



Message from the ACHE MN President

DAVID VOLLER, FACHE | PRESIDENT

Members,

As usual, it is hard to believe the year is already half over, or is it half begun? I have often pondered this statement and just like the glass half empty, or half full... I like the positive twist.

Half begun means we have already offered some great educational programs, networking events and continue to grow our membership. All of these are there to serve each of you as members who aspire to support and grow the values of ACHE and help you become even better leaders.

This next half of the year starts to position us for 2026, while still offering a number of educational and networking events. Be sure you continue to follow us on our social media pages like LinkedIn, watch your emails, and visit our website to stay current.

Membership will always be a focus, especially as some start to retire and others are at the early stages of their careers. Of course, National is always keeping this goal as a stretch for us as well. As you think about the future leaders in your organization, who are they and how can you help them in their journey? Get them to join ACHE of course. Imagine if each one of just recruited one person this year, our MN chapter would double. Wow!

As always, on behalf of the board, we are here to serve and support each of you. Let us know how we can assist in a moment of need or as you are pondering future activities. We are extremely well connected and always can help find answers.

Lastly, we would still like to get out in your area and meet with members from your neighborhood. If you would like to host a meet and greet event, let me know. We will be there!

With kindness,
David



David J. Voller, MBA, FACHE
President, ACHE MN

Q2 2025

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Message From Your ACHE MN Regent

DAVID WALZ, RN, FACHE | REGENT FOR MINNESOTA

Hello ACHE-MN

I hope everyone is having a great summer! As you visit family and friends this summer, please continue to be safe on your travels.

CALL FOR REGENT APPLICATIONS

This is my last year as your Regent, and I am kindly asking for your help in bringing forward viable candidates who are willing to serve as Regent for a three-year term (2026-2029). The official election notice is located [here](#).

Here are a few important details:

- All candidates must complete the [Letter of Intent](#) and submit it to elections@ache.org by **Friday, Sept. 12**. No late submissions are accepted, even in areas where no candidate is received by the deadline.
- Each candidate must be a Fellow in good standing as of Sept. 12.
- **Candidates must live and work in the Regent area they will represent.** This point is addressed in the [Bylaws](#) to align with member expectations. Unique situations may arise and any questions about eligibility should be directed to Jennifer Conley.

Our goal is to have competitive elections with at least two candidates as this drives interest and engagement from ACHE voting members. While we seek out eligible candidates and encourage all to run for Regent, I, along with ACHE-MN will promote the election process while not supporting or endorsing any specific candidate. Candidates may not campaign for themselves and can submit information for the ballot that voters will see to help inform their decisions.

CALL FOR 2025 REGENT AWARD NOMINATIONS

It is my pleasure to hereby call for nominations for the 2025 Minnesota Regent Awards. Please consider nominating an ACHE-MN member for the following awards:

- Early Career Healthcare Executive Award
- Mid-Career Healthcare Award
- Senior-Career Healthcare Executive Award

I thank you for your support and the opportunity to serve and represent our Chapter/State.

A handwritten signature in black ink, appearing to read "David F. Walz".

David F. Walz
Regent for Minnesota
CEO Madelia Health





WELCOME NEW MEMBERS

Welcome to our 19 new members and 3 transfer members! We are thrilled you have decided to join the Minnesota Chapter of ACHE in our commitment to healthcare leadership excellence. We're here to help you achieve your personal best while making healthcare safer, more accessible, and affordable to all.

NAME	ROLE	ORGANIZATION
Sara Ayres	Director	Olmsted Medical Center
Sarah S. Beery, BS		
Nicholas M. Beller, PsyD	Vice President of Mental Health Services	Horowitz Health
Kaitlin Burke, MSW, LCSW	Dir of Social Services	MN/DHS/Anoka Metro Regional Treatment Center
Christopher M. Chapman, BS, MHA		
Daniel Devine		
Meagen Driskill*		
Ray Frick		
Michael Goleski		
Dale Hardin		
Jessica Haug		Mayo Clinic
Carla Knippenberg		HealthPartners
Andreas T. Kull, MS	Manager, Hospital Telephone Operations	Mayo Clinic
Michelle McDermott		Mayo Clinic
Elise M. Melancon	Vice President of Compliance	Horowitz Health
Jill J. Nagel, MBA		
Joseph G. Reilly*		
Kate Shaughnessy, MHA		
Amy St. Peter		Rainy Lake Medical Center
Ryan Vaske	CEO, Managing Partner	Embel Assist
Sean M. Wood*	Director, Advisory Services	Optum
Suzanne Young		

Interested in becoming a member?

