

# Gerontology Society of Iowa's Annual Educational Conference

## **“Healthy Aging: There Is No Magic Pill”**



**April 6, 2007**  
**Hy-Vee Conference Center**  
**West Des Moines, Iowa**

 **Gerontology**  
SOCIETY OF IOWA

[www.gerontologysocietyofiowa.org](http://www.gerontologysocietyofiowa.org)

Many Americans spend billions of dollars each year in hopes of discovering a quick and easy way to achieve good health -- only to be disappointed. This educational conference will focus on the scientific evidence, gathered from a variety of disciplines, documenting how pharmacology, nutrition, lifestyle change, wellness training, integrative health care, energy therapy, and traditional and non-traditional medical care contribute to wellness and healthy aging.

Conference participants will be able to describe and apply evidence-based pharmaceutical interventions for healthy aging, the results of telemedicine on rural aging populations, the current research studies on brain wellness, arthritis, osteoporosis, and lifestyle choices on healthy aging, the key nutrients and applied exercise physiology for healthy aging, the benefits of holistic therapy, and mind-body-energy for healthy aging.

Conference attendees will participate in interactive demonstrations of wellness training, exercise physiology, and mind-body-energy therapy in order to connect each to better health outcomes for personal wellness and healthy lifestyles. Conference participants will be able to distinguish between the myth and reality of consumer-driven health practices, based upon scientific findings in traditional and non-traditional medical practice.

Conferees will be able to identify the contributions of holistic health care to healthy aging and positive health outcomes.

Conference participants will come to understand that the achievement of healthy aging takes an integrative approach to health care and wellness. Any comprehensive therapeutic program of action must include the physical, emotional, social, intellectual, spiritual, and vocational dimensions of life. There is no magic pill for healthy aging.

## Schedule of Events

### 7:30 Registration – Foyer

*Continental Breakfast, Exhibits Open  
Foyer & Minnesota Room*

*Breakfast sponsored by Eisai, Inc.*

### 8:00 Welcome / President's Remarks

*Joel L. Olah, Ph.D.  
GSI President  
Iowa Room*

### 8:05 Drug Therapy and Aging Adults

*Matthew A. Cantrell, Pharm.D.  
Asst. Professor of Pharmacy Practice  
Drake University*

- General principles of drug therapy
- Dynamics of elder/pharmacist relationship
- Frontiers of pharmacology for aging

### 9:05 Developments in Telemedicine for Rural Elders

*Fred Eastman, M.S.  
Director, Programming & Admin. Services  
Midwest Rural Telemedicine Consortium  
Mercy Medical Center—Des Moines*

*David Hickman, R.N., MPH, FACHE  
Director, Clinical Integration  
Mercy Health Network  
Mercy Medical Center—Des Moines*

- Define telehealth
- Describe telehealth modalities and health-related services these modalities may deliver
- Cite examples of how telehealth can assist to remain at home

### 10:05 Break / Exhibits Open

*Minnesota Room*



**10:15 Lifestyle, Wellness and Aging (Panel)**

*Robert L. Bender, II, M.D., Medical Director  
The Johnny and Romie Orr Memory Center and  
Healthy Aging Institute*

*David B. Michael, PA-C, M.S., Assoc Medical Dir.  
The Johnny and Romie Orr Memory Center and  
Healthy Aging Institute*

*Christopher J. Ronkar, M.D.  
Mercy Arthritis and Osteoporosis Center*

- Brain wellness and aging – current research
- Recent developments in therapeutics for arthritis and osteoporosis
- Impact of lifestyle choices on healthy aging

*Moderator – Deanna Clingan-Fischer, J.D.*

**11:45 Zest for Life—Nutrition for Healthy Aging**

*Carlene Russell, M.S., R.D., L.D., FADA  
Nutritionist, Iowa Dept. of Elder Affairs*

- Identification of key nutrients for healthy aging
- Interaction of nutrition and exercise in compressing disability associated with aging
- Personalized plans for nutritional intake

**Lunch**

*Iowa Room*

*Hy-Vee Conference Center Staff will lead each table to the luncheon buffet before the presentation*

**1:00 Applying the Six Dimensions of Wellness to Aging Adults**

*Mary K. Heisterkamp, MPH, CHES  
Wellness Director  
Wesley Acres Retirement Community*

- Evidenced-based results of wellness programs for healthy aging
- Future trends in fitness training and wellness for older adults
- Detailing the six dimensions of wellness

