

# Community Engagement

MCHS – Albert Lea and Austin | September 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. It includes links to more information. Please share with others who may be interested.

## Upcoming Activities

September 14 – Walk to End Alzheimer’s (Albert Lea)

September 21 - Harvest Fest (Austin)

October 3 – 2019 Annual Membership Celebration, Albert Lea Freeborn County Chamber of Commerce (Albert Lea)

October 8 – Health Talk Series for Seniors: Respiratory Health (Albert Lea)

October 11-12 - Governor’s Pheasant Opener (Austin)

November 8 – Lung Display (Albert Lea)

November 9 – Lloyd and Ardis Peterson Cancer Center Symposium (Albert Lea)

November 12 – Health Talk Series for Seniors: Vision Health (Albert Lea)

## Upgrades in Albert Lea

### Radiology

Over the summer, the Albert Lea General Radiology was remodelled to install new state-of-the-art equipment. This is a continuation of investment in local radiology where patients can receive 3D Mammography, CT scans and other diagnostic procedures locally.

### Express Care

To improve patient access and care in Albert Lea, Express Care at the Albert Lea Hy-Vee will be expanding. Renovation is scheduled to begin Friday, Sept. 13. These upgrades will include larger exam room space, an additional patient exam room and private restroom. The renovation is scheduled to be completed the second week of November. Express Care staff will be redeployed to Albert Lea’s Same Day Clinic during this timeframe and patients will be encouraged to use Express Care Online or the Same Day Clinic for convenient care. The Express Care in Austin is also an opportunity to receive convenient, lower cost care.

## News from Austin

### Valet Parking

Construction on the Austin campus will connect the North Clinic elevators to the newly remodelled Medical/Surgical Unit and Family Birth Center, as well as house new family-friendly waiting rooms that provide an improved healing environment. This addition is expected to be completed in the fall of 2020. This construction, taking place near the front entrance on the Austin campus, required the handicapped-accessible parking spaces be relocated temporarily. To accommodate our patients with mobility needs, temporary valet parking services began on Tuesday, Sept. 3. The valet service is operated by volunteers and is available Monday through Friday from 8 a.m. to 4 p.m. It is designed for patients and visitors who may not be able to walk long distances or for visitors with young children. Upon completion of this

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addition, the handicapped-accessible parking spaces will return to their previous location and the valet parking services will be reviewed. Thank you to the generous donation of time given by our Auxiliary volunteers who are providing these services.

SMART Transit, available in both Austin and Albert Lea, is also an option for patients to obtain rides to medical appointments, which reduce the need to park a car and walk the distance to the entrance. For more information, you can call dispatch via phone at 855-762-7821 (855-SMART-B1) or visit <http://smartbusmn.org/>

## Integration Updates

As we prepare for the transition of labor and delivery services in late October from Albert Lea to Austin, OB physicians and the care teams are working with patients to carefully plan for their delivery, including who to call and where to go. The Emergency Department staff in Albert Lea, in collaboration with OB colleagues, has always been ready and prepared to deliver a baby in the case of an emergency situation.

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!

## Community Engagement

Mayo Clinic Health System in Albert Lea and Austin continues important work to strengthen partnerships and foster collaborations in the communities we serve.

- Mower Refreshed Newsletter – Be sure to take a look at all the resources in the July/August issue of the [Mower Refreshed Newsletter](#). From eating well, to clean water, to learning about resources in the community, this newsletter has useful information for everyone. The mission of Mower Refreshed is to engage, equip and empower communities to grow local wellness solutions and create a culture of healthy living where they live, work, play and learn.
- Community Health Care Collaborative – In Albert Lea and Freeborn County, a group of representatives of service organizations has come together to launch the Community Health Care Collaborative. The Core Team meets to set priorities and coordinate activities. Work groups focus on particular populations or issues including Families, Seniors, People with Barriers to Health Care, Mental Wellness and Worksite Wellness. Recent programs included a radio show on KATE that discussed the important topic of health insurance for seniors.
- Health Talk Series for Seniors – Mayo Clinic Health System, along with Good Samaritan Society in Albert Lea, will host the Health Talk Series for Seniors the second Tuesdays of the month at 3 p.m., beginning Sept. 10 through Nov. 12 at Good Samaritan Society, Bancroft Creek Estates. Topics include fall risks, respiratory health and vision health. Seniors and caregivers will learn from Mayo Clinic Health System experts on how to stay healthy and active. This event is free and open to the public.
- Harvest Fest – Join Mower Refreshed and community members for family fun at [Harvest Fest](#) Saturday, Sept. 21, 2019 in downtown Austin, with numerous free activities and chances to win prizes. Have fun with the whole family while promoting healthy food access in Mower County. This year, the event combines a festival/expo (9 a.m. to Noon), a community bike ride (8:30 a.m.) and a 5K family walk/run (9 a.m.) . This event is free and open to the public.

