



Nurturing Health: Integrating Wellness at Work

2024 MOLN FALL LEADERSHIP CONFERENCE

October 17-18, 2024

**Duluth Entertainment Convention Center
Duluth, MN**

This fall conference will provide leadership tools and strategies that will strengthen and support nurses in formal and informal leadership roles.

REGISTRATION OPEN NOW - OCTOBER 7, 2024

MOLN 2024 FALL LEADERSHIP CONFERENCE

Nurturing Health: Integrating Wellness at Work

REGISTRATION FEES

Early-bird Pricing – available until 5:00 pm on September 23

\$289.00 MOLN Member
\$399.00 Non-Member
\$50.00 Student Member

After September 23 at 5:00 pm

\$439.00 MOLN Member
\$599.00 Non-Member
\$50.00 Student Member

Join MOLN today and save on conference registration fees.
Become involved with a leadership-focused nursing organization!

Visit <https://members.moln.org/event-calendar> or <https://bit.ly/4bYj49Z>
to register online. You may also scan the QR code below with your mobile device.



No registrations are accepted after October 7, 2024.

Group rates of 5 or more will receive an additional \$20.00 off per person.

Must contact MOLN for a discount code before registering

office@moln.org

CANCELLATION

Registration fees, less a \$50 cancellation fee, are refundable if notice is received by September 23, 2024. If you cannot attend, you may choose to send someone in your place; however, discounted member rates cannot be transferred to non-members. Registrations cannot be shared or split. You must contact office@moln.org with any attendee changes. No-shows will be billed.

If you have special health, mobility, or dietary needs,
please contact office@moln.org prior to attending the conference.

Call for Abstracts – Evidence-Based Practice Projects & Research

If you would like to submit an abstract for consideration, please visit the MOLN website for submission requirements and deadlines or contact the MOLN Office at office@moln.org

AUDIENCE

The conference is specifically designed for chief nursing officers, nurse managers, directors, advanced practice nurses, nurse educators, clinical nurse specialists, registered nurses, and student nurses. Any nurse interested in leadership topics is also welcome to join us.

NETWORKING

The MOLN Fall Leadership Conference is a wonderful opportunity to engage with your colleagues in the Minnesota nursing community. More than 200 nurse leaders representing more than 100 hospitals, clinics, universities, and healthcare organizations will come together at the conference.

CHECK-IN/REGISTRATION

Registration will open Wednesday, October 16 from 3:00 PM–6:00 PM and again Thursday morning. Conference check-in will be located in the Harbor Side Ballroom Lobby of the DECC on Wednesday, near the meeting rooms utilized for the event. A check-in/help table will remain open at the DECC throughout the conference.

DISCLOSURES

Successful Completion

Participants must pre-register, check-in on both days, participate in all educational sessions, and complete the online evaluation to receive a certificate of completion.

Relevant Financial Relationships

No relevant financial relationships were identified for any member of the planning committee or any presenter/author of program content.

NURSING CREDITS

Participants meeting the successful completion requirements will receive **10.25 contact hours.**

This activity has been submitted to the Midwest Multistate Division for approval to award contact hours. The Midwest Multistate Division is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

CONFERENCE VENUE

Duluth Entertainment Convention Center | 350 Harbor Drive Duluth, MN 55802



<https://decc.org>

Located on the shores of Lake Superior in Duluth, Minnesota, the Duluth Entertainment Convention Center (DECC) offers first-class meeting space, is within walking distance of downtown hotels, shops and restaurants via an enclosed skywalk system and steps away from charming Canal Park. Plus, you can enjoy panoramic views of the Aerial Lift Bridge and Duluth Harbor from your event space.

OVERNIGHT ACCOMMODATION

Holiday Inn & Suites Duluth – Downtown | 200 West First Street, Duluth, MN 55802



<https://bit.ly/4fc1MZD>

Located in the heart of downtown Duluth, Holiday Inn & Suites Duluth–Downtown is near Canal Park, Miller Hill Mall, and Duluth International Airport. Connected to the indoor skywalk system, easily explore Duluth Entertainment Convention Center and AMSOIL Arena. Visit attractions like Glensheen Mansion, the Great Lakes Aquarium, and Spirit Mountain. Hike Lake Superior Trail, visit Park Point Beach, and the Aerial Lift Bridge.

