

THE 33RD ANNUAL

# AGING

with Developmental  
Disabilities Conference



May 20-21, 2024  
St. Charles Convention Center  
[www.agingwithdd.org](http://www.agingwithdd.org)  
Phone: 314-647-8100



**4 PLENARY PRESENTERS 3 CE OPTIONS 2 DAYS 1 GOAL**  
**DEVELOPING THE BEST SUPPORT PRACTICES FOR AGING WITH DEVELOPMENTAL DISABILITIES.**



NANCY MORROW HOWELL, PhD



JEREMY HOLLOWAY, PhD



ALISON BARKOFF, JD



MAX ZUBATSKY, PhD

The 33rd Annual Aging with Developmental Disabilities Conference is presented by:



ASSOCIATION ON AGING WITH  
DEVELOPMENTAL DISABILITIES

IDDRC

Washington University in St. Louis

Intellectual and Developmental  
Disabilities Research Center

Washington University School of Medicine in St. Louis



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## This image shows a full page of a document template consisting of 20 evenly spaced horizontal lines. The lines are thin and black, set against a plain white background. There are no margins, headers, footers, or other markings present on the page.



ASSOCIATION ON AGING WITH  
DEVELOPMENTAL DISABILITIES

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May 20, 2024

Dear Conference Participant,

**Welcome to the 33<sup>rd</sup> 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 is reinforced and continue to provide the best supports and services to our aging population. We believe that everyone here has that very goal. Whether you are joining us in-person or virtually, **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 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, service coordinators, 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, 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 33<sup>rd</sup> Annual Aging with Developmental Disabilities Conference Committee***

**Sheila Wunning, MO Department of Mental Health and 33<sup>rd</sup> Annual Aging with DD Conference Chairperson**

**Mary Anne Tolliver\*, St. Louis Arc and President of the AADD Board of Directors**

Edward Ansello, Virginia Geriatric Education Center

Sheri Beezley, MO Department of Mental Health

Jill Cigliana\*, Memory Care Home Solutions

Sharon DeBoever, National Task Group on IDD

Katherine Farache, Association on Aging with DD

Dishon Knox, MO Department of Mental Health

Denise Limback, MO Department of Mental Health

Pamela Merkle, Association on Aging with DD

Terry Reiser\*, Optum

Craig Sever\*, EverSpring Pharmacy

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Britney Burkart, UMKC Institute for Human Development

Michelle Darden, Association on Aging with DD

Leslie DeGroat, MO Department of Mental Health

Catherine Goebel\*, Retired Professional Guardian

Rebecca LaGore, MO Department of Mental Health

Jan McGillick, Retired Geriatric Social Worker

Samantha Montgomery, St. Louis Office for DD Resources

Gwen Rodriguez, Beverly Farm Foundation

Nancy Shrewsbury\*, Retired Registered Nurse

Monty Wilroy, Progressive Community Services

*\*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



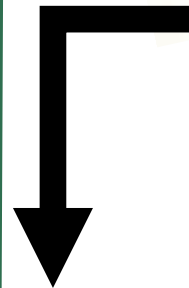
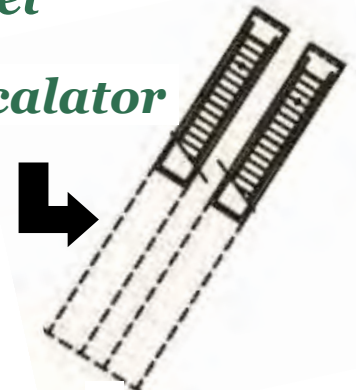
Denotes room entrances.

*Upper Level*

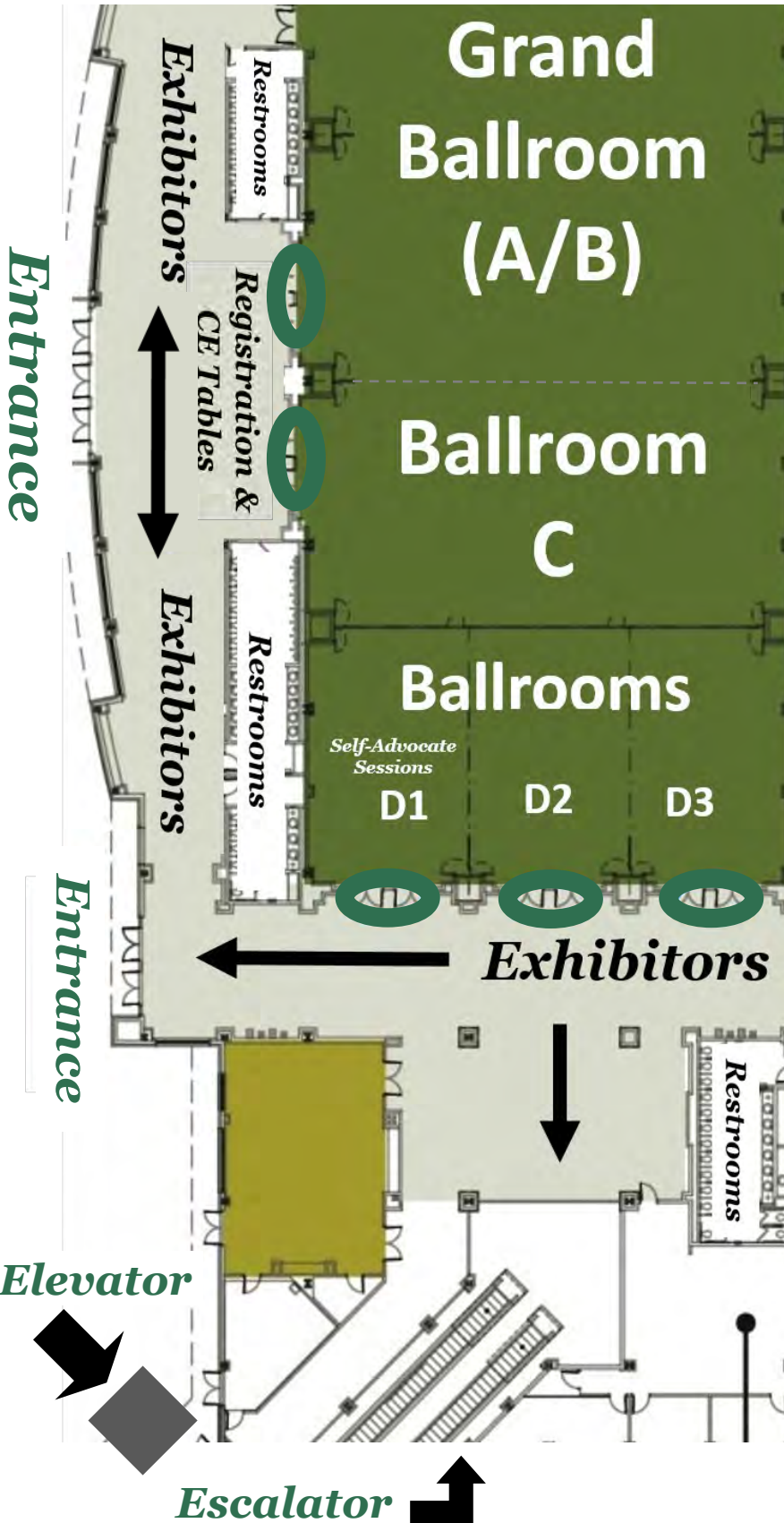
*Lower Level*

For lunch, take the *escalator, elevator, or stairs* downstairs to the *North Exhibit Hall in the Lower Level*

