

THE 30TH ANNUAL

# AGING

with Developmental Disabilities Conference



May 17-18, 2021  
St. Charles Convention Center  
[www.agingwithdd.org](http://www.agingwithdd.org)



4 TRACKS. 4 KEYNOTE PRESENTATIONS. 2 DAYS. 1 GOAL:

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



DR. ALEJANDRA CAMACHO-SOTO



DR. JOHN CONSTANTINO



KERRI TESREAU



DR. CRAIG ESCUDÉ



CRAIG LASKOWSKI

Washington University in St. Louis  
SCHOOL OF MEDICINE



ASSOCIATION ON AGING WITH DEVELOPMENTAL DISABILITIES



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Intellectual and Developmental Disabilities Research Center



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May 17, 2021

Dear Conference Participant,

**Welcome to the 30th Annual Conference on Aging with Developmental Disabilities!**

We hope that you find these two days to be educational, thought provoking and enjoyable. We also hope that you will take what you learned and what was reinforced and continue to provide the best supports and services to our aging population. We believe that everyone here has that very goal. However you have chosen to join us this year, **we are glad that you are here!**

As you attend different sessions, listen to different speakers, and network, we ask that you keep in mind that the knowledge that you acquire comes from professionals of different disciplines. You are in the company of 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. With that said, you may notice that language, philosophy and practices differ from state to state, from one profession to another, as well as person to person. For example, many of us are quite familiar with, and committed to "people first" language, which is commonly preferred in the field of developmental disabilities, but 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 older individuals with developmental disabilities!**

Sincerely,

***The 30th Annual Aging with Developmental Disabilities Conference Committee***

Valerie Baker\*, Mass Mutual St. Louis

Anna Brende, SLU Gateway Geriatric Education Center

Anita Contreras\*, Warren County DD Board

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Katherine Farache, Association on Aging with DD

Jeonne Harris, St. Louis Arc

Mele Manning, EverSpring Pharmacy

Pamela Merkle, Association on Aging with DD

Terry Reiser, Molina Healthcare of California

Nancy Shrewsbury, St. Louis Arc

Courtney Tatlow, HealthDirect Pharmacy

Sheila Wunning, MO Department of Mental Health and  
30th Annual Aging with DD Conference Chairperson

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Jill Cigliana, Memory Care Home Solutions

Karen Cox, EverSpring Pharmacy

Leslie DeGroat, MO Department of Mental Health

Catherine Goebel\*, Retired Professional Guardian

Dishon Knox, MO Department of Mental Health

Jan McGillick, Retired Geriatric Social Worker

Dawn Oppy, Association on Aging with DD

Craig Sever\*, EverSpring Pharmacy

Emma Swinford, UMKC Institute for Human Development

Denise Weber, Association on Aging with DD

Buz Zeman\*, Housing Options Provided for the Elderly  
and President of the AADD Board of Directors

