

# 11th Annual

## Show Me Summit on Aging & Health

# “It’s All About Aging”

*Featuring the ...*

# AGE of CHAMPIONS



**August 26-28, 2014**  
The Lodge of Four Seasons  
Lake Ozark, MO

**REGISTRATION BROCHURE**

## CONFERENCE HIGHLIGHTS & SCHEDULE

Please join us at the 11th 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 24-26, 2014. We are sure you will find this conference a great investment of your time and resources. Not only will you come away with a better understanding of the on-going opportunities and challenges facing Missouri's aging population, but you will make important business connections with the leaders of the aging network. We all have a stake in the future.

- "Age of Champions" the award-winning documentary following five competitors who sprint, leap and swim for gold at the National Senior Olympics
- Workshops on Advocacy, Wellness, Management/Administration, Elder Abuse and Special Topic Sessions
- Exhibit Hall showcase of services, products and information with daily drawings for prizes
- National AIRS Certification Testing
- Special Presentations by the National Council on Aging
- Panel Discussion on Economic Security

### SCHEDULE

#### Monday, August 25, 2014

- 12:00 pm Golf at The Cove Golf Course  
*Special Rate of \$49.00, Tee times will start at 12 noon, Call 573-634-2914 to schedule your time*
- 6:00 pm Ma4 Board Dinner

#### Tuesday, August 26, 2014

- 7:30 am Registration
- 8:30 am - 12 Noon Ma4 Board Meeting
- 10:00 am Exhibit Set-up in Granada Ballroom (opens at 1 pm)
- 8:00 am - 12 Noon Missouri Senior Services' Tax Fund Boards  
*Registration is open to anyone interested in the senior tax fund, however, registration is separate from the Summit. Please go to [www.claycoseniors.org](http://www.claycoseniors.org) or call 1-800-372-5241 for the agenda to register or for more information.*
- 11:30 am Lunch  
*Buffet available in Breezes Restaurant or Soleil Café will be open for lunch on your own.*
- 1:00 - 2:30 pm Welcome  
*Mary Schaefer, ma4 President*
- Opening MA4 Summit  
"Age of Champions"  
*Presented by Filmmaker Tad Ochwat*  
*Age of Champions is the award-winning documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100 year-old*

## SCHEDULE

*tennis champion, 86 year old pole vaulter, and rough-and-tumble basketball grandmothers as they triumph over the limitations of age. The film premiered at AFI Docs Film Festival and will reach more than 3 million viewers on PBS.*

1:00 - 6:00 pm Exhibits Open

2:30 - 2:45 pm Break to View Exhibits

2:45 - 4:00 pm

### **WORKSHOPS**

#### **Advocacy: "Elections"**

*Speaker: TBD*

#### **Wellness: "Your Mind - It's Never Too Late"**

*Speaker: Marilyn Gunter, Director of Care Management, Care Connection for Aging Services; Vickie Whitsitt, Lifestyle Specialist, Care Connection for Aging Services; Janet Fletcher, Research Volunteer, Care Connection for Aging Services*

#### **Senior Center Management: "Kitchen Cost and Accountability"**

*Speaker: Larry Rubidoux, Rubidoux and Company, LLC*

#### **Elder Abuse & Exploitation: "Protecting Your Nest Eggs Before It Is Poached"**

*Speaker: Garrett Webb, Office of Secretary of State*

#### **Special Topics: TBD**

*Speaker: TBD*

5:15 - 8:00 pm Cocktail Reception and Dinner

## **Wednesday, August 27, 2014**

7:00 am Registration and Breakfast Buffet

7:00 - 3:30 pm Exhibits Open

8:00 - 10:00 am Plenary Session

#### **"Don't Let Economic Insecurity Rock Your Boat"**

*Speaker: Brandy Bauer, Communications Manager, Economic Security, National Council on Aging; Maggie Flowers, Senior Program Manager, Economic Security; Contessa Poole-King, Consumer Outreach Coordinator, Missouri Public Service Commission; Roger Crume, Director, South Central Pension Rights Project.*

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. Testing will be computer-based. You will be required to supply your own wifi enabled laptop. Please visit [www.AIRS.org](http://www.AIRS.org) for further details.*

