 9: St. Louis AAA – St. Louis City

Anneliese Stoeber, Executive Director  
1-314-612-5918  
www.slaaa.org  
info@agingahead.org

#### 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  
https://health.mo.gov/seniors/





## **Dr. Jeremy Holloway** **University of North Dakota**

Speaker, Consultant, and Cross-Cultural Communication Educator, **Dr. Jeremy Holloway**, also a Geriatric Professor and Director of Geriatric Education at the University of North Dakota, specializes in diversity, equity, & inclusion with a unique focus in cross-cultural communication, human connection, resiliency, self-efficacy, and personal empowerment of individuals, especially in the healthcare workforce. His curriculum helps combat the Social Isolation and Loneliness of older adults. He is also a Diversity, Equity, & Inclusion leader and curriculum specialist with 20 years of professional and global experience.

Dr. Holloway founded an intergenerational and interdisciplinary program called Tellegacy, through which he has worked with multiple Hospitals, Older Adult Communities, and Universities throughout the United States.

Dr. Holloway exhibits a profound enthusiasm for devising action plans and curricula that imbue a rich culture of diversity and inclusion, particularly targeted towards marginalized groups. These initiatives not only contribute to community-building and multicultural programming but also addresses the issue of loneliness among isolated elderly individuals.

Dr. Holloway has been pivotal in partnering with various stakeholders to establish programs and organizations promoting D&I best practices. His collaborative efforts have led to significant enhancements in retention rates among African American and Hispanic student populations. These achievements have further solidified Dr. Holloway's reputation as a leader, earning him recognition through the Top 20 Leaders Under 40 Award.

Notably, evidence-based data and measurable assessments have been employed to establish a robust culture of support for diversity, inclusion, and equity within the university and healthcare environment.

Dr. Holloway enjoys running, playing guitar, and resides in Fargo, North Dakota, with his wife, Kayla, and four children.



## **Sandy Markwood** **Executive Director of USAging**

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

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

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

# MONDAY SEPTEMBER 9, 2024

12:00-5:30 Exhibits Open OK-IL-CO

1:00-2:30 SUMMIT OPENS! OK-IL-CO

**Welcome: Anneliese Stoever, ma4 Summit Chair; Executive Director, St. Louis Area Agency on Aging**  
**Opening Keynote: Dr. Jeremy Holloway, University of North Dakota: Cross-Cultural Communication for Connectedness in the Age of Opportunity**

In today's world, aging is seen as a time of opportunity. To thrive in this context, care teams must embrace cross-cultural communication. Dr. Holloway will explore how understanding and valuing diverse cultural perspectives can empower teams, enhancing emotional intelligence, empathy, and collaboration. By fostering a culture of inclusivity and respect, organizations can unlock the potential of their staff, communities, and the older adults they serve. Drawing on insights from the Tellegacy Program, participants will learn practical steps to integrate cross-cultural communication into their daily work. This includes advocating for a workplace environment that supports resilience and connectedness. Dr. Holloway will discuss the fundamentals of cross-cultural communication and its critical role in enhancing workplace dynamics. Attendees will leave with actionable strategies to improve their cross-cultural communication skills.

2:30-3:00 Break to View Exhibits OK-IL-CO

3:00-3:45 Breakout Sessions - 1

► **Master Plan on Aging: LGBTQ and HIV Inclusive Planning** KANSAS A  
Masterplans on aging provide an excellent opportunity to highlight the social and health needs of LGBTQ+ older people and people aging with HIV. Join this session as we discuss ways to help ensure the needs of LGBTQ+ people and people aging with HIV. Attendees will be among the first in the country to see recommendations from SAGE LGBTQ+ and HIV Inclusive MPAs.  
**Sherill Wayland, SAGE**

► **Missouri Legislative Process Deep Dive** KANSAS B  
Did School House Rock or long-ago civics class teach you what you need to know about how a bill becomes a law in Missouri? Although the nuts and bolts are similar, Missouri's process is not the same as our neighboring states or Congress. There are nuances in legislative process that influence strategies to advocate and intervene. Attend this workshop if you want to increase your knowledge of how a bill becomes a law in Missouri and feel more confident advocating for your issues with our General Assembly.  
**Jennifer Carter Dochler, Director of Government Affairs, Missouri Foundation for Health**

► **Life Style Medicine's Impacts on Ageing, Function and Quality of Life** ARKANSAS  
In an era where the pursuit of longevity and vitality reigns supreme, delve into the transformative realm of lifestyle medicine and its profound impacts on ageing, function, and quality of life among older Americans. Discover how lifestyle medicine can revolutionize aging. This presentation explores the six pillars (nutrition, physical activity, stress management, sleep, substance avoidance, and social connection) and their impact on older adults. Learn about the latest research on preventing chronic disease, improving physical and cognitive function, and enhancing overall quality of life through evidence-based lifestyle changes.  
**Dr. Robert McNab and Elizabeth Love, RN, MBA, McNab Wellness Longevity Center**

► **Senior Center Roundtable** KANSAS C  
This session empowers senior center administrators and staff to collaborate, crowdsource information and experience, share best practices. We'll explore strategies to expand your center's reach, attract younger members, and secure funding. Attendee participation and sharing is encouraged. **Kristin Davis, Missouri Department of Health and Senior Services**

3:45-4:15 Break to Visit Exhibits OK-IL-CO

4:15-5:00 Breakout Sessions – 2

► **Family Caregiver Resources – The Best Supports for Supporting Others** ARKANSAS  
Join a discussion of recent changes and innovations in the family caregiver sphere. Learn the requirements of the Older Americans Act National Family Caregiver Support Program, ways to implement the National Strategy to Support Family Caregivers, how to find and recruit caregivers to participate in your programs, and additional resources available in Missouri for caregivers across the lifespan. **Christina Scott, Missouri Department of Health and Senior Services**

► **Missouri Aging and Disability Initiatives** KANSAS A  
Missourians of all ages and abilities deserve easy access to the personalized information, services, and programs they need. The Master Plan on Aging and the No Wrong Door Governance Grant are two key initiatives driving improvements in service accessibility. These initiatives are led by the Department of Health and Senior Services and the Institute for Human Development at UMKC, respectively. This session will provide an overview of both initiatives and their proposed recommendations. These recommendations aim to shape policies and practices at the state and local levels to enhance service accessibility for Missourians.  
**Mindy Ulstad, Missouri Department of Health and Senior Services; Beth Dauber, UMKC-IHD**