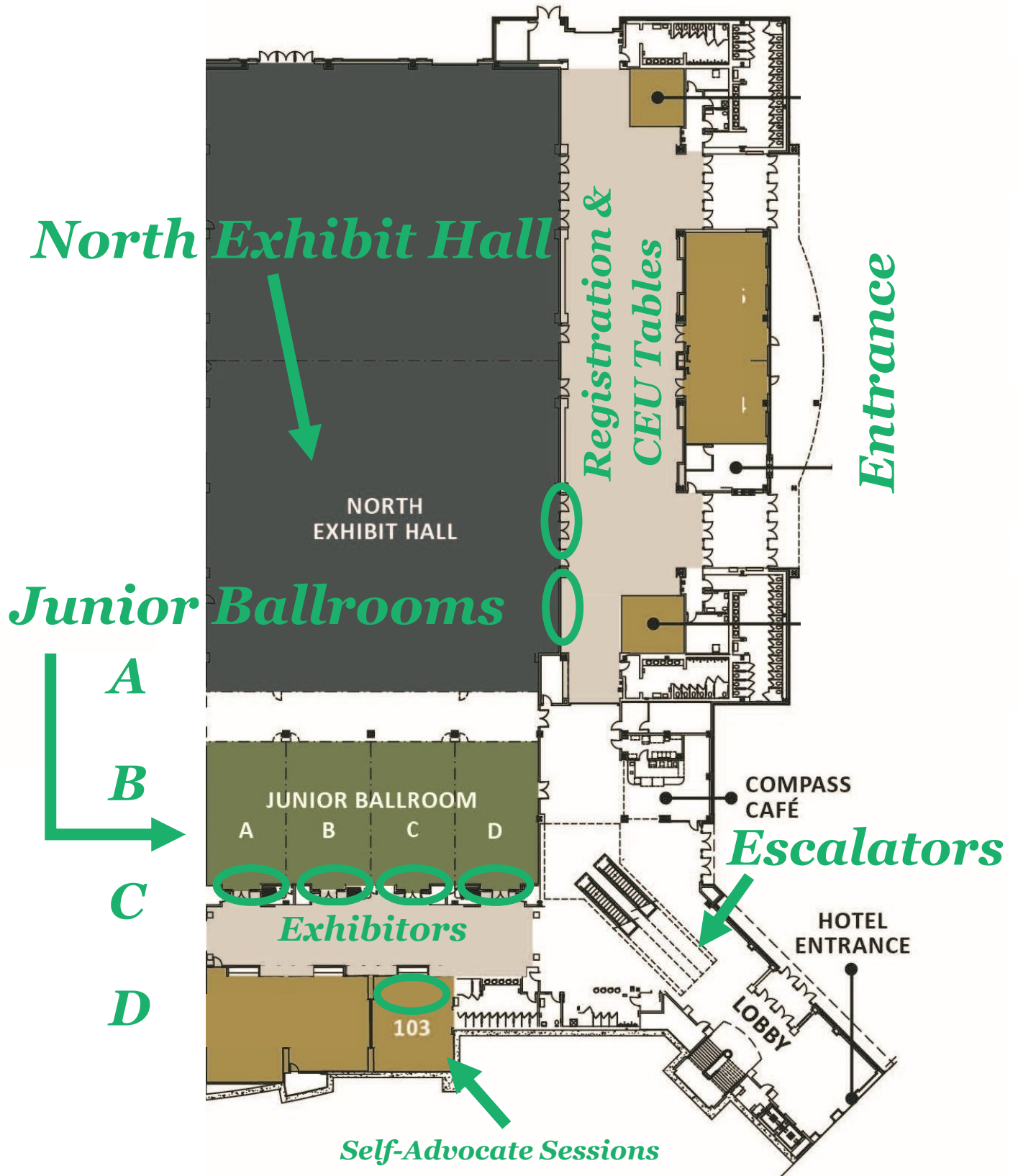
*\*AADD Board Member*

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

*Lower Level*

 Denotes room entrances



# The 30th Annual **AGING** with Developmental Disabilities Conference May 17-18, 2021



## Monday, May 17

8:30 Registration/Exhibitors

9:30 **KEYNOTE ADDRESS: Cerebral Palsy and Aging** North Exhibit Hall



*Alejandra Camacho-Soto, MD, Washington University School of Medicine, St. Louis, Missouri*

Learners will be introduced to a psychiatric (the branch of medicine that uses physical medicine and rehabilitation) approach to the management of cerebral palsy, a syndrome comprising various movement and posture disorders. Those caring for individuals with cerebral palsy will understand how to promote and improve function, how to manage and treat various impairments associated with cerebral palsy, and how medical conditions associated with aging manifest in cerebral palsy.

Dr. Alejandra Camacho-Soto

10:30 Break/Visit our Exhibitors

10:45 Breakout Session I

Jr. Ballroom A	Jr. Ballroom B	Jr. Ballroom C	Jr. Ballroom D
<b>DIRECT CARE TRACK A</b>	<b>PROFESSIONAL TRACK B</b>	<b>MEDICAL TRACK C</b>	<b>POTPOURRI TRACK D</b>
<b>CHARTING THE LIFE COURSE</b> Mary Anne Tolliver and Sharon Spurlock, St. Louis Arc Life is a journey that requires problem-solving and planning to ensure we live our "good life." <i>Charting the LifeCourse</i> provides tools and strategies to navigate services and supports for day-to-day decisions or planning for the future.	<b>PATHWAYS TO SUCCESS: ASSISTIVE TECHNOLOGY, REMOTE MONITORING, AND TELEHEALTH</b> Lyndsey Boyer, OT, MedXchange, and Aaron Milligan, COTA/L, Gray Matters Alliance Increase your knowledge in identifying appropriate assistive technology and telehealth options to be proactive in approaches to planning universal design for home, community, and quality of life.	<b>TRANSCRANIAL MAGNETIC STIMULATION IN TREATING DEPRESSION</b> Thomas Malone, MBA, TMS Institute of America, LLC Transcranial Magnetic Stimulation (TMS), an FDA-approved outpatient therapy that is non-invasive, is being used to treat depression and a variety of other disorders. Attend this session to learn how this treatment is used for depression in individuals aging with a developmental disability.	<b>BEHAVIOR MANAGEMENT FOR AGING INDIVIDUALS WITH TBI</b> Alejandra Camacho-Soto, MD, Washington University School of Medicine The goal of this lecture is to highlight the non-pharmacological and pharmacological therapies often used to treat behavioral complications associated with traumatic brain injuries, and how management of behavioral complications may differ in the older adult.

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# Lunch Activities

## *COVID19 Keynote Presentation – Monday*

Join Dr. John N. Constantino and Kerri Tesreau of the Department of Mental Health as they present the latest information on the COVID vaccine. Facts and misconceptions about rapid testing and vaccine distribution will also be covered.

