

Detailed Agenda



**Missouri Assisted Living Association
2026 Spring Conference – May 3-5
Branson Hilton Hotel and Convention Center**

Sunday, May 3

11:00 – 5:00 Registration

Concourse North

1:00 – 1:15 Opening Remarks

Short Creek

1:15 – 2:15 Legislative Update

Short Creek 1.0 A

Sponsored by Gamble & Schlemeier

Jorgen Schlemeier, of Gamble & Schlemeier, LTD, has a political science degree from the University of Missouri. In 1989, Jorgen began his career in Jefferson City as an administrative aid to Senate Minority Floor Leader, Tom McCarthy. In 1992, Jorgen left his position with the Senate to join William Gamble in a governmental consulting firm. Jorgen gained experience lobbying for MALA, the Missouri College of Emergency Physicians, and the Missouri Hotel and Lodging Association. Gamble & Schlemeier was formed in 1995 and represents numerous organizations.

Session Description: In this session Jorgen will update attendees on the legislative issues that affect the assisted living and residential care industry and address related questions and concerns.

2:15 – 2:30 Break

2:30 – 3:30 GLP-1 Peptide Medications

Short Creek 1.0 PC

Sponsored by: John's Rx Long Term Care

Kimberly Cockrell, Kimberly Cockrell is a board-certified Family Nurse Practitioner in Missouri currently providing care for adult patients in a community Gastroenterology clinic in St. Louis, MO. She graduated from nursing school in 2010 from Rockhurst University and graduated with her master's in nursing in 2015 from Maryville University. Kimberly's nursing passion is in preventive health and wellness. June 2025, she started a Wellness LLC, providing diet, fitness, nutrition, and metabolic wellness planning, including prescribing the popular GLP-1 peptide injections. After a few years of studying them and taking one herself, she shares the positive impact they play on clients increasing their health longevity.

Session Description: Kimberly will discuss the medication, its indications, the proper clientele, common side effects, and how to have the most success on a GLP-1 journey.

3:30 – 3:45 Break

**3:45 – 4:45 Safer Med Passing Happier Residents,
Using AI to Reduce Med Errors**

Short Creek 1.0 PC

Sponsored by: Guardian Pharmacy of the Heartland

Loren Odom, National Consultant at ECP, brings over a decade of hands-on experience in long-term care, including two years as an Administrator, four years as a CNA, and two years as a supervisor in assisted living and memory care. With six years at ECP, Loren guides senior living communities in adopting innovative solutions like eMAR, EHR, CRM, move-in, and billing systems. His expertise enables him to deliver actionable strategies that streamline operations, enhance care, and align with industry trends.

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Session Description: Using AI-powered tools makes medication administration way safer and easier. A typical resident can be on a dozen or more medications, each with a different dose, route, and schedule. Managing thousands of daily medications means even one mistake can be devastating. Join us for a discussion on how AI is changing the game in both eMAR innovation and resident safety, helping senior living communities and their residents live healthier and happier lives.

Learning Objectives:

1. Understand the Role of AI in Medication Administration:
 - o Learn how AI-powered tools help staff manage multiple medications and complex dosing schedules, tackling common issues in medication administration to improve medication safety, compliance, and clinical outcomes.
2. Identify Key AI-Powered Features:
 - o Quickly recognize how AI assists in duplicate medication prevention, PRN over-dispensing prevention, and the auto-identification of controlled substances, enhancing medication safety and efficiency.
3. Evaluate the Impact of AI on Clinical Outcomes:

Assess the overall impact of AI on medication safety and resident health and explore how these innovations can be implemented to transform healthcare delivery in your community.

5:30 – 7:00 Welcome Reception Courtyard
Sponsored by:



Monday, May 4

7:00 – 8:00 Breakfast Buffet Cooper Creek

8:00 – 9:00 Keynote: Creativity in Care: Courage, Connection & Possibility Short Creek 1.0 A

Sponsored by: Bloom Healthcare

Mary Messner is a former healthcare executive turned keynote speaker, Mary Messner has spent her career navigating high-stakes rooms with heart, humor, and a belief that the best ideas surface when creativity leads.

