

**MIIA and AllOne Health Resources
Present:**

**MIIA Rewards 2013
Regional Spring
Conference**

**“Municipal Health &
Safety Matters!”**

Northampton – Clarion Hotel	Tuesday, March 19
Worcester - Holy Cross	Thursday, March 28
Plymouth – Radisson Hotel	Tuesday, April 2
Danvers – Doubletree by Hilton	Tuesday, April 9

- Agenda -

- 9:00 – 9:20 **Registration & Coffee** – enter a raffle for great stuff!
- 9:20 – 9:30 **Welcome & Introduction of Keynote Speaker**
Barry Beder, VP, AllOne Health Resources
- 9:30 – 10:00 **Keynote: “An Ounce of Prevention is Only an Ounce”**
Dr. Jerry Berke, AllOne Health Resources
- 10:05 – 10:45 **Seminar for All: “Creating a Culture of Safety”**
Dr. Jerry Berke
Municipalities can benefit from a culture of safety in the workplace. This seminar will focus on how municipal leaders and employees can develop the organizational framework and encouragement for every employee to take personal responsibility for safety in the workplace.
- 11:00 – 12:00 **Your Choice of Seminars:**
- For Managers: “The ABC’s of Violence Prevention” – Will Barron**
Managers play a significant role in keeping their workplace safe from violence. Research has shown that roughly 85% of workplace violence incidents had clear warning signs. By recognizing and acting on these signs managers can help their organization significantly reduce their risk for workplace violence. This program will provide managers with the information and tools necessary for intervention.
- For Employees: “Sitting is the New Smoking” - Bill Hoover**
Do you sit more than 6-hours per day at home or work? This seminar will examine why sitting has become as risky to our health as we now know smoking to be. Research indicates that only 10% of Americans get enough physical exercise to maintain their good health. Bill will demonstrate simple at-work exercise strategies to keep you from being at-risk for a sedentary lifestyle.
- 12:00 – 1:00 **Lunch** – check out activities available during lunch

1:00 – 2:00

Your Choice of Seminars:

For Managers: “Fit for the Job: How Declining Employee Fitness Levels & Aging Affect Injuries” – Bill Hoover

This seminar designed for managers will focus on why a Fit for Duty assessment is so critical in determining injury potential within a workforce. Bill will examine key Fitness Assessment and Biometric options that can clearly identify an employee’s risk for injury before an accident occurs. Participants will come away with organizational options for keeping employees fit and motivated on-the-job, a crucial step in establishing a safe and fit work environment.

For Line Employees: “The Digital Overload Dilemma: How to Unplug & Rejuvenate” – Sharon Kozuch **Let’s unplug and find ways to –**

- **Reduce** the stress of technology
 - **Reuse** tried and true human connections
 - **Recycle** and encourage others to do the same - pay it forward
- Modern technology provides us with efficiency and an instant connection to information we need and want. It has also brought us “digital overload” or a sense of urgency to be available and respond 24/7. For some people it has become an obsession to stay connected with everything from news events to facebook postings. Let’s experience a fun and interactive workshop to unplug and connect with others face-to-face, get back in touch with ourselves and nature. In other words, doing things your ancestors did or what you used to do when we didn’t have answering machines!

2:00 – 3:00

Closing Seminar: “Staying Focused” – Barry Beder

To err might be human, but it can be costly for employers and employees. It has been estimated that up to 90% of all workplace accidents are due to human error. Reducing on-the-job injuries can save employers money on healthcare, disability and workers’ compensation costs. This seminar will provide attendees with the tools to maintain high levels of focus and concentration on the job.

Wrap-up/Questions/Evaluations

Jerry Berke, MD describes himself as “a flatlander” native of the Midwest, having grown up in rural Illinois. His father was a small town surgeon. Educated at the University of Illinois at Champaign and Medical school in Chicago, Dr. Berke came to New England for medical training and never left. He is board certified in both internal medicine and preventive medicine/ occupational medicine, has a masters degree in Public Health from the University of Michigan (Harvard is the Michigan of the northeast) and had a research fellowship at the Harvard School of Public Health. He has simultaneously worked in Occupational Health and maintained a hospital based practice of internal medicine for 30 years. He served as the global director of medicine and toxicology for WR Grace for 16 years and has been the Medical Director at AOHR for 15 years. Married to the same woman for 36 years, he has two lovely daughters, one of whom is getting married in September and quips “donations for the wedding are gratefully accepted”.

Barry Beder, M.S.W., L.I.C.S.W., Vice President, directs the Corporate Health & Productivity Division of AllOne Health. Over the past 25 years, Barry has designed and presented award-winning stress management, change-management, health and wellness and safety-based programs for hundreds of organizations, including universities, for-profit and non-profit corporations, hospitals and insurance providers.

William Barron, MSW, LICSW, has been with AllOne Health Resources for the past year after serving for 7 years as a senior account manager with a Massachusetts-based EAP that specializes in higher education. Prior to this, Will was a mental health clinician and family therapist. He is a trained workplace mediator. He enjoys both the clinical and the management consultation aspects of his collaboration with his account organizations. His areas of expertise include workplace harassment, conflict management, and preventing workplace violence.

William A. Hoover has worked as the Wellness Manager for AllOne Health Resources for 20 years. In that time Bill has designed and presented hundreds of health and safety workshops and seminars for over 300 organizations in Massachusetts. He graduated with honors from Rhode Island College with two bachelor degrees in Health Education and Psychology, and has received numerous honors presenting health and safety trainings since. He is an avid Health and Fitness enthusiast and has been an AED trainer for the American Heart Association for over 15-years.

Sharon Kozuch, M.Ed., LMHC, is an EAP Consultant who brings leadership and training experience in the corporate and non-profit sectors over the past 20+ years. Sharon has a depth of understanding about stressful experiences through her 15 years as a crisis intervention specialist. Sharon has facilitated a variety of trainings around Professional & Personal Development and is in the process of becoming certified as a Health & Wellness Coach to continue integrating a holistic approach to her work.