**CLICK HERE FOR
MEMBERSHIP INFO**



* Transfer to MN Chapter

New members 4/1/25 thru 6/30/25



NEW FELLOWS

WHAT IS FACHE?

The FACHE credential is the gold standard for board certification in health management. According to ACHE, healthcare leaders who obtain the FACHE credential signify their competency, commitment to service, and recognition as an esteemed leader.

CONGRATS!



**Jordan Coffey,
FACHE**



**Kathleen
Penson, FACHE**



**Mark Samii,
FACHE**

FACHE

Fellow of the American College of Healthcare Executives

The Distinction of Board Certification

Event Highlight

Integrative Health & Medicine Models Panel

The College of St. Scholastica, Duluth, MN
Review Written by Shannon Pitre, CSS MHA 25'

The College of St. Scholastica and Essentia Health proudly sponsored a pioneering panel discussion hosted by ACHE MN Northern LPC on Integrative Health & Medicine Models, marking the first-ever ACHE-sponsored panel on this topic in the nation. The event welcomed over 35 attendees, including students, healthcare practitioners, faculty, and local health association members.

Dr. Susan McClernon, Northern LPC Chair, Dr. Barbara McDonald, President of CSS and David Voller, President of ACHE MN, opened the event and welcomed panelists and attendees. Dr. McClernon introduced the distinguished panelists:

- Dr. Chip Halverson, Selah Natural Medicine
- Dr. Nancy Sudak, Essentia Health Integrative Medicine Division
- Lisa Ellsworth, PA, Mayo Clinic Integrative Medicine Division

An overview of Integrative Medicine & Health was delivered by Dr. Chip Halverson, who offered a compelling and spirited exploration of naturopathy. The Mayo Clinic Guide to Integrative Medicine describes, "Integrative medicine focuses on the individual as a whole person, considering the interconnectedness of their physical, mental, emotional, and spiritual well-being". Drawing from his experience, Dr. Halverson highlighted persistent healthcare challenges—including chronic disease and insurance payor barriers—that have remained largely unchanged since 1990's. He emphasized the foundational principles of naturopathy

- The Healing Power of Nature
- Treat the Cause
- First, Do No Harm
- Prevention
- Doctor as Teacher
- Treat the Whole Person

Dr. Halverson encouraged greater attention from insurance companies and advocates of value-based care to begin to include this care in their models, noting that "there are so many patients to teach and much good we can do."

He went on to outline a sobering portrait of the "Medicine Crisis" in the U.S., where pharmaceutical prescriptions dominate across age groups—from antibiotics in toddlers to antidepressants in adults and polypharmacy in older populations. Naturopathic doctors, he argued, focus on holistic healing—leveraging the body's lymphatic system to reduce toxicity through lifestyle interventions such as dietary therapy, herbal medicine, exercise, and stress reduction. Integrative Medicine models inspire change, counteract disease and promote whole person wellness.

Continued next page:

Event Highlight

Integrative Health & Medicine Models Panel Cont.

The panel discussion that followed highlighted the promise and practical challenges of implementing Integrative Medicine models across healthcare systems. Panelists shared real-world examples of success, including improved outcomes in chronic disease management, better sleep, stress reduction, and enhanced dietary and physical health among patients. They stressed that true implementation requires systems-level change—encouraging practitioners to address root causes of disease.

