

Sessions THURSDAY

Tracks



Big picture: trends, careers, ecosystems



Cognitive & emotional health: brain health, emotional and mental health



Physical activity: exercise, recreational activity, balance



Management & marketing: program and company management, outreach



Programming: multidimensional programs, single programs, development



Outdoor: suited to outdoors; session is conducted outdoors

*Functional levels (physical function/
cognitive function)*

HF = higher functioning

LF = lower functioning

H-LF = high-to-low functioning



Photo: Julie Milner

Equipment at the ICAA Conference 2016 is brought to you by:



7:00 a.m.–
8:15 a.m.

A culture-change journey: Vitality and well-being

Kelly Stranburg

Ever wondered how to create a new organizational culture that will support your strategic wellness goals? This session shares an organization's journey from conception to implementation. Steps outlined include where to begin, leadership's role, staff buy-in processes, communication techniques, and implementation strategy. Examples will be shared.

You'll be able to:

- Emphasize the rationale to pursue a change in culture to attain strategic wellness goals with key personnel of your organization.
- Identify steps to expand the culture-change message across various positions and departments to ensure awareness and acceptance.
- Create a road map of strategic tasks to implement a culture-change process at your organization.

Faculty: Kelly Stranburg, MEd, CEP, CSCS, Director of Vitality and Well-being, Sharon Towers; and owner, Excellence in Wellness, LLC.



| CEUs

Using video to promote your CCRC and older-adult programming

Debra Atkinson

The best marketing gets the right message in front of the right audience at the right time. Video opens up a new way to connect with prospects on a low budget. Learn insider secrets for creating titles, thumbnails, descriptions and annotations; promoting videos; plus how to repurpose video content. Participate in a make-a-video activity during the session.

You'll be able to:

- Create a systematic plan for using a video as a marketing tool.
- Identify the format of a strong video based on length, introduction, content, call to action, and close.
- Identify key resources in Facebook, YouTube, and Vimeo and Wistia for loading, sharing and optimizing videos that meet specific objectives.

Faculty: Debra Atkinson, MS, CSCS, COE (CEO of Everything), Voice for Fitness, LLC.



| CEUs

Motivation, innovation and integration: The trifecta to programming excellence

Stacey Judge

Any program can go from zero to hero when three vital elements to a successful program are present—motivation, innovation and integration. Whether you want to enhance existing programs or start from scratch, learn how to use specific tools to create an experience that engages residents and takes programs to the next level. Interactive; prepare to share!

You'll be able to:

- Identify champions in the areas of motivation, innovation and integration within your organization.
- Construct a development plan for implementing or enhancing your wellness program offerings.
- Build a strong wellness work group that integrates staff, members/residents and even families.

Faculty: Stacey Judge, BS, CG, Community Wellness Program Director, Springpoint Senior Living.



| CEUs

Climbing the ladder to a successful wellness program

Jordan Morrow

Building a successful wellness program is no different than climbing a ladder. Success requires a dedicated focus on each rung—the right people, the right programming, the right place, and the right

resources and tools. Gain the knowledge to hire the right people, implement programming for your unique community, seek resources, and spark excitement.

You'll be able to:

- Identify key qualities in staff and contractors so you hire the right people to support the success of your wellness program.
- Recall the tools and resources to successfully promote wellness programs to increase attendance *and* adherence.
- Innovate and positively impact your programming repertoire using a host of new resources not previously considered.

Faculty: Jordan Morrow, MBA, Health and Wellness Director, Westminster Village, Lafayette Village.



| HF/HF | CEUs

Effective floor-class design for the older adult

Julie Schuster & Allissa Raway

Cultivate your skills for research-based floor-class design. Floor classes are a unique intervention to target core and hip musculature plus integrate whole-body movement for older adults. Exercises translate well into functional movements and help improve strength, balance and flexibility. Classes also incorporate getting down to the floor and back up safely.

You'll be able to:

- Design safe and effective floor classes with appropriate progressions for the older adult.
- Instruct clients/residents on getting up and down from the floor safely.
- Apply knowledge of modifications and contraindications in a class setting.

Faculty: Julie Schuster, BS, Fitness Manager, and Allissa Raway, BS, Lead Personal Trainer, Friendship Village of Bloomington.



| H-LF/HF | CEUs

Reimagine aging—Redefine functional fitness

Patricia VanGalen

Who is fit? To do what? Where? How often? How well? According to whom? “Medicalized aging” is holding us back from engaging and expanding our movement environments. Explore new ways to “measure” function, fitness and work capacity. This session will help you expand and reassess your personal capabilities to influence clients, residents or patients.

You'll be able to:

- Expand your view of functional fitness, the ability to “do” work.
- Rethink measurement [benchmarks] for functional fitness and work capacity.
- Dissect prevalent attitudes towards “active and agile” aging, and “spring” into an action plan.

Faculty: Patricia VanGalen, MS, Owner, Active & Agile.



| HF/HF | CEUs

Kick off the conference with speed networking

Patricia Ryan & multiple presenters

Meet new colleagues and hone the description of your work during this speed networking session, a structured way to meet and share interests in short bursts. Rotate among colleagues, exchange names and brief backgrounds, business cards and contact information for about five minutes, then move on. Leave with a stronger professional network.

You'll be able to:

- Meet delegates who are like-minded.
- Solve some of your issues at your community.
- Develop long-term relationships to improve your community.

Faculty: Patricia Ryan, MS, Vice President of Education, International Council on Active Aging, and multiple presenters.



| CEUs

8:30 a.m.—
10:00 a.m.

A scientific look at how we age

David Puett

The geroscience field has emerged to foster a better understanding of the basic tenets of aging from a biochemical, genetic and physiological perspective, and to develop approaches that extend the years of healthy living. Learn about the currently viewed underpinnings of aging, the impact lifestyle can have in improving health span, and more.

You'll be able to:

- Explain to others in general terms the fundamental biochemical, genetic and physiological mechanisms that are believed to be responsible for aging.
- Justify the scientific basis of how a healthy lifestyle, including good dietary practices, frequent exercise and cognitive pursuits, can lead to a longer health span.
- Explain to clients and/or their families that aging is a major risk factor for chronic diseases that give rise to morbidity and mortality and that a positive lifestyle can delay biological aging, and be aware that several potential medications to minimize chronic illnesses are under study.

Faculty: David Puett, PhD, Resident, Galloway Ridge at Farrington; Regents Professor and Department Head Emeritus, University of Georgia; Adjunct Professor, University of North Carolina at Chapel Hill School of Medicine; and Past-President, Association of Medical and Graduate Departments of Biochemistry.



| CEUs

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Culture shock: Experience a business revival

Traci Bild

Seniors housing and long-term care have transformed over the past five years—and will continue to do so as the health-care landscape evolves. While the nature of our business has changed, many corporate cultures have not. The impact is evident. Attend this session and find out what you need to do as the leader of your organization or department to revive and energize business as usual.

