

THE 29TH ANNUAL

# AGING

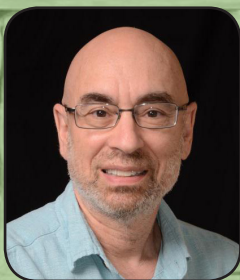
with Developmental  
Disabilities Conference

May 20-21, 2019  
St. Charles Convention Center  
[www.agingwithdd.org](http://www.agingwithdd.org)  
314-647-8100



4 TRACKS, 3 KEYNOTE PRESENTERS, 2 DAYS,  
FOCUSED ON 1 GOAL:

**DEVELOPING THE BEST SUPPORT PRACTICES**  
FOR AGING WITH DEVELOPMENTAL DISABILITIES.



DR. BENJAMIN L. HANDEN



DR. JOHN E. MORLEY



DR. LIEKE VAN HEUMEN



DR. PETER BULOVA



ASSOCIATION ON AGING WITH  
DEVELOPMENTAL DISABILITIES



Intellectual and Developmental Disabilities Research Center



SAINT LOUIS  
UNIVERSITY.

— EST. 1818 —





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## 29th Annual Conference Program

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May 20, 2019

Dear Conference Participant,

**Welcome to the 29th Annual Conference on Aging with Developmental Disabilities!**

We hope you find these two days to be educational, thought provoking and enjoyable. We also hope you will take what you learn and what is reinforced and continue to provide the best supports and services to our aging population. We believe everyone here has that very goal.

**We are glad you are here!**

As you attend different sessions, listen to different speakers, and network, we ask that you keep in mind the knowledge you acquire comes from professionals of different disciplines. Look around you. You are surrounded by doctors, nurses, administrators, nurse aides, habilitation specialists, DSPs, QDDPs, family members, self-advocates, case managers, social workers and a host of other people who care and worry about people with developmental disabilities who are aging. That being said, you may notice that language, philosophy, and practices differ from state to state, aging to DD world, person to person. For example, many of us are quite familiar with, and committed to, "people first" language. While "people first" is commonly preferred in the field of developmental disabilities, there are also advocates for "identity first" language. Please take the opportunity to listen to the message, even when the terminology may differ from yours, and use what you learn for the betterment of the people we all support.

Thank you for your continued support of our older individuals with developmental disabilities!

Sincerely,

***The 29th Annual Aging with Developmental Disabilities Conference Committee***

- |  |   |
|--|---|
| Valerie Baker**, Mass Mutual St. Louis             | Kelli Barton**, UMKC Institute for Human Development  |
| Jill Cigliana, Memory Care Home Solutions          | Anita Contreras**, Warren County DD Board             |
| Karen Cox, EverSpring Pharmacy                     | Carol Crebs**, Retired Educator                       |
| Michelle Darden*, Association on Aging with DD     | Leslie DeGroat, MO Department of Mental Health        |
| Katherine Farache*, Association on Aging with DD   | Catherine Goebel**, Retired Professional Guardian     |
| Jacqueline Kantor, Retired Case Manager            | Karen Kelly, Retired Nurse and Educator               |
| Mollie Mattingly, Easter Seals Midwest             | Pamela Merkle*, Association on Aging with DD          |
| Mike Nickel**, St. Louis County Government         | Dawn Oppy*, Association on Aging with DD              |
| Terry Reiser, Molina Healthcare of California      | Craig Sever, EverSpring Pharmacy                      |
| Nancy Shrewsbury**, St. Louis Arc                  | Rider Sparrow, Pharmacy Alternatives, LLC             |
| Stacy Wilson, Therap Services                      | Sheila Wunning, MO Department of Mental Health        |
| Anna Zelinske, ALS Association – St. Louis Chapter | Buz Zeman**, Housing Options Provided for the Elderly |