John N. Constantino, MD is the Director of the NICHD Intellectual and Developmental Disabilities Research Center (IDDRC) at Washington University School of Medicine. Dr. Constantino has been



instrumental in bringing in IDDRC-affiliated experts from around the country to speak at the annual Aging with Developmental Disabilities Conference for the past several years. Dr. Constantino is also a Blanche F. Ittleson Professor of Psychiatry and Pediatrics, the Director of William Greenleaf Eliot Division of Child Psychiatry; and Psychiatrist-in-Chief, at St. Louis Children's Hospital.

This session is sponsored by the Productive Living Board of St. Louis County whose mission is to ensure funding for a spectrum of high quality services that create opportunities for St. Louis County residents with developmental disabilities to thrive in the home, community and employment settings of their choosing.

## *Conference Awards – Tuesday*

During lunch on Tuesday, the 30th Annual Aging with Developmental Disabilities Conference Committee will honor two award recipients.

The Allene M. Jackson Award originated in 2003 in honor AADD's founding Executive Director,



Allene M. Jackson, who led the agency from 1989 to 1995. Jackson was a founding member of a Special Interest Group, from which the Association on Aging with Developmental Disabilities was formed. Her vision and commitment helped to pave the way for people aging with developmental disabilities. This award is given to direct support 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 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.



North Exhibit Hall

11:45 Lunch and Presentation: Status of Rapid Testing and Vaccine Distribution for COVID Among Missourians with Developmental Disability Across the Lifespan

John N. Constantino, MD, *Blanche F. Ittleson Professor of Psychiatry and Pediatrics at Washington University School of Medicine; Director, William Greenleaf Eliot Division of Child Psychiatry; Director, NICHD Intellectual and Developmental Disabilities Research Center; and Psychiatrist-in-Chief, St. Louis Children's Hospital; and Kerri Tesreau, Assistant Director, Missouri Department of Mental Health*

Join Dr. Constantino and Kerri Tesreau as they present the latest information on the COVID vaccine. Facts and misconceptions about rapid testing and vaccine distribution will also be covered.



Kerri Tesreau



Dr. John Constantino

1:00 Breakout Session II

Jr. Ballroom A	Jr. Ballroom D	Jr. Ballroom B	Jr. Ballroom C
DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p><b>ENCOURAGING PEOPLE WITH DEMENTIA TO EAT</b>                      Katharine Rug, MS, RD, LD, St. Louis Arc &amp; John Kelly, MEd, BCBA, St. Louis Arc                      This session will provide caregivers with a better understanding of techniques to encourage people with dementia to eat in order to ensure that their nutritional needs are met. Presenters will review various components of positive behavioral supports, techniques, and application tips for direct support professionals to utilize when providing care to aging adults with IDD.</p>	<p><b>AWARENESS AND EMPATHY IN REDUCING SOCIAL ISOLATION LINKED TO AGE-RELATED CHANGES</b>                      Marla Berg-Weger, PhD, LCSW, Professor, Saint Louis University School of Social Work                      Participants will gain knowledge of distinctions between social isolation and loneliness, prevalence of both, and impact on physical/mental health. Non-pharmacological, evidence-based interventions shown to positively impact social isolation and loneliness will be reviewed.</p>	<p><b>COMBATING THE THREAT OF MULTI-DRUG RESISTANT ORGANISMS</b>                      Michael Geisler, PharmD, BCPS, BJC Healthcare                      Gain insight on the threat of multi-drug resistant organisms (MDROs) and utilize antimicrobial stewardship approaches for treatments of common infections in individuals who are aging with a developmental disability to improve quality of care.</p>	<p><b>EARLY EXPERIENCE IN A DEDICATED OUTPATIENT PSYCHIATRY SERVICE FOR ADULTS WITH DOWN SYNDROME</b>                      John N. Constantino, MD, Director, NICHD Intellectual and Developmental Disabilities Research Center, Washington University School of Medicine                      In this session, learn how a recently-established clinic providing neurologic and psychiatric care tailored to the needs of adults with Down syndrome hopes to support the long-term goal of finding ways to prevent or treat Alzheimer's.</p>
<p>2:00 Break/Visit our Exhibitors</p>			
<p>2:15 Breakout Session III</p>			

Jr. Ballroom A	Jr. Ballroom D	Jr. Ballroom B	Jr. Ballroom C
DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p><b>SLEEP APNEA AND PAP THERAPY</b>                      Loretta Colvin, ACNP-BC, SSM Health Sleep Services                      This session will provide an overview of sleep apnea and treatment with positive airway pressure (PAP) machines, including equipment troubleshooting and maintenance.</p>	<p><b>DEVELOPING MEMORY CARE IN DIFFERENT ENVIRONMENTS</b>                      Janis McGillick, MSW, LNHA, Geriatric Social Worker and Dementia Care Specialist                      Discover useful tips in developing the best environment to promote memory care, regardless of the setting you are in.</p>	<p><b>OVERCOMING SELF-IMPOSED OBSTACLES WHEN IMPLEMENTING MEDICATION REDUCTIONS</b>                      Craig Sever, BS, RPh, EverSpring Pharmacy                      Dated information in behavior plans can impose unnecessary obstacles in reducing medications. In this session, learn how to analyze current needs to write better behavior plans and promote medication reduction.</p>	<p><b>CBD: EPILEPSY AND BEYOND</b>                      Jennifer L. Griffith, MD, PhD, Washington University School of Medicine                      This presentation will review the risks and benefits of cannabidiol (CBD) and medical marijuana use in pediatric patients with epilepsy and how this research translates to the usage of CBD for epilepsy and other conditions relevant to the aging population.</p>
<p>3:15 Break/Visit Exhibitors</p>			
<p>3:30 Breakout Session IV</p>			

