



On Belay! News from the HLD Alumni Association
To connect, serve, learn, and advise

January 2015

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**HLD Alumni Association
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2014 - 2015**

HLD I

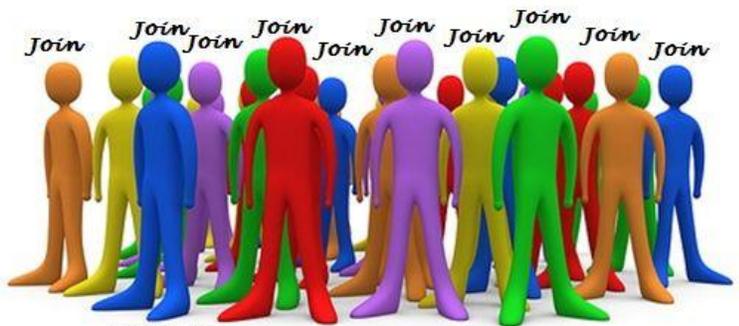
Kevin Lewis
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Cheryl Davis
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Judianne Smith



the **HLD Consultancy Network**

Join the HLD Consultancy Network

Help us create a vibrant network of HLD alumni who support each other and share their experience, knowledge and expertise!

The HLD Consultancy Network was created as a way to connect alumni across classes, all of whom bring tremendous skills and knowledge to the many aspects of healthcare and leadership.

This is a great way for you to share your skills with others or to find someone with skills that you or your organization might need.

Several alumni have joined the Network, offering to share their skills in communications, facilitation, clinical issues, leadership, and many more areas. What can you offer?

Click [here](#) to include your information.

Click [here](#) to see what others have to offer.

HLD IV

Mary Ann Amrich
Sarah Dubay

HLD V

Michele McCormick
Chris Muffett
Lorrie Potvin
Jana Purrell
Rhonda Selvin

HLD VI

Poppy Thacher Arford
Ruth Frydman
Deb Silberstein
Kim Watson

HLD VII

Kelly Bickmore
Melissa Caminiti
Donna Guenther
Dee Kerry deHass

Fall Alumni Meeting a Success!

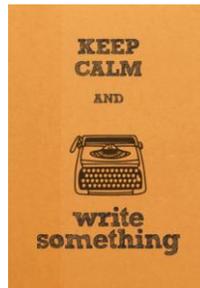
On November 17th, HLD alumni and friends gathered to learn and connect together with the focus on resiliency in this time of transformation. In addition to presentations from state and national leaders, alumni participated in World Cafe discussions.

Missed the meeting but want to see what happened? Click [here](#) for the presentations and resources shared.

Click [here](#) for photos of happy alumni and HLD supporters.

The Newsletter Needs You!

To jazz up the newsletter with new perspectives and to highlight your experiences and ideas, the Newsletter Committee invites you to write an article for the newsletter!



We would love brief articles based on your expertise and interests! Examples of article topics include payment reform, compliance, current legislative policy perspectives, adverse childhood experiences, poverty, rural medicine, and leadership.

Other suggestions include sharing an update on your HLD practicum project, a personal story from your HLD experience, or a summary of your current work. See below for our first submission from **Kevin Lewis (I)**.

Please limit your article to 300 words or less. Articles need to be received by April 3rd, July 10th, October 9th and December 4th. If you are interested in contributing an article, please [email the editor](#), Anita Ruff.

We hope you will consider this invitation!

Alumni Perspectives: Increased Competition and Lower Premiums Help Fuel Economy

By **Kevin Lewis (I)**

For all the political volatility and verbal fireworks within Congress about health reform this past year, a certain achievement has been largely overlooked: the overall stability of health insurance premium prices from 2014 into the New Year. We at [Maine Community Health Options](#) (MCHO) lowered our plan premiums by one percent from last year while growing our broad PPO network to ensure the greatest measure of access to care.

MCHO has also increased our benefits to include plans with pediatric dental, further expansion of our Chronic Illness Support Program, and zero cost generic medications for the benefit of our Members. Along with these enhancements, our drop in average premiums is specifically designed to provide pricing relief and benefit the individuals, families and businesses that count on us to deliver value and stability.

