



# MASS SENIOR CARE'S 2020 VIRTUAL ANNUAL MEETING

Thursday, November 19, 2020



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## AGENDA

Thursday, November 19, 2020

### Morning Session, 9:30AM – 11:30AM

#### Welcome Remarks

Tara Gregorio  
President, Massachusetts Senior Care Association

#### Congressional Update

The Honorable Richard Neal  
U.S. Congressman, MA-1st District  
Chair, House Ways and Means Committee

#### Keynote Address: DC Update 2020 and Beyond

Mark Parkinson  
President & CEO, American Health Care Association (AHCA)

#### Celebrating Our Long Term Care Heroes

Tara Gregorio  
President, Massachusetts Senior Care Association

#### Chair's Report & Business Meeting

Tom Lavalley  
Chair, Massachusetts Senior Care Association  
Chief Operating Officer, Alliance Health & Human Services

## **Afternoon Session, 1:00PM – 3:30PM**

### **Reflect, Recharge, Reconstruct**

Dr. Susan Wehry, MD, Chief of Geriatrics, University of New England College of Osteopathic Medicine

*The COVID-19 pandemic has impacted everyone but perhaps none more than people who live and work in long term care and their families and friends. As we begin our long journey of recovery from this unprecedented disaster (at least in our lifetimes), let's take stock of where we've been, where we are and where we're headed. We'll look at the usual stages of recovery in an ongoing disaster, talk about visitation, including phased re-openings and emerging views on essential visitors, compassionate care and critical support. Together we'll think about lessons learned in hopes of being even better prepared in the future. Finally, we'll talk about ways of taking care of ourselves and each other in this challenging time.*

### **Keeping The Super Heroes Super**

Dr. Kimberly Miller, Kimberly Miller & Associates, LLC

*Health care professionals are passionate about serving others; however, this calling can take its toll on employees' mental/physical health. This presentation will explore the differences between stress, burnout and compassion fatigue and describe how to address each one, discuss why we all struggle to have balance in our lives and engage in regular self-care, detail what our "early warning systems" are, and describe specific strategies, tools and interventions that can be used by both individuals and organizations to foster healthy coping, balance and a positive mindset in employees.*

### **Closing Remarks**

Tara Gregorio

President, Massachusetts Senior Care Association