

14th Annual

HIV AGING CONFERENCE

**"Navigating Care & Amplifying
Quality of Life"**

June 26, 2026

**Thompson
Conference
Center**



Hosted by:



HIV/AIDS and Aging Coalition



ALL IN WITH THE COMMUNITY

WE ARE ALL IN THIS TOGETHER.

It takes determination, persistence, and passion to create meaningful change in HIV. It takes him and her and them and us. All working together as one. That's why we are standing strong with the community to tackle the challenges that are getting in the way of making progress in HIV. As a community, we are working to combat stigma, educate, and motivate people to get tested, learn about HIV treatment and prevention options, and get connected to care. It takes all of this and all of us working together to end the HIV epidemic for everyone, everywhere.



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TOGETHER WE IGNITE CHANGE

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HIV & AGING CONFERENCE

2026 Conference Schedule

8:30 – 9:00 am:	Registration and Information & Resource Fair
9:00– 9:15 am:	Welcome
9:15 – 10:15 am:	Session #1: <i>“HIV Doesn’t Define Me”</i> (Ethics) Alfonso Carlon, Lotus Bend Sanctuary
10:15 – 10:30 am:	Break
10:30 am – Noon:	Session #2: (Ethics) <i>“The Current State of Gender Affirming Care”</i> Dr. Jacqueline Champlain, St. David’s HealthCare Dr. Antoinette Moore, Austin Regional Clinic Dr. David Wright, Texas Health Action/The Kind Clinic
Noon – 12:30 pm:	Lunch and Information & Resource Fair
12:30 – 12:50 pm:	<i>“Updates on Injectable PrEP”</i> Michelle Osorio, Austin Public Health – Fast-Track Cities
12:50 – 1:00 pm:	Break
1:00 – 2:30 pm:	Session #3: (Ethics) <i>“Bridging the Generational Gap”</i> Dave Anderson, Texas Health Action/The Kind Clinic Dr. Michael Stefanowicz, Dell Medical School Sara Young, LPC., Waterloo Counseling
2:30 – 2:45 pm:	Break
2:45 – 3:45 pm	Session #4: (Ethics) <i>“Navigating Support Systems”</i> Jennifer Scott, Area Agency on Aging of the Capital Area
3:45 – 4:00 pm:	Break
4:00 – 4:45 pm	Session #5: (Ethics) <i>“Surviving the Negative Cultural Climate-Developing Ethical Fortitude”</i> (Ethics) Alfonso Carlon, Lotus Bend Sanctuary
4:45 – 5:00 pm:	Evaluations and Conference Wrap-Up

A Huge Thanks to Our 2026 Conference Sponsors!

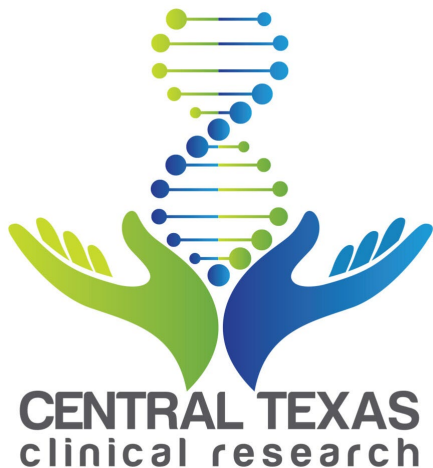
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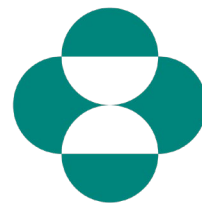
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HIV ENDS WITH U**

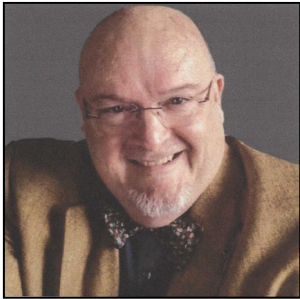


**You can help end the
HIV epidemic in Austin.**



Find testing and treatment options at
HIVendsWithU.org

2026 Conference Speakers



Dave Anderson – Texas Health Action

Dave Anderson has more than 20 years in Volunteer Management, and he currently serves as the Volunteer Coordinator for The Kind Clinic. He earned a Bachelor of Science and Applied Science, and served as the Curator and Presenter Chairman of the National AIDS Quilts to Austin 2025.