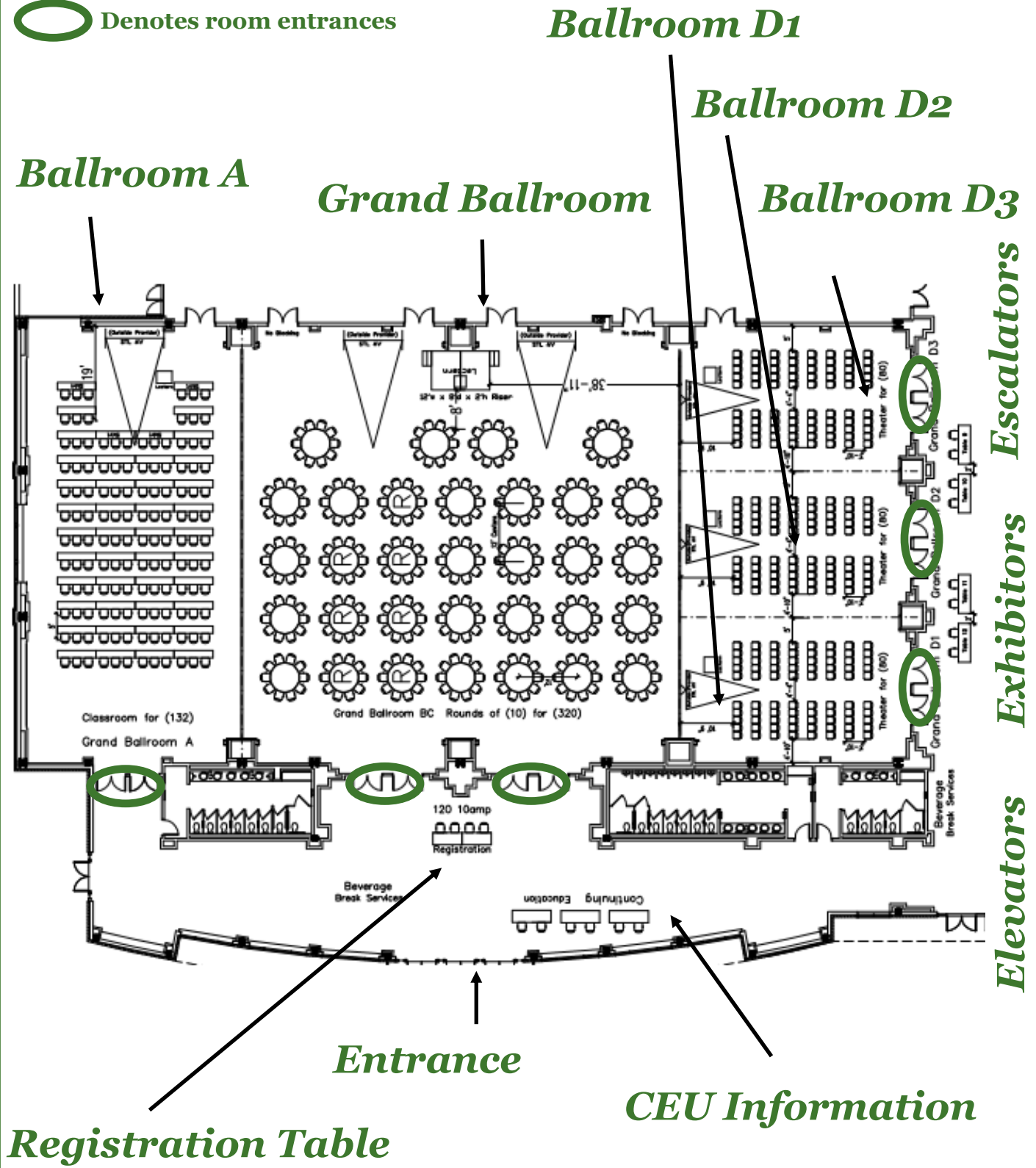
\*AADD Staff    \*\*AADD Board Member

The Conference Planning Committee has selected speakers who are experts in their field. Speakers are solely responsible for the content of their presentation.



# St. Charles Convention Center Map

 Denotes room entrances



The 29th Annual  
**AGING**  
 with Developmental Disabilities Conference  
 May 20-21, 2019



**Monday, May 20**

8:30 Registration/Exhibitors

9:30 **KEYNOTE ADDRESS: Psychosocial Therapy for Cognition in Individuals Aging with a Developmental Disability** *Grand Ballroom*



Dr. John E. Morley

**JOHN E. MORLEY, MB, BCH, SAINT LOUIS UNIVERSITY SCHOOL OF MEDICINE**

Psychosocial Therapy for Cognition has been developed for those with developmental disabilities to stimulate them to talk about their memories. Using familiar items from sports and common events, people with memory problems are encouraged to share their past experiences. This approach enhances mood and communication skills and may even improve intellectual ability. Similarly, loneliness groups (Circle of Friends) can stimulate interactive behavior.

10:30 Break

10:45 Breakout Session I

DIRECT SERVICE TRACK A	PROFESSIONAL TRACK B	NURSING TRACK C	POTPOURRI TRACK D
<p><b>AGING 101</b>                      Andrea Frazier EdD, Lindenwood University                      Identify normal changes of body and mind during aging. Examine common deviations from physical and emotional/cognitive health in aging adults, especially those with developmental/intellectual disabilities.  <i>Ballroom D1</i></p>	<p><b>ADDRESSING SOCIAL ISOLATION THROUGH A CIRCLE OF FRIENDS</b>                      Maria Berg-Weger, PhD, LCSW, Professor, Saint Louis University School of Social Work                      Social isolation is a significant concern of older adults and their families. Improve the quality of care provided to all older adults by integrating assessment and intervention of social isolation and loneliness. One such intervention is the evidence-based group intervention, Circle of Friends.  <i>Ballroom D2</i></p>	<p><b>WHY CAN'T I BREATHE? IT'S NOT JUST ASTHMA</b>                      Archie B. Harmon, PhD, Washington University School of Medicine                      Different types of coughs that an aging person can develop and the appropriate treatment for each type of cough will be discussed in this session.  <i>Ballroom D3</i></p>	<p><b>CANNABIS DERIVED THERAPIES IN EPILEPSY: THE GOOD, THE BAD, AND THE UGLY</b>                      John Ingram, MD, University of Mississippi Medical Center                      An overview of epilepsy and seizures, focusing on the remote history of cannabis in the treatment of epilepsy and the more recent history of cannabis and CBD's role in epilepsy. Research opportunities in using cannabis in the treatment of epilepsy, including a new trial at UMMC, will also be discussed.  <i>Ballroom A</i></p>

We gratefully acknowledge our conference partners:

SAINT LOUIS UNIVERSITY  
 SCHOOL OF NURSING



**IDDRC**

Washington University in St. Louis

Intellectual and Developmental Disabilities Research Center



*The 29th Annual*  
**AGING**  
 with Developmental Disabilities Conference



**Monday, May 20 (continued)**

**11:45 Lunch**

**1:00 Breakout Session II**

DIRECT SERVICE TRACK A	PROFESSIONAL TRACK B	NURSING TRACK C	POTPOURRI TRACK D
<p><b>NUTRITION SUPPORTS FOR THE AGING INDIVIDUAL</b>            Katharine Rug, MS, RD, LD, St. Louis Arc            Explore the relationship between disease, nutrition, and aging with a lens focused on supporting individuals with intellectual and developmental disabilities. This presentation aims to provide caregivers with a better understanding of the etiology of food related challenges that occur within this population, as well as tools to identify when these challenges are on the horizon.  <b>Ballroom D1</b></p>	<p><b>END OF LIFE ISSUES FOR PEOPLE WITH INTELLECTUAL DISABILITIES</b>            Martha C. Brown, JD, CELA, Martha C. Brown &amp; Associates, LLC, and Barbara Helm, Arcare, Inc.            Learn about legal, ethical, and psycho-social aspects of end of life issues for people with intellectual disabilities.  <b>Ballroom A</b></p>	<p><b>DELEGATION, DOCUMENTATION, AND THE MISSOURI NURSING PRACTICE ACT</b>            Debra Funk, RN, Missouri State Board of Nursing            In this interactive session, many topics will be discussed including the responsibilities of the Board of Nursing as well as the general responsibilities that nurses have relating to education, experience, and their relationship with the Board of Nursing.  <b>Ballroom D3</b></p>	<p><b>IMPLICIT BIAS</b>            Cynthia L. Mueller, PhD, Licensed Psychologist            Implicit bias is all around us. We are even part of the issue. Research on implicit bias and how it may affect the way we support people will be discussed.  <b>Ballroom D2</b></p>

**2:00 Break**

**2:15 Breakout Session III**

DIRECT SERVICE TRACK A	PROFESSIONAL TRACK B	NURSING TRACK C	POTPOURRI TRACK D
<p><b>WHAT DO PEOPLE KNOW ABOUT PROMOTING DESIRABLE BEHAVIOR FOR THEMSELVES AND OTHERS AND WHAT IS ACTUALLY MOST EFFECTIVE?</b>            Teresa A. Rodgers, PhD, BCBA-D, LBA, Missouri Department of Mental Health Division of Developmental Disabilities            Explore beliefs and practices in self-management and the management of the behavior of others through a series of interactive exercises. Common understanding and practices will be compared to best practices identified by science for self-management and the management of the behavior of others.  <b>Ballroom A</b></p>	<p><b>MANAGING CANCER-RELATED DISTRESS</b>            Renata Sledge, MSW, PhD Student            This presentation will describe cancer-related distress, the impact of distress on patients and their families, and a framework for everyone on the treatment team, including patients and their families, to manage symptoms of distress.  <b>Ballroom D2</b></p>	<p><b>USE OF VITALSTIM (NMES) FOR THE TREATMENT OF DYSPHAGIA IN INDIVIDUALS WITH IDD</b>            Tyyna Bailey, MS, CCC-SL, SSM Health St. Mary's Jefferson City, and Jacqueline Fernald, RN, CDDN, Columbia Post Acute and Finck Supported Living Services            In this presentation, participants will learn from the presenters' firsthand experience with VitalStim, a little-known treatment of dysphagia. Awareness of the symptoms of dysphagia and aspiration will be increased.  <b>Ballroom D1</b></p>	<p><b>RETT SYNDROME ACROSS THE AGES</b>            Robin C. Ryther, MD, PhD, Washington University School of Medicine            Rett Syndrome is a rare genetic disorder primarily affecting females who are born typically developing before regressing and then losing skills. In this session, learn about the numerous medical concerns affecting their entire body as a result of Rett Syndrome and how their needs change throughout their lifespan.  <b>Ballroom D3</b></p>

**3:15 Break**

**3:30 Postnote: ST. LOUIS ARC HOLISTIC AGING COMMITTEE: A PANEL DISCUSSION** *Grand Ballroom*

Mary Anne Tolliver, MPA, St. Louis Arc; Jessica Gantner, St. Louis Arc; Katharine Rug, MS, RD, LD, St. Louis Arc; John Kelly, St. Louis Arc; Craig Sever, BS, RPh, Everspring Pharmacy; Kelli Barton, PhD, University of Missouri at Kansas City Institute of Human Development

The St. Louis Arc continues as a leader in serving the aging population with intellectual and developmental disabilities in the best and most holistic way possible. In early 2018, it was determined that a need for a targeted due process review was present, and the Holistic Aging Committee was created. This committee is overseen by the St. Louis Arc and is comprised of community experts in the field of aging. The group meets monthly to not only review any due process issues (behavior modifying medications/supports and/or rights restrictions) but to also review the individual's current strengths and challenges and provide recommendations regarding supports, the environment, the need to seek the assistance of additional professionals, educational opportunities, etc. to support the individual as well as the team that is providing supports to that individual as they age. This session will include a panel discussion with some of the committee members who will discuss how the committee was formed, how it is maintained, and what lessons have been learned in its first year.

**4:30 Conference concludes for the day**



## Monday: Ideas for Enhancement ~

**Discussion for Missouri Department of Mental Health  
Division of DD, Regional Office Quality Enhancement RNs  
and State Operated Programs RNs**



*MO-DMH/IDD nurses are invited to discuss our ideas from the 29th Annual Aging with Developmental Disabilities Conference and explore ways to implement these ideas.*

**Monday, May 20, 2019  
at 4:30 pm  
in Ballroom D3**

## **Conference Awards—Tuesday**

During lunch on Tuesday, the 29th Annual Aging with Developmental Disabilities Conference Committee will honor two award recipients.

The Allene M. Jackson Award originated in 2003 in honor of AADD's founding Executive Director, Allene M. Jackson, who led the agency from 1989 to 1995. This award is given to direct care staff who have demonstrated a commitment to excellence in their work with a person or persons who are at least 50 years of age and have a developmental disability.

