



## **Boston Roybal Center for Active Lifestyle Interventions (RALI) Annual Meeting Agenda**

**May 24th, 2016 – Brandeis University – Shapiro Multipurpose Room #236**

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| 8:30 - 9:00   | Light Continental Breakfast   |
| 9:00 - 9:15   | Welcome, Margie Lachman   |
| 9:15 - 9:35   | Christina Matz-Costa, PI, Boston College<br><i>Enhancing the Health-Promoting Effects of Older Adults' Activity Portfolios: The Development, Feasibility and Initial Efficacy of a Real-Time, Ecologically Sensitive Intervention</i>     |
| 9:35 - 9:55   | Elizabeth Howard, PI, Hebrew SeniorLife, Northeastern University<br><i>Power V360 – Promoting Optimal Wellness among EldeRs through Vitalize 360</i>  |
| 9:55 - 10:15  | Holly Jimison, PI (presented by Christine Gordon), Northeastern University<br><i>Remote Health Coaching Technology to Address Depression Risk Factors in Older Adult Populations with Health Disparities</i>                              |
| 10:15 - 10:35 | Nancy Latham, PI, Boston University<br><i>Development and Testing of a Web-Based Training Module for Peer-Coaches to Promote Exercise Adherence in People with Neurological Conditions</i>  |
| 10:35 - 10:55 | Break   |
| 10:55 - 11:15 | Carmen Sceppa, PI, Northeastern University<br><i>Does Exercise-Induced Improvements in Emotion Regulation Enhance Daily Physical Activity and Well-Being in Frail Sedentary Older Adults?</i>   |
| 11:15 - 11:30 | Lewis Lipsitz, PI, Hebrew SeniorLife<br><i>Factors Influencing Adherence to a Tai Chi Exercise Intervention Among Senior Housing Residents Participating in a Clinical Trial</i>  |
| 11:30 - 11:45 | Lisa Quintiliani, PI, Boston University<br><i>A Process Evaluation of an Innovative Approach to Promote Proficiency in Nurse-Led Motivational Interviewing for Behavior Change among Older Adults</i>                                     |
| 11:45 - 12:00 | Margie Lachman, PI, Brandeis University<br><i>Increasing Physical Activity Among Sedentary Older Adults: What, Where, When, and With Whom</i>   |
| 12:00 - 1:00  | Lunch – Faculty Club  |
| 1:00 - 2:00   | Keynote Speaker: Susan Hughes, Ph.D., Director of Midwest Roybal Center for Health Promotion and Translation, University of Illinois at Chicago<br><i>Adding Life to Years: Lessons from the UIC's Roybal Center for Health Promotion</i> |
| 2:00 - 2:20   | Nathaniel Rickles, PI, Northeastern University<br><i>A Community Pharmacy Exercise and Health Promotion Program (CPEHPP): Stepping Up to Improve Medication Adherence in Older Adults</i>   |

- 2:20 - 2:40 Stephanie Robinson, PI, Brandeis University  
*Planning the Next Steps: Using an Implementation Intention Approach to Increase Daily Walking*
- 2:40 - 3:00 Break
- 3:00 - 3:20 Jutta Wolf, PI (presented by Ashley Geiger), Brandeis University  
*Increasing Physical Activity in Middle-Aged and Older Adults – A Stress Framework*
- 3:20 - 4:30 Discussion of future directions for the Boston Roybal Center

Meeting Adjourns

Brandeis University

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COLLEGE

 Northeastern University

BOSTON  
UNIVERSITY

 Hebrew  
SeniorLife

 HARVARD MEDICAL SCHOOL  
AFFILIATE