Sleeping rooms have been blocked for the Minnesota Organization of Nurse Leaders at the Holiday Inn & Suites Duluth – Downtown for October 16 and 17 at a rate of \$179.00 plus taxes for single or double occupancy. Parking is free for all registered guests.

Sleeping rooms can be reserved online by visiting Holiday Inn & Suites Duluth Downtown Room Block (<https://bit.ly/4cNvGSq>) or by calling the hotel directly at 218.722.1202 identifying yourself with the MOLN room block (**Group Code: MOL**).

*Reservations must be made on or before **September 16, 2024**. Reserve your room today!*



THURSDAY DINNER OPTIONS

Bellisio's Italian Restaurant & Wine Bar

This easygoing Italian restaurant boasts more than 500 wines, plus pasta, salads & an outdoor patio.

<https://www.bellisios.com>

Fitger's Brewhouse

Artisanal pub grub & house-brewed beers served in a loftlike space with a festive atmosphere.

<http://www.fitgersbrewhouse.com>

Little Angie's Cantina and Grill

Tex-Mex food & a wall of tequilas in a festive space with Southwestern artifacts, music & a deck.

<http://www.littleangies.com>

Lyric Kitchen Bar

Located in the heart of Duluth, the Lyric Kitchen Bar is a laid-back gastropub with dark décor serving American comfort food & hearty weekend brunches.

Open for breakfast, lunch and dinner.

<http://www.lyrickitchenbar.com>

Pizza Lucé Duluth

Local pizzeria chain serving creative pies, pasta & hoagies, plus beer & wine, in a casual setting.

<https://www.pizzaluce.com/locations/duluth>

Restaurant 301

Located in the Sheraton Duluth Hotel, Restaurant 301 is a stylish option for breakfast or dinner offering upscale American classics with a local bent.

<http://www.restaurant301.com>

Va Bene Italian

Indoor-outdoor eatery on Lake Superior serving modern Italian fare & creative cocktails.

<https://www.vabenecaffe.com>

Additional restaurant options are available downtown Duluth.

Pre-Conference - Wednesday, October 16, 2024

Attendee Registration Check-In at Duluth Entertainment Convention Center • 3:00 – 6:00 pm
MOLN Board of Directors Meeting – Lyric Restaurant • 5:00 – 7:00 pm

AGENDA • DAY ONE

Thursday, October 17, 2024

6:30 AM – 8:00 AM	Attendee Registration Check-In at Duluth Entertainment Convention Center Breakfast Exhibitor Networking
8:00 AM – 8:15 AM	Welcome <i>Presenter: Kim Pearson, MSN, CNML, MOLN President</i>
8:15 AM – 9:15 AM	A New Understanding of Forgiveness <i>Presenter: Mary Hayes Grieco</i>
9:15 AM – 9:45 AM	Networking Break Visit Exhibits
9:45 AM – 11:00 AM	Food as Medicine: Regenerative Cooking for Human, Community and Planetary Health <i>Presenter: Chef Jennifer Breen</i>
11:00 AM – 11:30 PM	Chair Yoga <i>Presenter: Karri Sturm, Personal Trainer & Group Exercise Instructor</i>
11:30 PM – 12:45 PM	Luncheon Mentor/Mentee Lunch Exhibitor Networking
12:45 PM – 1:45 PM	Self-Care Strategies to Energetically Balance Mind, Body & Emotion <i>Presenters: Cynthia Lee Dols Finn, DNP, RN, PHN, AHN-BC, CHTP/A & Joyce B. Perkins, PhD, RN, AHN-BC, CHTP, RMP-T, ACE-GFI, SGAHN</i>
1:45 PM – 2:45 PM	The Freedom to Live as You Should <i>Presenter: Jason Rhoads</i>
2:45 PM – 3:00 PM	Networking Break Visit Exhibits
3:00 PM – 4:00 PM	District Guided Networking
4:00 PM – 5:30 PM	Exhibitor/Attendee Social <i>Exhibitors will be available. Cash Bar & Appetizers</i>
	Poster Viewing Session <i>Poster presenters will be setup near their displays to address questions from attendees</i>
5:30 PM – 7:00 PM	Dinner Break – <i>On your own – see dinner options on page 5</i>
7:00 PM	Networking Tour of Essentia Health – Duluth

