

ICAA CONFERENCE AND EXPO 2026

Renaissance Orlando at SeaWorld
Orlando, Florida; November 17–19

SAVE up to
\$230 when you
register by
June 9.

**Stand out from
the crowd**

Conference partners

MATRIX
Humana.

aegis
therapies®

EnerG
by aegis

Buck
Live better longer



Contents



3	Registration	
4	Where wellness meets innovation	
5	Agenda at a glance	
6–7	Featured programming	
8–9	Preconference workshops	
10	Sessions guide: How to use session information	
11	Tracks	
12–16	Seminars at a glance	
	Tuesday, November 17.....	12–13
	Wednesday, November 18.....	14–15
	Thursday, November 19.....	16
18–42	Session descriptions	
	Tuesday sessions: November 17.....	18–27
	Wednesday sessions: November 18.....	28–37
	Thursday sessions: November 19.....	38–42
44	Travel	
45	Wellness expo	
46–47	Frequently asked questions	

“The ICAA Conference brings together incredible professionals, thought leaders, and innovators who are shaping the future of active aging. Every session is filled with energy, engagement and inspiration, and opportunities to connect and collaborate are unmatched. It’s a place where ideas come to life and the passion for improving lives at every age shines through.”

Dr. Jenn Taylor

CTRS Director, Health Science Interprofessional Research Center, University of Wisconsin–La Crosse

Registration

ICAA Conference and Expo 2026 registration fees

	On or before June 9	On or before August 18	After August 18
ICAA members			
1 st registrant	\$435	\$560	\$665
2 nd and 3 rd registrants	\$385 each	\$510 each	\$599 each
4 th and more registrants	\$289 each	\$335 each	\$415 each
Nonmembers			
1 st registrant	\$510	\$595	\$689
2 nd and 3 rd registrants	\$455 each	\$540 each	\$625 each
4 th and more registrants	\$330 each	\$350 each	\$445 each
Industry suppliers (<i>suppliers not exhibiting in the expo hall</i>)			
1 st registrant	\$799	\$899	\$999
2 nd and 3 rd registrants	\$749 each	\$849 each	\$949 each
4 th and more registrants	\$689 each	\$799 each	\$899 each

Note: All registration fees are in US dollars.

What's included in your all-access pass:

- General Session
- Educational seminars
- Online handouts
- Entry to the expo
- Lunch & Learn sessions

Additional fees apply for continuing education unit (CEU) registration (**\$109 before October 30, \$139 on-site**) and either preconference (**\$149 per-person fee**).

Group discount: To qualify, your group must all register at the same time and pay with one check or credit card. You can add an attendee to your registered group by calling 866-335-9777 or 604-734-4466.

Dress code: Conference dress is casual. For comfort, bring walking shoes and a **sweater or jacket**. Meeting rooms are air-conditioned.

Waivers and COVID-19 protocols: To attend, you will need to complete waivers for liability, privacy and communication,

as well as consent for the use of your image (voice, photo, video, etc.) in promotional and educational materials. These waivers are included as part of the registration form, along with ICAA's COVID-19 protocols.

Register today! Call toll-free 866-335-9777 (North America only) or 604-734-4466.

Or visit <https://icaaconference.icaa.cc/register.php> to register online. You can also download a form to complete and return via fax to 604-708-4464 or mail: 603-1112 West Pender Street, Vancouver, BC V6E 2S1, Canada.

Note: To pay by check after October 30, 2026, indicate this payment method on your registration form and fax a copy of the check to 604-708-4464 or email it to info@icaa.cc. Payment must be received before or at the event for your registration to remain valid.

Cancellation and substitution policies: A per-person administrative fee applies. See "Frequently asked questions" on page 46 to learn more.

All conference details are subject to change.



To register

Visit www.icaa.cc

or call toll-free 866-335-9777.



International Council on Active Aging®

603-1112 West Pender Street
Vancouver, BC V6E 2S1
Toll free: 866-335-9777
Tel: 604-734-4466
www.icaa.cc

Where wellness meets innovation



Every industry has a moment when convention collides with reinvention. For over two decades, the ICAA Conference and Expo has been that moment for the active-aging movement. This event does more than follow wellness trends—it defines them.

Today, as we celebrate the International Council on Active Aging's 25th anniversary year, the boundaries of wellness now stretch across every corner of our lives, from the dining table to digital ecosystems. The ICAA Conference is the place where the conversation changes.

Here, leaders, innovators and change-makers come to make a difference. To stand out and challenge assumptions. And to ask the harder questions: What does it really mean to live well as we age? How do we turn wellness from a department into a culture, from a cost center into a growth strategy?

Thinkers and doers lead sessions that explore the frontier where wellness meets innovation—where technology supports humanity, staffing models adapt to purpose, and wellness integrates with healthcare. In this space, wellness, design, technology and hospitality are redefining the experience of aging. How will your organization lead the way?

What truly defines the ICAA Conference and Expo is the event's intimate size, which

catalyzes change. Conversation becomes collaboration. A shared sense of purpose turns connection into community.

Join us November 17–19 in Orlando, Florida, for this year's conference. Your voice matters as we build a future for aging that reflects possibility. Together, we're creating a legacy of wellness.

Watch <https://icaaconference.icaa.cc> for more information.

A unique expo

Explore the ICAA Expo, November 17 and 18, to gain valuable knowledge, firsthand experiences, and innovative solutions for older-adult wellness. The premier gathering for organizations and professionals focuses on multi-dimensional wellness for this market. It's a unique expo that features everything from state-of-the-art technology and equipment to groundbreaking products and services.

Come connect with potential partners. And check out whose solutions will help you deliver exceptional wellness offerings and guidance for your residents/members. Turn to page 45 for details.

Agenda at a glance

Renaissance Orlando at SeaWorld

6677 Sea Harbor Drive, Orlando, Florida 32821

Monday, November 16

3:00 p.m.–6:00 p.m.	Registration
8:00 a.m.–4:30 p.m.	Preconference
6:30 p.m.–7:00 p.m.	Mindfulness Prelude

Tuesday, November 17

6:30 a.m.–3:30 p.m.	Registration
7:00 a.m.–8:00 a.m.	Education sessions
8:15 a.m.–9:15 a.m.	Education sessions
9:25 a.m.–10:35 a.m.	General Session
10:45 a.m.–11:45 a.m.	Education sessions
12:00 p.m.–1:00 p.m.	Lunch & Learn Blue
12:00 p.m.–3:45 p.m.	Expo
1:20 p.m.–2:20 p.m.	Lunch & Learn Green
4:00 p.m.–5:00 p.m.	Education sessions
5:15 p.m.–5:30 p.m.	Class of 2026 Photo
5:45 p.m.–6:45 p.m.	Education sessions

Wednesday, November 18

6:30 a.m.–10:00 a.m.	Registration
7:00 a.m.–8:00 a.m.	Education sessions
8:15 a.m.–9:15 a.m.	Education sessions
9:30 a.m.–10:30 a.m.	Education sessions
10:45 a.m.–11:45 a.m.	Education sessions
12:00 p.m.–1:00 p.m.	Lunch & Learn Green
12:00 p.m.–3:15 p.m.	Expo
1:20 p.m.–2:20 p.m.	Lunch & Learn Blue
4:00 p.m.–5:00 p.m.	Education sessions
5:15 p.m.–5:45 p.m.	Regenerate & Restore

Thursday, November 19

7:00 a.m.–8:00 a.m.	Education sessions
8:15 a.m.–9:15 a.m.	Education sessions
9:30 a.m.–10:30 a.m.	Education sessions
10:35 a.m.–11:15 a.m.	That's a Wrap!

Subject to change.



Mindfulness Prelude

Join Mindful Movement Specialist Lawrence Biscontini for a 30-minute experience designed to start your conference journey on a positive, mindful note. Please join us as we “pre-game” our event with guided meditation, mindful movement and a few games. Tune in to your inner self and others in a supportive, welcoming environment. Whether you’re a first-time ICAA Conference attendee or a returning participant, you’ll enjoy this opportunity to set intentions for the week and connect with others as we gather.

“The ICAA Conference offers a refreshing and inspiring environment, bringing together passionate leaders to collaborate, exchange best practices and advance wellness experiences for older adults.”

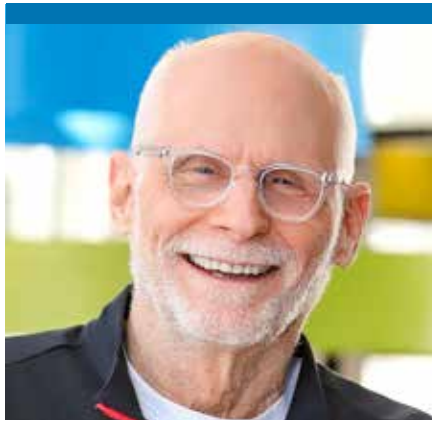
Kelsey LaMotte
*Fitness Services Director,
Presbyterian Homes & Services*

Featured programming

Tuesday, November 17



Colin Milner



Marc Middleton



Tamara Smith, DrPH, BS

“Attending the ICAA Conference has consistently been a valuable experience for me throughout the years, both for relevant applicable knowledge I bring back to enhance programs for our residents, and for the opportunity to connect and collaborate with other passionate leaders in the industry. I always leave feeling inspired, informed, and proud to be part of a community that is shaping the future of vibrant senior living and wellness.”

Kirk Borde, ADC, CDP
AGE-u-cate Trainer, ADRD Education Resident Program Director, Addington Place of Jupiter, A Senior Lifestyle Community

GENERAL SESSION

9:25 a.m.–10:35 a.m.

The future of aging: Redefining what it means to live longer

Colin Milner, Marc Middleton & Tamara Smith

We are entering a defining moment in the evolution of aging. The first wave of Boomers is turning 80, a milestone that brings with it both new needs and new expectations. These expectations are shaped by decades of cultural change, a desire for longer healthspans, and a fundamentally different view of what later life can be. Far from simply a demographic shift, the moment represents a reset of the aging experience itself. This two-part general session explores what that reset means—from the systems we’ve built, to the lives people now expect to live within them.

Session 1: Where we are. Where we’re going. What it will take.

Colin Milner

The greatest opportunity in aging may lie in rethinking what aging means rather than simply improving what we do. For decades, society has optimized for decline

by making things safer, more efficient and more supportive. Yet, the next generation of older adults isn’t looking for better versions of those solutions; they’re looking for something else entirely.

In this session, ICAA’s Colin Milner unpacks seven shifts reshaping aging—from how we design environments and experiences, to how people define health, purpose and identity. Milner looks at these shifts not as trends but as reframes that reveal where conventional thinking quietly holds us back. By changing how people perceive aging, we change not just the aging experience but the market as well.

Session 2: Can a longer life still feel like a better life?

Marc Middleton, Tamara Smith & Colin Milner (moderator)

As people live longer, expectations are changing. The *new* 65+ looks for more than years; it seeks years that feel meaningful, engaging and worth living. This shift is prompting a fundamental question: What drives a fulfilling life in later years? Emerging research points to fulfillment as not just an outcome but also a leading indicator of overall well-being. At its center sits purpose, or the everyday

experience of being relevant, needed and able to contribute.

When purpose is present, many outcomes that organizations strive for tend to follow—engagement, connection, and aspects of physical and emotional health. When purpose is absent, even well-designed programs and environments can fall short.

This session explores how evolving expectations, identity and lived experience are reshaping what it means to age, and what it will take to ensure longevity enhances the experience of living longer. For a generation that expects more from life, fulfillment is the measure of whether we're getting it right.



Bios

Colin Milner is the founder and CEO of the International Council on Active Aging (ICAA), a global organization dedicated to advancing wellness and redefining the experience of aging. For more than two decades, he has been at the forefront of shifting the narrative from aging as decline to aging as opportunity—helping organizations, governments and industries rethink how they design environments, programs and services for older adults. An internationally recognized thought leader, Milner has advised groups including the US Department of Health and Human Services, the National Institute on Aging, and the White House Conference on Aging. His work focuses on translating wellness into measurable outcomes, positioning it as a strategic driver of healthspan, business performance and quality of life.

Marc Middleton is a multiple Emmy Award-winning broadcaster, journalist, media entrepreneur, author, speaker and filmmaker who focuses on the changing culture of aging. Middleton is the founder and CEO of Growing Bolder, a media company that produces and distributes health, well-being and active lifestyle content for older adults. He authored the books *Growing Bolder: Defy the Cult of Youth, Live with Passion and Purpose* and *Rock Stars of Aging: 50 Ways to Live to 100*. He also wrote, produced and directed *Conquering Kilimanjaro*, a 2014 Emmy-nominated documentary film. In addition to his Emmy Awards, Middleton is the recipient of the Dupont Award for Excellence in Journalism and a seven-time Masters Swimming world record holder.

Tamara Smith, DrPH, BS, is a nationally recognized healthcare executive and TEDx speaker with more than 20 years of experience in strategy, healthcare delivery systems, and community impact. As a national vice president at Humana, she serves as the enterprise executive leading the Humana Center for Human Flourishing through Health Advancement—reimagining care delivery by designing equitable, whole-person systems that integrate clinical care, social care and human flourishing. A trusted national voice on the social determinants of health, Smith's work focuses on advancing systems-level change to improve health outcomes and equity. Through her leadership, she has emerged as a thought leader in shaping the future of health and healthy aging through human flourishing and fulfillment.

Preconference workshops

Monday, November 16



Mike Studer, PT, DPT



Kymberly Williams-Evans, PhD (ABD)



Roberto Melani, MBA, CPT, CES

Stay where the action is!

Optimize your ICAA Conference experience when you stay at the Renaissance Orlando at SeaWorld. Enjoy the ample opportunities to share learning spaces with other professionals who not only feel the same passion as you for older-adult wellness but also understand your challenges. Enjoy the energy of the event's stimulating sessions and interaction. See page 44 for details on how to reserve your room now.

8:00 a.m.–4:00 p.m.

Do NOT give up on me: Practical tools for preventing and reversing frailty

Mike Studer

Where are your frail residents being served? Is anyone serving your frail patients, residents and family members? If exercise is medicine, these people just need more of it, right?

As activity directors, class leaders, trainers and therapists, we need to be able to create the correct care dosage, for the correct person, at the correct time. It's the very definition of precision wellness. Yet this movement has apparently left behind people who are frail. Have we given up on the 33% of persons over 65 who experience frailty—at an additional cost of over \$12,000 per person with frailty per year?

Join Dr. Mike Studer for this comprehensive course on frailty, exploring the issue from prevention through recovery across all forms of the condition: physical, social, cognitive and more.

You'll be able to:

- Define the various forms of frailty.
- Identify three strategies to prevent physical and cognitive frailty and three strategies to reverse physical and cognitive frailty.
- Translate the science regarding physiologic roles and offer practical applications in sleep hygiene, nutrition and social connectivity to manage frailty.

Faculty: Mike Studer, PT, DPT, MHS, NCS, CEEAA, CWT, CSST, CBFP, CSRP, FAPTA, Adjunct Professor, Touro University and UNLV DPT programs, and President, Mike Studer Consulting. *CEUs*

Per-person fee to attend: \$149.00

8:00 a.m.–4:30 p.m.

Longevity in Motion©: Practical solutions to improve healthspan and lifespan

Roberto Melani & Kymberly Williams-Evans

Do your clients, residents or class members want to live longer *and* better? This

practical, action-oriented Longevity in Motion® program provides research-based tools to increase both healthspan and lifespan. Come away from the day with ready-to-go sessions, plug-and-play workout formats and movement protocols focused specifically on longevity.

Explore current research on cardio, strength, balance and cognitive training, then apply that knowledge for the greatest impact on a longer, healthier life. Learn which combination and type of cardio and strength training will maintain or increase healthspan and lifespan most effectively and efficiently. End your day knowing exactly what to do, how often, for how long in order to offer your clients the best odds at an active, healthy life filled with purpose and vitality.

You'll be able to:

- Apply evidence-based principles of longevity-focused training to create

programs that enhance physical function, vitality and independence in older adults across diverse settings.

- Analyze and compare cardiovascular and strength-training modalities (steady-state, interval, HIIT, muscular endurance, resistance training) to determine the most effective applications for improving healthspan and lifespan.
- Design and deliver ready-to-implement workout formats and weekly training progressions customized for personal training, group fitness, recreation center and senior-living environments.