Panelists also emphasized the importance of cross-sector collaboration, such as partnering with civic organizations to improve community health through initiatives like Barefoot Paths, Food Rx programs, and active lifestyle initiatives. Drs. of Naturopathy were noted to collaborate effectively with traditional care teams, supporting sleep clinics, oncology programs, physical therapy, pharmacology, and use of pharmaceutical-grade supplements. Health organizations that welcome Integrative Medicine bring measurable results of dietary changes, sleep and stress management, disease prevention of diabetes and chronic disease in adults and children.

A key theme throughout the discussion was the potential for insurance payor structures to support and accelerate the adoption of integrative approaches. With growing interest in evidence-based complementary therapies, panelists underscored the importance of financial incentives and coverage for holistic care strategies—ultimately advancing the Quadruple Aim of enhancing patient experience, improving population health, reducing costs, and supporting care team well-being.

Health Savings Accounts (HSAs) were highlighted as a sign of shifting consumer behavior—patients are increasingly using these funds for Integrative services such as chiropractic care, supplements, acupuncture, and massage therapy. As patients continue to seek and value these modalities, healthcare organizations have an opportunity to build the business case for integrative care by tracking utilization, reducing burnout, and aligning with what their communities truly need.

Special thanks to the Northern LPC for hosting this ground-breaking event, and to the panelists and organizers for fostering a spirited, educational, and inspiring discussion.

To learn more about the work of the panelists:

- Visit Dr. Chip Halverson, ND, Selah Natural Medicine at <https://selahnaturalmedicine.com>
- Visit Dr Nan Sudak and her team at Essentia Integrative Medicine Division
- Explore the Mayo Clinic Guide to Integrative Medicine by Dr. Brent Bauer for a deeper understanding of integrative care approaches or contact Lisa Ellsworth, MHS, PA-C, DipACLM

