

## 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.

**Nicole Pizzi** is a Health Engagement Strategist at Blue Cross Blue Shield of MA. She works to create, implement and evaluate wellness programs for BCBSMA's accounts. She recently completed a sabbatical in 2018, working in a Boston neighborhood helping community members gain access to local wellness resources. Nicole holds a B.A. from the University of Vermont and an M.A. in Public Health from San Diego State University.

**Niko Pappas** is a Vice President with Aon Risk Solutions and Director of Workers' Compensation claims for MIIA Member Services. Niko has over 25 years' experience and has 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, Niko 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 15, 2019  
8:30 am – 3:00 pm  
Rosebrook Event Center, Wareham

**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**

**Health Engagement Strategist, Nicole Pizzi, MPH**

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

Worksite wellness programs play a vital role in the success of an organization. In this program, learn to create strategies for inspiring behavior change and engagement; identify easy-to-implement techniques for getting your wellness program off the ground; and explore ways to enhance your benefits to include high performing worksite wellness programs.

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

**Niko Pappas, Director of 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-1:15 pm**

Lunch

**1:15 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 well-being, 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:**

Melissa Ranieri, Deputy Health Agent, Walpole Health Department

Chelsey Branco, Human Resources Administrator, Walpole

Melissa Medeiros, Director of Personnel, Dartmouth

Melissa Jerome, Administrative Benefits Clerk, Dartmouth

Dorene Allen-England, Director of Human Resources, Wareham

**2:00 pm-2:45 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.

**2:45-3:00 pm**

Wrap-up & Evaluations