

12TH ANNUAL

SENIOR LIFE CONFERENCE



OCTOBER 26, 2026

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Central Iowa Senior Education Network is a group of community organizations and businesses coming together to educate seniors on topics essential to their lives. Visit with many experts and learn about important resources under one roof.

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Staying Home, Staying Whole

— A LifeChoices Member Story



“Gwen will always hold a special place in my life — not just for the work she did with her hands, but for her presence and her heart.”

When Renate reflects on the decision she and Dieter made to join LifeChoices at Bethany, one reason stands out: financial security.

“Financially, it made sense,” she explains. Because they already owned their home, LifeChoices offered an alternative that allowed them to receive care where they were most comfortable.

But financial security and asset protection were only part of their decision.

A Clear Goal

Before joining, Renate and Dieter explored other options, but their goal was always clear:

“To stay in our home until we die. That was always the goal.”

For Renate, home represents nearly 70 years of memories and a life built together.

The Help That Makes It Possible

LifeChoices became especially important during the three years when Dieter gradually grew weaker. Home health aides helped with personal care, housework and companionship, allowing him to continue enjoying life at home.

One of those aides, Gwen, became especially meaningful to the couple.

“Gwen will always hold a special place in my life, not just for the work she did with her hands, but for her presence and her heart.”

Today, Renate relies on Jeremy with Bethany at Home for many of the things Dieter once handled, from home safety checks and repairs to computer troubleshooting.

“When Dieter was healthy, he quietly handled so many things I didn’t even notice. Now I do. Jeremy has filled much of that gap.”

Independence, Preserved

With support available when she needs it, Renate continues living independently.

“I can still drive. I can still think. I cook. I garden. I sing in choir. I practice yoga.”

Yoga has been part of her life for decades, and her goal is to continue practicing for as long as she can.

Peace of Mind

Renate and Dieter joined LifeChoices in 2017. When Dieter eventually needed more care, the support grew with their needs.

“When Dieter needed help, everything was provided. Hospice. In-home care. Advocacy support. As much help as one could possibly have.”

For Renate, the three biggest benefits of LifeChoices are simple:

1. The ability to remain in your own home.
2. Financial security and protection of hard-earned assets.
3. Peace of mind for you and your family.

A Life Built Together

Dieter has since passed away, but Renate continues to carry their life together with her.

“Grief never goes away,” she says. “You just carry the person with you.”

“We had a good life. An interesting life. I just miss him.”

Today, Renate remains in the home they shared, tending her garden, practicing yoga and living independently with support available when she needs it.

LifeChoices provides peace of mind and the confidence to remain in the home you love, with a plan and support in place for whatever tomorrow may bring.

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WELCOME!

WE HOPE YOU ENJOY THE 2026 SENIOR LIFE CONFERENCE!

Here is some helpful information to help you navigate the day.

BREAKOUT SESSIONS: With so many options, you may find there is more than one session you want to attend at a given time. Feel free to seek out the speaker. They would be happy to meet with you one-on-one.

EXHIBITORS: Please circulate and visit the exhibitors here today. There is a lot of information available for you to use now or in the future. Make sure to sign up for door prizes and vote for your favorite exhibitor!

QUESTIONS? The CISEN Information Booth is highlighted on your map if you have any questions.

DOOR PRIZES: The CISEN Board and Exhibitors have generously donated some terrific door prizes. You must be present to win!

- **EXHIBITOR:** Sign up for door prizes at exhibitor tables. Throughout the day, we will be doing drawings. Winners will retrieve their door prize from the exhibitor that drew their name. Door prize winners will be posted in the Bishop Ballroom over lunch and at the end of the day.
- **GRAND PRIZE:** By providing us with your feedback on the survey, you'll be eligible for the Grand Prize! Your input is important as it helps us deliver you quality content and information. Deposit completed Surveys in the box inside the Bishop Ballroom by 1:00 PM (before the last breakout session).
- **FACEBOOK CHALLENGE:** "Check in" to the Senior Life Conference on Facebook or share your photo from the Selfie Station on Facebook and you may be eligible for random drawings!

You never know... someone from the CISEN Board might just "catch" you on our social media page and you could win a prize on the spot!