► **I Get by With a Little Help from My Friends** KANSAS B  
Missouri has 1.3 million Medicare beneficiaries needing help navigating the complexities of Medicare. How can we reach and educate those in need of information with limited staff and marketing budget? The Beatles gave us the answer..."We get by with a little help from our friends." Learn how Missouri SHIP is leveraging technology and "their friends" to help more Missourians get the help and education they need to get the most from their Medicare insurance. **Gary Gummig, Missouri SHIP**

► **Silver Haired Legislature Connect**

**KANSAS C**

Join SHL delegates and Coordinators from across the state to share ideas, learn from each other and get to know each other better. This session will help SHL continue to grow as one of the leading advocacy groups for older adults in Missouri. sponsorships to help support programs, communications, and events at your centers and beyond. **Jan Keith, Aging Ahead; Thomas Eysell, PhD, University of Missouri; Kayla Curry, Missouri Department of Health and Senior Services**

**6:00 pm Evening Reception – Cash Bar OK-IL-CO**

**6:30 pm Dinner OK-IL-CO**

**Welcome - Lana Johnson, ma4 President; CEO Aging Matters  
John Byer, Cumulus  
Dinner Keynote: Sandy Markwood, USAging Executive Director**

## **TUESDAY SEPTEMBER 10, 2024**

**8:00-4:30 Exhibits Open OK-IL-CO**

**8:00-9:00 Breakfast OK-IL-CO**

**8:45 am Welcome**

**9:00-10:00 Plenary - AAA Panels Part 2: Aging Best, Aging Matters, MARC, Region X, STLAAA OK-IL-CO**

Discover what's new in Missouri. AAA Directors will share some of their latest innovations and projects from around the state.

- **Rebecca Nowlin**, CEO, Aging Best: Aging Best on the MOVE – Mobile Multipurpose Senior Center
- **Lana Johnson**, Executive Director, Aging Matters: Hearing Aid Assistance – Partnership with Miracle Ear
- **Kristi Bohling-DaMetz**, Executive Director, MARC: Community Support Network (CSN) – Community Care Hub Model
- **Jennifer Shotwell**, CEO, Region X AAA: Service-Enriched Contracts
- **Anneliese Stoever**, Executive Director, St. Louis Area Agency on Aging: Outreach & Collaboration with Targeted Diverse Populations

**10:00-10:30 Break to Visit Exhibits OK-IL-CO**

**10:30 11:15 Breakout Sessions – 3**

► **Can They Do That?**

**KANSAS A**

Medicare and Medicaid fraud continue to be a very large problem. Participants will learn about the latest health care fraud trends, how to recognize them, and what to do if fraud/abuse is suspected. Aging network professionals will learn innovating outreach strategies to help inform beneficiaries, their families and caregivers.

**Rona McNally, Leslee Howard, and Samantha Schnell, Care Connection for Aging Services**

► **Technology Solutions for All**

**KANSAS B**

Assistive technology is for everyone! Learn about a person-centered planning pathway to finding technology solutions that fit the needs of you or your clients. This pathway will help you develop a deeper understanding of assistive technology and enhance your confidence in selecting and using technology in your daily life.

**David Baker, Missouri Assistive Technology; Angelina Alpert, UMKC-IHD**

► **Patient Companion Program- Maximizing Health Care for Older Adults**

**KANSAS C**

What if you needed a medical procedure, but don't have anyone to serve as your "plus 1" at check-in -- so the hospital/clinic sends you home? What if you don't understand the doctor's instructions and can't remember what you are supposed to do when you get home? What if you're not comfortable advocating for yourself during a medical checkup? When SeniorAge noticed these things occurring within their client base, they took action and created the Patient Companion Program using Give 5 volunteers and others to create a solution. How have their clients reacted? How has the healthcare system reacted? Has it been a success? How are pre-med/pre-health students involved? Come learn about what SeniorAge is doing and how it's going. **Sara Nuxoll, SeniorAge**

► **Bad, Good, or Potentially Inappropriate: What's Inside the Pillbox?**

**ARKANSAS**

Adverse drug reactions in older individuals often can look like "getting old," when indeed they are because of medications. Use of inappropriate medications is a source of preventable adverse events. Senior service providers can be part of the team to promote patient engagement that leads to safer medication use. The 2023 American Geriatrics Society (AGS) Beers Criteria is a tool clinicians use to identify potentially inappropriate medications (PIMs) in adults age 65 and older. This session will explain the purpose of the AGS Beers Criteria; what types of medications are on this list; and how care providers and older adults can benefit from knowing about PIMs. Consumer-friendly resources will be introduced to illustrate ways to empower individuals regarding safe medication use and related advocacy. **Hedva Barenholtz Levy, PharmD, Hbl PharmaConsulting**

**11:15-11:30 Break to Visit Exhibits OK-IL-CO**

**11:30-12:15 Breakout Sessions - 4****► Combatting Ageism in the Healthcare System****KANSAS A**

Ageism is stereotyping, prejudice, and discrimination based on age (WHO, 2021), and there is growing evidence that ageism is common and hurts older people, communities, and society. This session addresses ageism across the healthcare system by providing a review of its prevalence, its manifestations in both clinical and structural contexts, and its impact on the health and wellbeing of older adults. In addition, the session describes theories and interventions to identify and reduce ageism and highlights the role administrators, clinicians, and older adults themselves can play to combat ageism.

**Natalie Galucia, Harvey A. Friedman Center for Aging at Washington University in St. Louis**

**► Aging Successfully in PLACE: Education, Resources, and Tools for Families and the Aging****KANSAS C**

As families journey through the aging process, addressing critical aspects becomes vital to ensure a fulfilling and healthy life. Home Instead has identified 6 fundamental questions to consider when aging in place. Combating isolation emerges as a pressing concern, and fostering nutrition and companionship plays a pivotal role in enhancing quality of life. Understanding the cost comparisons of different senior living options, specifically home care, becomes essential for informed decision-making. Education on home care is invaluable, equipping seniors and their families with the knowledge needed to navigate the complexities of elder care.