AGENDA • DAY TWO
Friday, October 18, 2024

6:30 AM – 8:00 AM	Attendee Registration Check-In Breakfast
7:00 AM – 8:00 AM	CNO/Dean Breakfast
8:00 AM – 9:00 AM	MOLN: State of the Organization & Legislative Update <i>Presenter: Kim Pearson, MSN, CNML, MOLN President</i>
9:00 AM – 10:30 AM	From Patients to Professionals – Part 1 <i>Presenter: Ryan Sallans, MA</i>
10:30 AM – 10:45 AM	Break
10:45 AM – 11:45 AM	From Patients to Professionals – Part 2 <i>Presenter: Ryan Sallans, MA</i>
11:45 AM – 12:45 PM	Luncheon
12:45 PM – 1:45 PM	Lead From Where You Are <i>Presenter: Joseph Sanfelippo, PhD</i>
1:45 PM – 2:00 PM	Summary and Close

CNO/Dean Breakfast

Friday, October 18 from 7-8:00 am MOLN will be hosting a special breakfast for CNOs/Deans/VPs of Nursing and other executive leadership in attendance at the conference, where the group will discuss issues/topics pertaining specifically to the executive role. Watch for a special invitation by email from the MOLN President before the event. We hope you will be able to join us!



DON'T MISS OUT
**EARLY BIRD
DISCOUNT!**

EARLY BIRD DISCOUNT
Ends September 23



REGISTER NOW AT:
<https://bit.ly/4bYj49Z>

PRESENTERS



Jennifer Breen

MS, Ed, MPH

Food as Medicine: Regenerative Cooking for Human, Community and Planetary Health

Twin Cities Chef and Culinary Nutrition Educator.



Cynthia Lee Dols Finn

DNP, RN, PHN, AHN-BC, CHTP/A

Self-Care Strategies to Energetically Balance Mind, Body and Emotion

Professor, St. Catherine University School of Nursing, St. Paul, Minnesota.



Mary Hayes Grieco

A New Understanding of Forgiveness

An original and expansive thinker, a pragmatic emotional healer, and an uplifting public speaker based in Minneapolis, Minnesota.



Kim Pearson

MSN, CNML

MOLN: State of the Organization & Legislative Update

Administrator, Essentia Health, Superior, Wisconsin.



Joyce B. Perkins

PhD, RN, AHN-BC, CHTP, RMP-T, ACE-GFI, SGAHN

Self-Care Strategies to Energetically Balance Mind, Body and Emotion

Professor, St. Catherine University School of Nursing, St. Paul, Minnesota.



Jason Rhoads

The Freedom to Live as You Should

Executive Adventure Coach, Mentor, Speaker and Entrepreneur.

PRESENTERS



Ryan Sallans
MA

**From Patients to Professionals
Part 1 & Part 2**

International Speaker, Consultant & Author specializing in inclusion, diversity and healthcare.



Joseph Sanfelippo
PhD

Lead From Where You Are

Retired Superintendent, celebrated educational leader and author.



Karri Sturm
Chair Yoga

Personal Trainer & Group Exercise Instructor, Emma B. Howe YMCA, Coon Rapids, Minnesota.

SAVE THE DATE!
MOLN 2025 SPRING LEADERSHIP CONFERENCE
April 17 - 18, 2025
Marriott Minneapolis Northwest, Minneapolis, MN
Watch our website moln.org for more details

MOLN is an organization that facilitates professional development for a wide range of nursing leaders across Minnesota. These leaders are found in hospitals, clinics, schools, home care, public health, and private industries. The professional development committee works hard to provide a variety of speakers to influence and impact many different types of leaders. We also strive to tap into speakers from within our organization and speakers who are known locally, nationally, and internationally.



WHAT TO WEAR

Smart casual, comfortable clothing is the suggested attire for the conference, due to the movement breaks and yoga session. Please remember that meeting rooms are typically colder than a normal business environment, so we recommend dressing in layers.

EVENT PHOTOGRAPHY NOTICE

Conference attendees may be photographed by MOLN or business associates and may be used in future publications or marketing materials related to the learning activity. Attending the conference indicates your understanding and acceptance that photographs may be used.

