



## Biography speakers SEFAC Final Event

### Chairs of the event

**Hein Raat**

Hein Raat is professor at Erasmus Medical Centre in Rotterdam, The Netherlands. He is expert in designing, implementing and evaluating programs to integrate health and social care in regions, and (E-Health) applications to enhance well-being and health among high risk groups such as youth and families, frail older citizens and citizens with chronic conditions, and with regard to patient reported outcome measures (PROMs) to include the patient perspective in health care evaluations. He participates in and leads national, European and global research consortia, including European H2020 and Health program studies.

**Oscar Zanutto**

Oscar Zanutto is a work and organization psychologist and coordinator of FABER. He is also a European designer, trainer, consultant, author of volumes, articles and talks on the innovation of assistance services at an international level. Oscar is also Chapter Ambassador at Aging 2.0 Treviso (<https://www.aging2.com/treviso/>).

### Welcome & Opening Statements

**Theodor Haratau**

Mr. Theodor Haratau is a medical doctor, he graduated the Carol Davila Medical University in Bucharest, and later pursued a specialization in family medicine. He is also holding a diploma in Public Health and Management of Health Services and holds an MBA. Over the years he specialized in monitoring & evaluation, he evaluated numerous European projects, and it is a member of the European Evaluation Society.

Before being employed by CHAFEA (which became HaDEA as of the 1st of April 2021) he worked in the private sector, running Romtens Foundation, an NGO implementing projects within the public health area, mostly tackling chronic diseases and workplace health promotion themes. He is a member of the Board of the European Network for Workplace Health Promotion and acted previously as a board member in other European Networks.

Currently he is a Project Officer at the Health and Digital Executive Agency (HaDEA), his portfolio of projects that it is monitoring it is tackling areas such as chronic diseases, European Reference Networks and alcohol consumption.

#### **Mauro Michielon**

Mauro Michielon is the President of ISRAA's Board (Istituto per Servizi di Ricovero e Assistenza agli Anziani), which is Public Care provider based in Treviso, Italy. He has been a member of parliament and of the city council of Treviso, committed to social policies; he was a member of the board of directors of the Lineainfinita Foundation, in support of people affected by AIDS.

#### **Giorgio Pavan**

Giorgio Pavan is the General Director of ISRAA. He is also a psychologist and psychotherapist with research, training and teaching experience in the field of ageing. Expert in the management of social and health structures dedicated to the care of elderly people.

#### **Federico Caner**

Federico Caner is the regional minister for European Affairs in the Veneto Region in Italy.

### SEFAC Consortium: Key Experiences

#### **Stefania Macchione**

Stefania Macchione is a clinical psychologist specialized in Psychology of Aging and Longevity and a cognitive-behavioural psychotherapist in training. Since 2018 she has been working at the specialized centre for dementia ISRAA - Treviso (Istituto per Servizi di Ricovero e Assistenza agli Anziani) and at FABER-Fabbrica Europa (ISRAA) in the field of European projects and community interventions related to active ageing.

#### **Nigel Clark**

Nigel Clark has been involved in Care work for over 20 years in Cornwall, firstly managing an older peoples day facility that also involved the support of those with dementia and cognitive impairments. For the past 12 years he has been a senior manager at Age UK Cornwall managing various services supporting older people across the county of Cornwall. Nigel was involved in the development of the Changing Lives and Living Well projects that have been at the heart of Age UK Cornwall's work over the past 10 years.

#### **Nancy Karanasiou**

Nancy Karanasiou is the Chief Technical Officer of Vidavo a digital health company in Greece. She heads up the technology team and she has over 15 years experience in implementing complex healthcare digital solutions.

**Anastasios Rentoumis**

Anastasios Rentoumis is the President of the NGO "Alliance for Integrated Care" – AfIC. He is an experienced Health Services Researcher and Project Manager in Health Care Projects in Greece and in the Balkans.

**Denis Juraga**

Denis Juraga, MSc, works as a university assistant/PhD student at the Department of Social medicine and Epidemiology on Faculty of Medicine, University of Rijeka. He attended different symposiums in Zagreb, Istanbul, Zadar and Rijeka. He worked on several EU research projects regarding public health (IPA-CLOUD, UHCE 2.0, ENRETE, +Health) and is currently working on two European projects: SEFAC and ValueCare. His area of research interest are environmental health, public health and epidemiology.