Her leadership journey taught her this truth: strategic risk-taking and bold thinking are most valuable when we honor the emotional experience of everyone involved. Today, Mary is a sought-after speaker who helps organizations rediscover their creative edge. Her signature framework invites teams to return to the “playground” of possibilities... where collaboration isn’t just encouraged, it’s contagious. With a blend of consulting insight and C-suite experience, she makes creativity feel less like magic and more like muscle memory. When she’s not captivating audiences or developing new ways to cultivate creativity, Mary pours energy into Madam President Camp, a nonprofit close to her heart, and spends time with her husband and two daughters.

In a world of routines, regulatory demands, and constant operational pressures, creativity in leadership isn’t about painting a mural or brainstorming for the sake of it. It’s about the courage to lead, connect, and live with intention. In this keynote, Mary Messner invites you to rediscover how creativity becomes a daily practice of authenticity and curiosity.

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Through compelling stories, humor, and reflection that invites “What if we did things differently?” you will:

- Reimagine creativity as the courage to be authentic in your work, leadership, and life.
- Replace comparison with curiosity, discovering greater confidence, deeper connection, and more joy in caring for people and teams.
- Apply creativity as a mindset and muscle... one that strengthens team-culture, invites possibility, and builds an environment where people feel seen, valued, and inspired.
- You will leave the session energized, equipped with practical tools, and a reminder that joy and innovation aren’t found by fitting in... they’re found when we lead from who we really are.

9:00 – 9:15 Break

9:15 – 10:15 Creativity in Care: Deep Dive Workshop

Short Creek 1.0 A

Mary Messner (see bio above)

Session Description: Mary will delve into the topics discussed during the keynote with attendees. This interactive session will allow attendees to apply creativity in care to what they see on a daily basis in their communities.

10:15 – 10:30 Break

10:30 – 11:30 Empowering Cybersecurity Excellence

Short Creek 1.0 A

Sponsored by: Anderson Technologies

Corbitt Grow – Born in Yokohama, Japan, and raised in Malaysia and St. Louis, Corbitt developed a unique global perspective. He graduated from Randolph-Macon College with a degree in Political Science and Spanish where he was a member of the men’s basketball team.

Before joining Anderson Technologies, Corbitt built a successful career at AT&T which initially started in the B2B Sales Development Program – a highly-competitive sales training where he was stack-ranked against his 100+ peers based on quota attainment to determine where in the company one was placed. In Chicago, as part of the National Fiber Organization, he became a top-performing sales professional, selling AT&T’s fiber, networking, and cybersecurity services and learning the value of relationship building, perseverance, and grit. Later, as a Senior Sales Solutions Engineer at AT&T headquarters in Dallas, he refined his technical expertise, leadership skills, and consulting abilities.

Currently pursuing his MBA at Washington University in St. Louis, Corbitt blends strategic thinking, technical knowledge, and a client-first approach to help Anderson Technologies continue serving companies and organizations across the country.

Session Description:

- **Understanding AI’s Role in Cybercrime:** Discover how cybercriminals are leveraging artificial intelligence to enhance their tactics and effectiveness. Learn about the latest threats and how to protect your organization.
- **Emerging Threats in Healthcare Cybersecurity:** Dive into real world examples of how cybercriminals are targeting residential and assisted living facilities, as well as what your organization can do to minimize your vulnerability.
- **Cybersecurity from the Executive Level:** As leaders, cybersecurity awareness needs to be part of your organizational culture from top-down. We’ll dig into why this is so important and what you can do to promote a security-first atmosphere.

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11:30 – 1:00 Lunch and Deficiency Free Awards

Cooper Creek

1:00 – 2:00 Workplace Violence

Short Creek 1.0 A

Sponsored by: Southern Bus & Mobility

Keith Maggard is the owner/operator of Wolfpack Security Solutions, LLC. Keith provides executive protection, consulting, training and assistance to numerous corporations, businesses, law enforcement agencies and individuals with preparing a prevention plan, as well as reaction plan to workplace violence, active shooters, armed intruders and many other personal protection needs and scenario's. He also provides weapon's training in the use of firearms, edged weapons, baton, counter ambush and gorilla driving, tactical mindset applications as well as a no-nonsense empty hand self defense system.

- FEMA Emergency Responder
- Current National Tactical Officers Association Member
- Former Member of a Multi County Jurisdiction- S.W.A.T. Team
- Current Law Enforcement Officer – Tactical Instructor
- Missouri Sheriffs' Association (MSA) Firearms Instructor
- Association of Professional Trainers Instructor
- Owner and Operator of Wolfpack Security Solutions, LLC
- 30 years teaching Self-Defense, Awareness and Educational programs
- MSA Active Shooter Instructor
- Member of ASIS International
- 25 years of teaching Workplace Violence Prevention programs
- Licensed Personal Protection Officer
- Global Executive Protection Specialist

Session Description: This presentation will focus toward pre-attack indicators to be on the look for, how to identify them and what to do if an event would occur.