*Escalator*



**North Exhibit Hall**



# The 33rd Annual AGING with Developmental Disabilities Conference



St. Charles Convention Center

## Monday, May 20

8:30 Registration/Exhibitors

9:15 Welcome Address



9:30 MORNING PLENARY ADDRESS: REFRAMING AGING: CHANGING THE NARRATIVE ABOUT GROWING OLDER



Dr. Nancy Morrow-Howell

NANCY MORROW-HOWELL, MSW, PhD, BETTIE BOFINGER BROWN DISTINGUISHED PROFESSOR OF SOCIAL POLICY AND DIRECTOR, HARVEY A. FRIEDMAN CENTER FOR AGING, WASHINGTON UNIVERSITY, ST. LOUIS, MO

We are living longer and healthier lives, and we must meet the challenges and maximize the opportunities of this reality. We must tell the full and accurate story about aging and confront ageism. We will review strategies to reframe the age-as-deficit narrative deeply ingrained in this society. The long-term goal is to achieve a more balanced and positive view of getting older to increase support for programs and policies to enhance well-being across the life course.

10:30 Break/Visit our Exhibitors

10:45 Breakout Session I



DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>THERAPEUTIC GARDENING</b> Lauren Landfried, PhD, RD, LD, FAND, Saint Louis University Explore the many benefits of how gardening can improve the quality of life for those aging with a developmental disability.	<b>BRIDGING THE GAP FOR DUAL DIAGNOSES</b> Cynthia L. Mueller, PhD, Psychologist People with dual diagnoses encounter a wide variety of challenges as they age. Learn how to bridge the gap between mental health, DD, and aging providers, for individuals you support.	<b>UNDERSTANDING PSEUDO-DEMENTIA: IMPROVING SCREENING &amp; IDENTIFYING CAUSES</b> Terry Broda, NP, MScN, Valor & Solutions Although the 'triple-D' of depression, delirium, & dementia can often manifest with similar symptoms, they have different etiologies, prognoses, and approaches to treatment. Understanding these differences and recognizing pseudodementia are the first steps in providing support to an aging individual with DD.	<b>WE♥CARE: A MUTUAL CARE CURRICULUM FOR CAREGIVERS WITH DD</b> Britney Burkart, MSW, LCSW, UMKC-Institute for Human Development and Katherine Farache, Association on Aging with Developmental Disabilities Learn about this innovative curriculum for adults with DD caring for an aging loved one. WE♥CARE empowers individuals with DD to support their aging loved one with confidence & enhanced skill sets. Get strategies to implement this curriculum in your own community.

We gratefully acknowledge our sponsors:



# Monday, May 20 (continued)



11:45 Lunch (lower level)

1:00 Breakout Session II



DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>EXERCISING WITH BALLS TO PREVENT FALLS</b> Maria Lopez Coxon, OTD, OTR/L, CLC, and Sarah Schuman, MS, OTR/L, Occupational Therapist, Washington University School of Medicine Explore exercises that can be done with balls to reduce the risk of falling, avoid injuries, and to assist with maintaining independence to age in place.	<b>TELLEGACY: AN INTER-GENERATIONAL SOCIAL ISOLATION PREVENTION PROGRAM</b> Jeremy Holloway, PhD, University of North Dakota School of Medicine and Health Science Explore how Tellegacy, a curriculum focused on mindfulness, goal-setting exercises, and legacy questions, can address social isolation and prevent long-term negative health outcomes.	<b>ANTISEIZURE &amp; PSYCHOTROPIC MEDICATION AWARENESS</b> Scott L. Weber, RPh, MS, Missouri Department of Mental Health, Division of Developmental Disabilities, St. Louis Developmental Disabilities Treatment Centers & Bellefontaine Habilitation Center We will travel through the use of antiseizure and psychotropic medications in people with developmental disabilities from two state-operated facilities in the St. Louis area emphasizing the treatment of seizure and behavioral disorders.	<b>ALTERNATIVE THINKING ON HUMAN RIGHTS</b> Teresa Parks, MSW, NCG, Illinois Guardianship and Advocacy Commission & Jodi Russell-Baum, RN, BSN, Illinois Guardianship and Advocacy Commission The rights of persons with IDD are often not respected or even recognized. This session will explore Illinois' pursuits of rights protections for persons with IDD, including those who have guardians, to help ensure that persons with IDD enjoy the same basic human rights as anyone else.

2:00 Break/Visit our Exhibitors

2:15 Breakout Session III



DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>iSOCIAL: A SOCIAL SKILLS DEVELOPMENT PROGRAM</b> John Bruno, PhD, iSocial Neurodiversity Programs Learn about iSocial, a social skills development program that can increase social competence in individuals aging with Autism Spectrum Disorder.	<b>STRATEGIC MOBILITY INTERVENTIONS FOR AGING WITH DEVELOPMENTAL DISABILITIES</b> Brad Abrams PT, DPT, Mobile Physical Therapy People aging with developmental disabilities are sometimes given assistive devices with little or no assessment or training, which may add to their functional decline instead of improving mobility. Learn strategies to optimize mobility and enhance motor learning.	<b>SCREENING AND ASSESSMENT TOOLS FOR DEMENTIA</b> Julie Gammack, MD, CMD, FACP, Saint Louis University School of Medicine The audience will be introduced to screening instruments and assessment tools used in the care of older adults with dementia. The tools will include assessments in functional, cognitive, and mood domains.	<b>BRIDGING AGING AND DISABILITY NETWORKS</b> Alison Whyte, Washington, DC Council on Developmental Disabilities, Mark Agosto, DC Department on Disability Services, Andrew Morris, National Association of Councils on Developmental Disabilities and Robin Troutman, National Association of Councils on Developmental Disabilities This session will highlight activities to bridge the I/DD and aging communities through community trainings and work with minority populations.

