

## Calendar of Events

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May 23, 2025

**Dine Around with Anna Crosslin (Members Only)**

**Home of Anna Crosslin**

**Address to be sent following registration.**

**Clayton, MO 63105**

**06:00 PM - 07:30 PM CST**

*This event is for Forum members only.*

*Ticket Information*

*Members: \$40.00*

*Join Anna Crosslin at her mid-century modern condo in Clayton for sushi and sake. 5 guests will dine on an array of sushi prepared by Heidi Hamamura, local chef extraordinaire. Miso soup, cucumber salad, and dessert are on the menu too. Enjoy a sake toast ... or two! Not for the faint of heart, but oh so yummy!*

*New members are especially welcome.*

*Registration will close on one week prior to the event. Refunds are available to your prepay balance or original payment method prior the close of registration. Once registration has closed, we have submitted our expected attendance count to the venue and/or caterers. Please note that we may opt to extend registration for circumstantial reasons. The date above will continue to be the last date that a refund will be available. For more information, please contact admin@stlforum.org.*

June 17, 2025

**The Dementia Dilemma: Managing Career, Caregiving, and Self-Preservation**

**Location to be announced**

**11:00 AM - 01:00 PM CST**

*This event is open to Forum members and prospective members.*

*Ticket Information*

*Members: \$40.00*

*Guests \$50.00*

*More information coming soon...*

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August 15, 2025

**Annual Meeting and Lunch**

**RUNG for Women**

**2717 Sidney St**

**St. Louis, MO 63104**

**11:00 AM - 01:30 PM CST**

*Save the date for St. Louis Forum's Annual Meeting! This year we'll review the 2024-25 fiscal year, share what to expect in 2025-26, and will hold board member elections over lunch with plenty of time for networking and socializing. More information on the location to follow.*

September 11, 2025

## **Issue Exploration: Evolve - Life Transitions**

**Cushman & Wakefield**

**575 Maryville Centre Dr**

**St. Louis, MO 63141**

**04:30 PM - 06:30 PM CST**

*This event is for Forum members only.*

### *Ticket Information*

*Members: \$30.00*

*Registration Begins: 4:30 pm*

*Program Begins: 5:00 pm*

*Event Concludes: 6:30 pm*

### *Program Description*

*We will hear from expert panelists on navigating three transitions that we all will likely encounter. Our moderator will be Karen Maurer, who, in addition to moderating the panel, and speaking on the panel, will interject financial considerations as appropriate for each of the three areas above. The session will be very interactive with lots of participation. A resource list on the subtopics discussed will be provided at the end of the session for future reference.*

### *Panelists*

*Karen Maurer, CFP*

*Partner & Senior Wealth Advisor*

*Krilogy*

*Helping women and families prepare for and navigate life's financial transitions with clarity, confidence, and care.*

*With over 25 years of experience as a Certified Financial Planner™, I specialize in managing investments and guiding clients through life's pivotal moments—retirement, widowhood, estate settlement, business growth, and other major transitions. While I focus on supporting women in transition, my practice is inclusive and works with individuals, families, and multi-generational wealth.*

*At Krilogy®, I take a holistic, long-term approach—combining expert investment management with our trusted team of tax, legal, and insurance professionals to create, implement, and monitor comprehensive, values-aligned financial plans. I believe in building lasting relationships, empowering clients to make thoughtful decisions that lead to peace of mind and financial confidence for years to come.*

*International Best-Selling Author | Speaker | Podcast Guest*

*Find me on YouTube: @KarenMaurerAtKrilogy*

*Proudly based in St. Louis – scuba diver, traveler, and community advocate.*

*Amy Powell*

*Founder/Owner*

*Business on Purpose LLC*

*Amy Powell is a master of transitions. She has moved from Missouri to Australia to Oregon and finally back to Missouri, with multiple career transitions every step of the way.*

*As an executive coach, Amy has helped more than 1,000 clients navigate through organizations between 40 and 40,000 people. She guides them through every transition in their careers, from first-time-managers to C-Suite roles, and finally to full and satisfying retirements.*

*She calls St Louis home, and currently works as a Women in Leadership coach with Merck Global, helping researchers, scientists, and medical professionals transition into leadership.*