In my role, recruiting people across Austin, San Antonio, and Dallas, whenever someone seeks more info and wants to join our Kind Crew at The Kind Clinic. The next step is Orientation, so while am presenting ALL about Kind Clinic, we come to a part of explaining HIV.

I quickly realized that so many people ... younger ... do not know our history.

I speak to them in Historic Language as well as Up-to-Date language.

I share with them the 1980s through today. I share with them ACT UP. I share with them the National AIDS Memorial Quilt.

I am constantly looking for people that lived through the AIDS days. And we're still here! And although I am not living with HIV, my 500+ friends that I can name even today are still with me. And I see and hear the younger generation coming to learn.



Alfonso Carlon – Lotus Bend Sanctuary

Raised during the transformative period of the sexual revolution in the 1960s and 1970s, Alfonso's early experiences were shaped by central topics such as sexual health, family planning, male health, and HIV/AIDS. These formative influences led him to dedicate more than 25 years to roles including public health educator, HIV testing counselor, HIV training specialist, and program director at organizations such as Cardea (Texas) Department of State Health Services, Austin Public Health, and People's Community Clinic. His professional focus has been on coalition-building, enhancing organizational capacity, and advocating for community awareness around key health issues, including family planning education, HIV testing and linkage to care, and capacity-building and research services for underserved and marginalized populations.

In May 2013, Alfonso was diagnosed with HIV and promptly began treatment, achieving undetectable and untransmissible status within six months of exposure. He remains committed to supporting individuals affected by HIV, participating regularly in support calls and engaging in clinical and research studies related to HIV stigma and medications.

Beyond his work in family planning and sexual health, Alfonso also cultivated expertise in landscape design and the creation of restorative outdoor environments. His career as a professional landscaper spans more than 30 years, during which he has transformed numerous Austin gardens into spaces that promote healing and connection. Since 1994, he has devoted considerable effort to developing a seven-acre sanctuary intended as a place for

solace and renewal. In 2018, Lotus Bend Sanctuary was founded to provide a heart-centered environment where visitors can reconnect with nature, rejuvenate their spirits, and recommit to personal and community well-being.

Alfonso is also the proud biological father of two amazing sons Teo and Gavriel currently ages 26 and 31.



Dr. Jacqueline Champlain - St. David's HealthCare

Jacqueline Champlain, MD, is a family medicine physician with St. David's HealthCare. She pursued a career in family medicine because it was the best combination of her top interests: people, teaching and biological sciences. Born in California and raised in Illinois, Dr. Champlain earned her medical degree from Loyola University Chicago Stritch School of Medicine with Honors in research and continued on to complete her residency in the AMITA Health Adventist Medical Center Hinsdale Family Medicine Residency Program. She has been board-certified as a diplomate of the American Board of Family Medicine since 2014.

Dr. Champlain recognizes that patient collaboration often leads to the best outcomes. Listening to patients and fostering mutual respect is key to unparalleled patient care, and she genuinely treasures the one-on-one time she spends with patients. Preventive care, women's health, thyroid disorders, diabetes, and geriatrics are her top clinical passions and interests.

Dr. Champlain currently lives in Georgetown, Texas, with her family. When she is not at the clinic, she can be found cheering for her children at the gymnastics studio, various hockey rinks, and baseball diamonds around town.



Dr. Antoinette Moore - Austin Regional Clinic

Dr. Antionette Moore is a family doctor at Austin Regional Clinic-Kyle Plum Creek. She pursued a career in the medical field when she had a difficult experience navigating the system as a patient.

Dr. Moore is a graduate of the UT Southwestern Medical School in Dallas, Texas. She completed her Residency at the Hawaii Island Family Medicine Residency in Hilo, Hawaii in 2021.

As a family medicine practitioner, Dr. Moore likes to meet patients where they are. She joined Meals on Wheels Central Texas as a Community Champion to use her platform to uplift and advocate for our older Central Texas neighbors in need.