The Dr. John E. Morley Award, originated in 2017, is named after the inaugural recipient, Dr. John E. Morley. Dr. Morley is one of the nation's foremost authorities on geriatrics, receiving his medical degree from University of the Witwatersrand. Since 1989, he has been a Dammert Professor of Gerontology and Director for the Division of Geriatric Medicine, Department of Internal Medicine at Saint Louis University Medical Center. He has also been the Director of the Division of Endocrinology at Saint Louis University Medical Center since 2006. The Dr. John E. Morley Award is given in honor of individuals who show commitment and leadership in reducing barriers and/or creating new opportunities for persons who are at least 50 years of age and have a developmental disability. Eligible recipients are doctors, nurses, social workers, administrators, and management professionals who have followed in Dr. Morley's path in opening doors for this population.





8:00 Registration/Exhibitors

8:30 KEYNOTE ADDRESS: DOWN SYNDROME AND DEMENTIA *Grand Ballroom*

BENJAMIN L. HANDEN, PhD, UNIVERSITY OF PITTSBURGH AND PETER BULOVA, MD, UNIVERSITY OF PITTSBURGH MEDICAL CENTER
Adults with Down syndrome are at extremely high risk for developing Alzheimer's disease. Drs. Handen and Bulova, investigators in a dementia and Down syndrome study, will share findings related to providing appropriate services and support for individuals with Down syndrome and their caregivers.



Dr. Benjamin L. Handen



Dr. Peter Bulova

9:30 Break

9:45 Breakout Session I

Table with 4 columns: DIRECT CARE TRACK A, PROFESSIONAL TRACK B, NURSING TRACK C, POTPOURRI TRACK D. Contains breakout sessions like FALL PREVENTION, BEST PRACTICES FOR CREATING LGBT-WELCOMING AGING PROGRAMS, REDUCING MEDICATIONS-WHEN, WHAT, AND HOW TO MINIMIZE ADVERSE OUTCOMES, and DOWN SYNDROME AND DEMENTIA: A CLOSER LOOK.

10:45 Break

11:00 Breakout Session II

Table with 4 columns: DIRECT CARE TRACK A, PROFESSIONAL TRACK B, NURSING TRACK C, POTPOURRI TRACK D. Contains breakout sessions like CONCEPTIONAL FRAMEWORK OF REFERENCE: HOW CAN I BETTER SERVE INDIVIDUALS WITH DD?, INCLUSION INCLUDES HOSPICE, DIABETES/COMORBIDITY, and SIMPLE SOLUTIONS FOR AGING IN PLACE.

12:00 Lunch and Award Presentations

1:15 Breakout Session III

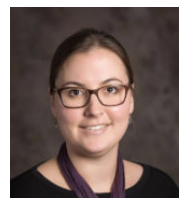
Table with 4 columns: DIRECT CARE TRACK A, PROFESSIONAL TRACK B, NURSING TRACK C, POTPOURRI TRACK D. Contains breakout sessions like DEMENTIA VS. DELIRIUM?, AN AUTISM JOURNEY: A LOOK INTO THE FUTURE FOR THOSE AGING WITH ASD, SUPPORTING AGING INDIVIDUALS IN EFFECTIVELY COMMUNICATING WITH THEIR MEDICAL PROVIDERS, and BEHAVIORAL MANIFESTATIONS OF UNDERLYING MEDICAL CONDITIONS IN PEOPLE WITH IDD.

2:15 Break

2:30 POSTNOTE: INCLUSIVE RESEARCH WITH OLDER ADULTS WITH IDD: IMPLICATIONS FOR PRACTICE

LIEKE VAN HEUMEN, PhD, UNIVERSITY OF ILLINOIS AT CHICAGO Grand Ballroom

Findings from recent research strategies that retrieve the experiences of older adults with IDD provide insights into the lives and needs of adults aging with IDD from their own perspectives. These insights inform the supports they need to thrive and be fully included members of their communities.



Dr. Lieke van Heumen

3:30 Conference concludes

# Continuing Education Units Provided By:



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**Please visit the Continuing Education Units Table in the registration area with any questions and to learn which sessions are not approved for Continuing Education Units.**

*Attendance Certificates will be issued upon request; visit the CEU Table for more information.*

## **Disclosure Statement**

- **Successful Completion:** Participants must stay for the full session and complete an evaluation form to receive Continuing Education nursing contact hours.
- **Sponsorship and Commercial Support:** We are grateful to our sponsors. Although they provided sponsorship, they had no input or influence over the content or choice of presenters.
- **Potential conflicts of interest** have been identified in some of our presenters. However, all presenters are committed to present an unbiased presentation.

*This conference qualifies for up to 10 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline, certificate of completion (issued upon request), and contact your specific organization for filing requirements. In the event of late arrival or early departure, amended certificates indicating the actual number of credit hours earned will be provided.*

## AADD's History



***Pamela J. Merkle***

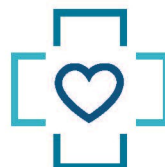
The Association on Aging with Developmental Disabilities (AADD) was initially formed in 1989 as a special interest group and became incorporated in 1994. AADD has a primary objective of bringing the aging and developmental disability fields together to create and provide best practices for people aging with developmental disabilities. It is a one of a kind organization in the United States, serving three area counties through ongoing programs and providing consultation and education beyond the geographical service area. Under the leadership of Executive Director, Pamela J. Merkle, programs for people with developmental disabilities supported by AADD have been successful with progressive growth over the last 20 plus years.

Through our direct services, AADD's overarching goal is to prevent entry into unnecessary long-term care placement and premature death in individuals who are aging with developmental disabilities. In response to the latter, all AADD programs have a common goal to provide necessary training to assist individuals in achieving a greater independence in the home and community, while aging in place.



