

# Community Engagement

MCHS – Albert Lea and Austin | April 2019

Dear Community Partner:

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.

## Coming Up!

- April 13 – MCHS - Albert Lea and Austin Women’s Morning of Well-Being, Historic Hormel House (Austin)
- April 23 – Senior Health Talk Series: Arthritis (St. John’s Lutheran Community – Albert Lea)
- April 23 - Keeping Kids Safe in the Digital Age: Part I (Riverland Community College, Austin Campus, West Building)
- April 25 – MCHS Albert Lea and Austin Cancer Center 20<sup>th</sup> Anniversary and Relay for Life Kick-Off (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: Heart Health (St. John’s Lutheran Community – Albert Lea)
- May 30 - Raising Kids in a Digital Age: Part II (Austin Public Library, Community Room)

## Women’s Morning of Well-Being

Saturday, April 13, 8:30 a.m. – 11:30 a.m. Hormel Historic Home, Austin

Come together for an energizing morning 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, Well-Being Specialist, Resiliency and Mental Well-being

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

## Internet Safety Workshops You Won't Want to Miss

Through the 2016 Community Health Needs Assessment, Mower County residents collectively determined "family relationships/parenting skills" a priority. Mower Refreshed, working together with the Statewide Health Improvement Partnership (SHIP), and Mower County Public Health will host a two-part community workshop series geared to this important topic.

### **Keeping Kids Safe in the Digital Age: Part I**

Tuesday, April 23 from 6 to 7:30 p.m.

Riverland Community College

Austin Campus, West Building

Presented by Laura Sutherland, Safe Harbor regional navigator and program manager of Victim Services and Mower County Sheriff Steve Sandvik

### **Raising Kids in a Digital Age: Part II**

Thursday, May 30, from 6 to 7 p.m.

Austin Public Library, Community Room

Presented by Angela Mattke, M.D., Mayo Clinic pediatrician and author of Mayo Clinic Guide to Raising a Healthy Child

Visit [mowerrefreshed.org](http://mowerrefreshed.org) for more information.

## "Mayo Clinic Ambulance, What is the address of your emergency?"



On April 1, 2019, Gold Cross Ambulance, which has been owned and operated by Mayo Clinic since 1994, officially changed its name to Mayo Clinic Ambulance. The new name is a clear statement of the connection to Mayo Clinic from the moment a request for service is initiated. As part of this change, signage on buildings will be updated and the ambulances and uniforms of staff will adopt the new Mayo Clinic brand. And, when you place a call to 9-1-1 in an emergency, you will hear Mayo Clinic on the other end of the line.

Everything has been designed to enhance safety and visibility. The ambulances will be wrapped in a highly reflective material that makes them visible in all lighting and weather conditions. The uniforms have multiple reflective stripes on the most mobile parts of the body to keep staff visible and safe at all times. It will take several months to change over the entire fleet to the Mayo Clinic identity, so you may continue to see Gold Cross vehicles in the community as well as the new look.

You can be assured that you will continue to receive the same high-level medical care from the Mayo Clinic-trained paramedics, EMTs and other staff. Patients will continue to be transported to the most appropriate medical facility, matching the level of care they require, as is the practice today. The new name, uniforms, external building signage and fleet vehicles reflect pride in being part of the team of Mayo Clinic care providers who are in the community to serve patients.

## Meet the MCHS – Albert Lea and Austin 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)

Read more about Sara below (see last month's newsletter for Kathy's bio and watch for Ilaya Hopkins' bio next month.)

Sara Lee, Community Engagement Manager, Austin, has worked at Mayo Clinic for 18 years and has been a resident of Mower County during that time. Sara serves as coordinator of Mower Refreshed and more broadly represents MCHS on a number of initiatives that enhance health and wellness in the community. She has a passion for everything health related, both professionally and personally. Her career experience includes communication and public affairs work at St. Vincent Hospital, Sioux Valley Hospital (now Sanford Health) and Nebraska Methodist Health System. Prior to Mayo Clinic, she was an account manager at a marketing communications agency in Minneapolis, working with health care companies and agricultural clients.

Sara graduated from Augustana University in Sioux Falls with a BA in Communications and English and received her Master's in Public Affairs, with an emphasis in Public Health, from the Humphrey School of Public Affairs at the University of Minnesota. Personally, she enjoys fitness, skiing, cooking, reading, travel, and family activities with her husband and two children who attend school in Grand Meadow.

### 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 Team that focuses on project/program implementation. The Collective Team is 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.

### Albert Lea's Community Health Care Collaborative

The workgroups of the Community Health Care Collaborative continue to identify challenges and develop solutions to address topics in the areas of:

- Families (Parents & Children)
- Seniors
- Populations impacted by barriers to accessing healthcare
- Mental Well-Being
- Worksite Wellness (merged with the Albert Lea Freeborn Chamber of Commerce group)

For up-to-date information, visit <https://mayoclinichealthsystem.org/albert-lea-austin-facts>

Watch for upcoming programs and the opportunity for more community involvement. For more information, contact Kathy Leidal at 507-377-6389.

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

MCHS leaders and the City of Albert Lea meet and 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.

## **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](#).

## **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>.

MCHS – Albert Lea and Austin has also produced easy-to-use guides to health care resources in your community. Click on the links for [Freeborn County](#) and [Mower County](#) to get your copy today!

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