



12th Annual  
Show Me Summit on Aging and Health  
Registration Brochure

Set Sail  
for the  
Future



August 17-19, 2015  
The Lodge of Four Seasons ~ Lake Ozark, MO

# Deck Plan

Please join us at the 12th Annual Show Me Summit on Aging and Health, Missouri's premier conference on aging, at The Lodge of Four Seasons in Lake Ozark, MO, August 17-19, 2015. Step aboard a conference voyage that focuses on the opportunities and challenges facing Missouri's senior population. You will make important business connections with leaders of the aging network.

- Workshops on aging strong, combating burnout and caregiver stresses, building health and wellbeing, innovative ideas and achievement, peer mentoring, and the future of senior services are a few of the ports of call.
- Exhibit Hall opportunities will showcase services, products, and information with daily drawings for prizes.
- National AIRS Certification Testing
- Special Presentations by respected businesses and senior service leaders.

## Monday, August 17, 2015

### Who We Are: Exploring the Ship We're On and the Ocean We're In

- |                    |  |
|--------------------|--|
| 7:30 am            | Registration   |
| 8:00 - 12:00 noon  | <b>Collaborative Meeting of Missouri Senior Services' Tax Fund Boards</b>  |
| 8:30 - 12 noon     | Ma4 Board Meeting  |
| 9:00 am - 12:15 pm | Exhibitor Set-up in Granada Ballroom ( <i>opens at 12:15 pm</i> )  |
| 10:30 - 12:15 pm   | <b>Institute Training: AAA Peer Meetings, Collaborations and Shared Learning</b><br>( <i>includes a box lunch for pre-registered Institute attendees only</i> ) <ul style="list-style-type: none"><li>◆ Chief Financial Officers<br/><i>Moderating by Julie Vanlandingham</i></li><li>◆ Fund Seekers-Grant writers, Resource Directors and Fundraisers<br/><i>Moderating by Juli Jordan</i></li><li>◆ Nutrition Directors<br/><i>Moderating by Rhonda Bramlett</i></li><li>◆ I &amp; A and Care Coordinators<br/><i>Moderating by Margi Valleroy</i></li><li>◆ Senior Center Managers<br/><i>Moderating by Christine Thompson</i></li><li>◆ Board Members<br/><i>Moderating by Gary Cronin</i></li></ul> |
| 11:30 - 12:15 pm   | Lunch on Your Own  |
| 12:15 pm           | Exhibits Open  |
| 12:30 - 2:00 pm    | <b>Opening Plenary Session ~ Birthday Bash</b><br><b>"Celebrating the 50th Anniversary of the Older Americans Act"</b>   |
| 2:00 - 2:30 pm     | Opportunity to View Exhibits   |

# Deck Plan

2:30 - 3:30 pm

Ports of Call: Choose Your Destination

## **Stress Busters**

"Stress-I Eat it for Breakfast"

*Speaker: Vicki Whitsitt, Lifestyle Specialist, Care Connection for Aging Services*

## **Aging Strong**

"Becoming a Beacon: Helping Stakeholders and Limited Income Medicare Beneficiaries Navigate Systems"

*Speakers: Melissa Simpson, National Council on Aging; Jamescha Jones, National Council on Aging*

## **Transformation of Senior Services**

"Drab to Fab II"

*Speakers: Juli Jordan, SWMO Office on Aging; Christine Thompson, SWMO Office on Aging*

## **Strong Seniors, Strong Voices**

"Making the Most of News Media"

*Speaker: Kaye Fair, Care Connection for Aging Services*

3:30 - 3:45 pm

Opportunity to View Exhibits

3:45 - 4:45 pm

Ports of Call: Choose Your Destination

## **Stress Busters**

"Keeping the Wind at Our Backs"

*Speaker: Dr. Alex Cobb, SWMO Office of Aging*

## **Aging Strong**

"Now that I've Set Sail, How do I Turn the Lights Off at Home? - Practical Home Automation for Seniors"

*Speaker: David Baker, Program Coordinator, Missouri Assistive Technology*

## **Transformation of Senior Services**

"A Look at Innovation in Senior Services"

*Speaker: TBD*

## **Strong Seniors, Strong Voices**

"Demonstrating Value, Creating Relevance, Achieving Results in Challenging Advocacy Environments "

