

The 2025 SLU Healthy Aging Conference
Learning Resource Center
Saint Louis University



Conference Theme: “*Forging Ahead: New Innovations and Topics for Older Adults in the Next Generation*”

June 6th and 7th, 2025

Day 1: 8:30am-4:00pm (central time)

Day 2: 8:00am-4:00pm (central time)- Trainings vary by time

This will be a hybrid event (with a virtual option)

DAY ONE: June 6th

Morning session: Emerging Topics in the Field

Speaker	Topic	Time
Marla Berg-Weger, PhD	Updates on Social Isolation and Loneliness in Older Adults	9:00am-9:45am
TBD	The World of AI is Here... So How Does This Apply to Older Adults?	9:45am-10:30am
Memory Clinic Caregiver Panel	The Success of a Long-Term Caregiving Group	10:30am-11:15pm
George Grossberg, MD	Collaboration Made Easy: The Development of the SLU Healthy Brain Aging Program	11:15am-12:00pm

Lunch Hour and Poster Session:

The hallway of the Learning Resource Center will be the location of the poster session. Lunch will be offered in the hallway area.

Afternoon Session Tracks

Clinical Track (Rooms 112/113)

Speaker	Topic	Time
Kelly Gable, Pharm.D., BCPP, FAAPP	Motivational Interviewing for Older Adults: Tips and Skills	1-2pm
Angela Sanford, MD, Julie Gammack, MD	An Overview of Age Friendly Topics in Nursing Homes	2-3pm
Shelly Dalton, PhD	The Hidden Secrets of Older Adults with	3-4pm

	Addiction: New Models and Interventions	
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Research Track (Rooms 110/111)

Speaker	Topic	Time
Mehwish Siddiqui, MD	Making your Assessments Valuable: Using Screening Outcomes to inform clinical practice	1-2pm
Jill Cigliana, MSOT, OTR/L	The GUIDE Model: A comprehensive approach to improving life with dementia	2-3pm
Jin Cho, PhD & Jeff Scherrer, PhD	Cutting Edge Topics in Aging Research	3-4 pm

Innovations Track (Rooms 105 A/B)

Speaker	Topic	Time
Allison Gibson, PhD	Is Your Loved One Ready? Preparing for a Disaster When it Arises	1-2 pm
Chien Hung and Marjorie Moore	An Advocate for Long-Term Care: Using Your Ombudsman to your Benefit	2-3pm
Susan Elliott, APRN, CNP	Identifying Warning Signs Early for Older adults: The “ACT-ON” Tool	3-4pm

Falls Prevention 101 Training



Sponsored by the SLU Family Center for Healthy Aging

Saint Louis University- Learning Resource Center



Facilitators: Debbie Blessing and Jill Fitzgerald

Saturday, June 7th from 8:00am-12:00pm

Hybrid Event (in-person and Zoom)

This training will help professionals learn about the basics of fall risk, mobility, and safety issues for taking care of older adults in the home. A combination of interactive content, discussion and role play will help audience members learn tips on working with patients and/or loved ones around this issue.

Debbie is the Executive Director for the Northeast Missouri Area Agency on Aging. She oversees 16 counties in northeast Missouri around older adult health, policy, and caregiving issues. Debbie held a prior position as the Geriatric Workforce Enhancement Program coordinator at A.T. Still University

Jill is an Associate Professor in Physical Therapy and Athletic Training at SLU. She works with clinical education, geriatrics, and wellness topics with patients. She also leads the PT student supervision for the SLU Geriatrics Mobile Van Unity.

COGNITIVE STIMULATION THERAPY PRACTITIONER CERTIFICATION TRAINING AGENDA and REGISTRATION INFORMATION



Friday, June 7th, 2024

Conference Location: Hybrid Format

Morning Session

8:00 AM – 8:15 AM	Welcome and Introductions
8:15 AM- 8:45 AM	Introduction to Dementia <i>Angela Sanford, MD: Dr. Sanford will provide an overview of dementias and current assessment and treatment options.</i>
8:45 AM – 9:30 AM	CST Historical Perspective, Development, and Evidence <i>Janice Lundy will introduce different perspectives of dementia, followed by an introduction of CST interventions and discussion of the evidence that supports the implementation of this non-pharmacologic intervention.</i>
9:30 AM – 10:15 AM	CST Key Features and Guiding Principles <i>Andrea Vaughan will provide an overview of the key features and guiding principles of individual and group CST.</i>
10:15 AM –10:30 AM	Break
10:30 AM – 11:15 AM	Implementation of Group CST Intervention and Why CST Works. <i>We will introduce the CST group structure, 14 session themes and you will be provided a review of the evidence behind CST effectiveness</i>

11:15 AM – 11:45am	CST in Action <i>Deb Hayden and Janice Lundy will present a short video of “CST in Action.” The audience will be asked to provide feedback on the CST session</i>
11:45 AM – 12:00 PM	Q&A from Audience/Experiences from Facilitators <i>The Facilitators will field questions from the audience and also share their experiences of CST group sessions (what works and what’s challenging)</i>
12:00 PM- 1:00 PM	Lunch

Afternoon Session

1:00pm-2:00pm	Skills practice <i>Deb Hayden and Janice Lundy will lead a discussion and practice of skills and session activities with a CST group</i>
2:00pm-2:30pm	Group Development/Assessment and Maintenance CST (mCST) <i>Janice Lundy will talk about the maturation of groups and how to continue CST into the maintenance phase.</i>
2:30 PM– 2:45pm	Break
2:45-3:15pm	Group Dynamics-Cultural Dynamics-Virtual CST <i>Andrea Vaughan will cover the dynamics in CST groups and the cultural considerations for facilitators.</i>
3:15-3:45pm	Physical Movement with CST, Billing for Services <i>Janice Lundy and Deb Hayden talk about physical movement options in the groups and the process of billing for CST.</i>

3:45-4:00 PM

Group Discussion and action plan/ Wrap Up

Other Conference Details



Location

The SLU Learning Resource Center (Auditoriums A & B)

Saint Louis University Medical Campus

1402 S Grand Blvd, St. Louis, MO 63104

Nearby Hotels

Angad Arts Hotel

(0.2 miles from campus)
3550 Samuel Shepard Dr, St. Louis, MO 63103
314-561-0033

Aloft St. Louis Cortex

(1.08 miles from campus)
4245 Duncan Ave, St. Louis, MO 63110
314-639-0050

Element

(0.6 miles from campus)
3763 Forest Park Blvd, St. Louis, MO 63103
314-639-0060

Holiday Inn Express St. Louis - Central West End

(1.3 miles from campus)
4630 Lindell Blvd, St. Louis, MO 63108
314-361-4900

Courtyard by Marriott St. Louis-Downtown-West

(1.5 miles from campus)
2340 Market Street at Jefferson, St. Louis, MO 63103
314-241-9111

Drury Inn at Union Station

(1.6 miles from campus)
201 S. 20th St., St. Louis, MO 63103
314-231-3900

Parking

The easiest parking for the event is in the Hickory A and B parking lots, located off of Chouteau avenue on the SLU medical campus. Lots will be open during this time to park. Participants will see a sign to the Learning Resource Center, with a volunteer in the parking lot to help usher attendees to the event.

Breakfast and Lunch

Breakfast will be offered 30 minutes before both days of the conference start time in the morning. Light snacks will also be offered in the hallway.

Lunch boxes will be available (for free) to attendees, starting at 12pm on both days. There's outside seating near the building for those who want to leave the building to eat.