# Conference Session Times and Events

**Friday, October 7, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>8:30 a.m. - 9:15 a.m.</td>
<td>Registration</td>
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<tr>
<td>9:15 a.m. - 9:25 a.m.</td>
<td>Introductions &amp; Announcements</td>
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| 9:30 a.m. - 10:45 a.m. | Session 1 and 2 (concurrent sessions)  
  - Creating Accessible Environments through Universal Design  
  Shirley Confino-Rehder  
  - Play-Well TEKnologies – Bridging the Gap Between Children & Seniors  
  Ian Phillips, Alex Pearce |
| 11:00 a.m. - 12:15 p.m. | Session 3 - Keynote Address  
  Building Blocks for Active Older Adults  
  Denise Scruggs |
| 12:15 p.m. - 1:00 p.m.  | Conference Luncheon                                                                                |
| 1:00 p.m. - 2:15 p.m.  | Session 4 and 5 (concurrent sessions);  
  - Better Understanding: Better Aging The Hill and Other Stories We tell Ourselves About Aging  
  Dr. E. Ayn Welleford  
  - Successful Programming for the Aging Population  
  Lynne J. Berg |
| 2:15 p.m. - 2:30 p.m. | Wrap-Up: Turn in CEU forms and Evaluations                                                        |

## Building Blocks for Active Older Adults

As we live longer, more active lives, there is an increased interest in health and wellness to make those later years positive. Parks and Recreation Departments will play an important role in these efforts. There will be opportunity for growth and “thinking outside the box.” Diverse generations with differing needs, leisure interests, and communication styles, as well as limited budgets and changing priorities will also create challenges. In this interactive program, we will discuss these issues and offer building blocks for successful older adult programs that promote...
Building Blocks for Active Older Adults

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UD is design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design. This concept encourages you to think out-of-the-box, and puts access to all in the forefront of everything we design and put in place, that affects everyone, not just people with disabilities. This program will help participants to look at options, and understand what good design is really about.

Learning Outcomes:
- Participants will understand the requirements of the ADA, Titles II and III.
- Participants will understand the concepts of Universal Design.
- Participants will be able to specify and select equipment, furnishings, and plan for programs and activities that will accommodate a wider audience.
- Participants will be able to teach and practice UD to fulltime, part-time staff, and volunteers who work directly with visitors, stressing flexibility and inclusion in their programs and activities.

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Myths abound about the aging experience. These myths impact how we experience our own aging, and the aging of elders we know. This session will describe frequently ignored, positive developmental processes that accompany aging, and how embracing and understanding positive elderhood can improve one’s aging experience.

Learning Outcomes:
- Participants will have a clearer understanding of the differences between normal aging and disease.
- Participants will understand how knowledge of evidence based gerontological practice can improve the aging experience of current and future elders.
- Participants will have a clearer understanding of how ageist attitudes, language, and interactions negatively impact all people.
- Participants will be able to apply gerontological knowledge to their daily work and experiences.

Play-Well will discuss the benefits of bridging the gap between children and seniors, and the importance of inter-generational play for the children and adults alike.

Learning Outcomes:
- Participants will explore the concept and idea of “play,” and how it is not only important to the development of a child’s mind, but that of adult’s, or a senior’s, as well. Facilitators will incorporate an interactive LEGO® activity into this portion of the presentation to help demonstrate this power of play, even among adults.
- Facilitators will dive more deeply into this idea of “inter-generational play,” and look at some of the surprisingly similar cognitive, emotional, social, and physical benefits between the groups (seniors and children). Facilitators will give participants an understanding of how inter-generational activities help develop a child’s problem solving or language skills, how they might help a senior’s stress level and engagement, and much more.
- What might an inter-generational activity look like? How might you incorporate inter-generational activities into your
Building Blocks for Active Older Adults

Lodging / Hotel Information
Arrangements have been made for you to receive a discounted rate at the Holiday Inn Virginia Beach Norfolk Hotel & Conference Center, 5655 Greenwich Road, Virginia Beach. You must make your reservations by Thursday, September 15, 2016. Room rate good until 9/15/16 or until block is full. The rate is $89.00 (+tax) for Thursday, October 6 only.
Phone: 800-567-3856 or 757-499-4400
Mention “VRPS”

2016 SRG Board of Directors
Chair - June Snead, B.A., M.S.
Chair-Elect—Karen Brutsché, CPRP
Recorder - Aaron Clay, M.Ed.
VRPS Board Liaison - Michael Kalvort, CPRE, Director, Virginia Beach Parks & Recreation
Members at Large—Jennifer Collins CPRP, Judy Jones M.S.

Sessions are interactive so be sure to come dressed to move around!

CEU Information
CEU Policy (through the VRPS Professional Certification Board): Delegates receiving CEU’s MUST attend full session; partial credit will NOT be given; delegates cannot be more than 10 minutes late for a session OR cannot leave sessions early; each session will have an assigned CEU Room Monitor.

Conference Committee Members
June Snead
Karen Brutsché
Aaron Clay
Priscilla Wright

Lenoa Roane
Michael Kalvort
Adriana Carr
Daniel Ronquillo

The SRG Board of Directors and the VRPS Central Office wish to extend their appreciation to the Bow Creek Community Recreation Center staff for their continued support of the VRPS Senior Resource Group Fall Conference.

Join the Virginia Recreation and Park Society
Join the Senior Resource Group by updating your VRPS Profile
Register Online for “Building Blocks for Active Older Adults”

Vision
“Explore new avenues of growth and change, reflecting the needs of all SRG members, through outreach, enhanced communication, member recruitment, and through increased partnerships with other VRPS Organizations & Committees, Resource Groups & Service Areas.”

Mission
“To provide an opportunity to unite leisure professionals, colleagues, associates, and students, through creative networking, educational opportunities, and VRPS events; while maintaining, for its’ members, an opportunity for leadership, growth, and volunteerism.”

Purpose
The Senior Resource Group of the Virginia Recreation & Park Society shall remain focused on fulfilling the directives, intent, and purpose of the SRG, and its’ Vision & Mission Statement, as stated with the SRG Bylaws, Article II.

Focus
“The main focus of the SRG Goals shall be education, outreach, and leadership.”