*A passionate supporter of international women in the region, Amy has partnered with IM STL to develop a two-part program called "International Women on the Rise" that supports women who are new to the US to find jobs and thrive in their careers.*

*Her book Rise Like a Woman: 7 ways you can step up, stand out, and succeed at work, published by Stonebrook Publishing, is due out in September.*

*Nancy Morrow-Howell MSW, PhD  
Co-Director, Harvey A. Friedman Center for Aging, Brown School of Social Work  
Washington University in St. Louis*

*Nancy Morrow-Howell is an international leader in gerontology, known for her work on productive engagement of older adults. Her research contributes to knowledge about programs, policies and organizational arrangements that maximize the productive engagement of older adults while promoting positive outcomes for the individuals themselves. Her research documents outcomes for individual, families, and communities associated with work, volunteering, and caregiving by older adults. Her interests include the development of the Next Move initiative, now a part of WashU for Life, where older adults are facilitated in transitions to new roles in employment, volunteering or education.*

*At the Brown School, Morrow-Howell teaches gerontology courses. She also teaches a freshman course on aging, aimed at increasing young people's understanding about long life and the need for social transformation. As director of the university's Harvey A. Friedman Center for Aging, she promotes gerontological research and education across disciplines and schools.*

*She has received Washington University Distinguished Faculty Award and the Brown School's Outstanding Faculty Award. In 2008 and 2011, she was given the Outstanding Faculty Mentor Award by Washington University. She was the recipient of the 2011 Career Achievement Award from the Association for Gerontology Education in Social Work and of the 2013 Distinguished Career Achievement Award from the Society for Social Work and Research.*

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September 19, 2025

**Quarterly Trailblazer Lunch (Members Only)**

**Panorama at the Saint Louis Art Museum**

**1 Fine Arts Drive**

**St. Louis, MO 63110**

**11:30 AM - 01:00 PM CST**

*This event is open to Forum members.*

*Ticket Information*

*Members: \$50.00*

*Please join us for a quarterly networking luncheon hosted by our Trailblazers. You'll have the opportunity to connect with other members and get to know and learn from our Trailblazer Award winners.*

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October 25, 2025

## **The Hill - Walking Tour with See STL Tours**

### **Berra Park**

10:00 AM - 12:00 PM CST

*This event is for Forum members only.*

#### *Ticket Information*

*Members: \$50.00*

*Join us for a walking tour of The Hill followed by lunch at a restaurant.*

#### *About the Tour - The Hill*

*(Toasted) ravioli! (Clay) mining! (Disappearing) churches! In many ways, St. Louis's famous Hill neighborhood exemplifies the immigrant experience of the early 20th century. Learn about the people who called the area home before the Northern Italians arrived, find hidden pieces of history, and experience the entrepreneurial energy that is fueling the Hill's success today. Like so many other St. Louis neighborhoods, the Hill's history is a complicated mix of tradition and bigger social forces at play. (And we promise to get into that whole t-rav thing.)*

#### *Program Timeline*

*Registrants Arrive: 9:45 am*

*Tour Begins: 10:00 am\**

*Tour Concludes: 12:00 pm*

*Optional Lunch: 12:30 pm*

*\*Please ensure you arrive before 10:00 am to keep the tour on schedule.*

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November 14, 2025

**Quarterly Trailblazer Lunch (Members Only)**

**Panorama at the Saint Louis Art Museum**

**1 Fine Arts Drive**

**St. Louis, MO 63110**

**11:30 AM - 01:00 PM CST**

*This event is open to Forum members.*

*Ticket Information*

*Members: \$50.00*

*Please join us for a quarterly networking luncheon hosted by our Trailblazers. You'll have the opportunity to connect with other members and get to know and learn from our Trailblazer Award winners.*

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December 10, 2025

**2025 Holiday Party**

**Missouri History Museum**

**5700 Lindell Blvd**

**St. Louis, MO 63112**

**06:00 PM - 10:00 PM CST**

*Save the date for St. Louis Forum's Holiday Party at the Missouri History Museum in MacDermott Grand Hall! More information to follow.*