You'll be able to:

- Create a culture of collaboration, accountability and a commitment to results.
- Identify five barriers to your leadership success and how to break through them in 30 days or less.
- Comprehend why you must take time to work *on* your business versus working *in* it.

Faculty: Traci Bild, CEO, Bild & Company.



Enhancing spirituality: Creative programming

Rita Lopienski

Learn how to meet the spiritual needs of individuals through use of assessments, plus how to maximize provision of pastoral care. Improve daily spiritual programming through involvement with church, chaplain and religious groups in the community. Develop unique, quality programs that improve physical and mental health. Creative examples provided.

You'll be able to:

- Describe the wellness benefits of spiritual programming.
- Contact, partner and utilize community religious resources effectively.
- Comprehend ways to provide meaningful and innovative spiritual experiences to meet needs and increase the well-being of residents.

Faculty: Rita Lopienski, MA, RMT, Director of Life Enrichment, Plymouth Place Senior Living.



| H-LF/HF | CEUs

Think groups: The why and how of social brain training

Cynthia Green

Popular brain-training products have primarily focused on single-user interventions. Yet brain-health science suggests social-based interventions provide tremendous benefits across the cognitive wellness continuum. Learn how to use a social-based model in developing and implementing brain-health programs. Innovative approaches will be presented, along with examples.

You'll be able to:

- Comprehend the scientific value of social-based brain training, as well as the additional benefits such programs can bring to your communities and clients.
- Explain how to implement social-based brain training within your own communities.
- Identify how to think innovatively about engaging your clients in social-based brain training through newer models of engagement, including personal and competitive team challenges.

Faculty: Cynthia Green, PhD, President, Total Brain Health.



| H-LF/HF | CEUs

Getting "The Knack" of bladder control

Rozena McCabe

Learn the proper way to perform and teach a variety of urge-suppression and bladder-control techniques. Topics will include "The Knack" (which is also known as the "Squeeze Before You Sneeze" technique), recommended bathroom behaviors to reduce urinary frequency, and how to "decondition" triggers that cause urinary urgency.

You'll be able to:

- Identify appropriate bladder-control strategies for stress incontinence versus urge incontinence.

- Perform the instructional sequence for teaching "The Knack."
- Describe three strategies for reducing urinary urgency and frequency.

Faculty: Rozena McCabe, PhD, Owner, Fitness for Brain, Body & Balance.



| H-LF/HF | CEUs

Bare your sole: Reimagine barefoot training for active aging

Lawrence Biscontini & Bernadette O'Brien

We all use our feet to some degree. If we don't take care of our feet, we can't logically hope they will take care of us. Explore foot care in general, including self-myofascial release, massage, and limbering and strengthening movements for the foot, including toes and ankles. Learn seated and standing foot movements to improve gait and falls-prevention strategies.

You'll be able to:

- Comprehend strategies (including research) for convincing people to train the feet, plus new, useful terminology to reference the feet and its functions.
- Describe strategies for both seated and standing foot-limbering movements and self-care for feet.
- Recall strategies for both seated and standing proprioceptive/balancing movements to improve gait efficiency and falls-prevention strategies.

Faculty: Lawrence Biscontini, MA, Mindful Movement Specialist, and Bernadette O'Brien, MA, Mindful Movement Motivator, FG2000.



| HF/HF | CEUs

ACTIONivities strategies to boost physicality of recreational/leisure activities

Kim Eichinger & Renee Harlow

Reach beyond the exercise class and gym environment to offer movement that improves mobility for older adults. Program facilitators don't have to be fitness experts to address balance, range of motion and strength by applying the

ACTIONtivities concept. Activity leaders, exercise instructors and volunteers can gain strategies to increase their programs' physicality.

You'll be able to:

- Identify opportunities to introduce gentle movement into otherwise sedentary activities.
- Enhance recreational and leisure activities to offer exercise for balance, core strength, range of motion, and fine motor skills.
- Adapt physical activity to meet the cognitive and physical levels of the participants.

Faculty: Kim Eichinger, ACE, Executive Director of Fitness, and Renee Harlow, ACE, Fitness Director, Country Meadows Retirement Communities.



Mindful walking for all ages

Tracey Harvey

(Meet at the ICAA Registration Desk.)

Transform current programming to incorporate mindful-walking programs with low-impact interval and circuit training strategies that benefit all ages. Discover how walking programs can generate outreach opportunities and build community clubs outside your walls of business. The final 40 minutes puts strategies into practice with a brisk 1.7-mile outdoor walk.

You'll be able to:

- Exhibit a deeper understanding of how to adapt current programming to incorporate low-impact training tips along with brain-boosting strategies focusing on client engagement.
- Recall new ideas on how to positively leverage walking programs outside your walls and leave with business strategies and tips on how to grow local and regional partnerships.
- Refer to an alternative seated-activities tip sheet along with occupational and emotional wellness activity sheets for your residents/clients.

Faculty: Tracey Harvey, National Program Director, Wellness Services, EnerG by Aegis.



10:15 a.m.–
11:45 a.m.

Better Balance with Choices (BBC): A collaborative interdisciplinary wellness program

Muriel Brunger, Mary Ann Anichini & Kim Gibbons

BBC, a Presbyterian Homes' initiative, is based on research showing a positive effect on balance and falls prevention linked to participation and engagement in as many dimensions of wellness as possible. Explore the program's background, planning and implementation process, and measures and results. Also learn about future follow-up programming.

You'll be able to:

- Explain that balance comes from engagement in all seven dimensions of wellness and why.
- Recognize how focusing on an intensive topic and program with an interdisciplinary group can help operationalize a wellness program on all levels of care.
- Involve residents, visitors and staff along the continuing care retirement community (CCRC) continuum in education, activities and fun related to falls prevention and balance.

Faculty: Muriel Brunger, BA, Administrator of Community Life, and Kim Gibbons, BA, Fitness Program Manager, The Moorings of Arlington Heights/Presbyterian Homes; and Mary Ann Anichini, MA, Vice President of Continuous Quality Improvement, Presbyterian Homes.



Compelling communication

Karen Woodard

Gain tools to be a more relaxed, prepared and compelling communicator. The ability to present a well thought-out concept or presentation is critical for professional growth. Designed for managers/leaders who lead meetings or staff trainings, this session shares steps to design/create compelling, engaging meetings in which your staff or audience will find value.

You'll be able to:

- Provide a more concise, clear message in group/public communication.
- Provide a more meaningful experience for your audiences.
- Communicate effectively with precision in personal and professional arenas.

