

**AGING (i)fe CARE®**  
ASSOCIATION

## 42ND ANNUAL CONFERENCE

aginglifecare.org

# CONFERENCE PROGRAM



**SPECIAL PRE-CONFERENCE SESSIONS: Wednesday, April 22, 2026**

**OPENING RECEPTION: Wednesday, April 22, 2026**

**CONFERENCE DATES: Thursday, April 23, 2026 - Saturday, April 25, 2026**

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# Welcome:

On behalf of the 2026 ALCA Conference Committee, we are thrilled to welcome you to Austin, Texas! This year's conference brings together an inspiring lineup of distinguished speakers who are ready to share fresh insights, innovative strategies, and practical knowledge to Amplify Aging Life Care™. Get ready for an energizing experience filled with meaningful education, dynamic conversations, and plenty of opportunities to create community with fellow professionals from across the country. From thought-provoking sessions to engaging networking moments, this conference is designed to leave you motivated, informed, and recharged. And of course, it wouldn't be Austin without a little fun and music – you will even experience some local talent during the conference!

We hope you'll take time to explore this vibrant city—known for its legendary live music scene, incredible food, outdoor beauty, and welcoming spirit. Be sure to check out the Fun Guide for extra events, local favorites, and restaurant recommendations to make the most of your time in the city. Looking forward to pushing our potential in Austin!

Warmly, Lina Supnet-Zapata & Angela Thomas  
2026 Conference Committee Co-Chairs

## 2026 ALCA

### CONFERENCE PLANNING COMMITTEE

Lina Supnet-Zapata, MBA, CMC, TxCG, Co-Chair // Austin, TX

Angela Thomas MSN, RN, CMC, Co-Chair // Dallas, TX

Colleen Duewel, MPH, CMC, CDP // Falls Church, VA

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Audra Lee, MS, CMC // Cape Coral, FL

Jill Piazzzi, MA, CMC, CDP // San Antonio, TX

Imane Rose // Tulsa, OK

Casey Tiffany, MSG, CMC // Austin, TX

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Meg Hyatt, Meeting Planner

Laura Sanchez, Director of Marketing and Strategic Relationships

Sara Falconer, Manager of Membership Development

Kanya Sánchez, Manager of Website and Database Technology

Dallin Thomas, Manager of Communication and Corporate Partnerships

Amanda Schachter, Member Services and Credentialing Coordinator

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## 2026 ALCA

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## Hotel Information:

The greatest moments are waiting for you this week at the Hyatt Regency Austin - nestled on the shores of Lady Bird Lake across from downtown Austin proper. You will find easy access to South Congress entertainment, Rainey Street nightlife, and 6th Street bars and dining. Just a short walk to the Congress Avenue Bridge to see Austin's famous bat migration spot, where over 1.5 million Mexican free-tailed bats congregate in a spectacular sunset show.

**Special Thanks to Silverado Senior Living for sponsoring our personalized guest room key cards.**



## Registration Information:

Full Conference Registration includes entrance to the opening reception on Wednesday night, all educational sessions, lunch on Thursday & Friday, and continental breakfasts on Thursday, Friday, and Saturday. Single day registration provides participation only on the day purchased. All registrants will receive access to conference materials in electronic format. Separate registration is required for any pre-conference sessions. For meals not provided in your registration fee, there are numerous dining options within walking distance or short taxi/rideshare ride.

**Stop by the ALCA Registration Desk to pick up your tote bag, sponsored by Bayada and enjoy an "ALCA Apple" compliments of Aging Well Eldercare.**



## Conference Name Badges/Additional Meal Tickets:

Name badges are required at all functions, as they identify you as a registered attendee for the conference and serve as your entry ticket for designated functions. ALCA Board, Chapter Presidents, and staff will be wearing green lanyards. First-time ALCA Conference attendees will have on a yellow lanyard – please take a moment to say hello and give them a warm welcome! Designation ribbons for Chapter Affiliation, First-time Attendees, Fellows, Speakers, Exhibitors, Certification, and more are available at the Registration Desk.

***PLEASE NOTE: Additional guest meal tickets are available for purchase at the Registration Desk in limited quantities.***



## Cell Phones

Please turn your electronic devices to vibrate, silent, or the off position BEFORE entering the meeting rooms. If you have to take a call, please EXIT the meeting room immediately BEFORE beginning your conversation.





## 2026 Conference App/WiFi Access

### Join us on our official event app

We're using Whova as our official event app. Join our event app to review sessions, plan your schedule, download speaker materials and bios and review the fun guide for Austin. Throughout the conference, use it to receive announcements and special offers, take notes and photos during sessions and connect with other attendees.

To join, **scan the QR code and download Whova from the App Store or Google Play** and sign in with the email you registered for the conference with. Having trouble joining? Search for our event and enter **Invitation Code: ALCAAustin.**

***Please note: This app is for registered conference attendees and exhibitor representatives ONLY, please do not share.***

## Evaluation Forms

General session evaluation forms are included in your registration packet. Breakout session evaluations will be distributed at the end of each session. We kindly ask that you place completed forms in the collection boxes. An overall conference evaluation will be emailed to all participants following the conclusion of the event.

Your feedback and suggestions regarding session topics and speakers are required by our continuing education providers and are invaluable to future planning committees as they shape upcoming conferences.

