

2025 Gerontology Symposium Agenda: Empowering Healthy Aging Together

- 7:30 – 8:00 AM** **Registration, Continental Breakfast, and Exhibits**
- 8:00 AM** **Welcome and Introduction**
Amber Snow, APRN
Katharine Cheung, MD, PhD
- 8:05 AM** **Vermont Update**
Angela Smith-Dieng, MA
Rhonda Williams, MES
- 8:35 AM** **KEYNOTE: There's No Expiration Date on Healing and Transformation:
What Post-Traumatic Growth Teaches Us About Aging Well**
Regina Koepp, PsyD
- 9:35 AM** **BREAK AND EXHIBITS**
- 9:50 – 11:05 AM** **CONCURRENT SESSION I**
- Choice 1 Fall Prevention and Aging in Place**
Ela Dupont OTD/ OTR/L, CAPS, ECHM; Quinby McLellan, COTA/L, Vermont Assistive Technology Program; Joy Reddington, A.T. Access Specialist, Vermont Assistive Technology Program
- Choice 2 Food and Mood: Mindful Eating for Mental Health**
Sravan Kakani, MD; Leah Pryor, Chef Educator; Rachel Boyers, Garden Educator
- Choice 3 Meaningful Moments: Enhancing Participation for Individuals with Dementia**
Rachel Wiley, MS, OTR-L, CDP
- 11:15 AM** **PANEL: Building and Maintaining Strength to Do What We Love**
Nancy Gell, MPH, PhD; Catherine Shearer, PT
- 12:15 PM** **LUNCH**
- 1:15 – 2:30 PM** **CONCURRENT SESSION II**
- Choice 1 Fall Prevention and Aging in Place**
Ela Dupont OTD/ OTR/L, CAPS, ECHM; Quinby McLellan, COTA/L, Vermont Assistive Technology Program; Joy Reddington, A.T. Access Specialist, Vermont Assistive Technology Program
- Choice 2 Aphasia, Dementia, and the Power of Music**
Karen McFeeters, The Aphasia Choir of Vermont
- Choice 3 Meaningful Moments: Enhancing Participation for Individuals with Dementia**
Rachel Wiley, MS, OTR-L, CDP
- 2:30 PM** **BREAK**
- 2:45 PM** **PANEL: Creative Models for Intergenerational Connection and Care**
Moderator: Marissa Birne, MEd
Cynthia Herbert, MS; Rick Castillo and Molly Jo Krupkin, UVM Center on Aging Grand Friends Program; Erica Marks, Age Well; Erin Clark, Generations Vermont
- 4:00 PM** **ADJOURN**