Faculty: Karen Woodard, President, Premium Performance Training.



OASIS CATCH Healthy Habits: Improved health through volunteerism and education

Melissa Bess

OASIS CATCH Healthy Habits engages older adults in leading elementary school-aged children in a nutrition lesson and healthy snack, and playing physically active, inclusive games. Based on this model, OASIS launched Healthy Habits for Adults workshops. Discover details of both programs and information on how to engage older adults in volunteerism.

You'll be able to:

- Use both OASIS programs (CATCH Healthy Habits and Healthy Habits for Adults) as models for planning intergenerational or volunteer-led programs.
- Develop partnerships with OASIS or other similar organizations to provide opportunities for healthy aging.
- Plan and implement strategies for volunteer recruitment, retention and engagement.

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Faculty: Melissa Bess, EdD, National Health Program Manager, CATCH Healthy Habits, The OASIS Institute.

 | H-LF/HF | CEUs

The call to serve—The power of passionate work

Gregg Levoy

People fueled by a sense of calling—“a deep feeling of fit and purpose, a match between who they are and what they do”—bring that passion to their jobs, companies and lives. Any leap that brings this sense of authenticity and engagement is a calling. Gain clarity to take whatever “next step” deepens your alignment with the call to serve, and explore questions posed.

You'll be able to:

- Identify what the call-to-serve is calling-for from you at this juncture of your career.
- Move forward with greater clarity and courage toward what you will have

identified as a next step in that calling, whether it involves a creative leap or career change, a role to take on or let go of, a new venture or style of leadership, or a course-correction in your work or life.

- Model more effectively the sense of passion and mission that's a hallmark of authentic leadership, helping inspire others to contribute, be engaged, and become impassioned about their work and lives.

Faculty: Gregg Levoy, BA, Author; *Callings* and *Vital Signs*; former Adjunct Professor, University of New Mexico; and Behavioral Specialist, *USA Today*.

 | CEUs

Creating space: Weaving art and creativity into your community

Jeff Nachtigall

We are all born artists! Unfortunately, many of us become separated from our creativity. How do we reclaim this impulse and make it truly accessible? How

can we engage older adults in meaningful creative expression that transforms art into a vehicle for wellness, healing and hope? Explore the OPEN STUDIO model and how to include artistic experience in your practice.

You'll be able to:

- Examine the role that art and creativity play in promoting wellness, healing and hope.
- Cultivate creative culture-change in your community; and develop strategies for incorporating creative expression into practice.
- Demystify the “myths” and “tear down” the walls that separate us from our creativity.

Faculty: Jeff Nachtigall, Artist/Founder, Open Studio Projects.

 | CEUs

Sit + stand=F.A.B. (function and balance)

Cammy Dennis & Jessica Pinkowski

Seated exercises offer a great opportunity to improve strength and flexibility,



Photo: Kelsey Wittig

plus provide a rehearsal effect for exercise progression. Once these goals are accomplished, add standing exercises to more effectively train function and balance. Besides demonstrating progressions, this session will implement economical training toys to heighten challenge and keep classes fresh.

You'll be able to:

- Lead seated and standing exercises that incorporate balls, hula-hoops and drumsticks into older-adult group fitness classes.
- Develop a progression of exercises utilizing a rehearsal technique that takes students from seated to standing to functional movement patterns.
- Incorporate balance and gait training drills within the format of a group fitness class.

Faculty: Cammy Dennis, BBA, Fitness Director, and Jessica Pinkowski, CPT, Group Fitness Supervisor, On Top of the World Communities, Inc.



| H-LF/HF | CEUs

3Ms of good health: Movement, meditation and music

Robert Bergner & Cindy Senk

Grounded in recent scientific research on the health benefits of these ancient healing practices, this session interweaves chair and mat yoga, breath and walking meditation, and simple chanting to evoke a sense of well-being and vibrant calm. Learn approaches to singing and community-building through shared song, plus discuss yoga and meditation in daily lives.

You'll be able to:

- Advocate for and initiate yoga, meditation and voice programming in your home communities, and be aware of how these three practices inform and complement each other.
- Guide those with limited mobility in the use of alternative, chair-supported versions of traditional yoga postures.
- Make more effective use of yoga, meditation and voice in your own self-care practice.

Faculty: Robert Bergner, MDiv, Chaplain, and Cindy Senk, MEd, Director of Fitness and Wellness, Seabury.



| HF/HF | CEUs

Dance walk

Peggy Buchanan, Patricia VanGalen & David Dworkin

(Meet at the ICAA Registration Desk.)

Knock your socks off while you strut your stuff “walking the talk”! Turn the volume up on your traditional walking program by adding music and dance to your daily step routine. This high-energy creative approach to programming will add some pizzazz to your everyday walking regimen while putting a smile on your face and a bounce in your step.

You'll be able to:

- Perform simple dance steps while walking to enhance interest and coordination.
- Integrate FUNction and cognitive stimulation into your walking programs.
- Improve basic balance techniques to decrease falls risk and polish activities of daily living.

Faculty: Peggy Buchanan, MA, Director, Fitness, Aquatics & Physical Therapy, Vista del Monte Retirement Community; Patricia VanGalen, MS, Owner, Active & Agile; and David Dworkin, MA, MEd, President, Conductorcise, Inc.



| HF/HF | CEUs

3:00 p.m.—

4:00 p.m.

ICAA Speed problem-solving

Patricia Ryan & multiple presenters

Reimagine problem-solving by teaming up with other ICAA Conference attendees. Share your problem in a concentrated sound bite of about 60 seconds, then work together to brainstorm solutions. After a few minutes, you will say good-

bye and move to another person, where the problem-solving continues. Bring notecards, business cards and your experience to this idea exchange.

Faculty: Patricia Ryan, MS, Vice President of Education, International Council on Active Aging, and Multiple Presenters.

4:30 p.m.—

5:30 p.m.

ICAA GENERAL SESSION

Exercise: A daily tonic to get the brain to its fullest potential—and keep it there

John Ratey

Dr. John Ratey has provided us with the reason why we need to take physical fitness seriously: It impacts the brain more than we know. His two recent books, *Spark: The Revolutionary New Science of Exercise and the Brain* and *Go Wild: Free Your Body and Mind from the Afflictions of Civilization*, describe the science that already exists showing the best way to live life to the fullest is to challenge the body and brain. This literally builds our bodies and brains and makes them more resilient, as well as raises us to our highest level of well-being.

You'll be able to:

- Comprehend what exercise does to brain health and how to raise BDNF—the “miracle grow” for the brain.
- Discuss why it is important to take challenges as they arise.
- Explain how it is so much better for the brain when individuals exercise with a group.