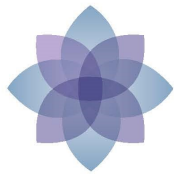
The DentaQuest Partnership for Oral Health Advancement is passionate about and committed to revolutionizing oral health to create an effective and equitable system that results in improved oral health and well-being for everyone.

Visit [dentaquest.com/the-partnership](https://dentaquest.com/the-partnership) to learn more about the work we are doing



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**Sponsor of: *Down Syndrome & Dementia (Keynote) and  
Down Syndrome & Dementia: A Closer Look (Breakout Session)***

The mission of the IDDRC@WUSTL is to implement cutting-edge innovations in science for the discovery of new, higher impact interventions for all individuals with developmental disabilities.



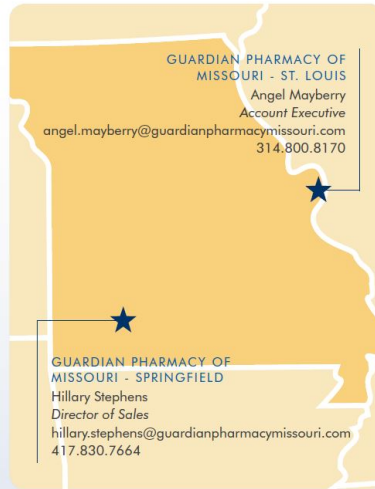
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**Sponsor of:**

***Conceptual Framework of  
Reference: How Can I Better  
Serve Individuals with DD?***

**Setworks: A cloud-based system for  
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[SLAAA@stlouis-mo.gov](mailto:SLAAA@stlouis-mo.gov)

The St. Louis Area Agency on Aging (SLAAA) provides services to seniors, persons with disabilities, and caregivers living in the City of St. Louis.

**Services include:**

- ◆ Information & Referral: Telephone assistance & community outreach
- ◆ Benefits Assistance: Medicaid, Food Stamps, Circuit Breaker, Medicare
- ◆ Case Management: Assessments, Housing Assistance, Resources
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**A. Frazier and Associates, LLC**  
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## Thank you to the 2019 AADD Conference Speakers!

**Tyyna Bailey, MS, CCC-SL**(*tbaileysptherapy@sbcglobal.net*) has been practicing Speech Pathology since 1988. She holds a master's degree from Utah State University in Speech Pathology and additional certifications in the areas of Vital Stim Specialty and LSVT LOUD Parkinson's.

**Kelli Barton, PhD** (*bartonkn@umkc.edu*) holds a doctorate in Gerontology and has expertise in mixed-methods research and evaluation and scholarship in health policy, healthy aging, and aging with DD.

**Marla Berg-Weger, PhD., LCSW**(*marla.bergweger@slu.edu*) has scholarly experience focusing on family caregiving, older adult mobility, and non-pharmacologic interventions for persons with dementia. She has published 4 books and 95+ chapters & journal articles. She is a past President of the Association for Gerontology Education in Social Work and managing editor of the Journal of Gerontological Social Work.

**Martha Brown, JD, CELA** (*mcbrown@elderlawstlouis.com*) has been practicing in the field of Elder Law for over 30 years and is a Certified Elder Law Attorney as certified by the National Elder Law Foundation. Her firm, Martha C. Brown & Associates, LLC concentrates on the unique legal needs of the elderly, disabled, and the families who care for them.

**Peter Bulova, MD** (*bulovapd@upmc.edu*) is an associate professor of internal medicine at the University of Pittsburgh in Pennsylvania, and President of the Board for the United States Down Syndrome Medical Interest Group. He lectures nationally and is published on the care of Adults with Down syndrome in the British Medical Journal. His research is in the early identification of Alzheimer's type dementia. Dr. Bulova is the director of the University of Pittsburgh Adult Down Syndrome Center, and co-director of the health care center for women with physical and intellectual disabilities for the past 15 years.

**Craig Escude, MD, FAAFP** (*craig@hrstonline.com*) is a board-certified Fellow of the American Academy of Family Physicians with over 20 years of clinical experience providing medical care for people with IDD and complex medical conditions. He is the founder/clinical director of the Developmental Evaluation, Training and Educational Consultative Team of Mississippi, whose purpose is to educate and support community-based medical/dental providers who provide care for people with IDD. In July 2018, he was named President of Health Risk Screening, Inc.

**Jacqueline Fernald, RN, CDDN—CV** (*jacque.fernauld@columbiapostacute.com*) is a member of the Developmental Disabilities Nurses Association and is the 2018 recipient of the Association on Aging with Developmental Disabilities' Dr. John E. Morley Award. She has spent her career providing compassionate, evidenced-based care to every individual she has served. She is a certified HealthMatters instructor and a National Task Group on ID and Dementia Practices Regional Trainer.

**Beth Foster, BSN** (*beth.foster@bjc.org*) worked as a nurse at St. Luke's Hospital for over 10 years on various floors, including Acute Rehabilitation and Neurology while pursuing her Bachelor's degree from Webster University. She made a career change 7 years ago to provide care for hospice patients; most recently, she has transitioned to her role as a Palliative Care Specialist with BJC Hospice.

**Andrea Frazier, EdD** (*afrazier@lindenwood.edu*) worked as a nurse for five years, specializing in critical care and emergency medicine. She then moved to the insurance industry and worked for United Health Care, formerly known as Sanus Health Plan. In 2007, she started her own case management company, A Frazier and Associates, LLC; in 2011, she received the St. Louis Case Manager of the Year Award by the Case Management Society of St. Louis. She is currently an Assistant Professor of Health Management at the Belleville, IL campus of Lindenwood University.

