

Community Engagement

MCHS – Albert Lea and Austin | May 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 is full of links to more information. Please share with others who may be interested.

Upcoming Activities

May 10 & 11 – Governor’s Fishing Opener (Albert Lea)

May 13 – Mower Refreshed Collective Team Meeting (Austin)

May 15 – Community Health Needs Assessment (CHNA) Focus Group (Mower County)

May 18 – Albert Lea Area Cyclists Bikes, Tykes, and Tunes (Albert Lea)

May 20 – CHNA Focus Group (Mower Refreshed Steering Committee)

May 22 – Free Pre-Participation Sports Screenings for Student Athletes (Albert Lea)

May 23 & 28 – Community Health Need Assessment Community Forum (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)

June 4 – Free Pre-Participation Sports Screenings for Student Athletes (Austin)

#MNGFO2019

It is not every day the Governor of Minnesota comes to fish in the beautiful waters of Albert Lea and the surrounding area. Mayo Clinic Health System – Albert Lea and Austin is a Platinum Walleye sponsor and excited to be a part of this wonderful opportunity to celebrate Albert Lea. Be sure to stop by our booth at the “Hooked on Broadway” event or come out for a stroll around Fountain Lake at the Blue Zones Walk/Run and get some fun give-aways. See a full list of community events at the [Explore Albert Lea website](#).

Albert Lea Cancer Center Celebrates 20 Years



The Cancer Center in Albert Lea celebrated its 20th anniversary with a reception for patients, staff and the community. Kris Johnson and Tim Kozelsky, M.D. delivered remarks and Kellie Peterson, Registered Nurse in the Cancer Center, provided an update on the upcoming American Cancer Society Relay for Life of Freeborn County taking place in downtown Albert Lea on June 21. But the highlight of the evening was hearing from patient Lynn Bervan. Coincidentally, Lynn served on the Planning Commission twenty years ago when the Cancer Center was first approved. Little did he know that he would become a direct beneficiary of having this level of care right in his home community.

Free Sports Screenings for the Coming School Year

Participation in school sports for grades 6-12 requires an annual pre-participation screening. Mayo Clinic Health System – Albert Lea and Austin is proud to support our communities’ student athletes by providing athletic trainers for practice and games, team physicians at games and [free sports screenings](#).

- Albert Lea - Wednesday, May 22, from 4:30 to 6p.m. at HealthReach (1705 SE Broadway, Albert Lea).
- Austin - Tuesday, June 4, from 4 to 6 p.m. in the Musculoskeletal Center, North Clinic Lower Level (1000 First Drive NW, Austin)

The Digital Age - Information You Need to Know for Yourself and Your Children

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.

We are delighted to feature Angela Mattke, M.D., Mayo Clinic pediatrician and author of the newly released *Mayo Clinic Guide to Raising a Healthy Child* at our next event. Join us for your chance to win a free copy of this informative book.

Raising Kids in a Digital Age: Part II

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

Austin Public Library, Community Room

If you missed the first session, **Keeping Kids Safe in the Digital Age: Part I**, you can watch the presentation by Laura Sutherland, Safe Harbor regional navigator and program manager of Victim Services and Mower County Sheriff Steve Sandvik on the Mower Refreshed Facebook page.

Visit mowerrefreshed.org for more information.

What Do Residents Say Are the Health Needs in Freeborn County?

Freeborn County Public Health and Mayo Clinic Health System of Albert Lea recently conducted a community health needs survey and a number of community focus groups/interviews. As a next step, county residents interested in the health and well-being of our community are invited to participate in a Community Forum to discuss these findings and offer input on the health needs in Freeborn County. This forum is intended to share the findings from the survey and responses from community members. Public participation in this forum assists Freeborn County Public Health and Mayo Clinic Health System of Albert Lea in developing action plans to address the health care needs and services of our community. Lunch will be provided. Open and free to the public!

Thursday, May 23 or Tuesday, May 28, 11:30 a.m. – 1:30 p.m.

Health Reach- Mayo Clinic Health System

1705 Southeast Broadway Avenue

Albert Lea, MN 56007

Email freeborncountypublichealth@gmail.com to RSVP or with any questions.

Mower County Public Health and Mayo Clinic Health System – Austin will jointly host a series of community focus groups to collect feedback on the Community Health Needs. These focus groups will invite participants to not only rank community health needs, but also collect feedback on what is already working well, identify where barriers to care exist and discuss proposed solutions. The focus groups will be incorporated into existing meeting structures and reach people from diverse backgrounds.

For more information, contact Sara Lee at lee.sara@mayo.edu.

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

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 receive timely care by the appropriate provider. 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.

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

Ilaya Hopkins, Community Engagement Manager, Southeast Minnesota, hopkins.ilaya@mayo.edu

Sara Lee, Community Engagement Manager, Austin, lee.sara@mayo.edu

See [previous newsletters](#) for bios about Kathy and Sara. Read on to learn more about Ilaya.

Ilaya Hopkins, Community Engagement Manager for Southeast Minnesota, recently returned to Minnesota after thirty years. In that time, she attended the University of Wisconsin-Madison, moved to

Washington, D.C., lived in Italy, California and Texas and has been involved in her local community in Maryland working on issues of transportation, education and economic development. She was the executive director of a non-profit focused on leadership development for middle and high school students and was most recently Vice President of Government Relations and Communications at the Montgomery County (Maryland) Chamber of Commerce, just outside of Washington, D.C. She has spent at least part of every summer of her life at a lake in Northern Minnesota and is thrilled to be back in the Midwest with her husband and youngest son while their older son has embarked on his college career.

Community Giving

- Recent donations include support of Big Island Rendezvous, Austin Aspires, Freeborn County Relay for Life, The Naeve Nurses Alumni Association, multiple After Proms, the Albert Lea Family Y, United Way of Mower County Power of the Palate and many others.

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, MCHS Albert Lea and Austin

Sumit Bhagra, M.D., Medical Director, MCHS Albert Lea and Austin

Kristin Johnson, CPA, M.B.A., Vice Chair Administration MCHS, Albert Lea and Austin

Lori Routh, R.N., Nurse Administrator, MCHS Albert Lea and Austin

Tricia Dahl, M.B.A., Operations Administrator, MCHS Albert Lea and Austin

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