## Special Thank You to Our Speakers

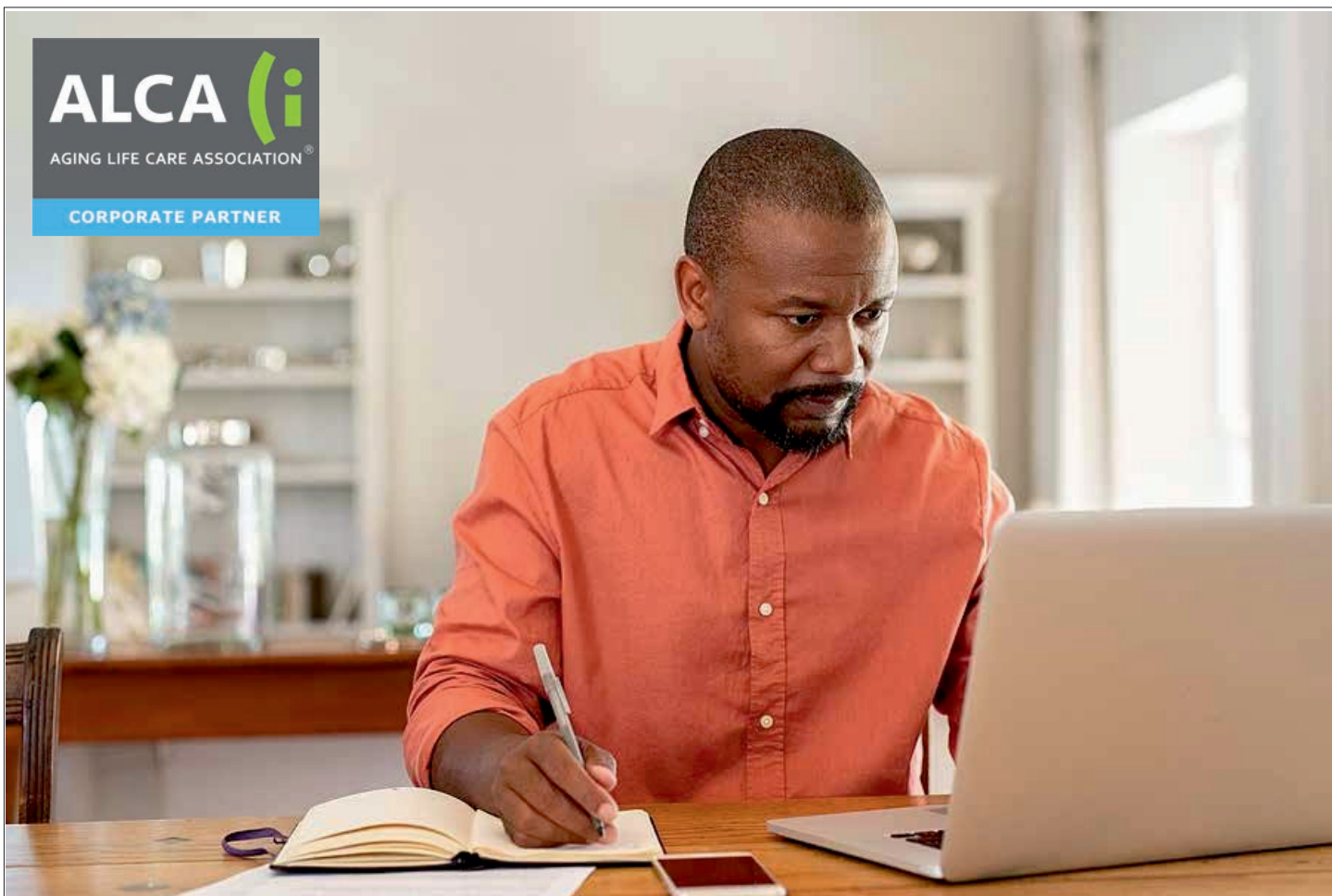
The Aging Life Care Association Conference Committee, Board of Directors, and staff extend our sincere thanks to all of our presenters for the time, expertise, and dedication they have invested in preparing their sessions. We are deeply grateful for the meaningful contributions of our speakers — many of whom are valued members of the organization. A complete list of presenters, along with brief biographies, can be found in the Conference App.



## Event Environment

ALCA is committed to providing a productive and welcoming event environment. Attendees are expected to conduct themselves in a professional manner and exercise self-control. Sexual harassment, excessive intoxication, and other types of significant misconduct are prohibited. Incidents involving such behavior should be reported to any ALCA Staff member or ALCA Officer who is present at the event.





***Have Questions?  
Get Answers!***



1-800-DEMENTIA® | [DementiaSociety.org](http://DementiaSociety.org)

# CONTINUING EDUCATION (CE) INFORMATION

ALCA has been approved for continuing education contact hours for the conference (including the pre-session) for the following (see grid on back of certificate for details):

- National Academy of Certified Care Managers (NACCM) - Care Manager Certified (CMC) – 15.50
- Social Work – National Association of Social Work and NY State Education Department – 15.50
- Nursing - California Board of Registered Nursing – 15.50
- Commission for Case Manager – Certified Case Manager (CCM) – 15.50 (Pending Approval)

Uniform certificates of attendance are provided in your registration packet so that attendees may apply for credit in the states in which they are licensed or certified, including the NACCM CMC certification. All CE certificates requested during registration are included in your registration packet. Replacement certificates will be available following the conference at a cost of \$25 each, so please make sure you have all certificates ordered while on-site.

**Please note: All registrants must sign in DAILY at the Registration Desk and initial the sessions attended on the back of the certificate for your CE certificates to be valid and to determine the number of CE contact hours earned.**

Aging Life Care Association SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, #0166. This program is approved for a maximum of 15.50 contact hours.

Provider approved by the California Board of Registered Nursing. Provider #15884 for 15.50 Contact Hours.

## Photography

Please be aware that photography, video, and audio recordings by ALCA will take place throughout the Annual Conference. These pictures and recordings are the property of ALCA. By registering and attending the Annual Conference, attendees are consenting to having their picture taken and being video and audio recorded. Attendees also are deemed to have consented to the publication, display, and any other use by ALCA or its licensees of such photographs and recordings, on ALCA websites, social media, and any other medium now known or developed in the future, including for promotional and marketing purposes. An attendee's name and company affiliation may be included as well. Finally, attendees release ALCA and its employees, agents, representatives, licensees, and assigns from any liability as a result of use of the photographs and recordings.



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Share your conference experience for a chance to win a \$25 VISA Gift Card!

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MONDAY,  
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**TO ENTER:** Post a picture or video at the conference on Facebook, Instagram, LinkedIn, or X, using the hashtag **#AgingLifeCare2026**, **#ALCAPushingPotential** and tag @aginglifecare. Each post counts as a separate entry!





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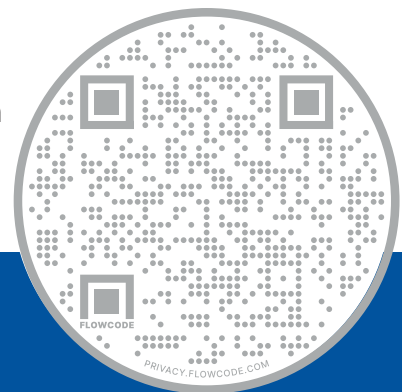
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# Welcome First-Time ALCA Conference Attendees!

We are confident you will find this conference both engaging and energizing. We encourage you to make the most of the many networking opportunities offered throughout the event. One of the greatest strengths of Aging Life Care Association is the generosity of its members in sharing their knowledge and expertise with one another. The ALCA Staff, Conference Planning Committee, and Board of Directors will be available throughout the conference to assist with any questions.