Faculty: John Ratey, MD, Associate Clinical Professor of Psychiatry, Harvard Medical School; bestselling author; and internationally recognized expert in Neuropsychiatry.

CEUs

Sessions FRIDAY

Tracks

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Photo: Julie Milner

6:30 a.m.–
7:45 a.m.

Active-aging chair yoga Sara Kooperman

This workshop focuses on yoga postures done with the support of a chair. Standing, seated and floor work poses blend into chair asanas that encompass a creative strength-building and flexibility-promoting workout. A union of mind, body and spirit are at this program's heart, with special attention to activities of daily living and the ability to rise, fall and flow by oneself.

You'll be able to:

- Focus on yoga postures with a chair.
- Blend chair and floor asanas.
- Teach how aging adults can blend and flow on their own in a safe way.

Faculty: Sara Kooperman, CEO, SCW Fitness Education and WATERinMOTION.

 | HF/HF | CEUs

Powerful progressions

Andi Kwapien & MaryBeth Dziubinski

Accomplish more in a group session with multiple skill levels through effective exercise progressions/regressions. Teach functional exercise movements to improve everyday activities. Incorporate translational cycling techniques in class programming so that postural and safety cues provided in class stay with participants and translate into their daily activities.

You'll be able to:

- Engage and challenge class participants skillfully by incorporating appropriate exercise progressions and regressions throughout the class.
- Comprehend and use translational cycling techniques that empower the class participant to carry over principles learned in the class setting to safely execute their everyday activities.

- Integrate exercises that progress from simple to compound to train functional movement skills for a multi-level group.

Faculty: Andi Kwapien, BLS, National Trainer, and MaryBeth Dziubinski, RYT, National Trainer, Healthways.

 | HF/HF | CEUs

8:00 a.m.–
9:30 a.m.

Innovate: Best practices to reimagine wellness programs

Patricia Ryan

A single activity, comprehensive program or small-but-effective change can boost a wellness program from good to great. Join the Innovators Award winners as they share details of how they conceived, planned and delivered programs, both big and small. Discover what occurred, what went well and what did not work as a blueprint you can borrow and expand on.

You'll be able to:

- Identify types of programs that attract the interest of older adults.
- Identify characteristics of effective programs for older adults.
- Name at least three programs that are successful in increasing participation among older adults.

Faculty: Patricia Ryan, MS, Vice President of Education, International Council on Active Aging (moderator).

 | CEUs

It's a family affair: Mobilizing families as wellness partners

Kay Van Norman

First interactions with residents and family members often come after a need is identified for care and support. How can you turn customers of health management services into partners in resident engagement and wellness? Un-

derstand how to evaluate relationship paradigms with resident family members, discuss unseen barriers to family member buy-in, and much more.

You'll be able to:

- Define clearly your relationship paradigm with family members.
- Identify common family “aging scripts” that may block resident motivation to engage in wellness offerings.
- Outline specific strategies to engage both family members and residents as active partners in well-being.

Faculty: Kay Van Norman, MS, President, Brilliant Aging.



| CEUs

Discover how to create unique, outside-the-box wellness programming

Peggy Buchanan

This session is a lively, creative and nontraditional approach to wellness programming. Take a virtual tour of how to incorporate a multidimensional approach to traditional activities for and involving all levels of care. Find out how to add a cognitive-stimulating component to help participants enhance concentration and memory, plus add mindful exercise to muscular activity.

You'll be able to:

- Create multifunctional level activities addressing all dimensions of wellness.
- Upcycle traditional programs for a more contemporary experience.
- Add fun and easy-to-do brain games to movement classes.

Faculty: Peggy Buchanan, MA, Director, Fitness, Aquatics & Physical Therapy, Vista del Monte Retirement Community.



| H-LF/HF | CEUs

Unlocking the ABCs of longevity: The magic of the mind

Michael Mantell

The magic of the mind fuels Authentic Behavior Change (ABC). Learn essential tools and skills to help clients transform obstacle-filled self-talk into empowered forward movement and build a well-

anchored tripod of “ThEaMo” (Thinking, Eating and Moving). ABC relies on Actions, Beliefs and Consequences. The most current approaches will be presented.

You'll be able to:

- Recognize how Authentic Behavior Change relies entirely upon healthy, rational self-talk, the ABCs of longevity.
- Coach clients to catch their Beliefs about Actions that lead to emotional Consequences, and challenge and change those beliefs.
- Identify the most commonly heard irrational beliefs held by those who are most likely to impede wellness and longevity, and how to help clients advance past them to be able to live to 100.

Faculty: Michael Mantell, PhD, Behavior Science Coach, Michael R. Mantell, PhD, Inc.



| H-LF/HF | CEUs

Programs to prevent and recover from a fall

Terry-Ann Spitzer Gibson, Lee Hannah, Jan Middleider & Jennifer Bennett

Learn about a program design to provide the “Fit and Fall Proof” program for rural and underserved older-adult communities. Hear examples and link to free curriculum materials. Adapt concepts from the “Falling Safely Workshop.” Discuss marketing, handouts, workshop details and evaluation, then watch case-study videos that put things into practice.

You'll be able to:

- Describe how a train-the-trainer method and volunteer peer leaders may be used to provide group exercise instruction.
- Identify what modifications to falling forward, backward and sideways are needed to improve the falling pattern.
- Identify resources that are needed to implement an effective falls-prevention or falls-recovery program.

Faculty: Terry-Ann Spitzer Gibson, PhD, Associate Professor, and Lee Hannah, DVM, PhD, Associate Professor,

Boise State University; Jan Middleider, MS, Professor Emeritus, College of Southern Idaho; and Jennifer Bennett, MS, Health & Fitness Specialist, Cornell University Wellness Program.



| HF/HF | CEUs

Core control for better backs

Maureen Hagan

The risk for back pain and injury increases with age. Learn how to minimize the risk by understanding common postural types and naturally occurring muscle imbalances that result from the daily stresses of immobility and sedentary lifestyle. Discover the “top 10” exercises that make a healthy back program and help correct these postural faults and muscular imbalances.

You'll be able to:

- Provide an overview of the most common age-related risk factors that lead to chronic back pain and injury.
- Review the four common postural types and muscle imbalances associated with each.
- Learn 10 effective core-conditioning exercises that help build a healthy back, plus ways to integrate these exercises into your client's exercise program or therapy session.

Faculty: Maureen Hagan, PT, Vice President, Program Innovation and Fitness Development, GoodLife Fitness, and Education Director, canfitpro.



| HF/HF | CEUs

High-speed training: Power, function and beyond

Joseph Signorile

High-speed training has traditionally been used to increase power output during resistance training. Discover research from Dr. Signorile's laboratories and others showing the capacity of high-speed training to address oxidative capacity, metabolic syndrome, balance, falls reduction, and maintenance of independence. Explore new research addressing emerging training designs.

