

The 2026 SLU Healthy Aging Conference
Learning Resource Center
Saint Louis University



Conference Theme: “*The Road to Longevity: Strategies to Thrive in Later Life Years*”

Although our medical and healthcare system focuses on biomedical and problem-focused areas, professionals and community members also value solutions and effective approaches into living longer. This year’s conference will take a strength-based perspective into how older adults thrive in later life stages. The theme will showcase several talks that will provide information on healthy mental stimulation, socialization, eating habits, lifestyle, and other health factors. The conference will also have several intensive trainings on day two.

June 5th and 6th, 2025

Day 1: 8:00am-4:30pm (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 5th

Morning session: Emerging Topics in the Field (8:00am-12:00pm)- All times central

8:00am-8:30am: Check in and Breakfast

Speaker	Topic	Time
Keynote Speaker: Soo Borsen, MD, University of Southern California	Breaking Down Silos for the Treatment of Dementia	8:30-9:30
Jayson Vincent Daugherty Enterprises	Care Meets Innovation: How AI Avatars Strengthen Everyday Practice	9:30-10:15
George Grossberg, MD Saint Louis University	How to Delay/Decrease Risk of Dementia- Recent Scientific Evidence	10:30-11:15
The Super Aging panel (Northside Senior Center)	Community Panel: “The super-agers”	11:15-12:00

Lunch Hour, Vendors, and Poster Session: (12:00pm-1:30pm)

The hallway of the Learning Resource Center will be the location of the poster session. Lunch will be offered in the hallway area. Vendors will also have their information for visitors to stop by at this time.

Reviewers of Posters: Shelly Dalton, Andrea Vaughan, Julia Henderson-Kalb, and Elaina Osterbur

Afternoon Session Tracks- All times Central

Clinical Track (Rooms 112/113)

Speaker	Topic	Time
Angela Sanford, Susan Taylor, Jeff Loraine, Amanda Taylor, Caitlynn Bajer and Susan Elliott	Optimizing the Long-Term Care Experience	1:30-2:30
Allison Gibson, PhD	Behavioral Health Issues in Adults with Cognitive Issues	2:30-3:30
Chien Hung, MSW, MA-G, RYT	Knowing How to Use Your Ombudsman	3:30-4:30

Research Track (Rooms 110/111)

Speaker	Topic	Time
Noam Grysman, MD	Updates in Dementia Medication Outcomes	1:30-2:30
Jill Cigliana, MSOT, OTR/L	An Overview of The GUIDE Model	2:30-3:30
Nathan Dell, PhD	Social Skills Training for Older Adults with Serious Mental Illness	3:30-4:30

Innovations Track (Rooms 105 A/B)

Speaker	Topic	Time
Moderator: Max Zubatsky, PhD, LMFT Panelists: Lina Toledo-Franco, MD and Julia Henderson-Kalb, OT	Thriving Through Challenges: A Live Family Interview	1:30-2:30
Linda Prilaux and Barth Holohan	Innovations in Home Design for Aging in Place	2:30-3:30
Susan Elliott, APRN-CNP	Implementation and Expansion of the ACT-ON tool	3:30-4:30

DAY 2 TRAININGS- All Times Central

Falls Prevention 101 Training



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Sponsored by the SLU Family Center for Healthy Aging

Saint Louis University- Learning Resource Center



Facilitators: Debbie Blessing and Jill Fitzgerald

Saturday, June 6th 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.

Agenda

8:00-9:00

Overview of falls and risks for older adults

9:00-10:30

**An introduction to techniques and skills to help improve mobility
for older adults**

10:30-10:45:

Break

10:45-12:00

**Case reviews and group discussion about addressing complex
situations for falls and mobility**

Loneliness and Social Isolation Intensive Training

Marla-Berg Weger, PhD and Max Zubatsky, PhD

(1:00pm-5:00pm)

This training will help professionals learn about the basics of social isolation and loneliness in older adults. The intensive workshop will provide an overview of the statistics and background of social isolation and loneliness, along with knowing how to effectively screen and assess these areas in practice. The training will also include a small panel that will describe ways that they have been able to work with this population at their own organization. The intensive is meant to offer the knowledge, skills, and perspectives of how we can curb the loneliness epidemic from an ecological perspective.

Speaker	Topic	Time
Marla Berg-Weger	Background on Loneliness and Isolation	1:00-2:30pm
Max Zubatsky	Introduction to evidence-based Interventions	2:45-4:00pm
Panel: Community Members	Feedback on how community is working with loneliness	4:00-5:00pm



COGNITIVE STIMULATION THERAPY PRACTITIONER CERTIFICATION TRAINING AGENDA and REGISTRATION INFORMATION



Saturday, June 6th, 2026

Conference Location: Hybrid Format

Presenters: Janice Lundy, Deborah Hayden, Andrea Vaughan, and Angela Sanford

Summary

This day-long facilitator training will cover the basics of Cognitive Stimulation Therapy. The facilitators will help offer information on the background of dementia, non-pharmacological interventions for dementia, the basics of CST, practice skills, and suggestions on billing/reimbursement. Participants who complete the training have the opportunity to attain a certificate and start facilitating groups at their respective sites.

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 Suggested 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 12:00pm on both days. There's outside seating near the building for those who want to leave the building to eat.