**Vanja Vasiljev**

Vanja Vasiljev, PhD, MPH, MSc, works as an associate professor at Department of Social Medicine and Epidemiology, Faculty of Medicine, University of Rijeka. She was working on scientific projects regarding experimental microbiology and immunology and as well as on several national (EUROBioAct, EH-UH 2), several European projects regarding public health (IPA-CLOUD, UHCE 2.0, ENRETE,) and is currently working on two EU projects (SEFAC and ValueCare). Her research interests are devoted to microbiology and public health. She is a programme director of the postgraduate study programme in Health Promotion and Addiction Prevention at University of Rijeka, Faculty of Medicine. She published more than 20 scientific and research papers in domestic and international peer reviewed journals.

**Evaluation of SEFAC**

**Tamara Alhambra-Borrás**

Dr Tamara Alhambra-Borrás is a researcher and project manager at Polibienestar Research Institute – University of Valencia (Spain). Tamara has a PhD in Research in Psychology and she has large expertise in participating in European projects in the field of health.

**Sophie Korenhof**

Sophie Korenhof is a medical doctor who worked in both hospitals and nursing homes. She conducted a master in Epidemiology at Imperial College London. Her interests are public health in general, but more specifically prevention of disease, influence of environmental factors on health and inequalities in health. She is currently a PhD student in the Public Health department of the Erasmus MC. She conducts research to support community dwelling elderly living at home for longer with the help of technology (SQUEALED) and intervention based programs, such as SEFAC.

## Round Table Discussion 1 – comments from users and stakeholders

### **Antonella Buranello**

Antonella Buranello is a psychologist, a Gestalt psychoterapist and a Mindfulness trainer. She was trained in Mindfulness, Compassion and Insight under the guidance of Rob Nairn and the Mindfulness Association Ltd. She has been working in the field of health promotion and wellbeing in different care settings and at workplace since 1994. Since 2002 she has been collaborating with ISRAA (Istituto per Servizi di Ricovero e Assistenza agli Anziani), an Italian eldercare provider.

### *Experience from participants*

#### **Johanna Dumon Tak**

Johanna Dumon Tak was a participant in the SEFAC workshop in the Rotterdam pilot site and is originally from Cape Town, South Africa, but has been living in The Netherlands for 35 years already. She wanted to do something with her knowledge of English, therefore she successfully completed her studies at a Higher School of Education, and became a qualified English teacher. Currently she gives extra English lessons to secondary school children and also works at the Erasmus Medical Centre at the Department of Clinical Chemistry where she has administrative, analytical and logistic tasks.

### *Stakeholders of pilot site*

#### **Jadran Mandekić**

Jadran Mandekić is the Project Manager of the „Rijeka – Healthy City“ Project at the City of Rijeka's Department of Health and Social Welfare. He is responsible for implementing activities that are aimed at increasing the level of health and wellbeing in the community. He is the coordinator of the City of Rijeka's five Thematic Groups comprised of representatives of local health and wellbeing institutions and NGOs. As such, he has extensive experience of fostering cooperation between all key health and social welfare.

#### **Marta Hauser**

Marta Hauser, a graduate in psychology, for the past ten years actively involved in the civil and voluntary sector. Works as a Volunteer centre Rijeka manager, trainer in the field of volunteering in Association for Civil Society Development SMART – Volunteer Centre Rijeka and as an Officer for promotion and public policy analysis in Croatian Volunteer Development Centre.

Working on activities related to promotion of volunteering and brokerage between organizations and volunteers, providing technical assistance and consultations related to the development of volunteer programmes in a variety of organizations – civil society organizations, public institutions, schools, etc., implementing training for volunteers and volunteer involving organizations, assistance and consultations in the process of implementation of quality standards for volunteer centres and programmes. Also, activities include implementation and reporting on various projects funded by different national and international donors related to volunteering and civil society development.

**Rozmari Tusić (translated by Karolina Czerny)**

Rozmari Tusić is working as the Head Nurse (Assistant Director for Nursing) at the Community Health Center of Primorje Gorski Kotar County. She is also a lecturer at the Faculty of Health Studies in Rijeka.

