













Seminars at a glance Thursday, November 17, 2016

7:00 a.m.– 8:15 a.m.	A culture-change journey: Vitality and well-being <i>Kelly Stranburg, Sharon Towers</i> 	Using video to promote your CCRC and older- adult programming <i>Debra Atkinson, Voice for Fitness</i> 	Motivation, innovation and integration: The trifecta to programming excellence <i>Stacey Judge, Springpoint Senior Living</i> 	Climbing the ladder to a successful wellness program <i>Jordan Morrow, Westminster Village, West Lafayette</i>  HF/HF
8:30 a.m.– 10:00 a.m.	A scientific look at how we age <i>David Puett, Galloway Ridge at Ferrington</i> 	Culture shock: Experience a business revival <i>Traci Bild, Bild & Company</i> 	Enhancing spirituality: Creative programming <i>Rita Lopienski, Plymouth Place Senior Living</i>  H-LF/HF	Think groups: The why and how of social brain training <i>Cynthia Green, Total Brain Health</i>  H-LF/HF
10:15 a.m.– 11:45 a.m.	Better Balance with Choices (BBC): A collaborative interdisciplinary wellness program <i>Muriel Brunger, Mary Ann Anichini and Kim Gibbons, Presbyterian Homes</i>  H-LF/H-LF	Compelling communication <i>Karen Woodard, Premium Performance Training</i> 	OASIS CATCH Healthy Habits: Improved health through volunteerism and education <i>Melissa Bess, The OASIS Institute</i>  H-LF/HF	The call to serve– The power of passionate work <i>Gregg Levoy, Author</i> 
12:00 p.m.– 5:00 p.m.	TRADE SHOW GRAND OPENING Exhibit Hall D	TRADE SHOW GRAND OPENING Exhibit Hall D	TRADE SHOW GRAND OPENING Exhibit Hall D	TRADE SHOW GRAND OPENING Exhibit Hall D
3:00 p.m.– 4:00 p.m.	ICAA SPEED PROBLEM- SOLVING Exhibit Hall D	ICAA SPEED PROBLEM- SOLVING Exhibit Hall D	ICAA SPEED PROBLEM- SOLVING Exhibit Hall D	ICAA SPEED PROBLEM- SOLVING Exhibit Hall D
4:30 p.m.– 5:30 p.m.	ICAA GENERAL SESSION <i>John Ratey</i>	ICAA GENERAL SESSION <i>John Ratey</i>	ICAA GENERAL SESSION <i>John Ratey</i>	ICAA GENERAL SESSION <i>John Ratey</i>
8:00 p.m.– 11:00 p.m.	AB WELCOME RECEPTION BB King's Blues Club	AB WELCOME RECEPTION BB King's Blues Club	AB WELCOME RECEPTION BB King's Blues Club	AB WELCOME RECEPTION BB King's Blues Club













<p>Effective floor-class design for the older adult</p> <p><i>Julie Schuster and Allissa Raway, Friendship Village of Bloomington</i></p>  H-LF/HF	<p>Reimagine aging—Redefine functional fitness</p> <p><i>Patricia VanGalen, Active & Agile</i></p>  HF/HF	<p>Kick off the conference with speed networking</p> <p><i>Patricia Ryan, International Council on Active Aging</i></p> 	
<p>Getting “The Knack” of bladder control</p> <p><i>Rozena McCabe, Fitness for Brain, Body & Balance</i></p>  H-LF/HF	<p>Bare your sole: Reimagine barefoot training for active aging</p> <p><i>Lawrence Biscontinini and Bernadette O’Brien, FG2000</i></p>  HF/HF	<p>ACTIONtivities strategies to boost physicality of recreational/leisure activities</p> <p><i>Kim Eichinger and Renee Harlow, Country Meadows Retirement Communities</i></p>  LF/LF	<p>Mindful walking for all ages</p> <p><i>Tracey Harvey, EnerG by Aegis</i></p>  H-LF/H-LF
<p>Creating space: Weaving art and creativity into your community or organization</p> <p><i>Jeff Nachtigall, Open Studio Projects</i></p> 	<p>Sit + stand=F.A.B. (function and balance)</p> <p><i>Cammy Dennis and Jessica Pinkowski, On Top of the World Communities, Inc.</i></p>  H-LF/HF	<p>3Ms of good health: Movement, meditation and music</p> <p><i>Robert Bergner and Cindy Senk, Seabury</i></p>  HF/HF	<p>Dance walk</p> <p><i>Peggy Buchanan, Vista del Monte Retirement Community; Patricia VanGalen, Active & Agile; and David Dworkin, Conductorcise, Inc.</i></p>  HF/HF
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Seminars at a glance Friday, November 18, 2016