Jennifer Scott – Area Agency on Aging of the Capital Area

Jennifer Scott is the Director of Aging Services for the Area Agency on Aging and the Aging and Disability Resource Center of the Capital Area. With 40 years in healthcare and more than 25 years dedicated to supporting people living with Alzheimer's disease and related dementias, Jennifer is a passionate advocate for older adults and their caregivers.

She has designed, built, and operated specialized assisted living and continuum-of-care communities, and she is a frequent keynote speaker on caregiving, Alzheimer's education, and the needs of both family and paid caregivers.

Jennifer serves as a commissioner on the City of Austin's Commission on Aging and previously served as Vice President of the Texas Association of Area Agencies on Aging. She is one of two Texas representatives on the Caregiver Nation Network, supporting the National Strategy to Support Family Caregivers. She is also a graduate of both the American Society on Aging Leadership Academy and the USAging Leadership Institute.



Michael C. Stefanowicz, D.O., AAHIVS - David Powell Health Center and Dell Medical School

Michael C. Stefanowicz, D.O., AAHIVS, is currently the director of intensive outpatient clinical programs for CommUnityCare at the David Powell Health Center. In this role, he oversees programs serving marginalized communities, including individuals with HIV, those experiencing homelessness and patients in addiction recovery.

He also serves as the clinical lead for sexual health programming, which includes implementing best practices in positive care, sexual health, STI screening, diagnosis and treatment, and PrEP.

Stefanowicz also serves as a community preceptor for Dell Medical School, guiding medical students during their primary care experiences and overseeing their scholarly activities. He also mentors students from the UT School of Public Health in a 12-month sexual health internship as part of a dual M.D./MPH program and is a faculty member and lecturer for the American Academy of HIV Medicine.

Previously, Stefanowicz was a physician at the Kind Clinic in Austin, and a harm reduction case manager at Project H.O.M.E. in Philadelphia, Pennsylvania.

Professional Affiliations:

- **American Academy of HIV Medicine - HIV Specialist**
- **American Board of Family Medicine**
- **American Academy of HIV Medicine**
- **Infectious Disease Society of America & HIV Medical Association - Member**
- **American Academy of Family Physicians - Member**



Dr. David Wright, MD

Dr. David Philip Wright is a Family Medicine Specialist in Austin, Texas. He graduated with honors from the University of Texas Medical Branch at Galveston in 1980. Having more than 40 years of diverse experiences, especially in Family Medicine, Dr. Wright affiliates with Dell Seton Medical School UT, cooperates with many other doctors and specialists in medical groups, and with Moody Medical Clinic operated by Vivent Health in Austin. Dr. Wright has been a family medicine physician in Austin for more than 40 years and is involved in graduate medical education during this time. Dr. Wright has

won numerous teaching awards, and he was honored as Texas Family Physician of the Year by the Texas Academy of Family Physicians.



Sara Young, LPC - Waterloo Counseling

Sara Young was born and raised in Austin, TX. Sara completed her undergraduate studies in English Literature and Technical Theatre at Sam Houston State University, in Huntsville, TX, and worked in the Austin area for several years before moving to New York City to explore career opportunities and interests. Sara soon discovered she had a passion for the helping professions and returned to Texas to pursue her graduate studies at St. Edward's University in Austin. Sara completed her degree with a Master of Arts in Counseling and pursued her licensure as an LPC.

Sara is passionate about meeting people where they are and being an ally on their journey through self-actualization. Sara has experience working with grief, trauma, depression, anxiety, and identity exploration and development.

Sara has a relational cultural approach to therapy and employs the use of many modalities and interventions. This eclectic perspective allows a fluidity to therapy that mirrors the fluidity of human experience. Sara is a trained practitioner of TBRI (trust-based relational intervention) and EMDR (eye movement desensitization and reprocessing).

Sara enjoys spending time camping in the outdoors, as well as a weekend on the couch watching a good show. Sara believes in the power of storytelling through art and the healing resonance that comes with authentically seeing yourself represented in media. Sara has a zealous belief in the power of play, as well. So, please, engage playfully with your day, your community, and most importantly your own spirit.