2:00 – 2:15 Break

**2:15 – 3:15 Pharmacogenomic Testing
for Optimal Medication Regimen Outcomes**

Short Creek 1.0 PC

Sponsored by: EverSpring Pharmacy

Mele Manning changed the focus of her nursing career in 2001 from Hematology/Oncology and began working in the IDD field. Encompassing a new direction was, in part, to increase her knowledge base to support her adult IDD Dually Diagnosed son better. Since that time, she has used her nursing skills to care for and support IDD individuals in many settings, from specialty camping, leisure, community activities and residential living. Mele works as the IDD Nurse Consultant with EverSpring Pharmacy in St. Louis. In this capacity, she works to improve the quality of life for individuals struggling with their medications amongst the senior and IDD populations by utilizing pharmacogenomic testing as a tool to obtain the best possible outcomes from their medication regimens. Mele works towards supporting providers, nurses, and staff through educational workshops and training. She is currently the sitting president of DDNA (Developmental Disabilities Nurses Association) and is passionate about educating and equipping Nurses through education and certification in the specialized field of IDD nursing.

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Session Description: Pharmacogenomic Testing is a tool used to determine which medications may produce optimal results for a person based on their DNA.

Objectives of the Presentation:

1. Understand what the testing is
2. Understand why testing is important
3. Learn how the testing can be used to better support specific populations - elderly/IDD

Pharmacogenomic Testing is sometimes called individualized medicine. The testing is a tool that can be used to determine the best psycho-active medications for an individual based on their DNA.

The goals of the presentation is to provide understanding of pharmacogenomic testing, as well as the benefits for the IDD and Aging Population in reducing polypharmacy and the use of medications that can be troublesome in causing side effects that interfere with optimal living for an individual because their DNA prevents them from efficiently breaking down the medication and effectively using it to its full potential.

3:15 – 5:15 Exhibit Hall Open Taneycomo B 1.5 A

5:30 – 7:00 Happy Hour **Courtyard**
Sponsored by:



**CARPENTER
& COMPANY**



Tuesday, May 5

7:00 – 8:00 Breakfast Buffet **Cooper Creek**

8:00 – 9:00 Diabetes: “Don’t Sugar Coat It” **Short Creek 1.0 PC**
Sponsored by: PCALIC

Lisa Murphy, BSW, MOT, OTR, has 30 years of experience as an occupational therapist, having worked 5 years as a social worker prior to that. She is semi-retired but continues to lecture in senior communities on a variety of health-related topics, especially issues that affect us as we age. Lisa’s presentations are described as “info-tainment”, half information, half entertainment.

This presentation is information-packed and takes an in-depth look at diabetes. If you have diabetes, you’ll learn how to live healthy with diabetes. You will learn how nutrition and hydration impact diabetes. You do not have to have diabetes to gain knowledge from this educational lecture. You’ll learn the role exercise can play in helping diabetes. So, if you have diabetes, if you have loved one or friend who has diabetes, or if you just want to learn more about diabetes, come join us for this dynamic lecture. Knowledge is power!

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9:00 – 9:15 Break/Hotel checkout

9:15 – 10:15 **Empowering Care Partners to Support Residents Through Dementia Progression** **Short Creek 1.0 PC**
Sponsored by: Rich & Cartmill Insurance

Dr. Jannah Oppermann is the owner of Senior Care Solutions, LLC and The Collins House, a small-home design model located in Festus, Missouri. She received her Doctorate in Occupational Therapy from Creighton University in 2003 and has over 22 years of experience in geriatric care. A Certified Dementia Practitioner, her career spans skilled nursing and long-term care facilities, outpatient clinics, and continuing care retirement communities. She founded Senior Care Solutions in 2024 to advance person-directed, relationship-centered care.

Dr. Oppermann is a Licensed Nursing Home Administrator and an active leader in her profession. She serves as the Southeast District Chair for the Missouri Occupational Therapy Association and is a member of the American Occupational Therapy Association and the Missouri Assisted Living Association. She is also a community educator for the Alzheimer’s Association and sits on the Missouri Alliance for Long-Term Care Reform.

