

**2018 CMSA LI Elections**

<p><b><u>Vice President (Two year term)</u></b> Shelly Samuels                    <input type="checkbox"/> Yes   <input type="checkbox"/> No Write in Candidate: _____</p> <p><b><u>Secretary (Two year term)</u></b> Alyssa Cottone    <input type="checkbox"/> Yes   <input type="checkbox"/> No Write in Candidate: _____</p>
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<p><b><u>Directors (3 year term-Please select two)</u></b> Maria Perez            <input type="checkbox"/> Yes   <input type="checkbox"/> No Gregg Balbera        <input type="checkbox"/> Yes   <input type="checkbox"/> No Donna Raye-Sullivan   <input type="checkbox"/> Yes   <input type="checkbox"/> No Iris DeFlora            <input type="checkbox"/> Yes   <input type="checkbox"/> No Write in Candidate 1: _____ Write in Candidate 2: _____</p>
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<p><b>Name</b> (please print) _____</p> <p><b>Signature</b> _____</p> <p>I am a CMSA member in good standing <input type="checkbox"/> Yes            <input type="checkbox"/> No</p>
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**Please return by March 7, 2018**  
**Please note if sending by mail return by March 5th, 2018**

- Options for return:**
- 1. Submit at the CMSA LI March 7, 2018 meeting**
  - 2. Email it to [director4@cmsali.org](mailto:director4@cmsali.org)**  
**(Write in subject line-CMSALI-Election Ballot).**
  - 3. Mail to: *Nominations Committee, CMSA LI***  
***PO Box 442***  
***Syosset, NY 11791***

## *Biographies*

### Vice President:



**Shelly Samuels** has been in the Home Care industry for over 13 years whether it be in home infusion, certified home health agency or licensed home care in the private pay sector. In 2004 she worked for Advanced Care Inc. which was a home infusion company and then went to work for VNSNY CHHA as an Account Manager and then with Alvita Care as a Sales Director. Currently, she is working with Americare Pharmaceutical Services home infusion company. Shelly works with Case Managers and Social workers in her current role as Director of Infusion Sales for Americare Pharmaceutical Services. She works closely and collaboratively with Case Managers in various sectors including hospitals, home care and managed care. Shelly is an active CMSA member for over 13 years and is currently the Treasurer for the Long Island chapter. In addition, she is an active member with the CMSA NYC chapter through attending their meetings and networking.

## **Secretary :**



**Alyssa Cottone** is the Director of Community Engagement at Family First Home Companions, a non-medical home care agency, and has been a CMSA-LI member in good standing for one year. Alyssa has a Bachelor of Science in Wellness Management and is currently enrolled at Southern New Hampshire University where she will be graduating in 2019 with her Master's Degree in Industrial and Organizational Psychology. Alyssa has ten years of experience working with at risk populations in various capacities. Prior to her role with Family First, she ran SAGE-LI (Services & Advocacy for GLBT Elders-Long Island), a non-profit organization that serves older adults who identify as gay, lesbian, bisexual and/or transgender. With this role, she coordinated weekly social and support programs, trained health and human service providers on diversity and aging cultural competence, ran a friendly visitor program for homebound individuals, and acted as the liaison for Suffolk County Office for the Aging, Nassau County Office for the Aging, New York State Department of Health, and state level stakeholders. Alyssa has presented at national conferences on wellness, aging, and currently presents continuing education presentations for Case Managers and Social Workers on multiple topics. Alyssa continues to lobby in Albany to secure funding for senior programming on Long Island to reduce hospital re-admissions, medical costs, and the trauma associated with not aging in place. Alyssa understands the challenges providing direct care services to at risk populations and is eager to use her skillsets to educate and empower the members of CMSA-LI. She brings expertise in senior care, non-profit and business development, educational curriculum building, empowering health care providers, and bridging the gaps of generations within health care to ensure a future of motivated, informed providers to support Long Islanders of all ages and backgrounds.

## **Directors**



### **Gregg Balbera:**

Gregg Balbera is the Owner and President of Right at Home Nassau Suffolk, a Licensed Home Care Agency with offices in Plainview and Smithtown. He has been the Owner and President since May 2013. His company takes great pride in providing homecare, companion and personal care, as well as skilled nursing to seniors and mobility challenged adults. Greg's mission is to improve the life of those he serves.

Before becoming involved in home care Greg had a 25+ year career on Wall Street that centered on his ability to listen and take care of customer and client needs. Taking care of client needs personally, promptly and professionally has always been the focus of his work. He is accustomed to staying calm in hectic situations.

