



Join us for a **FREE** informative webinar.*

Is the 100-Year-Old the New 80-Year-Old?



DATE / TIME

August 10, 2021

1:00 – 2:00 PM (ET)



REGISTRATION

Go to www.avilainstitute.org to register for this webinar.

*** This webinar is FREE for NRRO members only.**

Directions to register are included on pages 2-4. For further questions, please contact AIG at support@avilainstitute.org.

This webinar is designed for individual members of Congregations as well as leadership and healthcare providers.

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According to the United Nations, this year the number of centenarians is expected to rise to approximately 573,000 worldwide, with the US being home to 97,000 centenarians — the highest absolute number in the world. The unique nutrient needs of these aging individuals is a new frontier. Life expectancy in 1921 was 60 years for men and 61.8 years for women. In just 100 years, we have increased the life expectancy to 76.2 years for men and 81.2 years for women.

While we are all living longer, we are living longer...older. This program will explore the changing physiology and the resulting unique nutrient needs of the body during the aging process. As we age, our caloric needs decline. This means that it is important for all foods and snacks to be nutrient dense. Healthy and practical snacks will be explored, along with discussing how to keep the lines of communication between Food Service providers, Registered Dietitian Nutritionists and Eldercare providers open, as it is essential to ensure the healthy potential of all residents in our care.



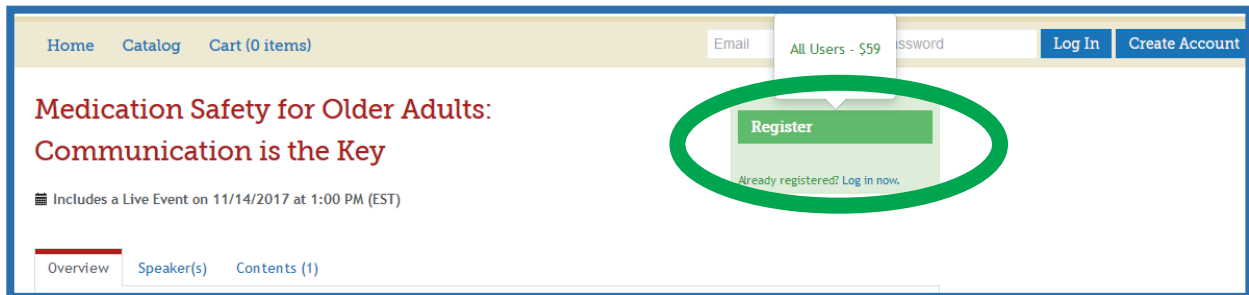
Meet the Presenter

Dr. Helen Battisti, PhD

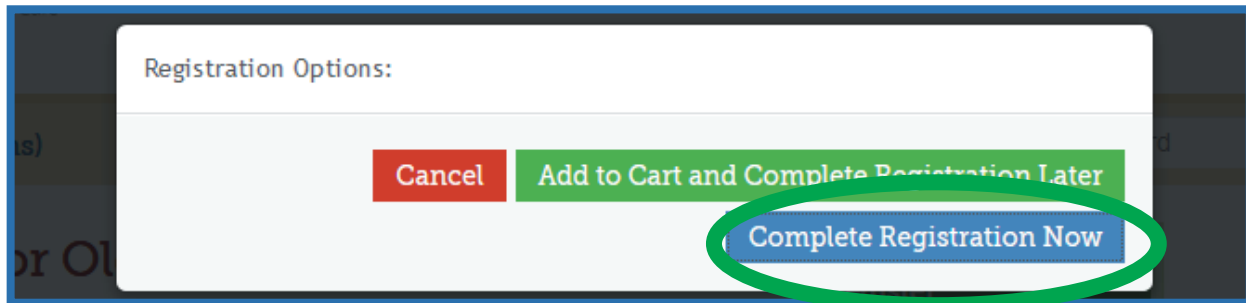
Dr. Battisti is a Health Promotion Specialist, Registered Dietitian Nutritionist and a former Assistant Professor and the Director of the Coordinated Program in Nutrition and Dietetics in the department of Nutrition and Dietetics at Marywood University, Scranton, Pennsylvania. She maintains a practice at Endwell Family Physicians, Endwell, New York, as a Registered Dietitian. Her areas of research include both childhood and geriatric health and obesity.

STEPS FOR WEBINAR REGISTRATION

1. Click this link: <https://avila.elevate.commpartners.com/nrro-webinars>
2. Click the title of the webinar.
3. Click the green "Register" button.



4. Click on the blue button "Complete Registration Now."





STEPS FOR WEBINAR REGISTRATION

5. You will then be prompted to Log In or Create an Account.

The screenshot shows a website interface with a navigation bar at the top containing 'Home', 'Catalog', and 'Cart (1 item)'. On the right side of the navigation bar, there are input fields for 'Email' and 'Password', and two buttons: 'Log In' and 'Create Account'. Below the navigation bar, a yellow banner contains the text 'You must [Log In](#) to register, or [Create Account](#)'. The 'Log In' and 'Create Account' links are highlighted with a green oval. Below the banner, the section is titled 'Your cart'. It contains a table with the following data:

Product	Actions	Original price	Final price
Medication Safety for Older Adults: Communication is the Key	Remove	\$59	\$59

Below the table, there is a 'Discount Code:' field with the text 'nrrc' entered. Below the field is a green 'Apply Discount' button and a note: '(Leave blank if you don't know what this is.)'

The screenshot shows the 'Create Account' form on a website. The navigation bar at the top includes 'Home', 'Catalog', and 'Cart (1 item)'. A yellow banner at the top of the form area says 'You must [Log In](#) to register, or [Create Account](#)'. The form is titled 'Create Account' and contains the following fields:

- Email *
- Password *
- Repeat Password *
- First Name *
- Last Name *
- Timezone

At the bottom of the form is a blue 'Submit' button.

6. To create an account, please click the green Create Account button. Put in your desired email, password, repeat password, first name, last name and time zone. Press the blue "Submit" button. You now have an account with the AIG Learning Center. You can now register for the webinar.



STEPS FOR WEBINAR REGISTRATION

7. If you have an existing account, please click the green "Log In" button. Please type in your email and password. Press the blue "Submit" button.

You must **Log In** to register , or **Create Account**

Log In

Email:

Password:

[Forgot your password?](#)

Submit

8. If you are an NRRO member, please use the discount code nrro. This will make the webinar free. Complete the transaction. You will receive a confirmation and confirmation email.

Your cart

Product	Actions	Original price	Discounts	Final price
Medication Safety for Older Adults: Communication is the Key	Remove	\$59	\$59 - promo	\$0
Discount Code:	<input type="text" value="nrro"/> Apply Discount (Leave blank if you don't know what this is.)			
Total:		\$59	\$59 - promo	\$0

Enjoy the webinar!