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DISCLAIMER: The information and opinions expressed by the presenters at the Senior Life Conference belong to each presenter as an individual and do not represent the Central Iowa Senior Education Network as an organization, or its board members in any capacity.

ABOUT CISEN



CISEN (Central Iowa Senior Education Network) is a non-profit organization with a collective desire to educate and inspire seniors in and around the Des Moines area. We are well-connected in the community and can provide you with invaluable resources, referrals, information and services. CISEN also serves as a Speaker's Bureau. Contact us for ideas for presenters to your next group, civic organization or club meeting.



Vicki Monaco

Life & Legacy Advisors



Mallory Wentland

StoryPoint
Senior Living



Tisa Johnson

Senior Transitioning
Services of Central
Iowa, LLC



Debbie McAninch

Senior Suites of
Urbandale



Sarah Baker

Sarah the Tech Tutor



Shiloh Burke

Shiloh Burke Insurance



Shannon Heinen

Caldwell Parrish
Funeral Home &
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Joel Hjelmaas

Pearson Bollman Law



Maria Mendoza

Home Care Assistance
of Des Moines



Keli Robinson

Next Level Senior
Advisors



Lisa Yegge

Certified Senior
Housing Professional/
Realtor

KEYNOTE SPEAKER

9:30–10:30 a.m.
Bishop Ballroom



DR. YOGESH SHAH, MD

We are entering a new era in brain health and Alzheimer's care. While aging is inevitable, dementia is not — and there are meaningful steps we can take to protect brain health throughout life. Just as we routinely monitor blood pressure, cholesterol, and blood sugar, we need to become more proactive about the health of our brains. In this keynote, Dr. Yogesh Shah, Medical Director of the Broadlawns Memory Clinic, will discuss practical strategies for maintaining brain health, why early recognition of cognitive changes matters more than ever, and how advances in diagnosis — including blood-based biomarkers — are changing the way Alzheimer's disease can be identified. He will also provide an understandable update on newer anti-amyloid treatments such as Leqembi (lecanemab) and Kisunla (donanemab), including who may benefit and why diagnosing Alzheimer's at an earlier stage has become increasingly important. The central message is one of hope and action: protect your brain today, recognize changes early, and know that there are more options than ever before.

AGENDA

8:00 AM	Doors Open		
9:00-9:30 AM	Opening Remarks	CISEN Board	Bishop Ballroom
9:30 – 10:30 AM	Keynote Speaker	Dr. Yogesh Shah, MD	Bishop Ballroom
10:30-10:45 AM	Visit Vendors		

10:45 - 11:45 AM • BREAKOUT SESSION 1

SKINNER A: Visiting Places You Never Knew Existed

Presented by: Van Harden, Broadcaster/Author and Kimberly Cisna, Seniors on the Move

Discover destinations you may never have known existed and learn how to make the most of your travel experiences at any age. Van Harden and Kim Cisna will share helpful tips and things to consider when planning a trip, including activity level, safety and security, accessibility, and choosing destinations that fit your interests and needs. Whether you're planning your next adventure or simply dreaming about where to go, this presentation will offer practical ideas to help you travel with confidence.

SKINNER B: Should I Stay Or Should I Go? Aging in Place vs. Senior Living (Panel)

Moderator: Keli Robinson, Next Level Senior Advisors

Panelists: Maria Mendoza, Home Care Assistance; Debbie McAninch, Senior Suites; Mallory Wentland, StoryPoint Senior Living

The hardest senior living decisions don't happen when everything is going well — they happen in the gray areas. From home care challenges to family dynamics to the moment a community becomes the better fit, our panel will tackle the situations that don't come with an easy answer.

SKINNER C: Sleep, Stress & Energy: Feel Better Every Day/ Medications and Supplements

Presented by Brandon Butters, Medicap Home Medical and Mike Fuller, Medicap Pharmacy

This presentation explores the connection between sleep, stress, and energy and how they can impact overall health and daily well-being. We'll discuss practical strategies to improve sleep quality, manage stress, and support healthy energy levels throughout the day. We'll also cover medications and supplements, including considerations related to potential benefits, risks, and interactions. The goal is to provide simple, practical information to help attendees feel better and make informed choices about their health.