In your registration packet, you will find a special yellow lanyard along with a "First-Time Attendee" ribbon to help others recognize you as a newcomer. You will also find a ticket to the "First-Time Attendee Meet & Greet" on Wednesday, April 22nd at 5:00 p.m in the Texas Ballroom. This is a wonderful opportunity to connect with ALCA leadership and fellow new attendees in a speed dating like atmosphere – we hope you'll join us.

If this is not your first ALCA Conference, you likely remember what it felt like – please take the time to seek out and welcome our first-time attendees with yellow lanyards during the Opening Reception on Wednesday, April 22nd, beginning at 6:00 p.m. ***Celebrating our value of COMMUNITY.***



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# Thank you to our Exhibitors and Sponsors!

In appreciation of their support, be sure to stop by and visit all our exhibitors in the ALCA Exhibit Hall located in the Zilker 1 and Zilker North Lobby on Thursday, April 23rd and Friday, April 24th.

Don't miss your chance to enjoy refreshments while visiting with the exhibitors and begin filling out your Exhibitor Passport! **Completed passports should be returned to the Conference Registration Desk by 11:00 am on Friday, April 24th for a chance to win a free conference registration for 2027!**

Drawing Winners will be posted at the Registration Desk.



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[thebQuest.com](http://thebQuest.com)

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678.232.8444

[CareTree.me](http://CareTree.me)

**Dementia Society of America**

PO Box 600, Doylestown, PA 18901

800.336.3684

[dementiasociety.org](http://dementiasociety.org)

**Eldercare Resource Planning, LLC**

9450 SW Gemini Drive

Beaverton, OR 97008

415.854.8651

[eldercarerresourceplanning.org](http://eldercarerresourceplanning.org)

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[elderpagesonline.com](http://elderpagesonline.com)

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## My Junna, LLC

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## National Academy of Elder Law Attorneys

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naela.org

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Cabin John, MD 20818  
703.517.9912  
razmobility.com

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402.697.7537  
rightathome.net

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650.652.5642  
sageeldercare.com

## Seniors Helping Seniors

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610.816.1970  
seniorshelpingseniors.com

## Silverado Senior Living

6400 Oak Canyon #200  
Irvine, CA 92618  
949.240.7200  
silverado.com

## teleCalm

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Frisco, TX 75034  
888.701.0411  
teleCalmProtects.com

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631.368.5005  
thecrisisplanners.com

## The DiFede Agency

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512.784.7494  
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833.217.4280  
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## True Link Financial

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844.904.6515  
truelinkfinancial.com

## TZMO USA, Inc. (Seni)

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470.377.4942  
seni-usa.com

## Wide Awake Business, LLC

1650 Lucerne Street, Minden, NV 89423  
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## Wounded Warrior Project

4899 Belfort Road, Suite 300  
Jacksonville, FL 32256  
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woundedwarriorproject.org

## MEMBER SUPPORT FUND RAFFLE

The ALCA Member Support Fund (MSF), a charitable fund of the Aging Life Care Association, was established to provide financial assistance to ALCA members, individual employees and owners of ALCA partners, and staff who are suffering temporary financial hardships as well as for conference scholarship support. Stop by the ALCA Board Table in the Exhibit Hall to purchase opportunity drawing tickets to support this fund and enter to win some great prizes! Drawings will be held following the morning break on Saturday, April 25th.

Tickets are 1 for \$5, 3 for \$10, or 7 for \$20  
Cash and Credit Card payments are accepted.





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**WED** APR 22  
2026

# PRE CONFERENCE INTENSIVES

**7:00 AM – 6:00 PM**

## **ALCA Registration Desk Open**

SKYWALK LOBBY- 2ND FLOOR

**8:00 AM – 12:00 PM**

## **Aging Life Care™ Essentials: Section One – Clinical & Ethical**

*Pre-Conference Intensive*

*Separate Fee & Registration Required*

TEXAS 1

|||||

Aging Life Care™ is a complex process that integrates areas as diverse as human development, health, mental health, family dynamics, community resources, law, finance, culture, and spirituality. It's also about the way the professional utilizes themselves in multidimensional roles to facilitate cohesion across settings, services, organizations, entitlements, family members, and community. It is therefore imperative that the Aging Life Care Professionals have a suite of knowledge, skills, competencies, and resources to deliver high-quality services to clients, employers, and constituents. These talents also need to be grounded in a code of ethics and standards of practice that represent principles of conduct when confronted with ethical and/or business dilemmas. This session will explore ALCA's Code of Ethics and Standards of Practice, while discussing the clinical issues that frequently arise in Aging Life Care practices. During this interactive session we will use actual case histories to explore clinical approaches to meeting client needs and resolving common ethical challenges that arise within this process. Aging Life Care is not just a business – it shapes the lives of people for generations to come!

**Byron Cordes, LCSW, C-ASWCM, CMC**

Sage Care Management // San Antonio, TX

**Nancy Avitabile, LMSW, CMC**

Urban Eldercare, LLC // New York, NY

**9:00 AM – 3:00 PM**

## **ALCA Board of Directors Meeting**

FOOTHILLS 2 – 17TH FLOOR

**1:00 PM – 5:00 PM**

## **Aging Life Care™ Essentials: Section Two – Sales & Marketing**

*Pre-Conference Intensive*

*Separate Fee & Registration Required*

TEXAS 1

|||||

How do you position your business as the service of choice? How do you leverage your expertise to underscore your value proposition? How do you better understand your ever-changing target market? While you have the training, experience, education, and knowledge to provide high-level, quality professional service, how do you ensure that a steady stream of clients will come in your door? All these questions and more will be answered in this interactive four-hour pre-conference intensive. This session will further expand your abilities to reach out to other professionals who can refer business, creating a win-win situation for both parties. Enhancing your outreach skills will result in more satisfaction as well as more clients.

**Byron Cordes, LCSW, C-ASWCM, CMC**

Sage Care Management // San Antonio, TX

**Nancy Avitabile, LMSW, CMC**

Urban Eldercare, LLC // New York, NY





**WED** APR 22  
2026**CONFERENCE BEGINS****5:00 PM – 5:45 PM****First-Time Attendee Meet and Greet**

*(This event is reserved for first-time national conference registered attendees only.)*

**TEXAS 2-4**

Attending your first conference can feel overwhelming. If this is your first time attending ALCA's Association-wide Conference, please join us for a special opportunity to meet the ALCA Board of Directors and Chapter Presidents. We look forward to getting to know you in this fun speed-dating like atmosphere!