*Speaker: Autumn Campbell, Director of Public Policy and Advocacy, n4a*

5:30 pm

Poolside Reception with Hors D'oeuvres *(included with full registration)*

7:00 - 9:00 pm

Tropic Island Cruise (optional activity)



*Hop aboard the Tropic Island II with Captain Omer Clark for a narrated tour of the Lake Shore. You will see lavish million dollar homes and breathtaking scenery among other points of interest. Feel the sun as it sets on the upper deck or relax in the climate controlled comfort of the interior salon. A cash bar will be available for the duration of the cruise. NOTE: This is an optional activity available to the first 150 ticket holders, the cost is \$20 per person.*

# Deck Plan

**Tuesday, August 18, 2015**

Touring Achievements and Opportunities

- 7:00 am Registration and Breakfast Buffet
- 7:00 - 3:30 pm Exhibits Open
- 7:30 - 10:00 am AIRS Certification Testing  
*Conference or event registration does not constitute registration for the AIRS Certification exam. If you are interested in testing, all certification material, including the application, supporting documentation and appropriate exam fees must be mailed to the AIRS National Office in Fairfax, Virginia, and must arrive 30 days prior to the exam. DO NOT SEND your application for Certification with your conference registration. If an application and payment is mailed to another address other than the AIRS National Office, it will not be processed, and the applicant will be unable to sit for the exam. All testers are required to bring a laptop.*
- 8:00 - 9:30 am **Morning Plenary Session**  
**"Aging Issues - View From D.C."**  
*Cruise Director: Senator Claire McCaskill (invited)*
- 9:30 - 10:00 am Opportunity to View Exhibits
- 10:00 - 11:00 am Ports of Call: Choose Your Destination  
**Stress Busters**  
**"Caregiver Support 101"**  
*Speakers: Rebecca Cosgrove, President, Missouri Lifespan Respite Coalition; Frida Miller, Caregiver Support Manager, NWAAA; Hugh Smith, Director of Care Coordination Programs, CMAAA; Kathy Bullis, Family Caregiver Program Director, Aging Matters*
- Aging Strong**  
**"All Hazards Disaster Preparedness & Continuing Operations After the Storm"**  
*Speaker: Charity Hunter, Disaster Response Coordinator, Missouri Division of Senior and Disability Services*
- Transformation of Senior Services**  
**"Effective Ways to Find the Money"**  
*Speaker: Paula Schumacher, Northland Shepherd's Center, P&S Smart Marketing & Fundraising*
- Strong Seniors, Strong Voices**  
**"Guardianship-How to be Your Own Best Advocate"**  
*Speakers: Dolores Sparks, MO-WINGS; Professor David English, MO-WINGS*
- 11:00 - 11:30 am Opportunity to View Exhibits
- 11:30 - 12:30 pm Ports of Call: Choose Your Destination  
**Stress Busters**  
**"Staying in Touch-Cyber Seniors"**  
*Speaker: Krissy Sinor, Springfield-Greene County Library*

# Deck Plan

## **Aging Strong**

"Smooth Sailing with Medicare"

*Speaker: Rona McNally, Care Connection for Aging Services, The Missouri SMP*

## **Transformation of Senior Services**

"Serving Aging Veterans Through a Consumer Directed Model "

*Speakers: Lisa Knoll, COO, MEAAA; Margi Valleroy, Transitions Manager, MEAAA*

## **Strong Seniors, Strong Voices**

"Building a Plan for a Healthy Aging Community"

*Speakers: Jamie Opsal, MSG, Seniors Count of Greater St. Louis; Todd Patterson, Public Progress*

12:30 - 1:30 pm Luncheon (*plated and included with full registration*)

1:30 - 2:30 pm *Ports of Call: Choose Your Destination*

## **Stress Busters**

"Working with Difficult People"

*Speaker: Dr. Novella Perrin, Emeriti Professor of Social Gerontology, University of Central Missouri*

## **Aging Strong**

"Redefining Aging in a Community Through the Village Model"

*Speakers: Natalie Galucia, MSW, Director, Village to Village Network; Madeline Franklin, JD, STL Village; Anneliese Stoever, MSW, Community Project Manager, St. Louis Area AAA*