3:15 Break/Visit Exhibitors

3:30 AFTERNOON PLENARY ADDRESS: CROSS-CULTURAL COMMUNICATION & HUMAN CONNECTION IN SERVING INDIVIDUALS AGING WITH DEVELOPMENTAL DISABILITIES



**JEREMY HOLLOWAY, PhD, ASSISTANT PROFESSOR AND DIRECTOR OF GERIATRICS EDUCATION, UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE AND HEALTH SCIENCE**

The need for thriving in the field of developmental disabilities has never been greater. Solutions consist of developing teams that are cognizant of cross-cultural communication to nurture a social construct of personal empowerment. An organization that values cross-cultural communication will allow their staff to thrive in values related to Diversity, Equity, Inclusion, & Belonging. Staff will also thrive in skills of emotional intelligence, empathy, connectedness, team cohesiveness, and resiliency in the face of challenges. This session clarifies the values of cross-cultural communication and the practical steps to accomplish it in order to best serve individuals aging with a developmental disability.



Dr. Jeremy Holloway

4:30 Conference concludes for the day



# The 33rd Annual AGING with Developmental Disabilities Conference



## Tuesday, May 21

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

8:15 Welcome Address



8:30 MORNING PLENARY: SUPPORTING COMMUNITY LIVING FOR PEOPLE WITH IDD AS THEY AGE



Alison Barkoff, JD

**ALISON BARKOFF, JD, SENIOR OFFICIAL PERFORMING THE DUTIES OF ADMINISTRATION FOR COMMUNITY LIVING ADMINISTRATOR AND ASSISTANT SECRETARY FOR AGING**

Alison Barkoff will discuss the importance of person-centered supports that can make community living a reality for people with IDD throughout their lives. She will discuss ACL and federal government priorities and accomplishments that support community living for people with IDD. On a broader level, she will also share why working to increase community living opportunities for people with IDD, especially as they age, is critical, and how the disability community can seize on opportunities to broaden our reach.

9:30 Break/Visit our Exhibitors

9:45 Breakout Session I



### DIRECT CARE TRACK

#### HOSPICE 101

Margaret Terranova, RN, Heartland Hospice

We all live. We all die. Why not make the end of life as impactful as the beginning of life? What does hospice provide? Who pays for hospice? The best way to answer someone's questions is to learn about the hospice benefit – it's mission and how it works.

### PROFESSIONAL TRACK

#### MISSOURI'S MASTER PLAN ON AGING

Jessica Bax, MPA, Missouri Department of Mental Health, Division of Developmental Disabilities

This interactive session will provide updates on Missouri's Master Plan on Aging as well as allow attendees to give their feedback.

### MEDICAL TRACK

#### BEST PRACTICES IN THERAPEUTIC POSITIONING

Valerie Grush, OTR

From pressure sore prevention to reduced edema, improved circulation, postural alignment, and increased comfort, this session will cover ways that therapeutic positioning can be beneficial to those you serve.

### POTPOURRI TRACK

#### MALNUTRITION & AGING WITH DD

Katharine Rug, MS, RD, LD, St. Louis Arc  
Aging adults, regardless of disability status, are at an increased risk for poor nutrition and decreased food intake. This presentation will discuss risk factors and the clinical profile of malnutrition, as well as present a modified malnutrition screening tool designed for use in individuals with intellectual and developmental disabilities.

10:45 Break/Visit our Exhibitors

11:00 Breakout Session II



### DIRECT CARE TRACK

#### MEALTIME ASSISTANCE

Valerie Grush, OTR

Anyone who eats or drinks can be at risk of aspiration and choking. Learn techniques to properly position individuals to minimize their risk of choking or aspiration.

### PROFESSIONAL TRACK

#### GUARDIANSHIP & POWER OF ATTORNEY

T. Nikki Mitchell, JD, CELA, Mitchell, Brown & Associates, LLC

One of the most challenging decisions is whether seeking guardianship or power of attorney is necessary or appropriate. Explore the legal considerations that guide these decisions.

### MEDICAL TRACK

#### UNLOCKING BEHAVIORS: AN INTERDISCIPLINARY APPROACH TO ADDRESS ADVERSE BEHAVIORS

Craig Escudé, MD, FAAP, FAADM, IntellectAbility

Based on the popular Helen Journal series, this presentation describes an interdisciplinary approach to behaviors that could signal an underlying undiagnosed medical condition.

### POTPOURRI TRACK

#### INNOVATIVE COLLABORATIONS FOR DEMENTIA AND DD

Olivia Butler, MSW, St. Louis Life; Sheila Lynch, OTR/L, and Jan Fabick, LCSW, Memory Care Home Solutions

Explore the "Care Ecosystem" and outcomes for people who are living with dementia and their care partners. This session will describe interdisciplinary strategies and resources to improve function, quality of life, and safety for people with developmental disabilities who are experiencing brain changes.



# Tuesday, May 21 (continued)



## 12:00 Lunch and Awards Presentations (lower level)

During today's lunch, the 33rd Annual Aging with Developmental Disabilities Conference Committee will honor its 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. 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 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. Having received his medical degree from the University of Witwatersrand in South Africa, he has been the Dammert Professor of Gerontology and the Director of the Division of Geriatric Medicine, Department of Internal Medicine at Saint Louis University Medical Center since 1989. He also served as the Director of the Division of Endocrinology at Saint Louis University Medical Center since 2006. He retired in June 2022. The Dr. John E. Morley award is given to honor 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.



## 1:15 Breakout Session III



### DIRECT CARE TRACK

#### WHAT IS SAFE? TRAUMA AND RESILIENCE

Sue Shaw, Trauma Informed Perspectives  
This session will define trauma, how it is experienced, and what we can do to be resilient. Learn how to support people with disabilities who have experienced trauma and caregivers, who are traumatized in caring for others.



### PROFESSIONAL TRACK

#### DEMENTIA'S IMPACT ON THE SENSORY SYSTEM

Sharon DeBoever, MEd, QIDP, NTG Regional Trainer  
Behaviors may be the result of sensory deficits caused by dementia. Experience it for yourself and see what you think.



### MEDICAL TRACK

#### WEEDS AND SEEDS FOR ALL YOUR NEEDS

Craig Sever, BS, RPh EverSpring Pharmacy  
Discover the pros and cons of nutraceuticals and supplements with this inside look at alternative treatments for common ailments.



### POTPOURRI TRACK

#### WHAT HAPPENS TO MY CHILD WHEN I DIE?

Krescene Beck, LNHA, QIDP, Blue Tower Solutions, Inc.  
"When I'm not there, who's going to have their best interest at heart?" We will talk through planning for the future including grief support, guardianship, residential supports, day programs, estate planning, and end of life planning.

## 2:15 Break/Visit our Exhibitors

## 2:30 AFTERNOON PLENARY: RESILIENCY STRATEGIES IN BURNOUT - WORKFORCE BURNOUT IN COMMUNITY AND RESIDENTIAL SETTINGS



**MAX ZUBATSKY, PhD, LMFT, ASSOCIATE PROFESSOR & PROGRAM DIRECTOR, INTERIM CCFT DIRECTOR AND ASSOCIATE DIRECTOR, GERIATRIC EDUCATION CENTER, SAINT LOUIS UNIVERSITY**

Burnout is a widespread workforce problem. Building resilience strategies requires organizations to align their values to create a mutual culture of wellness and engagement. This session will present strategies to aid in preserving healthy relationships with individuals served, their families, and support providers.



