

Schedule at a Glance ...

Friday • 26 SEPTEMBER			
8:30 - 9:00	Registration and Complimentary Continental Breakfast		
	Auditorium		
9:00 - 9:20 (20 mins)	Welcome & Opening Keynote “Integrated Therapies for Aging” Loren Lipson, MD		
	Exhibit Room	Auditorium	Maksoutoff Room
9:25-10:35 (70 mins)	“Understanding Arthritis Care for the Elderly: How you Can Make a Difference” Karen Huisinga, MN, ARNP, FNP	“Occupational Therapy for Health” Jo Boehme, OT/L	“Successful Aging Through the Eyes of Alaska Natives” Jordan Lewis, MSW
10:35-10:50	Refreshment Break (15 minutes) – Rousseau Room		
10:50 - noon (70 mins)	“Intergenerational Therapy: Therapeutic Practices for Bridging the Gap” Kathy Fanning, RT, Lisa Arehart, BA, Merritt Andruss, RN, MSN, GNP	“Healing Touch” Mary Szczepanski, BSN, MS, HNC	“THE Therapies” Loren Lipson, MD
	Noon – 1:30 Lunch on Your Own or TAI CHI		
	Exhibit Room	Auditorium	Maksoutoff Room
1:30-2:45 (75 mins)	“Brain Training” Rob Winningham, PhD	“Introduction to Geriatric Massage” Sharon Puszko, PhD, CMT	“Energy Medicine: Balancing Techniques.....” Maureen Longworth, MD
2:45-3:00	Refreshment Break (15 minutes) – Rousseau Room		
3:00 - 4:30 (90 mins)	<i>continuation</i>	<i>continuation</i>	<i>continuation</i>

4:30-6:30 RECEPTION SPONSORED BY CENTER FOR COMMUNITY
Auditorium foyer

Schedule at a Glance ...

Saturday• 27 SEPTEMBER			
8:30 - 9:00	Registration and Complimentary Continental Breakfast		
	Exhibit Room	Auditorium	Maksoutoff Room
9:00 - 10:15 (75 mins)	“Brain Training” Rob Winningham, PhD	“Introduction to Geriatric Massage” Sharon Puszko, PhD, CMT	“Healing Touch” Mary Szczepanski, BSN, MS, HNC
10:15-10:30	Refreshment Break (15 minutes) – Rousseau Room		
10:30 - noon (90 mins)	<i>continuation</i>	<i>continuation</i>	<i>continuation</i>
Noon – 1:00 Lunch on Your Own			
	Exhibit Room	Auditorium	Maksoutoff Room
1:00 - 2:10 (70 mins)	“Health Literacy: How to Say It To Seniors” Sheila Wright, M Ed, Ella Craig, MSW	“Energy Medicine: Balancing Techniques” Maureen Longworth, MD	“Traditional Activities and Daily Healthcare Techniques” Susanna Norton, Tribal Doctor
2:10 - 2:25	Refreshment Break (15 minutes) – Rousseau Room		
	Exhibit Room	Auditorium	Maksoutoff Room
2:25 - 3:35 (70 mins)	“Promoting Well-Being in Frail Elders” Marilyn McKay, MSW	“Just Move! Easy Ways to Incorporate Movement in Your Day” Denice Bleggen McPherson, PT	“Nurturing Our Elders” Patricia Wade, Tribal Member
	Auditorium		
3:40 - 4:20 (40 mins)	Closing Keynote – “A Holistic and Interconnected Approach to Maintaining Quality of Life in Older Adulthood” Rob Winningham, PhD		