

Conference schedule

Seminars at a glance: Thursday, December 2, 2010

<p>8:00 a.m.–9:30 a.m.</p>	<p>■ ROI America's first public Baby Boomer facility: upclose and unplugged</p> <p><i>Rick Herold, City of Grand Prairie</i></p>	<p>■ R Preventing diabetes: resources for older populations</p> <p><i>Joanne Gallivan, National Diabetes Education Program</i></p>	<p>■ BF Misconceptions about brain health: basing programs on fact, not fiction</p> <p><i>David Gobble and Joy Loverde, Masterpiece Living</i></p>
<p>9:45 a.m.–11:15 a.m.</p>	<p>■ TW Transitioning from skilled rehabilitation to wellness: a model for care</p> <p><i>Kerri Bednarcik and Felicia Chew, Genesis Rehab Services</i></p>	<p>■ MS Trends in active aging</p> <p><i>Colin Milner, International Council on Active Aging</i></p>	<p>■ R Exercise for adults with chronic conditions—review of evidence</p> <p><i>Donna Diedrich, Lynn Freeman and Mark Besch, Aegis Therapies</i></p>
<p>11:30 a.m.–1:00 p.m.</p>	<p>■ PD Making a difference: evidence-based health programs that promote healthy aging</p> <p><i>Linda Miller, Centralina Area Agency on Aging</i></p>	<p>■ BF Research review of cognitive software programs</p> <p><i>Barb Christensen, Lynn Freeman and Mark Besch, Aegis Therapies</i></p>	<p>■ PD Innovative opportunities for sustainability and purposeful whole-person programming</p> <p><i>David Denton, Asbury Methodist Village; Katie Basiotis, Wildlife Habitat Council</i></p>
<p>1:00 p.m.–7:00 p.m.</p>	<p>TRADE SHOW GRAND OPENING</p>	<p>TRADE SHOW GRAND OPENING</p>	<p>TRADE SHOW GRAND OPENING</p>
<p>4:00 p.m.–5:00 p.m.</p>	<p>■ R Benchmarking workshop</p> <p><i>Patricia Ryan, International Council on Active Aging; Edie Smith, ProMatura Group</i></p>	<p>■ R Benchmarking workshop</p> <p><i>Patricia Ryan, International Council on Active Aging; Edie Smith, ProMatura Group</i></p>	<p>■ R Benchmarking workshop</p> <p><i>Patricia Ryan, International Council on Active Aging; Edie Smith, ProMatura Group</i></p>
<p>5:00 p.m.–7:00 p.m.</p>	<p>AB RECEPTION Exhibit Halls F–H</p>	<p>AB RECEPTION Exhibit Halls F–H</p>	<p>AB RECEPTION Exhibit Halls F–H</p>

C O L O R K E Y F O R T O P I C A R E A S

■ BF Brain fitness	■ OP Outdoor programs	■ R Research
■ M Management	■ PD Program design	■ ROI Return on investment
■ MS Marketing and sales	■ P Programming	■ TW Therapy to wellness

<p>■ M Building blocks of a wellness culture</p> <p><i>Jan Montague, Whole Person Wellness Solutions; Kay Van Norman, Brilliant Aging; Roger Landry, Masterpiece Living</i></p>	<p>■ PD Strength training for the five levels of function</p> <p><i>Pete McCall, American Council on Exercise</i></p>	<p>■ PD Aquatic additions—develop an aquatic exercise program for your facility</p> <p><i>Melanie Sparks, Aquatic Sparks; Deborah Goldberger, Aqua Flex’n Stretch</i></p>	
<p>■ P Grandma stole my iPod—adaptive technology for all older adults</p> <p><i>Jack York, It’s Never 2 Late</i></p>	<p>■ R Quality of life begins with understanding your feet</p> <p><i>Robert Thompson, Institute for Preventive Foot Health</i></p>	<p>■ P Sample Nia technique—a lifestyle practice for Ageless Grace</p> <p><i>Janet Hollander, Moving Toward Health; Denise Medved, Ageless Grace</i></p>	<p>■ OP Creating senior friendly Nordic Walking and pole exercise programs</p> <p><i>Tom Rutlin, Exerstrider Products</i></p>
<p>■ ROI The business case for wellness in retirement communities</p> <p><i>Patricia Ryan, International Council on Active Aging; Edie Smith, ProMatura Group</i></p>	<p>■ M Please don’t say “facility”: shifting culture through language</p> <p><i>Jill Hofer and Betty Short, Watermark Retirement Communities</i></p>	<p>■ P Ancient Walking to Primal Rhythms: restoring and maintaining ideal balance</p> <p><i>Randy Eady, Kosharey Rhythms Therapeutics</i></p>	<p>■ OP Walk well with poles and pedometers</p> <p><i>Peggy Buchanan, Vista del Monte Retirement Community</i></p>
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Conference schedule