#### *Reactions from ELISAN policy makers*

##### **Roberto Ciambetti**

Roberto Ciambetti is President of the Regional Council of Veneto Region. He is also Vice President of ELISAN (European Local Inclusion and Social Action network) with a participatory status to the Council of Europe. Together with IFFD (International Federation for Family Development), ELISAN and the UN Department of Social policy he launched and promotes the Venice Declaration on "inclusive cities for sustainable families" for the implementation of SDG 11. He is presently Vice President of the Bureau of the Committee of the Regions and leading the Italian Delegation. He is member of the NAT Commission (Commission for Natural resources), the COTER Commission (Commission for Territorial Cohesion Policy and EU Budget) and SEDEC Commission (Commission for Social Policy, Education, Employment, Research and Culture. He is the author of the DRAFT OPINION of the Commission for Natural Resources (NAT) "European Health Union: Reinforcing the EU's resilience". He is also a member of CALRE, the Conference of European Regional Legislative Assemblies as coordinator of the Working Group on Cohesion Policy.

##### **Jean Max Trouillet**

Jean Max Trouillet is the President of the Steering Committee of ELISAN, European Local INclusion and Social Action Network. He has more than 30 years of experience as the General Director of the Social Services of the CCAS of Marseille (Municipal Centers ). He is presently Director of the Departmental Union of Municipal Centers of the Bouches-du-Rhône. He is specifically working on the design of care of elderly citizens. Jean Max Trouillet is also author of the manifesto on Inclusive cities within the project "inclusive cities for sustainable families" promoted by International Federation For Family Development, ELISAN and the Veneto Region for the implementation of SDG 11: "Sustainable cities and communities".

## Round Table Discussion 2 – Future Steps on Chronic Disease Management

##### **Anne-Sophie Parent**

Anne-Sophie Parent is the Secretary General at the Covenant on Demographic Change. The Covenant on Demographic Change gathers all local, regional and national authorities, and other stakeholders, that commit to cooperate and implement evidence-based solutions to support active and healthy ageing as a comprehensive answer to Europe's demographic challenge. After 18 years at AGE Platform Europe bringing the voice of older people together at EU level, she has retired as Secretary General and continue to contribute to the work of AGE Platform Europe on a voluntary basis as expert in AGE task forces on age-friendly environments, adequate income, and consumers' rights including financial services.

##### **Valentina Polyas**

Valentina Polyas is the Director of the EUREGHA Secretariat, which is a Reference network for European Regional and Local Health Authorities. They bring together knowledge and expertise

and encourage diversity with the purpose to improve the efficiency and quality of health systems and services in Europe.

### **Francesca Gastaldon**

Francesca Gastaldon is an expert in international relations and EU affairs. She gained a master in Political Science and two post-graduation master in Diplomatic Studies (Rome) and European Project planning and management (Brussels). Since the 2018 she is a Communication and Project Officer at Programma Mattone Internazionale - ProMIS. In this function she has participated in many projects funded under EU Programmes related to health, social, training and research fields. She has also strong event and training organizational experience setting up webinars and events both at national and European level and participating as Chair or moderator. Before joining the ProMIS team she has worked as Administrative Assistant in the Eurocontrol Performance Review Unit.

## SEFAC Book

### **Anthony Polychronakis**

Anthony Polychronakis is a Policy Advisor at the City of Rotterdam in The Netherlands and he was also chair of the Advisory Board of the SEFAC project.

### **Shanlian Hu**

Dr. Shanlian Hu. MD. MSc. Professor of Health Economics, School of Public Health, Fudan University. At present, he has several social responsibilities, such as, Deputy guiding group leader of comprehensive health system reform in Shanghai Municipal and Jiangsu, Zhejiang, Anhui, Fujian four provinces, member of Advisory Committee of Public Policy in National Health Commission, member of China Eradication of Poliomyelitis Committee, and COVID-19 expert committee, Deputy Director of Health Technology Assessment Sub-Committee, Chinese Health Economics Association, senior consultant of Pharmacoeconomics Sub-Committee of China Association of Traditional Chinese Medicine and senior researcher Of National Drug Policy & Pharmaceutical Industry Economic Research Center in China Pharmaceutical University. He was the member of State Counsel Advisory Committee on Deepening Health Care System Reform (2001-2015), Director of Shanghai Health Development Research Center (2008-2016), Senior consultant of Shanghai Health Development Research Center (2016-2019), Deputy Director of China Health Economic Institute (1993-2000), Coordinator of Training and Research Network in China Health Economics (1992-2005), Deputy Dean, School of Public Health, Shanghai Medical University (1985-1992) and Director of Training Center for Health Management (1985-2000), Director of Pharmacoeconomics Evaluation and Research Center in Fudan University. Member of Steering Committee, Alliance for Health Policy and Systems Research, the World Health Organization, Board Member of International Society of Pharmacoeconomics and Outcomes Research (ISPOR) and the Chairman of Asian ISPOR (2008-2010), as well as a temporary consultant for World Health Organization (WHO), World Bank (WB), United Nations International Children's Emergency Fund (UNICEF) and Australian Assistance for International Development (AUSAID). He received a Health Policy Research Award by Chinese Medical Association in 2014, and one of the top ten well-known China Health System Reform Experts in 2019 issued by China Health News.

