

Providers of Sawtooth Mountain Clinic



Sawtooth Mountain Clinic

Sandy Stover, M.D. Sandy attended medical school at the University of Minnesota, Minneapolis and completed her residency in Family Practice in Duluth, Minnesota. Sandy joined the Sawtooth Mountain Clinic in 1990 as a Board certified Family Practice physician. Sandy's clinical interests include hospice; palliative care; AIDS; Fellow, American Academy of Family Practice; and Bush Recipient 2005. Sandy lives in Grand Marais with her husband Ralph Larsen and their two children, Sarah and Julia.

Paul Terrill, M.D. Paul attended medical school at the University of Minnesota, Duluth/Minneapolis and completed his residency in Family Practice in Duluth, Minnesota. Paul joined the Sawtooth Mountain Clinic in 1991 as a Board certified Family Practice physician. Paul's clinical interests include cancer, cardiology, and chronic disease. Paul lives in Grand Marais with his wife Jill and their two children, Emily and Isak.

Jennifer Delfs, M.D. Jenny attended medical school at the University of Iowa and completed her residency in Family Practice in Duluth, Minnesota. She worked at Fond Du Lac Human Services in Duluth prior to joining Sawtooth Mountain Clinic in 1996 as a Board certified Family Practice physician. Her clinical interests include obstetrical care, diabetes care, community outreach and patient education, as well as maternal/child health, mental health and chronic disease management. Jenny lives in Grand Marais with her husband Jeff Kern and their two children, Sam and Andy.

Lisa Zallar, C.N.P. Lisa attended the College of Saint Scholastica in Duluth, MN and completed her Master of Arts in Nursing as a Family Nurse Practitioner in 2007. Lisa joined the Sawtooth Mountain Clinic following graduation. Lisa manages the anti-coagulant therapy program at SMC, has a special interest in adolescent health, and enjoys ALL aspects of family practice medicine. Lisa lives in Grand Marais with her husband Joe.

Michael R. Sampson, M.D. Michael attended the University of Minnesota, Minneapolis and completed residency in Family Practice in Minneapolis, MN. Michael joined the Sawtooth Mountain Clinic in 2009 as a Board Certified Family Practice physician. His clinical interests include the entire range of family medicine, but specifically pediatrics, geriatrics and sports medicine. Michael has two college age children, Benjamin and Ekta, and has recently moved to Grand Marais from Vermont.

Executive Director of the Sawtooth Mountain Clinic

Rita Plourde, Executive Director and CEO Rita attended the University of Minnesota, Minneapolis, receiving a B.S. and M.A. through the College of Education. She worked as an environmental educator and independent, grant-writing consultant prior to joining the Clinic in 1981. She lives in Grand Marais with her husband Jim Holmen and their two children, Ian and Drew.

The Sawtooth Mountain Clinic is a 501(c)(3) not-for-profit organization
513 5th Ave. W., Grand Marais, MN 55604
218-387-2330 www.sawtoothmountainclinic.org