Faculty: Roberto Melani, MBA, CPT, CES, Regional Programming Manager, In-Shape Fitness; and Kymberly Williams-Evans, PhD (ABD), Owner, Active Aging for Boomers.

CEUs

Per-person fee to attend: \$149.00

Who attends the ICAA Conference?

Positions attending

- CEOs, CFOs, presidents, vice presidents and owners
- Executive directors, administrators and board members
- Wellness/program/activities directors and managers
- Sales and marketing leaders
- Developers and architects
- Resident life and services executives
- Resident services personnel
- Dining and culinary services directors and teams
- Fitness instructors, personal trainers and health educators
- Social workers and chaplains
- Physicians, nutritionists/dietitians and therapists
- Researchers, educators and professors
- Resident Advisory Council and committee members

Organizations represented

- Senior living (independent, assisted, memory care)
- Continuing care/life plan communities
- Fitness centers/gyms, studios, YMCAs, JCCs
- Active-adult and wellness-driven real estate developers
- Community and seniors centers, area agencies on aging, cities/parks and recreation
- Medical fitness, rehabilitation, therapy providers and wellness centers
- Universities



Sessions guide

HOW TO USE SESSION INFORMATION

The following pointers will help you as you go through this brochure.

Session pages

Time	Key to tracks	Day	Session title	Continuing education units	Session track icon	Learning objectives	Presenter names
7:00 am - 8:00 a.m.		Tuesday sessions November 17	Enhancing wellness: How community engagement and volunteering strengthen programming Sophie Martin & Shelby Johnston			You'll be able to: - Analyze current wellness programming to identify areas that could be enhanced by community partnerships, volunteerism or intergenerational connections. - Develop a practical action plan for building community partnerships that support the wider intergenerational wellness using real examples and from works shared in the session. - Implement strategies for integrating community engagement into wellness delivery, including ways to involve volunteers, community groups, corporate teams and intergenerational partners to complement staff roles and strengthen impact. Faculty: Sophie Martin, Wellness and Community Engagement Manager and Shelby Johnston, Health, Active Lifestyle Manager, GFL Senior Housing.	
			Speaking the language of dementia Cora Skerrett			You'll be able to: - Recognize the role of dementia in longer-term programs, including information collection, intergenerational support and mental preservation. - Identify key dementia risks that occur with aging, such as those involving pressure, blood, nutrition, exercise, falls, vision and hydration. - Use these interactive tools - long-term goals, label-shed activity and daily behavior checklist - that you can take back to your own community. Faculty: Cora Skerrett, MS, Director of Fitness and Wellness, Active Retirement Community.	
			Fueling longevity: Nutrition strategies supporting healthy aging across the continuum Cortie Menden			You'll be able to: - Understand the "3 A's" method to expand upon programming concepts and provide a variety of growth opportunities for your community. - Implement new tools to create a program that is both fun and functional, such as a "3 A's" method to expand upon programming concepts and provide a variety of growth opportunities for your community. Faculty: Cora Skerrett, MS, Director of Fitness and Wellness, Active Retirement Community.	
			Beyond "social": Engaging youth programming for Active Aging weeks and beyond Laurie Harty			You'll be able to: - Develop a variety of functional and fun activities that can be integrated into your programming. - Develop a variety of functional and fun activities that can be integrated into your programming. Faculty: Laurie Harty, Active Aging Specialist and Senior Events Supervisor, Community Project.	
			Active Aging: What and all you hope Laurie Harty			You'll be able to: - Develop a variety of functional and fun activities that can be integrated into your programming. - Develop a variety of functional and fun activities that can be integrated into your programming. Faculty: Laurie Harty, Active Aging Specialist and Senior Events Supervisor, Community Project.	

Content

Brochure content is accurate as of press time. For updates, go to <https://icaaconference.icaa.cc>

Tracks

Presentations cover a wide range of relevant topics. Use these icons to identify which sessions best fit your goals and to customize your educational experience.



BUSINESS ALIGNMENT

Techniques to align wellness initiatives with performance measures used by senior managers; tracking outcomes to show the value of wellness. Research supporting wellness initiatives.



COGNITIVE & EMOTIONAL HEALTH

Profiles of existing programs, communication methods and activities or social groups that support the cognitive/intellectual and emotional dimensions of wellness. Identify the level of cognitive ability most appropriate for participants. Motivation and behavior change topics may fall within this category.



CULTURE

Practices and policies that respect the diverse ages, values, ethnicities and abilities of individuals aimed at eliminating conscious or unconscious bias through meaningful communication and collaboration that encourages a positive, wellness-focused living and work environment.



LEADERSHIP & MANAGEMENT

Topics include business and department management (assessment, planning, budget, delivery), partnerships, and leadership of staff and of the organization's wellness culture.



NUTRITION FOR OLDER ADULTS

Nutrient needs as adults progress along the aging continuum; techniques and programs that promote healthy eating, collaborations between chefs, dietitians and wellness program leaders. Meal planning; demonstrations of meal preparation, garden-to-table profiles and healthy food choices fit here.



PHYSICAL ACTIVITY

Profiles of existing physical activities that emphasize how to plan and deliver the activities. Physical activity research or exercise physiology serves as a base for the session, with guidelines for modifying for high functioning or low functioning older adults.



PROGRAMMING

A program can be a multidimensional calendar of all activities, or a single ongoing activity or class. Activities in each dimension of wellness, such as arts and culture, spirituality, lifelong learning, nutrition and environmental stewardship, are examples. Includes development, content, leadership and outcomes tracking.



RESEARCH

Research findings with practical application to the work in a wellness dimension or a business process.



STAFFING & EMPLOYEE WELLNESS

Approaches to recruit and retain staff members; methods to demonstrate the value of working with older adults. Integrating employees into the wellness culture and providing access to programs addressing workforce needs. Techniques for motivating staff participation in wellness initiatives and tracking results.



TECHNOLOGY

Hardware and software that provide utility for staff in multiple areas, enable communication for older adults or help people adapt to a functional limitation. Use of social media and multimedia is included here, along with perspective on current technology trends.



TRENDS & INNOVATIONS

Discover today's trends and how these can be applied within the organization, programs or activities, and among peers and older adults. Innovations in the field, technologies and other "big picture" topics relevant to active aging that meet a particular need and provide vision for future developments.



WELLNESS INTEGRATION WITH HEALTHCARE

Coordination between therapists, physicians, nutritionists and wellness staff. How wellness-dimension programs and activities prevent or delay injury and illness, and benefit people with a chronic health condition or physical or cognitive impairment.

Seminars at a glance Tuesday, November 17

7:00 a.m.– 8:00 a.m.	Enhancing wellness: How community engagement and volunteerism strengthen programming <i>Stephanie Martin & Shelby Johnston</i> 	Speaking the language of dementia <i>Cara Skrypchuk</i> 	Fueling longevity: Nutrition strategies supporting healthy aging across the continuum <i>Carrie Mendes</i> 	Beyond “social”: Engaging event programming for Active Aging Week and beyond <i>Courtney Russell</i> 
8:15 a.m.– 9:15 a.m.	The core of healthy communities: Auditing and benchmarking <i>Irving Stackpole</i> 	Building better engagement and connections through Lego Serious Play <i>Deborah Allan</i> 	Protein and robust aging: Fact vs. fiction <i>Maggie Moon</i> 	The fundamental importance of healthy competition across the continuum <i>Haley Kinne-Norris</i> 
9:25 a.m.– 10:35 a.m.	GENERAL SESSION: “The future of aging: Redefining what it means to live longer” <i>Colin Milner, Marc Middleton & Tamara Smith</i>			
10:45 a.m.– 11:45 a.m.	Cultures of belonging in aging services <i>Belinda Degboe & Todd Andrews</i> 	Bridging the gap: Translating dementia diagnoses into meaningful next steps <i>Carrie Chiusano</i> 	Beyond the dining room: Pop-up experiences that elevate wellness <i>Brian Brooks & Rebecca McCullough</i> 	From app to ally: Leveraging technology to improve customer experience <i>Rikki Goldenberg & Katie Kensinger</i> 
12:00 p.m.– 1:00 p.m.	LUNCH & LEARN BLUE			
12:00 p.m.– 3:45 p.m.	ICAA EXPO Oceans Ballroom			
1:20 p.m.– 2:20 p.m.	LUNCH & LEARN GREEN			
4:00 p.m.– 5:00 p.m.	Staying safe online: Security for seniors <i>Kathleen Weissberg</i> 	Implementing the DICE approach (describe, investigate, create, evaluate) to solve behavioral responses at Ascension Living <i>Kelsey Burnham & Helen Kales</i> 		Building intergenerational wellness: Connecting through space, story and social infrastructure <i>BJ Miller & Kate Abate</i> 
5:15 p.m.– 5:30 p.m.	CLASS OF 2026 PHOTO			
5:45 p.m.– 6:45 p.m.	Walking bingo <i>Lawrence Biscontini (emcee) & Crystal Vabzz</i> 		ZUMBA GOLD® Chair class <i>Jenna Bostic</i> 	

This schedule is subject to change.

Tracks key	 Business alignment	 Culture	 Nutrition for older adults	 Programming
	 Cognitive & emotional health	 Leadership & management	 Physical activity	 Research

	Groove to improve: Energizing movement for balance and brain health <i>Ruben Pereyra Thickstun</i> 	Cheer camp: Dance aerobics with pom-poms <i>Jeanne Missey Osgood</i> 	
Sex:, the forgotten ADL: Integrating sexual health into senior living <i>Sara Turnbull & Molly Smith</i> 	Resistance training and brain health: Is there an optimal dose? <i>Pat VanGalen</i> 	Beats, breath, belonging: Drumming and mindfulness to support whole-person wellness <i>Emily Johnson</i> 	Glutes are the new core: Fall resilience after 50 <i>Ann Gilbert</i> 
Mindset, purpose and community <i>Kelly Stranburg & Marc Middleton</i> 	Seated, assisted, standing solutions <i>Mindy Mylrea</i> 	Longevity in Motion©: Exercise protocols to enhance healthspan and lifespan <i>Kymerly Williams-Evans & Roberto Melani</i> 	Move better, live stronger with Parkinson's disease <i>Josh Lindblom</i>  
Recognized to stay: Practical recognition strategies that support staff wellness <i>Avery Villines</i> 	Breathwork for cognitive and emotional resilience in older adults <i>Yury Rockit</i> 	Strong enough to stumble: Exercise strategies for fall resiliency <i>Joy Cochran & Jamie Haines</i> 	Ageless posture transformation for better balance, mobility, stability and confidence <i>Leslee Bender</i> 



Staffing & employee wellness



Technology



Trends & innovations



Wellness integration with healthcare

Continuing education program

Enroll in the CEU/CEC program when you register. The fee is \$109 if enrolled by October 30, or \$139 if registering on-site. This fee covers costs from certifying agencies. See <https://icaaconference.icaa.cc/ceu.php> for participating organizations.

Seminars at a glance Wednesday, November 18

7:00 a.m.– 8:00 a.m.	Wellness as strategy: ROI in low-income senior housing communities <i>James Wilson, Dunisha Johnson & Wesley Bogard</i> 	A hands-on workshop to apply Montessori methods <i>Brenda Gurung</i> 	Food is Medicine: Concepts and applications for older-adult nutrition <i>Jen Bruning & Amy Bollam</i> 	Intergenerational swim partnerships for active-aging communities <i>Melissa McGarvey</i>  
8:15 a.m.– 9:15 a.m.	From successful aging to TrueSpan: Building a wellness ecosystem <i>Dan Lavender, Jessica Brinkert & Tom Mann</i> 	The Whimsy Effect: Playfulness for cognitive and emotional health <i>Sheena Jeffries</i> 	Living swell: Nourishing to strive and thrive, not just survive <i>Leslie Bonci & Roberta Anding</i> 	How virtual reality is revolutionizing senior care <i>Kathleen Weissberg</i> 
9:30 a.m.– 10:30 a.m.	The power of storytelling in AI-era grant writing <i>Alina Serban & Jennifer Truppa</i> 	The neurobiology of singing: Research, interventions and ROI <i>Andrew Tubman</i>  	Collaborative art: Fostering community <i>Hollie Kemp, Leslie Quintinar & Linda Bounds</i> 	Rethinking risk: How interdisciplinary collaboration and AI reshape falls prevention <i>Jessica Drecktrah & Michelle Marino</i>  
10:45 a.m.– 11:45 a.m.	Strength gains that drive retention <i>Karlie Intlekofer</i> MATRIX 	Implementing movement-based cognitive health programs <i>Sue Paul & Mellany Hanson</i> 	Sound decisions: Dining music as a structured wellness program <i>David Schofman & Debi Finn</i>  	Sleep hygiene as an operational advantage <i>BJ Miller</i> 
12:00 p.m.– 1:00 p.m.	LUNCH & LEARN GREEN			
12:00 p.m.– 3:15 p.m.	ICAA EXPO Oceans Ballroom			
1:20 p.m.– 2:20 p.m.	LUNCH & LEARN BLUE			
4:00 p.m.– 5:00 p.m.	Building authentic wellness cultures: The executive director's role and training <i>Kay Van Norman</i>  	PANEL Practical cognitive rehabilitation and engagement strategies <i>Katie Reilly, Samantha Payton & Ryan Glatt (moderator)</i> 		
5:15 p.m.– 5:45 p.m.	REGENERATE & RESTORE <i>Lawrence Bisconti</i>			

This schedule is subject to change.

Tracks key	 Business alignment	 Culture	 Nutrition for older adults	 Programming
	 Cognitive & emotional health	 Leadership & management	 Physical activity	 Research

	Four-legged flow: Reimagining dance and core work from the chair <i>Ann Gilbert</i> 	Tai chi–yoga–pilates fusion for a growth mindset <i>Terry Eckmann</i> 	Functional core for older adults <i>Amanda Sommer & Michelle Rogers</i> 
Integrating music, recreation and horticulture therapies to strengthen wellness models <i>Emily Sitzes & Briley Tuttle</i> 	Balanced brain, balanced body: A dual-tasking balance class <i>Aleen Dailey</i> 	Movement meditation <i>Yury Rockit</i> 	Navigating health misinformation in the age of AI: A practical guide <i>Marilynn Larkin</i>  
A pathway to wellness for affordable housing <i>Stacey Judge, Amanda Oberg & Judy Collett-Miller</i> 	Exercises and skills to enhance activities of daily living <i>Mindy Mylrea</i> 	Boost bone's crosstalk between the brain, muscle and blood vessels <i>Pat VanGalen</i> 	Foot to core: The foundation of movement longevity <i>Emily Splichal & Roberto Melani</i> 
Creative, replicable engagement strategies that work <i>Melissa Bossert & Nicole Freck</i> 	Gentle Step: Functional strength, bone health, and falls prevention <i>Michelle Kerr</i> 	Parkinson's exercise ecosystem: Evidence-based programs and community impact <i>JoJo McDuffie & Lisa Johnston</i>  	
Everything is cool when you're part of a team <i>Aleen Dailey & Sara Fink</i> 	Engaging Boomers: Expanding your fitness offerings for active agers <i>Alexis Perkins</i> 	Clinical exercise prescription: A pathway for sustained resilience <i>Joy Higbee</i>  	Posture perfect: Align, strengthen, thrive <i>Jenny McClendon</i> 



Staffing & employee wellness



Trends & innovations



Technology



Wellness integration with healthcare

"I look forward to attending the [ICAA Conference] each year. ... I always come back to my community feeling inspired, energized, and ready to share all that I learned from attending."

