

Cultural Humility

Being a Good Relative for Better Health Outcomes Through Cultural Humility

Mayo Clinic Health System

University of Wisconsin Eau Claire

April 21-22, 2026



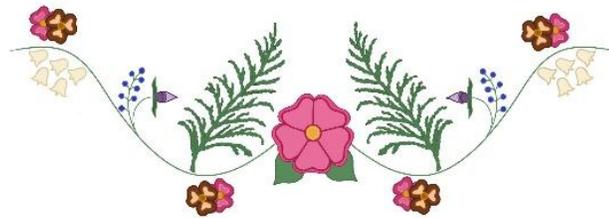
H aḷ - Tanyan Yahi -

Boozhoo - Ho! -

Welcome!

Welcome, we look forward to our time of growth together. The sessions for the next two days will help us to better relate to one another and for all of us to better understand the history of the Indigenous people who remain forever connected to the land we are on.

This event is made possible through a collaborative effort between the American Indian Studies Program at the University of Wisconsin-Eau Claire, Mayo Clinic Health Systems Education Department and Office of Belonging.



AGENDA – Tuesday April 21, 2026

Dakota Ball Room

7:15	Registration & Breakfast
8:00	Welcome, All My Relations, Establish Belonging, Training Overview Sami Taylor, Andrew Calvin, Don Lyons, Maria Trevizo
9:00	Break & Transition
9:15	Concurrent Sessions 1
	<i>Cultural Hands-On Workshop</i> Dylan Bizhikiins Jennings
	<i>Foundations of Traditional Medicine</i> Brian Waabishki-makwa McInnes
	<i>American Indian Studies Program and the University of Wisconsin-Eau Claire</i> Heather Ann Moody
10:30	Break & Transition
10:45	Concurrent Sessions 2
12:00	Lunch
1:00	Concurrent Sessions 3
2:15	Break & Transition
2:30	Learning from Elders Betty Smith, Shirley Greising, and Others
3:15	Afternoon Large Group Activities Sami Taylor, Don Lyons, Maria Trevizo, Nickole Fox
4:15	Closing Protocol
4:30	End Day

AGENDA – Wednesday April 22, 2026

Dakota Ball Room

7:15	Breakfast
8:00	Welcome, Course Overview, Review of Day 1, Movement Sami Taylor, Andrew Calvin, Don Lyons, Maria Trevizo
8:30	Healing as Relational-Enhancing Healthcare Services and Outcomes for Indigenous Peoples Sarah Cormell Mayo Clinic Health System, Vice Chair Supporting Indigenous Peoples Employee Resource Group, Primary Care Integrated Behavioral Health Psychotherapist
9:30	Spiritual Care Services Valerie De Cora Guimaraes, Patient Experience Ambassador, Mayo Clinic Matt L. Cisneros, Certified Educator Chaplain Services
10:45	Break & Transition
11:00	Trauma-Informed Healthcare: My Sister and I Betty Smith, Shirley Greising
12:00	Lunch
1:00	Mindfulness, Meditation, Somatics and Historical Trauma Jennifer Gouge, Sarah Cormell
2:00	Large Group Activity, Visioning, Commitments Don Lyons, Maria Trevizo
3:30	Closing Protocol
3:45	Adjourn

Planning Committee

Sami Taylor, BS	Mayo Clinic Health System, Chair Supporting Indigenous Peoples Employee Resource Group, Information Technology
Andrew Calvin, MD, MPH	Mayo Clinic Health System, Chair MCHS Education Committee
Sarah Cormell	MSW, LICSW, LCSW, Mayo Clinic Health System, Vice Chair Supporting Indigenous Peoples Employee Resource Group, Primary Care Integrated Behavioral Health Psychotherapist
Sarah Lindsten	Mayo Clinic School of Continuous Professional Development, CME Specialist
Heather Ann Moody, PhD	University of Wisconsin – Eau Claire, Guest Faculty
Brian Waabishki-makwa McInnes PhD	University of Wisconsin – Eau Claire, Guest Faculty
Maria Trevizo, BA	The Healing Circle, Wellness Education Specialist, Facilitator, and Trainer
Don Lyons, MSW	Indigenise LLC
Nickole Fox, MA, CPC	Brown Fox Strategies LLC