A passionate advocate for improving traditional long-term care, Dr. Oppermann works at both local and state levels to support legislative change and promote safer, more effective small-home models. Her work is currently contributing to research shaping the future of long-term care. She believes "smaller is safer" and sees small-home care as the future model for Elder care.

Session Description: This course provides healthcare professionals and care partners with an evidence-based, person-centered framework for supporting individuals living with dementia across all stages of progression. Through clinically focused instruction, participants will examine neurocognitive changes, communication strategies, meaningful engagement techniques, and interdisciplinary collaboration models that promote resident safety, dignity, and quality of life. Emphasis is placed on translating clinical theory into practical, compassionate interventions that reduce distress, prevent responsive behaviors, and support caregiver well-being.

10:15 – 10:30 Break/Hotel Checkout

Breakout Sessions

Breakout #1

10:30 – 11:30 **DSDS Updates** **Short Creek 1.0 A**

Jessica Schaefer, HCBS Programmatic Director, Registered Nurse began her work with DSDS in 2016 working in various quality and policy related roles within the Home and Community Based Services Section. In 2021, she transitioned to the role of HCBS Programmatic Director and provides administrative oversight to the policy, quality, and data related component of the program. She and her team are responsible for managing HCBS policy, waivers, training, quality oversight, and leading key initiatives that drive the HCBS program.

Session Description: The Department of Health and Senior Services, Division of Senior and Disability Services determines eligibility and develops person-centered care plans for potential participants of state plan personal care in a residential care or assisted living facility. The Division will provide an update of the program.

Breakout #2

10:30 – 11:30 **Breakout Session: Preventing Workplace Injuries** **Short Creek Breakout Rm 1.0 A**

Sponsored by: Long Term Care Rx

Pat Behen has been in the healthcare and risk management industry for over 25 years, having been an Administrator at both skilled and residential care facilities. He is a Certified Safety Consultant and has a Master’s Degree in Social Gerontology. His

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expertise spans both healthcare operations and risk management consulting, including knowledge of the regulatory issues for both operations and risk management.

Session Description: Attendees will learn the importance of reducing and eliminating employee workplace injuries. Topics will include case studies, accident investigation, safety committee, employee training, and incentive programs. The goal will be to help attendees understand the impact employee injuries can have on operations and finances. It will include focused steps to take to develop an overall safety culture that will improve employee morale and performance.

11:30 – 12:30 Lunch and PAC Awards

Cooper Creek

12:45 – 1:45 Roll with the Changes

Short Creek 1.0 A

Sponsored by: Bloom Healthcare

Lisa Murphy, BSW, MOT, OTR, has 30 years of experience as an occupational therapist, having worked 5 years as a social worker prior to that. She is semi-retired but continues to lecture in senior communities on a variety of health-related topics, especially issues that affect us as we age. Lisa's presentations are described as "info-tainment", half information, half entertainment.

Session Description: Why does change have to happen? And why are we humans so resistant to it? Come learn how to reframe your thinking about change. We'll talk over some ideas about how to embrace change. You'll learn some healthy adaptations when adjusting to change. And you'll hear about what happens when we don't learn to embrace change. This class can open your eyes and can even change your attitude. Come join us!

1:45 – 2:45 DHSS Update

Short Creek 1.0 A

Tracy Niekamp is the Administrator for the Section for Long Term Care Regulation, the state regulatory agency responsible for the regulatory oversight of long-term care homes in the state of Missouri. Tracy has worked in long-term care regulation, in a variety of capacities, for the past 19 years.

Laura Smith is a Registered Nurse who started out working in a Long-Term Care Facility. She worked for a couple of years in a hospital and then returned to Long-Term Care in 2000, working at the Section for Long-Term Care Regulation (SLCR) as a nurse surveyor in the Region 6 (Jefferson City) office. In the Region 6 office she worked on a survey team, as a member of the complaint team, was the complaint team supervisor, and then was the Regional Manager for about 6 years. In November of 2023, she started her current role as the Assistant Administrator for the SLCR.

Session Description: This session will provide regulatory updates/clarifications from the Section for Long Term Care Regulation.

2:45 Closing Remarks

CEUs: 15.5 clock hours - (10.5 Admin and 5.0 PC)

Total possible CEUs that can be earned is 14.5 due to breakout session

Approved by the Missouri Board of Nursing Home Administrators TA-046-01-28