**Hillary Bokker, Home Instead**

**► Using Outcomes Data to Show Impact – On a Shoestring****KANSAS B**

KC Shepherd Center (KCSC) will share their comprehensive client intake and assessment process. Using a user-friendly online tool, KCSC evaluates older adults' needs in activities of daily living (ADLs), instrumental ADLs (IADLs), and social determinants of health. This data drives tailored interventions, such as fall prevention programs. KCSC shares findings with partners to establish community benchmarks for older adult services. By analyzing aggregated data, KCSC identifies patterns and advocates for improved care. This approach empowers older adults to maintain independence and enhances service delivery.

**Janet Baker and Julie Carmichael, Kansas City Shepherd Center**

**► Advocacy and the Missouri State Budget****ARKANSAS**

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 2025 legislative session. **Lindsey Baker, Missouri Budget Project**

**12:30-1:30 Lunch – DHSS Director Paula Nickelson****1:30-2:00 Break to Visit Exhibitors****OK-IL-CO****2:00-2:45 Breakout Sessions – 5****► Aging Advocacy - What to Expect in 2025, and How to Talk to Legislators about It****KANSAS A**

Members of the Penman Group will review the 2024 legislative session and prepare advocates for what they might expect in 2025. Discover the best way to approach and communicate with legislators on aging topics in the current political landscape and with consideration for the 2024 elections. **Scott Penman and Kaycee Nail, The Penman Group**

**► Telling Your Story with Data****KANSAS C**

This presentation will start with a virtual tour of several publicly available data sources, including data from the US Census Bureau. This tour will include information about how to get data for rural, urban, and targeted populations. After learning about some of the data that is available at the state, county, and local levels, the audience will learn how to use this data to make an impact.

**Jordanna McLeod, Missouri Department of Health and Senior Services**

**► Elder Justice-Missouri's Innovative Approach to Adult Protective Services****KANSAS B**

Kevin Morgan will provide a concise description about Missouri's Adult Protective Services program, including information on the types of allegations investigated, who qualifies for Adult Protective Services, a description of the innovative investigative process Missouri has implemented, key principles guiding APS practice, and how to make reports. Learn about who is a mandated reporter and why it is essential to report abuse, neglect, and exploitation of elderly and disabled individuals. Camey Paris will focus on Missouri's efforts to expand the Multi-Disciplinary Team model for APS and why this is often critical in obtaining justice for victims of abuse, neglect, and exploitation. **Kevin Morgan and Camey Paris, Missouri Department of Health and Senior Services, APS**

**► Dietary Guidelines for Older Adults: A Comprehensive Overview****ARKANSAS**

Join us for an in-depth exploration of the Dietary Guidelines for Older Adults, focusing on the specific nutritional needs and the what, why, and how of transferring these recommendations to the plates of seniors. This session will cover tips for applying the guidelines in the foodservice setting and strategies for addressing common dietary concerns in the aging population. Participants will leave with a comprehensive understanding of how to prioritize nutrition for optimal health and well-being in later life.

**Lindsay Sparks, SeniorAge Area Agency on Aging**

**2:45-3:15 Break to Visit Exhibits****OK-IL-CO**

3:15-4:00

**Breakout Sessions – 6**

► **Discover Your Role in Advocacy and Uniting Our Field**

**KANSAS A**

Have you ever thought about how to unite the aging field in Missouri? With so many parties working to better the lives of older Missourians and their caregivers, could it be possible to bring all the players to the same table? The mission of the Missouri Council on Aging (MCoA) is to do just that. Join MCoA for an interactive session to learn more about our goals to unite and build a field within the aging sector, provide educational opportunities, and how you can join us in our mission to bring policies and programs that improve the lives of Missourians as we age. **Nicole Brueggeman and Bridget Gittemeier, Missouri Council on Aging**

► **Support Through Sponsorships**

**KANSAS C**

Is there part of you that hesitates when asked by businesses how they can market to your participants? Does the idea working with sponsors to create a mutually beneficial outcome seem interesting but overwhelming? Join us to learn to welcome sponsorships to help support programs, communications, and events at your centers and beyond. **Jan Keith and Kerri Gallagher, Aging Ahead**

► **Depression in Older Adults: What You Need to Know**

**KANSAS B**

This session provides education on one of the leading causes of mental illness in the elderly - depression. Learn about the extent of the problem, how to identify risk factors, signs, and symptoms of depression in older adults. The presentation will dispel myths about depression in the elderly; what to do if identify a loved one – or yourself- experience signs and symptoms of depression, and effective treatments. By addressing the unique challenges and risk factors associated with late-life depression, healthcare providers and policymakers can work to ensure that older adults receive the support and care they need to maintain their mental health and well-being. **Laks Chekuri, MD, PhD, Ozark Center**

► **Navigating the New Frontier of Community-Based Dementia Care**

**ARKANSAS**

Explore the changing landscape of community-based dementia care as a CMS model of care, called Guiding an Improved Dementia Experience (GUIDE), rolls out in Missouri later this year. GUIDE will bring health providers and community organizations together in new ways to support people living with dementia and their family caregivers at home through navigation and respite services. Learn how new state-wide efforts to improve the public health infrastructure will expand access to comprehensive dementia care, and how interdisciplinary teams can work together to improve quality of life for this population.