## **Transformation of Senior Services**

"The Missouri e-Home Project-Successful Collaboration Between AAAs and Health Care "

*Speakers: Holley Staley, MSW, SSM Health; Terry Plain, Missouri Foundation for Health*

## **Strong Seniors, Strong Voices**

"Adult Protective Services-What Happens After you Report"

*Speakers: Kathryn Sapp, MODHSS-Division of Senior and Disability Services; Terry Black, MODHSS-Division of Senior and Disability Services*

2:30 - 3:00 pm Opportunity to View Exhibits

3:00 - 4:00 pm *Ports of Call: Choose Your Destination*

## **Stress Busters**

"A Taste of Mental Health First Aid"

*Speaker: Vickie Epple, Department of Mental Health*

## **Aging Strong**

"HealthTran: Linking Health and Transportation to Improve Long-Term Health Outcomes. Do You Need a Ride?"

*Speaker: Mary E. Gordon, Project Director, HealthTran*

## **Transformation of Senior Services**

"The Café Concept"

*Speakers: Tracy Haynes, Head Cook, Warsaw Senior Center; Brigitt Lewis, Benton County Services Director, Warsaw Senior Center*

# Deck Plan

## **Strong Seniors, Strong Voices**

"Benefits-What They Are, Who They're For and What They do to Build Economic Security "

*Speakers: Jamescha Jones, Program Manager, National Council on Aging; June Huff, Director of Community Outreach, SWMO Office on Aging*

4:00 - 4:15 pm Opportunity to View Exhibits

4:15 - 5:15 pm Ports of Call: Choose Your Destination

## **Stress Busters**

"Tai Chi for Osteoporosis and Seniors, a Perfect Marriage"

*Speaker: Cheryl Webster*

## **Aging Strong**

"Presenting DEEP to Sustain Advocacy for Elderly in MO"

*Speakers: Dorothy Andrae, MHA, BSN, RN, CPHQ, Director of Clinical Operations, Primaris; Tiffany Phillips, Primaris*

## **Transformation of Senior Services**

"Sails Up for Volunteers"

*Speaker: Kristin Brock, RSVP Program Coordinator, Care Connection Area Agency on Aging*

## **Strong Seniors, Strong Voices**

"The New Missouri 'Senior Savings Protection Act': Financial Services Companies as Partners with APS"

*Speakers: Mary Tucker, Wells Fargo Advisors; Rodnee Warr, Wells Fargo Advisors*

5:45 pm Dine with the Captain (*included with full registration*)  
*Pack your Island Attire for dinner with the Captain.*

## **Wednesday, August 19, 2015**

### Setting Sight on the Islands Ahead

7:30 am Registration and Breakfast Buffet

8:30 - 9:45 am **Morning Plenary Session**

**"Positioning the AAAs for the Future-Managed Care and Business Acumen"**

*Cruise Director: Jim Cushing, Executive Director, Iowa AAA*

10:00 - 11:00 am **Speed Brainstorming for the Future: An Interactive Exchange of Ideas**

11:00 - 11:30 am MA4 Update

11:30 am Box Lunch, Door Prizes and Final Announcements

~ Set Sail to the Future ~

# Registration

Name \_\_\_\_\_  
Organization \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

## CONFERENCE FEES FOR SESSIONS AND MEALS

(check all items that apply)

	By 7/26/15	By 8/2/15	Student Rate**	On Site
Full Registration (8/17-8/19)	<input type="checkbox"/> \$205	<input type="checkbox"/> \$225	<input type="checkbox"/> \$130	<input type="checkbox"/> \$235
Monday Only (8/17)	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	<input type="checkbox"/> \$35	<input type="checkbox"/> \$119
Tuesday Only (8/18)	<input type="checkbox"/> \$155	<input type="checkbox"/> \$170	<input type="checkbox"/> \$45	<input type="checkbox"/> \$185
Wednesday Only (8/19)	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	<input type="checkbox"/> \$40	<input type="checkbox"/> \$115

\*\*Students must be enrolled full time with at least 12 semester hours or more

## OPTIONAL MEETINGS

Institute Training (Pre-Commencement, Monday 8/17, Includes Lunch if Registered)  \$25