**Debra Funk, BSN, RN** (*debra.funk@pr.mo.gov*) has over 30 years experience as a RN; 25 of those years were in acute care and the rest in the regulatory realm. As the Director of Practice for the Missouri State Board of Nursing, she is the expert on the Missouri Nurse Practice Act including RN, LPN and APRN practice in Missouri.



## Thank you to the 2019 AADD Conference Speakers!

**Jessica Gantner** (*ggantner@slarc.org*) is the Assistant Director of the Aging With Empowerment program at the St. Louis Arc. She has worked with people with disabilities for over ten years in addition to previous work as a music therapist in the memory care, bereavement, and IDD fields.

**Catherine Goebel, MA, MS Ed** (*catherinegoebel@sbcglobal.net*) spent 23 years with the State of Illinois with the last 17 years as a guardian for Office of State Guardian. She has taught gerontology courses at Greenville College (University) and Lindenwood University. She serves on multiple Boards and Commissions which advocate for individuals with DD. She is a Nationally Certified Guardian with the Center for Guardianship Certification.

**Benjamin L. Handen, PhD** (*handenbl@upmc.edu*) is a Professor of Psychiatry, Pediatrics, Psychology and Instruction and Learning at the University of Pittsburgh, where he is a leader in the development of clinical services for children with autism and developmental disabilities, as well as an internationally recognized researcher in the field of autism and developmental disabilities. His research focuses on children and adults with developmental neuropsychiatric disorders, with thoughtful evaluation of psychopharmacologic and psychosocial treatment. His most recent activities include serving as the lead investigator on a multi-site Dementia in Down Syndrome Study.

**Archie B. Harmon, PhD** (*harmona@wustl.edu*) is on faculty at Washington University School of Medicine. His clinical interests include advanced flexible and rigid endoscopic laryngeal imaging and videostroboscopy, voice evaluation and therapy, FEES study and modified barium swallow study interpretation, acoustic and aerodynamic voice assessment, laryngectomy voice treatment including TEP, Parkinson's disease and speech rehabilitation.

**Barb Helm** (*barbhelm@arcare.org*) is the Executive Director of Arcare, Inc., a non-profit offering future planning and financial services to individuals with disabilities and their families. She was instrumental in the development of the Arcare Pooled Trust Program and has been administering the trust since its inception in 1996; this trust serves beneficiaries in Kansas, Oklahoma, Missouri, Iowa and Nebraska and has over 1200 participants.

**Lieke van Heumen, PhD** (*lvheumen@uic.edu*) is a Visiting Clinical Assistant Professor in the Department of Disability and Human Development at the University of Illinois at Chicago, where she was a 2015 graduate of the Department's PhD program in Disability Studies. She received both her undergraduate and master degrees in psychology with a specialization in gerontology from the Radboud University in the Netherlands. She worked as a psychologist in five group homes for people with intellectual disabilities in the Netherlands.

**Preston Howerton, DO** (*pbhowie@gmail.com*) has been delivering care to individuals with developmental disabilities for nearly 7 years through the Marshall Habilitation Center and the newly opened Optimistic Beginnings Program. He also has started Howerton Integrated Medical Clinic, a dedicated clinic to those with I/DD, where he has integrated primary care, psychiatry, neurology and dental services for his patients.

**John B. Ingram, MD** (*jingram@umc.edu*) attended the University of Mississippi for undergraduate and medical education, followed by residencies in Pediatrics and Child Neurology (UMMC) with subsequent training in Clinical Neurophysiology/Epilepsy (Cleveland Clinic Foundation). He serves as the principal investigator in a clinical trial of oral cannabidiol, CBD for short, targeting children whose seizures are uncontrolled by other means.

**John Kelly, MEd BCBA** (*jkelly@slarc.org*) is the Behavior Supports Coordinator at the St. Louis Arc. He has over six years of experience in working with people with I/DD in a variety of settings and age ranges. He holds a Master's Degree in Special Education with an emphasis on Autism and Developmental Disabilities from the University of Missouri- St. Louis.

## Thank you to the 2019 AADD Conference Speakers!

**Karen Kelly, EdD, RN, NEA-BC** (*kkellys@aol.com*) has extensive experience in psychiatric nursing, health policy, graduate/doctoral education, and nursing administration. She is the mother of Eric, a 45 year old man with severe autism. Dr. Kelly has served multiple terms on the Illinois Guardianship and Advocacy Commission's Metro-East Human Rights Authority .

**Emily Martin, MOT, OTR/L, CAPS** (*emartin@especialneeds.com*) is a Certified Aging-in-Place Specialist (CAPS) and has also worked as adjunct faculty at Saint Louis University in their OT department as a lab instructor and guest lecturer. Since 2006, Emily's occupational therapy expertise has carried her through the burn center and hand clinic at Mercy, burn and poly trauma patients with the US Army Institute of Surgical Research Burn Center, and orthopedic clinic for pediatrics and adults in both Fort Bragg and SSM Rehab.

**Janis McGillick, MSW, LNHA** (*jmcgillick@dolancare.com*) has been a geriatric social worker for over 40 years, holding management and director positions at several long term care communities, currently working as the Director of Community Engagement at Dolan Memory Care Homes. For 23 years, she worked as the Education Director at Alzheimer's Association- St. Louis Chapter. Additionally, she is a licensed nursing home administrator and has also served as an adjunct Gerontology faculty at Lindenwood University for the past 15 years.

**John E. Morley, MB., BCh** (*morley@slu.edu*) is one of the nation's foremost authorities on geriatrics. Since 1989, he has been a Dammert Professor of Gerontology and Director for the Division of Geriatric Medicine, Department of Internal Medicine at Saint Louis University Medical Center. He has also been the Director of the Division of Endocrinology at Saint Louis University Medical Center since 2006.