BREAKOUT SESSION 1 NOTES

**VOTE FOR YOUR
FAVORITE EXHIBITOR!**

You were given a sticker
when you came in. Stick it
on the orange sheet at your
favorite exhibitor table.

AGENDA

11:45-12:45 PM **Visit Vendors/Lunch** Bishop Ballroom

12:45 - 1:45 PM • BREAKOUT SESSION 2

SKINNER A: Giving Back: Volunteering That Truly Makes an Impact (Panel)

Joy Talmon, United Way of Central Iowa; Katie McKenzie, United Way of Central Iowa; Clara Pham-Wolcott, Greater Des Moines Botanical Garden; Matthew Jayne, State Historical Society of Iowa; Shannon Draayer, WesleyLife

Are you wanting to support the community with volunteering but unsure where to start? This panel will discuss volunteer opportunities through local organizations like United Way of Central Iowa, Greater Des Moines Botanical Garden, State Historical Society of Iowa, and WesleyLife. We will be covering everything from one-time events versus long-term volunteering, as well as how to get engaged and the systems organizations may have in place. We'll answer your questions about getting involved and what types of opportunities are coming up!

SKINNER B: Don't Leave a Mess: Organizing Your Affairs For Your Family

Shannon Heinen, Caldwell Parrish Funeral Home; Vicki Monaco, Life & Legacy Advisors

This presentation will focus on organizing important financial and personal documents and pre-planning funeral services to help make things easier for loved ones. Attendees will learn about the key documents and information families may need and the importance of keeping these details organized and accessible. We will also discuss the benefits of planning funeral arrangements in advance, allowing individuals to make their wishes known and helping loved ones navigate difficult decisions with greater ease. The goal is to provide practical guidance for preparing today and creating greater peace of mind for the future.

SKINNER C: Medicare Insurance Made Simple

Shiloh Burke, Shiloh Burke Insurance

This presentation will provide an overview of the basics of Medicare and key factors to consider when evaluating your coverage options. Attendees will learn about the differences between Medicare Supplement and Medicare Advantage plans and considerations for determining which option may best fit their individual needs. The presentation will also include an introduction to home health care insurance and important factors to consider when planning for future care needs. Participants will leave with a better understanding of their options and questions to consider as they navigate their Medicare and long-term care planning, going over the basics of Medicare and how to pick the right fit for you when it comes to supplements and advantage plans. Also, we will talk about home health care insurance options.

BREAKOUT SESSION 2 NOTES



AGENDA

1:45 - 2:00 PM **Visit Vendors/Lunch**

2:00 - 3:00 PM • BREAKOUT SESSION 3

SKINNER A: Protecting Yourself from Online Scams

Paul Parizek, DMPD; Sarah Baker, Sarah the Tech Tutor

Scammers continue to grow more sophisticated and prolific. This presentation will teach you how to proactively protect yourself from financial and data loss. We will also explore the mindset and strategies of scammers so that you can more readily recognize their psychological tricks. Paul Parizek of the Des Moines Police Department will talk about scams from the perspective of law enforcement and what to do if you believe you are the victim of a scam.

SKINNER B: Downsizing Without the Stress

Tisa Johnson, Senior Transitioning Services of Central Iowa; Lisa Yegge, Certified Senior Housing Professional, REALTOR®

Whether you're preparing to downsize, relocate, or help a loved one make a move, we've got some tips for you. This session combines practical expertise with patience and understanding to help the process to feel less overwhelming and more manageable. Discover how with supportive care and resources, you can focus on what matters most — creating comfort and peace of mind throughout the transition.

SKINNER C: Don't Leave It to Chance: Estate Planning and Paying for Care

Vicki Monaco, Life & Legacy Advisors; Joel Hjelmaas, Pearson Bollman Law

The cost of long-term care can quickly become one of the biggest financial challenges a family faces — but planning ahead can make all the difference. Join a financial advisor and an attorney for a practical discussion of long-term care insurance, asset-based LTC strategies, and options for those who don't have coverage. Learn how Medicaid planning, including Medicaid-compliant trusts and Miller Trusts, may help protect assets when care is needed. Whether you're planning for yourself or helping a loved one, this session will help you better understand your options before a crisis forces the decisions.

