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CAN TECHNOLOGY, SCIENCE AND DANCE BE THE KEY TO LIVING LONGER, HAPPIER LIVES?

*On Lok Hosts Sustainable Long-Term Care Conference Focused on
Transforming the Landscape of Care for Seniors*

Oct. 8, 2015 at Mission Bay Conference Center, San Francisco

SAN FRANCISCO (Sept. 21, 2015) – “Embrace Your Life, Engage Your Community” is the theme when [On Lok](#), a pioneer and world leader in Programs for All-inclusive Care for the Elderly (PACE), hosts its 8th annual Sustainable Long-Term Care Conference Thurs, Oct. 8. Conference speakers will present a broad spectrum of topics surrounding senior health, exploring emerging technologies including 3-D food printing and smart homes for seniors; the latest scientific research such as the use of Vitamin D for cardiovascular health; and holistic healing through dance and spirituality. On Lok brings together international leaders in senior health care each year to create an open dialogue about using an all-inclusive approach across all modalities as the key to senior health and longevity.



New Research on Disease Prevention

Keynote Speaker Gordon Lithgow, Ph.D., will unveil new research on the prevention of chronic disease. Dr. Lithgow is the director of interdisciplinary research at the renowned Buck Institute for Research on Aging in Novato, CA. His internationally recognized research is focused on the fundamental mechanisms of aging and using biology to prevent chronic disease. The Lithgow Lab has made seminal discoveries in the use of pharmacological agents to intervene in aging processes, such as compounds that suppress pathology associated with Alzheimer’s disease.

3-D Food Printing, Smart Homes, and Dance to Improve Senior Health

Additional speakers at the conference will address 3-D food printing for senior nutrition and health, telehealthcare and smart homes for seniors, new research on Vitamin D’s importance to senior health and the role of dance and spirituality in holistic healing.

On Lok, the San Francisco-based senior health and wellness organization, has hosted the conference since 2007 to provide an interactive forum for senior care professionals to hear from national and international experts discussing innovative ideas and services to improve the lives of seniors. Previous conferences have included Daniel Amen presenting Alzheimer’s Research and Dan Buettner examining Blue Zones.

“This conference comes at a crucial point for the advancement of PACE in senior health,” said Robert Edmondson, chief executive officer of On Lok and a presenter at the conference. “For years, the health community has been focused on serving the aging baby boomer – and this population is now crossing the threshold into geriatric health. The numbers are astounding – each day 10,000 baby boomers turn 65 and will do so for the next 19 years – but the demands on the communities that support our aging population are compounded at a faster rate. The conference allows the best and brightest in our industry to share ideas in order to serve this important, vital and vibrant segment of our community.”



Robert Edmondson, CEO, On Lok

The On Lok Sustainable Long-Term Care Conference is sponsored by Archstone Foundation, MBH Architects, Sisters of the Holy Family, Itani Dental and The San Francisco Business Times.

About On Lok, Inc.

On Lok, Inc. is a family of nonprofit organizations founded in the early 1970s by a group of citizens concerned about the plight of seniors and the lack of long-term care options in the community. With more than 40 years of history and experience both creating models and serving diverse senior communities through integrated care, On Lok Inc. has a wide-reaching experience base and is a trusted partner in its communities. On Lok, Inc. serves seniors in the community through its affiliated nonprofits including On Lok Lifeways, 30th Street Senior Center and more. For more information please visit www.onlok.org/On-Lok-Inc.

CALENDAR EDITORS, PLEASE NOTE:

Can Technology, Science and Dance Be the Key to Living Longer, Happier Lives?

What:

[On Lok's](#) 8th annual [Sustainable Long-Term Care Conference](#) returns on Thurs, Oct. 8, 2015 to Robertson Auditorium at UCSF Mission Bay Conference Center (1675 Owens St., San Francisco, CA). Themed “Embrace Your Life, Engage Your Community”, the conference covers a broad spectrum of topics surrounding senior health, exploring emerging technologies including 3-D food printing and smart homes for seniors; the latest scientific research such as the use of Vitamin D for cardiovascular health; and holistic healing through dance and spirituality. Keynote Speaker [Gordon Lithgow](#), Ph.D. and Director of Interdisciplinary Research at the [Buck Institute for Research on Aging](#) will unveil new findings on the prevention of chronic disease.

Where:

Robertson Auditorium at UCSF Mission Bay Conference Center
1675 Owens St., San Francisco, CA

When:

Thursday, Oct. 8, 2015

Timeline:

- Registration from 7:30 a.m. – 8:45 a.m.
- Welcoming remarks 8:45 a.m.
- Program 9:00 a.m. – 5:00 p.m.

Who:

Speakers include:

- 9:00 a.m. – 10:00 a.m., [Gordon Lithgow](#), Ph.D., Buck Institute – using the biology of aging to prevent chronic disease
- 10:20 a.m. – 11:20 a.m., [Janice Schwartz](#), M.D., UCSF, expert on Vitamin D and improving medication use
- 11:20 a.m. – 12:20 p.m., [Jennene Buckley](#), CEO, Feros Care- creating a 21st century aged care service through smart homes and telehealthcare for seniors
- 1:30 p.m. – 2:30 p.m., [Maria Genné](#), Founder & Director, Kairos Alive! – using dance as a modality for senior health
- 2:30 p.m. – 3:30 p.m., [Katrina Leathers](#), M.A., Expert in Expressive Therapies, integrating creative arts with traditional talk therapy with senior clients
- 3:45 p.m. – 4:45 p.m., [Hod Lipson](#), Professor of Mechanical Engineering and co-author of the award winning bestseller “Fabricated: The New World of 3D printing” – what 3D printing means to the senior population, including 3D food printing

Admission:

Conference admission is \$199 per person for general admission. Senior, student, and exhibitor rates are available. Tickets are available [here](#). For more information go to <http://www.onlokconference.org/>.

Media passes and interviews:

Reporters/editors interested in attending the On Lok Long-Term Sustainability Conference, or interviewing a conference speaker, please contact Jennifer Golbus at (415) 359-2315 or jennifer@landispr.com.

For additional information about On Lok, the conference, or for hi-res images or video, please contact Jimin Lee at (415) 359-2318 or jimin@landispr.com.

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