Check One:  CFO  Fund Seeker  Nutrition  I&A  Center Managers  Board Members

Missouri Senior Services' Tax Fund Meeting (registration separate)

AIRS Certification Testing (pre-registration required, registration separate)

## GUEST MEAL TICKETS

(no access to sessions)

All Meals (Monday-Wednesday)  \$150

Monday Only (includes poolside reception)  \$25

Tuesday Only (includes breakfast, lunch and evening banquet)  \$75

Wednesday Only (includes breakfast and box lunch)  \$35

Guest Name: \_\_\_\_\_

## OPTIONAL ITEMS

(check all items that apply)

Certificate of Attendance  \$10

Tropic Island Cruise (seating is limited to 150 people)  \$20

TOTAL \$ \_\_\_\_\_

## PAYMENT OPTIONS

Check enclosed

MasterCard/Visa/Discover

Invoice my Organization

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_



To register, MAIL this form (front and back) to ma4, PO Box 104296, Jefferson City, MO 65110,  
FAX to 573-635-7823 or EMAIL to sandyboeckman@gmail.com.  
Please call 573-634-2914 if you have payment questions.

# Choose Your Destination

Please indicate which sessions you will be attending at each time.

	Stress Busters	Aging Strong	Transformation	Strong Seniors
<b>Monday</b> 2:30-3:30 pm	<input type="checkbox"/> Breakfast	<input type="checkbox"/> Becoming a Beacon	<input type="checkbox"/> Drab to Fab	<input type="checkbox"/> News Media
<b>Monday</b> 3:45-4:45 pm	<input type="checkbox"/> Keeping the Wind	<input type="checkbox"/> Home Automation	<input type="checkbox"/> Innovation	<input type="checkbox"/> Achieving Results
<b>Tuesday</b> 10:00-11:00 am	<input type="checkbox"/> Caregiver Support	<input type="checkbox"/> Disaster Preparedness	<input type="checkbox"/> Find the Money	<input type="checkbox"/> Guardianship
<b>Tuesday</b> 11:30-12:30 pm	<input type="checkbox"/> Staying in Touch	<input type="checkbox"/> Smooth Sailing	<input type="checkbox"/> Consumer Directed Model	<input type="checkbox"/> Building a Plan
<b>Tuesday</b> 1:30-2:30 pm	<input type="checkbox"/> Difficult People	<input type="checkbox"/> Redefining Aging	<input type="checkbox"/> e-Home Project	<input type="checkbox"/> Adult Protective Services
<b>Tuesday</b> 3:00-4:00 pm	<input type="checkbox"/> Mental Health	<input type="checkbox"/> HealthTran	<input type="checkbox"/> Café Concept	<input type="checkbox"/> Benefits
<b>Tuesday</b> 4:15-5:15 pm	<input type="checkbox"/> Tai Chi	<input type="checkbox"/> DEEP to Sustain	<input type="checkbox"/> Volunteers	<input type="checkbox"/> Senior Savings Protection Act

## HOTEL RESERVATIONS

To make room reservations, please contact The Lodge of Four Seasons at 888-265-5000 or online at [www.4seasonsresort.com](http://www.4seasonsresort.com). A block of guest rooms is being held at a special rate of \$87.00 single/double room (\$10.00 per room/per day resort fee will apply to all reservations). Reservations must be made by July 17, 2015 to receive the group discount. Please refer to the "Missouri Association of Area Agencies on Aging" when reserving your room.

## POLICIES

- Cancellation must be postmarked, emailed or faxed to ma4 by August 15, 2015. All cancellations will be charged an administrative fee of \$25.00.
- No refunds will be made after August 15, 2015.
- Attendees are responsible for making room cancellations (and for any associated fees related to late cancellations, no shows or early departures) directly with The Lodge of Four Seasons.
- Attendees may be photographed during the conference. Those photos may be used for future promotions.

## CONTINUING EDUCATION CREDITS

The CEU application for Nursing Home Administrators and Social Workers is pending.

## QUESTIONS

**Catherine Edwards, PhD, Executive Director**  
Missouri Association of Area Agencies on Aging and  
Show Me Summit on Aging and Health  
Phone: 573-619-6185  
Email: [cedwards@ma4web.org](mailto:cedwards@ma4web.org)

or

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