10:00 - 10:15 am Break to View Exhibits

# SCHEDULE

10:15 - 11:30 am

## WORKSHOPS

### **Advocacy: "Missouri's Budget: Impact on Seniors"**

*Speaker: Amy Blouin, Executive Director, Missouri Budget Project*

### **Wellness: "QPR: Question, Persuade and Refer"**

*Speaker: Amanda Dixon, Compass Prevention-Family Counseling Center*

### **Senior Center Management: "DIY: Drab to Fab"**

*Speaker: Christine Thompson, Director of Field Operations, Southwest Missouri Office on Aging; Julie Vanlandingham, Chief Financial Officer, Southwest Missouri Office on Aging; Juli Jordan, Resource Development Director, Southwest Missouri Office on Aging*

### **Elder Abuse & Exploitation: "Make a Difference. Make the Call. Missouri Abuse Hotline"**

*Speaker: Cindy Jobe, Bureau Chief, Central Registry Unit, Division of Senior and Disability Services, Department of Health and Senior Services; Jessica Bax, Constituent and Emergency Services Coordinator, Division of Senior and Disability Services, Department of Health and Senior Services*

### **Special Topics: "Putting the 'Care' in Medicare: Medicare Benefits and Economic Security"**

*Speaker: Brandy Bauer, Communications Manager, National Council on Aging; Maggie Flowers, Senior Program Manager, National Council on Aging*

12:00 - 1:30 pm

Luncheon

"Get Old Campaign" Presentation

1:30 - 2:45 pm

## WORKSHOPS

### **Advocacy: "Creating Safe and Welcoming Communities for LGBT Older Adults"**

*Speaker: Sherrill Wayland, Executive Director, SAGE Metro St. Louis*

### **Wellness: "An Honest Approach to Death and Dying"**

*Speaker: Dr. Ronald D. Mackey, Director of Advancement, The Baptist Home*

### **Senior Center Management: "Best Practices in SNAP Benefits Outreach"**

*Speaker: Stephanie Brady, Assistant Executive Director, The Independent Living Center (TILC); Jamie Blood, SNAP/Benefits Coordinator, The Independent Living Center (TILC)*

### **Elder Abuse & Exploitation: "Missouri's Guardianship Statutory Reform Initiative"**

*Speaker: David English, JD, Professor, University of Missouri School of Law; Reginald Turnbull, JD, Elder Law Attorney, Turnbull & Stark, P.C.; Dolores Sparks, Program Specialist, Missouri Developmental Disabilities Council*

### **Special Topics: "Transition to Driving Retirement"**

*Speaker: James Stowe, Coordinator, Trauma Injury Prevention and Outreach Education, University of Missouri Trauma Center; Marie Barton, Bureau of Senior Programs, Missouri Department of Health and Senior Services*

2:45 - 3:15 pm

Break to View Exhibits

3:15 pm

Exhibitor Tear Down

## SCHEDULE

3:15 - 4:30 pm

### WORKSHOPS

#### **Advocacy: "Transitioning to the Community: Money Follows the Person"**

*Speaker: Julie Juergens, Project Director, Money Follows the Person, MO HealthNet Division, Department of Social Services*

#### **Wellness: "HIV and Older Adults"**

*Speaker: Torrey Johnson, Program Coordinator, SAGE Metro St. Louis*

#### **Senior Center Management: "Laughter: The Best Medicine"**

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

#### **Elder Abuse & Exploitation: "Senior Bullying: Old Behaviors, New Playground"**

*Speaker: Deborah Babbitt, LMSW, Shepherd's Center of the Northland*

#### **Special Topics: "A Home That Serves You Well"**

*Speaker: James Trout, Chair, Governor's Council on Disability*

*Dinner on your own*

5:00 - 7:00 pm

Winery Tour (transportation provided, space limited on shuttle to the first 24)

## Thursday, August 28, 2014

7:30 am

Registration and Breakfast Buffet

8:30 - 10:00 am

Plenary Session

"Tech Savvy Seniors"

*Speaker: David Baker, Program Coordinator, Missouri Assistive Technology; Lynne Beachner, PhD, Senior Learning Network; Ellen Ervin, Senior Learning Network; Krissy Sinor, Training Coordinator, Springfield-Greene County Library; Carol A. Gosselink, PhD, Associate Professor, Gerontology Program/Psychology Department, Missouri State University; Jennifer Reeves, Social Media Manager, AARP of Missouri*

10:15 - 11:30 am

### WORKSHOPS

#### **Advocacy: "Debunking the Medicaid Myths"**

*Speaker: Brigid Fernandez, MSW, LCSW, JD, Elder Law Attorney, Martha C. Brown & Associates*

#### **Wellness: "I Don't Want To Be Alone: Combating Social Isolation"**

*Speaker: Sarah Lovegreen, MPH, MCHES, National Health Director, The Oasis Institute; Amy Van DeVelde, Program Director, The Oasis Institute; Crystal Foster, MPH, OASIS Institute*