Dr. Max Zubatsky

## 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.**

## **Disclosure Statement**

- Successful Completion: Participants must participate in the full session. To receive nursing Continuing Education (CE) contact hours, an on-line evaluation form is required.
- 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 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.*

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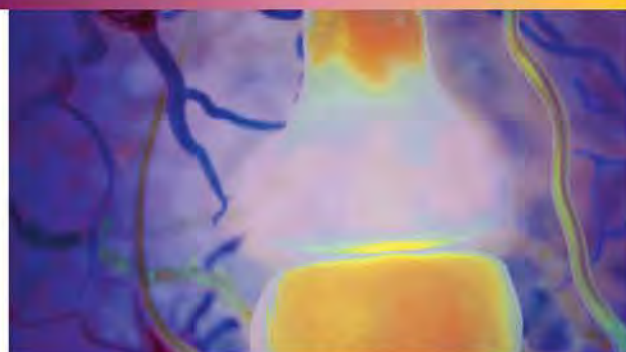
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ASSOCIATION ON AGING WITH  
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The St. Louis Area Agency on Aging (SLAAA) provides services to seniors, persons with disabilities, and caregivers living in the City of St. Louis.

## Thank you to the Speakers for our Self-Advocate Track:

**Madeline Franklin**

**Lauren Landfried**

**Scott Weber**

**Krescene Beck**

**Kathy Farache**

**Britney Burkart**

**Vanessa Woods**

## Session Sponsors



### REFRAMING AGING: CHANGING THE NARRATIVE ABOUT GROWING OLDER

Nancy Morrow-Howell, MSW, PhD, Bettie Bofinger Brown Distinguished Professor of Social Policy and Director, Harvey A. Friedman Center for Aging, Washington University

**Monday, May 20, 2024, 9:30 am**



### BRIDGING THE GAP FOR DUAL DIAGNOSES

Cynthia L. Mueller, PhD, Psychologist

**Monday, May 20, 2024, 10:45 am**



### CROSS-CULTURAL COMMUNICATION & HUMAN CONNECTION IN SERVING INDIVIDUALS AGING WITH DEVELOPMENTAL DISABILITIES

Jeremy Holloway, PhD, Assistant Professor and Director of Geriatrics Education, University of North Dakota School of Medicine And Health Science

**Monday, May 20, 2024, 3:30 pm**



### WEEDS AND SEEDS FOR ALL YOUR NEEDS

Craig Sever, BS, RPh, EverSpring Pharmacy

**Tuesday, May 21, 2024, 1:15 pm**

## Thank you to the 2024 AADD Conference Speakers!

**Brad Abrams PT, DPT** ([brad@mobile-pt.com](mailto:brad@mobile-pt.com)) founded Mobile Physical Therapy in 2005, which provides PT house calls in the Greater Saint Louis area. The MPT team specializes in serving adults and older adults with complex needs who cannot attend outpatient clinics. Brad is a board-certified specialist in Geriatric Physical Therapy. He has presented information on geriatric test and measures, complementary practices (yoga, Pilates, tai chi), dementia, mental health, and movement observation at state and national conferences and courses, and is on the faculty for the Certified Exercise Expert for Aging Adults (CEEAA) courses sponsored by APTA Geriatrics.

**Mark Agosto, LMSW** ([mark.agosto@dc.gov](mailto:mark.agosto@dc.gov)) has over 20 years of experience in health care and disability service management. Mark is currently the co-chair of DC's Bridging Aging and Disability Network and Racial Equity Community of Practice and was previously the Program Manager of DC's *No Wrong Door Initiative*, an inter-agency initiative to ensure streamlined access to supports and services. Before his work at DC Government, Mark was the Director of Care Management for Partners Health Plan. He was previously employed at the YAI Network, managing the patient access operations for eight outpatient diagnostic and treatment centers averaging over 100,000 annual visits. Mark earned his Bachelor of Arts at Hobart College and his Master of Social Work at the Silberman School of Social Work at Hunter College. Mark was recently awarded the District of Columbia's Disability Champion Award and the SOMOS Award by the Mayor's Office on Latino Affairs for service excellence.

**Alison Barkoff, JD** ([alison.barkoff@acl.hhs.gov](mailto:alison.barkoff@acl.hhs.gov)) leads the US Administration for Community Living. She performs the duties of the ACL Administrator and Assistant Secretary for Aging. Alison provides executive leadership for ACL programs nationwide and is advisor to HHS Secretary Becerra on disability and aging issues. She is at the forefront of national efforts to expand the home and community-based services that make community living possible for so many people. Alison has served as Special Counsel for Olmstead Enforcement in the Civil Rights Division of the US Department of Justice; held leadership roles with the Centers for Medicare & Medicaid Services and the Department of Labor; and previously directed advocacy efforts at the Center for Public Representation and the Bazelon Center for Mental Health Law.

**Jessica Bax, MPA** ([jessica.bax@dmh.mo.gov](mailto:jessica.bax@dmh.mo.gov)) joined the Missouri Department of Mental Health Division of Developmental Disabilities in May of 2021 as Division Director. Prior to joining the Department, Ms. Bax served for three years as the Director of Division of Senior and Disability Services, with responsibility for Medicaid Home and Community Based Services, Adult Protective Services, and Older Americans Act programs. She has more than 18 years of government experience, including serving as the Constituent and Emergency Services Manager, Bureau Chief of Medicaid Long Term Services and Supports and Deputy Division Director for Senior and Disability Services. As Division Director, she is responsible for the oversight of Missouri's Home and Community Based Medicaid Service Waivers as well as Missouri's state operated programs.

**Kresene Beck, LNHA, QIDP** ([krescenebeck@gmail.com](mailto:krescenebeck@gmail.com)) has a lifetime of experience supporting people with intellectual and developmental disabilities; her enthusiasm and zest for life provide inspiration to everyone she meets. As a licensed Nursing Home Administrator and former Executive Vice President of a large social service agency, Krescene has spent the past fifteen plus years working on statewide grants focused on self-advocacy and on building collaborations to better respond to people with disabilities who experience violence. Krescene's vision is simply put: Find your passion. Live your purpose. Celebrate your journey.

**Terry Broda, NP, MScN** ([tbroda.np@gmail.com](mailto:tbroda.np@gmail.com)) is a nurse practitioner with over 30 years' experience working with adults with I/DD. She is one of the first nurses in Canada to obtain certification from the DDNA and is a past President of this association. Terry currently works as a consultant in Ottawa & Montreal, and has previously taught at McGill University. As an author, Terry has also contributed to several publications in I/DD. Most recently, she was involved in the curriculum development of a French on-line training course for nurses coming into the field of I/DD, in Montreal. She has enjoyed her experiences as a guest speaker in Canada, the US & Japan (online).