A Big Thanks to



Integral Care

**For Their Years of
Support of the
HIV & Aging Conference!**

Central Texas Clinical Research was founded in 1999 as a dedicated clinical research facility to provide new treatments for HIV patients. Over the years we have branched out and have conducted over 200 trials and worked with most major pharmaceutical companies and contract research organizations (CROs).

In addition to being the premier HIV study site in Central Texas, we also have experience with studies in a wide range of therapeutic areas:

- Arthritis
- Hepatitis C
- Hypertension
- Pain & Chronic Pain
- Weight Loss
- Hair Loss
- Diabetes
- Cardiac
- Vaccines
- Migraine
- Lipid
- Anemia
- Neuropathy
- HIV/HEP C co-infection
- Endocrinology
- Dermatology
- Cosmetic
- Erectile dysfunction
- Devices
- Contraception
- Covid-19 (vaccines & treatment)



We are located in the Park St. David's Professional Building, next door to St. David's and just one block from the University of Texas.

Central Texas Clinical Research
900 E. 30th Street, Suite 302
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IMAGINING the future

Our curiosity forges our vibrant
science on our mission to
transform lives.

#BeEMDSerono

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**Our Greatest Strength
is Each Other**



**We create spaces that foster
authentic connections and highlight
the value of every stage of life.**

rainbowconnectionsatx.org

Rainbow Connections ATX is a program of Family Eldercare



**Providing pathways to healthy aging
for people 50+ through volunteer service and
education programs**



www.engAGetraviscounty.org



**AmeriCorps
Seniors**



AGE of Central Texas

Helping our community THRIVE



Scan this QR code to learn more!

The Issues at Hand:

- **Difficulty Navigating Systems and Accessing Resources**
Finding and connecting to trusted resources can be overwhelming and stress-inducing.
- **Social Isolation & Loneliness**
Aging without support leads to isolation and increased risk for depression, cognitive decline, and poor health.
- **Caregiver Stress & Burnout**
High rates of stress, anxiety, and burnout put both caregivers and care recipients at risk.



Outcomes:

- **3,369 family caregivers and older adults connected to essential, trusted resources and basic needs**, as a result of our Pathways and Health Equipment Lending programs.
- **94% of older adults with memory loss reported feeling less socially isolated**, as a result of our Memory Connections and Thrive Center programs.
- **90% of caregiver's reported reduced stress** after participating in our free Caregiver Support Groups.

Filling the Gap:

AGE of Central Texas Offers free and low cost services for older adults and family caregivers.

These programs include:

- Free Resource Navigation
- Free Support Groups
- Free Digital Literacy Classes
- Free Durable Medical Equipment
- Free Early Stage Memory Loss Support
- Free Fall Prevention Classes
- Free Aging and Caregiving Education
- Affordable Adult Daycare
- Lower-Cost Care Planning

2025 in Numbers

4,000
Individuals Served

95,000
Hours of Service

AREA AGENCIES ON AGING PROMOTE THE HEALTH, SAFETY, AND WELL-BEING OF INDIVIDUALS AGED 60+ AND THEIR CAREGIVERS



Care Coordination

Short-term homemaker and personal care assistance for people who experienced a recent health crisis or hospitalization



Caregiver Support

Respite, guidance, and education to help unpaid caregivers reduce stress and support their loved ones safely at home



Medicare Benefits Counseling

Unbiased, confidential advice on Medicare choices and cost-saving programs, including the Medicare Savings Program



Health and Wellness Courses

Evidence-based courses that help older adults manage chronic conditions, reduce fall risks, and enhance overall well-being



Long-term Care Ombudsman

Advocates for the rights, safety, and quality of life of residents in nursing homes and assisted living facilities



Alzheimer's and Dementia Support

Dementia education, early detection resources, and caregiver support to enhance community awareness



Nutrition and Transportation

Home-delivered meals, senior center meals, and transportation assistance through community partners



Resource Navigation

Find and access community resources, programs, and services



AAAcap.org



512-916-6062



AAAinfo@capcog.org