



TUESDAY, SEPTEMBER 29, 2015

7:00 a.m. Registration and Breakfast

8:30 a.m. Welcome and Opening Remarks

9:15 a.m. CONCURRENT BREAKOUT SESSIONS

- **Community Caregiver Support Initiatives: Collaborations that Work!**
Laurie Sutherland- AB Health Project Coordinator, Alberta Caregivers Association
Anne Goldblatt, MHSc, BA/BSW-Goldblatt Consulting
- **An Odyssey for Best Practice Senior Centres**
Luanne Whitmarsh- RSW, CPCA- CEO, Kerby Centre
- **Concerns Resolution: Shades of Grey (Advocates Office)**
Deborah Prowse, LLB, MS.W- Interim Seniors Advocate
Judy Lee Farrah, Alberta Health Advocate
- **Let's Talk About the Money: Intergenerational Wealth Transfer, Financial Planning, and Third Party Decision Making** 
Chinook Financial-Panel discussion

10:25 a.m. Displays and refreshments

10:50 a.m. CONCURRENT BREAKOUT SESSIONS

- **Development, Dissemination, and Evaluation of a Toolkit for the Implementation of Age-Friendly Alternate Transportation of Seniors in Rural and Urban Alberta**
Bonnie Dobbs, PhD-Director, Medically At-Risk Driver Centre (MARDD), University of Alberta
Tara Pidborochynski, MSc, Research Coordinator-MARDD, University of Alberta
Mayank Rehnani, MSc, Research Coordinator, Medically At-Risk Driver Centre, University of Alberta
- **Dance in the Greater Community: Improving Health and Well-Being through Open Seniors' Dance Classes**
Liza Hartling-University of Calgary student, Dance
Camille Mori-University of Calgary student, Psychology
- **Communities Choose Well—Promoting Seniors' Health and Wellness at the Community Level**
Sarah Wildgen, BPHE, MPH-Communities ChooseWell Program Officer
Stacie Pedersen, BPE-Health Promotion Facilitator, Central Zone Public Health and Children's Rehabilitation Services
Michele Geistlinger-Chairman Longview ARC Society, Longview ChooseWell Coordinator
- **Carya-Engaged Seniors, Innovative Collaborations**
Alison Jozsa, BSW, MSW, RSW-Practice Supervisor NW Team - Carya
Sidney Craig Courtice, MCEd-Elder Friendly Communities - Carya
Louise Griep- Network Facilitator, The Way In Network

12:00 p.m. Lunch/ Poster Sessions



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1:30 p.m. Keynote Address-Catriona Le May Doan

Catriona Le May Doan has done what no other Canadian athlete has ever accomplished—she won an Olympic Gold medal and then successfully defended her 'Olympic Gold' title. Twenty-three years in the sport of speed skating taught Catriona a great deal and she realized her dream of winning an Olympic gold medal. Reaching your potential is limitless. Catriona will share strategies and tactics applied to her sport, and how they can be applied universally.

2:45 p.m. Refreshments

3:00 p.m. Motivation, Older Adults and Participation in Physical Activity: Physical Activity for Health, a Right not a Privilege

Dr. Joseph Levy, BA, BPHE, MSW, PhD

4:00 p.m. Closing remarks

**5:00 p.m. Networking Reception - Royal Tyrrell Museum
Discover Drumheller Night**

WEDNESDAY, SEPTEMBER 30, 2015

7:30 a.m. Registration and Continental Breakfast

8:40 a.m. Keynote Address- Tim Hague

Parkinson's and Perseverance: The Amazing Race

Tim Hague Sr. overcame the odds when he went from a diagnosis of Parkinson's disease to—just three years later—becoming the inaugural winner of CTV's *The Amazing Race Canada*. Tim Sr. is a registered nurse and active in the promotion of healthy, balanced lifestyles, and deeply involved in the promotion of Parkinson's issues, building awareness around Young Onset Parkinson's Disease. Tim's message of strength and courage will leave you motivated to meet life's challenges.

9:45 a.m. Displays and Refreshments

10:15 a.m. CONCURRENT BREAKOUT SESSIONS

- **AMA's Senior's In-Vehicle Evaluation**
Rick Lang, Driver Education, Manager – Alberta Motor Association
Rick Robie, Driver Education, Consultant – Alberta Motor Association
John Arneri, Driver Education, Manager – Alberta Motor Association
Caroline Gee, Program Coordinator Seniors Mobility and Aging Drivers - Alberta Motor Association
- **Aging-How are healthcare and community support systems going to support us as we grow older?**
Dr. Douglas Faulder, Chirstine Knudsen, BScN, MEd, RN, Shawna Reid RN, MN (student), GNC(C)
Seniors Health Strategic Clinical Network (SH SCN)
- **Seniors Helping Seniors: Promoting Peer Support for Seniors' Health and Wellness**
Janice Monfries, BA-Executive Director, Westend Seniors Activity Centre
Haidong Liang, PhD-Program Manager, Westend Seniors Activity Centre



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- **Hearing Loss: More Than Just an Inconvenience. Everything You Need to Know About Communicating with Seniors**
Rytch Newmiller-Manager, Deaf and Hear Alberta

11:30 a.m. Lunch and displays

12:30 p.m. CONCURRENT BREAKOUT SESSIONS

- **The Forgotten Seniors**
*Monica Morrison-Executive Director, Golden Circle Seniors Resource Centre
Gordon Wright-John Howard Society*
- **Better Choices, Better Health - A Self-Management Program for Albertans**
*Julie Robison, RN, BN- Consultant CDM and Self-Management,
Doris Listoe, RD, BSc - Provincial Initiatives Lead, Alberta Health Services*
- **Understanding Our Brain**
Apple Magazine-Alberta Health Services
- **Music Therapy For Seniors: More than Just a Sing-Song**
Kathryn Daniels, BMus- Dip Music Therapy-Carewest

1:45 p.m. Refreshments

2:00 p.m. GeriActors and Friends: An Introduction to Creative Aging through the Practice of Intergenerational Theatre

*David Barnet, Professor Department of Drama, University of Alberta
Jacquie Eales, MSc-Department of Human Ecology, University of Alberta
GeriActors and Friends*

3:00 p.m. Closing Remarks and Door Prizes