**John Bruno, PhD** ([jbruno0802@gmail.com](mailto:jbruno0802@gmail.com)) is an Autism Specialist and Co-founder & Vice President of Programs for iSocial. He speaks nationally and internationally on the topic of Neurodiversity and has been working to assist adults with disabilities improve their employment and social skills. His academic credentials includes directing numerous graduate researchers as well as preparing educators for working with individuals with autism.

**Britney Burkart, MSW, LCSW** ([bburkart@umkc.edu](mailto:bburkart@umkc.edu)) is a Senior Research Assistant/Project Coordinator at UMKC-Institute for Human Development. Prior to this, she served as a direct care social worker in memory care and in hospice/palliative care. She worked as a certified nursing assistant before moving into direct care as a geriatric social worker, specializing in dementia care. She is a Licensed Clinical Social Worker and received her MSW and Gerontology Certificate at Saint Louis University. She received her BS in Community Health-Rehabilitation and Disability Studies at the University of Illinois Urbana-Champaign. She is a member of the AADD Conference Planning Committee. She has experience as both a Cognitive Stimulation Therapy and Alzheimer's Support Group facilitator; she recently received her Living Well in the Community facilitator certificate.

**Olivia Butler, MSW** ([obutler@stlouislife.org](mailto:obutler@stlouislife.org)) earned her Bachelor's of Social Work from Fontbonne University and Master's of Social Work from University of Missouri - St. Louis. Olivia has served as Program Coach at St. Louis Life, a residential program for adults with developmental disabilities based in O'Fallon, MO, for 6 years. During her time at St. Louis

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Life, she has taken the lead on the Aging In Place Work Group, which is dedicated to researching and implementing best practice for aging residents, as well as seeking out collaborations with community partners to enhance the resources and services provided to current and future residents.

**Sharon DeBoever, MEd, QIDP** ([sharondeboever@outlook.com](mailto:sharondeboever@outlook.com)) has 40 plus years of experience working with persons with intellectual, physical and other disabilities including mental health and dementia. She is a member of and regional trainer for the National Task Group on Intellectual Disabilities and Dementia as well as a volunteer community educator for the Alzheimer Association, where she facilitates two support groups. Sharon has recently retired from her position as a licensing inspector for the Virginia Department of Social Services for assisted living and adult day programs.

**Craig Escudé, MD, FAAFP, FAADM** ([Craig@ReplacingRisk.com](mailto:Craig@ReplacingRisk.com)) is a board-certified Fellow of the American Academy of Family Physicians and the American Academy of Developmental Medicine and President of IntellectAbility. He has over 20 years of clinical experience providing medical care for people with IDD and complex medical and mental health conditions. He is the author of “*Clinical Pearls in IDD Healthcare*” and developer of the “*Curriculum in IDD Healthcare*,” an eLearning course used to train clinicians on the fundamentals of healthcare for people with IDD, and the host of the IDD Health Matters Podcast.

**Jan Fabick, LCSW** ([jfabick@memorycarehs.org](mailto:jfabick@memorycarehs.org)) has worked at Memory Care Home Solutions since 2012. Jan possesses a deep passion for collaborating with family care partners and individuals living with dementia. With a background in social work, she offers a unique perspective that allows her to understand the nuanced needs of caregivers and provide invaluable support, especially during challenging times of crisis. Jan's dedication to advancing her clinical skills is reflected in her certifications in Cognitive Behavioral Therapy, Motivational Interviewing, Solutions-Focused Brief Therapy, TAP, Skills2Care, COPE, and Care Ecosystem. Her multifaceted expertise makes her a valuable asset to the Memory Care Home Solutions team and the broader community.

**Kathy Farache** ([kathyf@agingwithdd.com](mailto:kathyf@agingwithdd.com)) is the Assistant Director at the Association on Aging with Developmental Disabilities. She has over 30 years of experience in the field of developmental disabilities, with over 20 of those years in her current position of providing service to older adults with developmental disabilities. She also has 30 years of experience in coordinating a socialization program and in providing training in the field of developmental disabilities for providers, as well as for individuals served. She has her BA from Purdue University in Psychology and Criminology/Criminal Justice.

**Julie Gammack, MD CMD FACP** ([julie.gammack@health.slu.edu](mailto:julie.gammack@health.slu.edu)) graduated from the University of Minnesota Medical School, followed by an internal medicine residency and geriatric medicine fellowship at the University of Washington School of Medicine. She has worked at St. Louis University for over 20 years in the Division of Geriatric Medicine and has served as fellowship program director and interim division director. She is a Certified Medical Director with clinical and teaching activities in the hospital, clinic, and nursing home settings. She also serves as the Associate Dean for Graduate Medical Education.

**Valerie Grush, OTR** ([valgo1@live.com](mailto:valgo1@live.com)) is an Occupational Therapist registered nationally. She has specialized in developmental disabilities since 1982. Valerie has worked in pediatric outpatient clinics, school settings, group homes, state facilities for individuals with developmental disabilities, and in private practice, serving clients newborn through adulthood. She served as a content specialist for federal class action suits in Florida and Tennessee and in a state class action suit in Connecticut. She served as a master trainer in Physical and Nutritional Management, a member of a gastrostomy review team, and as a therapeutic equipment specialist in Florida.

**Jeremy Holloway, PhD** ([jeremy.holloway@und.edu](mailto:jeremy.holloway@und.edu)) is an Assistant Professor and the Director of Geriatric Education at the University of North Dakota. He works with multiple generations, and the focus of his research is concentrated on the social determinants of health, specifically self-efficacy, connectedness, and resiliency of older adults. Dr. Holloway developed a curriculum focused on intergenerational programs that include growth mindset, reminiscence therapy, mindfulness, guided imagery, and S.M.A.R.T. goal-setting practices to nourish internal qualities and self-agency of older adults. Dr. Holloway is also an advocate for diversity, equity, and inclusion, especially regarding Social Determinants of Health for all peoples.

**Lauren Landfried, PhD, RD, LD, FAND** ([lauren.landfried@health.slu.edu](mailto:lauren.landfried@health.slu.edu)) has over 16 years of experience working urban farming/gardening activities through her roles at Saint Louis University and the City of St. Louis Department of Health. She oversees activities at the Saint Louis University Gardens to Tables Urban Farm, including direct oversight of inclusive content for dietetic intern school garden educations and summer culinary camp activities. She has worked on grants funding adaptive gardening tools for individuals with a variety of disabilities, accessible paths and beds for people using wheelchairs, garden features to address sensory needs, and curriculum for the culinary camp to include a Disability Awareness Day in the garden session to increase awareness and empathy for people living with disabilities.

