



WELCOME TO THE

ANNUAL CONFERENCE

FOR PROGRAM DIRECTORS & COORDINATORS



PROGRAM AGENDA

8:00-8:30

Registration & Continental Breakfast

8:30-8:45

Dr. Kelly Frisch

Welcome & Opening Remarks

8:45-9:45

Dr. Michael Aylward

Advocacy through Community

9:45-10:00

Break

10:00-11:00

Dr. Jessica Goldstein

From Mundane to Magical: Unleashing Joyful Learning

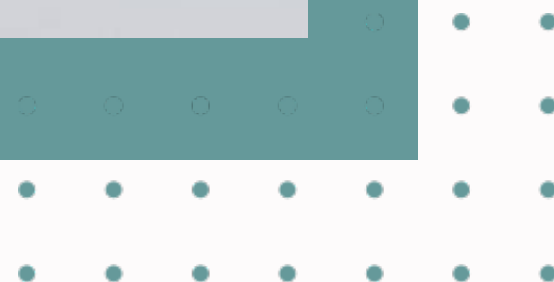
11:00-11:45

Dr. Anthony Williams

Daily DEI for Trainees

11:45-12:30

Lunch



PROGRAM AGENDA

12:30-2:00

Breakout Sessions
in the Jack Links Legend Lounge &
Studio 900

2:00-2:15

Break

2:15-3:15

Dr. Susan Culican and the Expert Panel
Fostering Healthy Working Relationships &
Best Practices

3:15-4:00

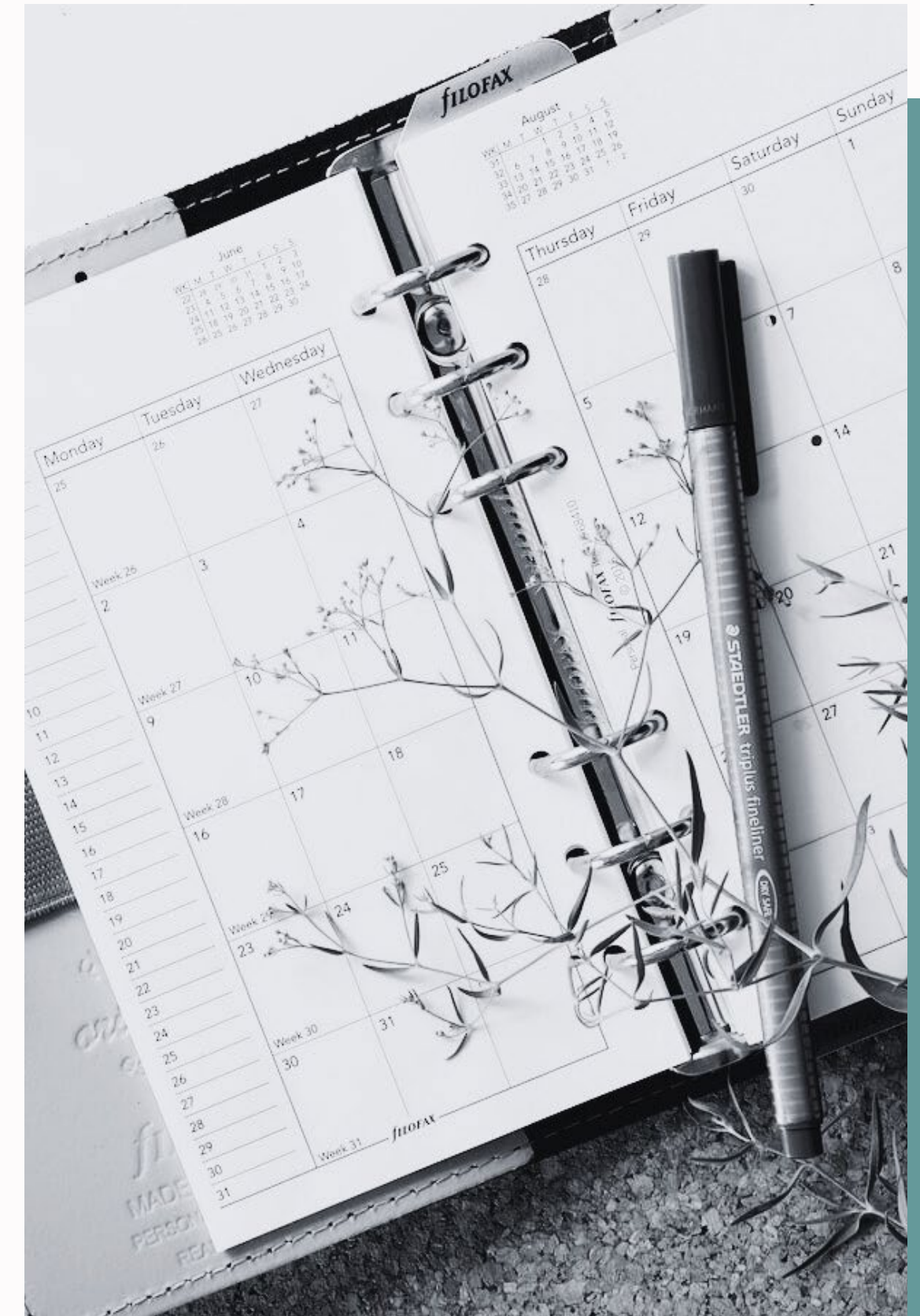
Ryan Aga, MSN & Meredith Wold, PA-C
Medical Improv: Bolster Better
Communication