**6:00 PM – 7:30 PM****Opening Welcome Reception****ZILKER TERRACE / FOYER**

The ALCA Board of Directors, Conference Planning Committee, and Staff invite you to kick off the conference at the Opening Welcome Reception! All conference registrants, sponsors, and exhibitor representatives are welcome to join us to catch up with old friends and meet new ones! Featuring music by Greyson Turner, a singer/songwriter from Austin, TX. @greyson\_turner

[greysonturnermusic.com](http://greysonturnermusic.com)

**THUR** APR 23  
2026**7:00 AM – 6:00 PM****ALCA REGISTRATION DESK OPEN****ZILKER NORTH LOBBY****7:30 AM – 8:30 AM****CONTINENTAL BREAKFAST****Visit with Exhibitors****ZILKER 1 AND ZILKER NORTH LOBBY****8:45 AM – 10:15 AM****OPENING KEYNOTE ADDRESS****Meaning, Music, & Loss:  
An Experiential Exercise &  
Performance****ZILKER 2-4**

Sponsored by



This presentation explores the powerful role music can play in helping people process loss, transition, and grief. Research in psychology, neuroscience, and music therapy shows that music can support emotional expression while reducing stress and fostering meaning during periods of bereavement and life changes. Studies have also highlighted its value for caregivers and



helping professionals, noting that musical engagement can buffer cognitive overload, support memory, and provide critical periods of rest and restorative emotional space.

To bring these ideas and concepts to life, the session will feature both a presenter and live musical performances by three well-known Austin musicians: **Ruthie Craft, Jo James, and Jace Cadle**. All will be sharing their songs and related influences relevant to loss, life's transitions, and the many phases of grief. Their music will serve not only as illustration, but as an experiential reminder of how art can help us move through the difficult moments that shape our lives. The performance and discussion will be moderated by Dr. Aaron Rochlen – a Professor of Psychology at the University of Texas and host of a community-based Psychology meets Music program called "Under The Rock."



**Aaron Rochlen, PhD**

Professor at UT-Austin and Founder of Under The Rock // Austin, TX

## 10:15 AM – 11:00 AM MORNING BREAK

### *Visit with Exhibitors in the Exhibit Hall*

ZILKER 1 AND ZILKER NORTH LOBBY

Sponsored by



## 11:00 AM – 12:15 PM GENERAL SESSION

ZILKER 2-4

### **SPEAK OUT!® Therapy: A Telehealth Solution for Speech and Swallowing in Parkinson's**

Parkinson Voice Project's SPEAK OUT!® Therapy Program empowers people with Parkinson's to regain

and retain their speech and swallowing. Though 90% face these challenges, only 3–4% receive therapy—this accessible telehealth model bridges that critical gap.



**Hilary Byatt, M.S., CCC-SLP**

Parkinson Voice Project // Richardson, TX

## 12:15 PM – 1:15 PM TOGETHER AT THE TABLE

### *Community Building Lunch*

TEXAS BALLROOM

*This event is limited to Full Conference and Thursday single day registrants. Tickets are available for purchase for exhibitor representatives or guests at the registration desk.*

## 1:15 PM – 1:45 PM BREAK

### *Visit with Exhibitors in the Exhibit Hall*

ZILKER 1 AND ZILKER NORTH LOBBY

## 1:45 PM – 2:45 PM CONCURRENT BREAKOUT SESSIONS

### *Adverse Childhood Experiences: The Link to Chronic Illness as Adults and Strategies to Mitigate the Effects*

ZILKER 2

This program will review the science Adverse Childhood Experiences (ACE) research and the link to various chronic illness diagnoses. It will also address trauma-informed care strategies to manage chronic illness in those who have faced significant childhood trauma.

**Michael Newell, MSN, RN, CCM**

LifeSpan Care Management, LLC // Haddonfield, NJ



**THUR** APR 23  
2026

continued

## 1:45 PM – 2:45 PM continued CONCURRENT BREAKOUT SESSIONS

### ***The Exit you Didn't Know you Wanted: How to Avoid the Biggest Mistakes so you can Exit When you're Ready***

**ZILKER 3**

Are you within 10 years of selling your business? If so, the time is NOW to think about that exit. Make sure all the sweat equity you've put into your business results in the retirement you've been dreaming of! In this informative eye-opening session, learn: four things that increase the value of a business three biggest mistakes people make when selling their business, and one truth that will change your trajectory.

**Rebecca (Becca) Pearce, MBA, CEPA**

Extend Coaching & Consulting // Towson, MD

### ***Harmonizing Care: Unlocking the Transformative Power of Music and Humor for Your Clients***

**ZILKER 4**

This session will demonstrate how Aging Life Care Managers can use music and humor-based approaches to effectively improve their clients' mood, behavior, cognition, and overall well-being. This interactive session will leave participants feeling connected, encouraged, and energized.

**Amy A Standridge, MM, MT-BC, CHP**

Oak Song Music Therapy and Consulting Services  
San Antonio, TX

## 2:45 PM – 3:15 PM AFTERNOON BREAK

### ***Visit with Exhibitors in Exhibit Hall***

**ZILKER 1 AND ZILKER NORTH LOBBY**

Sponsored by



## 3:15 PM – 4:15 PM CONCURRENT BREAKOUT SESSIONS

### ***High-Tech, High-Touch: A Live Blueprint for the Next-Generation Aging Life Care™ Practice***

**ZILKER 2**

What does the Aging Life Care management practice of the future look like? In this visionary session, we'll co-create a "live blueprint" for next-generation care—grounded in trust, compassion, and advocacy—keeping human connection central while embracing technology to streamline, scale, and future-proof operations.

**Anne Sansevero, RN, MA, GNP, CCM**

Home Care Wizards // New York, NY

**Peter Elbaor, CEO**

Ayla AI // New York, NY



## ***Building a Personal Brand Families Trust through Storytelling***

**ZILKER 3**

Families don't just Google your credentials — they form their first impression of long before a phone call is made. Families are forming impressions based on how you show up online and the narrative about who you are and why you do this work. Aging Life Care Managers have a polished, clinical presence that highlights education and certifications, but miss the opportunity to build genuine emotional connection through personal stories - reflecting the human behind the badge.

This session will explore the art of storytelling as a powerful tool for building a meaningful personal brand. Attendees will learn how to translate their real-world experiences, values, and client impact into authentic content that resonates with families during vulnerable moments. From shaping your professional narrative to showing up consistently across digital platforms, this session will demonstrate how trust is built not just through expertise but through relatability, transparency, and human connection.

