

SCHEDULE

OPTIMAL AGING + WELLNESS

| WEDNESDAY, OCTOBER 12 |



8 a.m.	REGISTRATION <i>Breakfast</i> <i>Vendor room opens</i>	<i>Prairie Rose Ballroom</i>
9 a.m.	WELCOME <i>Staci Metzger, 2022 NPCA Committee Chair</i>	<i>Millennium Grand Ballroom</i>
9:15 a.m.	OPENING KEYNOTE <i>Skyler Dutton</i> <i>Ageing Safely</i>	<i>Millennium Grand Ballroom</i>
10:15 a.m.	BREAK	
10:45 a.m.	PLENARY SESSION <i>Gene Nicoelli</i> <i>HomeFit Guide</i>	<i>Millennium Grand Ballroom</i>
11:45 a.m.	LUNCH	
12:30 p.m.	BREAKOUT SESSIONS <i>Jennifer Syverson</i> <i>Fall Prevention Strategies</i>	<i>Sheyenne Ballroom</i>
	<i>Susan E. Johnson-Drenth</i> <i>Safely Advocate for Yourself and Others</i>	<i>Dakota Ballroom</i>
1:30 p.m.	BREAK	
1:45 p.m.	PLENARY SESSION <i>Dr. Tracie Mallberg</i> <i>Palliative or Hospice Care: Navigating End of Life Choices</i>	<i>Millennium Grand Ballroom</i>
2:45 p.m.	BREAK	
3 p.m.	CLOSING KEYNOTE <i>Dr. Melissa Mork</i> <i>Well-Being, Optimism, and Other Ideas in Positive Psychology</i>	<i>Millennium Grand Ballroom</i>
4 p.m.	END OF DAY	

SCHEDULE

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| THURSDAY, OCTOBER 13 |



7:30 a.m.	REGISTRATION <i>Breakfast</i>	
8 a.m.	OPENING KEYNOTE <i>Dr. Melissa Mork</i> <i>Managing Burnout</i>	<i>Millennium Grand Ballroom</i>
9 a.m.	BREAK	
9:15 a.m.	PLENARY SESSION <i>Dr. Jeremy Holloway</i> <i>Thriving Together</i>	<i>Millennium Grand Ballroom</i>
10:15 a.m.	BREAK	
10:30 a.m.	BREAKOUT SESSIONS <i>Tammy Monsebroten</i> <i>Recognizing and Responding to Suicide Risk</i> <i>Dr. Jody Janati</i> <i>Balance Your Conflict</i>	<i>Sheyenne Ballroom</i> <i>Dakota Ballroom</i>
11:30 a.m.	LUNCH	
12:15 p.m.	BREAKOUT SESSIONS <i>Stephen Astrup</i> <i>Making Sense of Health Care Directives</i> <i>Dr. Laurie Dahley</i> <i>Professional Boundaries, Self-Care and Safety</i>	<i>Sheyenne Ballroom</i> <i>Dakota Ballroom</i>
1:15 p.m.	BREAK	
1:30 p.m.	PLENARY SESSION <i>Skyler Dutton</i> <i>You are Stronger: Preparedness and Considerations for Any Age</i>	<i>Millennium Grand Ballroom</i>
2:30 p.m.	BREAK	
2:45 p.m.	CLOSING KEYNOTE <i>Dr. Terry Eckmann</i> <i>Building Resilience – One Thought at a Time</i>	<i>Millennium Grand Ballroom</i>
4 p.m.	END OF DAY	