Tara Wilcom

Life Enrichment Manager, Mercy Ridge

Seminars at a glance Thursday, November 19

7:00 a.m.– 8:00 a.m.	Rethinking “free”: Enhanced wellness memberships expand choice, value and engagement <i>Justin Margut & Dennis Poremski</i> 	Restoring the rhythm: Leveraging circadian rhythm in dementia care <i>Justina Pilkonis</i> 	Aging well in a tech-enabled world: Balancing innovation with humanity <i>Libbi Hash</i> 	Living danger- ously: From your chair to the ball <i>Edythe Heus</i> 	From bed to better: The smartest routine ever <i>Cheryl Soleway</i> 	Adapt athletic performance principles for older adults <i>Mike Belanger</i> 
8:15 a.m.– 9:15 a.m.	Small walls, limit- less vision: The high-performance blueprint <i>David Shoffler & Bryan Sweeney</i> 	Resident-led programming: The future of meaningful engagement <i>Molly Middleton Meyer</i> 	Calm in the mo- ment: Coaching teams through distressed reactions <i>Carrie Chiusano</i> 	Designing dance patterns to boost brain connections <i>Terry Eckmann</i> 	What gait speed and efficiency predict about healthy aging <i>Emily Splichal</i> 	Balancing body, mind and spirit to boost confidence, resilience, longevity and joy <i>Leslee Bender</i> 
9:30 a.m.– 10:30 a.m.	Addressing the needs of Solo Agers and developing a support tool <i>Sara Zeff Geber</i> 	From AI to gamification: Emerging trends in gerotechnology <i>Ryan Glatt</i> 	Parkinson’s exercise programming for senior living <i>Lisa Hoffman & Emily Davenport</i> 	Sit up, reach up, get up: Everyday movements for independence <i>Diana Rippl</i> 	Active fit: Power, agility, and functional performance for older adults <i>Michelle Kerr</i> 	Mind-body mobility: Range- of-motion training with cognitive challenge <i>Lindsey Larkins & Sarah Robertson</i> 
10:35 a.m.– 11:15 a.m.	THAT’S A WRAP! <i>Lawrence Biscontini</i>					

This schedule is subject to change.

“The ICAA Conference is an excellent opportunity to learn new and innovative information about the world of active aging as well as offering a supportive and invigorating community of passionate professionals to help keep your spark ignited throughout the year.”

Kelly Ichinose

Director of Activities, Lake Forest Place

Tracks key	 Business alignment	 Leadership & management	 Programming	 Technology
	 Cognitive & emotional health	 Nutrition for older adults	 Research	 Trends & innovations
	 Culture	 Physical activity	 Staffing & employee wellness	 Wellness integration with healthcare

BUILD YOUR WELLNESS FOUNDATION

Wellness is key to creating a robust culture and thriving community—on campus, in centers and beyond. Now, the International Council on Active Aging® is investing in your success.

As an ICAA member, you and your staff can enroll in **ICAA's Foundation for Wellness Certificate Course** at no additional cost. Participants develop a fundamental understanding of wellness. Curricula include scientific evidence and useful strategies for building your

organization's wellness culture and programming. This benefit is available to all members, including Individual, Organizational and ICAA 100 members.

Not a member? Join ICAA today! You'll access a range of member benefits plus make a bold statement that your organization believes in wellness, and supports a future of thriving for constituents and staff.

To learn more, email info@icaa.cc or call toll-free 866-335-9777.



603-1112 West Pender Street,
Vancouver, BC, V6E 2S1
Toll-free: 866-335-9777
Tel: 604-734-4466
www.icaa.cc

Tuesday sessions November 17

7:00 a.m.–8:00 a.m.

Enhancing wellness: How community engagement and volunteerism strengthen programming

Stephanie Martin & Shelby Johnston

This session will demonstrate how community engagement and resident contributions can expand and enhance wellness opportunities. GEF Seniors Housing houses over 4,000 low- to moderate-income older adults in Alberta. Since mid-2023, its volunteer program has seen an 800% increase in volunteers and an approximate 750% rise in volunteer hours. Partnerships with community and corporate groups have grown similarly. Explore real-world examples that demonstrate how collaborations between volunteers and community groups can transform wellness delivery.

You'll be able to:

- Analyze current wellness programming to identify areas that could be enhanced by community partnerships, volunteers or intergenerational connections.
- Develop a practical action plan for building community partnerships that support the seven dimensions of wellness, using real examples and frameworks shared in the session.
- Implement strategies for integrating community engagement into wellness delivery, including ways to involve volunteers, community groups, corporate teams and intergenerational partners to complement staff roles and strengthen impact.

Faculty: Stephanie Martin, BKin, Volunteer and Community Engagement Manager, and Shelby Johnston, BKin, Life Enrichment Manager, GEF Seniors Housing.



| CEUs

and preserve dignity for people living with dementia.

- Identify language patterns that increase stress, such as reasoning, correcting and rushing; and develop an action plan to cultivate communication practices that promote connection, confidence and emotional safety.

Faculty: Cara Skrypchuk, BS, Vice President of Memory Care Center of Excellence, Trilogy Health Services.



| CEUs

Fueling longevity: Nutrition strategies supporting healthy aging across the continuum

Carrie Mendes

As adults age, their nutrient needs shift in ways that directly influence energy, mobility, cognition and overall vitality. Yet many wellness programs struggle to translate nutrition science into practical, engaging strategies for older adults. This interactive workshop blends longevity science, real-world nutrition coaching and practical lifestyle tools proven to be effective in senior living communities. Learn how to support healthy aging through targeted nutrition strategies, simple meal-planning frameworks and evidence-informed habits. Engage in nonfood, hands-on activities that can be implemented in wellness programming.

You'll be able to:

- Explain the role of nutrition in longevity pathways, including inflammation reduction, mitochondrial support and muscle preservation.
- Identify key nutrient shifts that occur with aging, such as those involving protein, fiber, antioxidants, omega-3s, B vitamins and hydration.
- Use three interactive tools—longevity quiz, label-sleuth activity and daily habits tracker—that you can take back to your own communities.

Faculty: Carrie Mendes, MS, Director of Fitness and Wellness, Army Residence Community.



| CEUs

Tracks key



Business alignment



Cognitive & emotional health



Culture



Leadership & management



Nutrition for older adults



Physical activity



Programming



Research



Staffing & employee wellness



Technology



Trends & innovations



Wellness integration with healthcare

Speaking the language of dementia

Cara Skrypchuk

People living with dementia often know what they want to say but can't access the words. Traditional communication that relies on questions, explanations or reasoning unintentionally creates stress, frustration and withdrawal. Practice brain-based dementia communication strategies, learning how to reduce pressure and preserve dignity. Guided activities will demonstrate what word-finding loss feels like and introduce practical skills you can use immediately in care interactions. This session's experiential learning approach helps professionals *feel* the problem, helping to prompt changes in communication patterns.

You'll be able to:

- Demonstrate dementia-appropriate communication techniques, such as replacing common questions with supportive statements and "tell me" prompts that reduce pressure and frustration during daily interactions.
- Utilize gestures and visual cues paired with simple, calm language to improve comprehension, support choice-making

Beyond “social”: Engaging event programming for Active Aging Week and beyond

Courtney Russell

Are you looking for fresh, exciting and engaging event and program ideas for your residents and community? This interactive session will feature knowledge sharing and the improvisational game “Yes, And” to help explore ways to turn any social event into a multifaceted program that supports wellness. Discuss innovative programs and events to create memorable, unique experiences for residents during ICAA’s annual Active Aging Week and all year long.

You’ll be able to:

- Utilize the “Yes, And” method to expand upon programming concepts and goals to create multilayered events and programs for residents and the greater community.
- Implement a variety of proven events and program ideas in your community.
- Implement new tools to enrich event programming to produce high-quality resident events to support resident wellness and satisfaction.

Faculty: Courtney Russell, MEd, Lifestyle and Marketing Director, Live-Well Group.



| CEUs

Groove to improve: Energizing movement for balance and brain health

Ruben Pereyra Thickstun

Learn to incorporate energetic music-based movements with functional exercises to enhance balance and boost cognitive function for older adults. This session focuses on creating mentally stimulating classes by engaging short-term and working memory through rhythmic patterns that integrate functional movements mimicking everyday activities. Practice techniques that can be easily incorporated into existing programs, promoting coordination, strength and memory retention through this innovative approach that combines physical activity with cognitive exercises, delivering a holistic experience for both body and mind.



You’ll be able to:

- Demonstrate a variety of functional movements that enhance balance and cognitive function, integrating them with music-based activities for a dynamic class environment.
- Develop inclusive and engaging fitness routines that apply rhythmic patterns and functional exercises, making them accessible to individuals of all ages and ability levels.
- Modify and adapt exercises to meet participants’ diverse needs, ensuring safety and comfort while promoting coordination and cognitive engagement.

Faculty: Ruben Pereyra Thickstun, BS, Active Aging Specialist and Senior Fitness Supervisor, Functionally Evolved.



| CEUs

Cheer camp: Dance aerobics with pom-poms

Jeanne Missey Osgood

Want to spruce up your line dance or low-impact aerobics classes? Add pom-poms, John Philip Sousa or other military march music, inspirational chants and high school memories. Participants will be sure to have fun while strengthening coordina-

tion, balance, cardio, muscular endurance and brain fitness. Best of all, memories of high school football or basketball games can add enthusiasm and enjoyment. Learn how to progress from simple, low-impact dance skills and short chants, to more complex moves with longer chants.

You’ll be able to:

- Demonstrate how adding pom-poms and military march music to a low-impact fitness class can enhance creativity and enjoyment.
- Implement upper-body pom-pom movements that can add elevated cardio even when modified for seated participants.
- Help older adults enhance their memory skills by creating and memorizing simple chants that are both inspirational and fun.

Faculty: Jeanne Missey Osgood, MA, Owner and Operator, Fitness Arts.



| CEUs

A word of thanks

Thank you to the following Lunch & Learn sponsors: Buck Institute for Research on Aging, InBody, SingFit and Technogym.

Tuesday sessions November 17

8:15 a.m.–9:15 a.m.

The core of healthy communities: Auditing and benchmarking **Irving Stackpole**

Rigorous wellness auditing and benchmarking are essential infrastructure for high-performing senior living communities. Data show how wellness directly drives occupancy, length of stay, revenue, workforce leverage, competitive positioning and asset value. Examine data from multiple studies and more than 120 communities to see how structured audits reveal gaps between mission and operations and how benchmarking converts findings into competitive intelligence, to justify budget decisions and document the role of wellness in resident move-in, retention, satisfaction and loyalty.

You'll be able to:

- Identify three key data points that drive resident satisfaction and loyalty.
- Describe five steps to effectively implement mission-critical auditing and community benchmarking.
- List specific monitoring metrics to assure effective adherence to and success of these programs.

Faculty: Irving Stackpole, MEd, President, Stackpole & Associates, Inc.



| CEUs

Building better engagement and connections through Lego Serious Play **Deborah Allen**

Learn to use Lego® Serious Play® to deepen engagement, spark creativity and strengthen connection in active-aging environments. Practice a hands-on technique that engages cognitive, motor and reflective skills, and learn how to use structured play to surface ideas, memories and perspectives. Leave with practical strategies to address common challenges such as low participation, limited verbal engagement, staff burnout, and difficulty fostering meaningful connection among older adults or teams.

You'll be able to:

- Facilitate a structured Lego Serious Play activity that encourages inclusive participation and deeper dialogue among older adults or staff teams.
- Apply model-building and guided storytelling techniques, design purposeful prompts and facilitate reflective dialogue.
- Integrate techniques inspired by Serious Play into meetings, activities and wellness initiatives without misrepresenting the methodology.

Faculty: Deborah Allen, MSW, Executive Director, PennCares Support Services; and certified Lego Serious Play Facilitator.



| CEUs

Protein and robust aging: Fact vs. fiction **Maggie Moon**

Protein's essential role in healthy aging is well-known, but myths, marketing and misinformation have made it one of the most misunderstood nutrients for older adults. This session will examine hot topics in protein and explain the underlying—or misinterpretation of—nutrition science. Explore the latest research into how much protein older adults actually need and which sources deliver the greatest benefit. Leave with ready-to-use talking points, menu ideas and program concepts that can be adapted for a variety of settings.

You'll be able to:

- Identify current evidence-based protein recommendations for adults over 65 and distinguish them from common myths perpetuated by popular media and marketing sources.
- Describe the relationship between dietary protein, muscle preservation and cognitive health outcomes, including the role of protein timing and distribution across meals.
- Name at least three practical strategies for increasing protein quality and quantity in older-adult populations across a variety of community and care settings.

Faculty: Maggie Moon, MS, RD, Author, *The MIND Diet: A Scientific Approach to Enhancing Brain Function*.



| CEUs

The fundamental importance of healthy competition across the continuum **Haley Kinne-Norris**

Incorporating childlike competition is important for all ages, especially older adults. This interactive session will highlight the importance and excitement behind friendly competition. Learn how to turn simple activities like bingo games into competitive events, and explore ways to curate a variety of friendly competitions for your residents. Discuss ways to give routine activities a new and exciting spin.

You'll be able to:

- Develop competitive programs for residents at all levels in the senior living care continuum.
- Modify your activity calendars to incorporate a new sense of competition.
- Rekindle your childlike spirit to reimagine your calendars and activities.

Faculty: Haley Kinne-Norris, MS, Corporate Director of Life Enrichment and Wellness, Liberty Senior Living.



| CEUs

Sex, the forgotten ADL: Integrating sexual health into senior living **Sara Turnbull & Molly Smith**

Sexual health remains one of the least addressed areas of wellness in senior living. Yet intimacy and sexuality are essential to the quality of life across the lifespan. This session reframes sexual health as a multi-dimensional wellness issue spanning physical, emotional, cognitive, social and environmental domains. Leave with practical tools to normalize conversations, align interdisciplinary support, incorporate sexual health into existing wellness initiatives and develop policies that uphold dignity, autonomy and person-centered care.



You'll be able to:

- Identify sexual health as a meaningful area of wellness and explain why it is often overlooked within senior-living wellness programming and culture.
- Describe age-related physiological changes, STI trends among older adults, and practical safe-sex considerations relevant to assisted living and independent living populations from a wellness education perspective.
- Apply wellness-focused strategies to support intimacy, comfort, privacy and resident autonomy by integrating sexual health conversations, environmental considerations and interdisciplinary collaboration into community wellness initiatives.

Faculty: Sara Turnbull, PT, DPT, Director of Clinical Strategies, and Molly Smith, OTR/L, Clinical Operations Manager, HealthPRO Heritage.



Resistance training and brain health: Is there an optimal dose?

Pat VanGalen

Emerging research continues to suggest resistance training may play a role in supporting brain health and cognitive function. This presentation will highlight current research on resistance training and cognitive health and explore the practical implications of “optimal dosing”—intensity, volume, mode—in prevention, preemption and rehab exercise programming, and within the entire physical activity arena. Tweak your current programming to provide a bigger bang, sharpening cognitive function, mitigating cognitive decline, and extending and enriching functional independence and quality of life in aging adults.

You'll be able to:

- Define brain health in the context of aging and explain how age-related cognitive changes can impact activities of daily living, safety, independence and quality of life.

- Describe current evidence into the relationship between resistance training and cognitive function in older adults, including key findings related to training mode, intensity and volume.
- Apply science-backed resistance training principles to program design to support both physical performance and cognitive function in aging adults.

Faculty: Pat VanGalen, MS, Owner, Active & Agile ... Maximizing Mobility Through the Ages.



Beats, breath, belonging: Drumming and mindfulness to support whole-person wellness

Emily Johnson

Mindfulness is often taught through stillness, yet many older adults find movement and rhythm enhance focus and emotional regulation. This interactive session will demonstrate how drumming can serve as a

Tuesday sessions November 17

powerful, embodied mindfulness practice, supporting emotional well-being, cognitive engagement and social connection. Engage in guided drumming and reflective pauses to explore how simple rhythmic patterns paired with breath and intention can reduce stress, elevate mood and create meaningful group connection.

You'll be able to:

- Discuss how rhythm supports mindfulness, focus, and emotional regulation.
- Implement practical strategies to incorporate rhythm-based mindfulness into new or existing programs, supporting emotional health while enhancing engagement and enjoyment.
- Apply drumming and mindful rhythm techniques to support group cohesion and well-being.

Faculty: Emily Johnson, BHK, Founder, StrongerU Senior Fitness Inc.



| CEUs

Glutes are the new core: Fall resilience after 50

Ann Gilbert

Glutes are the real MVP of longevity. This session will reframe glute training as necessary for the essential movements for balance, gait, power and even fall prevention. Learn how to safely train the powerful glutes in older adults and gain understanding about why this training matters more than ever.

You'll be able to:

- Shift glute training from physique training to functional training.
- Integrate glute training into balance and fall prevention programming.
- Safely train power and reactionary time in older adults.

Faculty: Ann Gilbert, BS, Owner and Master Trainer, Fit-Her Health & Fitness for Women.



| CEUs

9:25 a.m.–10:35 a.m.

