



**PRESENTS:
The 17th Annual
Human Resource
Conference**

**“MANAGING THROUGH
TIMES OF CHANGE”**

**Designed for Managers,
Supervisors, Small Business
Owners, Executives and
Human Resource Professionals**

**THURSDAY,
SEPTEMBER 19TH, 2013
8:00AM - 3:00PM
The Crow's Nest
Event Center
150 Maysville Street
Presque Isle, Maine**

AFFILIATE OF
SHRM[®]
SOCIETY FOR HUMAN
RESOURCE MANAGEMENT

NESHHRM
PO Box 1572
Presque Isle, ME 04769

REGISTRATION FORM

ORGANIZATION:

PHONE:

BUSINESS ADDRESS:

EMAIL ADDRESS:

NAMES OF ATTENDEES:

\$90 per person – Whole Day (Includes Lunch)

\$85 per person for multiples – Whole Day (Includes Lunch)

{ } Check here if you require special accommodations and someone will contact you.

RETURN REGISTRATION WITH PAYMENT, payable to NESHRM, by AUGUST 31ST
to NESHRM PO Box 1572, Presque Isle, ME 04769.

OR Pay Via PayPal @ neshrm.shrm.org!!!

For more information visit neshrm.shrm.org or email jcurran@temoemployment.com

CONFERENCE AGENDA

8:00AM - 8:30AM

Registration

8:30AM - 8:45AM

Welcome

8:45AM - 9:45AM

“Benefits of Promoting Employee Wellness”

Cara I. Miller, B.S., M.S.

Wellness Coordinator – CMC Wellness

9:50AM - 10:45AM

“Social Media in the Workplace”

Rick Frank

Director of Information Systems

The Aroostook Medical Center

10:45AM - 11:00AM

Break/Visit Vendors – **Sponsored by F.A. Peabody**

11:00AM - 12:00PM

“Navigating the Unemployment Insurance System”

Rufus Sames

Labor Program Specialist – Maine Dept. of Labor

12:00PM - 1:00PM

Lunch and Visit Vendors

1:00PM - 2:00PM

“Affordable Care Act Update”

Shawn N. Brennan, CHC

Vice President of Sales – Barresi Benefits Group

2:00PM - 2:10PM

Break/Visit Vendors – **Sponsored by Barresi Financial**

2:10PM - 3:00PM

“Employee Motivation, Moral and Retention”

Kim Jones

Public Relations Coordinator/Healthy You Program Director

Cary Medical Center

DISTINGUISHED SPEAKERS

Cara Miller, B.S., M.S.

Cara received her B.S. in Community Health Education specializing in Exercise Science & Nutrition from the University of Maine at Farmington in 2002, and her Master’s of Science in Natural Health from Clayton College of Natural Health in 2010. In 2003 she received her Personal Fitness Trainer Certification through NESTA. Since 2006, she has served as the Wellness Coordinator for the Aroostook Area Agency on Aging. Since 2007, Cara has been Cary Medical Center’s Health Educator & Employee Wellness Coordinator. Cara owns Tree of Life Natural Health offering services in consulting and Reflexology.



Rick Frank

Rick is the Director of Information Systems at The Aroostook Medical Center. He has been in the Information Technology field for over 25 years, the past 16 of which have been in healthcare. He currently sits on the Curriculum Advisory Board for the Computer Electronics Program at Northern Maine Community College, as well as the Technology Advisory Board for Easton School District. He also chaired the Technology & Communications Committee for the 2011 IBU World Cup Biathlon. Rick holds an Associate Degree in Computer Electronics from NMCC, and a Bachelor of Science in Business Administration from Husson University.



Rufus Sames

Rufus retired from the Army in 1996 as a Master Sergeant after 24 years of active duty service. He began working for the Maine Department of Labor in 1997 and has worked as a claims representative, claims adjudicator, Team Leader and, since 2008, as a Labor Program Specialist. Some of his primary duties include reviewing claims adjudicator decisions to ensure they meet federal quality standards, responding to constituent inquiries from the Governor’s office and from various legislators, providing guidance and assistance to the Director of the Bureau of Unemployment Compensation, adjudicator and other staff training and, as was informed when hired, “all other duties as assigned”.

Shawn N. Brennan, CHC

Shawn joined Barresi Benefits Group in 2004 and brings with him over 20 years of group insurance carrier experience. As Vice President of Sales, Shawn is responsible for the sales and management of large group plans including self-insured cases. Prior to employment with Barresi Financial, Shawn worked in a number of Sales and Management capacities with BC/BS of Maine for 16 years, and more recently with Aetna Healthcare for 9 years as Group Manager and Senior Account Executive. Shawn is a graduate from the University of New England, and has his certified Healthcare Consultant designation from the Market Development Institute from Purdue University.

Kim Jones

Kim is the Director of Healthy You and Marketing Coordinator at Cary Medical Center. She has a Master’s degree in Business and a Bachelor’s degree in Communication, as well as American Management Association certification. Kim serves on the Central Aroostook Chamber Board, Quality of Place Council, Caribou Chamber Board, Fort Fairfield Chamber Board, University of Maine Presque Isle Alumni Board, Young Professional Institute Advisory Council, Central Aroostook Chamber Public Relations Committee, and Maine Street Revitalization Committee and is a member of the Presque Isle Kiwanis Club. In addition to her healthcare public relations career, Kim is an instructor for the American Management Association, adjunct faculty at the University of Maine at Presque Isle, and is an independent contractor specializing in business management, customer service, and communication training.