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You'll be able to:

- Recognize the multidimensional nature of high-speed training and eliminate the myth that this type of training solely targets so-called “anaerobic exercise.”
- Comprehend the underlying physiological principles that allow high-speed training to address the needs of diverse populations.
- Comprehend how high-speed training techniques can be modified so that targeted training can be provided.

Faculty: Joseph Signorile, PhD, Professor, University of Miami.



| HF/HF | CEUs

Not just walking—Innovative ideas to keep walking programs interesting

Julie Kidwell

(Meet at the ICAA Registration Desk.)

Learn to design walking programs for a large variety of fitness and interest levels. Several dimensions of wellness can overlap when incorporating other activities into a walking program (e.g., Walking and Meditation, Walking Book Club). These programs can capture the interest of those who typically would not engage in physical fitness programs.

You'll be able to:

- Design an engaging circuit-walking program.
- Obtain practical examples to start, build, maintain and evolve a well-attended circuit-walking program.
- Meet the needs of all fitness levels and several different dimensions of wellness.

Faculty: Julie Kidwell, BS, Director of Wellness, Healthcare Therapy Services, Inc.



| HF/HF | CEUs

9:45 a.m.–
11:00 a.m.

The fun theory: The intersection of technology and aging

Jack York & Juliet Kerlin

By providing access to person-centered recreational/leisure activities and therapy activities that can be tailored to individual preferences, person-based technologies allow staff to embrace the belief that well-being goes beyond infirmity and encompasses mind, body and spirit. Explore the technological transformation taking place in society and how technologies will impact aging.

You'll be able to:

- Learn about various types of interactive technologies that can improve the quality of life for older adults.
- Acquire practical strategies to integrate these technology-based, person-centered recreational and therapy programs.
- Review research that is quantifying the benefits of technology-based programs as part of person-centered initiatives.

Faculty: Jack York, BS, President and Cofounder, and Juliet Kerlin, MA, Director of Research, It's Never 2 Late.



| CEUs

Marketing an outcomes-based program to assisted living communities

Dara Gorgas & Brittany Austin

Learn how to design/promote both team and individual outcomes-based programs that are competitive and athletic for assisted living residents. Create adaptive sports programs as well as multifunctional movements derived from self-defense tactics. These programs are developed with defined goals using the lowest outcomes measures of functional fitness testing.

You'll be able to:

- Develop outcomes-based, competitive and creative athletic programs for assisted living communities.
- Execute an outcomes-based program showing improved components of fitness from start to finish.
- Market evidence-based programs to clients and communities.

Faculty: Dara Gorgas, BS, Wellness Coordinator, and Brittany Austin, MBA, National Wellness Director, RehabCare.



| CEUs

Empowering aging cancer survivors to reclaim their health

Beth Boyer Kollas & Jennifer Brumbaugh

Older people with cancer often have a different set of concerns than other adults with cancer. The toll on these individuals calls for a focused program to help them reclaim health and well-being not only from a physical perspective, but also from a psychosocial one. Understanding processes for consideration makes it easier to personalize interventions.

You'll be able to:

- Identify the unique needs of aging adults with cancer.
- Develop an understanding of program elements for consideration when working with older cancer survivors.
- Explore existing resources to assist in caring for older cancer survivors.

Faculty: Beth Boyer Kollas, PhD, Executive Director of Health Outcomes, and Jennifer Brumbaugh, Senior Program Director, Health Strategies, YMCA of Central Florida.



| H-LF/HF | CEUs

Positive living: Creative strategies to sustain happiness and wellness

Robin Bacon Hoffman

Discover ingredients for happiness that are independent of both health and wealth. Specific strategies can enhance quality of life at any age. Understand and practice these strategies in preparation for encouraging their use by others.

Leave with the ability to use and teach diverse coping methods, as well as plans for developing habits such as gratitude and altruism.

You'll be able to:

- Present a coherent set of strategies to enhance emotional, social, spiritual and vocational wellness.
- Practice and teach a diverse set of coping methods suitable for dealing with age-related changes.
- Select from a toolbox of evidence-based approaches for improved life satisfaction.

Faculty: Robin Bacon Hoffman, MDiv, ThM, Chaplin, Springpoint Senior Living.

 | H-LF/HF | CEUs

Benefits of aromatherapy in the memory care setting

Dana Donovan & Nancy Hutchinson

Learn how essential oils can relieve stress and calm agitation in people with dementia, as well as how essential oils may affect emotions and behaviors (including stimulating appetite and energizing residents) in memory care. Leave this session with recipes for diffusers, lotions, spritzers and rollerball remedies, plus tips on how and when to use these resources.

You'll be able to:

- Comprehend how and why essential oils work.
- Use essential oils effectively to benefit residents' and team members' wellness and emotions.
- Analyze what oils will help a situation in your community and what interventions you can try.

Faculty: Dana Donovan, BS, Cottage Coordinator, Highgate Senior Living; and Nancy Hutchinson, DPT, Wellness advocate/Physical Therapist, doTERRA.

 | LF/LF | CEUs

Boomer BEAT

Cammy Dennis & Jessica Pinkowski

Ignite your inner rock star in this fitness jam-session, using drumsticks to pound

out the "BEAT" and work up a sweat (no chairs in this workout!). "Boomer BEAT" provides a significant challenge, improving cardiovascular capability, strength and balance. Drumsticks encourage range of motion, support coordination, and provide opportunities for training balance.

You'll be able to:

- Incorporate drumsticks into older-adult group fitness classes.
- Lead choreography that incorporates simple drumming to provide a stimulus for cardiovascular health, and improved strength and cognition.
- Execute rhythmic movement patterns in multiple planes of motion that support sensory processing for balance by challenging base of support, weight transfers and center of gravity.

Faculty: Cammy Dennis, BBA, Fitness Director, and Jessica Pinkowski, CPT, Group Fitness Supervisor, On Top of the World Communities, Inc.

 | HF/HF | CEUs

Conductorcise your potential: The secret ingredient every program *must* have

David Dworkin

Experience what your residents will experience with Conductorcise. Learn that movement and brain stimulation—created through the energy of music—does affect all participants, regardless of the level of care/living involved. Also, discover how music is being used positively with individuals with Alzheimer's/dementia or Parkinson's disease.

You'll be able to:

- Use the list of music from this session in your own presentations.
- Refer to information and tools to offer this program in your venue. Bring home skills in listening, engaging and searching online to find information on music, composers and time periods in which music was composed.
- Comprehend Conductorcise by experiencing the program and learning about the philosophy and thought process underneath the fun and phys-

ical activity—all useful in starting your own programs.