**Maria Lopez Coxon, OTD, OTR/L, CLC** ([coxon@wustl.edu](mailto:coxon@wustl.edu)) is an Occupational Therapist at Washington University School of Medicine in St. Louis, MO. Maria has over 6 years of pediatric neuro-rehabilitation and feeding experience, with additional professional experience in inpatient adult rehabilitation. Maria is passionate about supporting individuals, caregivers, and families in achieving their highest level of confidence and independence to support their participation in the activities and roles most meaningful to them.



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**Sheila Lynch, OTR/L** ([slynch@memorycarehs.org](mailto:slynch@memorycarehs.org)) has been an Occupational Therapist at Memory Care Home Solutions since 2014. She brings more than 30 years of developed skill working with people of all ages and abilities. Prior to her therapy career she worked with IDD population in direct care and in the recreation department. She has a strong knowledge base in working with individuals with cognitive and behavioral changes and actively engages caregivers in each therapeutic setting where she has practiced. Empowering caregivers to find strategies that fit their needs to care persons with memory and behavior changes is her goal. She holds a Bachelor of Science in Occupational Therapy and a Bachelor of Arts and Psychology from Maryville University, St. Louis.

**T. Nikki Mitchell, JD, CELA** ([nmitchell@elderlawstlouis.com](mailto:nmitchell@elderlawstlouis.com)) is owner of Mitchell, Brown & Associates. Nikki earned a Bachelor's degree in communications and Spanish from the University of Texas, Arlington and graduated from the University Of Maryland School Of Law. Prior to joining the firm, Nikki worked as a legal aid attorney handling a variety of legal issues, including disability, SSI appeals, special education, elder law and family law matters; and as an education consultant. Nikki works in all areas of elder law for the firm. She is committed to helping clients in need and guiding them through difficult legal processes with compassion. She understands how overwhelming the situations facing her clients can be and strives to make each one feel heard and understood.

**Andrew Morris, MPH** ([amorris@nacdd.org](mailto:amorris@nacdd.org)) is a consultant working in the area of disability and health care issues. He currently is a consultant to the National Association of Councils on Developmental Disabilities Community of Practice to Bridge Aging and Disabilities. Andrew also consults with the Administration For Community Living (ACL) on the IDD Counts! data project, which he started while an employee at ACL to examine health equity, I/DD data and I/DD prevalence. Prior to consulting, Andrew spent 10 years ACL in the Office of the Commissioner as a policy advisor and analyst to the Commissioner in the Administration on Disabilities and in the Center for Policy and Evaluation focusing on health reform and the Developmental Disabilities Assistance and Bill of Rights Act of 2000 program regulations, guidance, and funding formulas, among other program areas within the Administration for Community Living. Prior to working at ACL, Andrew was the Director of Legislation for the United Spinal Association representing individuals with disabilities and spinal cord injuries on Capitol Hill. Andrew began his career in the disability field as a HHS HRSA funded LEND fellow, an AUCD Disability Policy Fellow, and government relations employee at the UCEDD in Portland, Oregon. Prior to that Andrew worked at the Oregon State Legislature in a non-partisan capacity on various health care related committees and oversight of the State's Medicaid program. While at the Oregon State Legislature, Andrew Co-Administered a Special House Speaker's Task Force on Funding for Aging Services in Oregon.

**Nancy Morrow-Howell, MSW, PhD** ([morrow-howell@wustl.edu](mailto:morrow-howell@wustl.edu)) is on the faculty of the George Warren Brown School of Social Work at Washington University and holds the Bettie Bofinger Brown Distinguished Professorship. She is also the Co-Director of the Harvey A. Friedman Center for Aging at the Institute of Public Health. In that role, she promotes gerontological research and education across disciplines, schools, and departments. Dr. Morrow-Howell is past president and fellow of the Gerontological Society of America. Her scholarship focuses on the productive engagement in later life, specifically program and policies to optimally engage older adults in paid and unpaid work, including working, volunteering, and caregiving. She is a Master Trainer and a member of the Advisory Council for the National Center to Reframe Aging.

**Cynthia Mueller, PhD** ([clcmphd@gmail.com](mailto:clcmphd@gmail.com)) has 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.

**Teresa Parks, MSW, NCG** ([teresa.parks@illinois.gov](mailto:teresa.parks@illinois.gov)) is the Deputy Director of the Illinois Guardianship and Advocacy Commission as well as Director of the Commission's Human Rights Authority. Parks holds a Master's Degree in Social Work from the University of Illinois in Champaign/Urbana and is National Certified Guardian through the Center for Guardianship Certification. Parks is also a graduate of Illinois' Partners in Policy Making Program and the Institute of Special Education Advocacy through William and Mary Law School. Prior to working for the Commission, Parks was a nursing home ombudsman and program director for a community mental health agency. Currently, Parks serves on the board and education committee of the Illinois Guardianship Association, is an appointed member of the Illinois Council on Developmental Disabilities and is a trustee for the Center for Guardianship Certification. She has also served on various local and regional disability-related boards and committees. Parks has presented at a number of state and national conferences, including numerous presentations on Supported Decision-Making. Parks is the parent of two adult children, including a son with disabilities.

**Katharine (Kate) Rug, MS, RD, LD** ([krug@slarc.org](mailto:krug@slarc.org)) is a registered dietitian and Director of Nutrition Services & Project Management at the St. Louis Arc. Kate has supported individuals with intellectual and developmental disabilities for 16 years, working in recreation therapy, employment services, residential services, and as a registered dietitian. Kate's work focuses on providing medically tailored meals to individuals in the group home setting, as well as staff training and nutrition therapy supports.

**JoAnn (Jodi) Russell-Baum, RN, BSN** ([joann.m.russell-baum@illinois.gov](mailto:joann.m.russell-baum@illinois.gov)) serves as the Metro East Regional Disability Rights Manager for the Human Rights Authority, a division of the Illinois Guardianship and Advocacy Commission. She is a



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graduate of Illinois' Partners in Policy Making Program. Prior to her role with the Commission, Russell-Baum worked as a Registered Nurse and healthcare professional, bringing with her experience in providing quality, evidence-based patient care. As the mother of a child with a disability, she is a dedicated advocate who tirelessly works towards ensuring equal treatment for individuals with disabilities.

**Sarah Schuman, MS, OTR/L** ([schuman@wustl.edu](mailto:schuman@wustl.edu)) has nearly 2 years of experience working in outpatient neurologic occupational therapy. She currently works closely with a multi-disciplinary therapy team at Washington University in St. Louis and treats individuals with a range of diagnoses. Sarah is passionate about helping her patients and their families to live life to the fullest, while empowering them to navigate the obstacles that aging and living with a disability can bring.

