# Monday March 10

**Dr. Guzmán-Vélez** is an Assistant Professor in the Department of Psychiatry at Harvard Medical School and a clinical neuropsychologist at the Massachusetts General Hospital (MGH) Multicultural Assessment and Research Center. She conducts observational and interventional studies that aim to elucidate factors that protect or increase the risk for cognitive impairment and neurological disease. Specifically, her current research investigates neurocognitive symptoms and risk for neurodegenerative disease in "long-COVID", the association of physical activity and fitness with AD progression, and the role of neuro-immune interactions in risk for neurological disease. In addition, Dr. Guzmán-Vélez has developed several training programs to increase the representation of women and underrepresented minorities in STEM

**Dr. Ai-Ris Yonekura Collier** is a physician-scientist specializing in high-risk pregnancy care at BIDMC's Department of Obstetrics and Gynecology. She also serves as the Director of the Clinical Trials Unit at the Center for Virology and Vaccine Research. During the COVID-19 pandemic, she was the Principal Investigator leading the hospital-wide COVID-19 Biorepository and co-investigated the Ad26.COV2.S vaccine booster trial. Outside of her clinical and research work, Dr. Collier is an enthusiastic educator and a strong advocate for the inclusion of pregnant and lactating individuals in both observational and interventional clinical trials.

**Vasu Prudhivi** supports the Wellness Programs at Sadhguru Center for a Conscious Planet, BIDMC. She is a certified classical Hatha Yoga Instructor, carrying ~2,000 hours of training and 5 years of teaching experience across communities of all backgrounds. Having personally experienced the transformative benefits of yoga on physical, mental and emotional health, she brings a unique passion for improving the health outcomes for all.

# Tuesday March 11
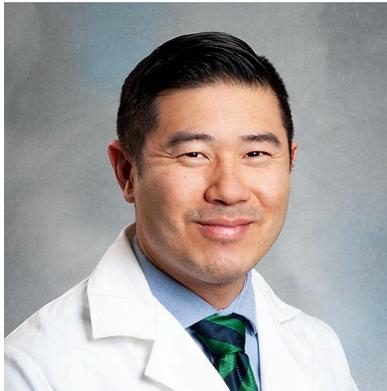


**Alexander Kim, MD** completed his bachelor's degree in neuroscience at Johns Hopkins University. After medical school at New York Medical College, he went on to complete his anesthesiology residency at Yale New Haven Hospital. He completed his pain medicine fellowship at Brigham and Women's Hospital and has remained on as clinical staff there. He has led several quality improvement projects locally involving patient education and safety. He serves as the Associate Program Director of the Brigham and Women's Pain Medicine fellowship and was recently awarded pain teaching attending of the year. He is currently researching the efficacy of stellate ganglion blocks for Long COVID symptoms.



**Mike Doyle** is a Research Program Manager working in the Sleep & Inflammatory Systems Laboratory at BIDMC. He works primarily on Long COVID research studies for Dr. Janet Mullington, while also helping to manage day-to-day activities in the office. He has been working in research for about 10 years. In his role he oversees research for Long COVID including the NIH RECOVER trials.



**Ellen Alden** is a mind/body coach who helps those with Long COVID regulate their nervous systems through meditation, vagal stimulation exercises, visualization and brain retraining. Ellen used these tools to recover herself from Long COVID. Through her business, Stress- Less, Ellen offers one-on-one coaching, group workshops and a support group where participants receive community support, training and long COVID education.

# __Wednesday March 12__

**Kara McSheehy, OTR** is an outpatient Occupational Therapist who works closely with the BIDMC Long COVID Survivorship Program to provide rehabilitation to those experiencing a change in functional cognition, endurance, activity tolerance, and decreased independence in valued daily tasks after an infection of COVID 19. In addition to this role, Kara also specializes in neurological and pelvic floor rehabilitation and serves as the OT counterpart for the BIDMC Center for Excellence for Huntington's, Parkinson's, and ALS.

**John Scherry, PT, CCS, CSCS** is a physical therapist with nearly 2 decades of specializing in cardiopulmonary PT and is board certified in cardiovascular and pulmonary physical therapy. He has worked at BIDMC since 2019 and has worked with individuals who had covid since the onset of the pandemic ranging from individuals on ventilators in the ICU to patients with long covid in the present day. He has been a member of BIDMC's covid survivorship program since its inception with involvement in the RECOVER and ENERGIZE studies.