Meet Our Conference Team Members



Andrew D. Calvin, MD, MPH is an Associate Professor of Medicine at Mayo Clinic. He is a clinical cardiologist in Mayo Clinic Health System, the community arm of Mayo Clinic. Dr. Calvin earned his graduate and medical degrees from the University of Minnesota School of Public Health and Medical School, followed by graduate training through the Clinician-Investigator Training Program at Mayo Clinic in Internal Medicine, Cardiovascular Disease, Preventive Cardiology, and Echocardiography. He joined the staff of Mayo Clinic Health System in 2015 in Eau Claire, Wisconsin, where he practices in the areas of general cardiology, echocardiography, and preventive cardiology. Dr. Calvin serves as Chair of Education for Mayo Clinic Health System, overseeing strategic planning of undergraduate medical education, graduate medical education, continuous professional development and health sciences programs. He also serves as Associate Dean for Accreditation and Compliance in the Mayo Clinic School of Continuous

Professional Development, providing leadership in a team structure across the organization to advance the strategic plan. Dr. Calvin also holds relevant leadership roles external to Mayo Clinic, including on the Board of Directors of the Wisconsin Medical Society, the Wisconsin Chapter of the American College of Physicians, and on the Cardiovascular Disease Approval Committee of the American Board of Internal Medicine. He additionally provides leadership to the Chippewa Valley Council of Scouting America as Vice President, helping to set and execute the strategic plan in service to 14 counties in Wisconsin.



Sami Taylor is a member of the Lake Superior Band of Ojibwe. She supports Tribal communities through the Office of Belonging as Chairperson of the Mayo Clinic Health System, Supporting Indigenous Peoples Employee Resource Group. She works to strengthen relationships between Mayo Clinic leaders with regional Tribal, Urban Indian Health, and aligned stakeholders. Throughout her career she has partnered with Native communities to strengthen community wellness by utilizing community assets such as culture, language, and education. She is a 2025 graduate from the University of Wisconsin Stout – Polytechnic with a Bachelor of Science in Management.



Sarah Cormell is an enrolled member of the St. Croix Chippewa Indians of Wisconsin and was born and raised at Lan Courte Oreilles. She is a Primary Care Integrated Behavioral Health Psychotherapist with Mayo Clinic Health System and Vice Chair of the Support Indigenous People's MERG, CHANGE MERG, Belonging Committee, Residency Faculty, and IBH Specialty Council. She has worked in Indian Country for over 20 years serving as a Psychotherapist, Tribal Impact Analyst, Behavioral Health Clinic Director, Health Director, and Secretary of Health and Human Services, as well as ongoing consultant for Federally Qualified Health Center Indian Health Service Tribal Clinics serving American Indian and Alaska Natives in Wisconsin.

As a dedicated professional and community member, Ms. Taylor-Cormell has concentrated on improving delivery of service, policy development, and belonging to mitigate factors that contribute to disparities and improve outcomes in healthcare services. Her greatest joy is her place within her family and community as a daughter, sister, mother, wife, auntie, cousin, and friend."



Valerie DeCora Guimaraes, DNP, MA, RN, Patient Experience Ambassador, Mayo Clinic; Adjunct Professor at UMR Nursing Program. Valerie received her Doctor of Nursing Practice degree through Augsburg University, Minneapolis, MN, master's degree through Lesly University, Cambridge, MA and her BSN at Winona State University, Rochester, MN. Valerie is on faculty at Boston Medical Center through the Safest Choice Program and at UMR Nursing Program. Valerie is the founder of the Greater Rochester Area Dakota Supporters 501 c 3, non-profit. Serves on the American Indian Parent Committee, Ho-Chunk Nation Health Board, Center for American Indian and Minority Health Board, and the Proof Alliance Advisory Board.