Jr. Ballroom A	Jr. Ballroom D	Jr. Ballroom B	Jr. Ballroom C
DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p><b>OSTOMY 101</b>                      Retta Sutterfield, RN, ACNS-BC, CWOCN, STL WOCN Affiliate President                      This session will cover the basics of day-to-day ostomy care as well as best practices for preventing skin problems around the stoma.</p>	<p><b>DUAL DIAGNOSES: DD/MI</b>                      Cynthia L. Mueller, PhD, Licensed Psychologist                      People with a dual diagnosis encounter a wide variety of challenges as they age. Learn how to identify, seek treatment, and provide support for individuals with a developmental disability who also have a mental health diagnosis.</p>	<p><b>DENTAL HEALTH AND AGING IN PEOPLE WITH DEVELOPMENTAL DISABILITIES</b>                      Scott Wolter, DMD, PC                      Gain a better understanding of the impact that oral habits, medical conditions, and medication usage have on oral health and the impact of oral health on overall health.</p>	<p><b>CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP) FOR PEOPLE WITH IDD</b>                      Erik Strange, MSW Candidate, Brown School at Washington University                      Miscommunication of health information can lead to detrimental health outcomes including avoidable hospitalizations and premature deaths. By adapting the CDSMP, the goal is to reduce healthcare disparities and increase the self-determination in healthcare decision-making for community-based aging individuals with IDD.</p>
<p>4:30 Conference concludes for the day</p>			

The conference planning committee has selected speakers who are experts in their field. Speakers are solely responsible for the content of their presentation.



Dr. Craig Escudé

8:00 Registration\*/Exhibitors (\*Registration only if you did not attend Monday)

8:30 KEYNOTE ADDRESS: Solutions to Health & Safety in Aging North Exhibit Hall

CRAIG ESCUDÉ, MD, IntellectAbility Explore and understand practical applications and supports to ensure the best health, wellness, and safety for people with developmental disabilities who are aging.

9:30 Break/Visit our Exhibitors

9:45 Breakout Session I

Jr. Ballroom B

Jr. Ballroom C

Jr. Ballroom D

Jr. Ballroom A

DIRECT CARE TRACK A

PROFESSIONAL TRACK B

MEDICAL TRACK C

POTPOURRI TRACK D

TEACHING HEALTHY SEXUALITY TO PEOPLE WITH INTELLECTUAL DISABILITIES AS SEXUAL ABUSE PREVENTION

Jessica Naslund, LCSW, AASECT Certified Sexuality Educator

This session will cover scenarios that put people who are aging with a developmental disability at risk for abuse and how to use the Ring of Safety as a prevention technique.

SENSORY CHANGES

Craig Escudé, MD, IntellectAbility

As people age, they often experience changes in their sensory functions, which can negatively impact their ability to interact with their environment, decreasing their quality of life. Learn methods to stabilize or improve quality of life from a medical perspective.

PHARMACOGENOMICS IN PSYCHIATRY

Melissa Dyer, PhD, Myriad Neuroscience

This session will explore testing that helps practitioners and clinicians choose the best medications for an individual based on their own DNA. This information can be used in advocating for individuals being supported, as well as a means of reducing polypharmacy.

ARE YOU READY TO LISTEN? ENGAGING, VALIDATING, AND HEARING OTHERS THROUGH MUSIC

Teresa Stamey, MT-BC, and Kimberly Dicken, Intern, Midwest Music Therapy Services

Music is an interactive tool that affects us at all levels. In this session, participants will engage in different musical experiences that will teach alternative ways to communicate and connect at a deeper level with others.

10:45 Break/Visit our Exhibitors

11:00 Breakout Session II

Jr. Ballroom A

Jr. Ballroom B

Jr. Ballroom C

Jr. Ballroom D

DIRECT CARE TRACK A

PROFESSIONAL TRACK B

MEDICAL TRACK C

POTPOURRI TRACK D

PRESSED HAM OR NOT: PREVENTING PRESSURE INJURIES

Retta Sutterfield, RN, ACNS-BC, CWOON, STL WOCN Affiliate President

Pressure injuries can be devastating and very expensive to resolve. Explore hidden common pressure areas, common risk factors, and prevention strategies.

ABLE ACCOUNTS, SPECIAL NEEDS TRUSTS, AND GOVERNMENT BENEFITS - MAKING IT ALL WORK TOGETHER

Martha C. Brown, JD, CELA, Mitchell, Brown & Associates, LLC & Barbara Helm, Arcare, Inc.