4:00

Conference Adjourns

4:00-5:00

Networking Opportunity
Cash bar on the Rooftop



BREAKOUT SESSIONS

Program Director Sessions
Jack Links Legend Lounge (1st Floor)

Coordinator Sessions
Studio 900 (3rd Floor)

12:30-1:15

Ryan Aga, MSN
The Future of Simulation

Meghan Krause, MPH
Cultivating Joy in Your Workday

1:15-2:00

Dr. Kaz Nelson
Program Director Networking
"What Keeps You Up At Night?"

Dr. Tseganesh Selameab &
Dr. Aneudy Nunez Pena
Reclaiming Your Joy Workshop

The background is a solid teal color. It features several decorative elements: horizontal teal stripes in the top-left and bottom-right corners; a circular pattern of fine white lines in the top-right and bottom-left corners; and several blue-outlined rounded rectangles of various sizes scattered across the page. The text is centered in a white, serif font.

MEET OUR
SPEAKERS



Michael Aylward, MD

Program Director for the Internal Medicine-Pediatrics residency program at the University of Minnesota

Dr. Michael Aylward received the ACGME 2022 Parker J. Palmer Courage to Teach Award. He went to New York University School of Medicine and then completed his internal medicine and pediatric residency training at the University of Minnesota. He spent a year as chief resident at the Minneapolis VA Health Care System where he oversaw residents and ran teaching conferences. He currently is the Program Director for the Internal Medicine/Pediatrics residency program. His academic interests include the practical application of technology to patient care, medical education, advocacy, and writing.





Ryan Aga, MSN

Director of Clinical Simulation for HealthPartners

Ryan Aga is the system-wide director for clinical simulation for HealthPartners. Ryan has been in his current role leading simulation for 3 years. Ryan leads a team of situationists that covers over 10,000 sq. feet of collective simulation center space across HealthPartners and a fully mobile simulation program that canvases our surrounding communities and states. Ryan holds a master's degree in nursing leadership and management and spent his entire 21-year nursing career in emergency medicine, 17 of those at Regions Hospital, with over a decade in nursing leadership. Ryan also holds a certificate in Simulation from Drexel University in Philadelphia.

Ryan is a futurist thinker, a collaborator/connector/motivator, and is deeply passionate about healthcare simulation, innovation and rebuilding the future of healthcare training, education with a laser focus on the quadruple aim in healthcare.





