

2024 Wilderness Health Calendar of Activity

Board & Committees

Board of Directors Meetings:

3rd Tuesday 10:30am-12pm
1/16, 2/20, 3/19, 4/16, 5/21, 6/18,
8/20, 9/17, 10/15, 11/19

Executive/Finance Committee:

Monthly: 2nd Monday 12-12:30pm

Quality Committee:

Three times/year: 12-1pm
3/5, 6/4, 11/5

Telehealth Committee:

Even Months: 2nd Thursday 11-12am
2/8, 4/11, 6/13, 8/8, 10/10, 12/12

Utilization Management:

Odd months: 2nd Thursday 9-10am
1/11, 3/14, 5/9, 7/11, 9/12, 11/14

Free Change Management Workshops

Health Care Leaders Across All levels

- 6/6/24 from 9:30-4pm; In Person
- 8/21/24, from 9am-12pm; Virtual

[REGISTER HERE](#) by May 1st

Frontline Employees

- 3/27/24 from 9am-12pm; Virtual
- 8/22/24 from 1-4pm; Virtual

[REGISTER HERE](#) by March 1st

Care Coordinators & Charge Nurses

9/5/24 from 10-2:30pm; In Person *Co-incides with Fall Coordination of Care Roundtable. For questions contact:*
Alexis.sininger@wildernesshealthmn.org

Roundtables & Peer Advisory Groups

Description: Opportunity to connect and engage with colleagues across the Network.

Child & Teen Checkup Roundtable:

- May 17, 2024 (in person w/CC RT)
- October 4, 2024 (in person)

Coordination of Care Roundtable:

- January 25, 2024
- May 17, 2024 (Ely)
- September 5, 2024

Education Advisory Group:

- February 8, 2024(12-1pm)
- June 6, 2024 (in person, 9-am1pm)
- October 17, 2024 (10am-12pm)

Finance Roundtable:

- April 19, 2024 (9:30am-12-in-person)
- July 11, 2024 (10am-12:30pm)
- December 6, 2024 (9am-11am)

Human Resources Roundtable:

- February 29, 2024 (10am-12pm)
- July 25, 2024 (In Person, 9am-1pm)
- November 21, 2024 (10am-12pm)

Imaging Roundtable:

- March 13, 2024 (11am-1pm)
- May 6-9, 2024 ((LSC-Duluth)
- October 2, 2024 (11am-1pm)

Nursing Leadership Roundtable:

- February 23, 2024 (9am-10:30am)
- May 31, 2024 (In person 9am-2pm)
- November 8, 2024 (9am-noon)

SDoH Roundtable:

- Quarterly on Mondays: 11am-12pm
- 3/25, 6/24, 9/23, 12/16

Wilderness Health Network Orientation

Description: Wilderness Health (WH) provides a bi-monthly, 1-hr orientation for new and existing employees to learn about the role and value of the Wilderness Health network. Learn how you can utilize the different services WH offers as a member employee. It is an opportunity to meet the WH team and ask questions about the network.

Orientations held on the 4th Wed. of even months, 12-1pm:

- February 28, 2024
- April 24, 2024
- June 26, 2024
- August 28, 2024
- October 23, 2024
- *December 18, 2024

[Register Here.](#)

Join Zoom:

<https://slhduluth.zoom.us/j/84450904243?pwd=YTBCTWRUSnh4ODNzNEIxRlVrUjJiZz09>

Meeting ID: 844 5090 4243

Passcode: 244575

**Denotes a change in schedule /holiday.*

Contact Information

Cassandra Beardsley, Executive Director
218.834.7375
cassandra.beardsley@wildernesshealthmn.org

Zomi Bloom, Telehealth Program Manager
218-834-7323
zomi.bloom@wildernesshealthmn.org

Colleen Foote, C & TC Coordinator
218-481-3207
Colleen.Foote@wildernesshealthmn.org

Michelle Hargrave, Project Manager
218.834.7356
michelle.hargrave@wildernesshealthmn.org

EJ Howarth, Quality Analyst
218.834.7309
ej.howarth@wildernesshealthmn.org

Dr. Gretchen Karstens, Medical Director
218.249.7870
gretchen.karstens@slhduluth.com

Alexis Sininger, Program Associate
218.834.7381
Alexis.sininger@wildernesshealthmn.org

TBD, RN Care Navigator