3:00 PM **Wrap Up - Door Prizes**

Bishop Ballroom

3:30 PM **Exhibitor Booths Close**

BREAKOUT SESSION 3 NOTES

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SURVEY

THANK YOU FOR ATTENDING THE 2026 SENIOR LIFE CONFERENCE!

We hope the information available today has been useful. We appreciate your feedback.
Please complete this evaluation — **IT IS YOUR ENTRY FOR ADDITIONAL DOOR PRIZES!**

1. HOW DID YOU HEAR ABOUT THE EVENT?

- ☐ FACEBOOK ☐ FRIEND ☐ EXHIBITOR ☐ POSTER/FLYER ☐ EMAIL ☐ TV
☐ CITYVIEW OR SENIORVIEW ☐ PREVIOUSLY ATTENDED ☐ OTHER _____

2. WOULD YOU BE INTERESTED IN ATTENDING AN EVENT DESIGNED FOR PARENTS AND ADULT CHILDREN?

- ☐ YES ☐ NO ☐ MAYBE

3. PLEASE RATE THE FOLLOWING OF THE 2026 SENIOR LIFE CONFERENCE:

	EXCELLENT	GOOD	OKAY	POOR	VERY POOR
Education Sessions	5	4	3	2	1
Exhibitors	5	4	3	2	1
Parking	5	4	3	2	1
Door Prizes	5	4	3	2	1
Refreshments/Food	5	4	3	2	1
Venue	5	4	3	2	1
Conference Program Guide	5	4	3	2	1