CONFERENCE EVALUATION

Conference attendees must complete the electronic conference evaluation by November 20, 2024 in order to receive a certificate of completion. A link to access the survey through the event app will be emailed at the completion of the conference.

EXHIBITS

Plan to visit our exhibitors throughout the day on Thursday. Make sure to bring lots of business cards to share. Please take the time to stop by each table, their support makes our conferences possible.

NETWORKING TOUR

Join us for a networking tour of the new Essentia Health in Duluth! Following the Exhibitor/Attendee Reception on Thursday, October 17, head to the newly opened Essentia Health, located at 402 E. 2nd Street, in Duluth at 7:00 pm for a tour of the new space! A guided tour, light hors d'oeuvres and beverages will be provided. There is no cost to participate, but attendees must pre-register. Watch for a question during the registration process to let us know if you plan to attend. We hope you will join us!

DULUTH ACTIVITIES

Looking for something fun to do while in Duluth? Below are a few fun, family-friendly options for you in the area:

- Adventure Zone <http://www.adventurezoneduluth.com>
- Duluth Children's Museum <http://www.duluthchildrensmuseum.org>
approximately a 10 minutes from DECC
- North Shore Scenic Railroad <http://www.duluthtrains.com>. The MOLN Conference is scheduled during the "Great Pumpkin Train" event beginning Thursday, October 17 through the weekend.
- Great Lakes Aquarium <http://www.glaquarium.org>

You could also experience productions from the Duluth Playhouse, stand-up comedy at The Boat Club, or take in a performance at the Minnesota Ballet or a concert with the Duluth Superior Symphony Orchestra. The options are endless!

SCHOLARSHIP FUND

Raffle tickets will be available to purchase for a chance to win prizes. Winners will be announced on Friday, October 18 prior to the end of the conference.

See you in the Fall!



MOLN BOARD OF DIRECTORS

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Kim Pearson, MSN, CNML

Administrator, Essentia Health – Superior, WI

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Instructor of Nursing, Mayo Clinic College of Medicine and Science – Rochester



MOLN divides Minnesota into seven districts. These districts were originally established to correspond with congressional districts and the number of hospitals in each area. Traditionally, facilities would meet within their own districts to solve issues — a strategy that was especially helpful for the greater Minnesota area.

Today, MOLN's districts no longer exactly match congressional districts. They remain useful as regional distinctions to assist MOLN in providing meetings closer to members around the state, rather than holding one statewide meeting for everyone.

MOLN DISTRICT CHAIRS

DISTRICT A REPRESENTATIVE

Shauna Paulson, MS, RN, CNML

Director of Nursing Inpatient, Sanford Medical Center – Thief River Falls

DISTRICT B REPRESENTATIVE

Julie Shelton, RN

Inpatient Manager, Essentia Health – Moose Lake

DISTRICT C REPRESENTATIVE

Margaret Kalina, PhD, RN, FACHE

Chief Nursing Officer, Alomere Health – Alexandria

DISTRICT D REPRESENTATIVE

Tom Pint, MSN, RN

Chief Nursing Officer, Astera Health – Wadena

DISTRICT E REPRESENTATIVE

Denae Winter, MSN, RN

Assistant CNO and Manager, Inpatient Behavioral Health Services Avera Marshall Regional Medical Centre – Marshall

DISTRICT F REPRESENTATIVE

Alissa Zimmerman, MSN, RN, NE-BC, NPD-BC

Inpatient Nurse Manager, Mayo Clinic – Rochester

DISTRICT G REPRESENTATIVE

Rebecca McGill EdD, MA, RN

Director of Clinical and Field Education, School of Nursing and Henrietta School of Health Sciences, St Catherine University – Minneapolis

MOLN MISSION

MOLN's mission is to shape the future of health care by advancing professional nursing leadership. MOLN is passionate about supporting all leadership nursing roles and levels of experience. This conference provides a forum for nurse leaders to gather, discuss, collaborate, and network regarding the future of nursing and healthcare.

We invite MOLN members and non-members to join us for the Spring Conference to network with your peers. Non-Members, we hope you will consider becoming a MOLN Member. For more information about membership and to join online please visit:

<https://www.moln.org/why-join-moln>