**2:00 Integrative Health and Healthy Aging (Panel)**

*Ronald C. Evans, D.C., FACO, FIGG  
Private Practice, ICON Whole Health, P.C.*

*Ned J. Looney, R.Ph., NMD  
Neuropathic Pharmacist  
Integrative Health Solutions of Bondurant*

*Cindy Chicoine, ACSW, LISW, LMT  
Private Practice, Healing Partners, P.C.*

- Chemical detoxification – implications for healthy aging
- Application of principles of Chiropractic Medicine to older adults
- Benefits of holistic therapy for older adults

*Moderator – Cheryl Evans-Pryor, M.A.*

**3:05 Break / Exhibits Open**

*Minnesota Room*

**3:15 On the Cutting Edge: Energy Healing Arts and Aging**

*Malabika Shaw, M.B.A.  
Coach, Consultant and Instructor  
Vision Wholistic, P.C.*

- Principles of mind-body-energy and how they affect healing
- Aligning personal energy with universal energy
- Simple energy tools for graceful aging

**4:15 Summary and Overview – Evaluations**

*Joel L. Olah, Ph.D.  
GSI President*

**4:30 Adjournment**

Please visit the  
Gerontology Society  
of Iowa website at:  
[gerontologysocietyofiowa.org](http://gerontologysocietyofiowa.org)

Mark your calendars for the 2008  
GSI Annual Educational Conference  
“The Ties That Bind:  
Family Dynamics and Aging”  
April 4, 2008

# About Our Presenters

## **Robert L. Bender II, M.D.**

Dr. Bender, noted Family Practitioner and Board-certified Geriatrician, is Medical Director of The Johnny and Romie Orr Memory Center and Healthy Aging Institute. Dr. Robert Bender has a large private practice of older patients and is involved in several studies of brain wellness in elders. Dr. Bender is a Board Member of the Geriatric Education Center, Des Moines University-Osteopathic Medical Center.

Dr. Bender is a researcher and clinician who is able to relate the latest scientific findings in understandable terms to a variety of audiences. Dr. Bender has published works on healthy aging, cognition, brain wellness, and Alzheimer's Disease.

Dr. Bender has directed the Mercy / Mayo Family Practice Residency Program at Mercy Hospital Medical Center; served as Medical Director of the Mercy Geriatric Clinic and Department of Geriatrics; directed the Lakeview Center for Senior Health (Iowa Health System); and serves as Director of Geriatrics at the Iowa Methodist Internal Medicine Residency and Medical Director, Geriatric Department, Des Moines University.

Dr. Bender is a dynamic and personable speaker who believes in treating elders holistically with a special emphasis on prevention. Dr. Bender has numerous awards for teaching and has received the Governor's Champion Partners in Aging Service Award for his outstanding contributions to older Iowans.

## **Matthew A. Cantrell, Pharm.D.**

Matthew Cantrell is an Assistant Professor of Pharmacy at Drake University. He received a Bachelor of Science in 2000 from Mount Mercy College in Cedar Rapids and a Doctorate in Pharmacy from the University of Iowa in 2005. He completed a one-year primary care residency at the Veterans Affairs Medical Center in Iowa City working in a variety of clinics including multidisciplinary geriatric evaluation, anticoagulation, hyperlipidemia, HIV, primary care, and inpatient psychiatry. His current research incorporates his practice site at Polk County Senior Services examining health literacy among the community dwelling elder population. Dr. Cantrell's therapeutic areas of interest include geriatric medicine, psychiatry, and lipid management.

## **Cindy Chicoine, ACSW, LISW, LMT**

Cindy Chicoine is a Licensed Clinical Social Worker, Licensed Massage Therapist, Usui and Karuna™ Reiki Master Teacher, and an 'Interspiritual' Director, in training. Cindy received a Masters of Social Work from the University of Iowa in 1986. Additionally, Cindy is a certified Unconditional Love and Forgiveness Facilitator. Cindy has extensive workshop and group facilitation experience. She has over 25 years experience in supporting others in their healing. In her private practice in Des Moines, Iowa, Cindy finds inspiration in supporting others in contacting their own inner wisdom and natural healing potential through individual, small group and workshop experiences. Cindy's varied professional training offers a thorough and holistic approach with intentional focus on the mind, emotions, body and spirit.