GENERAL SESSION

The future of aging: Redefining what it means to live longer

Colin Milner, Marc Middleton & Tamara Smith

We are entering a defining moment in the evolution of aging. The first wave of Boomers is turning 80, a milestone that brings with it both new needs and new expectations. These expectations are shaped by decades of cultural change, a desire for longer healthspans, and a fundamentally different view of what later life can be. Far from simply a demographic shift, the moment represents a reset of the aging experience itself. This two-part general session explores what that reset means—from the systems we've built, to the lives people now expect to live within them.

Turn to pages 6–7 for more details.

Faculty: Colin Milner, Founder and CEO, International Council on Active Aging; Marc Middleton, television journalist, author, publisher, filmmaker, and Founder and CEO, Growing Bolder; and Tamara Smith, DrPH, BS, National Vice President, Humana Center for Human Flourishing through Health Advancement.

CEUs

10:45 a.m.–11:45 a.m.

Cultures of belonging in aging services

Belinda Degboe & Todd Andrews

As aging services organizations become increasingly diverse, many leaders are discovering traditional DEI initiatives alone cannot create inclusive, connected and person-centered communities. This session draws from Asbury's Belonging initiatives to explore a practical framework that integrates psychological safety, cultural responsiveness and meaningful engagement into everyday operations. Explore how intentional shifts in language, policies and daily interactions can strengthen workforce culture, improve retention and deepen engagement. Leave with adaptable tools and insights to apply in your community.

You'll be able to:

- List and analyze core components of a belonging-centered culture model in aging services and discuss its impact on resident and associate well-being.
- Develop and demonstrate practical strategies for integrating belonging into daily practices that strengthen engagement, workforce culture, and community connection.
- Modify existing approaches to inclusion by applying a holistic belonging lens that supports diverse identities, abilities, experiences and backgrounds.

Faculty: Belinda Degboe, MHA, Director of Well-Being, Asbury Communities; and Todd Andrews, BS, Chief Operating Officer, Asbury Communities.



| CEUs

Bridging the gap: Translating dementia diagnoses into meaningful next steps

Carrie Chiusano

Gain practical and real-world insights that promote a proactive approach to post-diagnosis care. By shifting the focus from “what’s lost” to “what’s next,” providers can help individuals and families reframe dementia not as an endpoint, but as a journey that can hold meaning, connection and purpose. Explore how thinking differently about dementia care can enhance outcomes and restore a sense of hope, identity and possibility for those living with dementia and the people who love and care for them.

You'll be able to:

- Identify challenges faced by individuals and families immediately following a dementia diagnosis and describe strategies to provide compassionate, proactive support during this critical period.
- Develop a structured, person-centered roadmap that integrates medical, legal and community resources to promote autonomy and quality of life for individuals with dementia and their caregivers.
- Apply principles of a growth mindset to dementia care by reframing the diagnosis as an opportunity for meaningful engagement, collaboration and hope.

Faculty: Carrie Chiusano, BA, Executive Director, Dementia Care Center of Excellence, Presbyterian SeniorCare Network.



Beyond the dining room: Pop-up experiences that elevate wellness **Brian Brooks & Rebecca McCullough**

Dining is a powerful yet underutilized tool for promoting whole-person wellness and social connection in senior living communities. Pop-up restaurant experiences built around themed, immersive, limited-time dining events can transform routine meals into high-impact wellness and engagement opportunities. These experiences support socialization, cognitive stimulation, emotional well-being and sense of purpose while enhancing community culture and resident satisfaction. Explore ways to re-frame dining as an experiential wellness platform to foster connection, joy and lifelong learning.

You'll be able to:

- Explain how immersive dining experiences support social, emotional and cognitive wellness in older adults.
- Launch a repeatable, pop-up restaurant program inside your community based on concepts that align with clear wellness objectives.
- Design cross-department collaborations that integrate dining, life enrichment and wellness programming and measure the impact of the initiatives on resident participation and satisfaction.

Faculty: Brian Brooks, AAS, Vice President of Business Strategy, and Rebecca McCullough, MS, RDN, Vice President of Senior Living, NEXDINE Hospitality.



From app to ally: Leveraging technology to improve customer experience

Rikki Goldenberg & Katie Kensinger

Technology is becoming essential in senior living communities, but it must move beyond an app to become a trusted ally. Learn

how to create and implement simple, relevant and easy-to-use technology programs that improve daily life for residents, families and staff. Explore how staff support and personal connection help overcome barriers to adoption, and discuss how to measure what matters to understand impact. Receive practical ideas for using technology to increase satisfaction and support better experiences across the community.

You'll be able to:

- Evaluate existing technology through a purpose-driven lens in order to simplify workflows, clarify value, and better align programs with daily community life.
- Activate the human layer, leveraging staff roles, onboarding moments and resident ambassadors to build confidence in tech tools and programs.
- Measure meaningful outcomes and track satisfaction, engagement, adoption and revenue impact to improve customer experience.

Faculty: Rikki Goldenberg, MEd, Director of Catalyst, and Katie Kensinger, BS, Director of Marketing and Brand Management, Juniper Communities.



Mindset, purpose and community **Kelly Stranburg & Marc Middleton**

Mindset is emerging as a powerful determinant of healthy aging, influencing physical, cognitive and emotional well-being. Research demonstrates that positive age beliefs and a strong sense of purpose may extend life expectancy, improve mobility and strengthen recovery, resilience and cognitive function. Senior living communities are uniquely positioned to cultivate these benefits through environment, programming and relationships. Explore how challenging ageist assumptions and embracing a growth-oriented perspective can lead to measurable improvements in participation, capability and quality of life.

You'll be able to:

- Analyze how mindset, purpose and age beliefs influence cognitive, physical and emotional well-being in older adults.

- Evaluate programming approaches in senior living to identify how staff assumptions and internalized ageism impact resident participation, capability and outcomes.
- Design strengths-based engagement and wellness strategies that leverage purpose, community belonging and growth-oriented mindsets to enhance quality of life within senior living communities.

Faculty: Kelly Stranburg, MEd, Vice President of Healthy Aging and Longevity, Westminster Communities of Florida; and Marc Middleton, Founder and CEO, Growing Bolder.



Seated, assisted, standing solutions

Mindy Mylrea

Teaching multilevel active-aging classes can be tricky. This workshop breaks down safe, practical exercises for seated participants, those needing balance support and fully independent movers. Learn appropriate progressions and regressions for each level and discover practical strategies to integrate all participants seamlessly. Walk away confident in your ability to teach this growing active-aging population.

"The ICAA Conference is ideal for professionals and organizations that take a comprehensive approach to serving the older-adult population. It hits on the broad spectrum of interests and needs in this specialized area. You have plenty of options to pick from to acquire knowledge and exchange ideas on fitness, lifestyle, and latest trends."

Andrew Wiltz

Director of Wellness, Canterbury Court

Tuesday sessions November 17

You'll be able to:

- Create a fitness class for all levels of fitness.
- Identify which progressions and regressions to use with active agers.
- Incorporate stimulating, sound and science-based exercise techniques and assessments for the active ager.

Faculty: Mindy Mylrea, Owner, One Day to Wellness / The Move Mentors.



| CEUs

Longevity in Motion®: Exercise protocols to enhance healthspan and lifespan

Kymberly Williams-Evans & Roberto Melani

This interactive session defines a true longevity workout and provides a clear, evidence-informed framework for designing effective, longevity-focused exercise programs. Explore the essential movement pillars of longevity: cardiorespiratory training, strength, balance, breathing, and cognitive challenges, with specific, practical recommendations for each. Design your own centenarian decathlon, a customizable, real-world longevity blueprint to apply personally or with clients, residents or members.

You'll be able to:

- Create research-based, longevity-specific workouts.
- Prioritize moves that enhance healthspan and lifespan.
- Distinguish between longevity plans and other movement goals.

Faculty: Kymberly Williams-Evans, PhD (ABD), Owner, Active Aging for Boomers; and Roberto Melani, MBA, CPE, CES, Regional Programming Manager, In-Shape Fitness.



| CEUs

Move better, live stronger with Parkinson's disease

Josh Lindblom

Aerobic exercise and strength training can effectively support people living with Parkinson's disease and other neurodegenerative conditions. This session will focus

on the ways targeted exercise influences mobility, balance, strength, endurance and overall quality of life. Learn key principles for designing and adapting aerobic and resistance programs to meet varying abilities, disease stages and daily fluctuations. Emphasis will be placed on exercise intensity, progression and safety considerations, including fall prevention and fatigue management.

You'll be able to:

- Demonstrate appropriate exercises focused on large, functional movement patterns.
- Develop exercise programs for your community that address neuroplasticity and brain changes.
- Modify individual and group exercise classes to better serve people with Parkinson's disease.

Faculty: Josh Lindblom, DPT, Therapy Director, Washington County Elder Care and Foundation Therapy Specialists.



| CEUs

12:00 p.m.–1:00 p.m.

LUNCH & LEARN BLUE

Indulge in a delectable lunch while engaging in enlightening discussions with our esteemed partners in this informative session.

12:00 p.m.–3:45 p.m.

ICAA EXPO

Oceans Ballroom

Explore new and innovative offerings at ICAA's wellness expo. Discover products and services, technologies and equipment to support multidimensional wellness from providers committed to meeting the industry's needs. Find solutions to help you meet today's goals and stand out from the crowd.

1:20 p.m.–2:20 p.m.

LUNCH & LEARN GREEN

During this informative session, enjoy a delicious lunch while engaging in enlightening discussions with our esteemed partners.

4:00 p.m.–5:00 p.m.

Staying safe online: Security for seniors

Kathleen Weissberg

Older adults are often the target of cybercriminals conducting identity theft, credit card fraud and more. This session will describe the most common scams that target this group, including fraud and phishing scams, and explore techniques and tips to help your community avoid them. Learn how to design an educational program about online safety that can be delivered alongside traditional wellness activities. In addition, this session will explore technology adaptations that can facilitate ease of use to ensure comfort, safety and enjoyment in technology use.

You'll be able to:

- Recognize common internet scams that target older adults.
- Enumerate internet safety tips and describe how to translate these tips into wellness education programs.
- Identify advantages, disadvantages and impact of relying on internet sources for healthcare information, communication and connection.

Faculty: Kathleen Weissberg, OTD, National Director of Education, Select Rehabilitation.



| CEUs

Implementing the DICE approach (describe, investigate, create, evaluate) to solve behavioral responses at Ascension Living

Kelsey Burnham & Helen Kales

Behavioral symptoms in dementia often lead to fragmented care and caregiver burnout. Ascension Living transformed behavioral management by implementing the DICE approach: a method to describe behaviors objectively, investigate underlying triggers, create person-centered interventions and evaluate results. Analyze results from 2026 pilot communities to provide a scalable roadmap for senior living communities. Practice all components of the DICE framework using real-world case



studies, and leave with an action plan to transition from trial-and-error to an evidence-based, behavioral response culture.

You'll be able to:

- Demonstrate the DICE methodology by applying the describe, investigate, create and evaluate steps to resident case studies to address behavioral and psychological symptoms of dementia.
- Analyze the “DICE triad”—the person living with dementia, the caregiver and the environment—to identify the multifactorial triggers contributing to behavioral responses.
- Develop an interdisciplinary action plan to launch a DICE initiative within your organization, utilizing data-tracking strategies and implementation outcomes demonstrated by Ascension Living.

Faculty: Kelsey Burnham, MS, Program Director, Life Enrichment and Memory Support, Ascension Living; and Helen Kales,

MD, Joe P. Tupin Professor and Chair of Department of Psychiatry and Behavioral Sciences, University of California, Davis.



Building intergenerational wellness: Connecting through space, story and social infrastructure

BJ Miller & Kate Abate

This interactive session explores strategies for transforming everyday environments—lounges, dining rooms, outdoor paths, classrooms and multipurpose spaces—into catalysts for connection, purpose and belonging. Real-world case studies demonstrate how adaptable programming can activate underutilized spaces without significant capital investment. Leave with strategies to strengthen multigenerational relationships, foster age-positive culture, and unlock the potential of your community's environments.

You'll be able to:

- Evaluate physical environments and programs to identify opportunities for both planned and spontaneous multigenerational engagement.
- Design low-cost, high-impact initiatives that use storytelling, ritual, shared activity and reciprocal roles to promote connection, purpose and well-being across age groups.
- Identify and structure creative partnerships with local schools, nonprofits, arts organizations and civic groups to create programs that value the wisdom of older adults while engaging emerging generations.

Faculty: BJ Miller, MS, Managing Partner, Paradigm Atlantic Management Group; and Kate Abate, MS, President, AdvoKate Longevity Consulting, LLC.



Tuesday sessions November 17

Recognized to stay: Practical recognition strategies that support staff wellness

Avery Villines

Staffing challenges continue to strain senior living communities, and leaders are seeking realistic ways to support employee wellness, morale and retention without adding cost or complexity. Explore how supervisors and leaders can consistently recognize every employee in meaningful, practical ways that support wellness and encourage staff to stay. Discuss how to design and implement an All-Employee Week, a community-wide celebration created to recognize every role and every shift. Learn how this focused week of appreciation can anchor a culture of recognition year-round.

You'll be able to:

- Identify recognition gaps that impact employee wellness, engagement and retention across all roles and shifts.
- Implement low-cost, practical recognition strategies, including an All-Employee Week, that supervisors can integrate into daily operations.
- Apply a ready-to-use director toolkit to deliver timely, meaningful appreciation that strengthens staff wellness and retention.

Faculty: Avery Villines, Senior Director of Community Life Services, Brandon Wilde.



Breathwork for cognitive and emotional resilience in older adults

Yury Rockit

Have you experienced a state of “flow,” when everything seems to happen effortlessly in your life? Before this condition can occur in your external environment, it first must happen within your body and brain through the power of your breath. Explore how the quality of breath streams brain-wave patterns that support and encourage more flow.

You'll be able to:

- Describe how breathing patterns affect brain-wave activity, attention and emo-

tional regulation that support performance and presence.

- Apply the simple, safe breathing methods to improve focus, nervous system balance, and mental clarity that encourage a state of flow in daily life and work.
- Create a practical, breath-based habit to support consistency, resilience and ease in movement, decision-making and life activities.

Faculty: Yury Rockit, BA, Mindfulness and Movement Coach, Rockit Movement; and Founder, Aliveness Ecosystem.



Strong enough to stumble: Exercise strategies for fall resiliency

Joy Cochran & Jamie Haines

Fall resiliency recognizes that falls are influenced by more than balance or strength. Physical capacity, cognitive load, confidence and the environment all influence what happens before, during and after a loss of balance, yet most exercise programs avoid these realities. This session reframes falls as a skill set that can be trained. Explore key domains of fall resiliency and evidence supporting their inclusion in exercise programming. Experience and practice graded fall-resiliency exposure exercises with adaptable strategies suitable for older adults at all physical ability levels, from seated participants to confident, independent movers.

You'll be able to:

- Recognize that falls are more than a prevention problem and discuss the multiple domains of fall resiliency and the supporting research.
- Identify and address common barriers to appropriately challenging participants, including fear, confidence and instructor hesitancy.
- Integrate fall resiliency strategies into exercise programs and practice scalable modifications suitable for older adults across multiple settings and ability levels.

Faculty: Joy Cochran, DPT, Owner, JOY Explorations; and Jamie Haines, DScPT, Associate Professor, Physical Therapy Department, Central Michigan University.



Ageless posture transformation for better balance, mobility, stability and confidence

Leslee Bender

Most people do not realize how their posture dictates functionality and influences their quality of life. Explore how specific posture-related movements can be included in your exercise programming at all ability levels so your students can see and feel results to help them live a confident, resilient life. Learn easy-to-follow techniques that can transform the posture of your students and improve their confidence in performing daily activities.

You'll be able to:

- Recognize postural deviations and implement specific exercises in all programming that will address those deviations.
- Provide your students the opportunity to move with greater confidence, enhancing mobility and stability.
- Apply posture-improving techniques with a greater understanding of dysfunctional movement patterns that inhibit quality of life.

Faculty: Leslee Bender, BA, Owner, Ageless Training Academy.



5:15 p.m.–5:30 p.m.

CLASS OF 2026 PHOTO

Participate in the Class of 2026 photo at the ICAA Conference to preserve the memories of your experiences and connections. We invite all attendees, exhibitors, speakers, volunteers and staff to join us for this not-to-miss moment.

5:45 p.m.–6:45 p.m.