**Rebecca Donnelly, DPT** is a Physical Therapist at BIDMC in the outpatient physical therapy department. With over 10 years of experience, she is a Board-Certified Orthopedic Specialist. Rebecca specializes in treating orthopedic conditions as well as pulmonary dysfunction, and has been part of the COVID-19 Survivorship Program since 2021. Outside of her professional work, she enjoys spending time at home with her two young children.

**Hadas Golan, SLP** is a Speech-Language Pathologist at Boston Medical Center, an Integrative Breathing Therapies practitioner and Associate Professor at Boston University's Chobanian & Avedisian School of Medicine. Hadas uses evidence-based breathing therapies including the Buteyko breathing method, Resonance frequency breathing and resistance training breathing to restore functional breathing and lung health. Dysfunctional breathing can contribute to chronic shortness of breath, fatigue and brain fog in Long COVID.

# Thursday March 13



**(Left to Right) Sophie Nemeth & Maria Leyba** are clinical research coordinators and **Amanda Grundmann** is a medical research student, all working within Dr. Jennifer Ho's heart failure research team. Today they will be talking specifically about BIDMC's CLEO study. This research is examining the long-term cardiac effects of COVID and whether risk factors like obesity impact cardiac endothelial function.

**Beth Regan, SLP** is a Speech Language Pathologist with 18 years of experience. She received her Bachelor of Science from Northeastern University and her Masters Degree in Communication Disorders from Emerson College. She joined the Rehabilitation Team at BWH in Foxboro in 2019. Areas of clinical interest include communication impairment, cognitive impairment, post concussion syndrome, voice and swallow disorders. Since 2020, her areas of clinical specialty have expanded to treating many individuals with cognitive communication deficits following Covid 19 infection.

## Friday March 14

**Dr. Peter Novak** is the Chief of the Division of Autonomic Neurology and Director of the Autonomic Laboratory at Brigham and Women's Hospital. He is an associate professor of neurology at Harvard Medical School and the principal investigator of the NIH RECOVER-AUTONOMIC clinical trial, which is testing treatments for dysautonomia and Long COVID.  Dr. Novak is a member of the American Academy of Neurology, the American Autonomic Society, and the Autonomic Board of the United Council for Neurologic Subspecialties (UCNS). His special interests include orthostatic intolerance syndromes, small fiber and autonomic neuropathies, and multiple system atrophy

**Lael Yonker, MD** is the Director of the Pediatric COVID-19 Biorepository at Massachusetts General Hospital (MGH), Director of the MGH Cystic Fibrosis Center and Therapeutic Development Center, and Associate Professor of Pediatrics at Harvard Medical School. Since the outset of the COVID-19 pandemic, she has led Pediatric COVID-19 research and has helped shape our understanding of how SARS-CoV-2 affects newborns, infants, children and young adults. Dr. Yonker is currently investigating mechanisms driving long COVID in children and leads a clinical trial assessing the impact of larazotide, a zonulin antagonist, on long COVID in children and adults.

# Long Covid Awareness Week Organizers

**Julie Sullivan, SLP** is the Program Manager of the COVID Recovery Center at Brigham and Women's Hospital (BWH) where she oversees care coordination, patient support programs and clinical trial connections for patients with Long COVID. Julie is a Long COVID advisor to the Agency for Healthcare Research and Quality (AHRQ) Long COVID Care Network, part of the U.S. Department of Health and Human Services (HHS), and a member of the Boston COVID Recovery Cohort (BCRC), part of the NIH-funded RECOVER research initiative. Prior to her role at BWH, she spent over 25 years as a speech-language pathologist and rehabilitation department manager. She also taught graduate and undergraduate courses in speech-language pathology at Northeastern University.

**Amberly Ticotsky, MPH BSN RN**, is the nurse coordinator working in the Post Covid & Critical Illness Recovery Programs. During the height of the pandemic, Amberly worked in an outpatient COVID clinic. Two years ago, Amberly transitioned to the BIDMC Long COVID Collaborative, where she has continued to make a significant impact on patients living with the long-term effects of the virus. Amberly strives to provide compassionate, evidence-based care for individuals navigating the complex landscape of Long COVID.

**Jackie French, LICSW** is a social worker at BIDMC working in the Post Covid & Critical Illness Recovery Program. She became involved with Covid survivors after working in Covid ICUs during the initial phases of the pandemic, and quickly realized that survivors would need support managing the major impacts of Covid to their lives. She has been involved with the BIDMC program since its inception, and is passionate about supporting patients in navigating life with a chronic illness. When she is not working in the Long Covid program, she provides trauma therapy and stabilization services in the Center for Violence Prevention & Recovery located within the hospital.