

Maine Center for Public Health 2009 Annual Meeting
Optimizing Cost-Effective Wellness for Productive Worksites
March 10, 2009

Speaker Bios

Robert Ross

Robert Ross is a sociologist and occupational health scientist. Currently (2007-) he is Scientific Director, Maine-Harvard Prevention Research Center (M-HPRC), Maine Center for Public Health, Augusta ME. The HPRC is one of 33 Prevention Research Centers funded by the CDC. Formerly, Dr. Ross was Research Assistant Professor, College of Nursing and Health Sciences, University of Vermont (UVM), where he served as P.I. on the “Worksites overweight/obesity control/prevention trial”.

Other positions he has held include

- Special Assistant for Development, Health and Human Development Programs, Education Development Center, Newton MA, where he developed domestic and global health promotion/disease prevention project and program grants;
- (1997-2002) Director, Office of Patient Oriented Research, Fletcher Allen Health Care, UVM’s academic medical center, Burlington VT, where he mentored junior and senior investigators, leveraging intramural research awards into extramural sponsored research grants, and served as Research Assistant Professor, Department of Orthopedics and Rehabilitation, UVM College of Medicine, and P.I. on the “Outcomes of Injured Employee Health Status Assessment” (R21 OH07339, 09/30/2000-05/29/2003);
- (1994-97) Research Associate, the Health Institute, New England Medical Center (now Tufts Medical Center), Boston MA, where he worked with Directors Sol Levine, PhD and Al Tarlov, MD to manage the Robert Wood Johnson Foundation Investigator Awards in Health Policy Research program;
- (1991-94) Research Associate, Dean’s Office, Harvard School of Public Health, where he researched and published a ten-case study of North American innovators in physician instruction with Harvey V. Fineberg, MD, PhD.

Dr. Ross has taught at the UVM College of Medicine, Harvard School of Public Health, and Wellesley College and held Fulbright-Hays and Social Science Research Council dissertation research fellowships.

Rita Bubar

Rita Bubar is the corporate human resources manager for The Cianbro Companies, a team member-owned construction company with over 2,000 team members in 15 States and regional offices in Maine, Connecticut, and Maryland. Rita has 31 years of experience at Cianbro in all aspects of human resources management. Rita and her team at Cianbro is the architect with Dr. Larry Catlett, their Medical Director and President of his own Company, Occupational Medical Consulting, of their wellness program which has gained State and National Recognition. In 2006, Cianbro received the Platinum, by

invitation only, award from the Wellness Council of America after being awarded their Gold designation in 2003. In 2004, Cianbro was honored with the Corporate Health Achievement Award from the American College of Occupational and Environmental Medicine (ACOEM). ACOEM established this award in 1996 to recognize organizations that have demonstrated outstanding achievement in employee health, safety, environment and management. Rita has a Bachelor of Science in business from Thomas College in Waterville, Maine and serves on the Executive Board of the Wellness Council of Maine, the Board of the Maine Center of Public Health and the Governor's Substance Abuse Services Commission.

Don Antonucci

Don Antonucci is the Sales Director for Anthem Blue Cross and Blue Shield in Maine with responsibility for the small group, mid-size group and association group business segments. Don has worked at Anthem since 2002 and has more than 15 years of professional experience in the health insurance industry in areas including sales, marketing, strategy, policy and research. Originally from New York, Don Antonucci earned a Master of Arts degree in Public Policy Analysis and Administration from Binghamton University and a Bachelor of Arts in Political Science from the State University of New York College at Cortland (1993). Don resides in Windham with his family.

Dana Connors

Dana F. Connors is president of the Maine State Chamber of Commerce. As the executive leader of the 900-member business association, Connors oversees the association's many activities including its advocacy efforts, economic development initiatives, international trade opportunities, and a wide variety of member services on behalf of the state's business community.

As the leader of the state's largest and most diverse business association, Connors dedicates his energy to achieving goals that will enhance prosperity for all Maine people. To foster international trade relationships, Connors accompanied Governor Angus King on his trade mission to Japan in the fall of 1998. He spearheaded the new economic development initiative, Maine & Company, which promotes job creation and retention throughout the state.

Although officially hired by the Chamber in the fall of 1994, Connors served as Governor Angus King's transition team director. The Maine Chamber Board of Directors was pleased to "loan" Connors to the new governor-elect in order to assist in the selection of key cabinet and administration appointments as well as insure a smooth transition process. Connors recently successfully led the campaign for a wider turnpike, as well as taking a prominent role in many of the state's recent elections and referenda.

Connors notes that before becoming the Maine Chamber president, he held only two other jobs. He spent 10 years as commissioner of the Maine Department of Transportation with the distinction of serving under two administrations. He was first appointed by Democrat Gov. Joseph Brennan in 1984 and was subsequently retained by Republican Gov. John McKernan.

During his tenure at the MDOT, Connors counts successfully implementing the Sensible Transportation Policy Act, expanding the role of the Maine Local Roads Center, instituting Total Quality Management at the MDOT, and increasing funding for the department to an all-time high for project advertising for 1994 and 1995 with totals of \$178 million and \$200 million respectively. In the case of the Sensible Transportation Policy Act, Connors earned universal praise for bringing together the various parties involved in the divisive referendum campaign and facilitating consensus through negotiated rule-making.

