

Community Engagement

Mayo Clinic Health System – Albert Lea and Austin | November 2019

Dear Community Partner:

Mayo Clinic Health System continues important work to strengthen partnerships and foster collaborations in the communities we serve. 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 – Albert Lea and Austin. Please share with others who may be interested.

Upcoming Activities (see below for more information)

November 8 – Lung Display featured at Albert Lea High School (Albert Lea)

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

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

December 1 – ‘Set Memories Aglow’ Tree Lighting Ceremony (Austin – 3 p.m. & Albert Lea – 5 p.m.)

December 5 – Salvation Army Bell Ringing (Hy-Vee in Albert Lea and Austin)

December 11 – Express Care Renovation Ribbon Cutting (Albert Lea)

Cancer Center in Albert Lea Hosts the Lloyd and Ardis Peterson Cancer Symposium

For the 8th year, Mayo Clinic Health System will host the annual Lloyd and Ardis Peterson Cancer Symposium on Saturday, Nov. 9 at Wedgewood Cove in Albert Lea from 9 a.m. to noon. This year’s program focuses on caregivers in the cancer journey. The event is made possible by the Peterson family and showcases the important resources available through the Mayo Clinic Albert Lea Cancer Center and the high-quality care patients in Albert Lea, Austin and the surrounding areas receive locally. Breakfast is included. Call 507-668-2300 to register.

Programs for Seniors



Mayo Clinic Health System and Good Samaritan Society are hosting the third and final session of the fall series of Health Talks for Seniors on Tuesday, Nov. 12 at 3 p.m. at Good Samaritan Society – Bancroft Creek Estates. Participants will learn more about vision health. This event is free and open to the public. Previous programs were held at St. John’s and Thorne Crest. Topics are determined based on input from residents and feature subject matter experts from Mayo Clinic Health System – Albert Lea and Austin. Watch for more Health Talk programs in 2020 to be announced soon.

Employees Give Back to the Community

Mayo Clinic Health System employees recently completed an employee giving campaign to benefit the United Way and organizations they serve in our communities. Almost \$30,000 total was raised for Freeborn and Mower Counties. Next month, employees will be at Hy-Vee in Albert Lea and Austin to ‘ring the bell’ and raise funds to help those served by the Salvation Army in both communities. The compassion for the community continues as employees in Austin organize events to bring in hats, gloves/mittens, scarves for the Gift of Warmth drive. Donations will be collected at the medical center through Nov. 30 and will be available to the public on Saturday, Dec. 7 at 10 a.m. at Skinner’s Hill in Austin. Employees on both campuses are also collecting new or gently used winter gear and new packages of socks that The United Way in both Freeborn and Mower Counties will distribute to local families in need.

Raising Funds for Scholarships



Mayo Clinic Health System staff attended the Austin City Chamber of Commerce Ladies Night Out held at the Hormel Historic Home in early October to raise funds for non-traditional female students at Riverland Community College.

Staff members in attendance included (left to right back row) Sara Lee, Lisa Haase, Jill Hart, Rita Moyer, (left to right front row) Dr. Jennifer Goins, Dr. Erin Kastl, Heather Voigt, and Kris Johnson.

Harvest Fest: A Great Haul

Mower County food shelves received nearly \$900 raised at this year’s Harvest Fest, a family friendly walk/run/bike/healthy living expo held in September. The Austin food shelf, located at the Salvation Army, received 226 pounds of food donated by attendees at the event. More than 40 organizations and businesses and 400-plus attendees and volunteers contributed and participated in the family-friendly healthy living event.

For the past six years, Harvest Fest and the Harvest 5K have brought together Mower County communities to celebrate the harvest season and raise awareness of the need for healthy food donations to the county’s food shelves. Those utilizing food shelves are often some of the most vulnerable community members, who lack access to healthy options.

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 and supported by the Statewide Health Improvement Partnership (SHIP). Next year’s event will be held on Saturday, September 19, 2020.

Governor’s Pheasant Hunting Opener (#MNGPHO2019)

Mayo Clinic Health System was a premier sponsor of the 2019 Governor’s Pheasant Hunting Opener held in Austin in mid-October. Mayo Clinic audiologist, Sarah Blue, Au.D., was at the registration to offer free hearing screenings for participants. She even confirmed with Governor Tim Walz that he uses hearing protection. Information was also shared in the *Austin Daily Herald* and through the Mayo Clinic Health System Facebook page.

Picture: Governor Tim Walz greets Sarah Blue and Sara Lee at registration.



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

Integration Update

The transition of childbirth services on the Albert Lea campus to the Austin campus was completed last week. Patients will continue to receive pre-natal care and postpartum on both the Albert Lea and Austin campuses. Renovations currently taking place in Austin are being done in stages to be able to continue to deliver and care for our new moms and babies as we work through the renovations. The first phase, including a new C-section suite, will be completed by the end of November.

[SMART Transit](#), available in both Albert Lea and Austin, is an option for patients to obtain rides to medical appointments, reducing the need to park a car and walk to the entrance. For more information, call SMART Transit's dispatch line at 855-762-7821 (855-SMART-B1) or visit <http://smartbusmn.org>.

A full list of services offered on each campus of Mayo Clinic Health System – 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>.

Now available! An easy-to-use guide to health care resources in [Freeborn County](#) and [Mower County](#).

Holiday Tips to Enjoy the Season and Avoid Holiday Weight Gain

- **Take it a day at a time.** Strive to balance out your calories over the day or a couple of days. If you'll be taking in extra calories at an evening gathering, make adjustments earlier in the day. Focus on fruits and veggies, and add some lean protein and high-fiber grains to keep your appetite in check.
- **Skip the snacks.** Don't waste your calories on mindless munchies. Save them for the dinner and dessert.
- **Be selective.** Buffets don't have to be all you can eat, focus on what you'll enjoy, not how much you can squeeze on your plate.
- **Decorate your plate.** Fill half to three-quarters with raw veggies or fruit. Take smaller portions of cream or cheese topped items and fill the rest of your plate with lean meat, shrimp or other seafood choices.
- **Mind your manners and portions.** At sit-down affairs, graciously sample all foods – for your own experience and to please your host. However you don't have to clean your plate to demonstrate your appreciation.
- **Plan for indulgence.** If you want to indulge, ask yourself what you're willing to give up in exchange – something at lunch or dinner, or your afternoon snack? Or commit to putting in a little extra time in at the gym.



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 in which we live and work. For questions or comments about our Community Engagement activities, please contact any member of the [Mayo Clinic Health System Community Engagement team](#).

Sincerely,

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Sumit Bhagra, M.D., Medical Director, Mayo Clinic Health System — Albert Lea and Austin
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