6:30 a.m.– 7:45 a.m.				
6:30 a.m.– 8:00 a.m.	EARLY-MORNING WORKOUT Exhibit Hall D	EARLY-MORNING WORKOUT Exhibit Hall D	EARLY-MORNING WORKOUT Exhibit Hall D	EARLY-MORNING WORKOUT Exhibit Hall D
8:00 a.m.– 9:30 a.m.	Innovate: Best practices to reimagine wellness programs <i>Patricia Ryan, International Council on Active Aging (moderator)</i> 	It's a family affair: Mobilizing families as wellness partners <i>Kay Van Norman, Brilliant Aging</i> 	Discover how to create unique, outside-the-box wellness programming <i>Peggy Buchanan, Vista del Monte Retirement Community</i>  H-LF/HF	Unlocking the ABCs of longevity: The magic of the mind <i>Michael Mantell, Michael R. Mantell, PhD, Inc.</i>  H-LF/HF
9:45 a.m.– 11:00 a.m. (75 minutes)	The fun theory: The intersection of technology and aging <i>Jack York and Juliet Kerlin, It's Never 2 Late</i> 	Marketing an outcomes-based program to assisted living communities <i>Dara Gorgas and Brittany Austin, RehabCare</i> 	Empowering aging cancer survivors to reclaim their health <i>Beth Kollas and Jennifer Brumbaugh, YMCA of Central Florida</i>  H-LF/HF	Positive living: Creative strategies to sustain happiness and wellness <i>Robin Bacon Hoffman, Springpoint Senior Living</i>  H-LF/HF
11:15 a.m.– 12:30 p.m.	AB KEYNOTE Don Yaeger	AB KEYNOTE Don Yaeger	AB KEYNOTE Don Yaeger	AB KEYNOTE Don Yaeger
12:30 p.m.– 4:00 p.m.	TRADE SHOW Exhibit Hall D	TRADE SHOW Exhibit Hall D	TRADE SHOW Exhibit Hall D	TRADE SHOW Exhibit Hall D
4:00 p.m.– 5:30 p.m.	Reimagine building mental muscle: Neuroplasticity <i>Lawrence Biscontini and Bernadette O'Brien, FG2000</i>  HF/HF	6 tools to transform a good organization into a consistently excellent organization <i>Karen Woodard, Premium Performance Training</i> 	Garden to table: Creating memorable culinary experiences through resident involvement <i>Jack Carman, Design for Generations, LLC; and John Kennedy, Flik Lifestyles at Foulkeways</i>  HF/HF	Aging gracefully: Research to practice <i>Terry Eckmann, Minot State University</i> 
6:30 p.m.– 7:30 p.m.	POSTER SESSION <i>Multiple presenters</i>	POSTER SESSION <i>Multiple presenters</i>	POSTER SESSION <i>Multiple presenters</i>	POSTER SESSION <i>Multiple presenters</i>
7:00 p.m.– 9:00 p.m.	ICAA NETWORKING RECEPTION Rosen Plaza Hotel	ICAA NETWORKING RECEPTION Rosen Plaza Hotel	ICAA NETWORKING RECEPTION Rosen Plaza Hotel	ICAA NETWORKING RECEPTION Rosen Plaza Hotel

