

## About the Presenters

**Loretta LaRoche** is an international consultant and lecturer in the field of stress management. Loretta is widely known as star of six award-winning specials on PBS, including favorite titles, *The Joy of Stress*, *Humor Your Stress*, *How Serious is This*, *Relax! You Only Live Once*, *Get a Life*, and her newest addition, *Life is Short! - Wear Your Party Pants*. She has appeared as a guest-expert on the CNN, ABC, CBS and NBC networks. With irreverent humor and an innate sense of the absurd, she loves to help people discover how thoughts, feelings and behaviors affect our work performance, relationships, and self-worth.

**Gillian Pieper, Health Promotion Specialist**

Gillian Pieper has been a trainer in Wellness, Exercise Science, and Health Promotion for over 30 years. She has lead the Health Promotion Department for the Vermont School Boards Insurance Trust (VSBIT), helping school worksites design and implement best practices for employee health and productivity management programs. Gillian has a B.S. in Kinesiology from the University of Michigan and an M.Ed. from Boston University.

**Niko Pappas** is a Vice President with Aon Risk Solutions. He is the Director of Workers' Compensation Claims for MIIA Member Services. Niko has over 25 years experience handling workers' compensation claims. He has also been a featured speaker at the MMPA annual workshop. Niko served on the Department of Industrial Accidents Opioid Diversion Program Committee in 2016. In addition to his professional responsibilities, he currently serves on the Select Board of the town in which he resides.

**Will Brown** is the Executive Director for AllOne Health, New England Region. Will holds Master's degrees in Social Work and Education, is a Licensed Independent Clinical Social Worker, and a Certified Employee Assistance professional. He is the founder of TeamWorks Institute, a consulting resource dedicated to helping organizations resolve workplace conflict through mediation and team-building services.

**Steven Bernstein** is an Account Manager at AllOne Health EAP. There he provides organizational support to varied client organizations. Steven has been in the mental health and employee assistance fields for over a decade, combining his business and clinical interests. In his work, Steven looks to offer compassionate, effective solutions for various employee assistance challenges.

## The Healthy Employee, The Healthy Employer

MIIA and AllOne Health Present:  
2019 Regional MIIA Conference



Tuesday, October 1, 2019  
8:30 am – 3:00 pm  
Devens Common Center

**MIIA** | MASSACHUSETTS  
BASED  
MEMBER  
DRIVEN

**ALLONE**  
HEALTH

# Agenda

**8:30 am-9:00 am**

Registration & Coffee

**9:00 am-9:10 am**

MIIA Welcome

**9:10 am-10:15 am**

**Keynote speaker: Loretta LaRoche**

**The “WOW” FACTOR**

**Wisdom, Openness, and Wonder as a Benchmark for Living Well**

We’ve all met those enthusiastic, energetic people that leave us wondering what they know about ‘being’ that we don’t. Yet, most individuals today report fatigue and stress as a way of life. How come? Loretta reveals just how important mindset is in well-being and happiness and illuminates how adjusting our attitude helps transform our relationships, experience of work and life.

**10:15 am-10:30 am**

Break

**10:30-11:30 am**

**Gillian Pieper, M.Ed, Health Promotion Specialist**

**How to Cultivate a Transformative Wellness Experience at Work**

When work creates a culture where the healthy choice is the norm, we all win. Employees are hungry for great places to work. Simple ideas can help move your workplace along this path. Look at ways to implement state-of-the-art programming and integrate your benefits into a comprehensive culture of wellness.

**11:30 am-12:15 pm**

**Niko Pappas, Director Workers’ Compensation Claims,  
MIIA Member Services**

Niko will discuss wellness from a business perspective, providing a general overview of workers compensation in Massachusetts; both pre and post injury; and explore “stay-at-work”/“return-to-work” facets from a workers’ compensation standpoint.

**12:15 pm-1:00 pm**

Lunch

**1:00 pm-2:00 pm**

**Panel Discussion on Municipal Well-Being**

Representatives from Health Benefits Trust member groups will share how their wellness experiences have impacted employees, their family members and the worksite as a whole. They will also highlight best practices for building a culture of wellbeing, establishing an active wellness committee and offering a diverse menu of programs that truly matter to employees. Risk management and workers’ compensation tools will also be examined to minimize risks to employees, reduce injury and mitigate municipal loss exposure.

**Panel Participants:**

Paul Cohen, Town Manager, Chelmsford

Jeanne Parziale, Human Resource Director, Chelmsford

Sue Rosa, RN, Public Health Director, Chelmsford

Erik J. Mysliwy, Water Quality and Safety Administrator, Reading

Cheryl Gallagher, Special Educator, Transition Specialist, Nashoba Regional School District

**2:00 pm-2:30 pm**

**AllOne Health EAP,**

**Steven Bernstein, LMHC & Will Brown, LICSW**

**How The EAP Can Help You Leap into Health**

The MIIA Employee Assistance Program is an invaluable resource in supporting employee and employer wellness. We will explore the various tools that you have available, including coaching, training, personal assistance and others that allow your workplace to be its best self.

**2:30-2:45 pm**

**Wrap-up & Evaluations**