This session will cover how different government benefit programs treat ABLE Accounts and Special Needs Trusts.

MEDICAL UTILITY OF CANNABIS: THE HIGHS AND LOWS

Chris Herndon, PharmD, BCACP, Southern Illinois University Edwardsville

In this session, learn about the benefits of medical marijuana relevant to the aging individual with a developmental disability. Potential pitfalls and the patchwork of laws will also be reviewed.

RESTORATIVE SLEEP: CREATING A CULTURE OF SLEEP

Mark Francis, MS, University of Missouri QIPMO Program

This presentation will explain how restorative sleep can improve health and wellness in the aging population and how lack of sleep affects a person's 24-hour day. The different stages of sleep, the hazards of sleep fragmentation, and the top ten sleep disturbances will also be reviewed.

12:00 Lunch and Award Presentations

1:15 Breakout Session III

Jr. Ballroom A

Jr. Ballroom D

Jr. Ballroom B

Jr. Ballroom C

DIRECT CARE TRACK A

PROFESSIONAL TRACK B

MEDICAL TRACK C

POTPOURRI TRACK D

GUM HEALTH & ORAL CARE

Jessica Robinson, RDH, MO Department of Mental Health Gain an understanding of providing support with oral care, including gum care for people who cannot eat by mouth, in this hands-on session that will address the best practices of oral care for people with limitations in this area.

DEATH AND DYING

Margaret Terranova, RN, CHPN, Heartland Hospice

Every BODY is different – how it starts, how it grows, how it ends. Death, while it is unique for each person – each body – also gives us some common experiences that allow us to care in the best way possible.

PREVENTION OF FRAGILE FRACTURE RELATED TO OSTEOPOROSIS

Sara B. Johnson, BSN, RN, Missouri Department of Mental Health

Gain knowledge on the basics of osteoporosis, effects on individuals with DD, and how to prevent fragile fracture during movement/handling of individuals during daily care and treatment.

OVERCOMING THE CHALLENGES OF CHRONIC KIDNEY DISEASE

Kunal Malhotra, MD, MBA, MU Healthcare

With increasing longevity and cardiovascular events, chronic kidney disease may also become a significant problem in older people with developmental disabilities. Review factors that increase the prevalence of chronic kidney disease in the aging DD population as well as preventive measures to be taken.

2:15 Break/Visit our Exhibitors

2:30 POSTNOTE: Savvy Care Giver Training North Exhibit Hall

Craig Laskowski, MA ED, MS ED, Human Support Services

This session will offer a review of the Savvy Caregiver Program, a widely implemented training with a focus on improving caregivers' beliefs about caregiving, reactions to the behavioral symptoms of their care recipient, and their feelings of stress and burden. Mr. Laskowski will provide hands-on tools to be better caregivers; special focus will be given to caregiving in the world of aging with DD.



Craig Laskowski

3:30 Conference concludes. Submit survey and continuing education paperwork.



# Continuing Education Units Provided By:



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

### **Disclosure Statement**

- **Successful Completion:** Participants must stay for the full session and complete an on-line evaluation form to receive Continuing Education (CE) contact hours. In-Person attendees must sign in each day at the CE table.
- **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

*This conference qualifies for up to 32 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline, certificate of completion, and contact your specific organization for filing requirements. In the event of late arrival or early departure, amended certificates indicating the actual number of*

## 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 25 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.



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

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- ◆ **Benefits Assistance:** Medicaid, Food Stamps, Circuit Breaker, Medicare
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Revised 2/11/21

# MISSOURI'S No Wrong Door

Transforming a powerful network in Missouri to support individuals needing long-term services and supports



Missouri No Wrong Door (NWD) is a growing statewide network of front door entities that work together to support access to Long-Term Services and Supports in the community. The MO NWD leadership team, in partnership with UMKC's LifeCourse Nexus and Missouri Assistive Technology (MoAT), is currently hosting a FREE monthly Missouri Open Door (MOD) Workshop Series. The goal of the MOD Workshop Series is to enhance the skills and knowledge of information and referral, options counseling and/or case management positions around person-centered thinking, technology, and support options, with new topic areas each month. Workshops provide immediate-use practical ideas and solutions for your agency, home-life, and those you support. For more information, contact Miranda Schultz, [mschultz@umkc.edu](mailto:mschultz@umkc.edu).