Gregg came to home care as a second career ready to seize the opportunity to give back in a meaningful way. Both he and his wife watched as several of their grandparents, aunts, uncles and parents dealt with serious medical issues in their later years, requiring both hospital and home care. He witnessed firsthand the effects of Alzheimer's on his family and relatives. Gregg became a Certified Senior Advisor and remains in good standing since 2014. He volunteers weekly at a Rehab Center playing cards with facility-bound seniors as well as driving local seniors to Medical appointments. He joined the local chapter of CMSA in 2014 and wants to be on the Board of CMSA so that he can bring his passion, organization and vision to this very worthy organization. Since becoming a member He has attended the monthly meetings and has enjoyed the opportunity to both learn and network with the various members.



**Iris DeFlora:**

Iris is a RN and Certified CM working in the Case Management Department at Huntington Hospital. She has been an RN for 32 years, working in various staff and management positions. Iris is a member in good standing of CMSA for 7 years. She believes having a position in CMSA will broaden her horizons and increase networking.



**Maria Perez:**

RN, BSN, MPH, CCM celebrates her 40th anniversary as a Professional Registered Nurse in 2018, having graduated with a Bachelor's of Science in Nursing from Hunter College and Master of Public Health Policy and Management from Columbia University in the City of New York-Mailman School of Public Health.

The perennial learner, Maria has recently completed more than seven years of study in Contemplative Science-Sustainable Happiness (4 years) and Contemplative Psychotherapy (2 years) in addition to completing and earning Teacher Training certificates in Mindfulness Meditation and in Compassion Based Resilience training from Nalanda University, NYC. Maria has been a member of CSMA since approximately 1991-92 and obtained CCM in 1993.

Maria's first work experience was with VNSNY as a Public Health Nurse, followed by Private Duty Nursing at Columbia Presbyterian Medical Center, in post-op orthopedics, open heart surgery, neurology and general surgery; then as a Public Nurse-Home Care Coordinator at St. Luke's Hospital and lastly, The Travelers Insurance Company, NY office, in their Worker's Compensation Department.

Maria has over 34 years of expertise in complex and catastrophic cases in the Workers' Compensation/Liability population having started her own company in 1986.

She is the founder and owner of Case Management Network, Inc. Maria has applied her experience and knowledge in nursing to help the injured worker population navigate the costly and ever changing landscape of the healthcare industry, while also helping to reduce unnecessary medical costs for employers and insurance companies. In addition, Maria finds it important to educate and sensitize insurers and employers on the importance of quality medical care for optimal outcomes both in cost and human well-being.

Maria has recognized the need to constantly learn, grow and evolve in order to bring depth and understanding to both her own personal development and to better serve clients.

Maria has spearheaded bringing the contemplative arts and sciences in the form of Mindfulness Meditation and Compassion-Based Resilience Training

to her clients. Maria offers insights based on her own experience that has been cultivated by over years of practice.

It is well documented that the way in which we react to stress, injury and illness determines our ability to heal or become ill and have an early death. Buttressed by well over a decade of research in neuroscience, psychology and medicine, Mindfulness and Compassion training has been shown to cultivate: insight, attention, focus, concentration, emotion regulation, resilience, pro social emotions, enhanced learning and wellbeing- creating a self-healing paradigm.

Maria's interest in becoming a Director of CMSA is to bring to the forefront the importance of self-care that we so often neglect; specifically how to cultivate resilience and wellbeing so we can thrive.



**Donna Raye-Sullivan:**

Donna Raye-Sullivan has been a Professional Registered Nurse for 30 years, having worked in various positions. Her educational background includes a BSN from Molloy College and a MBA in Health Care Management from Quinnipiac University. Donna has worked in Care/Case Management for the last 15 years and received her CCM in 2012. She has been a Member in good standing of CMSA and CMSA LI since 2010. Currently working at Centers Plan for Healthy Living, Donna is the Clinical Manager for Complex Care Management.

Donna is a strong proponent of Care Management Certification and encourages her fellow care managers to expand their knowledge base and join their local/national professional organizations whenever possible. Most recent, she contributed to the American Association of Managed Care Nurses (AAMCN) publication A Nurse's Introduction to Managed Care, 4th Edition, which prepares nurses for taking the Certified Managed Care Nurse (CMCN) examination.

She is a member of CMSA and CMSA LI since 2010. Donna has assisted with the CMSA LI Annual Conference for the last 2 years in the capacity of Welcoming and Sign-In. She has assisted at standard meetings at front table to check members in and to sign up new members. Donna has also attended the last 3 CMSA National Conferences and is registered to go to the one this year in Chicago.

In addition to CMSA/CMSA LI, She is a member of the American Association of Managed Care Nurses and has contributed to multiple chapters in their educational textbook, A Nurse's Guide to Managed Care Nursing, 4th Edition.

Professional organizations that she belongs to, in addition to the above include National Association for Healthcare Quality (NAHQ); American College of Healthcare Executives (ACHE); American Nurses Association.