

CHSAC Member Descriptions 2025

Hongyi Lan

As an educator, Hongyi has worked in several educational institutions both in China and the United States. In the past five years, she has been focused on promoting wellness and active living. She teaches Tai Chi and Qi Gong Adult Wellness Programs. She enjoys working with people and making positive changes in their lives. Hongyi offers a fresh perspective on important public services for all Ramsey County residents. She has worked hard to understand her community and promote positive political campaigns. Hongyi holds a PhD in Comparative and International Education from University of Minnesota.

David Muhovich

David is a long-time Saint Paul resident who wants to more actively connect with the positive work done in public health in his own community. He teaches Community Health Nursing and Cultural Diversity at Bethel University.

Nicole Muzzy

After holding multiple contracts with various mental health programs and owning a private mental health practice as a dual MN-licensed professional, Nicole voluntarily surrendered her Marriage and Family Therapy license and maintains her Alcohol and Drug Counseling license. After surviving multiple personal tragedies, she is currently starting up a business as a mental health consultant to focus on creating a stronger foundation of prevention to help people avoid experiencing a mental health crisis. She has a master's degree in Marriage and Family Therapy, and a Bachelor's Degree in Alcohol and Drug Counseling. Professionally, Nicole has provided counseling and mental health therapy to a vast demographic spectrum. Integrating her education, professional history, and personal experiences, Nicole believes her success on the advisory board will come from her unique perspectives as she has sat in nearly every seat of this massive table of life.

Regina Rippel

Regina worked for the MN AIDS project for 15 years as case and program manager. After receiving her nursing degree, she went on to work in a long-term facility. She is currently working at an assisted living facility and also does a lot of wellness events as a private contractor.

Ogden Rogers

Ogden is a retired Dean & Professor of Social Work of the University of Wisconsin-River Falls, where he had significant contact with health and social agencies in the metro area for over 20 years. Prior to academic life he was a clinical social worker in a number of public and private health and mental health agencies. He has an undergraduate degree in public health, and graduate degrees in clinical social work. Ogden has served in county and National Public Health environments (US Public Health Service/American Red Cross) and held elected citizen's representation in Pierce County Wisconsin for many years. Ogden has a continuing relationship as a consultant to the US Department of Health & Human Services/Substance Abuse & Mental Health Services Administration. He enjoys trying to understand "big picture" problems and searching for solutions that have evident implementation possibilities.

Alyssa Skar

Alyssa lives in the South Como-North End neighborhood. She sees the value in making places safer through community involvement. Her goal is to push community requested changes and seek opinion from those she would serve. Alyssa earned a bachelor's degree in microbiology from the University of Chicago, and a master's degree in Genetics/Immunology from the University of Minnesota. She served as an AmeriCorps Emergency Response team member during the COVID-19 pandemic. Alyssa has acted as a mentor for other organizations, using her experience as an organization president to make it easier for organizations to start up and work through administrative issues. She will work toward racial equity by focusing her efforts on sustaining programs that support diverse communities and vote for initiatives that serve the goal of creating a diverse city that provides enough resources to all its residents. Alyssa hopes to be part of progressive change, aiming to promote policies that give returns every year in terms of human safety and quality of life.

Margaret Treichel

Margaret grew up in Saint Paul and graduated from Winona State University in 2021 with a bachelor's degree in Medical Laboratory Science. She also completed an internship at Hennepin Healthcare/HCMC. Since August of 2021 Margaret has worked as a Medical Microbiologist at the Allina Central Laboratory. Throughout the pandemic, she utilized social media to provide accessible information about vaccines, local testing sites, and public health measures.