**Jill Cigliana, Memory Care Home Solutions; Beth Richards, MU School of Medicine, Center for Health Ethics**

4:00-4:30

**Break to Visit Exhibits**

**OK-IL-CO**

4:30

**Exhibits Close**

4:30-5:15

**Affinity Groups**

**Join peers from around the state to make connections and collaborate:**

- **BONUS: OAA Updates/Advocacy Affinity Group:** Lisa Knoll, MJ Grothe, Kerri Gallagher, Aging Ahead **KANSAS B**
- **Information and Assistance/Care Coordination:** Debbie Blessing, NEMO **KANSAS C**
- **Nutrition Innovation:** Rebecca Nowlin, Aging Best; Kristi Bohling-DaMetz, MARC **ARKANSAS**
- **Senior Centers:** Cindy Bailey, Meghan Haenel, SeniorAge **KANSAS A**

5:30

**Missouri LGBTQ+ Older Adult Alliance - Meet & Greet**

**TERRACE LOUNGE**

5:30-6:30

**Zumba Time!**

**TEXAS**

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

**WEDNESDAY, SEPTEMBER 13, 2023**

7:00-8:00

**Expanded Continental Breakfast**

**OK-IL-CO**

7:45 am

**Welcome**

8:00-9:00

**Plenary - AAA Panels Part 2: Aging Ahead, Care Connection, NEMO, SeniorAge, ma4**

**OK-IL-CO**

- **Lisa Knoll**, CEO, Aging Ahead: Diversity, Equity, Inclusion and Belonging Initiatives
- **Wendy Martin**, Executive Director, Care Connection for Aging Services: Kinship Connection and Dementia Live
- **Debbie Blessing**, Executive Director, NEMO: Geriatric Workforce Program
- **Becca Fields**, Co-CEO, SeniorAge: Patient Companion Program
- **Julie Peetz**, Executive Director, ma4: ma4 Updates

9:00-9:15

**Break**

9:15-10:00

**Breakout Sessions – 7**

► **Meeting the Unique Needs of Aging Veterans: The Department of Veteran's Affairs Medical Foster Home Program and Purchased Home and Community Based Services Program Programs**

**KANSAS A**

In Missouri, there are currently 55,000 Veterans over age 65 enrolled with the Veterans Health Administration. By 2035, this number is expected to more than double. Veterans face a unique set of challenges as they age, and in response, the VA created The Aging in Place Initiative to address the needs of Aging, Frail and End-of-Life Veterans. The VA Medical Foster Home and Purchased Home & Community Based Services Programs are part of this initiative to offer eligible Veterans an alternative to long term care facilities. **Melonie Blair-Fabian, Department of Veterans Affairs**



► **Unlocking the Potential of Remote Supports - Empowering Care Professionals**

**KANSAS B**

Explore the evolving world of "Remote Supports" and its integration with modern technology to enhance services in professional care and organizational settings. This session will provide a deep dive into the nature and operation of Remote Supports, clarifying misconceptions and showcasing its potential for innovative service delivery. Learn about the practical applications and options available to empower care professionals and elevate organizational services. Don't miss this chance to fully leverage Remote Supports and transform your approach to care. **Myke Bates, Hearo**

► **Engaging Local Governments in Age-Inclusive Planning**

**KANSAS C**

Discover strategies that professionals and advocates in Aging can implement to engage their local governments around age-inclusive planning strategies. Born out of the World Health Organization's Age-friendly Cities Framework, the Kansas City Communities for All Ages Program engages local governments in the Kansas City region around six topics: (1) public outdoor spaces and buildings, (2) housing and commercial development, (3) transportation and mobility, (4) social inclusion, (5) civic participation and employment, and (6) community and health services. While the KC CFAA program focuses on the Kansas City area, this session will outline strategies that can be adapted and implemented in any region. **Lauren Schaumburg, Mid-America Regional Council**

► **A Virtual World**

**ARKANSAS**

The world is constantly changing and one thing that is clear is technology is here to stay. Aging Matters is looking at ways to help make technology more accessible and manageable for individuals. We have established a partnership with an organization called Senior Planet and collaborate with our local nutrition centers and extension offices for location sites to host programs and trainers. **Liz Yokley; Gina Martin, Aging Matters**

9:30 -9:45

**Break**

10:15-11:00

**Breakout Sessions – 8**

► **Experiencing Memory Loss**

**KANSAS A**

This interactive exercise involves finding out what each participant values most in their life and slowly taking it away until they have no memories left. After the training, I give tips on how to work with individuals affected with dementia in a way that honors the individual and gives the caregiver more success in providing for the needs of the person.

**Cheryl Wilson, Dementia and Advocacy Specialist**

► **Long-Term Effectiveness of Virtual Health Habits on Nutrition and Socialization**

**KANSAS B**

Virtually Healthy Habits (VHH) is an award-winning, innovative, and interactive group-based virtual program designed for older adults to learn about healthy nutrition that includes home-delivered meal kits with cooking demonstrations. Participants choose the meals they wish to prepare from a menu of options, receive fresh ingredients delivered to their door and prepare the meals from a recipe book and/or video cooking demonstration. Participants meet virtually for weekly nutrition education and social sessions for five weeks. Outcomes from this group-based design aims to improve older adults' dietary knowledge, perceptions, and behaviors as well as their social connectedness. **Emir Kandzetic, The Oasis Institute; Brooke Grubb, Aging Ahead**

► **Missouri's Senior Levy Funds: Local Dollars to Support Local Needs**

**ARKANSAS**

55 of Missouri's 115 counties have a senior services fund that supports basic needs, health & wellness, and life enrichment programs. The option for local funding is gaining momentum as local and federal funding shifts or becomes unstable. Counties can access technical support and a tool-kit to help guide the process. Our panel will discuss new collaborative efforts to assist other counties to go forward with getting a senior levy on the ballot. **Tina Uridge, Clay County Senior Services; Nicole Brueggeman, MCoA; Debbie Gwin, Platte County Senior Fund; Jamie Opsal, St. Louis Senior Fund**

► **Taking Care of Yourself So You Can Care for Others**

**KANSAS C**

This session, aimed at senior center administrators and those working directly with older adults, will focus on tools and strategies for maintaining a healthy state of mind, cultivating an environment where mental health is prioritized, and initiating open discussions with older adults about mental health, crisis events, and suicide. Resources shared will include activities, talking points, programs, and referral agencies. Participants will be encouraged to share experiences and ask questions.