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

Jan McGillick, Tammy Stevens, Sgt. Brian Clay, Scott Wolter,  
Craig Sever, Kate Rug, Teresa Stamey, Kimberly Dicken, and Mark Francis

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## Session Sponsors



### **CEREBRAL PALSY AND AGING**

Alejandra Camacho-Soto, MD, Washington University School of Medicine, Monday, May 17, 2021, 9:30 am



### **STATUS OF RAPID TESTING AND VACCINE DISTRIBUTION FOR COVID AMONG MISSOURIANS WITH DEVELOPMENTAL DISABILITY ACROSS THE LIFESPAN**

John N. Constantino, MD, Washington University school of Medicine and Kerri Tesreau, Missouri Department of Mental Health, Monday, May 17, 2021, 11:45 am



### **OVERCOMING SELF-IMPOSED OBSTACLES WHEN IMPLEMENTING MEDICATION REDUCTIONS**

Craig Sever, BS, RPh, EverSpring Pharmacy, Monday May 17, 2021, 2:15 pm



### **DUAL DIAGNOSES: DD/MI**

Cynthia L. Mueller, Ph.D, Licensed Psychologist, Monday, May 17, 2021, 3:30 pm



### **DENTAL HEALTH AND AGING IN PEOPLE WITH DEVELOPMENTAL DISABILITIES**

Scott Wolter, DMD, PC, Monday, May 17, 2021 3:30 pm



### **MEDICAL UTILITY OF CANNABIS: THE HIGHS AND LOWS**

Chris Herndon, PharmD, BCACP, Southern Illinois University Edwardsville, Tuesday, May 18, 2021 11:00 am

## Thank you to the 2021 AADD Conference Speakers!

**Aaron Milligan** ([aaron@graymattersalliance.com](mailto:aaron@graymattersalliance.com)) is a certified and licensed Occupational Therapy Assistant. In 2018, he joined a family-owned business supplying specialized seating, wheelchairs, and medical equipment to the uninsured, as well as working for Gray Matters Alliance, a telehealth monitoring systems company whose mission is to help individuals be more independent and safer in their own environment.

**Dr. Alejandra Camacho-Soto** ([acamacho-soto@wustl.edu](mailto:acamacho-soto@wustl.edu)) is an Assistant Professor of Neurology at Washington University. Her specialty is psychiatry (physical medicine and rehabilitation); she runs the adult cerebral palsy clinic at Washington University School of Medicine.

**Barb Helm** ([barbhelm@arcare.org](mailto:barbhelm@arcare.org)) is the Executive Director of Arcare, Inc., a non-profit corporation 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, which serves over 1200 beneficiaries in Kansas, Oklahoma, Missouri, Iowa and Nebraska.

**Chris Herndon, PharmD, CPE, FASHP** ([cherndo@siue.edu](mailto:cherndo@siue.edu)) sees chronic pain patients in a multidisciplinary setting within a family medicine residency clinic. He is the Principal Investigator for the National Institutes of Health Center of Excellence in Pain Education at Southern Illinois University at Edwardsville.

**Dr. Craig Escudé** ([craig@replacingrisk.com](mailto:craig@replacingrisk.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. In July 2018, he was named President of Health Risk Screening, Inc., now known as IntellectAbility. Being pioneers and innovators in person centered health in vulnerable populations, IntellectAbility's Health Risk Screening Tool (HRST) is a web-based screening instrument designed to detect health destabilization.

**Craig Laskowski** ([claskowski@hss1.org](mailto:claskowski@hss1.org)) joined Human Support Services (HSS) in 2017. Prior to that, he worked for 28 years with the Illinois Department of Human Services' Division of Developmental Disabilities. Since starting at HSS, Laskowski has introduced an array of initiatives aimed at bringing the organization in line with state and federal mandates pertaining to person-centered care.

**Craig M. Sever BS, RPh** ([csever@everspringrx.com](mailto: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.

**Dr. Cynthia Mueller** ([cynthia.mueller@sbcglobal.net](mailto:cynthia.mueller@sbcglobal.net)) has been worked in the field of developmental disability and children's mental health for more than 35 years. She worked 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 state level positions for the Division of Developmental Disabilities Central Office as the State Eligibility Coordinator and Director of Children's Service.

**Erik Strange** ([erik.strange@gmail.com](mailto:erik.strange@gmail.com)) is a rising second year Master of Social Work student at the Brown School at Washington University in St. Louis. Erik spent the first 8 years of his post college career in the U.S. Army, twice deploying to Afghanistan. Before starting his Master's studies, Erik spent over a year and a half sharing life in an intentional community with adults with and without I/DD called L'Arche in St. Louis.

**Janis McGillick** ([mcgillickjan@gmail.com](mailto:mcgillickjan@gmail.com)) has been a geriatric social worker for over 40 years, holding management and director positions at several long term care communities. She recently retired from her most current position 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.

**Jennifer L. Griffith, MD, PhD** ([griffitj@wustl.edu](mailto:griffitj@wustl.edu)) is an Assistant Professor of Pediatric Neurology at Washington University School of Medicine, where she also completed residency in Pediatric Neurology and fellowship in Pediatric Epilepsy. Her clinical interests include pediatric general neurology, epilepsy, and neurocritical care. She has lectured around the region on the risks and benefits of cannabidiol (CBD) and medical marijuana use in pediatric patients.