Beyond this good news, there's another story to tell, and that's of the increased entrepreneurship that has been spurred by the new vitality of the individual insurance market which has doubled in size over the past year.

The opportunity to gain affordable health insurance coverage brings new peace of mind as well. As described by one Member recently: "I have been a self-employed salon owner and hair stylist for 27 years [but] without affordable health care the past two years as a single mother. I can not only afford healthcare now, but I am truly enjoying the sports and activities that keep me healthy and young without the fear of the unknown!"

MCHO's own growth as a business has also contributed to growing the economy. With 130 people on the team, MCHO has more than quadrupled in size over the past 18 months, adding significantly to the vibrant commercial hub of the Bates Mill complex in Lewiston. Our economic success further reinforces the stability of premium pricing for both our individual and group plans which bodes well for the year ahead.

Kevin Lewis (I) is the CEO of [Maine Community Health Options](#), a Member-led nonprofit health insurer based in Lewiston.

NOTE: We welcome your thoughts and perspectives! If you'd like to contribute an article to the newsletter, [email Anita](#).

Alumni News

HLD II



Congratulations to **Kathryn Coolidge!** She got married in September to Tom Cope. Her name is now Kathryn Cope, and her email has changed to KCope@mmc.org.

Mike Takach is in Brisbane, Australia until June 2015. His wife was offered the Australian/ American Healthcare Fellowship, and they are having fun, exploring their new home. You can read



about their adventures [here](#). Also, Mike has started his own pharmacy consulting company called PharmSense, Inc.



Steve Trockman has been in our thoughts and prayers. Steve became suddenly ill in December and was diagnosed with [transverse myelitis](#) caused by the varicella virus. After spending several weeks in the Neuro ICU at Mass General, Steve is now at Spaulding Rehab Hospital and is hard at work on his long recovery.

HLD II is raising funds to help Steve and his family with current and future financial needs. Their goal is \$3,000 in 3 months. Stay tuned as there will be opportunities for others to contribute in the future. Contact [Becca Matusovich](#) or [Kate Perkins](#) for more information.

Steve and his wife, Mary Kate Appicelli (who is the former hepatitis coordinator for the Maine CDC), have three kids, ages 8, 5, and 2.

HLD V

Congrats to **Joe Grant!** Joe recently became the Vice President for Operations and Systems at Mid Coast Health Services.



HLD VI



Becca Emmons, HLD VI, is now the Executive Director of [Mobius, Inc.](#), a nonprofit based in Damariscotta serving individuals with developmental disabilities in Maine since 1987. Congrats!

At Long Last! Lapel Pins Help Identify Alumni

After years of unwittingly meeting other alumni at conferences and meetings, there is finally a way of knowing who is an HLD alumni! (Besides the secret handshake, that is!)

Keep your eyes peeled for colleagues sporting this pin with the Hanley Center's red "H." Available to alumni of Hanley's HLD and physician leadership programs, the pin is meant to help you connect and network with other alumni.



Thank you to [SMRT Architects and Engineers](#), who underwrote the cost of the pins. And a HUGE thanks to **Craig Piper** (IV), for securing the contribution from SMRT.

Don't have your lapel pin yet? Email [Maggie](#) and one will soon arrive in your mailbox.

Have one already? Then don't forget to wear it! After all, you never know when you'll run into one of our 260 plus Hanley alumni.

Graphic Leadership

Sometimes putting our leadership ideas and practices into words is hard. Check out these interesting infographics on various aspects of leadership.

10 thought leadership system



[Link to Infographic](#)



[Link to Infographic](#)

Here are a few more:

[Who are Leaders?](#)

[Rise of the New Leader](#)

[Leadership through the Ages](#)

Summer Intern Hosts Needed

Over the past three years, the Hanley Center has matched a growing number of smart, motivated and hardworking college undergraduates with meaningful summer jobs at health and healthcare organizations across Maine.

If you are interested in hosting a summer intern this year, [click here](#) for more information or email [Kristina](#).