Susan Culican, MD

Associate Dean for Graduate Medical Education at
the University of Minnesota

Susan Culican, MD, PhD, is the Associate Dean for Graduate Medical Education (GME). Dr. Culican is also a Professor in the Department of Ophthalmology and Visual Neurosciences. She comes from the Washington University School of Medicine where she was an Associate Professor in the Department of Ophthalmology and Visual Sciences, Director of Medical Education and Director for Residency Training for Ophthalmology. She is a Diplomate of the American Board of Ophthalmology and a Fellow of the American Academy of Ophthalmology. Dr. Culican served on the Graduate Medical Education Committee at Washington University for 15 years with service on the Resident Wellness subcommittee. Her educational work includes development of Ophthalmology milestones and data-driven residency assessment. Her practice centers on eye conditions in children, and she also treats adults for strabismus. She has been consistently recognized on "The Best Doctors in America" list.





Kelly Frisch, MD

HealthPartners Executive Director, Health Professional Education,
and Designated Institutional Official

Dr. Kelly Frisch trained at the University of Minnesota Medical School and completed her residency with the University of Minnesota Internal Medicine residency program. Kelly was an Associate Program Director for the Internal Medicine residency for over ten years and then moved into central Graduate Medical Education. She has been the Designated Institutional Official for HealthPartners Institute for over four years and practices focused internal medicine, caring for patients with diabetes. She is currently the MMCGME Board Chair.





Jessica Goldstein, MD

Associate Program Director Neurology Residency, Resident
Leadership Academy Co-Director

Dr. Goldstein is a child neurologist and medical education scholar. She attended Case Western Reserve University School of Medicine and then completed a general pediatrics and child neurology residency at University Hospitals of Cleveland/Rainbow Babies & Children's Hospital. She is passionate about medical education, with a strong interest in professional and leadership development in graduate medical education as well as exploring innovative curriculum development. Her educational research focuses on developing best practices for leveraging and integrating technology in curriculum design, teaching practices and professional development.





Meghan Krause, MPH

HealthPartners Employee Well-Being Senior Program Manager & Purpose Camp Founder

Meghan Krause is a well-being leader, speaker, coach, and facilitator who helps people recover from burnout, contemplate change, create life transitions, integrate well-being into the flow of work, and reclaim life from work more successfully. During her 20+-year well-being career, Meghan has helped popularize The Blue Zones, produced a lifestyle medicine program that moved 3 in 4 health care workers from unhealthy to healthy for a range of biometrics and perceived stress during a pandemic, and coached hundreds of overloaded and under-living senior leaders in turning their overfilled lives into fulfilled lives.

Meghan has an MPH in Health Promotion and Integrative Healing Therapies from the University of Minnesota School of Public Health and Bakken Center for Spirituality and Healing, an MA in Communications and Media from the University of Minnesota, NBC-HWC from the National Board for Health & Well-Being Coaching; in addition, she has multiple certifications and is a member of the MN Holistic Medicine Group.

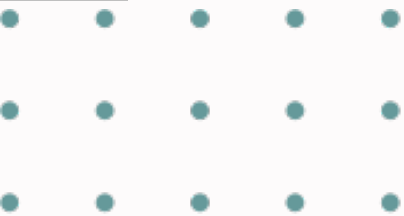


Kaz Nelson, MD

Associate Designated Institutional Official, Office of Graduate Medical Education, Associate Professor for the University of Minnesota

I am a psychiatrist and advocate for compassionate and effective care through high-quality education and innovation for people living with psychiatric illnesses. I work in Minneapolis, Minnesota, as an Associate Professor of Psychiatry and Behavioral Sciences at the University of Minnesota Medical School and at the University of Minnesota Medical Center providing inpatient psychiatry services. Medical education leadership has been the focus of my career and I have published, presented, and developed educational materials nationally and internationally as director of the UMN Psychiatry Education Research Laboratory (PERLab).

I am a Distinguished Fellow of the American Psychiatric Association and diplomate of the American Board of Psychiatry and Neurology. My clinical interests lie in the area of best practices in the diagnosis and management of severe personality disorders, suicide, and psychotherapeutic communication with patients in acute settings. I also serve in the position of Associate Designated Institutional Official with leadership responsibilities across residency and fellowship programs.