#### **Senior Center Management: "Battening Down the Hatches: Preparing for Disasters"**

*Speaker: Charity Hunter, Division of Senior and Disability Services, Missouri Department of Health and Senior Services*

#### **Elder Abuse & Exploitation: "Are You Smarter Than a Scam Artist 3.0?"**

*Speaker: Rona McNally, Director, The Missouri Senior Medicare Patrol*

#### **Special Topics: "Bird Crazy - Winging Your Way to Well-Being"**

*Speaker: Jean Leonatti, CEO, Central Missouri Area Agency on Aging*

11:45 am - 12:30 pm

Box Lunch, Final Drawings and Adjournment



## LAKE OZARK, MO

*The Lake was created more than 75 years ago by the construction of the engineering marvel, Bagnell Dam. Covering 54,000 acres, running 92 miles end to end, Lake of the Ozarks is the premier vacation destination in Mid-America. The Lake of the Ozarks offers non-stop activities for all ages ranging from Helicopter and Boat Tours to Museums and Antiquing. Visit [www.funlake.com](http://www.funlake.com) to explore the possibilities.*

### CELEBRATION CRUISES

**5076 Davis Drive ~ Osage Beach, MO 65065 ~ 573-480-3212 ~ [celebrationinfo@yahoo.com](mailto:celebrationinfo@yahoo.com)**  
Enjoy the Lake's exceptional scenery and lakefront homes on a narrated cruise as you dine in restaurant-style. Scenic cruises are only \$18.00 per person. Call 573-480-3212 to make your arrangements or email [celebrationinfo@yahoo.com](mailto:celebrationinfo@yahoo.com) for more information.



### TROPIC ISLAND CRUISES

**573-348-0083 ~ [info@tropicislandcruises.com](mailto:info@tropicislandcruises.com) ~ [www.tropicislandcruises.com](http://www.tropicislandcruises.com)**

Captain Omer Clark takes you on a narrated tour of the Lake Shore and its many beautiful sights. You will see lavish million dollar homes, breathtaking scenery and other points of interest. Scenic cruises are \$20.00 per person. Call 573-348-0083 to make your arrangements or email [info@tropicislandcruises.com](mailto:info@tropicislandcruises.com) for more information.

### OSAGE BEACH PREMIUM OUTLETS

**Beach Parkway ~ Osage Beach, MO 65065 ~ 573-348-2065**

Shop Osage Beach Premium Outlets and discover incredible savings everyday at an impressive collection of 110 designers and name-brand stores.



### THE COVE GOLF COURSE

Email [sandyboeckman@gmail.com](mailto:sandyboeckman@gmail.com) to schedule a tee time.

The Cove, a Robert Trent Jones, Sr. course, opened for play in 1971, was rated as the second best public course in Missouri in 1996. The Trent Jones layout provides true 'lake' ambience and scenic beauty on virtually every hole. Tee times are reserved for Monday, August 22 at 12 noon and after for a discounted \$49.00 per person rate.

### SHAWNEE BLUFF WINERY TOUR

**2430 Bagnell Dam Blvd ~ Lake Ozark, MO 65049 ~ 573-365-9463**

Lake of the Ozarks lands right in the middle of the Ozark Highland, one of Missouri's central locations for expansive vineyards and incredible wine-it's also home to the Central Wine region. Seating is limited to the first 24 that sign up.



### Ha Ha Tonka State Park

**1491 State Road D ~ Camdenton, MO 65020 ~ 573-346-2986**

**[mostateparks.com/park/ha-ha-tonka-state-park](http://mostateparks.com/park/ha-ha-tonka-state-park)**

Imposing architecture and breathtaking scenery combine to make Ha Ha Tonka State Park one of Missouri's most treasured spots. Located on the Lake of the Ozarks, the park features the stone ruins of a turn-of-the-20th-century castle built by a prominent Kansas City businessman high atop a bluff. More than 15 miles of trails traverse the park, leading visitors to sinkholes, natural bridges, caves and down to the lake. Open 7 am to Sunset Daily.