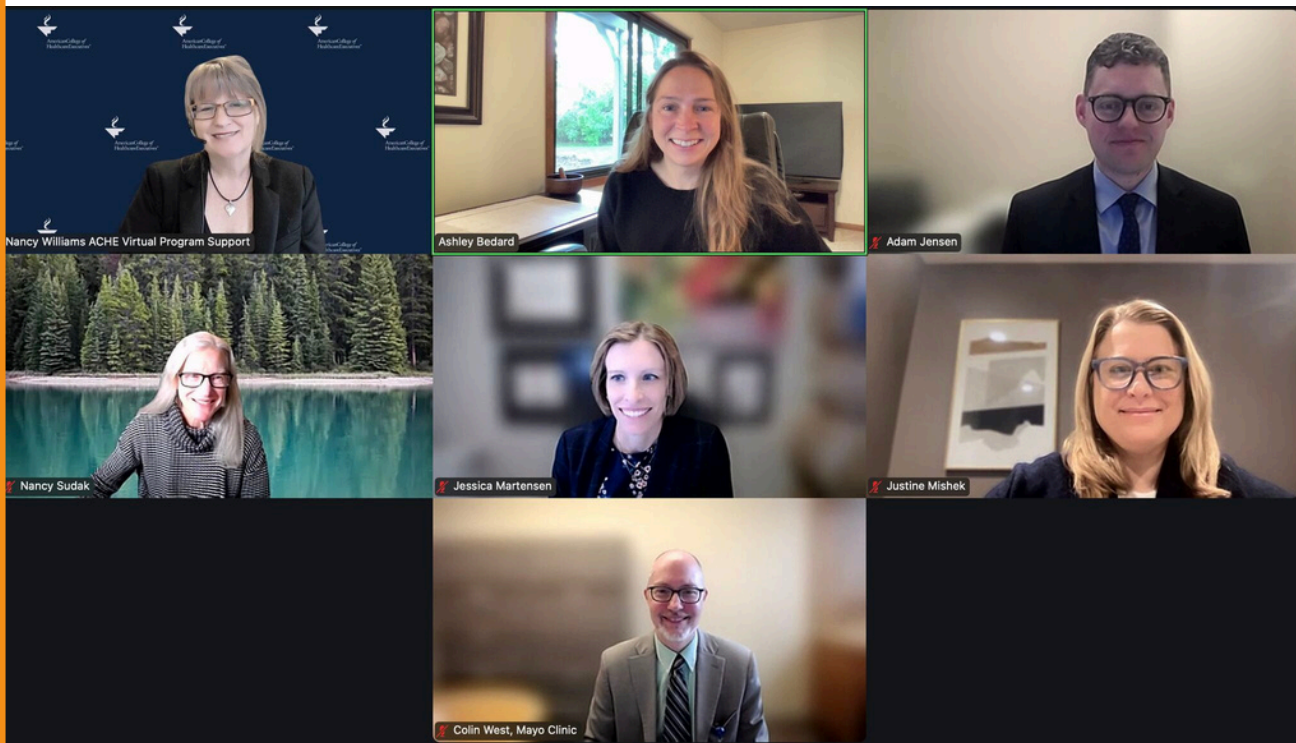


INTEGRATIVE HEALTH & MEDICINE MODELS PANEL



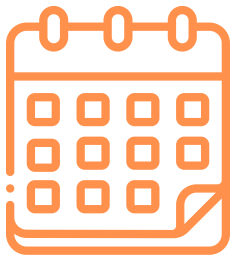


SUSTAINABLE STRATEGIES TO SUPPORT WELL-BEING FOR HEALTHCARE PROFESSIONALS



We had an amazing virtual panel discussion on Sustainable Strategies to Support Well-Being for Healthcare Professionals! Thank you to our moderator Justine Mishek, MHA, our panelists Colin West and Nancy Sudak, and our organizers Adam Jensen and Jessica Martensen, FACHE!

UPCOMING EVENTS *Save the Date!*



ACHE MN JULY JOURNAL CLUB

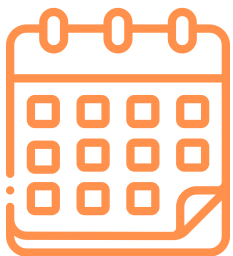
When: July 18th, 2025

Where: Zoom

Topic: Languages of Appreciation in the Workplace

Credits: 1.0 Qualifying Education Credit

How do I register: <https://achemn.org/upcoming-events/ache-mn-journal-club/>



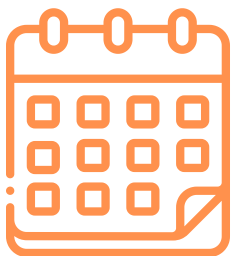
LEADING A CULTURE OF SAFETY: A BLUEPRINT FOR SUCCESS

When: August 5th, 2025

Where: Virtual

Credits: 1.5 ACHE Virtual Interactive Education Credit

How do I register: <https://achemn.org/upcoming-events/ache>

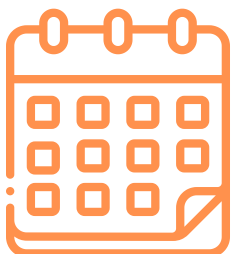


NEW TO MN EVENT

When: September

Where: In-person, details to come!

How do I register: Be on the lookout for more information on our [LinkedIn page](#).



ACHE MN ANNUAL CONFERENCE

When: November 11, 2025

Where: Allina Commons in Minneapolis

How do I register: [Registration coming soon](#)



We connected with member Kenzie Hohman to learn about her role as the Vice President of Integrated Care at Essentia Health, her journey to healthcare administration, and why she is a ACHE of MN member.



Kenzie Hohman

Vice President, Integrated Care
Essentia Health

BACKGROUND:

Q: Tell us about your current role and what it entails:

A: As the Vice President of Integrated Care at Essentia Health, I partner with the Chief Medical Officer to drive and support the development, innovation, and continuous improvement of clinical practice. Together, we work closely with colleagues across the Essentia Health footprint to advance our mission of making a healthy difference in people's lives.

Q: Tell us about your journey into healthcare administration.

A. As I advanced in my pharmacy leadership role at Essentia Health, I decided to pursue an MBA with an emphasis in rural healthcare. This educational journey, combined with my experiences working with leaders across various departments at Essentia, inspired me to envision broader ways to improve people's lives through the delivery of health care. This led me to transition into healthcare administration, where I can make a more significant impact on patient care and community health.