Aneudy N. Nunez Pena, MD

HealthPartners Family Medicine Physician

Dr. Nunez Pena graduated from the Universidad Tecnologica De Santiago Escuela De Medicina Santiago Campus in 2005. He practices at the HealthPartners Center for International Health. He likes connecting with his patients and welcomes the opportunity to work with a culturally diverse population. Dr. Nunez Pena strives to be an active listener, providing guidance and support for my patients and acting as a facilitator on their health journey. His special interests include preventive medicine and health education promotion. Volunteering and medical mission work are also passions of mine.





Tseganesh Selameab, MD

Associate Program Director for the HCMC IMED Residency Program,
Associate Director at the Center for the Art of Medicine

Dr. Selameab (she/her) is a wife and mother of three amazing girls who practices internal medicine in St. Paul, with a focus on refugee and immigrant populations as well as urban-underserved and community-based advocacy. Storytelling and narrative medicine has been a part of Dr. Selameab's medical journey for many years and she has been invited to share her written work at the University of Minnesota Medical School White Coat ceremony, at regional medical conferences, and has participated in several local and national storytelling events.





Benjamin Seltzer, PhD

Research and Data Analyst for the Office of Graduate Medical Education at the University of Minnesota

Benjamin Seltzer was formerly an Assistant Professor of Psychology and Assistant to the Director of Assessment and Institutional Research at Washington & Jefferson College; Ben is committed to helping institutions in higher education gather quality data and use it effectively. Ben enjoys playing and writing music – or reading science fiction in his downtime.

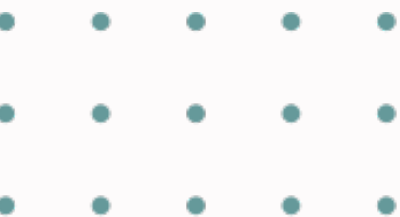




Anthony Williams, MD

Hospitalist, Associate Program Director for the Med-Peds Residency at the University of Minnesota, Associate Director at the Center for the Art of Medicine

Dr. Anthony Williams completed his undergraduate work in Chemical Engineering at the University of Oklahoma. Then, he completed a five year joint program at the University of Minnesota in which he obtained his MD and MS in Biomedical Engineering. He then completed his residency training in Internal Medicine & Pediatrics in 2018. Dr. Williams is currently a Med-Peds Hospitalist at HealthPartners who splits his clinical time between Regions and Children's Minnesota. He's also an Associate Program Director of the Med-Peds residency program at the University of Minnesota and an Associate Director at the Center for the Art of Medicine. He is passionate about creative writing, narrative expression, and DEI efforts aimed at increasing the diversity of future physicians.





Meredith Wold, PA-C

Assistant Professor at Saint Catherine University PA Program

Meredith Wold earned an undergraduate degree from Southern Methodist University in Dallas, TX. While in Texas, Meredith enjoyed exploring the golf courses of the South as a member of SMU's Division I women's golf team. After graduation, she returned to her Midwestern roots and completed a Masters in Physician Assistant Studies from Augsburg University located in Minneapolis, MN. Meredith has spent her career as a hospitalist APC at Regions and Methodist Hospitals in Mpls/St Paul. While at Regions, Meredith co-founded the Hospital Medicine APC Fellowship program, was a founding co-chair of the Regions APC Committee, and currently serves on the Regions Medical Executive Committee. Meredith speaks both regionally and nationally about Hospital Medicine APC models and post-graduate APC education. In addition, Meredith is a Past President of the Minnesota Academy of Physician Assistants. Alongside her clinical work, she holds an Assistant Professor role at St Catherine University's PA Program in St Paul, MN where she sprinkles in Medical Improv throughout the curriculum. In her free time, she enjoys playing pickleball and exploring local parks with her husband and three children.





MMCGME

THANK
YOU



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