

Power 100: The most influential professionals in Central Mass. for 2025

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2025 Power 100: Amie Shei

[BY MICA KANNER-MASCOLO](#)

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Shei addresses the nuanced and complicated need for health equity by using an intersectional and holistic approach as she tirelessly advocates for those who don't have a seat at the table. In February, she was honored as Massachusetts Woman of the Year 2025 by USA Today.

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Amie Shei

Title
President & CEO

Company
The Health Foundation of
Central Massachusetts, in
Worcester

Employees
4

Colleges
Amherst College, Harvard
University

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100 profiles here**

For five years she has served as CEO for The Health Foundation, an organization funding nonprofits working to enhance the health of individuals working and living in 81 cities and towns throughout Central Massachusetts. At the end of 2023, the foundation held \$87.5 million in assets, while granting out \$2.8 million.

Shei travels around the state to advocate for equal access to health care, whether it's speaking at RIZE Massachusetts' Together for Hope Conference or Massachusetts eHealth Institute's panel on health equity, or

meeting with Massachusetts Gov. Maura Healey.

Knowing tackling health equity takes a village, Shei facilitates innovative partnerships between The Health Foundation and other local organizations. In December, the foundation collaborated with the Southeast Asian Coalition of Central Massachusetts to launch an urban mushroom-growing farm to combat food insecurity, and in February, it paired with Jamaica Plain-based Community Servings to launch a medically tailored food delivery program.

Mica Kanner-Mascolo is a staff writer at Worcester Business Journal, who primarily covers the healthcare and diversity, equity, and inclusion industries.