Walking bingo

Lawrence Biscontini (emcee) & Crystal Vahzz

Millions of people across the planet enjoy playing traditional seated bingo, where participants “listen and look” and mark their bingo cards until a winner is declared. Come flip the script in this session with a standing, research-based approach to bingo that addresses and integrates multiple wellness dimensions. Mingle with other attendees as you learn a new, movement-based interactive bingo format. Plus laugh with an award-winning Florida drag queen host and win prizes for a novel “socialize-for-the-win” mindset.

You'll be able to:

- Outline the benefits of a combination sit-to-standing and walking game based on reaction skills, social age training, and memory care.
- Implement ideas for using timed skill-tasks based on building group dynamics to improve training on some pillars of the seven dimensions of wellness.
- Utilize content and delivery skills for implementing a nontraditional invention of “bingo” based on emphasizing the participants, including suggestions, tips and rules. Also, explore making “bingo cards” to use with tasks (instead of numbers) to encourage healthy competition.

Faculty: Lawrence Biscontini (emcee), MA, Mindful Movement Specialist; and Crystal Vahzz (alter-ego, Matt Holzer), “dancing rocker chick” and Volusia County Entertainer of the Year.



| CEUs

ZUMBA GOLD® Chair Class

Jenna Bostic

The new ZUMBA GOLD® Chair Class is a vibrant, accessible dance fitness session tailored for the older adults, beginners and special populations who benefit from modified movements. Enjoy the uplifting rhythms of Latin and International music,



bringing the energy and joy of the original ZUMBA Program right to your seat. This class is perfect for those who love to dance and have fond memories of styles like Jitterbug, Swing, Cha Cha, Hustle and Twist. Participants can celebrate movement in a supportive, fun environment.

You'll be able to:

- Practice a variety of movements adapted from classic Zumba routines, including Merengue, Salsa, Cumbia, Belly Dance, Flamenco and Tango, all integrated into the chair-based format.
- Recall Zumba's movement modifications for a seated class to support the older adults, beginners and special populations who want to participate in dance fitness.
- Motivate individuals with balance or mobility issues to stay active with a fun, supportive dance fitness class that celebrates movement with uplifting rhythms.

Faculty: Jenna Bostic, BS, Zumba® Education Specialist.



| CEUs

Experience solutions to help you stand out from the crowd

Your vision for wellness guides the goals you set today. Visit ICAA's expo on November 17 and 18 to experience a showcase of wellness-focused products and services to help you meet current goals, explore new directions and stand out from the crowd. Discover the latest innovations from the equipment manufacturers and service/technology providers that can partner with you to promote the outcomes you seek. The ICAA Expo is your opportunity to check out solutions to help you evolve your efforts, whether you are a wellness professional, fitness enthusiast or a passionate advocate for healthy aging, or you manage a senior living wellness center or community, senior center or fitness/wellness center. See page 45 for information.

7:00 a.m.–8:00 a.m.

Wellness as strategy: ROI in low-income senior housing communities

James Wilson, Dunisha Johnson & Wesley Bogard

Low-income senior housing communities face growing pressure to meet organizational mission and business objectives while operating within limited budgets and limited resources. A practical, evidence-informed framework for implementing holistic wellness programs can improve quality of life while creating a compelling business case for organizational investment. Discover the WELL-PLAN tool, a step-by-step framework that aligns community needs and organizational goals and identifies measurable return on investment (ROI) tied to resident health, happiness and longevity.

You'll be able to:

- Identify key components of the WELL-PLAN for low-income senior housing, including social, environmental and organizational factors that influence resident engagement in wellness programming.
- Apply evidence-informed insights from externally conducted research to develop or modify wellness programming that supports resident participation and promotes overall community well-being.
- Develop sustainable strategies, including value propositions that demonstrate the social and economic return of wellness investments to organizational leaders, funders and other community stakeholders.

Faculty: James Wilson, PhD, Vice President, Affordable Living; Dunisha Johnson, MGS, Director of Resident Support, Affordable Living; and Wesley Bogard, MS, Wellness Manager, Affordable Living, Episcopal Retirement Services.



A hands-on workshop to apply Montessori methods

Brenda Gurung

Dive into examples of Montessori methods to enhance engagement and care delivery and as interventions for behavioral expressions. This active session will offer a brief introduction to Montessori methods, and participants will then break into groups to discuss case studies and engage in hands-on activities. The workshop will be centered on memory care settings, but activities will be applicable to assisted living, skilled nursing, adult day and home care settings, and the concepts can be modified for independent living facilities.

You'll be able to:

- Define the key tenets of the Montessori method.
- Incorporate Montessori into engagement (life enrichment), care delivery and interventions for behavioral expressions.
- Determine Montessori practices for case study examples.

Faculty: Brenda Gurung, MBA, Founder, Educator, Be Growth Dementia Education.



Food is Medicine: Concepts and applications for older-adult nutrition

Jen Bruning & Amy Bollam

The concept that food is medicine, which dates to Hippocrates, is returning to the forefront of nutrition discussions. Food is Medicine addresses issues of food access, community programming and support from allied health professionals. Older adults in many settings can benefit from the approach. This session is especially geared for dietitians, chefs, dietary managers, social workers and other professionals in the senior care industry. Explore new findings in nutrition science and discuss ideas for adopting a Food is Medicine framework suitable for your setting.

You'll be able to:

- Describe the origins of the Food is Medicine concept and its applicability for older-adult nutrition in various care settings.
- Distinguish between restrictive diets and a Food is Medicine approach.
- Demonstrate two tactics for managing change in recipes, menus or systems in a senior living or home-care environment.

Faculty: Jen Bruning, MS, RDN, Director of Partner Education, Incite Strategic Partners; and Amy Bollam, MS, RDN, Vice President of Strategy, DiningRD.



Intergenerational swim partnerships for active-aging communities

Melissa McGarvey

Learn how to create intergenerational swim partnerships between senior living communities and swim programs to activate underutilized pools, expand resident programming and increase community impact. Discuss flexible models that can be adapted to a community's pool availability, staffing and financial realities. Explore practical options, including 65+ swim lessons, aqua

Tracks key



Business alignment



Cognitive & emotional health



Culture



Leadership & management



Nutrition for older adults



Physical activity



Programming



Research



Staffing & employee wellness



Technology



Trends & innovations



Wellness integration with healthcare

therapy or aqua active classes, and sessions that allow residents to support children's swim lessons. This approach reframes pools as shared community assets while advancing drowning prevention and combating isolation and boredom among residents.

You'll be able to:

- Analyze underutilized aquatic spaces and identify viable intergenerational programming opportunities that align with resident needs, staffing capacity and operational costs.
- Develop a customizable partnership model to implement 65+ aquatic programming, intergenerational engagement and community swim lesson access.
- Identify one immediate opportunity to activate your pool and create a clear plan to be shared with internal teams and potential partners.

Faculty: Melissa McGarvey, BA, Vice President, British Swim School.



| CEUs

Four-legged flow: Reimagining dance and core work from the chair

Ann Gilbert

Four-legged flow combines rhythm, coordination and core training in an inclusive program that can be performed from a chair. Participate in science-based movement and share laughter while engaging in this session. Explore a complete reframing of what your chair-based programming attendees have seen to date.

You'll be able to:

- Design a 30-minute, dance-based inclusive program from the chair, including innovative seated core work and unique challenges for the mind and the body.
- Practice cueing and coaching techniques proven to increase engagement, joy and adherence without adding undue impact.
- Implement ideas from a series of "steal-this-sequence" handouts that will help you start your new programming options right away.



Faculty: Ann Gilbert, BS, Owner, Master Trainer, Fit-Her Health & Fitness for Women.



| CEUs

Tai chi-yoga-pilates fusion for a growth mindset

Terry Eckmann

Experience a dynamic fusion of tai chi, yoga and pilates in a session designed to cultivate a growth mindset. Explore foundational movements while embracing the "not yet" through simple regressions or the "I'm ready for more" with accessible progressions. Move through an intentional flow supported by music, mantra and meaningful instruction to spark curiosity, confidence and continuous growth.

You'll be able to:

- Describe a series of tai chi, yoga and pilates movements suitable for a variety of fitness levels.
- Identify regressions ("not yet") and progressions ("I can do more") for each foundational move.
- Design a growth-minded class using purposeful instructional cues, empowering mantras and supportive music.

Faculty: Terry Eckmann, PhD, Professor, Teacher Education and Kinesiology, Minot State University.



| CEUs

Functional core for older adults

Amanda Sommer & Michelle Rogers

Learn safe and effective standing core exercises using tubes and bands. Many older adults have difficulty getting up and down from the floor for traditional core exercise. This session will introduce methods to allow anyone to perform core work. Practice exercises for beginning to advanced levels. The exercises can be used for land or water fitness and can be done alone with anchored tubing or with partners.

You'll be able to:

- Develop a standing core program using tubing or bands.
- Modify exercises for all levels of ability.
- Incorporate exercises into existing classes or create a stand-alone core program.

Faculty: Amanda Sommer, BA, Wellness Director, and Michelle Rogers, BS, Fitness Coordinator, Twin Lakes Community.



| CEUs

Wednesday sessions November 18

8:15 a.m.–9:15 a.m.

From successful aging to TrueSpan: Building a wellness ecosystem

Dan Lavender, Jessica Brinkert & Tom Mann

Many senior living organizations create strong wellness programming but struggle to translate it into an enterprise-wide identity and measurable business value. In this case-study session, learn how Moorings Park Communities evolved its successful aging program into TrueSpan: a unified wellness philosophy and operating model, and TrueSpan Neighborhood, an integrated digital ecosystem. TrueSpan connects residents to resources, services, communication, events and personalized content across multiple channels. The program provides clearer storytelling and stronger engagement pathways.

You'll be able to:

- Develop a roadmap to evolve a wellness program into an enterprise-wide wellness brand.
- Define an operating model and governance structure for a sustainable wellness initiative.
- Draft a marketing and adoption plan to drive engagement with measurable outcomes.

Faculty: Dan Lavender, MBA, CEO; Jessica Brinkert, MBA, Executive Director of TrueSpan; and Tom Mann, BS, Vice President of Sales and Marketing, Moorings Park Communities.



The Whimsy Effect: Playfulness for cognitive and emotional health

Sheena Jeffries

Learn how to intentionally use playfulness as an evidence-informed tool to support cognitive stimulation and emotional connection in older adults of all ability levels, including those living with dementia. Simple techniques such as playful prompts, curiosity-based invitations and sensory

micro-moments can activate attention, reduce stress and encourage connection. Explore practical strategies to embed low-pressure, success-based whimsy into daily programming, communication and social interactions without adding cost or complexity.

You'll be able to:

- Identify and analyze residents' emotional and cognitive needs to implement engagement strategies for independent living, assisted living and varying stages of dementia.
- Apply at least three practical, whimsy-based techniques to increase participation, emotional safety and meaningful connection.
- Develop and modify an individualized or group-based engagement action plan that integrates playful interventions into existing programming while tracking observable cognitive, emotional and behavioral outcomes.

Faculty: Sheena Jeffries, BS, Director of Resident and Family Experience, Watercrest Senior Living, and Creator, Whimsy Effect and Moments of Meaning.



Living swell: Nourishing to thrive and thrive, not just survive

Leslie Bonci & Roberta Anding

Eating well in later life means supporting a changing body while also honoring traditions that have shaped a lifetime of meals. Changes in muscle mass, hormone levels, digestion, and cellular repair make protein quality, fiber, hydration, and antioxidant-rich foods important for the health of older adults. Yet food is never just fuel. For many, food rituals anchor identity, memory and belonging. Discover ways to blend science and tradition to create meals that protect the body while preserving valuable stories, rhythms and relationships.

You'll be able to:

- Recognize age-related changes that can impact food intake, digestion and preparation.

- Identify the importance of older adults' preferences for familiar meals and cultural and traditional foods.
- Request recipes from older adults and describe the need for prioritizing health, well-being and nutrition in meal planning and food preparation.

Faculty: Leslie Bonci, MPH, RD, Co-founder, Performance365; Owner, Active Eating Advice; and Adjunct Instructor, University of Pittsburgh and Duquesne University; and Roberta Anding, MS, RD, Co-founder, Performance365, Assistant Professor, Baylor College of Medicine Department of Orthopedic Surgery, and Sports Dietitian for Baylor College of Medicine Corporate Programs team and Rice University Owls.



How virtual reality is revolutionizing senior care

Kathleen Weissberg

Conventional rehabilitation and senior-living life enrichment/wellness programs are using virtual reality in individualized sessions to help residents achieve their goals. Virtual reality therapy is currently being used to address physical and cognitive dysfunctions in populations of older adults. See video case examples of virtual reality being used in senior living settings to impact residents' ADL/IADL [activities of daily living/instrumental activities of a daily living] skills, exercise, cognition, balance, fear of falling, motivation, enjoyment and other factors.

You'll be able to:

- Define the scope, type and incidence of virtual reality use in senior living.
- Identify functional benefits and outcomes related to use of virtual reality with older adults.
- List barriers to implementing virtual reality therapy and strategies to overcome those barriers.

Faculty: Kathleen Weissberg, OTD, National Director of Education, Select Rehabilitation.



Integrating music, recreation and horticulture therapies to strengthen wellness models

Emily Sitzes & Briley Tuttle

Learn how to integrate expressive therapies as goal-driven programs that strengthen holistic wellness and healthcare outcomes. Explore the benefits of music therapy, recreational therapy and therapeutic horticulture services to support physical, psychosocial, cognitive and sensory health. Discuss real-world case examples and implementation strategies showing how to ensure safe, inclusive participation in all areas of living. Learn practical strategies for translating clinician-led interventions into supportive, nonclinical engagement opportunities.

You'll be able to:

- Identify and differentiate the distinct roles of music therapy, recreation therapy, and therapeutic horticulture within an integrated wellness model that supports holistic health outcomes across levels of care.
- Apply an ability-based adaptation framework to modify expressive therapy-informed activities based on residents' mobility, cognition and behavioral considerations while maintaining safety and appropriate scope of practice.
- Develop a practical action plan for interdisciplinary collaboration that aligns wellness programming with healthcare goals, including effective communication strategies between clinical and nonclinical staff to support continuity of care.

Faculty: Emily Sitzes, BS, Director of Community Wellness, and Briley Tuttle, BS, Director of Community Wellness, EverTrue Concordia Village.



| CEUs

Balanced brain, balanced body: A dual-tasking balance class

Aleen Dailey

This dynamic fitness class challenges participants to think and move at the same time, strengthening physical stability while engaging attention, memory and coordi-

nation. Progress from neck mobility and ankle warm-ups to dynamic balance drills and targeted hip and ankle strengthening with cognitive challenges woven into every exercise. Designed for all ability levels, the format emphasizes functional movement, adaptability and confidence-building in a supportive, engaging environment.

You'll be able to:

- Structure a progressive dual-task balance class that integrates mobility, strength and dynamic balance exercises with cognitive challenges for participants of varying ability levels.
- Apply practical strategies and utilize artificial intelligence-supported tools to efficiently generate engaging cognitive tasks—such as word games, trivia, and math prompts—without relying on costly subscriptions or prepackaged programs.
- Develop an adaptable framework for implementing dual-task balance programming that enhances physical stability, cognitive engagement and confidence while remaining scalable and replicable across diverse community settings.

Faculty: Aleen Dailey, MS, Wellness Coordinator, Carolina Village.



| CEUs



Movement meditation

Yury Rockit

You think you cannot sit still to meditate? This session will simplify meditation with a combination of theory and practice of meditative movement, creating an accumulation of focus, attention, enhanced recovery, and stress reduction. You will also strengthen your mind-body connection.

You'll be able to:

- Use gentle, intentional movement as a form of meditation to build focus, presence and calm without needing to sit still.
- Use simple breath-and-body methods to reduce tension, improve nervous system regulation, and support mental and physical recovery in daily life.
- Develop greater awareness of posture, sensation and attention to enhance balance, emotional regulation and overall well-being through embodied mindfulness.

Faculty: Yury Rockit, BA, Mindfulness and Movement Coach, Rockit Movement; and Founder, Aliveness Ecosystem.



| CEUs

Navigating health misinformation in the age of AI: A practical guide

Marilynn Larkin

This presentation provides practical strategies for assessing health misinformation from search results, social media, podcasts, wellness marketing, and informal virtual and in-person groups and organizations. Learn a structured five-question framework for evaluating potentially misleading health messaging, and simple tools to share with residents/members to promote safer health decision-making. Specific examples will be used to highlight key points and promote discussion. Content can be implemented in educational programming and individual/group discussions for residents and members, as well as in staff meetings.