**Cynthia Mueller, PhD** (*Cynthia.Mueller@sbcglobal.net*) has been employed for 35 years in the field of developmental disabilities, working for the state of Missouri, Department of Mental Health, Division of Developmental Disabilities at the St. Louis Regional Center for over 27 years in positions ranging from case manager to agency director. She also held several positions for the Division of Developmental Disabilities Central Office as the State Eligibility Coordinator and Director of Children's Service. Having retired from the State in 2015, she went back to work as the Project Director for the DMH SAMSHA grant, System of Care-Community for Early Signs and Symptoms.

**Jackie Rand, PT** (*jhrand8@earthlink.net*) graduated from St. Louis University Physical Therapy School; she has over 39 years of experience in a variety of clinical settings, with 34 years of home care experience. She has spent the past 20 years at BJC Homecare as a physical therapist, where she provides opportunities for internal medicine residents/fellows to experience homecare services that they would prescribe for their patients. Additionally, Jackie is a member of the Orthopedic Team at BJC Homecare.

**Teresa A. Rodgers, PhD, BCBA-D, LBA** (*teresa.rodgers@dmh.mo.gov*) has been working in the field of developmental disabilities as a behavior analyst consultant to families, individuals and service providers as well as a state employee in Florida and Missouri for over 25 years.

**Katharine Rug, MS, RD, LD** (*krug@slarc.org*) is a registered dietitian and Director of Nutrition Services for the St. Louis Arc, where she has worked since 2011. She recently received her Master's Degree in Medical Nutrition Therapy with an emphasis in pediatric nutrition from Saint Louis University.

**Robin C. Ryther, MD, PhD** (*rytherrc@wustl.edu*) is a practicing Neurologist in St Louis, MO. Dr. Ryther graduated from Vanderbilt University School of Medicine. She currently practices at Washington University School of Medicine and is affiliated with St Louis Children's Hospital.

**Craig Sever, BS, RPh** (*csever@everspringrx.com*) spent 13 years as a Clinical Pharmacist in a 500 bed hospital. For the last 18 years, he has been a consultant pharmacist with a patient load of approximately 1,000 patients per month. 500-600 of these patients monthly have been exclusively in the DD community.

## Thank you to the 2019 AADD Conference Speakers!

**Renata Sledge, LCSW** ([rbsledge@gmail.com](mailto:rbsledge@gmail.com)) is currently a first year PhD student studying Medical Family Therapy at Saint Louis University. She has published and presented on areas ranging from music therapy in cancer care, depression and distress management with end stage renal disease and cancer, ethics, and technology in social work practice. Renata graduated from Indiana University with her Master of Social Work degree and from St. Mary of the Woods College with her BS in Music Therapy.

**Mary Anne Tolliver, MPA** ([mtolliver@slarc.org](mailto:mtolliver@slarc.org)) joined the St. Louis Arc in 1984 as a direct support professional; fifteen years later she was named Director of Residential Services — Dautel Circle. Currently, she holds the newly created position of Director of Aging Services. She is area representative for the Missouri chapter of the American Network of Community Options and Resources. A national speaker on end of life care, Mary Anne has completed certification with the National Task Group on Intellectual Disabilities and Dementia Practices for Dementia Capable Care of Adults with ID and Dementia.

**Holly Wamser, MSN, RN** ([hollykim65@msn.com](mailto:hollykim65@msn.com)) has built a career on empowering and advocating for those who are often “voiceless” in our society. Ms. Wamser devoted the first half of her career in the Social Service arena, working at the State of Missouri and other independent agencies. It was later in her career the call of nursing was bestowed upon Ms. Wamser. She later found her calling in Hospice care, where she is currently practicing. She is the co-founder of the local provisional chapter of HPNA (Hospice & Palliative Nursing Association) for the metro area.

**Sherrill Wayland, MSW** ([swayland@sageusa.org](mailto:swayland@sageusa.org)) is the Manager of National Projects for SAGE's National Resource Center on LGBT Aging (NRC) where she manages the day-to-day NRC as well as working with SAGE's National LGBT Elder Housing Initiative and other key national projects.

## A Big Thank You to Our Self-Advocate Session Speakers

Kaysie Hotop, DMH  
Kay Losciuto, Virbac Corporation  
Theresa Novak, BJC Hospice



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*AADD thanks Carol Crebs for all of her hard work and dedication as the 2019 Conference Committee Chairperson!*

## **THANK YOU TO THE 2019 AADD CONFERENCE EXHIBITORS!**

**Auburn Pharmacies - Edward Pyle & Mike Beisner**  
**epyle@auburnpharmacies.com & mbeisner@auburnpharmacies.com**

*Brain Injury Association of Missouri\* - Courtney Stevens*  
*courtney@biamo.org*

*Center for Hearing & Speech\* - Ann Munier*  
*muniera@chsstl.org*

**CLAIM, Xavier Vaughn**  
**xvaughn@primaris.org**

*Community Living Inc.\*\* - Lauren Hall*  
*lnhall@communitylivingmo.org*

**Curators of the University of Missouri on behalf of the Missouri Telehealth Network**  
**- Treaka Young & Dean Andersen**  
**youngtre@health.missouri.edu & Andersendc@health.missouri.edu**

**EverSpring Pharmacy - Karen Cox, Mele' Manning & Kathi Price**  
**kcoxrxrep@gmail.com, mmanning@everspringrx.com & kprice@everspringrx.com**

**Genoa Healthcare - Jessica Jacobs**  
**jjacobs@genoahealthcare.com**

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**mcbrown@elderlawstlouis.com**