Valerie has seen over 1000+ hospitalized NA patients at Mayo Rochester and gently advises MCHS and AZ as it relates to NA spiritual care and general healthcare practices for NA. She has worked closely with medicine men and spiritual healers: Mr. Art Owen, Mr. Basil Braveheart, Mr. Calvin Campbell, Mr. Fred Desjarlais and others. Valerie has advocated for spiritual care practices to be instituted as a nursing and medical intervention to promote cultural safety, healing and wellbeing at Mayo Clinic. Valerie has served as an advisor to other medical institutions regarding the spiritual care practices at Regions Hospital, Abbott-Northwester, Altru and Sanford Health.



Jennifer Gouge is an Anishinaabe and Taíno transmedia artist who builds worlds through photography, illustration, installation, beads, and short fiction. She navigates levels of insulation in her work, working as an artist by day, a healer by night, and an author at sunrise. Enrolled in the Lac Courte Oreilles band of Lake Superior Ojibwe and the Higuayagua Taíno of the Caribbean, she draws deeply from personal and relational experience, regarding art as a toolkit for hope, resistance, and medicine. Her current work includes an evolving multifaceted series—spanning across written, visual, and sound art—rooted in Indigenous futurism and tackling the interface between tribal and national/international structures. Jennifer builds Indigenous futurist camps as mycelial wells of resource, resistance, and replenishment, landing on settler-maps in “Eau Claire, WI” and “Nashville, TN”, and on real maps in Pakwewaang. Running throughout her work blooms a centering of resurgence and a crumbling of colonialism.



Dr. Brian Waabishki-makwa McInnes is an author, producer, and professional educator interested in language and culture education, Indigenous history, and the protection and care of traditional landscapes. A citizen of the Wasauksing First Nation, Brian has a deep interest in the preservation of Native cultures and languages and is an accomplished speaker, presenter, and writer in English and Ojibwe. He is also an established ceremonialist who is familiar with many Indigenous healing traditions. Dr. McInnes is a professor of environmental humanities - American Indian Studies at the University of Wisconsin Eau Claire.



Dr. Heather Ann Moody is an enrolled citizen of the Ho-Chunk Nation. She is the Director and an Associate Professor of the American Indian Studies Program at the University of Wisconsin-Eau Claire (UWEC) and has been with UWEC since Fall of 2007. Her undergraduate degree is from UWEC in American Indian Studies and holds a Master of Arts degree in American Indian Studies from the University of Arizona as well as a Certificate of Museum Studies from UW-Milwaukee. Her Ed.D. is in Teaching and Learning from the University of Minnesota-Duluth. Her work centers around her background in teaching and learning in relation to the incorporation of accurate American Indian curriculum in K-12 and teacher pre-service programs. In addition to her campus work, she is a teacher exemplar and works with surrounding school districts to implement Act 31. In 2019, she received the UW Outstanding Woman of Color in Education Award and in 2021 the UWEC Faculty Excellence in Service Award followed by the UWEC Faculty Excellence in Advising Award in 2022. In 2023, she received the Martin Luther King Jr. Social Justice Leadership Award from UW-Eau Claire. Dr. Moody also serves as a co-advisor for the Inter-Tribal Student Council at UWEC, previously was the co-chair of the College of Arts & Sciences EDI Workgroup and EDI Strategic Plan, formerly was the Acting Director of the UWEC Center for Racial and Restorative Justice and recently became the institution's Tribal Consultation Policy Leader.



Dylan Bizhikiins Jennings is a member of the marten clan. He graduated from the University of Wisconsin Madison with degrees in Anthropology, Archaeology, Environmental Studies, and American Indian Studies. Jennings completed his master's degree from the University of Wisconsin Madison Nelson Institute. Jennings served two consecutive terms as an elected Tribal Council Member for the Bad River Tribe. He served as the Director of Public Information for the Great Lakes Indian Fish & Wildlife Commission, which required him to be fluent in tribal/environmental news and issues.



Nickole Fox (Cherokee) has over 25 years of experience supporting youth and community wellness through program development, event planning, and organizational leadership. She holds a bachelor's degree in Sociology, with a minor in Native American Studies. She also has a Master of Arts Degree in Social Justice and has been a Certified Prevention Consultant since 2007. In her local community, Nickole is involved with the Environmental Citizens Committee, the American Indian Communities Leadership Council, and her city's community coalition. Her and her partner Mike are proud parents of two very busy children. Nickole loves getting people together and building community, whether it's putting together logistics for an event, or visiting with neighbors over a cup of coffee.