**Kristin Davis, Missouri Department of Health and Senior Services**

11:00-11:15

**Break**

11:15-12:00

**Breakout Sessions – 9**

► **Community Response to Catastrophic Housing Closures**

**KANSAS A**

Join us for an eye-opening discussion on community resilience in the face of unexpected housing closures. On December 15, 2023, St. Louis was rocked by the sudden closure of Northview Village Nursing Home, displacing 175 residents, followed a month later by Heritage House, leaving 180 older adults and people with disabilities without housing. Our presenters will highlight the remarkable response from the St. Louis aging and disability networks. Discover the pivotal lessons learned from these events and gain insights into how you can proactively prepare your own community for unforeseen challenges. Whether you are a concerned citizen, a community leader, or involved in healthcare and social services, this talk promises to inspire and equip you with tangible takeaways to fortify your community against future disruptions. **Marjorie Moore, VOYCE; Jamie Opsal, St. Louis Senior Fund; Anneliese Stoever, St. Louis AAA**

### ► Customer Service begins with a Renewed Culture

KANSAS B

It would only seem that natural leaders believe they hire the best of the best team members and those team members will excel in customer service naturally. Today the equation for customer service does look different and leaders can be instrumental sharing their agency's Mission and Values to renew a culture that needs growth. Simple practices and reframing can begin an exciting journey. **Kevin Rusenstrom, SeniorAge**

### ► Creating a Virtual Village

KANSAS C

In October of 2023, Aging Ahead launched the first of its kind, Virtual Senior Center program. This presentation will discuss the structure and purpose of the pilot program, considerations for funding, and areas of growth that were identified along the way. Presenters will share about our partnership with the Health Communication Research Laboratory of Washington University and the findings we have from the data so far. We will look at the impact the Virtual Senior Center has had on participants' mental health and feelings of loneliness, as well as the kind of virtual programming people have engaged in throughout the program. Emily Harrow, Christine **Emily Harrow and Christine Hustedde, Aging Ahead; Jennifer Wolff, PhD, Washington University**

### ► Advancing Alzheimer's Education through AAA Partnerships

ARKANSAS

The landscape of dementia detection, diagnosis and risk reduction is rapidly changing given significant research advances and the availability of treatment for Alzheimer's disease. Attendees will receive updates on the Alzheimer's and dementia landscape, explore promising partnerships to expand awareness and education, and learn how these partnerships help to achieve mutual goals to support people living with dementia and their caregivers. Presenters will share a case study between the Alzheimer's Association and Aging Matters that maximizes resources and outcomes.

**Sarah Lovegreen, Alzheimer's Association, Greater Missouri; Kathy Bullis, Aging Matters**

## ABOUT OUR SPEAKERS

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

**David Baker** is the Director of Missouri Assistive Technology. He credits a chance encounter with an individual who had "no voice" - until he was introduced to a voice output device - for leading to a lifelong interest in how technology can positively impact lives.

**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.

**Janet Baker** has served as KC Shepherd's Center Executive Director since November 2019, where she has led tremendous growth in the number of clients served by KCSC from 700 to 3,500 without doubling the operating budget. This role follows a career as executive director, board chair, corporate funder, foundation executive, civic volunteer, trainer, nonprofit consultant and facilitator where she has facilitated tenuous collaborations both at the systemic and grass roots levels with extensive experience vulnerable populations. She initiated and leads a new strategic role for KC Shepherd's Center in facilitating engaged self-advocacy in public policy and funding by, with and for older adults, serving as House Majority Leader, Board Member, and Jackson County Representative for Missouri's Silver Haired Legislature.

**Hedva Barenholtz Levy, PharmD**, is a board-certified geriatric pharmacy specialist. She founded HbL Pharma Consulting, a senior care pharmacy practice in St. Louis, Missouri, is adjunct faculty at the St. Louis College of Pharmacy, and author of "Maybe It's Your Medications." Dr. Levy received her PharmD degree from the University of Michigan and completed a pharmacy residency at Shands Hospital at the University of Florida.

**Myke Bates** can figure it out. Anything. A born builder, Myke's success as an engineer has been recognized with numerous awards and leadership roles within the tech community. He believes in a more just world—one where we all have equal chances and opportunities. Through Hearo, Myke is helping to level the playing field for all of us.

**Melonie Blair-Fabian**. Since earning her Master of Social Work degree from Washington University in St. Louis, Melonie's career has been dedicated to working with the elderly. When she started working for the Department of Veterans Affairs in 2012, she discovered her true passion of advocating for older Veterans and connecting them with benefits and services. She was the Medical Foster Home Program Coordinator in Northern Arizona before moving to Missouri area to get back to her midwestern roots. She has been the Medical Foster Home Program Coordinator at the Truman VA in Columbia since January of 2024.

**Hillary Bokker** started with Home Instead Joplin in 2014 and is co-Owner of Home Instead with her husband Adam. "My passion is leading our key player team to provide expert development to our Care Professionals and confident care to our clients." Hillary enjoys educating the community on resources for family caregivers as they care for their aging loved one. Hillary holds a bachelor's degree from the University of Arkansas.

**Kathy Bullis Reed**, is the Director for the Family Caregiver Support Program for Aging Matters. She has a Bachelor's degree in Child Development and Family Life with a minor in Gerontology. Prior to her 23 years at Aging Matters, she had 15 years of nursing home experience.

**Nicole L. Brueggeman, MSW, LCSW, MA**, is the inaugural Executive Director of the Missouri Council on Aging. Before joining the Council, she led national and state-wide initiatives focused on healthcare advocacy and transformational healthcare delivery. Nicole works across sectors to lead initiatives that help make Missouri a place for all to age well.

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

**Julie Carmichael** has a Public Administration / Public Finance Master's Degree from Syracuse University and for more than 35 years has worked in the municipal and nonprofit sectors developing programmatic and financial management tools for organizations with limited resources. Julie is currently working as a consultant to several nonprofits and in partnership with the Midwest Center for Nonprofit Leadership at UMKC, and continuing her advocacy work to influence public policies and support programs that improve the lives of marginalized populations.

**Jennifer Carter Dochler, MSW**, Director of Government Affairs at the Missouri Foundation for Health, is a dedicated advocate for public policy and systems change. With a deep-rooted commitment to nonprofit work, political organizing, and legislative action, she has spent decades championing grassroots initiatives and government relations at both the state and federal levels. She currently leads the Foundation's efforts to shape local, state, and federal policies that promote health and well-being. Jennifer has shared her expertise as an adjunct faculty member at the University of Missouri School of Social Work.