Faculty: David Dworkin, MA, MEd, President, Conductorcise.

 | H-LF/H-LF | CEUs

The importance of exercise in nature for older adults

Jack Carman & Missy Benson

(Meet at the ICAA Registration Desk.)

Outdoor activities are critical for maintaining health. Activities such as walks in the park, using outdoor exercise equipment, involvement in community gardens and other natural settings positively impact quality of life in many ways as well. Explore case studies demonstrating the positive impacts of maintaining and expanding activities outside.

You'll be able to:

- Demonstrate the importance of maintaining access to nature for older adults' health and quality of life.
- Discuss current research about how outdoor exercise benefits our health and well-being.
- Explore the top design guidelines for successful outdoor spaces for older adults.

Faculty: Jack Carman, FASLA, LLA, RLA, President, Design for Generations, LLC; and Missy Benson, BLA, Play Advocate, Playworld Systems, Inc.

 | HF/HF | CEUs

11:15 a.m.—

12:30 p.m.

ATHLETIC BUSINESS KEYNOTE

What makes the great teams great

Don Yaeger

The great teams understand "The Why." They are connected to a greater purpose. Learn how to constantly remind your employees of who they are in service of, while being acutely aware of downstream beneficiaries. The more a

Sessions FRIDAY

company creates “mission moments” for employees and team members to understand that greater purpose, the better off the team will be when it comes to enduring challenges along the way to achieving its goal. In this session, best-selling author and speaker Don Yaeger shares his findings from interviews with Olympic Gold Medal winners like USA Basketball Head Coach Mike Krzyzewski (Coach K), 2014 NBA Most Valuable Player Kevin Durant, and USA Basketball CEO Jerry Colangelo, as well as four-time Super Bowl champion quarterback Tom Brady, thought-leader Simon Sinek and longtime Medtronic CEO Bill George.

Faculty: Don Yaeger, *New York Times* best-selling author, inspirational speaker, and former longtime Associate Editor, *Sports Illustrated*.
CEUs

4:00 p.m.—
5:30 p.m.

Reimagine building mental muscle: Neuroplasticity

Lawrence Biscontini & Bernadette O'Brien

Enjoy an updated, research-based look at neuroplasticity and our ability to train the brain, in all of its five major functions, to build mental muscle and, consequently, improve the overall quality of our lives. Three of the ages we can train include social, functional and psychological age, and this lecture explores how to maximize our training of the same.

You'll be able to:

- Discuss a research-based factual update on neurogenesis, Alzheimer's, and brain intervention strategies.
- Review the areas and function of the brain, plus implement practical, research-based strategies to train right-and-left-brain areas for social, functional and psychological age.

- Add neuroplasticity games into all aspects of training from intro, body and outro of sessions; and name practical terminology to add into the training repertoire.

Faculty: Lawrence Biscontini, MA, Mindful Movement Specialist, and Bernadette O'Brien, MA, Mindful Movement Motivator, FG2000.



| HF/HF | CEUs

6 tools to transform a good organization into a consistently excellent organization

Karen Woodard

Why is being consistently excellent illusive for many organizations? Assess how your company does with these six transformative tools that will turn your organization into an environment that attracts, retains and develops the best people for your culture to go from good to consistently excellent. This session starts with an activity for your next all-staff meeting.

You'll be able to:

- Recognize the difference between groups and teams and which you have in your organization.
- Comprehend the difference between primary purpose and secondary purpose; and create accountability of and for the vision, mission and core values of your company.
- Craft a more effective culture of communication to deepen trust and collaboration; and create a framework for organizational integration, rather than independence, for stronger teamwork and collaboration.

Faculty: Karen Woodard, President, Premium Performance Training.



| CEUs

Garden to table: Creating memorable culinary experiences through resident involvement

Jack Carman & John Kennedy

Developing relationships between culinary staff and residents is key to creating successful, enjoyable dining programs. Establishing a team—including

ing residents, culinary staff, wellness professionals and a horticulturalist—can lead to new dining experiences. Explore innovative ways to increase interest and excitement in meal programs as well as resident participation.

You'll be able to:

- Incorporate innovative approaches to the dining experience through increased resident and staff participation and involvement.
- Present examples of various communities that have implemented successful changes to the dining experience through increased garden usage.
- Overcome barriers to the use of organically grown fruit, vegetables and herbs harvested from on-site community gardens.

Faculty: Jack Carman, FASLA, LLA, RLA, President, Design for Generations, LLC; and John Kennedy, CDM, Director of Dining Services, Flik Lifestyles at Foulkeways.



| HF/HF | CEUs

Aging gracefully: Research to practice

Terry Eckmann

Live a long, productive life with healthy lifestyle choices that can positively affect your brain and body. This healthy-aging survival kit will share research supporting the key lifestyle choices that make a significant difference in how we age. Put research into practice in this humorous, practical session to make your life and the lives of your residents/clients even better.

You'll be able to:

- Identify the critical domains to a healthy brain and body.
- Explore research regarding the effects of lifestyle choices and aging.
- Put research into practice with activities throughout the session, and take home key concepts and brain boosters you can share with residents/clients.

Faculty: Terry Eckmann, PhD, Professor, Minot State University.



| CEUs

Values-based marketing and communication for mature adults

Dan Ritchie

The Boomer cohort, sometimes referred to as the New Customer Majority, feels that they are either being ignored or completely misunderstood by most companies. This session will identify and describe key concepts and strategies for reaching the hearts and minds of these potential clients and customers. Individual and small group work will help participants put concepts into practice.

You'll be able to:

- Describe how human development, maturation and self-actualization play key roles in how aging adults interpret and respond to marketing messages, and discuss how to use whole-brain marketing to enhance the effectiveness of marketing messages.
- Identify the Five Primary Core Values and how to communicate the benefits of your program or product in terms that clients/customers understand.
- Describe common values of the leading- and trailing-edge Boomer cohorts, and avoid common communication mistakes between Millennials, Gen Xers and Boomers.

Faculty: Dan Ritchie, PhD, CSCS, Cofounder and President, Functional Aging Institute.



All movement matters—Live, work, play and train!

Patricia VanGalen

Look beyond purposeful and planned physical activity and exercise for your residents or clients. Harness hobbies, recreation, sport, caregiving and chores to keep individuals moving and challenge “boundaries.” “Train” to fill in the gaps for what people “need” and “want to be able to do.”

You'll be able to:

- Expand your understanding of how and why all movement matters.
- Implement multiple means to facilitate and stimulate movement in daily patterns, aside from planned exercise.

- Raise awareness of all aspects of living, working, caregiving, playing and social environments to facilitate movement.

Faculty: Patricia VanGalen, MS, Active & Agile.