Don Lyons, MSW, is an internationally renowned speaker, trainer, facilitator, and leaders, deeply committed to empowering Indigenous communities, A citizen of the Leech Lake Band of Ojibwe and a descendant of Six Nations Mohawk, Don draws upon his rich heritage and urban upbringing to bridge cultural divides and foster understanding.

With over 20 years of experience, Don has worked extensively with hundreds of communities, organizations, and businesses across Indian Country and beyond. His expertise lies in skillfully

guiding individuals and groups toward self-sufficiency and positive change. Don's passion for applying Indigenous knowledge systems shines through in his dynamic and engaging facilitation style.

Driven by the love and support of his family, friends, and elders, Don remain deeply connected to traditional ceremonies, singing, and dancing. This grounding in his cultural roots fuels his dedication to creating a brighter future for Indigenous peoples.

Don currently resides in East Lansing, Michigan, with his beloved wife Elizabeth, and their two amazing children, Niwiin and Sofia.



Maria A. Trevizo (Tigua/Mexican) is a descendant of the Ysleta del Sur Pueblo of Texas and the Purépecha of Mexico. Maria is an international speaker, traditional singer and facilitator. Her life's work of over 50 years has been focused in the areas of multi-generational resiliency/trauma informed wellness strategies. Her work takes her throughout our North and Central American communities, with our Indigenous and First Nations people as well as our aboriginal relatives of Australia. Maria is trained as a Psychiatric Technician and as a Substance Abuse Counselor II. She received her Bachelor of Arts degree from Evergreen State College. The most rewarding and humbling aspect of Maria's work is witnessing people remember the teachings of their ancestors and how violence/lateral violence has not placed in our communities. Maria enjoys the work she does with families, youth, and our Two-Spirit (Gay) relatives. Maria believes that "by reclaiming our traditions and ceremonies, healing is restored."

Special Guest Lecturers

Betty Smith is retired from Mayo but is still working supplemental for Leisure and lifestyle Activities/Recognition, HR Mayo. A Mayo employee of 38 years, Betty has an associate's degree in Supervisory Management. Betty is a board member of the Diversity Foundation of Minnesota, Inc. and a Community Advisory Board Member of the Mayo Clinic Biobank since 2017, a past Advisory Board Member of the Winona Dakota Unity Alliance, and President of the Greater Rochester Area Dakota Supporters (GRADS).

Shirley Greising is a retired Mayo Clinic/Saint Mary's employee. She worked at Mayo for 32 years, plus volunteered after retirement for 3 years. Shirley has a bachelor's degree in

Elementary Education, with a minor in Art and Special Education. She also has a kindergarten licensure. She has been an active volunteer for various local Diversity Foundation Minnesota, Inc. projects. Shirley is also a founding member of the Greater Rochester Area Dakota Supporters (GRADS).

Betty and Shirley (Sisters) were raised in Rochester, Minnesota. Their mother, Nora, grew up on what is not the Spirit Lake Dakota Reservation near Devils Lake, North Dakota. Their father grew up in Tioga, North Dakota, in a Norwegian farming community. Because of mandatory US government policies, their mother attended Indian Boarding Schools from the age of 5 until high school graduation. She was not taught Dakota traditions and was therefore unable to pass on to her children any traditional Dakota Ways.



Shirley Greising (left), Betty Smith (right)

Pilamayaye lo – wa'jginap

Miigwech – Thank you

Thank you for joining us and being a relative in our shared space. We thank all who attended and all who supported the cultural humility proposal and initiative including proposal sponsors Sarah Harper, Dr. Emily Smith, Dr. Andrew Calvin, the MCHS Supporting Indigenous Peoples MERG executive sponsor Lisa Archer.

Thank you so much to all the Native contributors who shared their knowledge and teachings with all of us. Don Lyons, Maria Trevizo, Nickole Fox, Betty Smith, Shirley Greising, Dr. Heather Ann Moody, Dr. Brian Waabishki – makwa McInnes, Dylan Jennings, Sarah Cornell, Jennifer Gouge, Sami Taylor.

If you have questions, please contact Sami Taylor

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