Seminars at a glance: Friday, December 3, 2010

6:30 a.m.–7:45 a.m.	<p>P Conductorcise—a sound workout for mind, body and soul</p> <p><i>David Dworkin, Conductorcise</i></p>		
6:30 a.m.–8:30 a.m.	EARLY-MORNING WORKOUTS	EARLY-MORNING WORKOUTS	EARLY-MORNING WORKOUTS
8:00 a.m.–9:30 a.m.	<p>BF Brain training: implementing memory enhancement programs</p> <p><i>Robert Winningham, Western Oregon University</i></p>	<p>MS Why rebrand aging? Exploring the power of conditional positioning</p> <p><i>Richard Ambrosius, Positive Aging</i></p>	<p>PD Active adult adventure programs: creating a new lifestyle experience</p> <p><i>Scott Hysler, Merit Property Management</i></p>
9:45 a.m.–11:15 a.m.	<p>P Life gets better: an interdisciplinary approach to providing person-centered programming</p> <p><i>Lori Greer, Howard West and Joel Kroft, Country Meadows Retirement Communities</i></p>	<p>TW Rehabilitation and wellness: a successful combination</p> <p><i>Mylynda Barisas-Matula, RehabCare</i></p>	<p>BF Nutrition and cognition—keep the brain sharp as you age</p> <p><i>Patricia Iorio and Carole DeBonte, Compass Group/Morrison Senior Living</i></p>
11:30 a.m.–1:00 p.m.	AB KEYNOTE	AB KEYNOTE	AB KEYNOTE
1:00 p.m.–5:00 p.m.	TRADE SHOW	TRADE SHOW	TRADE SHOW
4:00 p.m.–5:30 p.m.	<p>R Active-aging industry advancements through academic and senior living partnerships</p> <p><i>Thuy-Tien Dam and Thelma Mielenz, Columbia University; Kristine Rogers, Atria Senior Living Group</i></p>	<p>M Innovative activities programming for the 21st century and beyond</p> <p><i>Robert Landau, FUNSeniorActivities.com, Inc.</i></p>	<p>BF Memory enhancement program: best practices for your organization</p> <p><i>Robert Winningham, Western Oregon University; Marge Coalman, Touchmark Living Centers</i></p>
6:30 p.m.–8:30 p.m.	ICAA NETWORKING RECEPTION Omni San Diego Hotel	ICAA NETWORKING RECEPTION Omni San Diego Hotel	ICAA NETWORKING RECEPTION Omni San Diego Hotel