[Harvest Fest](#) events are supported by numerous dedicated community volunteers and organizers through Mower Refreshed, a community well-being program sponsored by Mayo Clinic Health System.

- Lloyd and Ardis Peterson Cancer Symposium — The annual Lloyd and Ardis Peterson Cancer Symposium will be held on Saturday, Nov. 9 at Wedgewood Cove in Albert Lea from 9:00 a.m. to noon. This year's program

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focuses on care givers in the cancer journey. The event is made possible by the Peterson family and showcases Albert Lea's Cancer Center and the high-quality care patients in Albert Lea, Austin and the surrounding areas can receive locally. Call 1-507-668-2300 to register.

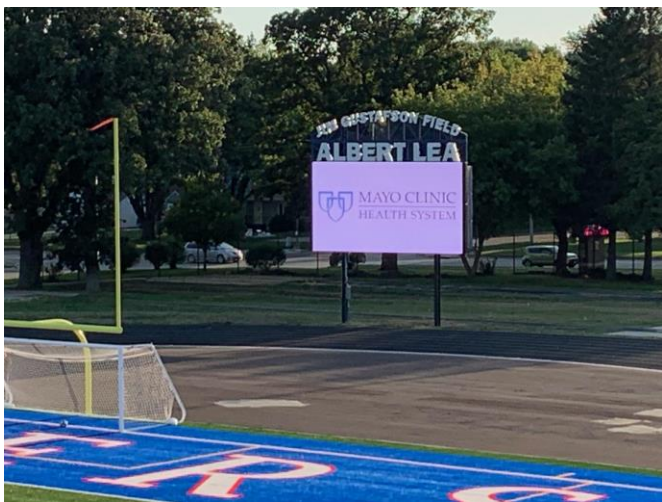
### Kindness Counts



Once again, Mayo Clinic employees outdid themselves in the annual Kindness Counts challenges. In Austin and Albert Lea, employees took full advantage of the opportunity to show their support of community members in need. Donations collected in Albert Lea will assist homeless women veterans in Freeborn County. Donations collected in Austin will be provided to the Mower County Veteran Office in coordination with the National Guard Army Readiness Group and be sent to Minnesota deployed soldiers. In Albert Lea and Austin, and throughout the Mayo Clinic Health System, Mayo Clinic is a large employer and many of our employees live in the community where they work. In Southeast Minnesota, Community Engagement continues to find ways to connect our employees with the communities in meaningful ways.

*Pictured in photo from left: Wayne Madson, Mower County Veteran Service Officer, Cassie Matthies, Administrative Assistant, Tricia Dahl, OA, Kris Johnson, Vice Chair Administration and Lisa Haase, Finance*

### Go Team



MCHS - Albert Lea and Austin participates in initiatives in our community that enhance health and wellness as well as support a vibrant community. Congratulations to the Albert Lea Schools as they open the school year with new athletic facilities. Mayo Clinic Health System – Albert Lea and Austin supports student athletes by providing athletic trainers to the teams. In addition, this year MCHS is proud to be a part of bringing the new sports complex in Albert Lea to a reality.

Thank you for your interest and involvement in our work. We look forward to continuing to enhance the health and well-being of residents in our communities. If you have any questions, please contact any member of the MCHS Southeast Minnesota Community Engagement team. See [previous newsletters](#) for bios for each team member.

Sincerely,

Mark Ciota, M.D., CEO  
Sumit Bhagra, M.D., Medical Director  
Kristin Johnson, CPA, M.B.A., Vice Chair Administration  
Lori Routh, R.N., Nurse Administrator  
Tricia Dahl, M.A., M.B.A., Operations Administrator  
Melissa Barr, M.A., Operations Administrator

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