You'll be able to:

- Identify common types of health misinformation encountered by residents and members.
- Apply a structured five-question framework to evaluate health claims and guide discussions.
- Promote safer decision-making by directing individuals to credible, evidence-based health information sources.

Faculty: Marilynn Larkin, MA, award-winning medical journalist and editor; consultant to ICAA, and Contributing Editor and Columnist, *Journal on Active Aging*.



| CEUs

9:30 a.m.–10:30 a.m.

The power of storytelling in AI-era grant writing

Alina Serban & Jennifer Truppa

Grant proposals often rely heavily on data, compliance language and program descriptions, yet many strong applications still fail to stand out. Innovative storytelling, supported by responsible use of AI, can elevate grant writing for affordable senior housing by helping funders better understand impact, need and value. Learn how to strategically integrate resident and program stories into common grant sections and explore how AI tools can be used to strengthen

narrative clarity, alignment and efficiency while maintaining authenticity.

You'll be able to:

- Analyze grant application requirements to identify where resident stories and program narratives can most effectively strengthen needs statements, program descriptions and impact sections.
- Develop concise, ethical, funder-ready narratives by integrating program data, resident experience and AI-supported tools to improve clarity, alignment and efficiency without compromising authenticity.
- Demonstrate a repeatable framework for translating outcomes and metrics into compelling stories that align with funder priorities and support competitive grant proposals.

Faculty: Alina Serban, MS, Chief of Staff, and Jennifer Truppa, Director of Operations, Embrace Living Communities.



| CEUs

The neurobiology of singing: Research, interventions and ROI

Andrew Tubman

This session examines singing as a biologically active intervention for health and wellness in older adults and explores emerging research demonstrating singing's return on investment (ROI). Learn how structured singing impacts breath regulation, autonomic function and key neurochemicals linked to cognition, mood stabilization and social connection. Discuss how these clinical outcomes translate into operational benefits, such as increased engagement, reduced behavioral distress and improved program utilization. Practice simple, singing-based techniques and learn how to implement them within existing budgets.

You'll be able to:

- Describe the neurobiological mechanisms through which singing supports cognitive health, emotional regulation and social connection in older adults.
- Identify observable outcomes of singing-based interventions that can be used

to justify program funding and budget allocation.

- Apply a practical framework for evaluating the cost-effectiveness and ROI of singing programs within wellness and cognitive health initiatives.

Faculty: Andrew Tubman, MT-BC, BS, Cofounder and Chief of Therapeutics, Musical Health Technologies, aka SingFit.



| CEUs

Collaborative art: Fostering community

Hollie Kemp, Leslie Quintinar & Linda Bounds

This interactive session will focus on inspiring creativity, encouraging social connection and promoting personal growth through the joy of painting. New StARTS is a collaborative fine-art oil-painting program designed for older adults and adults with disabilities. Learn the basic recipe for New StARTS while engaging in a condensed version of the program. Witness how art can act as a catalyst for exceptional engagement for all.

You'll be able to:

- Describe the main factors for leading a collaborative art program.
- Discuss how the program can encourage socialization and personalization and enhance well-being.
- Implement a new program for older adults and individuals with various debilitating conditions.

Faculty: Hollie Kemp, BS, CEO, HKC Consulting; Leslie Quintinar, Chief Operating Officer, Oxford Health Group; and Linda Bounds, Artist and Educator, Linda Bounds Artist.



| CEUs

Rethinking risk: How interdisciplinary collaboration and AI reshape falls prevention

Jessica Drecktrah & Michelle Marino

Falls remain one of the most persistent clinical, financial and reputational risks in senior living. This session encourages orga-



nizations to consider falls prevention as an enterprise-wide risk domain requiring interdisciplinary collaboration. Explore how AI-enabled tools—such as sensor-based monitoring, movement analytics and predictive risk stratification, can support shared situational awareness and earlier intervention when integrated across wellness, clinical, operations and technology teams. Practical collaboration across disciplines and leadership levels can lead to meaningful outcomes.

You'll be able to:

- Describe how artificial intelligence-driven technologies support interdisciplinary risk stratification and individualized care planning.
- Identify the complementary roles of staff in nursing, wellness, therapy and life enrichment roles in addressing modifiable and nonmodifiable fall risk factors.
- Demonstrate how wellness and life enrichment professionals translate technology insights into engaging exercise, restorative and educational programs that enhance participation and confidence.

Faculty: Jessica Drecktrah, DNP(c), MHA, RN, Director of Nursing Services, and Michelle Marino, BS, Director of Wellness, Carolina Meadows.



A pathway to wellness for affordable housing

Stacey Judge, Amanda Oberg & Judy Collett-Miller

Residents of subsidized senior housing communities are at risk for poor health outcomes and functional challenges as they

often find it difficult to access services to help address physical and mental needs. This session will discuss the LivWell Program underway in eight affordable housing communities to support health, wellness and engagement among low-income older adults. Explore how the program connects affordable housing residents with education, technology, programming, and community resources to enhance daily living abilities and support personal choice, lifelong learning and quality of life.

You'll be able to:

- Describe how investing resources in health and wellness programming in affordable housing can enable older adults to age in the place of their choice.
- Use key performance metrics to solicit partnership and funding opportunities to implement health and wellness programs in your community.
- Identify and evaluate options for creating and/or providing person-centered health and wellness programs within an affordable housing setting.

Faculty: Stacey Judge, Wellness Program Director, and Amanda Oberg, LivWell Program Manager—Affordable Housing, Springpoint; and Judy Collett-Miller, Director of Business Development, Parker Health Group.



Exercises and skills to enhance activities of daily living

Mindy Mylrea

All active agers want to feel independent. Independence starts with the ability to perform activities of daily living (ADL) with the least amount of assistance possible. Difficulty with ADL signals functional decline

and is a major barrier to living an active life. This workshop demonstrates exercises, skills and drills to assist older adults who want to remain active agers. Walk away with coaching tools to elevate engagement, enthusiasm and fun among the older adults in your community.

You'll be able to:

- Describe ADL and recognize what core motor skills are involved in each.
- Coach active agers through exercises and skills to enhance ADL.
- Cue with confidence and enthusiasm.

Faculty: Mindy Mylrea, Owner, One Day to Wellness / The Move Mentors.



Boost bone's crosstalk between the brain, muscle and blood vessels

Pat VanGalen

Bone is the body's largest active endocrine organ and a vital component in healthy integrated physiological systems. The crosstalk between bone and the brain, muscle, blood vessels and other major organs is essential to whole-body health. Explore the latest research on the measurement of overall bone strength, building and maintaining overall bone integrity and countering bone robbers. Update your knowledge regarding prevention of bone loss and treatment strategies to build and preserve bone across the life stages.

You'll be able to:

- Better educate clients, residents and patients about how bone strength affects all physiological systems that contribute to robust aging.
- Incorporate cutting-edge exercise and movement interventions that prevent,

preempt and treat osteopenia and osteoporosis in one-on-one and small and large group training programs.

- Develop a referral network of primary care, endocrinologists, urogynecologists, physiotherapists, and other healthcare and wellness practitioners who address bone strength.

Faculty: Pat VanGalen, MS, Owner, Active & Agile...Maximizing Mobility Through the Ages.



| CEUs

Foot to core: The foundation of movement longevity

Emily Splichal & Roberto Melani

The feet are the foundation of movement longevity, influencing balance, gait, posture and core activation. Age-related declines in foot strength, ankle mobility and sensory awareness can reduce stability and independence. Explore evidence-based strategies to restore foot function and enhance whole-body performance. Experience barefoot activation, ankle-strength progressions and integrated movement flows you can immediately apply to improve stability, confidence and functional movement in active-aging clients.

You'll be able to:

- Explain the role of the foot-ankle complex and sensory system in balance, gait efficiency and core activation within the context of movement longevity.
- Assess and identify common age-related limitations in foot strength, ankle mo-

"The ICAA Conference is a great space to gain new research in the senior living industry and network with industry peers. I come away from the conference with a renewed energy and zest for the work I do and share much of the content with my coworkers."

Courtney Russell

Lifestyle Program Director,
LiveWell Group

bility and proprioception that impact stability and functional performance.

- Integrate evidence-based foot-to-core training strategies—including sensory activation, ankle strengthening and movement progressions—into personal training, small group and group fitness programs.

Faculty: Emily Splichal, DPM, CEO, Naboso; and Roberto Melani, MBA, Regional Programming Manager, In-Shape Fitness.



| CEUs

10:45 a.m.–11:45 a.m.

Strength gains that drive retention

Karlie Intlekofer

Older adults are showing more interest in strength training, but many organizations struggle with inconsistent participation and unclear return on investment (ROI) from fitness programming. This session explores how strength-based programs can function as a quality-of-life driver and a retention asset when designed well. Learn how to position strength as a valued amenity, identify outcomes that matter to participants and communicate gains to support satisfaction and long-term engagement. Explore practical strategies to ensure offerings support recruitment and engagement, improving the perceived value of your fitness amenities.

You'll be able to:

- Identify how outcomes of strength training influence participant confidence, satisfaction and long-term participation.
- Describe which strength-related measures and progress indicators are most meaningful for continued engagement.
- Apply practical design and communication approaches that reinforce continued engagement in strength-based programming.

Faculty: Karlie Intlekofer, PhD, Research Scientist, Matrix Fitness.



| CEUs

Brought to you by
MATRIX

Implementing movement-based cognitive health programs

Sue Paul & Mellany Hanson

Cognitive health programming is most effective when evidence meets real-world application, such as is presented in this session. Explore practical approaches, including dual-task training, movement-based cognitive stimulation and exergaming interventions based on real-world models from a variety of senior living and community settings. Use structured worksheets to begin developing an actionable cognitive health initiative tailored to your own setting and leave with a draft program outline and clarity about practical next steps.

You'll be able to:

- Identify key components of movement-based cognitive health programs appropriate for older adults.
- Analyze how environment, staffing, and engagement strategies influence program success.
- Develop a draft action plan for implementing a movement-integrated cognitive health activity in your own setting.

Faculty: Sue Paul, OTD, MBA, Senior Director of Well-Being and Brain Health, Asbury Communities; and Mellany Hanson, MS, Lifestyle Director, Vi at La Jolla Village.



| CEUs

Sound decisions: Dining music as a structured wellness program

David Schofman & Debi Finn

Dining sound is an underdeveloped yet highly influential wellness program within senior living communities. Wherever food and beverage are part of the experience, music plays a defining role in engagement, mood, mealtime flow, digestion and overall satisfaction. This session reframes dining music as a structured, repeatable wellness program rather than informal background noise. Discover why dining sound must be intentionally designed and how to align music programming with wellness goals that support well-being.

You'll be able to:

- Conduct a dining sound audit that evaluates music programming and audio infrastructure, such as music selection, timing, volume, sound sources, and environmental factors across multiple dining settings and populations.
- Design/upgrade a community-wide dining music program across cafés, daily dining, and food-centered special events by aligning music programming with wellness goals related to emotional well-being, engagement, mealtime experience, and environmental design.
- Explain the foundations of music licensing and PROs (performing rights organizations), to dispel common myths and discuss how compliant use of original artist recordings supports sustainable, responsibly managed dining music programs.

Faculty: David Schofman, BS, CEO and Founder, and Debi Finn, BS, Head of Training and Music Licensing, Coro Health.



| CEUs

Sleep hygiene as an operational advantage

BJ Miller

Sleep is foundational to cognitive health, emotional regulation and metabolic function, yet sleep disruption remains one of the most overlooked drivers of risk in senior living, particularly in memory care environments. Learn how staff education, protocol alignment, and environmental tuning can improve sleep hygiene across senior housing communities without major capital investment. Leave with actionable tools to elevate the importance of sleep hygiene, driving better outcomes for residents, teams and the bottom line.

You'll be able to:

- Articulate the business and care-quality case for sleep hygiene, particularly in memory care environments, describing how improved sleep is associated with better health outcomes, fewer falls and dementia-related behaviors and improved staff efficiency and retention.

- Translate sleep science into practical environmental strategies, identifying how lighting spectrum and timing, thermal variation, acoustics, daylight access and nighttime cues can be leveraged within existing senior living and memory care settings.
- Apply operational interventions that improve sleep hygiene, equipping leadership and care teams with actionable strategies related to staffing patterns, evening routines, lighting protocols, noise management and cross-department collaboration to support resident sleep without capital-intensive renovations.

Faculty: BJ Miller, MS, Managing Partner, Paradigm Atlantic Management Group.



| CEUs

Creative, replicable engagement strategies that work

Melissa Bossert & Nicole Freck

Life engagement leaders are some of the most creative people in the senior living industry, yet great ideas rarely spread between communities. Join this fast-paced, collaborative session designed to spark innovation and provide space to share engagement wins. Leave with fresh strategies you can immediately implement in your community. Real program examples and audience-driven exchanges will provide ideas about high-impact, low-barrier programs that enhance purpose, connection and quality of life for older adults across all levels of living.

You'll be able to:

- Identify and replicate life engagement programs that have demonstrated measurable engagement and resident satisfaction.
- Adapt shared ideas to fit your community and implement rapid-innovation techniques to continuously generate new, meaningful engagement offerings.
- Develop a structured idea-exchange model similar to this session to foster collaboration and creativity within your community's engagement teams.

Faculty: Melissa Bossert, AA, National Director of Life Engagement, Bridge Senior Living; and Nicole Freck, MA, Senior Director of Life Engagement, Somerby Franklin.



| CEUs

Gentle Step: Functional strength, bone health, and falls prevention

Michelle Kerr

This interactive workshop equips instructors to deliver a low-impact, weight-bearing cardio program for older adults. Gentle Step focuses on functional movements that improve strength, balance, mobility and bone health. Practice multiplanar, compound exercises—squats, lunges, controlled marches and balance work—that build lower-body strength, joint stability and confidence. The program emphasizes dual-tasking, controlled transitions and balance training to reduce fall risk, improve coordination and support cognitive health. Seated and standing options make the program accessible for diverse abilities.

You'll be able to:

- Implement safe and adaptable seated and standing low-impact exercises that enhance strength, balance, mobility and bone health for older adults of varying abilities.
- Integrate balance training, controlled transitions and cognitive-motor challenges to reduce fall risk and support functional independence.
- Create an inclusive, motivating environment that encourages safe movement, builds functional performance and enhances both physical and mental well-being.

Faculty: Michelle Kerr, Supervisor, City of Mississauga.



| CEUs

Parkinson's exercise ecosystem: Evidence-based programs and community impact

Jojo McDuffie & Lisa Johnston

This session explores how evidence-based exercise and rehabilitation programs can work together within a community-based

Wednesday sessions November 18

Parkinson's care ecosystem. Engage in hands-on demonstrations to discover how key movement strategies from multiple programs support activities of daily living, reduce fall risks and enhance long-term independence. Position exercise as a foundational pillar of Parkinson's care rather than an add-on and move beyond a one-program mindset to help participants access the right intervention at the right time.

You'll be able to:

- Analyze how different Parkinson's exercise and rehabilitation programs—such as boxing, dance, cycling, and rehabilitation-based movement—address complementary needs related to strength, balance, mobility and activities of daily living.
- Demonstrate practical movement strategies drawn from multiple Parkinson's-specific programs that support functional outcomes such as improved gait and mobility, postural control and reduced fall risk.
- Describe how community engagement networks facilitate access to exercise and rehabilitation programs to address the diverse needs of people with Parkinson's disease.

Faculty: Jojo McDuffie, MS, Director of Corporate Affiliate Partnerships, Rock Steady Boxing, Inc.; and Lisa Johnston, BA, Senior Program Manager, Pedaling For Parkinson's, Davis Phinney Foundation, and Dance for PD Certified Teaching Artist.



"Every ICAA Conference is a spark—igniting ideas, connections and innovations that move the future of active aging forward."

Susan Filice

*Life Enrichment Director,
Stoneridge Creek*

12:00 p.m.–1:00 p.m.

LUNCH & LEARN GREEN

Indulge in a delectable lunch while engaging in enlightening discussions with our esteemed partners in this informative session.

12:00 p.m.–3:15 p.m.