Prior to his appointment as MDOT Commissioner, Connors served as the city manager of Presque Isle for 16 years, an unusually long tenure in municipal government. Hired in 1968, Connors was the youngest person to hold a city manager's position in Maine up to that time.

Connors holds both a bachelor's and master's degree in public management from the University of Maine. He has served on numerous federal, state, and regional boards and commissions. His experience outside government include service of boards of directors for an insurance company, a bank, and a hotel. His many awards include:

- The Maine Development Foundation's 1996 Leadership for Maine's Economic Future Award;
- The nationally-recognized Paul Harris Service Award from the Presque Isle Rotary International Club;
- The 1986 Maine Public Administrator of the Year from the American Society for Public Administration;
- The 1988 Major Achievements in Construction Award from the Associated General Contractors;
- The 1989 Outstanding Community Service on Behalf of Eastport Business Development Award from the city of Eastport, Maine; and,
- Outstanding Young Man of Maine Award from the Jaycees.

Connors resides in Southern Maine.

Dr Larry Catlett

Larry Catlett is a native of Tampa, Florida. He obtained his B.S. degree from North Carolina State University in 1969 and his M.D. degree from Emory University in 1974. After four years in family practice at the DFD Russell Medical Center, he joined the Central Maine Medical Center (CMMC), staffing the Emergency Department and the hospital's fledgling Occupational Health program.

In 1988, he became the first Medical Director of the new Occupational Health program, implementing protocols which reduced costs and improved outcomes significantly. Introduction of this same approach at Franklin Memorial Hospital (FMH), where he currently serves as Medical Director, has led to similar outcomes in work related injury management.

While at CMMC, Dr. Catlett formed a relationship with Cianbro Corporation, a construction company with 2000 employees working in over 13 states, becoming their

medical director. In 1996, he left CMMC and founded Occupational Medical Consulting, headquartered in Leeds, ME.

Working together with Cianbro, Occupational Medical Consulting developed and implemented what has become an award-winning approach to health promotion and disease prevention in the workplace. Now working with 18 organizations, OMC's "Wellness Works" program and its innovative software package provides a comprehensive behavioral intervention for both company and employees.

Joanne Joy

Joanne Joy, with degrees in Women's Studies and an Interdisciplinary Masters in Discrimination Based in Class, has integrated advocacy, health promotion and coalition building into initiatives serving populations with disparate health risks via her work with, and in, community-based coalitions. Her passion for the power of collaboration and coalition led to her involvement over the past 8 years in the Maine Network of Healthy Communities, the Public Health Workgroup, and the State Coordinating Council for Public Health.

Joanne currently serves as Executive Director of Healthy Communities of the Capital Area, and has lead one of the local Healthy Maine Partnerships since the inception. Previously, she served as Director of Community Planning for the HIV/AIDS Bureau of the Massachusetts Department of Public Health in Boston, and the HIV Prevention Community Planning Coordinator in Maine, and Executive Director of Dirigo Prevention Coalition, a pilot initiative to provide technical assistance to health promotion and disease prevention coalitions statewide in the late 1990s.

She is a Native of Maine, mother of three adult children and lives with her partner, Pam, in Bowdoinham

Jonathan Leach

Jonathan Leach is the Executive Director of the Children's Center in Augusta. He has worked in human services for twenty five years, overseeing services to vulnerable children and adults in programs including early intervention, residential services, vocational services, and psychiatric day treatment. Jonathan graduated from Colby College with a dual degree in Psychology and Philosophy. He and his wife Rachel live in Augusta.

Irv Marsters

Irv Marsters is President of Bangor Letter Shop, a printing and mailing business with ten employees. Irv assisted with the creation of the employer-driven Bangor Region Chamber of Commerce Workplace Wellness Council. Bangor Letter Shop has received a Wellness Councils of America(WELCOA) small business award and the Company's Controller currently serves as the Treasurer for the Wellness Council of Maine. Both Irv and the Controller have served on the volunteer mentoring team organized by the Council to work with new workplace wellness members.

Laurie Mitchell

Laurie Mitchell, RD is the Director of Employee Health Improvement for MaineHealth where she is responsible for designing and implementing health improvement programs for over 10,000 employees throughout the MaineHealth system. Her efforts focus on those health issues that are most prevalent within the system—implementing programs for both risk reduction and disease-specific care management while also increasing access and utilization of preventive services. For six years prior to joining MaineHealth, Laurie was the Health Promotion Manager at PSEG, a diversified energy company with 11,000 employees based in NJ. Laurie also worked at Beth Israel Medical Center in New York City for nine years where she held several nutrition positions including manager of Beth Israel’s Nutrition Center.

Jaime Laliberte

Jaime Laliberte became Director of the Wellness Council of Maine in November 2008 after spending four years as the owner of a small fitness and wellness company in Bangor. Jaime has been active in the fitness industry since 1997 and holds a BS in Kinesiology and Master’s in Business Administration from the University of Maine.