Participants will gain practical strategies for responding to reviews, using video to move beyond the resume, and tell the human story behind your expertise. Attendees will leave with a clearer understanding of how families search for care and with the tools to show up authentically, earn trust earlier, and grow their practice.

***Attendees will be able to put learning into action and sign up to record a video reel to tell your story to use following the conference.***

**Shauna Sweeney**

tendercare // Katonah, NY

**Chris Punsalan, Creative Director**

tendercare // Las Vegas, NV

## ***From Referral to Partnership: Strengthening Collaboration Between Financial Advisors and Aging Life Care Managers®***

**ZILKER 4**

Aging Life Care Managers are often engaged too late, when families or solo agers are already in crisis. This session explores how trust-based partnerships with financial advisors enable earlier referrals, stronger business pipelines, and timely, coordinated, high-quality client care.

**Lina Supnet-Zapata, MBA, CMC, TxCG**

Mir Care Consultants, Inc. // Austin, TX

**Kristi Borglum, CFP®**

Moneta // St. Louis, MO

**Lauren Clough, CEO**

bQuest // Denver, CO

**Kelly Baird, COO**

bQuest // Denver, CO

## **4:15 PM – 4:30 PM BREAK**

### ***Visit with Exhibitors in Exhibit Hall***

**ZILKER1 AND ZILKER NORTH LOBBY**

## **4:30 PM – 5:30 PM GENERAL SESSION**

**ZILKER 2-4**

## ***Resilience, Hope, and Parkinson's Disease***

Approximately 129 million people in the US, or 60% of the adult population, live with a chronic illness. Examples include: heart disease, cancer, autoimmune disorders, neurologic disorders such as Parkinson's, dementia-related disorders, lung disease, diabetes, and a range of mental health disorders. Learning how one may build



**THUR** APR 23 2026

continued

resilience, maintain hope, and live deliberately serves patients, care partners, and providers well, and results in better long-term health outcomes.



**Allan Cole, PhD**

University of Texas at Austin // Austin, TX

## 5:45 PM – 6:45 PM ALCA CHAPTER MEETINGS

FLORIDA CHAPTER – HILL COUNTRY B  
MIDWEST CHAPTER – BIG BEND C  
MID-ATLANTIC CHAPTER – HILL COUNTRY A  
NEW ENGLAND CHAPTER – BIG BEND A

NEW JERSEY CHAPTER – BIG BEND B  
NEW YORK CHAPTER – HILL COUNTRY C  
SOUTHEAST CHAPTER – HILL COUNTRY D  
SOUTH CENTRAL CHAPTER – TEXAS 5  
WESTERN REGION CHAPTER – TEXAS 2

## 7:00 PM – 9:00 PM DINE-AROUNDS

*Experience the local cuisine and network with other conference attendees. Sign-ups will be available on-site at the registration desk.*

**FRI** APR 24 2026

## 6:00 AM – 7:00 AM RISE & MOVE WITH ZUMBA®!

ZILKER TERRACE / FOYER

Get your day started with a lively Zumba® class led by Liza Engh. Liza brings years of dance fitness experience and contagious energy to the floor. Space is limited — register early to save your spot!

## 7:00 AM – 5:30 PM ALCA REGISTRATION DESK OPEN

ZILKER NORTH LOBBY

## 8:00 AM – 8:45 AM CONTINENTAL BREAKFAST

*Visit with Exhibitors in Exhibit Hall*

ZILKER 1 AND ZILKER NORTH LOBBY

## 9:00 AM – 10:15 AM GENERAL SESSION

ZILKER 2-4

### *Navigating the Complex Landscape of Geriatric Mental Health: Challenges and Solutions*

This session explores the complexities of geriatric mental health, highlighting risk factors, assessment tools, and evidence-based interventions. Attendees will gain practical strategies to enhance care, support older adults' well-being, and address the growing challenges in this vital area.



**Rachael E. DuBose, MEd, LPCC-S, CCTP**

Be the Light Clinical Supervision and Consulting // Cincinnati, OH

## 9:15 AM – 10:00 AM CORPORATE PARTNER FOCUS GROUP MEETING

LADYBIRD 2

ALCA Corporate Partners are invited to join this session

## 10:15 AM – 11:00 AM MORNING BREAK

*Final Visit with Exhibitors in  
Exhibit Hall*

ZILKER 1 AND ZILKER NORTH LOBBY

Sponsored by



## 11:00 AM – 12:15 PM CONCURRENT BREAKOUT SESSIONS

*AI & the Business of Eldercare:  
Skeptic-friendly Wins for Daily  
Operations*

ZILKER 2

Explore AI in eldercare operations. Learn quick wins for writing, note-taking, and documentation; when to use HIPAA-aligned tools; and a low-effort tryout plan. Leave with privacy guardrails, hallucination checks, and ways to test AI without losing the human touch.

**Ben Klocek, BFA**

Elder Pages Online, LLC // Kuna, ID

*Needs Based Financial Analysis:  
How Long will the Money Last?*

ZILKER 3

What is a depletion analysis and why should I have one for every client? A depletion analysis is a financial plan that shows how long the money will last while taking into

account the income and expenses of your client. This presentation takes a person-centered planning approach by letting the goals and aspirations of the beneficiary dictate how a guardian/trustee manages the resources for the beneficiary/ward. It sounds simple, but if you do the right thing for the client, you will feel good at night all while protecting your practice from litigation. Furthermore, you will be able to show the court or other interested parties the goals and aspirations you analyzed before you made a final decision for the beneficiary/ward.

**Wade D. Jewett, Assistant Vice President**

Merrill - The Special Needs Team

Georgetown, TX

**Douglas Quint, CPFA™, CEPA®**

Merrill - The Special Needs Team

Georgetown, TX

*Qualifying Clients for Long-term  
care Medicaid: Traps, Tactics, and  
Aging Life Care™ Implications*

ZILKER 4

Learn how Aging Life Care Professionals collaborate with attorneys and financial advisors in the world of long-term care Medicaid. This session offers practical strategies and real-world insights to ensure care continuity for aging clients.