**Laks Chekuri, MD, PhD** is a Physician working with the Ozark Center, Joplin, MO. He specializes in Depression care management and has an extensive experience working with seniors and their families.

**Jill Cigliana** is the Executive Director of Memory Care Home Solutions where she leads an interdisciplinary team of professionals in the delivery of evidence-based interventions for home and community-based dementia care. She holds a M.S. degree in Occupational Therapy from Washington University in St. Louis and facilitates the Dementia Community of Practice for the American Occupational Therapy Association. She has served as Project Director for multiple grants in the Administration for Community Living's Alzheimer's Disease Program Initiative.

**Kayla Curry** has worked for the State of Missouri for 17 years. Her last ten years has been with the Department of Health of Senior Services, DSDS. With DHSS she has worked in the HCBS unit, the Long-Term Care Ombudsman Program and is currently with the Constituent & Emergency Services Unit where she serves as the Silver Haired Legislature State Coordinator and supervises the Division's Community Relations Program and the Adult Protective Services Outreach Program.

**Beth Dauber**, Project Coordinator for UMKC-IHD's Health & Aging Team, has a strong passion for systems change. Beth's background includes Vocational Rehabilitation Counselor, District Supervisor, and Assistant Director of Rehabilitation Technology for Missouri Vocational Rehabilitation, as well as an Adjunct Faculty member at Maryville University. She has a master's degree in Rehabilitation Counseling and credentials as a Certified Brain Injury Specialist Trainer and Certified Rehabilitation Counselor.

**Kristin Davis** works with supportive services for older adults, including housing and aging in place, transportation, employment, information and assistance, and mental health. She works with the state's senior center administrators, hosting virtual quarterly calls and offering technical assistance. She also serves as the Division of Senior and Disability Services representative on Missouri's Division of Behavioral Health State Advisory Council, advocating for programs and services to meet the needs of older Missourians with mental health and substance use disorders.

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

**Thomas Eysell, PhD**, is the current chair of the Aging Ahead delegation of the Silver-Haired Legislature. He is an emeritus professor of Finance after 35 years as a faculty member in the University of Missouri-St. Louis College of Business Administration. His academic research focused on corporate and individual financial management, and he continues to write in those fields as well as on automotive history.

**Kerri Gallagher** has been with Aging Ahead as the Community Engagement Coordinator for six years. She has recently stepped into the role of Co-coordinator for SHL in 2023. Kerri has also accepted a position on the Board of Directors for the Center for Hearing & Speech in 2024, aligning her passion for advocacy with the organization's mission.

**Natalie Galucia, LMSW** is a licensed social worker and has a passion for working with older adults. She is currently the Center Manager for the Harvey A. Friedman Center for Aging at WashU, where she most enjoys working on the WashU for Life Initiative. WashU for Life is an initiative that seeks to increase age inclusivity across the campuses of WashU. She takes pride in working on DEI efforts at the University and bringing more awareness to age as part of our identity and ageism. Ms. Galucia is a trained national facilitator with the National Center to Reframe Aging. She received her Master of Social Work from the Brown School at WashU where she concentrated in Gerontology with an emphasis on policy.

**Bridget Gittemeier, BS**, is the Advocacy Manager for the Missouri Council on Aging (MCoA). Before joining MCoA, Bridget worked in the Community Options & Services Department at Aging Ahead, one of Missouri's ten AAAs, and also as a community behavioral health case manager.

**MJ Grothe** has been with Aging Ahead as Manager for Senior Centers for two years. With her team, they help lead 15 senior centers & four contracted sites across four counties (St. Louis County, Jefferson, Franklin, and St. Charles County). She holds an undergraduate degree in Health & Movement Science, a Masters in Kinesiology, and an MBA. She pursues conversations and solutions around health and the aging population.

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

**Gary Gummig** has worked in the insurance and technology private sectors for 3+ decades and is investing the "second half" of his career with Missouri SHIP. He is part of the Strategic Outreach Team whose mission is finding effective ways to reach more Missourians with Missouri SHIP services.

**Debbie Gwin** is a Kansas City Northlander and longtime public servant in the Clay County Public Administrator's office. Gwin joined the Platte County Senior Fund as the executive director in 2019 from Arcare, Inc. a Kansas-based nonprofit, where she served as a court-appointed guardian or conservator for Kansas residents. A board member and past president of the Missouri Association of Public Administrators, her contributions were recognized in 2015 with the Public Administrator of the Year Award given by that organization.

**Emily Harrow** joined Aging Ahead in 2023 as the Supervisor of Community Programs after spending the majority of her career directing intergenerational programs. At Aging Ahead, she works with community partners to bring AAA services to clients at regional focal points, including the Virtual Senior Center.

**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 campaigns to educate about Medicare fraud detection and prevention across the state.

**Christine Hustedde** joined Aging Ahead in 2018 as the Chief Operating Officer with 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. Christine serves as adjunct faculty for two St. Louis based universities where she teaches social work and criminal justice courses. In her spare time, Christine volunteers with a local feline rescue and works diligently to remember the rules of pickleball.

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

**Jan Keith**. In her role as Director of Community Engagement, Jan brings her experience supporting older adults, navigating community partnerships, and building innovative programs to better serve the community. Jan has been with Aging Ahead for over 12 years.

**Elizabeth Love, RN, MBA**, Certified Wellness Coach. Elizabeth is a registered nurse with a practice emphasis on Nutrition and Wellness coaching to help patients achieve sustained improvements in their health, function and well-being.

**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 on the Missouri Alzheimer's State Plan Task Force and is currently serving on 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.

**Gina Martin** is an Outreach Benefits Counselor at Aging Matters, with prior experience in training, counseling, insurance, and customer service. Martin was a call center supervisor in the private banking sector, spent 7 years in community action for EMAA (East MO Action Agency) earning her CCAP (Certified Community Action Professional) designation, and managed the ACA (Affordable Care Act/Marketplace) Insurance program for 25 counties. Martin holds a BS in Mass Communication from SE University and resides in Scott City, MO, with her husband and five dogs.

**Jordanna McLeod** is a Senior Program Specialist with the Bureau of Senior Programs within Missouri's Department of Health and Senior Services. She earned her Master's in Public Health in 2022. Jordanna has used data to tell the story of aging in Missouri's State Plan on Aging and other projects for the Bureau of Senior Programs.