Integrate function and cognitive challenges into your older-adult fitness group

Kymerly Williams-Evans

Over-55 exercisers look for effective, yet comfortable, exercise options. They worry about losing cognitive skills, getting hurt, gaining weight, losing strength, and not being able to do activities. This session offers functional examples and options for various ability levels. Why teach “standard” classes when you can create movements/sequences that offer layered benefits?

You'll be able to:

- Identify and incorporate five movement habits that enhance memory and cognitive skills.
- Create on- and off-site class exercise programs built on five principles targeted to older adults' needs.
- Select exercises and movements that offer at least two benefits for every move, such as improving balance and cognition, or increasing coordination while activating the core.

Faculty: Kymerly Williams-Evans, MA, Fun and Fit: Active Aging Answers for Boom Chicka Boomers.



6:30 p.m.—
7:30 p.m.

Poster session: programs, best practices and research

Multiple presenters

The posters in this session present an excellent opportunity for you to see a visual representation of successful programs and best practices, as well as applied research. Meet and talk with presenters, ask questions, and join others with similar interests. Mix education and networking in an informal environment, and leave with a bag full of good ideas.

You'll be able to:

- Outline key elements of collaborative partnerships.
- Identify characteristics of programs that achieve program goals.
- Review how outcomes measures are used to identify target populations.

Faculty: Multiple presenters.



Sessions SATURDAY

Tracks

-  **Big picture:** trends, careers, ecosystems
-  **Cognitive & emotional health:** brain health, emotional and mental health
-  **Physical activity:** exercise, recreational activity, balance
-  **Management & marketing:** program and company management, outreach
-  **Programming:** multidimensional programs, single programs, development
-  **Outdoor:** suited to outdoors; session is conducted outdoors

Functional levels (physical function/ cognitive function)

HF = higher functioning

LF = lower functioning

H-LF = high-to-low functioning



Photo: Julie Milner

7:00 a.m.–
8:15 a.m.

Bringing community and healthcare together to provide sustainable falls prevention

Christine Katzenmeyer

Learn about the successful Falls Prevention Center models from Colorado that can be replicated in urban and rural communities. This session shares how these Falls Centers work, how they are sustained, and the data proving that they are working. Learn how hospitals and the community work jointly to make this happen, and how they are preventing falls and their associated costs.

You'll be able to:

- Recognize what an evidence-based Falls Screening tool is and which ones are currently being used to refer clients to falls interventions.
- Identify if a Falls Center program is appropriate for your community, as well as what partners need to be involved.
- Obtain a toolkit already prepared as a complete “how-to,” with forms and tools, to begin implementation discussions for a Falls Center in your local community.

Faculty: Christine Katzenmeyer, MA, Founder, Consortium for Older Adult Wellness.

 | CEUs

Music as medicine 101

Robert Bergner

Familiarize yourself with the relationship between music and medicine, as well as review current scientific research on therapeutic applications among older adults. Consider the many innovative music programs available and learn tools for assessing which might best suit your organization's needs. Also experience the inspirational, transformative power of making music together.

You'll be able to:

- Explain the historical relationship between music and medicine, and describe current scientific research on therapeutic applications of music—both active music-making and passive music-listening—among older adults.
- Determine which of the variety of music programs currently available would be best suited for implementation in your setting and then advocate for, and initiate, those programs.
- Make more effective use of music in your self-care practice.

Faculty: Robert Bergner, MDiv, Chaplain, Seabury.

 | CEUs

Restoring physical, mental and social connections with intentional seated exercise

Sara Kyle & Catherine Reade

Maintaining functional independence is a great need in long-term care. Restoring physical connections with group sessions that incorporate mobility training can enhance cognitive function and social well-being. This interactive, experiential session uses several modalities to help strengthen upper and lower body. Options will be presented for highest to lowest-functioning individuals.

You'll be able to:

- Identify the effects of aging on physical function, cognition and social well-being and how to restore these with group mobility training to strengthen body, brain, and interpersonal relationships, regardless of health challenges. Intentional exercise interventions coupled with social and cognitive elements will be demonstrated, and training principles of endurance, strength and flexibility will be identified.
- Explain how physical activity and exercise positively impact cognitive function, as well as how adding cognitive stimulation to group sessions enhances neuroplasticity while decreasing isolation, building friend-

ships, and educating the community-at-large. Experience the link between motor learning and cognition during physical activity.

- Provide a programming framework toolkit to create deliberate, outcome-based physical activities that seek to strengthen specific muscular weaknesses that lead to loss of independence and functional levels. After an initial assessment, what subsequent assessments can be performed throughout the year to measure program/initiative effectiveness?

Faculty: Sara Kyle, PhD, Director, Resident Wellness, Nicoya Health and Lifestyle; and Catherine Reade, MS, RD, CEO, Resistance Dynamics.

 | LF/HF | CEUs

Delay the disease: Is exercise the newest medicine for Parkinson's disease?

David Zid

Learn about the OhioHealth Delay the Disease program from cofounder David Zid. Delay the Disease is specifically designed for people with Parkinson's disease. This session will be a lecture/workshop showing basic Delay the Disease exercises and the impact they will have on Parkinson's disease and the brain.

You will be able to:

- Discuss the positive impact that the Delay the Disease Parkinson's-Specific Wellness program has on the symptomatic progression of Parkinson's disease.
- Explain the process of neuroplasticity and the brain's ability to reorganize itself to learn new behaviors and modify existing pathways.
- Provide examples of evidence-based interventions and safe exercise prescription for adults with Parkinson's disease based on their impairments.

Faculty: David Zid, BA, ACE, APG, Director for Movement Disorders and Musculoskeletal Wellness, OhioHealth Delay the Disease; and owner and president, David Zid Healthworks.

 | H-LF/HF | CEUs

8:30 a.m.–
9:45 a.m.

Leadership through serving others Maureen Hagan

Learning to lead is having the ability to relate and to connect with people for the purpose of inspiring and empowering their lives. In this session, you will explore seven ways of leading and learn how to evolve as a leader that will best serve you in your role within the fitness and healthcare industry.

You'll be able to:

- Explore seven ways of leading yourself and others.
- Expand your perspectives as a leader, so as to open your mind to new ways of leading.
- Gather practical tools and strategies that will best serve you in your role.

Faculty: Maureen Hagan, PT, Vice President, Program Innovation and Fitness Development, GoodLife Fitness, and Education Director, canfitpro.

 | CEUs

Happy, happy, happy=retention, productivity and satisfied residents/members Julie Kidwell

Hear the latest research from Harvard, Forbes, and other industry leaders on employee satisfaction and what truly makes employees happy. Also learn how employee happiness can improve morale, productivity and the bottom line, plus how employee happiness affects your customers. Gain a better understanding of why money is not the enticement it used to be.