**Craig Sever, BS, RPh** ([csever@everspringrx.com](mailto:csever@everspringrx.com)) has been a Consultant Pharmacist since 2000 and has specialized in the DD and Geriatric population while consulting on approximately 900 patients per month. In 2016 he became the Clinical Director of Everspring Pharmacy and currently consults on about 700 DD/Geriatric patients per month. Prior to the year 2000 he spent 13 years as a Clinical Pharmacist in a 500 bed acute care hospital and specialized in Intensive Care, Trauma and Infectious Disease. He graduated from the St. Louis College of Pharmacy in 1987 with his Bachelor of Science in Pharmacy.

**Sue Shaw** ([sue@traumamidwest.com](mailto:sue@traumamidwest.com)) has supported people of all ages with IDD for 34 years. She has spent many of those years supporting people with extensive behavior needs. Sue supported her father in law, in her home, while he received hospice services. Seven years ago, her son asked her to take in a classmate who had been unhoused. He has C-PTSD, had been labor trafficked, and was actively suicidal. It has been a journey. She has hosted seven more at risk young adults since then. In supporting them, Sue learned about how she had experienced trauma as a caregiver, went back and did the research, and is now teaching others.

**Margaret Terranova, RN** ([margaret.terranova@heartlandhospice.com](mailto:margaret.terranova@heartlandhospice.com)) has been an RN for 29 years. She worked for 5 years in a nursing home. She has worked for Heartland Hospice for 24 years as Case Manager, Staff Development Coordinator and Patient Care Coordinator. She places as much emphasis on educating the community about life and death as she does with Heartland staff. She has a Bachelor of Arts in Theatre with a minor in French and an Associate Degree in Nursing.

**Robin Troutman, CMP** ([rtroutman@nacdd.org](mailto:rtroutman@nacdd.org)) is the Deputy Director of the National Association of Councils on Developmental Disabilities (NACDD), which she joined in 2015. There she manages the day-to-day operations of the organization including meeting and event planning and member services. Previously, Robin has served in a number of administrative and operational roles in both the for profit and non-profit sectors. She specializes in organizational management and events management. Robin holds a Bachelor's degree in Political Science and a Master's degree in Management with a focus on nonprofit management. Robin received her CMP designation in October 2023.

**Scott Weber, RPh, MS** ([scott.weber@dmh.mo.gov](mailto:scott.weber@dmh.mo.gov)) has practiced clinical pharmacy in the St. Louis area for the past 45 years with emphasis in individuals with developmental disabilities. He is a published author in the areas of psychotropics and antiseizure medications.

**Alison Whyte, MSW, MPP** ([alison.whyte@dc.gov](mailto:alison.whyte@dc.gov)) is the Executive Director of the DC Developmental Disabilities Council, leading grassroots efforts to engage families and advocates in systems and culture change through policy advocacy and program development. Alison has Co-Facilitated several systems change initiatives in DC, including the Supporting Families Community of Practice, Community of Practice for Cultural and Linguistic Competence, and the Bridging Aging and Disability Networks and Racial Equity Community of Practice. Alison engages with people with intellectual and developmental disabilities and their families to support person-centered practices, self-advocacy and leadership, employment, and initiatives that help people live and thrive in their community.

**Max Zubatsky, PhD, LMFT** ([max.zubatsky@health.slu.edu](mailto:max.zubatsky@health.slu.edu)) is an Associate Professor and Program Director in the Medical Family Therapy Program at Saint Louis University. He is a Licensed Marriage and Family Therapist and an AAMFT Approved Supervisor in Marriage and Family Therapy. Dr. Zubatsky is the Associate Director of the Geriatric Education Center at Saint Louis University, developing several educational and training opportunities for students and professionals. He also directs the Aging and Memory Clinic at Saint Louis University, a specialty clinic that provides services to families with dementia and older adult health issues. His clinical and research interests include Geriatrics, caregiving, integrated behavioral health, resiliency strategies in burnout, and resident education.

## Your Feedback is Important to Us!

*Please provide us with your feedback for future Aging with DD Conferences by completing the evaluation that will be sent to you by Whova Tuesday afternoon.*

# THANK YOU TO THE 33<sup>RD</sup> ANNUAL AGING WITH DD CONFERENCE EXHIBITORS!

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**Health Direct Pharmacy** - Mariah Senter & Donna Mattera  
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**IntellectAbility** - Craig Escudé, MD, FAAFP, FAADM  
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**Therapy Relief at Hope** - Kari Willett & Jenna Szczeblewski  
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**UMKC Institute for Human Development** - Candace Cunningham & Kamryn Rice (*Platinum Sponsor*)  
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**Washington University Occupational Therapy** - Ryan Risley & Missee Young  
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# AADD's History & Notable Distinctions

The Association on Aging with Developmental Disabilities (AADD) was initially formed in 1989 as a special interest group and became incorporated in 1994, thus celebrating its 30th Anniversary! 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 plus years.



*Pamela J. Merkle*

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.

- In 2011, AADD's Final Game Plan program received the Missouri Association of County Developmental Disability Services Cutting Edge award for its approach to end of life issues facing individuals with developmental disabilities
- In 2013, AADD was the topic of a doctoral dissertation written by Dr. Tina Grosso, Assistant Professor of Gerontology at Lindenwood University entitled Maximizing Independence for Older Adults With Developmental Disabilities Via Andragogical Techniques: A Program Evaluation - The Association on Aging With Developmental Disabilities.
- In 2017, AADD collaborated with funders and agency providers to create a Dementia Capable Care Team in the St. Louis metropolitan area, bringing in the National Training Group (NTG) to provide nationally recognized training on dementia capable care.
- In 2019, AADD became the first known international organization to provide Circle of Friends®, an evidenced-based social isolation prevention curriculum developed in Finland, to individuals aging (60+) with a developmental disability. Data gathered throughout the service provision of Circle of Friends® will be included in a St. Louis University Gateway Geriatric Education Center study entitled The Use of Psychosocial Groups to Alleviate Loneliness and Isolation in Seniors.
- In collaboration with an ever-growing network of diverse stakeholders, AADD has assiduously planned and hosted an annual professional conference for the past 30+ years. Garnering interest both nationally and internationally. AADD has forged partnerships with several academic institutions, including St. Louis University Gateway Geriatric Education Center, the University of Missouri-Kansas City Institute for Human Development, and the Washington University School of Medicine Intellectual and Developmental Disabilities Research Center. The 32<sup>nd</sup> Annual Aging with Developmental Disabilities Conference, offered as an in-person as well as a virtual event, drew more than 500 attendees. Attendees included doctors, nurses, social workers, case managers, direct support professionals, self-advocates, and many others from 26 different states plus DC and Canada.
- AADD and its programs have been highlighted in several recent media articles including Impact magazine, Aging Successfully, and has been featured in the ProAging podcast.
- In 2022, AADD's Executive Director, Pamela J. Merkle, was nominated for and selected as the awardee of the 2022 Harvey A. and Dorismae Hacker Friedman Award for Excellence in Service to Older Adults by the Friedman Center for Aging at Washington University.
- In 2022, AADD was awarded the Innovation in Supporting Aging Adults with Developmental Disabilities project funded by the Missouri Developmental Disabilities Council. In this project, AADD is collaborating with self-advocates and other organizations to create and implement the WE♥CARE curriculum to support aging adults with developmental disabilities and their caregivers. This curriculum will be offered to people with developmental disabilities, living at home, in a mutual care-giving arrangement with an aging loved one.