**Christina Leshner, BSW, JD**

Law Office of Christina Leshner, PC // Houston, TX

## 12:15 PM – 2:00 PM ALCA ANNUAL AWARDS CEREMONY & LUNCHEON

TEXAS BALLROOM

*This event is limited to Full Conference and Friday single day registrants. Tickets available for purchase for exhibitor representatives or guests by contacting the office.*

Sponsored by





**FRI** APR 24  
2026

continued

## 2:15 PM – 3:15 PM CONCURRENT BREAKOUT SESSIONS

### *Hiring Right - Interviewing Best Practices That Scale*

ZILKER 2

Many practices hire based on license or title, only to later discover misalignment in values and behaviors. This session introduces a streamlined, skills-based interview system that uses structured interview scorecards to drive alignment and consistency. Attendees will learn how to define values as observable behaviors, apply culture and skills scorecards, run structured and repeatable interviews, and conduct reference checks that validate evidence rather than intuition. The result is a stronger interview process and greater confidence in hiring decisions that build high-performing teams and support long-term practice growth.

**Veronica Verhoff, CEO**  
EvolveUP, LLC // Austin, TX

### *From Barriers to Belonging: AI Solutions for Marginalized Older Adults*

ZILKER 3

Discover how AI can reduce language, literacy,

and access barriers in care management. Through real-world case studies and live demonstrations, learn practical strategies to integrate inclusive technologies that empower underrepresented older adults and families to age safely in place.

**Ariel Rosenbaum, LCSW-S, C-ASWCM, TxCG**  
Agency: Navigating Care Consultants // Austin, TX  
**Emerson Smith, CEO**  
Agency // Austin, TX

### *Darting Around is a Game of Throws: ALCA Code of Ethics and Standards of Practice*

ZILKER 4

Aging Life Care Managers who hit the mark by continuously abiding by our Standards of Practice and Ethics are always on point! This interactive presentation will help ALCMs to not only know and understand the ALCA Code of Ethics and Standards of Practice better, but it will create a platform to aim high for the benefit of our target audience.

**Brenda Shorkend, MA, CMC**  
Shorkend Care Management // Pasadena, CA  
**Jessica L. Howard, MSG, CMC, CDP, CADDPT**  
Poppy Cares, LLC // Santa Monica, CA



## 3:00 PM – 7:30 PM TOUR AT ALTA LOMA

*Separate registration is required. Limited spots may be available—please check in at the ALCA Registration Desk if interested. Pre-registered attendees will find their tickets in their registration packet. Meet in the hotel lobby at 2:45 PM for a prompt 3:00 PM departure for the tour. Transportation will be provided, and space is limited.*

We've added dinner plans (self-pay) following the tour at 2020 Scratch Kitchen in Georgetown, TX. Dinner is scheduled for 5:30 PM and you may expect to return to the hotel at approximately 7:30 PM.

Here's a quick overview of the afternoon:

- Meet in the hotel lobby at 2:45 PM with prompt departure at 3:00 PM
- Alta Loma Tour followed by Dinner at 5:30 PM in Georgetown
- Return to the hotel around 7:30 PM



THE LODGE AT ALTA LOMA

## 3:30 PM – 5:00 PM MID-CONFERENCE ROUNDTABLES

*Not Eligible for CEs*

### Advanced Professional Roundtable

*Event is open to Advanced Professional members only.*

ZILKER 2

Join experienced colleagues for discussions on topics important to you and your practice. Dig deep into issues that affect members and your clients. Members in the room decide on the topics and the discussions will be facilitated by Steve Barlam and Annette Murphy.

### Xtreme Mentoring Roundtable

*This event is open to all registered attendees*

ZILKER 3

Got a question? Got a dilemma? Is it business, clinical, or ethical? We'll cover them all in Xtreme Mentoring. We'll take your topics. Make a list. Choose your subject matter. And then we begin! You'll get connected with a panel of experts – some of ALCA's most experienced Aging Life Care Professionals and leaders in the field – Nina Herndon, Susan Keating, Crystal Littlejohn and Susy Murphy. Participants set the agenda and the pace!

## Evening Cruise 5:30-8:30PM

*Separate Fee & Registration Required*

### 5:30 PM – 8:30 PM // CAPITAL EVENING CRUISE

*This event is sold out. Pre-purchased entry tickets can be found in your registration packet.*

Enjoy a two-hour evening cruise aboard The Nighthawk and take in the best views Austin has to offer. **Dinner and drinks are bring-your-own, including alcohol—so feel free to grab takeout and bring your favorite food and beverages to enjoy your perfect evening on the water. General boarding will begin at 5:30 PM for a 6:15 PM departure.** The dock is located on the lake side of the Hyatt Regency, along the Butler Hike and Bike Trail, and is an **easy walk from the Hyatt Regency hotel**. Parking is most convenient in the **Hyatt's self-parking garage**. A few quick reminders regarding onboard restrictions: **no silly string, confetti, fireworks or sparklers, glitter, live flames, or taping items to the walls.**







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*- Crystal Littlejohn,  
Aging Life Care Manager®*



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**SAT** APR 25  
2026

**8:00 AM – 12:30 AM**

**ALCA REGISTRATION DESK OPEN**

ZILKER TERRACE / FOYER

**8:00 AM – 8:30 AM**

**CONTINENTAL BREAKFAST**

ZILKER TERRACE / FOYER

**8:30 AM – 9:30 AM**

**GENERAL SESSION**

ZILKER BALLROOM

Sponsored by



***Beyond Caregiving: Empowering  
Parkinson's Patients through  
Movement***

Parkinson's is the fastest-growing neurodegenerative disease. This session explores key signs and symptoms, how intentional movement can slow disease progression and even reverse certain symptoms, and how free, accessible resources—such as the Power for Parkinson's YouTube channel—are expanding life-changing movement opportunities for individuals with Parkinson's wherever they are in the world.



**Nina Mosier, MD**

Power for Parkinson's // Austin, TX

**9:30 AM – 9:45 AM**

**MORNING BREAK**

ZILKER FOYER

**9:45 AM – 10:45 AM**

**GENERAL SESSION**

ZILKER BALLROOM

Sponsored by



**SENIORS Helping SENIORS®**  
...a way to give and to receive®

***Nutrition, Insulin Resistance,  
and the Aging Brain: Tools for  
Aging Life Care Managers® to  
Support Better Outcomes***

Discover how insulin resistance accelerates aging—and how nutrition can slow it down. Adam Sud shares evidence-based strategies to improve insulin sensitivity, reduce chronic disease risk, and promote resilience, empowering aging-life care professionals to help clients live longer, healthier, and more independent lives.



