



LIFE CARE PLANNING  
Law Firms Association

## 2026 ANNUAL CONFERENCE SCHEDULE OF EVENTS

### Wednesday, February 18, 2026

- 9:00 am – 5:00 pm**      **Fundamentals of LCPLFA – Separate Registration/Fee Required**  
*Trainers: Brian Tully, Esq., Dennison Keller, Esq. & Anne Markel-Crozier, BSW, CSW*
- 3:00 – 5:00 pm**            **LCPLFA Board of Directors Meeting**
- 5:00 – 6:30 pm**            **Registration/Opening Welcome Reception**

### Thursday, February 19, 2026

**6:45 – 8:15 a.m. | Wim Hof Method: Breath, Mindset & Cold Exposure**

*An experiential 90-minute session to energize the body, sharpen the mind, and build stress resilience. Space is limited/Pre-Registration requested.*

This guided Wim Hof Method experience combines powerful breathing techniques, focused mindset work, and **optional cold exposure** to help participants reset their nervous system and start the conference feeling clear, grounded, and energized.

Participants will learn practical tools to work with their breath and awareness to influence their stress response, improve focus, and access greater vitality — tools they can immediately integrate into daily life.

**Key benefits include:**

- **Rapid stress reduction & nervous system regulation** through guided breathwork
- **Increased energy, focus, and mental clarity** to start the day strong
- **Greater resilience & confidence** by learning to stay calm and centered under stress

The breathing portion forms the foundation of the session and is designed to be accessible and adaptable for a wide range of participants. That said, certain medical conditions may require modifications or a brief conversation in advance to ensure safety and comfort.

Cold exposure (ice bath/cold plunge) is offered as an **optional experiential component**, allowing participants to apply the breathing and mindset techniques in real time. When practiced intentionally, cold exposure has been shown to support **improved circulation, reduced inflammation, and a strengthened mind-body connection — among many other benefits**. Participants are guided step-by-step in a way that is safe, supportive, and accessible to all levels, including those who are brand new or feeling curious but skeptical.

To help participants feel prepared and to maximize the depth and impact of the live session, a **pre-session Zoom orientation** will be included. This allows us to set context, answer questions, and create a smoother, more meaningful in-person experience — delivering the essence of a full-day workshop within a focused 90-minute format.

Guide: Elizabeth “Elee” Lee, Lovelee Wellness - <https://www.loveleewellness.com>

Sponsored by



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## Thursday, February 19, 2026 – Continued

**8 : 0 0 – 9 : 0 0 a m      Registration/Continental Breakfast**

**9 : 0 0 – 1 0 : 3 0 a m      General Session: Benefits of Aging: Debunking Stereotypes**

People harbor all kinds of fears of aging: isolation, dementia, and frailty top the list. But surprisingly, negative beliefs about aging are a primary source of harm going into late life. During this presentation, Dr. Karen L Fingerman will look at the negative stereotypes people hold about aging, the implications of holding those stereotypes, and some facts and information to debunk those beliefs and replace them with more positive views of the last third of the lifespan.



***Karen L. Fingerman, PhD***  
***Dept of Human Development and Family Sciences***  
***The University of Texas at Austin***  
***Austin, TX***

**1 0 : 3 0 – 1 1 : 0 0 a m      Networking Break/Visit with Exhibitors**

**1 1 : 0 0 – 1 2 : 0 0 p m      General Session: Bringing Illumination to End of Life & Life Care Planning**

**Dr. Christopher Kerr, MD, PhD**, Chief Executive Officer & Chief Medical Officer at **Hospice & Palliative Care Buffalo** -- home to the only hospice in the country with a designated research department - will join us to share his research team's data on "medical harm" impacting older adults - stemming from increased vulnerability to chronic diseases, higher risk of falls/, dangerous polypharmacy, hospital-acquired infections, and mental health issues -- all exacerbated by age-related physiological changes and diluted/fragmented care. Growing evidence reveals a widening gap between the care that older adults need vs. what they receive -- only increasing the need for advocacy, care coordination and advance care planning. Much of what is needed - accurate prognosis, knowing what to expect and care needs - falls beyond medical care in its current iteration. Dr. Kerr will join us to discuss the needs and shortfalls in care of our complex ill and dying and empower Life Care Planning Law Firms to enhance the lives of their clients by supporting and responding to the challenges older adults and their families face every day.