Q. What prompted you to pursue a career in healthcare?

A: My decision to pursue a career in healthcare was sparked by a family friend who was a nurse and introduced me to the role of a pharmacist. At the time, I was in high school with a passion for science, math, and helping others, but I lacked clear direction. This guidance, combined with my interests and support from my parents, inspired me to follow this path. I am deeply grateful for the encouragement I received growing up, which has led me to a fulfilling career dedicated to improving people's lives.

CONNECTION TO ACHE:

Q. How long have you been a member of ACHE?

A: About 3 years.

Q. Why did you decide to join ACHE MN?

A. I joined ACHE to take advantage of the extensive learning and networking opportunities it offers. At the time, I was mostly a member of pharmacy organizations and was looking for a broader network to grow professionally and connect with a diverse range of healthcare leaders.

Q: Any advice for those thinking about joining ACHE?

A: There is no downside to joining ACHE. The membership investment is minimal and pays for itself again and again. ACHE provides many resources, insights, and opportunities to engage.

Q: What do you gain most from your ACHE membership/participation?

A: Continuous learning

MENTORSHIP:

Q. Did you (or do you) have a mentor that played a role in your navigating your career?

A. I have had several mentors throughout my career – some formal but most informal (i.e. less structured and unofficial) in nature. Mentors can be anyone in your network who shares their knowledge and experience to help you grow personally and professionally

Q. What stands out as some of the most important lessons your mentors have taught you?

A. The most impactful lessons from my mentors have come from hearing their stories of overcoming failures and challenges. Their experiences have shown me that setbacks are a natural part of growth and that perseverance can lead to success. These insights have taught me the importance of believing in myself and being resilient.

PERSONAL:

Q: What are some of your hobbies?

A: My main hobbies at this stage of my life involve spending time with family, most notably, my kids (age 10 and 13), as they explore and participate in many activities.

Q: Name something on your bucket list.

A: Visiting all 50 states.

Q: What makes you the person you are?

A: I grew up in a very small rural community in northern Minnesota. Growing up in a small town instilled in me a strong sense of community, resilience, and appreciation for the simple things in life. The close-knit environment taught me the value of relationships and hard work, shaping me into a compassionate and determined individual. These experiences have profoundly influenced my character and continue to guide my actions and decisions today.

Our **Member Feature** aims to highlight individual members and their diverse backgrounds, as well as celebrate the amazing work you do. Please share your story today or nominate a colleague who you think should be featured. Email us at contact@achemn.org

JOIN THE ACHE MN AMBASSADOR PROGRAM

Make a Difference in Our Community!

Are you passionate about healthcare leadership and eager to help others grow in their professional journey? The ACHE Minnesota Ambassador Program is looking for enthusiastic members to serve as ambassadors for our chapter!

As an ambassador, you'll play a vital role in welcoming new members, fostering connections, and guiding them through the many opportunities ACHE MN has to offer. Whether it's a quick introductory call or sharing insights about upcoming events, your support helps build a stronger, more connected healthcare leadership community.

Why Join?

- Expand your professional network
- Support new members in navigating ACHE MN
- Contribute to the growth and vitality of our chapter
- Gain recognition for your leadership and service



What's New?

We're revamping the program to better support both ambassadors and new members.

- A refreshed communication strategy to confirm ambassador engagement
- New virtual networking opportunities like "New Member Virtual Lunches"
- Outreach through newsletters and social media to grow our ambassador list

How to Get Involved: If you're interested in becoming an ambassador or learning more, please contact us at contact@achemn.org or reach out directly to Leo Stankovic Membership & Advancement Chair.

GROW THROUGH MENTORSHIP: Become a Mentor or Mentee

Are you looking to take the next step in your leadership journey or help someone else take theirs?

The ACHE MN Mentorship Program is designed to support members in their leadership and career development, while also inspiring lifelong engagement with ACHE at both the local and national levels.

Our program offers a flexible, traditional one-on-one mentoring model. Pairs are encouraged to meet virtually or in person, as schedules allow, with mentorship partnerships formed around specific goals or areas of interest. While some connections last longer, most mentoring relationships span about a year or less.