**Adam Sud, Founder**

Adam Sud, LLC // Austin, TX

**\*Attendees who stay  
until the end of the  
Closing General Session  
will be entered into  
a drawing for a \$500  
credit towards the 2027  
conference! Must be  
present to win!**



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*Wish you an awe-inspiring Annual ALCA Conference  
and appreciate everyone Pushing Your Potential!*

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**SAT** APR 25  
2026

continued

**10:45 AM – 11:00 AM**  
**MORNING BREAK**

ZILKER FOYER

**11:00 AM – 12:15 PM**  
**GENERAL SESSION\***

ZILKER BALLROOM

### ***Caregiving Youth and Dementia Justice: The Hidden Frontline of Care***

Caregiving Youth and Dementia Justice: The Hidden Frontline of Care—join AACY, Lorenzo's House, Hope Loves Company, and Madeline Grace Asbell for film, stories, and strategies to recognize and empower caregiving youth while advancing equity for families.



**Patti LaFleur, M. ED, CDP**

Lorenzo's House Programs Lead  
Austin, TX



**Madeline Grace Asbell**

Giving Grace: Advocating for  
Caregiving Youth // Austin, TX



**Connie Siskowski, RN, PhD**

American Association for Caregiving  
Youth (AACY) / Boca Raton, FL



**Jodi O'Donnell-Ames**

Hope Loves Company (HLC)  
Pennington, NJ

**CONFERENCE CONCLUDES**

## **UPCOMING CHAPTER CONFERENCES & ALCA TRAVEL OPPORTUNITY**



**AGING life CARE®**  
ASSOCIATION  
— WESTERN REGION CHAPTER —

ALCA Western Region Chapter Conference  
Lake Tahoe, NV // Sept 30-Oct 2, 2026

**AGING life CARE®**  
ASSOCIATION  
— SOUTHEAST CHAPTER —

ALCA Southeast Chapter Conference  
Charleston, SC // October 14-16, 2026

**AGING life CARE®**  
ASSOCIATION  
— NEW ENGLAND CHAPTER —

ALCA New England Chapter Conference  
Boston, Westborough, MA // Oct 27-28, 2026



ALCA Mid-Atlantic Chapter Conference  
Falls Church, VA // November 8-9, 2026



ALCA Florida Chapter Conference  
Tampa Bay, FL // January 21-23, 2027

**ALCA Costa Rica Blue Zone Journey**  
February 13 - 21, 2027



## Get Ready for May is Aging Life Care™ Month!

Join your fellow members in celebrating National Aging Life Care Month with energy and enthusiasm! Push our potential and amplify Aging Life Care by hosting engaging seminars, dynamic webinars, and impactful events that showcase the value and power of Aging Life Care Management. Don't miss this chance to inspire, educate, and celebrate together!

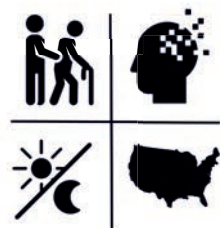
ALCA is bringing back the “Ask an Aging Life Care Manager®” live, virtual sessions - giving the public the opportunity to connect and learn valuable insights about the expertise of Aging Life Care Managers. Help spread the word!

**Fridays, May 1, 8, 15 & 29 @ 4 PM ET.**

Join ALCA's social media campaign [#AgingLifeCareMonth](#)



Stay tuned for more on National Aging Life Care Month!!



# Grandma Joan

## THE LIVE-IN CARE EXPERTS



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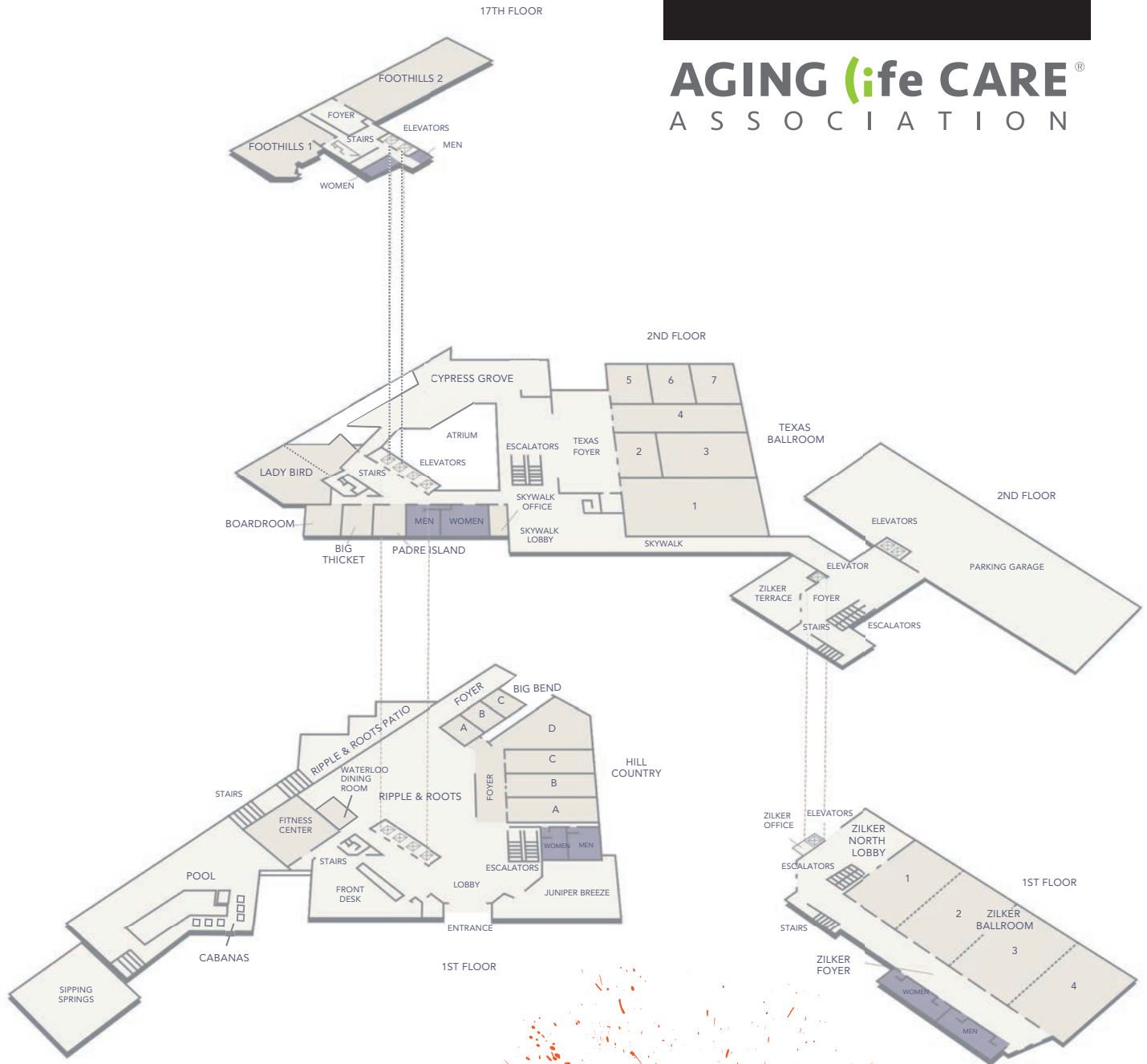