4. CAN YOU SUGGEST ADDITIONAL TOPICS FOR THE BREAKOUT SESSIONS?

5. WHAT AGE DOES YOUR DRIVER'S LICENSE SAY YOU ARE?

- ☐ < 50 ☐ 51-65 ☐ 66-75 ☐ 76-85 ☐ 86 >

NAME _____ PHONE # _____

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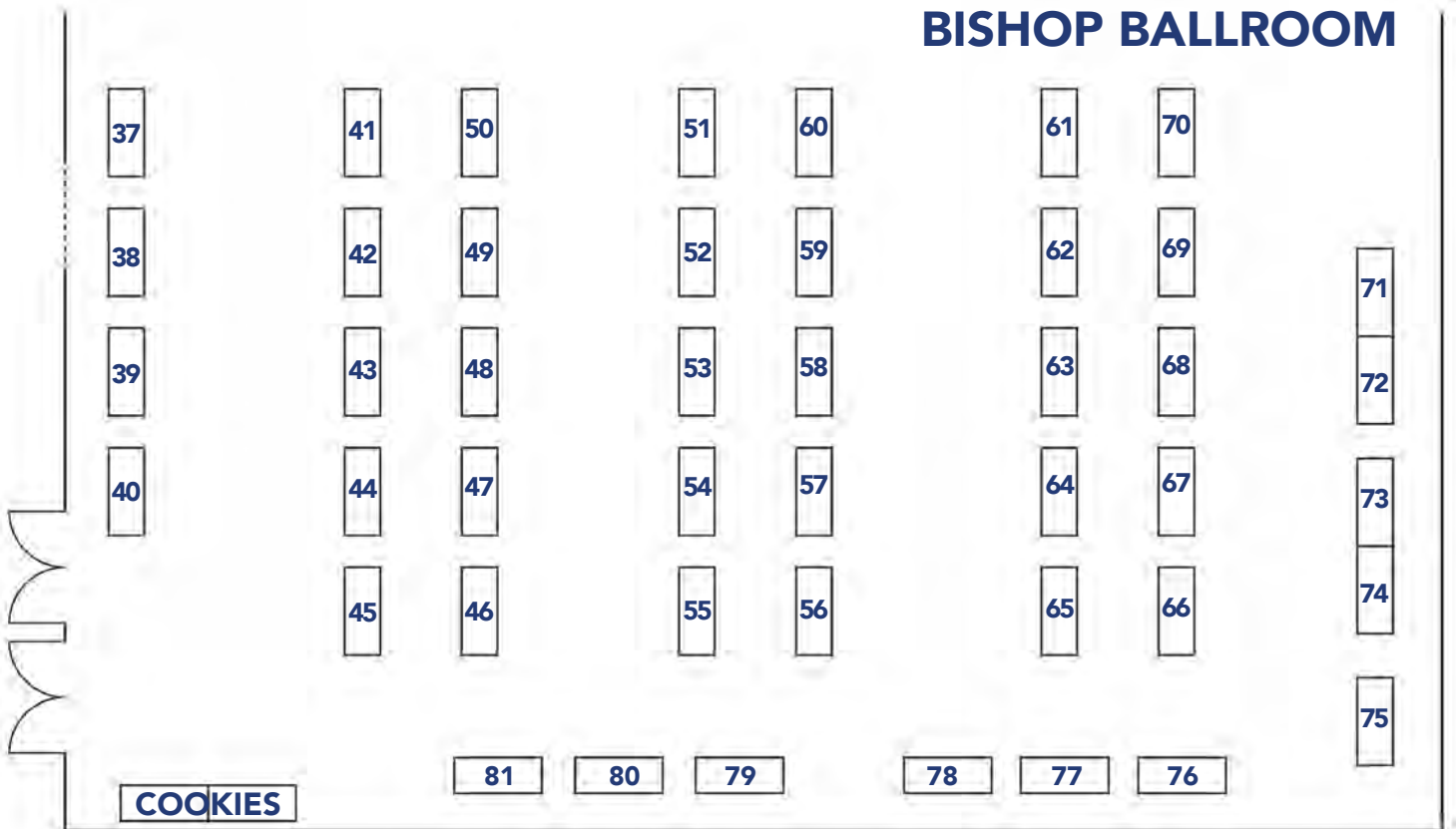
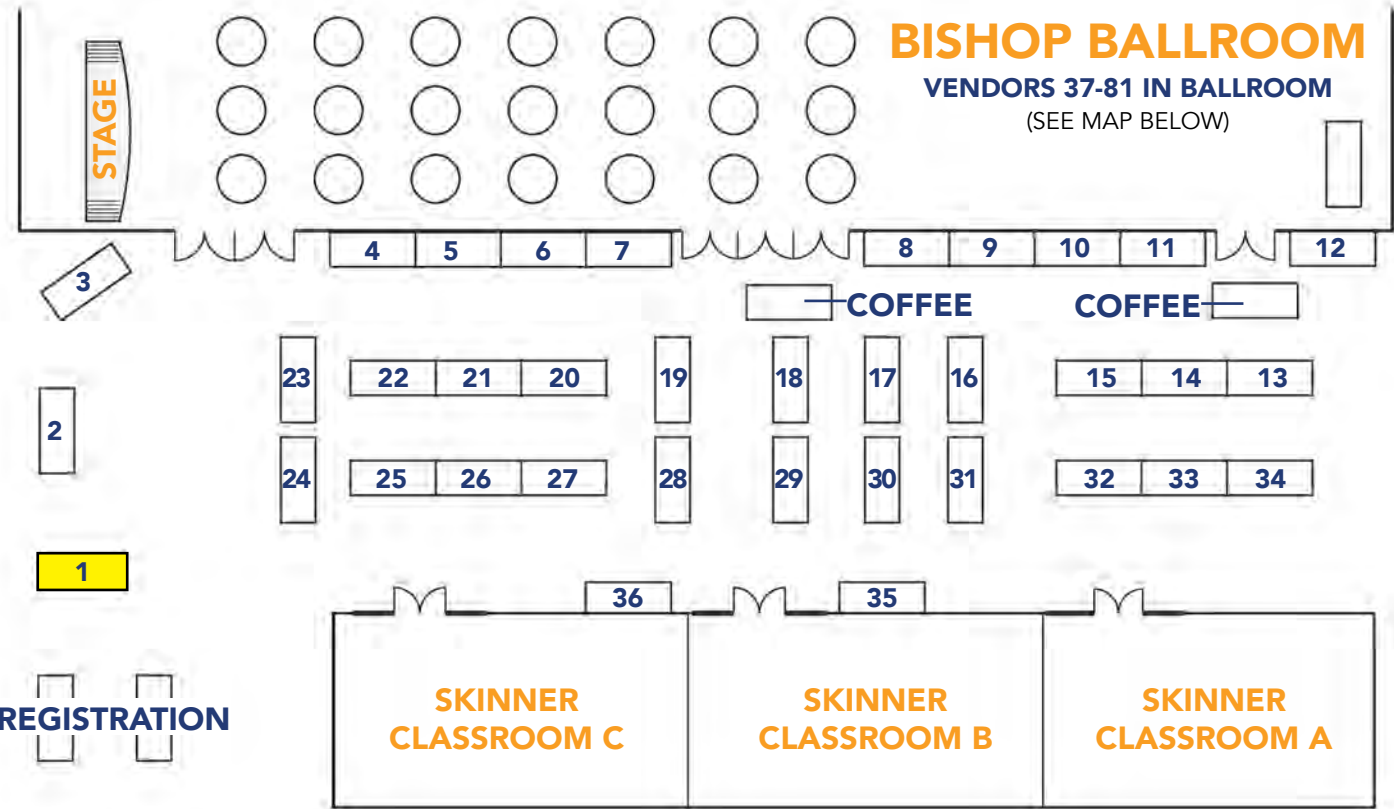
ENTER FOR GRAND PRIZE:

- ✓ Complete this survey
- ✓ Visit all vendors
- ✓ Tear this page out
- ✓ Place in entry box by 1PM

MUST BE PRESENT TO WIN

TEAR OUT AND ENTER TO WIN!

VENDOR AND CLASSROOM MAPS



VISIT ALL VENDORS AND COMPLETE SURVEY ON REVERSE TO BE ELIGIBLE FOR GRAND PRIZE!

EXHIBITOR LIST BY TABLE

PLAY VENDOR BINGO TO BE ELIGIBLE FOR OUR GRAND PRIZE!

Visit each exhibitor booth and have them initial their spot on the map on the left. Complete the survey on the reverse side of the map and place it in the entry box in the Bishop Ballroom (by the stage) by 1:00 PM. The winner will be drawn at the conclusion of the Senior Life Conference and announced in the Bishop Ballroom.

Must be present to win.

Table	Business Name
1	CISEN INFORMATION
2	Law Group of Iowa
3	SELFIE STATION
4	Senior Suites of Urbandale
5	Home Care Assistance
6	Next Level Senior Advisors
7	StoryPoint Senior Living
8	Life & Legacy Advisors, LLC
9	Shiloh Burke Insurance
10	Senior Transitioning Services
11	Straight Talk Senior Living Series & Certified Senior Housing Professional (CSHP), Real Estate
12	Van Harden
13	Iowa Donor Network
14	Care Initiatives
15	Medicap Home Medical
16	Ann Hartz, CPA & Associates
17	American Parkinson Disease Association, Iowa Chapter
18	Caldwell Parrish Funeral Home & Crematory
19	Broadlawns Memory Clinic
20	Polk County Senior Services
21	Immanuel Communities
22	Sarah the Tech Tutor
23	Seniors on the Move
24	SENIORVIEW Magazine
25	Oak Street Health
26	Polk County Veteran Affairs
27	Woodlands Creek Senior Living
28	Alzheimer's Association-Iowa Chapter
29	Regency Care Center
30	Holland Farms Senior Living
31	Pearson Bollman Law
32	Des Moines Police Department
33	Dementia Friendly Des Moines Metro
34	On With Life
35	AARP
36	Aging Resources of Central Iowa
37	Village Cooperative
38	Right at Home Des Moines
39	KPC Studio 360
40	Presbyterian Homes & Services