ICAA EXPO

Oceans Ballroom

Explore new and innovative offerings at ICAA's wellness expo. Discover products and services, technologies and equipment to support multidimensional wellness from providers committed to meeting the industry's needs. Find solutions to help you meet today's goals and stand out from the crowd.

1:20 p.m.–2:20 p.m.

LUNCH & LEARN BLUE

During this informative session, enjoy a delicious lunch while engaging in enlightening discussions with our esteemed partners.

4:00 p.m.–5:00 p.m.

Building authentic wellness cultures: The executive director's role and training

Kay Van Norman

Comprehensive wellness programs in senior living are a standard quality benchmark. Building an authentic community-wide wellness culture—where residents, staff and leadership embrace a shared responsibility for culture—is becoming the new gold standard. How can your organization prepare executive directors to ignite and lead this market shift? This wellness pioneer and ICAA board member explores practical steps for training and supporting leadership in this transformation.

You'll be able to:

- Compare three specific policies/procedures that can actively support wellness culture with three specific policies/

procedures that can actively diminish wellness culture.

- Describe key changes that executive directors can implement to ignite and support building an authentic wellness culture.
- Leverage an authentic wellness culture to attract and retain executive directors.

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



PANEL Practical cognitive rehabilitation and engagement strategies

Katie Reilly, Samantha Payton & Ryan Glatt (moderator)

Supporting residents with cognitive concerns requires structured, engaging and scalable programming. This panel session combines evidence-informed cognitive training and rehabilitation interventions with direct application to real-world programming. Explore practical models of cognitive stimulation, cognitive rehabilitation principles and structured engagement strategies designed for senior living, community wellness and home-based support. Use worksheets to design a practical cognitive engagement plan tailored to your own population and resources.

You'll be able to:

- Differentiate between cognitive stimulation and cognitive rehabilitation approaches.
- Select appropriate engagement strategies based on cognitive level and care setting.
- Develop an actionable plan for implementing a structured cognitive engagement program.

Faculty: Ryan Glatt (moderator), PhD(c), MS, Senior Brain Health Coach, Pacific Neuroscience Institute; Katie Reilly, PhD, Corporate Director of Cognitive Well-Being, Acts Retirement-Life Communities; and Samantha Payton, OTR/L, Clinical Partnerships and Education Lead, NewDays.



Everything is cool when you're part of a team

Aleen Dailey & Sara Fink

Do you have a huge list of programs you know would make an impact if only you had more time, help or resources to develop them? You're not alone, and you don't have to build them all on your own. This session explores how Carolina Village created and sustained several large- and small-scale wellness events through interdisciplinary collaboration across the campus and greater community. Identify practical strategies for building team synergy within departments, partnering beyond them and engaging residents as collaborators. Leave with concrete ideas you can adapt in your own community.

You'll be able to:

- Identify topics of interest and focus areas for developing wellness-related interdisciplinary events in your own community.
- Design tools for marketing, assessing program effectiveness and tracking attendance for events.
- Describe the importance of involving therapy, wellness, activities, dining, nursing and community partners to maximize the impact of wellness-related events.

Faculty: Aleen Dailey, MS, Wellness Coordinator, and Sara Fink, MS, Director of Rehab, Carolina Village.



| CEUs

Engaging Boomers: Expanding your fitness offerings for active agers

Alexis Perkins

Prepare to meet the unique needs of Boomers, the fastest-growing segment of the aging population. This interactive workshop session begins with a fun, 30-minute, chair-based class designed specifically for active agers. Discover innovative strategies to adapt your fitness classes and wellness programs and explore essential tools to effectively enhance your offerings in ways that resonate with this vibrant generation.

You'll be able to:

- Modify fitness classes to meet the specific needs and preferences of Boomers, ensuring a safe and enjoyable experience for all participants.
- Apply innovative strategies to expand your business by tapping into the active ager market, including marketing plans and program development tailored to this demographic.
- Build meaningful connections with older adults, fostering a supportive environment that encourages participation and enhances overall well-being.

Faculty: Alexis Perkins, BS, Founder, Chair One Fitness.



| CEUs

Clinical exercise prescription: A pathway for sustained resilience

Joy Higbee
Longevity through sustainable lifestyle change must marry clinical connection with physical activity, nutrition, healthcare education and community, and provide the program in a framework tailored for its participants. Hancock Health has pioneered a prescriptive, condition-specific clinical exercise model that catapulted the community to top health rankings in Indiana and the nation. Explore Hancock's robust strategy to build, program, measure and share a practical model that can redefine health, well-being and longevity in your business and community.

You'll be able to:

- Develop a clinical exercise program that is scaled appropriately for your business or organization.
- Use data to understand results and articulate the value of prescriptive clinical exercise programming in affecting population health.
- Leverage the relationships built with clinical exercise program participants to build your business and grow membership.

Faculty: Joy Higbee, MA, Director of Well-Being, Hancock Health.



| CEUs

Posture perfect: Align, strengthen, thrive

Jenny McClendon

Poor posture is more than a cosmetic issue—it can contribute to pain, fatigue, reduced mobility and decreased confidence. This session will explore what causes poor posture, how to identify it in clients and what are the different types of postural deviations commonly seen in everyday life. Learn practical methods to assess posture in a variety of settings, including standing, sitting and during movement. Participate in targeted exercises and movement patterns designed to strengthen postural muscles, restore alignment and reduce discomfort.

You'll be able to:

- Identify and analyze common postural deviations, including forward head, rounded shoulders, kyphosis and lordosis.
- Demonstrate targeted exercises and movement techniques designed to strengthen postural muscles, improve alignment and reduce discomfort.
- Develop and implement practical daily strategies and action plans—such as ergonomic adjustments, stretching routines and mindful movement practices—to maintain and enhance proper posture in everyday activities.

Faculty: Jenny McClendon, MS, PT, CEO and Physical Therapist, Jenny Fit Start.



| CEUs

5:15 p.m.–5:45 p.m.

REGENERATE & RESTORE

Lawrence Biscontin

After a day filled with enriching conference activities, pause to renew and reinspire yourself. Unwind, reflect on your experiences and recharge your mind and body as you prepare for the next day. Enjoy breathing exercises, guided meditation, gentle stretching and other relaxation techniques to help you release tension and feel refreshed. Embrace this opportunity to prioritize your well-being, and enter the following day with a renewed sense of energy and focus.

Thursday sessions November 19

7:00 a.m.–8:00 a.m.

Rethinking “free”: Enhanced wellness memberships expand choice, value and engagement

Justin Margut & Dennis Poremski

Many senior living communities operate under a traditional model that includes all wellness services in residency. This session explores the transition from an all-inclusive wellness model to a tiered structure with an enhanced membership option. Learn how to assess readiness for change, design enhanced offerings and navigate common pain points, such as resident resistance. Discuss communication strategies and leadership alignment. Leave with a framework to evolve wellness programs while maintaining core inclusive services.

You'll be able to:

- Analyze the limitations of traditional all-inclusive wellness models and

identify indicators that signal readiness for an enhanced membership approach.

- Develop a step-by-step transition plan that addresses resident concerns, communication strategies, and operational considerations.
- Apply practical techniques to position enhanced wellness memberships as value-added options that increase resident engagement, choice and program sustainability.

Faculty: Justin Margut, BS, Director of Well-Being, Asbury Bethany Village; and Dennis Poremski, MS, Director of Well-Being, Asbury Solomons, Asbury Communities.



Restoring the rhythm: Leveraging circadian rhythm in dementia care

Justina Pilkonis

Disrupted sleep–wake cycles are a major but often unnoticed contributor to functional decline in older adults, especially those with dementia. Drawing from examples in senior living settings, this session introduces circadian rhythm framework to help communities stabilize daily patterns and improve overall wellness. Explore how the intentional use of light, activity timing, environmental cues and structured routines can support better sleep, energy and engagement. Discover how small adjustments can lead to meaningful improvements in resident experience, and enhance quality of life across all levels of support.

You'll be able to:

- Explain how circadian rhythms influence cognition, behavior, sleep, and functional ability in older adults.
- Identify environmental and operational factors within a community that disrupt healthy sleep–wake patterns.
- Develop simple, evidence-informed daily routines that use light, activity timing and environmental cues to improve resident engagement and well-being.

Faculty: Justina Pilkonis, MSC, Regional Director of Resident Experience, Sinceri Senior Living.



Aging well in a tech-enabled world: Balancing innovation with humanity

Libbi Hash

Older adults are more digitally engaged than ever, but tech can create disconnection, frustration or exclusion when it is not intentionally designed or implemented with this cohort in mind. This session provides practical, human-centered strategies to help senior living professionals thoughtfully integrate technology into daily operations and programming. Explore ways to enhance wellness, autonomy, safety and connection for older adults without sacrificing dignity or meaningful relationships.

You'll be able to:

- Recognize how and when to use technology to enhance—not replace—human connection.
- Improve the introduction and adoption of new technologies and reintroduce stagnant technologies with more successful methodology.
- Apply specific actions and ideas immediately in your community, and implement tools that can be adapted across departments.

Faculty: Libbi Hash, BA, National Director of Life Enrichment, Kisco Senior Living.



Living dangerously: From your chair to the ball

Edythe Heus

Explore how safe, controlled perceived risk can awaken vitality and help older adults build risk confidence. Through restorative wobble-cushion progressions, participants experience gentle instability that sharpens coordination, posture and attention. As confidence grows, many older adults move from the chair and

Tracks key



Business alignment



Cognitive & emotional health



Culture



Leadership & management



Nutrition for older adults



Physical activity



Programming



Research



Staffing & employee wellness



Technology



Trends & innovations



Wellness integration with healthcare

onto a physioball, demonstrating how neuromuscular stimulation can expand movement potential. Experience wobble-cushion drills firsthand, and discover the benefits of safe challenge and thoughtful movement design.

You'll be able to:

- Analyze how controlled perceived risk and seated instability influence neurological responsiveness, postural organization and functional movement capacity.
- Demonstrate restorative wobble-cushion sequences that improve balance, coordination, and movement confidence.
- Develop a safe and progressive framework that builds risk confidence, supporting optional transitions toward dynamic physioball activities.

Faculty: Edythe Heus, DC, Founder, Revolution In Motion DBA Rev6.



| CEUs

From bed to better: The smartest routine ever

Cheryl Soleway

The smartest mobility training starts the moment we wake up! Morning movement is the most important training of the day as the body needs time, space and permission to respond. Mobility begins in the bedroom with mindset, music and motion. Learn about stretching in bed from the very first moment of awakening, before the noise of the day arrives and before gravity fully claims the body. What starts as a simple reach or roll quickly becomes something we want to do, and the body responds almost immediately with warmth, ease and relief.

You'll be able to:

- Identify the key elements to making a morning bedroom-stretching routine addictive.
- Describe how to use the bed as the best tool for stretching and mobility exercises, especially for people who have limitations in their hips and knees.
- Use simple cues to promote calm, focus and readiness to move each morning

before individuals turn to phones, check the news or tackle obligations.

Faculty: Cheryl Soleway, BSc PT, Creator and Host, Rocking the Ages.



| CEUs

Adapt athletic performance principles for older adults

Mike Belanger

Redefining what's possible in active aging requires moving beyond maintenance-based programming toward a performance-focused, person-centered approach. Explore how principles from athletic development can be safely applied to help older adults build strength, confidence and functional resilience. Practical demonstrations and real-world case examples will showcase scalable methods to integrate individualized coaching, progressive movement pathways and dynamic programming into wellness offerings that support long-term participation, measurable outcomes and a culture of growth.

You'll be able to:

- Apply performance-based training principles to enhance balance, coordination and functional strength in older adults.
- Design adaptable agility and reaction-time activities appropriate for varied abilities, health conditions and cognitive levels.
- Implement progressive movement strategies, including floor-to-standing transitions, that promote confidence, safety and independence.

Faculty: Mike Belanger, MBA, Fitness Manager, RiverWoods Durham.



| CEUs

8:15 a.m.–9:15 a.m.

Small walls, limitless vision: The high-performance blueprint

David Shoffler & Bryan Sweeney

This session explores the evolution of an award-winning wellness culture built within real-world constraints of space, staffing and resources. A practical roadmap is presented for converting

underutilized areas into high-impact "longevity labs" that drive strength, mobility, cognition and independence. Learn how to shift from managing age-related decline to intentionally engineering functional outcomes by blending an athletic performance mindset with smart technology and cross-department collaboration. Leave with a scalable framework that can be applied in any community, regardless of size or budget.

You'll be able to:

- Analyze underutilized spaces using a performance-based framework to redesign them into multiuse longevity and wellness hubs without major capital investment.



Thursday sessions November 19

- Develop an integrated, campus-wide wellness operating model that aligns multiple departments around shared functional outcomes rather than siloed programming.
- Implement outcome-tracking and storytelling strategies that document gains in mobility, reaction time and independence to strengthen resident engagement, family confidence and market differentiation.

Faculty: David Shoffler, BS, Well-Being Director, Asbury RiverWoods; and Bryan Sweeney, BA, Well-Being Director, Asbury Normandie Ridge.



| CEUs

Resident-led programming: The future of meaningful engagement Molly Middleton Meyer

This session provides a practical roadmap for building thriving, resident-powered communities. Learn how to identify resident leaders, invite collaboration and create structures for success. Discuss real-world examples and implementation strategies of sustainable resident-led programs. Leave with a step-by-step guide to begin a resident-powered activities program in your community, along with a plan for building support systems that allow these programs to succeed and thrive.

You'll be able to:

- Assess which residents are community leaders, and design engagements that leverage their enthusiasm and skill sets.
- Implement collaboration techniques that turn a vision into a viable program.

"The ICAA Conference is one of my favorites each year. I always leave energized, inspired and excited about the future of senior fitness and resident engagement."

Emily Johnson

Founder, StrongerU Senior Fitness

- Establish ongoing check-ins to keep resident-led programming fresh and attractive.

Faculty: Molly Middleton Meyer, MFA, Zest Director, The Village at Sherman Oaks.



| CEUs

Calm in the moment: Coaching teams through distressed reactions Carrie Chiusano

Effectively prevent and respond to distressed reactions among individuals living with dementia through observation, empathy and individualized knowledge. Learn practical prevention strategies, such as personalized daily routines, sensory and environmental adjustments, consistent communication techniques and proactive emotional support that promote comfort and meaningful engagement. Cultivating resilient, compassionate care teams can reduce distress and improve resident quality of life and team satisfaction.

You'll be able to:

- Recognize the underlying causes and triggers of distressed reactions in individuals living with dementia and differentiate them from intentional or "challenging behaviors."
- Apply proactive, person-centered strategies to prevent distress by addressing environmental, communication and emotional factors that contribute to behavioral escalation.
- Develop effective coaching and debriefing techniques to support and empower team members during and after distressed reactions, promoting resilience, reflection and a growth mindset in dementia care teams.

Faculty: Carrie Chiusano, BA, Executive Director, Dementia Care Center of Excellence, Presbyterian SeniorCare Network.



| CEUs

Designing dance patterns to boost brain connections Terry Eckmann

Apply three dynamic instructional approaches to create Latin, country and hip-hop dances. Explore how patterned movement evolves by experiencing the layering process of a square dance, then collaborate in a circle to design rhythmic pathways. Moving to music through varied teaching strategies—while interacting with others—strengthens coordination, creativity and brain connectivity.

You'll be able to:

- Build a samba line dance with a partner-up approach, dance to hip-hop one phrase at a time, and create a country line dance with continuous layering.
- Implement instructions for a simple layered square dance.
- Challenge proprioception with circle patterns.

Faculty: Terry Eckmann, PhD, Professor, Teacher Education and Kinesiology, Minot State University.



| CEUs

What gait speed and efficiency predict about healthy aging Emily Splichal

Walking speed is now considered a vital sign of aging. But speed is only half the story—efficiency is the true predictor of how long you will walk with stability and confidence. Explore how gait efficiency, sensory feedback and neuromuscular control are connected to long-term mobility and fall prevention.

You'll be able to:

- Describe how gait speed predicts longevity and cognitive health.
- Explain the hidden role of efficiency—not just strength—in gait decline.
- Demonstrate exercises to improve step accuracy, stability and timing.

Faculty: Emily Splichal, DPM, CEO, Naboso.



| CEUs

Balancing body, mind and spirit to boost confidence, resilience, longevity and joy

Leslee Bender

Balance training when coupled with a specific mindset allows participants to experience their thought processes while trying to achieve a task. Repeating specific verbal phrases while engaging in activities such as throwing and catching a ball increases cognitive, physical and emotional skills. This session offers new tools and techniques to create innovative programming to enhance the lives of older adults who participate in fitness programs in residential living communities, private gyms or any other setting.