***Christopher Kerr, MD, PhD***  
***Chief Executive Officer & Chief Medical Officer***  
***Hospice and Palliative Care Buffalo***  
***Buffalo, NY***

**1 2 : 0 0 – 1 : 0 0 p m      LCPLFA Annual Meeting Luncheon**

**1 : 1 5 – 2 : 1 5 p m      Concurrent Breakout Sessions**

- **Financial Management for Attorneys: Beyond a Bookkeeper – Audrey Ehrhardt**
- **VA Benefits – Chris Johnson**
- **A Day in the Life of an ECC – ECC Panel TBA**

2:15 – 2:45 p m      Networking Break/Visit with Exhibitors

2:45 – 3:30 p m      Facilitated Informal Roundtable Discussions (10-12) \*

3:30 – 3:45 p m      Networking Break/Visit with Exhibitors

3:45 – 4:30 p m      Facilitated Informal Roundtable Discussions (10-12) \*

Evening      On Your Own

## Friday, February 20, 2026

8:30 am – 9:30 am      Continental Breakfast

9:00 am – 10:15 am      General Session | Effective Use of AI in a Life Care Planning Law Firm



***Rachel McGarry, J.D.***  
***Founder & CEO***  
***Cloud925***

10:15 – 10:45 am      Networking Break/Visit with Exhibitors

10:45 am – 11:30 am      General Session | Senior Scams, Fraud and Identity Theft



***Julia Vineyard, Esq.***  
***Assistant Attorney General***  
***Consumer Protection Division of the Texas Office of the Attorney General***

11:30 am – 12:15 pm      Networking Lunch

12:15 pm – 1:15 pm      Facilitated Informal AI Roundtable Discussions

1:15 pm – 1:45 pm      Networking Break/Visit with Exhibitors

1:45 pm – 2:30 pm      Facilitated Informal Roundtable Discussions (10-12)\*

2:30 pm – 3:00 pm      Closing Wrap Up/Lessons Learned General Session

## Special Thanks to Our Exhibitors



**\*Planned facilitated roundtable topics will include, but are not limited to:**

- Workflow Management
  - Managing/Training New Associates
  - Succession Planning
  - Initial Consultation Procedures
  - AI for Attorneys
  - Setting Boundaries
  - Complicated Initial Consults
  - Family Dynamics
  - Relationship Building with other Professionals
  - Deliverables & Follow Up
  - Death Doulas in an LCP Law Firm
  - AI for ECCS
  - VA Benefits – Non-Service Connected
  - VA Benefits – Service Connected
  - Case Load Management
  - No Medicare Healthcare
  - AI for Public Benefits
  - Intake
  - Human Resources: Staff Evaluation & Retention
  - Finding, Hiring and Retaining the Right Staff
  - Renewals
  - Workflow Management
  - AI for Office Managers
  - Managing Multi-generational Staff
  - Workflow Management
  - Time Management for Extra Needy Clients
  - Preventing Burnout
  - Drafting Tools
  - Strategies for Conducting & Coordinating Seamless Document Signings with Multiple Parties or Cognitively Impaired Individuals
  - AI for Paralegals
  - LCP Elevator Pitch
  - Intake
  - 1st Meeting
  - Setup/Fees/Deliverables
  - Renewals
  - What's Next?
- Other Requests:**
- Anticipated Big Beautiful Bill Upcoming Medicare and Medicaid Changes
  - Office Management: In Office, Remote and Hybrid
  - Pros & Cons of ECCs Being in 1st Meetings
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