## **Fred Eastman, M.S.**

Fred Eastman is Project, Programming & Administrative Services Director for the Midwest Rural Telemedicine Consortium (MRTC), which is a joint program of Mercy Medical Center—Des Moines and Mercy Medical Center—North Iowa. Services supported by the MRTC include interactive clinical, educational and administrative applications. Areas of Fred Eastman's responsibility include working with federal granting agencies, hospital administrators, and site coordinators at each MRTC member facility. Other areas of commitment are system integration, physician liaison, education and end-user training. Fred has worked with the MRTC since 1995 and has affiliated with Mercy Medical Center—Des Moines for over 25 years. He previously handled media coordination and production responsibilities for Mercy—Des Moines, and worked in the media service areas at Western Hills AEA in Sioux City and at Iowa State University.

Fred Eastman has a Bachelor's Degree in Speech / Telecommunicative Arts from Iowa State University and master's degree in Adult Education from Drake University. Fred has past experience on the boards of the Iowa Association for Communication Technology and the Center for Telemedicine Law. Fred Eastman received a 10th Anniversary recognition award from the Iowa Communications Network for his continued support of the network.

# About Our Presenters (continued)

## Ronald C. Evans, D.C., FACO, FICC

Dr. Evans, Doctor of Chiropractic and a graduate of Northwestern College of Chiropractic, is a Diplomate and Examiner Emeritus of the American Board of Chiropractic Orthopaedists. He is a Fellow of the International College of Chiropractors. Dr. Evans has lectured nationally and internationally in orthopedics and neurology for over 25 years. Dr. Evans maintains a private practice in Des Moines, Iowa and is the senior staff member of the partnership of ICON Whole Health, a multi-disciplinary health care facility specializing in the non-surgical management of orthopedic and neurological disorders. Dr. Evans recently retired from an 11 year term of office on the Iowa Board of Chiropractic Examiners. He is Trustee of the Foundation for Chiropractic Education and Research. Dr. Evans is an appointee by the Secretary of Defense to the Oversight Advisory Committee for Chiropractic Health Care.

Dr. Evans has authored several texts, *The Illustrated Essentials in Orthopedic Physical Assessment*, *Illustrated Orthopedic Assessment*, and *Instant Access in Orthopedic Assessment*.

Dr. Evans is the recipient of the Chiropractic Orthopedist of the Year and the Distinguished Service Award from the American College of Chiropractic Orthopedists. He was recognized for Lifetime Achievement by the Council on Chiropractic Orthopedics and received the President's Citation for Distinguished Service by the American Board of Chiropractic Orthopedists.

## Mary K. Heisterkamp, MPH, CHES

Mary Heisterkamp is the Wellness Director at Wesley Acres Retirement Community in Des Moines. She has her Masters in Public Health from the University of Wisconsin-LaCrosse and a Bachelors Degree in Exercise Science as well as in Health Promotion from the University of Iowa. Mary earned a Bachelor of Science degree in Exercise Science and Health and Sport Studies from the University of Iowa.

Mary is a Certified Health Education Specialist (CHES) and a Certified Health & Fitness Instructor with the American College of Sports Medicine (ACSM). Her passion is promoting a lifestyle that is holistic and enriching to people of all ages. During the day, Mary manages the wellness program which includes teaching a variety of group exercise classes and providing educational programs that incorporate the 6

dimensions of wellness (physical, emotional, social, intellectual, spiritual and vocational). Mary also enjoys practicing and teaching yoga to the residents of Wesley and the community.

## David Hickman, R.N., MPH, FACHE

David Hickman has worked in the delivery of health care for 28 years. He is currently the Director of Clinical Integration for Mercy Health Network, Des Moines, Iowa, a joint operation of five medical centers in Iowa owned by Catholic Health Initiatives, Denver, Colorado, and Trinity Health, Novi, Michigan. In this role, David is responsible for coordinating quality, patient safety, and patient satisfaction initiatives. Through his work in telehealth and congestive heart failure, David Hickman has testified before the U.S. Senate Appropriations Health and Labor Subcommittee, coordinated the writing of a chapter on case management in the book *Thinking Forward: Six Strategies for Highly Successful Organizations*, and co-authored the article "Telehealth Screen for Depression in a Chronic Illness Care Management Program."

David has also served as the Interim Vice President of Patient Care Services at Mercy Medical Center, Sioux City, Iowa; Regional Vice President for Trinity Continuing Care Services, Des Moines, Iowa; and Director of Home Care, Mercy Medical Center, Dubuque, Iowa. He has also served as adjunct faculty at The University of Iowa College of Nursing, Iowa City.