	<p>Active-aging chair yoga <i>Sara Kooperman, SCW Fitness Education</i></p>  HF/HF	<p>Powerful progressions <i>Andi Kwapien and MaryBeth Dziubinski, Healthways</i></p>  HF/HF	
EARLY-MORNING WORKOUT Exhibit Hall D	EARLY-MORNING WORKOUT Exhibit Hall D	EARLY-MORNING WORKOUT Exhibit Hall D	EARLY-MORNING WORKOUT Exhibit Hall D
<p>Programs to prevent and recover from a fall <i>Terry-Ann Gibson and Lee Hannah, Boise State University; Jan Mittleider, College of Southern Idaho; and Jennifer Bennett, Cornell University Wellness Program</i></p>  HF/HF	<p>Core control for better backs <i>Maureen Hagan, GoodLife Fitness and canfitpro</i></p>  HF/HF	<p>High-speed training: Power, function and beyond <i>Joseph Signorile, University of Miami</i></p>  HF/HF	<p>Not just walking–Innovative ideas to keep walking programs interesting <i>Julie Kidwell, Healthcare Therapy Services, Inc.</i></p>  HF/HF
<p>Benefits of aromatherapy in the memory care setting <i>Dana Donovan, Highgate Senior Living; and Nancy Hutchinson, doTERRA</i></p>  LF/LF	<p>Boomer BEAT <i>Cammy Dennis and Jessica Pinkowski, On Top of the World Communities, Inc.</i></p>  HF/HF	<p>Conductorcise your potential: The secret ingredient every program <i>must</i> have <i>David Dworkin, Conductorcise, Inc.</i></p>  H-LF/H-LF	<p>The importance of exercise in nature for older adults <i>Jack Carman, Design for Generations, LLC; and Missy Benson, Playworld Systems, Inc.</i></p>  HF/HF
AB KEYNOTE Don Yaeger	AB KEYNOTE Don Yaeger	AB KEYNOTE Don Yaeger	AB KEYNOTE Don Yaeger
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<p>Values-based marketing and communication for mature adults <i>Dan Ritchie, Functional Aging Institute</i></p> 	<p>All movement matters–Live, work, play and train! <i>Patricia VanGalen, Active & Agile</i></p>  HF/HF	<p>Integrate function and cognitive challenges into your older-adult fitness group <i>Kymerly Williams-Evans, Fun and Fit: Active Aging Answers for Boom Chicka Boomers</i></p>  HF/HF	
POSTER SESSION <i>Multiple presenters</i>	POSTER SESSION <i>Multiple presenters</i>	POSTER SESSION <i>Multiple presenters</i>	POSTER SESSION <i>Multiple presenters</i>
ICAA NETWORKING RECEPTION Rosen Plaza Hotel	ICAA NETWORKING RECEPTION Rosen Plaza Hotel	ICAA NETWORKING RECEPTION Rosen Plaza Hotel	ICAA NETWORKING RECEPTION Rosen Plaza Hotel

Seminars at a glance Saturday, November 19, 2016

<p>7:00 a.m.– 8:15 a.m.</p>		<p>Bringing community and healthcare together to provide sustainable falls prevention <i>Christine Katzenmeyer, Consortium for Older Adult Wellness</i></p> 	<p>Music as medicine 101 <i>Robert Bergner, Seabury</i></p> 	<p>Restoring physical, mental and social connections with intentional seated exercise <i>Sara Kyle, Nicoya Health and Lifestyle; and Catherine Reade, Resistance Dynamics</i></p>  LF/HF	<p>Delay the disease: Is exercise the newest medicine for Parkinson's disease? <i>David Zid, OhioHealth Delay the Disease</i></p>  H-LF/HF
<p>8:30 a.m.– 9:45 a.m.</p>	<p>Leadership through serving others <i>Maureen Hagan, GoodLife Fitness and canfitpro</i></p> 	<p>Happy, happy, happy=retention, productivity and satisfied residents/ members <i>Julie Kidwell, Healthcare Therapy Services, Inc.</i></p> 	<p>Give them the AAAAHHHHH! <i>Jackie Halbin, Lakeview Village</i></p>  HF/HF	<p>Dance for diversity in your seat and on your feet <i>Terry Eckmann, Minot State University</i></p>  HF/HF	<p>Walk it out: Balance, brains and more on the move <i>Stacey Judge, Springpoint Senior Living</i></p>  H-LF/HF
<p>10:00 a.m.– 11:15 a.m.</p>	<p>Reframing technology for experienced eyes—Seniors engage digitally through photography <i>Mellany Hanson, Vi at La Jolla Village; and Kevin Linde, Museum of Photographic Arts</i></p>  HF/HF	<p>Fostering accommodation to low vision via therapeutic horticulture <i>Barbara Kreski, Chicago Botanic Garden; and Doug Anzlovar, Hadley Institute for the Blind and Visually Impaired</i></p>  HF/HF	<p>Labyrinths: A meditation in motion <i>Nanette Tummers, Eastern Connecticut State University</i></p>  HF/HF	<p>Targeted yoga interventions: New directions for an ancient practice <i>Joseph Signorile, University of Miami; and Kiersten Mooney, greenmonkey</i></p>  HF/HF	

This schedule is subject to change.

Tracks

<p> Big picture: trends, careers, ecosystems</p> <p> Cognitive & emotional health: brain health, emotional and mental health</p> <p> Physical activity: exercise, recreational activity, balance</p>	<p> Management & marketing: program and company management, outreach</p> <p> Programming: multidimensional programs, single programs, development</p>	<p> Outdoor: suited to outdoors; session is conducted outdoors</p> <hr/> <p><i>Functional levels (physical function/ cognitive function)</i> HF = higher functioning LF = lower functioning H-LF = high-to-low functioning</p>
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