Table	Business Name
41	Home Instead
42	Harmony West Des Moines
43	Hallmark Homecare of Greater Des Moines
44	Iowa Insurance Division
45	Bishop Drumm Retirement Community
46	Iowa Radio Reading Information Service for the Blind
47	Perry Lutheran Homes
48	Heartland Retirement Group
49	BrightStar Care
50	CPR Now
51	Attivo Trail 55+ Active Living Community
52	Hamilton's Funeral Home
53	UnitedHealthcare
54	Infinity Home Care
55	Azria Health Park Place
56	OLLI at Drake University
57	Madrid Home Communities
58	Golden Concierge
59	WesleyLife At Home
60	Accura Healthcare
61	Vintage Cooperative of Johnston
62	MercyOne Health Plan
63	Optimae Home Health
64	Letsch Law Firm
65	Valley Vista for Nursing & Rehabilitation
66	Sacred Encounter Hospice
67	Cassia
68	Iowa Realty
69	Village Caregiving
70	Cedar Ridge Village, Kennybrook Village and Prairie Vista Village
71	Five Star Bath Solutions
72	Hendersons Funeral and Cremation
73	LeafFilter Gutter Protection
74	Caring Hearts Home Care
75	Grimes Computer LLC
76	LifeChoices at Bethany
77	Visiting Angels
78	EveryStep
79	Aetna
80	Affinity Care of Iowa Hospice and Palliative Care
81	Sister's Home Style Entrees

AARP [35]

Robert Lyons

(866) 554-5378

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Accura Healthcare [60]

Holly Merk Wilcox

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Aging Resources of Central Iowa [36]

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Ann Hartz, CPA & Associates [16]

Ann Hartz

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Kallie Rademacher

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Jenna Curley

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Cassia [67]

Dave Zahn

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**Cedar Ridge Village, Kennybrook Village and
Prairie Vista Village** [70]

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Tanya Comer

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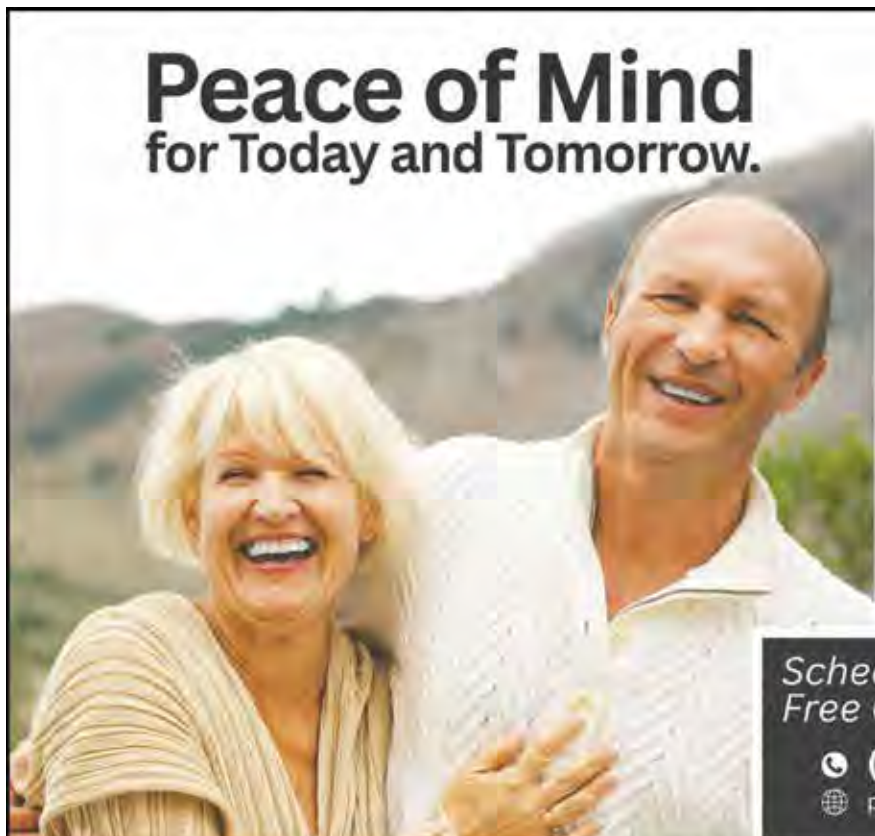
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Norwalk, IA 50211

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Immanuel Communities [21]

Tabitha Bleich

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Infinity Home Care [54]

Rachel Reavis

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Windsor Heights, IA 50324

Iowa Donor Network [13]

Jackson Harper-Griffith

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Altoona, Iowa 50009

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Heather Kriener

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Iowa Radio Reading Information Service for the Blind [46]

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