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EARLY-MORNING WORKOUTS	EARLY-MORNING WORKOUTS	EARLY-MORNING WORKOUTS	EARLY-MORNING WORKOUTS
<p>■ P Functional screening for the sedentary and active adult</p> <p><i>Elizabeth Leeds, Authentic Motion</i></p>	<p>■ P Balancing your fitness programs</p> <p><i>Sue Scott, Renewable Fitness</i></p>	<p>■ P Parkinson’s disease and Parkinsonism in older clients: exercise strategies</p> <p><i>Robyn Stuhr, University of California, San Diego</i></p>	<p>■ OP Walk 101</p> <p><i>Julie Milner, International Council on Active Aging</i></p>
<p>■ P Functional training programs for the older adult</p> <p><i>Elizabeth Leeds, Authentic Motion</i></p>	<p>■ M Everything you always wanted to know about Older Adult Centres</p> <p><i>William Krever, Better Living Health and Community Services</i></p>	<p>■ P Yoga for the arthritic client</p> <p><i>Dean Smith, Physical Therapist</i></p>	<p>■ OP A stroll for the sole: continuum of movement meditation</p> <p><i>Randy Eady, Kosharey Rhythms Therapeutics</i></p>
AB KEYNOTE	AB KEYNOTE	AB KEYNOTE	AB KEYNOTE
TRADE SHOW	TRADE SHOW	TRADE SHOW	TRADE SHOW
<p>■ P Better backs for life</p> <p><i>Dean Smith, Physical Therapist</i></p>	<p>■ PD Innovator panel: practical solutions to engage older adults</p> <p><i>Patricia Ryan, International Council on Active Aging</i></p>	<p>■ P Influencing aging adults’ participation and continuing practice of Tai Chi</p> <p><i>Henry Cheng, Tai Chi Wellness Center</i></p>	
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Conference schedule

Seminars at a glance: Saturday, December 4, 2010

COLOR KEY FOR TOPIC AREAS

- BF Brain fitness
- M Management
- MS Marketing and sales
- OP Outdoor programs
- PD Program design
- P Programming
- R Research
- ROI Return on investment
- TW Therapy to wellness

This schedule is subject to change.

<p>8:30 a.m.–10:00 a.m.</p>	<p>■ P Chair-based choreography for balance and flexibility training</p> <p><i>Deborah Redder, Healthways</i></p>	<p>■ M Social, silver surfers: new research for senior communities and services</p> <p><i>Todd Harff, Creating Results, LLC</i></p>
<p>10:15 a.m.–11:45 a.m.</p>	<p>■ M How to make customer service FUN</p> <p><i>Robert Landau, FUNSenior Activities.com, Inc,</i></p>	<p>■ P Music-making strategies for caregiver/older adult interaction</p> <p><i>Kat Fulton, Sound Health Music</i></p>

Preconference event

Wednesday, December 1, 2010

10:00 a.m.–4:15 p.m.

An added dimension: the environment and wellness

10:00 a.m.–12:00 p.m.

Does where you live affect how you age?

Roger Landry, Masterpiece Living, LLC

1:00 p.m.–2:30 p.m.

Aging optimally through environmental volunteerism

Kevin W. O'Neil, Brookdale Senior Living; Karl Pillemer, Cornell Institute for Translational Research on Aging

2:45 p.m.–4:15 p.m.

How to use the outdoor environment to enhance wellness

Jack Carman, Design for Generations, LLC

<p>■ P Forever dance!</p> <p><i>Terry Eckmann, Minot State University</i></p>	<p>■ P Community singing: good medicine for the brain, heart and soul</p> <p><i>Nina Gordon, Atria Senior Living Group</i></p>	<p>■ PD Putting the “active” into dementia care activities</p> <p><i>Khristine Rogers and David Troxel, Atria Senior Living Group</i></p>
<p>■ P Movement that matters</p> <p><i>Terry Eckmann, Minot State University</i></p>	<p>■ PD Capturing life stories: how reminiscence revolutionizes wellness, outreach, and relationships</p> <p><i>Beth Sanders, LifeBio.com; Bonnie Stover, Front Porch</i></p>	<p>■ P Add color to your fitness program with Zumba Gold and Hawaiian dance</p> <p><i>Rita Lopienski, Expressive/Creative Arts Specialist; Kathleen Murrell, Pathway Senior Living</i></p>



Preconference event
Wednesday, December 1, 2010

9:00 a.m.–4:30 p.m.
Aquatic workshop

Splash! Mix and match formats for a buffet of moves
Mary Sanders, University of Nevada, Reno, and WaterFit/ Golden Waves; Mary Curry, College of St. Catherine, St. Paul



Sponsored by Vi (formerly Classic Residence by Hyatt)

Postconference event
Saturday, December 4, 2010

8:30 a.m.–4:45 p.m.
Balance workshop

Fallproof method for addressing balance disorders in older adults
Debra Rose, California State University, Fullerton