



THE VIRGINIA SOCIETY
FOR POST-ACUTE AND
LONG-TERM CARE
MEDICINE

Excellence in Long-Term Care

2023 Annual Conference

Saturday, September 16, 2023, 7 am to 4:30 pm

Hilton Oceanside, Virginia Beach, VA

Speaker Bios



Speaker 1: Alex Bardakh, MPP, CAE – Director of Public Policy and Advocacy, AMDA – The Society for Post-Acute and Long-Term care Medicine, Columbia, MD

Bio: Alex Bardakh, MPP, PLC, is the Director of Public Policy and Advocacy for AMDA – The Society. Mr. Bardakh works for the Society's extensive Public Policy agenda through Advocacy in Congress and numerous Federal Agencies. A graduate from the University of Maryland Baltimore County (UMBC) in Political Science/Psychology and Master's Degree in Public and Legal Policy, Mr. Bardakh has extensive experience in health policy with a specific focus on areas such as payment models and quality of care initiatives. He has been a recognized national speaker on healthcare policy and has spoken at national conferences throughout the country.

Speaker 2: Milta Little, DO, CMD - Associate Professor of Geriatric Medicine, Duke University, Durham, NC & President, AMDA – The Society for Post-Acute and Long-Term care Medicine, Columbia, MD

Bio: Dr. Milta Oyola Little, DO, CMD is an Associate Professor of Geriatric Medicine at Duke University. She joined the Duke Division of Geriatrics in 2019 from St. Louis University, where she completed her fellowship training and started her academic career. She has extensive experience in Post-Acute and Long-Term Care, including serving in St. Louis as attending physician in five skilled nursing facilities and as medical director for three nursing homes, an assisted living, a home care agency, and a hospice agency. In her current role, she is the facility medical director for The Forest at Duke Continuing Care Retirement Community and the North Carolina state medical director for Longevity Health Plan iSNP. Dr. Little is proud to be the current President for AMDA – The Society for Post-Acute and Long-Term Care Medicine. Her primary scholarly interests are interprofessional health education, deprescribing initiatives, and implementation of Dementia-Friendly programs across settings of care. She enjoys spending time with her husband and two daughters, ages 5 and 8, at their community pool or at one of the beautiful Carolina beaches. When it's too cold for swimming, you can usually find them watching episodes of Disney channel cartoons and eating take-out.





Speaker 3: Alexandria Hill, DNP, Chief Nursing Officer, Cannability Consulting and Director of Quality Improvement, Westminster Canterbury on Chesapeake Bay

Bio: Dr. Alex Hill is the Chief Nursing Officer of Cannability Consulting. She passionately blends her expertise in cannabis, professional development, and quality improvement to empower medical cannabis patients and healthcare providers to holistically optimize the human endocannabinoid system. Alex disseminates cannabis education through individual consultations, in person and virtual education, speaking engagements, publications, podcasts, and more. She is an Item Writer for the American Nurse Credentialing Center and is an active member of the American Cannabis Nurses Association, serving on their Credentialing and Research/Education Committees. Alex is also Westminster Canterbury's Director of Quality Improvement and a healthcare quality consultant for Chiles Healthcare Consulting. She is a

Doctor of Nursing Practice, holds a Master of Nursing Administration and Leadership, and is board certified in Nursing Professional Development and Gerontology. Alex has over a decade of experience in long-term care, from the bedside to corporate leadership roles in operations, staff development, informatics, quality improvement, risk management, and regulatory compliance.

Speaker 4: Kelsey Johnson, MD, Geriatric Psychiatrist, Eastern Virginia Medical School, Norfolk, VA

Bio: Kelsey Johnson is a board certified Geriatric Psychiatrist in an academic hospital in Norfolk, Virginia. She holds an MD from Eastern Virginia Medical School, where she also did her residency. She attended the University of Virginia for her Geriatric Psychiatry fellowship. She works on an inpatient geriatric unit as well as an outpatient clinic for geriatric patients. She supervises psychiatry residents, geriatric medicine fellows, and third and fourth year medical students. She has a special interest in geriatric depression, BPSD, and mental health issues in long term care settings.



Speaker 5: Megan Lemay, MD, Associate Professor of Medicine, Virginia Commonwealth University, Richmond, VA

Bio: Dr. Megan Lemay is an Associate Professor of General Internal Medicine and Addiction Medicine at VCU. She practices in outpatient primary care and addiction clinics at VCU and the inpatient ward service at VCU. She is also a Core Educator at the Internal Medicine Residency Program and Addiction Medicine fellowship.



Speaker 6: Luz Ramos-Bonner, MD, MBA, Network Medical Director, Independence Blue Cross

Bio: Luz Ramos-Bonner MD is part of Independence Family of Companies as a Network Medical Director for Independence Blue Cross. In this role, Dr. Ramos is responsible for collaborating with primary care providers to drive improved performance in the Pennsylvania market including primary care population health and value-based programs with health systems. As part of the Clinical Care Transformation leadership, her cross functional role includes initiative that promote whole person equitable health and advancing the quadruple aim (cost efficiency, quality care, improved member and provider experience and health equity). Dr. Ramos is a geriatrician and finished her Master of Business Administration in Healthcare at the George Washington University. She is a Fellow of the American College of Physicians and American Geriatrics Society and a Certified Medical Director of the American Board of PALTC Medicine.