David received a Bachelor of Science in Nursing from The University of Iowa. He received a Master of Public Health (MPH) in Health Planning and Administration from the University of Michigan. He is a Fellow of the American College of Healthcare Executives, a past member of the National Honor Society for Nursing, and a Six Sigma Green Belt.

## Ned J. Looney, R.Ph., NMD

Dr. Ned Looney currently practices as a Naturopathic Pharmacist at Integrative Health Solutions, Bondurant, Iowa. In 2006, Dr. Looney was awarded a Doctor of Naturopathy Medicine (NMD) from Westbrook University. Dr. Looney is also a graduate of Drake University, College of Pharmacy. A registered pharmacist for nearly 30 years, he has owned and operated a Medicap Pharmacy in Pleasant Hill for the past 20 years. He has a diploma in Homeopathy and is certified in multiple health mainte-

## About Our Presenters (continued)

nance protocols from the Academy of Integrative Medicine.

Dr. Looney has served as a medical missionary to Mexico, South Africa, Tibet, China, Bolivia, Venezuela and Brazil. These trips have given him the opportunity to serve with local health care workers and observe various methods of treatment.

Dr. Looney currently sees clients for the purpose of evaluating their care needs from a naturopathic perspective and offers education and provides recommendations for remedies including homeopathics, botanicals, and nutritional products.

### **David B. Michael, PA-C, M.S.**

David Michael is the Assistant Medical Director of The Johnny Orr and Romie Orr Memory Center and Healthy Aging Institute in West Des Moines. David received his Bachelor of Health Science Physician Assistant degree from Wichita State University and his Masters of Science in Health Care Administration from Des Moines University. David Michael is a certified Geriatric Education Fellow, a Master Psychopharmacologist, and Cognitive Rehabilitation Therapist.

David Michael has practiced with the Iowa Health Physicians, Lakeview Center for Senior Health, Mercy Hilltop Clinic, Physician's Resources, Mid-America Physicians, and served as Clinical Coordinator of the Physician Assistant Program of the College of Osteopathic Medicine and Health Science, Des Moines University.

David has participated as co-investigator in several scientific studies regarding cognition, Alzheimer's Disease, brain wellness, and evidence-based preventive strategies in Geriatrics. In 2006 David Michael presented the results of a study of cognitive functioning for patients with mild to moderate Alzheimer's Disease at an international conference on Alzheimer's Disease in Madrid, Spain.

### **Christopher J. Ronkar, M.D.**

Dr. Ronkar is Staff Rheumatologist for the Mercy Arthritis and Osteoporosis Center in Des Moines. Dr. Ronkar is currently President of the Iowa Research Center, Inc. and is involved in medical research studies on osteoporosis and fractures and rheumatoid arthritis. Dr. Chris Ronkar is also an Adjunct Clinical Faculty member of the University of Iowa Medical Center.

Dr. Ronkar received his medical education at the University of Nebraska School of Medicine with a Post-Doctoral Fellowship in Rheumatology at the University of Missouri-Columbia School of Medicine. Dr. Chris Ronkar is a Fellow of the American College of Rheumatology and a member of the International Society of Clinical Densitometry. Dr. Ronkar is certified in Clinical Densitometry, Internal Medicine, and Rheumatology. Dr. Ronkar has published works on Sjogren's Syndrome, osteoporosis, and arthritis.

### **Carlene Russell, M.S., R.D., L.D., FADA**

Carlene Russell is a registered and licensed dietitian with expertise in nutrition for older adults. Her undergraduate degree is from the University of Nebraska and Science degree from Iowa State University. Carlene is a Fellow of the American Dietetic Association and has held a variety of leadership positions on district, state and national levels. Carlene has published many educational materials and given numerous presentations on elder nutrition topics

In 2006 Carlene received the American Dietetic Association Medallion Award -- its highest honor.

### **Malabika Shaw, M.B.A.**

Malabika Shaw holds a Masters in Management and has spent the first 25 years of her career in management education, training, human resources and organizational development. Since 1998, she has been a devoted student of the consciousness phenomenon and Energy Healing Arts. She is a coach and an advanced practitioner of Emotional Freedom Technique (EFT), Law of Attraction, Spiritual Response Therapy (SRT), Reiki, Breakwork and various meditation techniques at Vision Wholistic, P.C.

Raised in India with western education, Malabika brings a unique blend of eastern and western thought to her profession. With her own experiences, she offers a synthesis of insights from the wide and varied fields of energy therapies, management, psychology, science and spirituality. She teaches the principles of Law of Attraction and mind-body-energy and has maintained a private practice in the United States since 2000.





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