Whether you're seeking guidance as a mentee or hoping to share your experience as a mentor, we invite you to participate. Mentorship pairing happens twice a year—in the Spring and Fall.

Why Join?

- **For Mentees:** Gain insight, grow your confidence, and navigate your career with support from an experienced healthcare leader.
- **For Mentors:** Give back to the profession, inspire the next generation, and sharpen your own leadership and coaching skills.

Ready to Make a Connection?

- *Sign up today to be a mentor or mentee and be part of a meaningful, goal-driven partnership that supports your career and strengthens our healthcare leadership community.*



ACHE MN Mentorship Program: <https://achemn.org/jobs/mentorship/>

Interested?

EMAIL
CONTACT@ACHEMN.ORG



JOIN OUR COMMITTEES



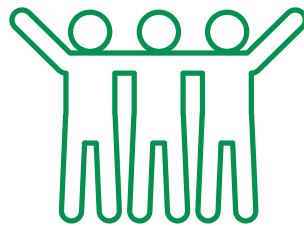
Whether you're a seasoned leader or just starting out, volunteering with ACHE MN is a great way to connect with peers, contribute to meaningful initiatives, and shape the future of healthcare leadership in our region.

Are you looking to grow your leadership skills, expand your network, and give back to the healthcare community? Our chapter is actively seeking passionate and committed members to join our committees!

We currently have openings in the following areas:

- Northern Local Program Council
- Finance Committee
- Membership and Advancement Committee
- Communications Committee

MEMBERS NEEDED



**NORTHERN LOCAL
PROGRAM COUNCIL**

MEMBERS NEEDED



**MEMBERSHIP &
ADVANCEMENT COMMITTEE**

MEMBERS NEEDED



**FINANCE
COMMITTEE**

MEMBERS NEEDED



**COMMUNICATIONS
COMMITTEE**

THANK YOU SPONSORS

THANK YOU TO OUR ANNUAL CORPORATE SPONSORS!

Chapter sponsorships are critical to helping us achieve our vision to be the premier professional society for healthcare executives. We're dedicated to providing our members with valuable resources, management insights, education, and tools to enable leaders in healthcare to achieve success. Visit www.achemn.org/sponsorships.



THANK YOU SPONSORS



ADDITIONAL OPPORTUNITIES TO SUPPORT OUR CHAPTER!

FUND-A-NEED



The **Chapter Development "Fund-A-Need" Program** is a platform designed to secure individual contributions that will be used to fund chapter activities and support the development of individual members and students.

You can find this feature on our website which allows for an easy one-time transaction. Click the "[Fund-A-Need](#)" button to access this feature or visit www.achemn.org/donate.

For those interested, we have sponsorship levels designed to meet any budget. We also have new benefits for our sponsors that include digital and social media coverage. Visit www.achemn.org/sponsorships.



More Than **600** Local Members Dedicated to Improving Healthcare

The Minnesota Chapter of the American College of Healthcare Executives is comprised of healthcare leaders from across the state. We are committed to advancement and excellence in healthcare leadership and we would like you to consider joining us.

The ACHE MN Chapter provides opportunities for professional development, networking, mentorship, collaboration and more.



OUR MISSION

To advance our members in healthcare management.

Healthcare Leaders, Join Us!



OUR VISION

To be the premier professional society for healthcare leaders dedicated to improving the delivery of care.



OUR VALUES

As members of the American College of Healthcare Executives, we are committed to:

Integrity: We advocate and demonstrate high ethical conduct in all we do.

Lifelong Learning: We recognize lifelong learning is essential to our ability to innovate and continually improve our organizations, our profession, and ourselves.

Leadership: We lead through example and mentoring and recognize caring must be a cornerstone of our professional interactions.

Diversity: We advocate inclusion and embrace the differences of those with whom we work and the communities we serve.



ACHE OF MINNESOTA

American College of
Healthcare Executives
for leaders who care®

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Communications Committee
CONTACT@ACHEMN.ORG