You'll be able to:

- Realize return on investment using the strategies presented to benefit the organization, employees and members/residents.

- Apply the skills learned to increase productivity, satisfaction, retention and happiness.
- Implement new incentive programs and management techniques that will deliver desirable employee outcomes.

Faculty: Julie Kidwell, BS, Director of Wellness, Healthcare Therapy Services, Inc.

 | CEUs

Give them the AAAAHHHHH!

Jackie Halbin

Gain some ideas on how you can teach your clients the art of self-massage and stretching. The idea is the massage makes individuals feel good, warms up the muscle, takes pain away, and thus allows clients to follow up with some stretches to achieve a bigger range of motion. Learn techniques using a variety of inexpensive tools that most people have in their home.

You'll be able to:

- Teach self-massage techniques and how to apply stretching to the process.
- Implement this type of programming into group classes or have a fun functional seminar topic.
- Teach this approach to a variety of levels and have your clients see immediate success.

Faculty: Jackie Halbin, BS, CPT, Living Well Manager, Lakeview Village.

 | HF/HF | CEUs

Dance for diversity in your seat and on your feet

Terry Eckmann

Learn country, Latin, waltz, polka, Hawaiian, and Philippine dances in your seat and then take them to your feet. The focus of the session will be seated dances followed by an easy format to take them from your seat to your feet. Make diverse dances work for everyone! Discover, too, what research shows about the benefits of dance.

Sessions SATURDAY

You'll be able to:

- Utilize six seated dances.
- Dance for diversity on your feet with six diverse dances.
- Explore current dance research to support benefits of dance.

Faculty: Terry Eckmann, PhD, Professor, Minot State University.

 | HF/HF | CEUs

Walk it out: Balance, brains and more on the move

Stacey Judge

(Meet at the ICAA Registration Desk.)

By incorporating other dimensions of life into walking programs, you can attract participants who might not otherwise participate. Learn how to integrate fun, innovative elements into your already existing programs or build one from scratch. These techniques will increase participation, plus engage older adults in brain health, balance and other activities while on the move.

You'll be able to:

- Create a multidimensional wellness program.
- Incorporate balance and brain health into a walking program.
- Employ residents/members in program development.

Faculty: Stacey Judge, BS, CG, Community Wellness Program Director, Springpoint Senior Living.

 | H-LF/HF | CEUs

10:00 a.m.–
11:15 a.m.

Reframing technology for experienced eyes—Seniors engage digitally through photography

Mellany Hanson & Kevin Linde

By partnering with a local museum, this

CCRC offered residents an opportunity to explore the photographic arts in a socially engaging format using their smartphones and tablets. Discover best practices for using photography as a gateway to increase resident comfort with technology, and how best to structure and implement a collaborative program with an arts institution.

You'll be able to:

- Activate resident engagement with new technology through familiarity with the medium of photography.
- Structure and implement a successful program in partnership with a visual arts institution.
- Assess the program's immediate and continued impact on resident well-being, social engagement, and pursuits in the creative arts.

Faculty: Mellany Hanson, MS, Lifestyle Director, Vi at La Jolla Village; and Kevin Linde, AFA, Adult Programs Manager, Museum of Photographic Arts.

 | HF/HF | CEUs



Photo: Julie Milner

Fostering accommodation to low vision via therapeutic horticulture

Barbara Kreski & Doug Anzlovar

Adjusting to vision loss is often met with a period of denial that includes a reluctance to learn accommodations that maintain safe independence. Accommodations such as specific organizational techniques can be embedded in enjoyable activities focused on tending to plants. Gain ideas to use with individuals or small groups, including demonstrations.

You'll be able to:

- Identify common emotional adjustments made by individuals who are experiencing vision loss.
- Identify several accommodations that can be applied in daily life to maintain safe independence and resources for further information and assistance.
- Apply the complimentary practice of therapeutic horticulture to help overcome denial and resistance to adjusting to vision loss.

Faculty: Barbara Kreski, MHS, OTR/L, HTR, Director of Horticultural Therapy Services, Chicago Botanic Garden; and Doug Anzlovar, MS, Vice President of Education and Training, Hadley Institute for the Blind and Visually Impaired.

 | HF/HF | CEUs

Labyrinths: A meditation in motion

Nanette Tummers

A growing body of scientific evidence supports the use of labyrinths as a sustainable lifestyle practice. Because the labyrinth provides kinesthetic and introspective learning, it serves as mind-body integrative and reflective physical activity. Explore the richness of this resource, and engage in a “walking the labyrinth” activity that creates sacred space for enhancing wellness.

You'll be able to:

- Identify the research evidence of the benefits of labyrinth use as a sustainable lifestyle practice.

- Demonstrate the use of labyrinths as a wellness tool in your life and the community you serve.
- Design and implement an action plan to integrate labyrinth activities in your own self-care and/or the community you serve.

Faculty: Nanette Tummers, PhD, Professor of Health Education, Eastern Connecticut State University.

 | HF/HF | CEUs

Targeted yoga interventions: New directions for an ancient practice

Joseph Signorile & Kiersten Mooney

Using yoga as a targeted intervention to improve fitness and treat older individuals during rehab from injury or illness has received little attention. Hear novel findings and practical applications resulting from the collaboration between the University of Miami and Green Monkey Yoga. Successful targeted yoga sequences and modifications in poses will be presented.

You'll be able to:

- Describe the importance of yoga as an “active” tool to positively transform the aging process.
- Recognize the power of creating a synergistic approach fusing the strengths of yoga practice and research to develop practical clinical interventions for the fitness industry and medical community.
- Explain that modifying yoga training through research-based change strengthens, rather than challenges, the importance of this ancient practice.

Faculty: Joseph Signorile, PhD, Professor, University of Miami; and Kiersten Mooney, MS, Cofounder, greenmonkey.

 | HF/HF | CEUs

Celebrate a milestone at ICAA's Networking Reception

Come celebrate ICAA's 15th Anniversary and our successes as a community in Changing the Way We Age®. At ICAA's Networking Reception, you'll connect with others who share your passion for active aging—ICAA Conference attendees, presenters, exhibitors, volunteers and staff. Feel energized by an evening of camaraderie and fun. And create memories with friends, old and new, with snapshots taken in an on-site photo booth.

This lively event is a great opportunity to expand your professional network. Mix and mingle with colleagues who truly understand your challenges and share your interests and goals. Bring your questions and your business cards. You'll leave invigorated and inspired to “reimagine” aging back home.

Tasty light refreshments will be served. **Cash bar.**

ICAA Networking Reception

Friday, November 18, 2016

7:00 p.m.–9:00 p.m.

Rosen Plaza Hotel
9700 International Drive
Orlando, Florida



Sponsored by the International Council on Active Aging®