## Thank you to the 2021 AADD Conference Speakers!

**Jessica Naslund, LCSW** (*jnaslund@cccstl.com*) is a Licensed Clinical Social Worker and certified Sexuality Educator by the American Association of Sexuality Educators, Counselors, and Therapists. She specializes in providing sexuality education for all people as well as therapy for individuals, partners and groups. She is also an adjunct faculty member at UMSL in the SUCCEED program.

**Jessica Robinson** (*jessica.robinson@dmh.mo.gov*) is a Dental Hygienist at the St. Louis Developmental Disability Treatment Center and is changing lives one smile at a time while making a positive impact with the oral hygiene of people served by the Missouri Department of Mental Health.

**John Kelly, MEd, BCBA, LBA** (*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 Intellectual and Developmental Disabilities in a variety of settings and age ranges.

**John N. Constantino, MD** (*constantino@wustl.edu*) is the Blanche F. Ittleson Professor of Psychiatry and Pediatrics at Washington University in St. Louis, where he directs the William Greenleaf Eliot Division of Child Psychiatry, directs an NICHD Intellectual and Developmental Disabilities Research Center, and serves as Psychiatrist-In-Chief of St. Louis Children's Hospital. He has pioneered quantitative methods for predicting autism recurrence in families, and methods developed for rapid behavioral phenotyping are used internationally in genetic research involving autism and related disorders.

**Katharine Rug, MS** (*krug@slarc.org*) is a registered dietitian and Director of Nutrition Services for the St. Louis Arc, where she is focused on nutrition programming that includes nutrition education classes for staff, supported individuals, and families, as well as individualized medical nutrition therapy services.

**Kerri Tesreau** (*kerri.tesreau@dmh.mo.gov*) serves as the Assistant Director of the Missouri Department of Mental Health (DMH). Prior to this role, she was the Director of the Office of Autism Services for the Missouri Department of Mental Health, Division of Developmental Disabilities. She has played an integral role in the DMH response to COVID19, participating in the statewide fusion cell assembled to plan, implement, and monitor the state's response testing and vaccine for Missouri's congregate care agencies.

**Kim Dicken** (*kdicken1@live.maryville.edu*) completed her Associate of Arts in Music at Pikes Peak Community College in Colorado Springs before moving to the St. Louis area and attending Maryville University for Music Therapy. Kim has worked with preschool aged children, adults with intellectual and/or developmental disabilities, older adults with dementia, and has begun an internship working with hospice patients.

**Dr. Kunal Malhotra** (*malhotrak@health.missouri.edu*), a nephrology specialist at MU Healthcare since 2013, received his medical degree from Kasturba Medical College in Manipal, India. He also holds an MBA from the University of Missouri – Columbia. He serves on the expert panel for the Extension for Community Healthcare Outcomes (Show-Me ECHO) for kidney disease.

**Loretta Colvin, NP** (*lorettacolvin@gmail.com*) specializes in the treatment of sleep disorders including sleep apnea, insomnia, restless leg syndrome, sleep-walking, sleep-talking, and narcolepsy. Loretta uses telehealth services to conduct video office visits with current, established patients for Positive Airway Pressure (PAP) therapy follow-up.

**Lyndsey Boyer** (*lyndsey\_boyer@yahoo.com*) is an experienced Occupational Therapist, working in the health care industry for 15 years, specifically with the geriatric population. She is skilled in Home Care, Inpatient Care, Occupational Therapy Rehabilitation, wheelchair assessments and positioning, home safety assessments, DME evaluations, and monitoring systems for remote caregiving.

**Margaret Terranova** (*4608don7@hcr-manorcare.com*) has been an RN for more than 25 years working primarily with older adults as a Certified Hospice and Palliative Care nurse. She has worked for Heartland Hospice for over 20 years, currently as Staff Development Coordinator. She places as much emphasis on educating the community about health care as she does with the Heartland staff.

## Thank you to the 2019 AADD Conference Speakers!

**Mark Francis, MS, LNHA** (*francismd@missouri.edu*) has worked exclusively with the elderly for over 20 years, directing a geriatric behavioral health unit for 10 years. As a nursing home administrator since 2007, Mark is experienced in all aspects of long-term care leadership including building operations, and clinical outcomes.

**Marla Berg-Weger, Ph.D., LCSW** (*marla.bergweger@slu.edu*) is a professor at St. Louis University School of Social Work and the Executive Director of the Gateway Geriatric Education Center. Her scholarly experience focuses on family caregiving, older adult mobility, and non-pharmacologic interventions for persons with dementia.

**Martha Brown, JD, CELA** (*mcbrown@elderlawstlouis.com*) has expanded her Elder Care practice to include Estate Planning, Long Term Care Planning, Medicaid Planning, Medicare, Incapacitation Issues, and End of Life Decision Making, all in which encompass the area of Elder Law.

**Mary Anne Tolliver, MPA** (*mtolliver@slarc.org*) began her employment with the St. Louis Arc in 1984 as a direct support provider, was promoted into management, and was the Director of Residential Services for nearly 20 years. She recently accepted a new position as the Director of Aging Services and Navigator of Residential Supports.