**Robert McNab, MD**, is double board certified in Internal Medicine and Lifestyle medicine. His practice is focused on treatment and prevention of chronic illness by modifying the drivers of disease: Toxic lifestyle habits.

**Rona McNally**, a 27-year veteran of Care Connection for Aging Services, has expertise in Medicare fraud detection and prevention. As Director of Special Projects, her responsibilities include the statewide Missouri SMP (Senior Medicare Patrol), Medicare assistance programs, outreach grants, and volunteer programs.

**Marjorie Moore**. As Executive Director of VOYCE, Marjorie has built a career out of building strong and efficient nonprofit organizations that provide practical service to our community members. Prior experience as Executive Director of both MindsEye, a St. Louis area nonprofit serving people with vision loss, and the Asthma and Allergy Foundation of America, St. Louis Chapter has provided her with a passion for creating and building partnerships that stretch across organizations. She holds a BA Broadcast and Electronic Communications from Marquette University and has certificates in CEO Fundraising and Business Administration for Nonprofit Leaders from Washington University in St. Louis.

**Kevin Morgan** is currently the Supervisor of the Adult Protective Services Training Unit for the Department of Health and Senior Services. Kevin has been with the state of Missouri for 26 years, working in a variety of roles within the human services field, including Adult Protective Services Supervisor and Regional Manager. Kevin has a bachelor's degree in Sociology from Southeast Missouri State University and a master's degree in Sociology from the University of Oklahoma.

**Nancy Morrow-Howell, PhD**, is a Professor in the George Warren Brown School of Social Work and Co-Director of the Harvey A. Friedman Center for Aging at Washington University in St. Louis. A national leader in gerontology, Dr. Morrow-Howell conducts innovative research on productive engagement in later life. Dr. Morrow-Howell is also a master trainer for the Gerontological Society of America's National Center to Reframe Aging.

**Sara Nuxoll** has ten years of experience in a Skilled Nursing Facility, 2 years in Care Coordination at SeniorAge AAA. Sara is the Program Coordinator for The Patient Companion Program.

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

**Jamie Opsal** has been the Executive Director of the St. Louis City Senior Fund since its inception in 2018. Before this position, she served as the Project Director for the Seniors Count Aging Coalition, which was instrumental in getting the initiative on the ballot and passed in the City of St. Louis to establish the fund. Ms. Opsal's professional experience includes positions as Accreditation Manager and Health Education Supervisor for the St. Louis County Department of Health, Director of Senior Centers for Aging Ahead, and Director for the Catholic Community Services Office in St. Peters, Missouri. She has a master's in science in gerontology from the University of Missouri St. Louis and an undergraduate degree in sociology and gerontology from Avila University. Jamie grew up and has lived in St. Louis her entire life. She is married and has three children.

**Camey Paris** is the DHSS Multi-Disciplinary Team Coordinator, with a goal of helping to develop multi-disciplinary teams across Missouri. She has a degree in social work from the University of Central Missouri and has worked as a Sexual Assault Specialist for the Kansas City area Metropolitan Organization to Counter Sexual Assault (MOCSA) doing crisis interventions, public speaking, and counseling in past years.



**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.

**Beth Richards** is the Director for the Missouri Alzheimer's BOLD Program, University of Missouri-Columbia, contracted by the Department of Health and Senior Services. She manages and implements the CDC funded Alzheimer's grant, assists and supports state-wide partners who implement evidence-based programs, educates Missourians on Alzheimer's and dementia topics through social media and program's website and takes lead on various Alzheimer's and dementia projects. Beth has a BS degree in Health Sciences from the University of Central Missouri.

**Kevin Rusenstrom** has been working in the aging industry over 20 years. Currently he enjoys creating a booming culture for growth in customer service at SeniorAge.

**Samantha Schnell** has been with the Missouri SMP for 5 years as the Team Coordinator. Working with people is something she has been passionate about most of her life. She cares about the community and educating seniors and their families about Medicare and Medicaid fraud and abuse prevention, as well as potential scams that are happening.

**Christina Scott** has been with the Bureau of Senior Programs for two years. Prior to her move to DHSS, she worked with for the Department of Education and as an educator in K-12 schools and therapeutic residential settings. As a Senior Program Specialist, she manages several state programs with emphasis on caregiving and volunteerism and serves with the Alzheimer's State Plan Task Force, Master Plan on Aging, Health Equity Committee, and Institutional Review Board.

**Cora Scott** is the Director of Public Information & Civic Engagement for the City of Springfield, Missouri. She leads a multimedia, integrated communication and community engagement team that has receive national recognition for innovative solutions.

**Lindsay Sparks** is a Registered Dietitian Nutritionist and the Nutrition Compliance Lead at SeniorAge Area Agency on Aging, which serves seniors in over 17 counties across southwest Missouri, both in their senior centers and via a home-delivered meal program. She has worked in the food and nutrition industry for nearly twenty years and is passionate about empowering others to find joy and simplicity in optimizing nutrition. Outside of work, she enjoys spending time with her family, reading, and attending group fitness classes.

**Anneliese Stoever, MSW** is the Director of the St Louis Area Agency on Aging and supervises staff, develops programs, writes grants, monitors services, and leads several community project initiatives. Ms. Stoever has a Bachelor's degree in Social Work from the University of Kansas and a Masters in Social Work from Washington University. She has served on several boards including the Breakthrough Coalition and STL Village. Ms. Stoever was part of the committee that formed SAGE of Metro St. Louis (now SAGE of PROMO Fund) and continues to serve on the Missourians Aging with Pride Committee. Ms. Stoever assisted in research for the book, *Aging and Disability: Crossing Network Lines*, by Dr. Michelle Putnam. Ms. Stoever has a passion for issues related to aging and disability.

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

**Tina Uridge, M.S.**, is the Executive Director of Clay County Senior Services Fund. Tina also serves as the President of the Missouri Association of Levy Boards and Senior Organizations (MoALSO), serves on the board of the Missouri Council on Aging and is on the advisory council for Missouri's Master Plan on Aging.