**Arja Peiponen**

Arja Peiponen has an expertise of more than 30 years in the management of the Social and Health Care Services of the City of Helsinki, Finland in the field of elderly care. She worked on the integration of social and health care systems. She has been the former coordinator of the ENSA elderly working groups and is member of the ENSA network.

## Experience and Learnings other EU projects

*EFFICHRONIC***Liset Elstgeest**

Liset Elstgeest is a health scientist and epidemiologist with a strong focus on nutrition. Her PhD project was about the relationship between nutrition and depression in older adults. Currently, she is a postdoctoral researcher in the Department of Public Health of Erasmus Medical Center in Rotterdam, The Netherlands. She is working on several national and international projects that develop, implement and evaluate interventions among older persons and children.

**Raquel Ochoa**

Raquel Ochoa holds a PhD in Chemistry by the University of Oviedo. She has more than 15 years of experience in performing research activities and managing the financial and administrative issues of European projects, such as ISOTRACE (FP7)-at Imperial College London, ABETRAP (ECSC)-at the Spanish Research Council, DIMR (ERC) at the University of Southampton, EFFICHRONIC-at FICYT, etc. She has been working as a project manager of the Unit of European Health Projects of Asturias at FICYT (entity in charge of managing the European Projects of the Public Health System and the Regional Ministry of Health of Asturias) since May 2016. She participated as a member of the coordination team of the European project EFFICHRONIC.

**Marta Pisano González**

Marta Pisano González holds a PhD in Psychology (University of Oviedo), a Degree in Nursing, a Bachelor in Nursing from the Hogeschool Zeeland Holland, a Master in Health Sciences from the University of Alicante and a Master in Community Intervention from the Complutense University of Madrid. She is the Coordinator of the School of Patients and "The Patient Active Programme" at the General Direction of Public Health, which main aim is to provide citizens with chronic illnesses and caregivers with self-management strategies, bringing together patients, caregivers, facilitators, doctors, pharmacists and other professionals. She is also involved in other scientific activities such as former President of the Regional Scientific Society of Nursing (SEAPA) and former President of the Federation of the National Nursing Associations (FAECAP), and President of the Nursing Family and Community Care magazine (EFC) which is a National Research Journal. Marta is member of the Research Group "Community Health and Active Aging" of the Research Institute of Asturias (IPSA), Member in European Innovation Partnership on Active and Healthy Ageing B3 Action Group on Integrated Care Action Group, member of the national multicenter project "Effectiveness of the Otago Exercise Program applied in a group versus individual in the probability of falls of people between 65-80 years not institutionalized", and technical coordinator of the European project EFFICHRONIC that is based on the implementation of a self-management training programme (CDSPM) to address chronic diseases in several countries across Europe.

*ValueCare***Elena Procaccini**

Elena Procaccini is a EU Project Manager at the Funded Project Office of Local Health Authority n.2 marca Trevigiana, Treviso - Italy. Since the past 15 years, she has been working in the field of research projects from different sources of funding (national, regional and international), acquiring skills in project design and management, accounting and administration. Currently, she is involved in the ValueCare model design and experimentation in the Treviso pilot site.

**Hein Raat**

See page 1.

**Oscar Zanutto**

See page 1.

[Importance of Lifestyle Medicine for the Management of Chronic Diseases](#)

**Ellen Rouwet**

Ellen Rouwet, MD, PhD, is a surgeon, lifestyle medicine physician and yoga therapist. Her scientific work as assistant professor in the department of Public Health of the Erasmus University Medical Center focuses on mind-body medicine. She founded a non-profit medical center for lifestyle and integrative medicine in Rotterdam where she treats patients with lifestyle-related conditions.