**Melissa P. Dyer, PhD** (*melissa.dyer@myriad.com*) spent her graduate training and post-doctoral fellowship conducting research to identify and characterize therapeutic targets for neuroinflammation after traumatic brain injury. Dr. Dyer also served as an Assistant Professor at Virginia State University, where she taught biology courses for undergraduate and graduate students.

**Michael Geisler, PharmD, BCPS** (*michael.geisler@bjc.org*) serves as the Antimicrobial Stewardship Program Coordinator at Memorial Regional Health Services. He has been an Infectious Diseases/Antimicrobial Stewardship pharmacist for 6 years. Michael also serves as an active member for various BJC Healthcare system level infectious diseases, and antimicrobial stewardship committees.

**Retta Sutterfield, RN, ACNS-BC, CWOCN** (*rettasride@icloud.com*) is a long time Wound/Ostomy nurse. As an Advance Practice Nurse she has covered a lot of ground in Wound, Ostomy and Continence Care. She has made many practice changes in her career including Pressure Injury Reduction and SWAT Team establishments.

**Sara Johnson** (*sara.johnson@dmh.mo.gov*) has worked as a Registered Nurse for the State of MO Department of Mental Health for over 15 years, including 7 years in her current position as Director of Nursing for Bellefontaine Habilitation Center in St. Louis, MO. She also spent 5 years as a Registered Nurse Liaison for Rusk Rehabilitation in Columbia, MO where she focused on orthopedic, stroke, and brain injury rehabilitation.

**Dr. Scott Wolter** (*toothdoc91@earthlink.net*) has been practicing general dentistry in Alton, Illinois since 1991. In 1992 he began serving as the clinical dentist with Beverly Farms Foundation; he currently serves as an adjunct professor with Southern Illinois University School of Dental Medicine, on Lewis and Clark Community College Dental Advisory Board and is a Special Olympics dental coordinator with SIU School of Dental Medicine.

**Sharon Spurlock** (*sspurlock@slarc.org*) has worked with people with developmental disabilities since 1982. She worked in residential supports, employment services, and oversaw the St. Louis Arc's Community Integration programs for 19 years prior to moving into Family Support. Sharon's passion is helping people with disabilities and their families find great supports in the community.

**Teresa Stamey** (*harmonizeyourlife@att.net*) is the Director of Palliative & Elder Care at Midwest Music Therapy Services. She graduated from the University of Wisconsin-Eau Claire with a Bachelor Degree in Music Therapy in 1993 and has been practicing music therapy for over 20 years. She has worked with a variety of clients including children with special needs, preschoolers, seniors, Alzheimer's, psychiatric, hospice and rehab clients.

**Thomas Malone, MBA** (*tom@tmshelps.com*) is the Chief Executive Officer at the TMS Institute of America with over two decades of experience in biomedical research and applying technology to improve healthcare. His main areas of expertise are neuroimaging, neuropsychological data analysis, team-building, traumatic brain injury, and post-traumatic stress disorder, particularly among U.S. military veterans.

## THANK YOU TO THE 2021 AADD CONFERENCE EXHIBITORS!

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epyle@auburnpharmacies.com & kclevenger@auburnpharmacies.com

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kcoxrrep@gmail.com, mmanning@everspringrx.com & kprice@everspringrx.com

**Gray Matters Alliance - Vicki Spraul & Aaron Milligan**  
vicki@graymattersalliance.com & aaron@graymattersalliance.com

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hillary.stephens@guardianpharmacymissouri.com

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maddie@replacingrisk.com

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missourimc5@gmail.com

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info@mo-at.org

**Mitchell, Brown & Associates, LLC - Colleen Brown**  
cbrown@elderlawstlouis.com

**MO Department of Commerce & Insurance - Jessica Schrimpf**  
consumeraffairs@insurance.mo.gov

**MO Department of Health and Senior Services/Special Health Care Needs - Kathy Craig**  
kathy.craig@health.mo.gov

**Mobility City - Noelle Humphrey**  
noelle.humphrey@mobilitycity.com

**Neighborhood LTC Pharmacy - Marissa McMahon & Blake Henning**  
marissa@neighborhoodrx.com & blake@neighborhoodrx.com

**St. Louis Area Agency on Aging - Jamie Saunders**  
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**Tucker Allen Estate & Elder Law - Kim Van Camp**  
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*Italics = Virtual Exhibitor*

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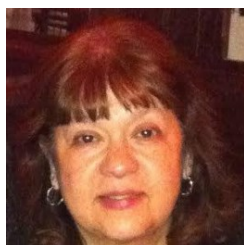
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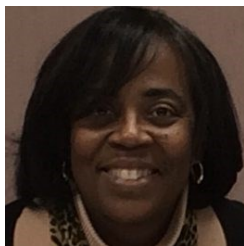
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*Thank you to Mike Nickel for his many years of service on the Association on Aging with Developmental Disabilities Board of Directors and his service as Board President from 2018-2020.*



**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 30th Annual Aging with Developmental Disabilities Conference!**

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

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