

# Community Engagement

MCHS – Albert Lea and Austin | March 2019

Dear Community Member:

This email is being sent to community stakeholders in Albert Lea, Austin and surrounding areas and provides information and updates on community engagement activities of Mayo Clinic Health System (MCHS) – Albert Lea and Austin. Please share with others who may be interested. Up-to-date information can be found at <https://mayoclinichealthsystem.org/albert-lea-austin-facts>.

## **In case you missed it! Temporary Saturday Clinic appointments are available.**

Due to the extreme weather which caused numerous cancellations, Mayo Clinic Health System is holding **temporary clinic hours on Saturdays in March**. This is in addition to the Same Day Clinics already provided on Saturdays and other extended hours. Read the press release [here](#). If you were impacted by a weather-related cancellation, call to reschedule your appointment on an upcoming Saturday.

## **Coming Up!**

March 13 – Albert Lea Freeborn County Chamber of Commerce Worksite Wellness Summit (Albert Lea)

March 22 – Albert Lea Freeborn County Chamber of Commerce Eggs and Issues: Child Care (Albert Lea)

April 13 – MCHS - Albert Lea and Austin Women's Morning of Well-Being, Historic Hormel House (Austin)

April 23 – Senior Health Talk Series (St. John's Lutheran Community – Albert Lea)

April 27 – National Prescription Drug Take Back Day (Region)

May 11 – Governor's Fishing Opener (Albert Lea)

May 18 – Tunes, Trikes and Bikes (Albert Lea)

May 28 – Senior Health Talk Series (St. John's Lutheran Community – Albert Lea)

## **Women's Morning of Well-Being, Saturday, April 13, 8:30 am – Noon, Hormel Historic Home, Austin**

Call your friends, bring a family member and come together for an energizing morning of information for women of all ages who are frequently main decision makers about health care choices and care takers for family and friends. Learn easy-to-use tips on healthy eating, resiliency and caring for ourselves. This annual event provided by Mayo Clinic Health System –Albert Lea and Austin alternates being hosted in Albert Lea and Austin. It is open to anyone interested in attending. This year, Mayo Clinic and Mayo Clinic Health System speakers include:

- Dr. Margaret Dow, OB/GYN, Self-Care for the Caregiver
- Courtney Kremer, Registered Dietitian, Healthy Diets through the Ages
- Nicole Block, Resiliency and Mental Well-being

Light breakfast will be served at 8:30 a.m. Pre-registration is requested. Call 507-668-2300.

## Meet the Community Engagement Team



The MCHS – Albert Lea and Austin Community Engagement team includes (pictured left to right):

**Kathy Leidal**, Community Engagement Senior Specialist, Albert Lea, [leidal.kathryn@mayo.edu](mailto:leidal.kathryn@mayo.edu)

**Ilaya Hopkins**, Community Engagement Manager, Southeast Minnesota, [hopkins.ilaya@mayo.edu](mailto:hopkins.ilaya@mayo.edu)

**Sara Lee**, Community Engagement Manager, Austin, [lee.sara@mayo.edu](mailto:lee.sara@mayo.edu)

Here is some more information about Kathy (watch for bios for Sara and Ilaya in future editions)!

[Kathy Leidal](#), Community Engagement Senior Specialist, Albert Lea, just celebrated her 30<sup>th</sup> anniversary at Mayo Clinic. Prior to joining the Public Affairs department in 2009, she worked in various positions at the Eye Services department in Albert Lea. She graduated from Walden University with a B.S. in Business Communications. A resident of Freeborn County her entire life, she is proud of her community and appreciates the relationships obtained throughout the years. In her free time, she enjoys reading suspense and thriller novels, horseback riding and card making. Mostly, she enjoys spending time with her husband, Greg, and two dogs, Jazz and Harley, at their permanent campsite in Lanesboro.

### Albert Lea's Community Health Care Collaborative

Community members are invited to get involved at the workgroup level of the Community Health Care Collaborative to broaden the reach and input into the planning and programming. The Core Team and workgroups will meet on alternate months to maintain momentum and support for various initiatives identified. The work groups are:

- Families (Parents & Children)
- Seniors
- Populations impacted by barriers to accessing healthcare
- Mental Well-Being
- Worksite Wellness

For more information, contact Kathy Leidal at 507-377-6389.

### Mower Refreshed Steering Committee

[Mower Refreshed](#) is comprised of approximately 15-20 community members representing sectors from across the county. The Steering Committee determines the overall strategy and priorities, based on the Community Health Needs Assessment and other assessed needs, to improve community engagement, education and identify necessary resources to enhance healthy living in Mower County. The Steering Committee maintains a pulse on overall healthcare trends that could impact the community and develops communication strategies as appropriate. The Steering Committee guides the work of the Collective Teams that focus on project/program implementation. Collective Teams are open to anyone in Mower County with interest in being involved in healthy living initiatives.

For more information, contact Sara Lee at 507-284-9776.

### **MCHS & City of Albert Lea Dialogue**

MCHS leaders and the City of Albert Lea continue to meet monthly to maintain open channels of communication. Previously known as the Facilitated Dialogue, the group helped advance initiatives that support the vibrancy of Albert Lea as a place to live and work. Accomplishments stemming from the work of the Facilitated Dialogue include

- Clear message on how to access health care services available in Freeborn County (mailing and magnet)
- Support more transit options available between Albert Lea and Austin (see below)
- The opening of the new Psychiatric Services Unit (PSU) in Albert Lea; the Open House featured many community partners who provide additional resources for mental health
- Dedicated MCHS resources toward community engagement in Albert Lea
- Continued investment by Mayo Clinic in resources to recruit providers and staff.

### **Transit Shuttle Between Albert Lea and Austin**

SMART Transit is owned and operated by Cedar Valley Services and is sponsored by Minnesota Department of Transportation. On Jan. 2, 2019, expanded service began between Albert Lea and Austin. Multiple trips between the two campuses of MCHS – Albert Lea and Austin are available Monday through Friday. For more information, [check the MCHS – Get the Facts page](#).

### **Recruitment and Retention**

Recruitment of staff members continues to be a top priority for MCHS. For a list of recent provider additions to the team, visit our [list of new providers](#).

#### *New Listing: [Foundation Director \(110446BR\)](#)*

The Foundation Director oversees the operations and success of both the Naeve Foundation and the Austin Medical Center Foundation. Please see the full position description and share with people you know who may be interested.

### **Did you know?**

On both campuses of MCHS – Albert Lea and Austin, the **Emergency Department remains open 24/7**. In addition, there are many ways to get the care you need in a non-emergency situation. For example, in Albert Lea and Austin, the Same Day Clinic makes it easier for patients to see the right providers in a timely fashion. Mayo Express Care located in Hy-Vee and Express Care Online also address select patient care needs in a timely and efficient manner at a reduced cost.

A full list of services offered on each campus of MCHS – Albert Lea and Austin and up to date information on the transition of inpatient services is available at <https://mayoclinichealthsystem.org/albert-lea-austin-facts>.

We look forward to continuing to enhance the health and well-being of residents in our communities. If you have any questions, please contact MCHS Southeast Minnesota Community Engagement team.

Sincerely,

Mark Ciota, M.D., CEO, Albert Lea and Austin  
Sumit Bhagra, M.D., Medical Director, Albert Lea and Austin  
Kristin Johnson, CPA, M.B.A., Associate Administrator, Albert Lea and Austin  
Lori Routh, R.N., Nurse Administrator, Albert Lea and Austin  
Tricia Dahl, M.B.A., Operations Administrator, Albert Lea and Austin