# AADD Board of Directors



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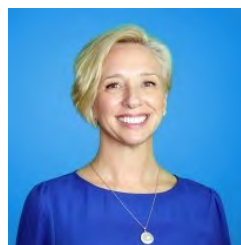
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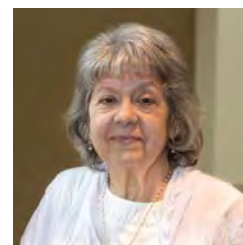
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Retired State Guardian



**Hadley Kombrink, MPA**  
Hill's Pet Nutrition



**Katie MacLean, LCSW**  
St. Louis University



**Terry Reiser, MSG**  
Optum



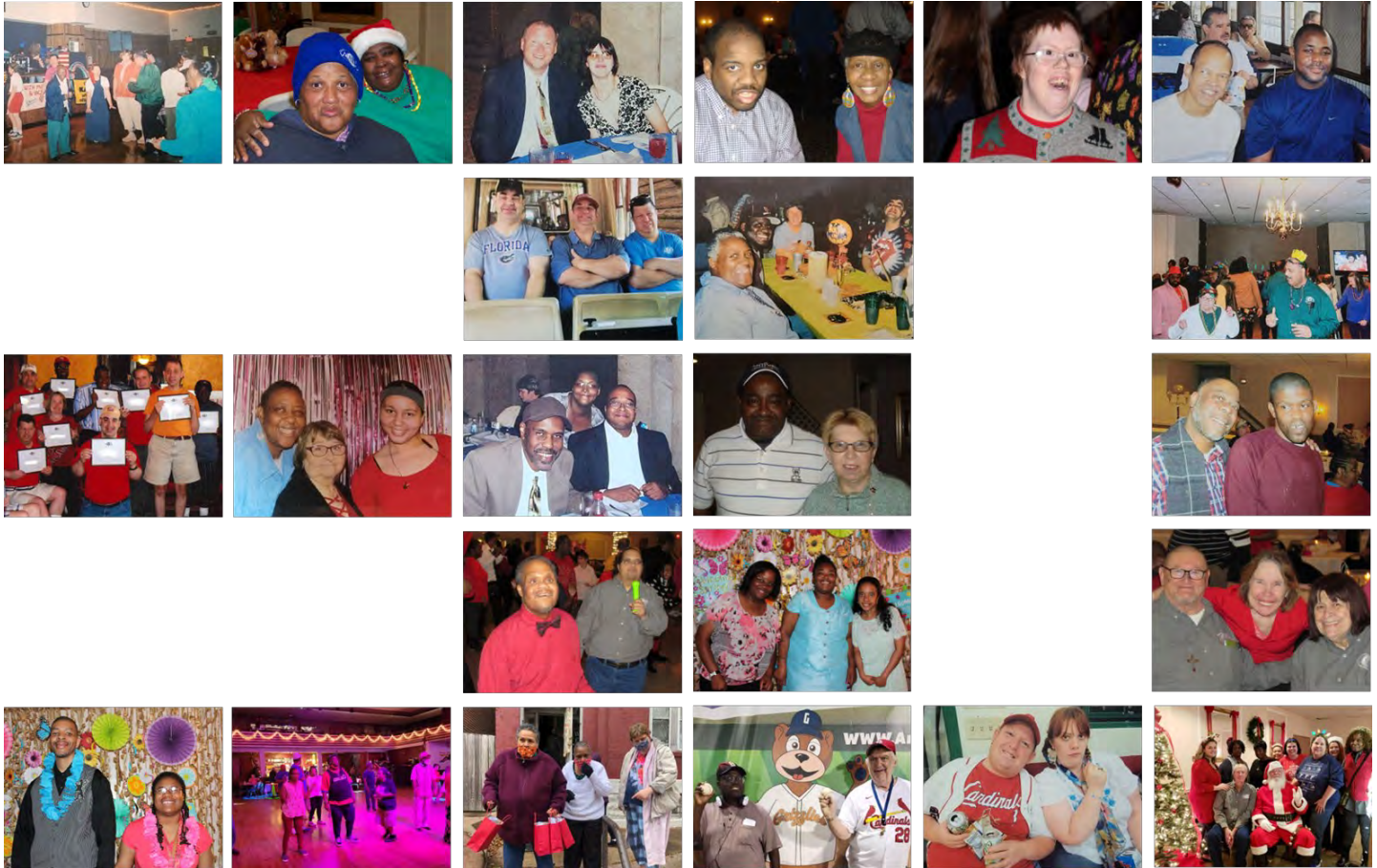
**Nancy Shrewsbury, MSN**  
Retired RN

***The AADD Board of Directors thanks the Conference Committee members for their year-long dedication to planning the Annual Aging with Developmental Disabilities Conference.***

***Also, many thanks to the Speakers who have agreed to share their expertise on aging and/or developmental disabilities in order to promote best support models and practices in supporting individuals aging with a developmental disability with living their best life!***



# Celebrating 30 Years of Social Clubs!



The AADD Social Clubs program recently celebrated its 30<sup>th</sup> Anniversary! In honor of this occasion, 80+ members of Social Clubs gathered at the Spaghetti Factory to celebrate, reminisce, and enjoy the company of good friends. Social Clubs was formed 30 years ago, at the request of individuals and their families, as an opportunity for socialization. Twenty of the early participants are still active today and received certificates at the celebration. Many have since transitioned to receiving AADD's retirement services.

AADD programs such as Social Clubs provide adults with developmental disabilities a sense of belonging, support, and companionship, all of which contribute to improved emotional stability and enhanced self-worth. Each year AADD serves over 200 individuals through 14 different programs. The AADD Social Clubs program, as well as all AADD programs, offer the opportunity for adults with developmental disabilities to be an active part of their community and age in place.



**AADD Social Clubs founding members  
received certificates in honor of  
Social Clubs' 30th Anniversary.**





Save the date for the  
*34th Annual Aging with Developmental  
Disabilities Conference*  
on May 12-13, 2025 in St. Charles, MO!

*We hope to see you there!*



**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 33<sup>rd</sup> Annual Aging with Developmental Disabilities Conference!

**To stay in touch with us throughout the year,  
please follow us:**



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