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

**Cheryl Wilson** 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. Cheryl's passion is to help families and professionals understand dementia and how to communicate with those who have dementia in a way that honors those individuals.

**Jennifer Wolf, PhD**, is a Research Director for the Health Communication Research Laboratory at Washington University in St. Louis. Jennifer is originally from St. Louis and is an alumnus of the University of Missouri. She received her PhD in Developmental Psychology from the University of Nebraska-Lincoln studying adolescent decision making and risk-taking. Before joining the HCRL in 2019, she was an Assistant Professor of Psychology at the University of North Florida in Jacksonville.

**Liz Yokley** has been with Aging Matters since 2010 and is currently the Chief Operating Officer. She is married and has two children. Has a Bachelor's degree in Social Work from Missouri State and Master's in Public Administration from Southeast Missouri State. Loves collaborating with seniors, the show Suits, and making Blatz Kuchen.



## **We are Missouri's Trusted Voice on Aging**

**Thank you for attending the Show Me Summit on Aging and Health.**

**The Age of Opportunity** is indeed upon us. As Missouri's trusted voice for aging services, information, and advocacy, **MA4** is committed to improving the lives of aging Missourians. We advocate at all levels of government for services and supports that enhance the lives of adults throughout their aging journey.

**MA4** is the statewide association of Area Agencies on Aging (AAAs), which collectively provide nearly \$100 million in services annually to adults 60+ in every Missouri county. Our dedication to supporting our members extends to advancing public policy, sparking innovation, strengthening capacity, raising visibility, and driving excellence in the fields of aging and home and community-based services.

Our members are highly respected leaders in aging, offering a wide range of services including nutrition, home-delivered meals, health and wellness programs, home modifications, care transitions, transportation, social connectedness, caregiver support, in-home and personal care services, Medicare counseling, Marketplace navigation, benefit counseling, legal services, long-term care ombudsman programs, learning opportunities, volunteer programs, and more. These services empower adults to age in place.

AAAs are instrumental in improving the quality of life and health of older adults and individuals with disabilities, including those with chronic illnesses, dementia, family caregivers, and anyone seeking to age well at home and in the community.

With Governor Parson's launch of the first-ever Missouri Master Plan on Aging, Missouri joins a select group of states recognizing and strategizing for the significant demographic shift occurring nationwide. By 2030, older adults will outnumber minors for the first time. This profound shift has far-reaching implications for policy needs, economics, health and welfare, housing, planning, and more.

The opportunities arising from increased longevity are vast! Communities that support aging, especially 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 at the Show Me Summit on Aging & Health as we celebrate the Age of Opportunity!**

**ma4 is the proud recipient of the**

## **2024 USAging Aging National Innovation Award**

**for the Missouri Direct Adult Protective Services Initiative, a partnership between Missouri's Area Agencies on Aging and the Missouri Department of Health and Senior Services**

**ma4 is the also the proud recipient of the**

## **2024 USAging Aging Achievement Award**

**for the Give 5 Civic Matchmaking Program,  
a partnership between Missouri's Area Agencies on Aging and the Give 5 Program**

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Department of Health and Senior Services	<a href="https://health.mo.gov/">https://health.mo.gov/</a>	27
DHSS Ombudsman	<a href="https://health.mo.gov/seniors/ombudsman/">https://health.mo.gov/seniors/ombudsman/</a>	12
DHSS/DSDS	<a href="https://health.mo.gov/">https://health.mo.gov/</a>	23
Food Outreach Inc.	<a href="http://www.foodoutreach.org">www.foodoutreach.org</a>	19
Harvey A. Friedman Center for Aging, Washington University in St. Louis	<a href="http://publichealth.wustl.edu/centers/aging">publichealth.wustl.edu/centers/aging</a>	18
HearingLife	<a href="http://www.hearinglife.com">www.hearinglife.com</a>	11
Hearo Technologies	<a href="http://hearo.net">hearo.net</a>	9
Hospice Foundation of the Ozarks	<a href="https://hospiceozarks.org/">https://hospiceozarks.org/</a>	33
HQI	<a href="https://hqin.org">https://hqin.org</a>	34
Humana	<a href="https://www.humana.com/">https://www.humana.com/</a>	26
Innovative Data Systems	<a href="http://www.indatsys.com">www.indatsys.com</a>	2
LPI Communications	<a href="http://lpicommunities.com">lpicommunities.com</a>	6
Mercy Rehabilitation Hospital	<a href="http://www.mercy.net/rehabspringfield">www.mercy.net/rehabspringfield</a>	5
Missouri LGBTQ+ Older Adult Alliance		31
Missouri Kidney Program	<a href="http://www.mokp.org">www.mokp.org</a>	7
Missouri Poison Center	<a href="https://missouripoisoncenter.org/">https://missouripoisoncenter.org/</a>	32
Missouri SHIP – Missouri Connections for Health	<a href="https://www.missouriship.org/">https://www.missouriship.org/</a>	10
MO Securities Division	<a href="http://sos.mo.gov">sos.mo.gov</a>	3
Mom's Meals	<a href="http://www.momsmeals.com">www.momsmeals.com</a>	8
MySeniorCenter	<a href="http://www.myseniorcenter.com">www.myseniorcenter.com</a>	16
Rehabilitation Services for the Blind	<a href="http://www.dss.mo.gov/fsd/rsb">www.dss.mo.gov/fsd/rsb</a>	22
Relay Missouri powered by T-Mobile	<a href="https://relaymissouri.com/">https://relaymissouri.com/</a>	25
Show Me Systems, LLC	<a href="http://www.showmesystems.com">www.showmesystems.com</a>	30
Senior Medicare Patrol (SMP)	<a href="http://www.missourismp.org">www.missourismp.org</a>	1
St. Croix Hospice	<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>	20
TRIO Community Meals	<a href="http://triocommunitymeals.com">triocommunitymeals.com</a>	24
Univ of MO-Institute for Human Development	<a href="https://community.umkc.edu/engagements/umkc-institute-for-human-development/">https://community.umkc.edu/engagements/umkc-institute-for-human-development/</a>	28
Wolfner Talking Book & Braille Library	<a href="https://www.sos.mo.gov/wolfner">https://www.sos.mo.gov/wolfner</a>	15

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