## REGISTRATION INFORMATION

Name/Title: \_\_\_\_\_  
 Company/Organization: \_\_\_\_\_  
 Address (home/office circle one): \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Email: \_\_\_\_\_

### CONFERENCE FEES (check all items that apply)

	By 7/26/14	By 8/2/14	Student Only Rate	On Site
Full Registration	<input type="checkbox"/> \$195	<input type="checkbox"/> \$215	<input type="checkbox"/> \$120	<input type="checkbox"/> \$225
Tuesday Only	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	<input type="checkbox"/> \$35	<input type="checkbox"/> \$119
Wednesday Only	<input type="checkbox"/> \$155	<input type="checkbox"/> \$170	<input type="checkbox"/> \$45	<input type="checkbox"/> \$185
Thursday Only	<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*

Subtotal \$ \_\_\_\_\_

### GUEST MEAL TICKETS (no access to sessions)

All Meals	<input type="checkbox"/> \$150
Tuesday Only (includes banquet ticket)	<input type="checkbox"/> \$60
Wednesday Only	<input type="checkbox"/> \$75
Thursday Only	<input type="checkbox"/> \$45
Guest Name: _____	

Subtotal \$ \_\_\_\_\_

### OPTIONAL ITEMS (check all items that apply)

Certificate of Attendance	<input type="checkbox"/> \$10
Winery Tour - Wednesday, August 27 at 5:00 pm - SHUTTLE AVAILABLE TO THE FIRST 24	<input type="checkbox"/> FREE

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

### CONTINUING EDUCATION CREDITS

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

### HOTEL RESERVATIONS

The Lodge of Four Seasons

888-265-5500 ~ [www.4seasonsresort.com](http://www.4seasonsresort.com)

\$84.00 single/double room ~ \$129.00/suite

(\$10.00 per room/per day resort fee will apply to all reservations)

Reservations deadline is July 26, 2014 to receive the group discount.

Refer to "Missouri Association of Area Agencies on Aging" when making reservations.

# CONFERENCE REGISTRATION

## SESSIONS

Please indicate which sessions you will be attending

	Advocacy	Wellness	Management	Elder Abuse	Special Topics
<b>Tuesday</b> 2:45 - 4:00 pm	<input type="checkbox"/> Elections	<input type="checkbox"/> Your Mind	<input type="checkbox"/> Kitchen Cost	<input type="checkbox"/> Nest Eggs	<input type="checkbox"/> TBD
<b>Wednesday</b> 10:15 - 11:30 am	<input type="checkbox"/> Missouri's Budget	<input type="checkbox"/> QPR	<input type="checkbox"/> Drab to Fab	<input type="checkbox"/> Abuse Hotline	<input type="checkbox"/> Medicare
<b>Wednesday</b> 1:30 - 2:45 pm	<input type="checkbox"/> LGBT Older Adults	<input type="checkbox"/> Honest Approach	<input type="checkbox"/> SNAP Benefits Outreach	<input type="checkbox"/> Missouri's Guardianship	<input type="checkbox"/> Driving Retirement
<b>Wednesday</b> 3:15 - 4:30 pm	<input type="checkbox"/> Money Follows the Person	<input type="checkbox"/> HIV and Older Adults	<input type="checkbox"/> Laughter	<input type="checkbox"/> Senior Bullying	<input type="checkbox"/> Home that Serves
<b>Thursday</b> 10:15 - 11:30 am	<input type="checkbox"/> Medicaid Myths	<input type="checkbox"/> Combating Social Isolation	<input type="checkbox"/> Preparing for Disasters	<input type="checkbox"/> Scam Artist 3.0	<input type="checkbox"/> Bird Crazy

Yes, I have registered to attend the **MISSOURI SENIOR SERVICES' TAX FUND MEETING.**

Yes, I have registered to take **AIRS CERTIFICATION TESTING.**

### HOTEL RESERVATIONS

To make room reservations, please contact The Lodge of Four Seasons online at [www.4seasonsresort.com](http://www.4seasonsresort.com) or call 888-265-5500. A block of guest rooms is being held at a rate of \$84.00 single/double room or \$129.00 for a suite. Reservations must be made by July 26, 2014 to receive the group discount. A \$10.00 per room/per day resort fee will apply to all reservations. 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, 2014. All cancellations will be charged an administrative fee of \$25.00.
- No refunds will be made after August 15, 2014.
- 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.

### 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

**Sandra Boeckman, Conference Planner**

S & J Management Group

Phone: 573-634-2914

Fax: 573-635-7823

Email: [sandyboeckman@gmail.com](mailto:sandyboeckman@gmail.com)

**Please make checks payable to ma4 and Mail the 2-page registration and payment to:**

Missouri Association of Area Agencies on Aging (ma4), Show Me Summit on Aging and Health  
PO Box 104296, Jefferson City, MO 65110. To Fax send to 573-635-7823 or email to [sandyboeckman@gmail.com](mailto:sandyboeckman@gmail.com).

Please call 573-634-2914 if you have payment questions.

