

Catch up with the association that supports professionals in older-adult wellness



Lawrence Biscontini

ICAA welcomes new advisor

The International Council on Active Aging® (ICAA) announces that Lawrence Biscontini, MA, has joined the ICAA Advisory Board. Biscontini, a Mindful Movement Specialist, has received multiple awards from the American Council on Exercise, IDEA & Inner IDEA, canfitpro (Canadian Association of Fitness Professionals), and ECA. He currently serves as Senior VIP Consultant for Power Music®.

A regular presenter at the annual ICAA Conference, Biscontini creates group fitness and personal training programming on an international level for clubs and spas. His creations for Golden Door Spa garnered the Condé Naste Traveler Awards® 10th place in 2003 for innovative spa programming. Biscontini is a Registered Yoga Alliance Teacher, an American Fitness Association of America (AFAA) Certification Specialist, and a contributing author for industry magazines. His books include *Cream Rises: Excellence in Private & Group Fitness Education*. Among his affiliations are FG2000 and BOSU®, where he is part of the Development Team.

“ICAA is delighted to welcome Lawrence Biscontini as an Advisory Board Member,” says CEO Colin Milner. “He brings his expertise in physical activity and mindful movement to the association, as well as real enthusiasm for active aging. We thank him for his commitment to ICAA and look forward to his involvement and advice.” More information about Biscontini is available online at www.findlawrence.com.

It pays to complete the ICAA Conference evaluation

Many thanks to the ICAA Conference 2013 attendees, assistants and presenters who completed ICAA’s online postconference evaluation survey. The perspectives collected through the survey are invaluable to the conference planning committee, and the results are regularly referred to when planning the next year’s sessions.

To show appreciation, ICAA offered attendees who completed the survey a chance to enter a drawing for one of three complimentary registrations to the ICAA Conference 2014, being held November 13–15 in Orlando, Florida. The lucky winners are Jordan Morrow, Ramona Faith and Paul D’Hollander.


Jordan Morrow, Health and Wellness Director at Westminster Village (LCS community) in West Lafayette, Indiana, attended the conference for the first time in 2013. “The conference far exceeded my expectations,” Morrow said. “I gained a vast amount of knowledge and experience and was extremely impressed by the quality of speakers.” He immediately began implementing some ideas. For example, he’s launched a weekly Cognitive Boot Camp of fun and interactive activities, based on a presentation by Robert Winningham, PhD, which has already generated a bond among participants.

Ramona Faith, CEO of the Petaluma Health Care District in Petaluma, California, was also a first-time attendee. The district’s mission is to improve health and well-being of its residents. It accomplishes

this mission through leadership, advocacy and support, creating and fostering community partnerships, and offering education programs to improve the community’s health, among other things. Topics offered at the ICAA Conference are what encouraged Faith to participate.

Paul D’Hollander, manager of East Area Recreation Services for the City of London, Ontario, attended the 2013 ICAA Conference because the city recently formed a network to oversee implementation of the “Age Friendly London Three Year Action Plan.” The conference presented an “excellent selection of workshops, outstanding keynote speakers, and a forum to engage with industry exhibitors, that was consistent with strategies identified in the Plan,” D’Hollander explained. He’s already in communication with a company that exhibited in the Expo.

There were 249 entrants into the drawing for three complimentary registrations. Entrants were each assigned a number based on the day/time they completed the survey. The names were separated from the survey results, and an ICAA staff member randomly selected three numbers.

Watch for information about the 2014 ICAA Conference in the coming months at www.icaa.cc. 

Changes to membership details?

Has your organization recently moved? Have employees left or joined your team? Remember to contact ICAA about changes to membership details, so your member benefits are not disrupted. To notify ICAA about changes, please call Director of Member Services Krystyna Kasprzak at 866-335-9777 or email krystynakasprzak@icaa.cc.