*MC5\* - Wendy Boren*  
*missourime5@gmail.com*

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*jcigliana@memorycarehs.org*

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*nroseroyce@miracleearstl.com & kriddle@miracleearstl.com*

**MO Chapter National Academy of Elder Law Attorneys - Diana Love**  
**diana@monaela.org**



## **THANK YOU TO THE 2019 AADD CONFERENCE EXHIBITORS!**

*MO Council of the Blind\* - Wilma Chestnut-House  
aa@moblind.org*

**MO Department of Insurance, Financial Institutions & Professional Registration -  
Shelby Schaben  
shelby.schaben@insurance.mo.gov**

**MO DHSS Bureau of Special Health Care Needs Brain Injury Program - Lauren  
Hermann & Jenny Sikes  
Lauren.Herman@jeffcohealth.org & Jennifer.Sikes@lpha.mo.gov**

**MO Protection & Advocacy Services - Nicholas Doyle & Andriana Bicanin  
nicholas.doyle@mo-pa.org & andriana.bicanin@mo-pa.org**

**Nonprofits Insurance Alliance - Brian Johnson  
bejohnson@insurancefornonprofits.org**

**Pharmacy Alternatives, LLC - Rider Sparrow, Nanette Wrobel & Kathleen Brown  
Rider.Sparrow@palrx.com, nwrobel@palrx.com & kathybrown@palrx.com**

*Promise Home Works\* - Ken Other & Charlie Felker  
keno@promisehomeworks.com & charlie@promisehomeworks.com*

**Rest Assured - Ken Smith  
ksmith@restassuredsystem.com**

*Recreation Council of Greater St. Louis\* - Susan Fleming  
sfleming@recreationcouncil.org*

*Southern Bus & Mobility\* - Tom Gerdes & Cal Loepker  
tgerdes@southernbusandmobility.com & cloepker@southernbusandmobility.com*

**Special Journeys - Lexi Mann  
lexi@specialjourneys.org**

**St. Louis Area Agency on Aging - Jamie Saunders  
saundersj@stlouis-mo.gov**

**Therap Services - Stacy Wilson  
stacy.wilson@therapservices.net**

*Wellhome\* - Sonja Dulick  
sonja@wellhomeagency.com*

Bold = Exhibiting Both Days

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**Be sure to visit the information table at the  
29th Annual Aging with Developmental Disabilities Conference where you  
will find information from AADD and Arcare.**

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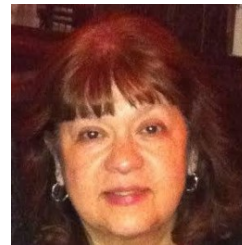
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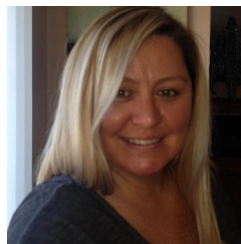
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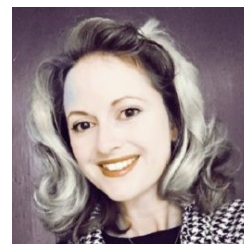
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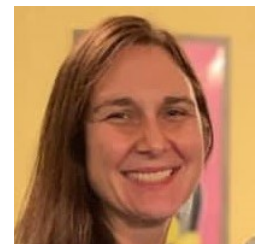
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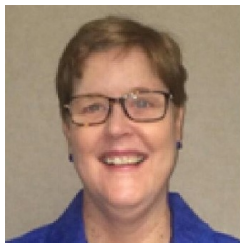
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**Mary Anne Tolliver**  
St. Louis Arc

*Thank you to Martha Brown for her many years of service as the Board President of the Association on Aging with Developmental Disabilities!*

# AADD's 19<sup>th</sup> Annual Trivia Night

**Where:** St. Joan of Arc Parish Center (South City Catholic Academy Gymnasium)  
5821 Pernod Avenue  
St. Louis, MO 63139

**When:** 10/11/19 (Friday)

*Reserve your table of 8 now for only \$200!!!*

*Silent Auction, 50/50 and other raffles!*

**Time:** 7:00pm – 10:30pm

*Register and pay at:*

**Doors open at 6:00pm**

<http://bit.ly/2J10vJY> *(fees will apply)*

*or call 314-647-8100*



## IN MEMORY AND GRATITUDE - COVER PAGE ARTIST

John Blair Moore (1948-2018) spent his career as an artist, illustrator, graphic designer, cartoonist, and keen political commentator. He had notoriety as being a writer and illustrator for Disney, an internationally known graphic designer, a political cartoonist in newsprint and more recently, through social media. John was a self described "Illustrator, Raconteur, Savant". Since 2007, those of us at the Association on Aging with Developmental Disabilities also had the honor of calling John "Colleague, Friend, and Family".

John had experience in customer service, but not in social services. He began working with people with developmental disabilities in order to share time and interest with his wife, who works in the field. John quickly came to have his own appreciation and understanding of the people he served. He had curiosity, insight, and perspective that allowed him to form unique and meaningful relationships. Before long, John began capturing his impressions on canvas. AADD commissioned John to illustrate programs that AADD offers, and we were fortunate to receive five pieces over the years, one of which is depicted on the cover page of this program. These paintings capture the movement, personality and essence of those we serve, as only could be accomplished by one who knows and cares about this population.





**Mission: The Association on Aging with Developmental Disabilities (AADD) supports and serves aging adults with developmental disabilities to promote their dignity and independence.**

**Thank you for attending the 29th Annual Aging with Developmental Disabilities Conference!**

**Please keep in contact with us throughout the year.**

**2385 Hampton Avenue**

**St. Louis, MO 63139**

**314-647-8100**



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