



SYMPOSIUM

FOR ELDER CARE PROFESSIONALS & OUR COMMUNITY

Oasis Conference Center

SEPTEMBER 10, 2026

Loveland, Ohio 45140

Agenda and Learning Objectives

8:15 - 9:00 Registration | Visit Vendor Tables

9:00 - 9:10 Welcome and Introductions by Dennison Keller, Esq.

9:10 - 10:10 Keynote Address

The Memory Switch Program: Discover Your Memory Power

Matthew Goerke

Matthew Goerke believes the key to a good memory is training. In this one-hour session, he will teach attendees quick recall skills that will dramatically improve their memory. A sharp memory is important in all stages of life; it improves efficiency and makes you feel more confident. Participants will leave with new skills they can use every day.

10:10- 10:30 Break | Visit Vendor Tables

10:30 - 11:30 Breakout Session #1 (Attendees choose one)

Great Expectations Result in Great Dementia Care

Presented by Adria Thompson, M.A., CCC-SLP

This session will help caregivers and professionals better understand dementia and the behavioral changes it can cause. Adria Thompson will share how shifting expectations can reduce frustration and improve daily interactions. Attendees will walk away with simple, practical strategies for more compassionate, person-centered care.

Representing Individuals with Diminished Capacity

Presented by Eva Hager, Esq., and Tracey Collins, MSW, LSW, C-ASWCM

Attendees will learn the definitions and standards of legal capacity and how they may vary depending on the documents an individual is signing. Eva Hager and Tracey Collins will discuss the best practices and strategies for determining an elder's competence based on the document, the elder's diagnosis, the location of the signing, and whether the elder is having a good day. Practical steps for advocating for the elderly will also be shared, even in the face of a difficult diagnosis that affects cognitive abilities.

Brain Healthy Living

Presented by Dr. Timothy Sigward, PhD

We all want to age in a way that our brain health is protected as we get older. This presentation provides an evidence-based overview of brain-healthy living, emphasizing the roles of neuroplasticity and cognitive reserve in aging. It reviews six key pillars of brain health—socialization, stress management, diet, exercise, sleep, and cognitive stimulation—and the research supporting their impact on cognitive functioning. Practical, clinically relevant strategies are offered to help reduce risk for cognitive decline and promote long-term brain health.

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11:30 - 12:15 Lunch | Visit Vendor Tables

12:15 - 12:30 Announcements | Submit Panel Questions

12:30 - 1:30 Plenary Session

Secrets of SuperAgers: Lessons from 25 Years of Research

Presented by Molly Mather, PhD

SuperAgers are individuals in their 80s and above who have memory skills as good—or better—than those 20-30 years younger. These individuals defy conventional expectations of older adulthood and provide a model of unusually successful cognitive aging. Dr. Molly Mather will discuss what is unique about the brains of SuperAgers and how these discoveries deepen our understanding of healthy brain aging and cognitive resilience.

1:30 - 1:45 Break | Visit Vendor Tables

1:45 - 2:45 Breakout Session #2 (Attendees choose one)

Inside the Parkinson's Mind: Understanding Cognitive Changes

Presented by Adria Thompson, M.A., CCC-SLP

Adria Thompson will focus on the cognitive changes associated with Parkinson's disease and Lewy body dementia, including their effects on thinking, attention, and communication. This session will provide a clearer understanding of what's happening in the brain and explore brain-healthy strategies to support function and engagement in daily life.

The Stressed Brain, the Resilient Brain: How Stress & Resilience Shape Cognition As We Age

Presented by Dr. Jasmeet Hayes, PhD

The effects of chronic stress extend beyond emotional well-being to include attention, memory, and other aspects of cognition in later life. Dr. Jasmeet Hayes will discuss how chronic stress may influence cognitive aging and cognitive health in older adulthood. Drawing on psychology, brain science, and her own research, Dr. Hayes will offer an accessible, hopeful perspective on resilience and practical strategies to support cognitive well-being in older adults.

PACE: A Program of All-Inclusive Care for the Elderly

Presented by Zaire Sims, MSW, LSW

PACE is a new comprehensive program in Cincinnati designed to serve seniors who need nursing home-level care but wish to remain in their homes. Zaire Sims will take a deeper look at how this new long-term care model works - through a single team - to provide comprehensive medical and social services to seniors in our community.

2:45 - 3:00 Break | Visit Vendor Tables

3:00 - 4:00 Panel Discussion

Protecting and Powering the Brain

Panelists: Matthew Goerke, Dr. Molly Mather, Dr. Jasmeet Hayes, Adria Thompson

Moderator: Dennison Keller

Building on key themes from the day, expert panelists will explore the critical factors that influence our brain health and memory as we age. Attendees will gain valuable insights and takeaways to better support brain health for themselves and the seniors they serve.

4:00 - 4:30 Raffle Prizes | Turn In Evaluations | Pickup CEU/Contact Hours Certificates | Dismissal

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