You'll be able to:

- Demonstrate how activities with a small ball can challenge a participant's balance and cognitive skills.
- Design specific drills to improve confidence and resilience utilizing a soft, small ball that provides visual and kinesthetic feedback for multiple movements.
- Employ specific phrasing in functional movements that enhance overall physical and mental well-being.

Faculty: Leslee Bender, BA, Owner, Ageless Training Academy.



9:30 a.m.–10:30 a.m.

Addressing the needs of Solo Agers and developing a support tool

Sara Zeff Geber

Solo Agers—older adults without children or a local safety net—are a growing demographic. This session will focus on the critical planning needs of Solo Agers and how to effectively guide them toward security and peace of mind. Explore the nine essential tasks that form the foundation of proactive planning for this demographic. Discuss the concept of creating a “Solo Aging Rolodex,” a collection of resources from legal and financial professionals to medical

advocates, tech support, and trusted friends. Leave with clear, actionable steps to help Solo Agers face the future with peace of mind.

You'll be able to:

- Identify and categorize the essential professional and social support roles necessary for proactive Solo Aging planning.
- Describe how Solo Aging residents will impact the day-to-day activities of the staff and community in senior living settings.
- Formulate actionable steps to build and maintain essential community connections and support systems for this demographic.

Faculty: Sara Zeff Geber, PhD, Senior Advisor, Childfree Trust.



From AI to gamification: Emerging trends in gerotechnology

Ryan Glatt

Technology for older adults is now using artificial intelligence (AI) and gamification to make health and wellness programs more engaging, personalized and motivating. This session explores key trends in *gerotechnology* and how new tools can support users' cognitive, physical and emotional well-being. Learn about AI-supported conversational programs, exercise games that automatically adjust

to ability levels, and wellness platforms that use points, challenges and feedback to encourage participation. Leave with clear ideas and a practical framework to pilot technology-supported programs in a variety of active-aging settings.

You'll be able to:

- Describe key trends in gerotechnology, including AI, gamification and digital health tools.
- Analyze how AI-driven personalization and game-based design can improve engagement, adherence and cognitive-emotional outcomes in aging populations.
- Develop a practical plan to pilot or enhance a technology-supported, gamified wellness or cognitive health initiative within your organization.

Faculty: Ryan Glatt, PhD(c), MS, Senior Brain Health Coach, Pacific Neuroscience Institute.



Parkinson's exercise programming for senior living

Lisa Hoffman & Emily Davenport

It can be a challenge to translate evidence-based exercise guidelines for people living with Parkinson's disease (PD) into meaningful, inclusive and sustainable programs within senior living communities. This session will review the four key domains of exercise for PD and



Thursday sessions November 19

demonstrate how to adapt these principles for varied class formats, functional levels and community-based wellness programs. Explore practical implementation strategies that address scheduling, promotion, staff training, safety and participant inclusion.

You'll be able to:

- Identify the four domains of exercise for PD and their relationship to current evidence-based guidelines.
- Implement strategies to promote participation, inclusion and long-term engagement in Parkinson's-focused exercise programs.
- Confidently design and modify Parkinson's-focused exercise offerings to reflect residents' diverse needs while supporting function, participation and quality of life.

Faculty: Lisa Hoffman, MA, Senior Director, Professional Education, Parkinson's Foundation; and Emily Davenport, BS, President, National Institute for Fitness and Sport.



| CEUs

Sit up, reach up, get up: Everyday movements for independence

Diana Rippl

Three foundational movements determine an aging adult's independence: the ability to sit up, reach up, and get up from the floor or a chair. These movements are directly linked to mobility, balance, fall recovery, confidence and cognitive engagement. This session reframes these everyday tasks as essential movement skills and teaches professionals how to assess, train and progress them across the wellness continuum. Explore the biomechanics, strength, balance and cognitive demands behind each movement and learn how to embed them into fitness classes, therapy-informed programs and daily life activities.

You'll be able to:

- Explain why sitting up, reaching up and getting up are critical indicators of functional independence.
- Demonstrate safe and effective strategies to train these three movements for older adults of varying abilities.

- Modify existing wellness or fitness programs to intentionally reinforce these movements in daily practice.

Faculty: Diana Rippl, MSPT, Director of Inspired Rehabilitation and Wellness Integration, Cypress Cove.



| CEUs

Active fit: Power, agility, and functional performance for older adults

Michelle Kerr

Explore exercises that combine power, cardio, strength, agility, speed and reaction training to improve older adults' functional fitness for everyday life and recreational activities. Learn how to deliver high-energy, adaptable programs that foster both physical and mental vitality for older adults in a safe, engaging and motivating environment. Emphasis is placed on purposeful, functional training that builds confidence, resilience and independence while supporting mental acuity and cognitive engagement.

You'll be able to:

- Design and deliver functional, high-energy exercises that combine power, strength, agility, speed and cardio to enhance everyday functional performance for active older adults.
- Progress and adapt exercises to safely challenge coordination and integrate multidimensional training for varying abilities and fitness levels.
- Create motivating, safe and inclusive programs that promote confidence, resilience and cognitive engagement by supporting physical independence, mental acuity and overall well-being.

Faculty: Michelle Kerr, Supervisor, City of Mississauga.



| CEUs

Mind-body mobility: Range-of-motion training with cognitive challenge

Lindsey Larkins & Sarah Robertson

Unlock a new way to support older adults who experience joint stiffness and

pain. This session introduces creative range-of-motion movement patterns paired with dual-tasking and cognitive challenges designed to strengthen the mind-body connection. Learn how to elevate traditional mobility exercises into engaging, brain-boosting experiences that improve functional movement, enhance coordination and help ease stiffness while keeping participants motivated and mentally stimulated.

You'll be able to:

- Identify and apply creative range-of-motion movement patterns that safely address joint stiffness and pain in older adults while supporting functional mobility.
- Integrate dual-tasking and cognitive challenges into mobility exercises to strengthen the mind-body connection, enhance coordination and promote brain engagement.
- Design engaging, motivating movement experiences that elevate traditional exercises into brain-boosting activities that improve participation, mental stimulation and overall movement quality.

Faculty: Lindsey Larkins, BS, Wellness Coordinator, and Sarah Robertson, BS, National Director of Training and Customer Support-Wellness Services, Aegis Therapies.



| CEUs

10:35 a.m.–11:15 a.m.

THAT'S A WRAP!

Lawrence Biscontin

The journey isn't complete until the final moment. Seize this chance to weave together every aspect of your ICAA Conference journey in an enjoyable conclusion. Embrace the knowledge gained, engage with the ICAA community, and get ready to leave the conference infused with fresh vitality and inspiration for the coming year.





ACCOMMODATIONS

Renaissance Orlando at SeaWorld
6677 Sea Harbor Drive, Orlando, FL 32821
Call 407-351-5555 for general information.

Join ICAA's vibrant conference community at the Renaissance Orlando at SeaWorld for the ICAA Conference and Expo, held November 17–19, 2026.

Stay at the heart of the action

Experience three days of inspiring learning sessions, collaborative brainstorming, and spontaneous networking—all under one roof at the Renaissance, one of Orlando's premier resort and conference destinations.

Immerse yourself in all the excitement, connection and creativity of ICAA's event by making the Renaissance your home base. This property offers spacious, modern guest rooms designed for both relaxation and productivity. Options include one king bed or two queen beds. With on-site restaurants, a resort-style pool and easy access to Orlando's attractions, you'll enjoy both comfort and convenience while staying steps away from every conference session and event.

Fees

Room rates

Starting at USD\$229 per night, plus \$20 resort fee and applicable taxes
All rates are in US dollars.

Resort fee includes daily enhanced wireless internet in guest room, daily basic wireless internet in convention/expo space, scheduled shuttles to attractions, and one-time welcome resort beverage (two coupons per room, per stay).

For more details and to book or confirm your room, visit <https://book.passkey.com/event/51167208/owner/210/home>

Reservations

A deposit equal to one night's stay (plus tax) is required to guarantee your booking. This deposit is refundable if you cancel at least **72 hours (3 days)** prior to your arrival date. ICAA group rates are available three days before the event starts (subject to availability).

To arrange a **block of rooms**, call ICAA toll-free at 866-335-9777 or email info@icaa.cc

Cancellations

To avoid penalties, notify the Renaissance Orlando at SeaWorld of any cancellations **at least 72 hours** prior to your scheduled arrival date.

TRANSPORTATION

Shuttle services

Hotel shuttle

Ask the concierge or go online for information about the Renaissance's

daily shuttles. This service takes guests to Orlando's famous attractions and theme parks, including Universal Studios, Walt Disney World and Disney Springs®, a dining, shopping and entertainment center. The hotel does not provide airport shuttle service.

Learn more:

www.marriott.com/en-us/hotels/mcosr-renaissance-orlando-at-seaworld/overview/

I-RIDE Trolley

The I-RIDE Trolley offers 100+ stops between Orlando's Universal Drive and SeaWorld, according to its website. The service operates 8:00 a.m.–10:30 p.m. daily. Exact change is required for cash fares, with unlimited ride passes available for purchase. Access fares, maps and more online.

Learn more:

www.internationaldriveorlando.com/iride-trolley/

Airport transfers, ride services and taxis

Taxi cabs and ride services Lyft and Uber can take you to your desired destinations around Orlando. These options are available 24/7 for pickups and drop-offs at Orlando International Airport (MCO) (13.0 miles from hotel) and Orlando Sanford International Airport (SFB) (41.0 miles from hotel). See the websites below for details about Orlando's airport parking and transportation options (including rental cars and shuttles) and the region's ride-share services.

Learn more:

- **Orlando MCO:** <https://flymco.com/>
- **Orlando SFB:** <https://flysfb.com/>
- **Lyft Orlando:** www.lyft.com/rider/cities/orlando-fl
- **Uber Orlando:** www.uber.com/global/en/cities/orlando/

Wellness expo

“The ICAA Conference brought together a diverse group of activity leaders, wellness leaders and innovative thinkers, providing platform for dynamic discussions and networking opportunities.”

Rhonda Hernandez

*Director of Life Enrichment,
Fredericka Manor, a Front Porch
community*

Stand out from the crowd

Explore the possibilities to support healthy longevity and quality of life at the ICAA Expo 2026, the premier gathering for organizations and professionals dedicated to older-adult wellness. This event takes place **November 17 and 18 at the Renaissance Orlando at SeaWorld.**

As ICAA's unique expo specializes in multidimensional wellness, it's your opportunity to gain valuable knowledge and firsthand experience of everything from state-of-the-art technology and equipment to groundbreaking products and services. Visit the expo to investigate the latest trends, developments and innovations.

A new ICAA initiative encourages organizations to transform the role of food, hospitality and nutrition into key drivers of wellness, culture and community. At the expo, you can connect with providers of culinary, nutrition and hospitality services to find out more about their offerings and gain guidance. Now's your chance to get your questions answered.

Exhibitors at the ICAA Expo are your potential partners in delivering wellness offerings and environments that help you stand out from the crowd. Discover the

perfect fit to excite your current customers and attract prospects.

Maximize your impact

Whether you are a wellness professional, fitness enthusiast or advocate for healthy aging; or you manage a senior living community/wellness center, fitness studio or senior center, this expo is your gateway to a world of ideas and offerings. Seize the opportunity to:

- Engage directly with manufacturers and suppliers of cutting-edge products, services and technologies to align with your objectives and vision.
- Acquire valuable knowledge, firsthand experiences and innovative solutions to elevate your services and enrich your approach to wellness.
- Foster connections and network with peers within the broader ICAA conference community and local attendees.

As leading-edge Boomers turn 80, the journey to advance older-adult wellness and support healthy longevity takes on a new urgency. Evolving your organization's wellness culture will position you to meet their needs and expectations.

Find your inspiration at the ICAA Expo. Stand out from the crowd.



Frequently asked questions

"I found the ICAA Conference to be informative, well-organized, and valuable to anyone in fitness and/or senior care. The presenters were each knowledgeable and passionate, and the Expo offered access to a wide range of products and services."

Vi Schultz

*Senior Fitness Director,
Country Meadows Retirement
Communities & Ecumenical
Retirement Community*

Q. Where is ICAA 2026 held?

A. The ICAA Conference and Expo 2026 will be held November 17–19 at the Renaissance Orlando at SeaWorld, 6677 Sea Harbor Drive, Orlando, Florida, 32821.

Q. Why should I attend ICAA's event?

A. The ICAA Conference and Expo offers a unique opportunity to connect, learn and recharge with 750+ professionals from across the active-aging and wellness industries. Gain the latest insights, research and strategies to strengthen your organization's wellness culture, improve outcomes and lead the shift toward wellness-based living.

Q. What is included in the ICAA Conference fee?

A. Your registration includes access to the General Session and all educational seminars and session handouts, plus entry to the Expo. In addition, enjoy two Lunch

& Learn meals designed to enrich both your mind and your network.

Q. Do I need to register for specific sessions ahead of time?

A. No advance session registration is required. You're free to attend the General Session or any educational seminar that fits your interests.

Q. How can I earn continuing education units (CEUs) for the sessions I attend?

A. To earn CEUs, sign up for the CEU program when registering. The fee is \$109 if enrolled by October 30, or \$139 if registering on-site in Orlando.

Q. What will I find at the ICAA Expo?

A. The Expo is your gateway to innovation—featuring cutting-edge technologies, equipment, programs and services that advance multidimensional wellness. Meet with exhibitors, explore solutions and discover ideas to enhance health and well-being.

Cancellation and substitution policies

To cancel your registration and request a refund, you must submit a written request to info@icaa.cc. A per-person administrative fee will apply on refunds.

Date of receipt

<i>Before July 29, 2026</i>	Full refund, less \$150 administrative fee per person/cancellation
<i>July 30–August 17, 2026</i>	50% refund, less \$100 administrative fee per person/cancellation
<i>After August 17, 2026</i>	No cancellations accepted

Post-deadline cancellations may be considered for extenuating circumstances. Refunds will be processed to the original payer (credit card refunds within 4–6 weeks of request; check refunds within 4–6 weeks after the event). Alternatively, registration may be transferred to the following year only.

Substitutions may be made up until October 30, 2026, at no additional charge. Requests must be made in writing to info@icaa.cc. If you do not receive confirmation within two weeks, please contact ICAA at 866-335-9777.



Q. How do I become an ICAA member?

A. You can become an ICAA member—and save on your conference registration—by completing the optional membership section during online registration. Learn more about membership benefits at www.icaa.cc

Q. We're enrolling several people. How do we register?

A. To receive a group discount, all participants must register together and submit one payment for the total fees. Complete one online registration form per person and pay via PayPal, or download and fax completed forms together to 604-708-4464, or register by phone at 866-335-9777.

Q. Can I register now and pay later?

A. Yes. You may register online, by fax or by phone and submit payment later. If

payment is not received within 30 days, your registration will be canceled. If paying by check after October 30, note this on your registration form and fax a copy of the check to 604-708-4464. Payment must be received before or at the event to validate your registration.

Q. I don't have a formal job title, but the form says "required." What should I do?

A. Simply describe your role (e.g., executive director, wellness director, personal trainer, or administrator). The field is for context only—it doesn't need to be an official title.

Q. When will ICAA confirm my registration?

A. You will receive an email confirmation within one week of ICAA receiving your registration. If you do not receive confirmation, please contact us.

Q. Is there a dress code for ICAA's event?

A. The dress code is casual and comfortable. We recommend wearing walking shoes and bringing a light sweater or jacket, as meeting rooms are air-conditioned.

Q. Will healthy food options be available on-site?

A. The Renaissance Orlando at SeaWorld and nearby venues offer a variety of food options. Two Lunch & Learn meals are included with your registration. You may also bring your own snacks or purchase food from local establishments. (Note: ICAA does not control on-site food options.)

Other questions? Email info@icaa.cc or call 866-335-9777.

MOVE TO NEW LIMITS. REDEFINE EXPECTATIONS.

CHALLENGE ACCEPTED

Since 1977, SportsArt has accepted the challenge to engineer and manufacture equipment that not only improves functionality and outcomes, but also enriches the human experience. Every detail is designed to support living fully.