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# SAVE THE DATE



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- Review the Content Domains and Care Manager Tasks
- Download the Candidate Handbook
- Complete the online Application
- Take the online Practice Exam or Exam Prep Course

### EXAMINATION WINDOW

Spring - April 1 to April 30

Fall - October 1 to October 31

### APPLICATION DEADLINE

March 1

September 1

### EXAM RESULTS AVAILABLE

May

November

**Have Questions?** Contact us at 520.884.4240 or [info@naccm.net](mailto:info@naccm.net)





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## SCHEDULE AT A GLANCE

**THUR** APR 23  
2026

**7:00 AM – 6:00 PM**  
**REGISTRATION DESK OPEN**  
ZILKER NORTH LOBBY

**7:30 AM – 8:30 AM**  
**CONTINENTAL BREAKFAST**  
Visit with Exhibitors  
ZILKER 1 & ZILKER NORTH LOBBY

**8:45 AM – 10:15 AM**  
**OPENING KEYNOTE ADDRESS**  
*Meaning, Music, & Loss: An Experiential Exercise & Performance*  
ZILKER 2-4

**10:15 AM – 11:00 AM // MORNING BREAK**  
Visit with Exhibitors in the Exhibit Hall  
ZILKER 1 AND ZILKER NORTH LOBBY

**11:00 AM – 12:15 PM // GENERAL SESSION**  
**SPEAK OUT!® Therapy: A Telehealth Solution for Speech and Swallowing in Parkinson's**  
ZILKER 2-4

**12:15 PM – 1:15 PM**  
**TOGETHER AT THE TABLE**  
Community Building Lunch  
TEXAS BALLROOM

**1:15 PM – 1:45 PM // BREAK**  
Visit with Exhibitors in the Exhibit Hall  
ZILKER 1 AND ZILKER NORTH LOBBY

**1:45 PM – 2:45 PM**  
**CONCURRENT BREAKOUT SESSIONS**  
*Adverse Childhood Experiences: The Link to Chronic Illness as Adults and Strategies to Mitigate the Effects*  
ZILKER 2

*The Exit you Didn't Know you Wanted: How to Avoid the Biggest Mistakes so you can Exit When you're Ready*  
ZILKER 3

*Harmonizing Care: Unlocking the Transformative Power of Music and Humor for Your Clients*  
ZILKER 4

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ZILKER 2

*Building a Personal Brand Families Trust through Storytelling*  
ZILKER 3

*From Referral to Partnership: Strengthening Collaboration Between Financial Advisors and Aging Life Care Managers®*  
ZILKER 4

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*Experience local cuisine and network with other conference attendees. Sign-ups will be available on-site at the registration desk.*

**FRI** APR 24  
2026

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**RISE & MOVE WITH ZUMBA®!**  
ZILKER TERRACE / FOYER

**7:00 AM – 5:30 PM**  
**ALCA REGISTRATION DESK OPEN**  
ZILKER NORTH LOBBY

**8:00 AM – 8:45 AM**  
**CONTINENTAL BREAKFAST**  
Visit with Exhibitors in Exhibit Hall  
ZILKER 1 AND ZILKER NORTH LOBBY

**9:00 AM – 10:15 AM // GENERAL SESSION**  
ZILKER 2-4  
*Navigating the Complex Landscape of Geriatric Mental Health: Challenges and Solutions*

**9:15 AM – 10:00 AM**  
**CORPORATE PARTNER FOCUS GROUP MEETING**  
LADYBIRD 2

**10:15 AM – 11:00 AM // MORNING BREAK**  
Final Visit with Exhibitors in Exhibit Hall  
ZILKER 1 AND ZILKER NORTH LOBBY

**11:00 AM – 12:15 PM**  
**CONCURRENT BREAKOUT SESSIONS**  
*AI & the Business of Eldercare: Skeptic-friendly Wins for Daily Operations*  
ZILKER 2

*Needs Based Financial Analysis: How Long will the Money Last?*  
ZILKER 3

*Qualifying Clients for Long-term care Medicaid: Traps, Tactics, and Aging Life Care™ Implications*  
ZILKER 4

**12:15 PM – 2:00 PM**  
**ALCA ANNUAL AWARDS CEREMONY & LUNCHEON**  
TEXAS BALLROOM

**2:15 PM – 3:15 PM**  
**CONCURRENT BREAKOUT SESSIONS**  
*Hiring Right - Interviewing Best Practices That Scale*  
ZILKER 2

*From Barriers to Belonging: AI Solutions for Marginalized Older Adults*  
ZILKER 3

*Darting Around is a Game of Throws: ALCA Code of Ethics and Standards of Practice*  
ZILKER 4

**3:30 PM – 5:00 PM**  
**MID CONFERENCE ROUNDTABLES**  
*Advanced Professional Roundtable*  
ZILKER 2

*Xtreme Mentoring Roundtable*  
ZILKER 3

**SAT** APR 25  
2026

**8:00 AM – 12:30 AM**  
**ALCA REGISTRATION DESK OPEN**  
ZILKER TERRACE / FOYER

**8:00 AM – 8:30 AM**  
**CONTINENTAL BREAKFAST**  
ZILKER TERRACE / FOYER

**8:30 AM – 9:30 AM // GENERAL SESSION**  
*Beyond Caregiving: Empowering Parkinson's Patients through Movement*  
ZILKER BALLROOM

**9:30 AM – 9:45 AM // MORNING BREAK**  
ZILKER FOYER

**9:45 AM – 10:45 AM // GENERAL SESSION**  
*Nutrition, Insulin Resistance, and the Aging Brain: Tools for Aging Life Care Managers® to Support Better Outcomes*  
ZILKER BALLROOM

**10:45 AM – 11:00 AM // MORNING BREAK**  
ZILKER FOYER

**11:00 AM – 12:15 PM // GENERAL SESSION**  
*Caregiving Youth and Dementia Justice: The Hidden Frontline of Care*  
ZILKER BALLROOM