



Rochester Area Community Update

The latest information for members of our local communities

August 2023

Flu vaccinations offered this fall at schools across Southeast Minnesota



The School-Located Immunization Program will provide flu vaccinations in Southeast Minnesota schools this fall. Students in kindergarten through grade 12 are eligible to participate at:

- Most public and private schools in Olmsted County.
- Kasson-Mantorville, Hayfield and Triton public schools in Dodge County.
- Pine Island public schools.
- Most public and private schools in Mower County.

Registration is required to be vaccinated for flu.

Flu vaccinations will be offered as an injection at all sites, and nasal spray flu vaccine will be offered as available. Nondrug, pain-lessening options will be offered.

Register your child

Registration opens Aug. 9 and will continue through Sept. 13.

[Online registration](#) is preferred. It's quick, especially for those with two or more children.

Paper forms will also be available at Meet the Teacher, Step Into Learning and Back to School events and in the office at your child's school.

Learn more

To learn more about the school flu clinics or to register your child to be vaccinated for flu, visit the [Southeast Minnesota Immunization Connection website](#).

Mayo Clinic Orthopedics and Sports Medicine to offer Saturday fall sports injury clinics



[Mayo Clinic Orthopedics and Sports Medicine](#) will provide a Saturday morning injury clinic for Rochester-area middle school, high school and college athletes injured during recent sports activities. The clinic is available to all athletes from schools in Southeast Minnesota, Western Wisconsin and Northern Iowa.

The clinic will be open each Saturday between Sept. 2 and Oct. 14 starting at 8 a.m. on the third floor of [Dan Abraham Healthy Living Center](#) at

Mayo Clinic in Rochester.

Appointments are preferred and can be scheduled by calling 507-266-6690. Phone lines open at 7:30 a.m. each Saturday. Walk-ins are welcome. The last available appointment is at 11 a.m. Insurance will be billed for these visits.

Physicians, physical therapists and athletic trainers will staff the clinic. Services include X-rays, evaluation and management of acute injuries, splinting, bracing, crutch fitting and instruction, and rehabilitation.

A parent or guardian must accompany athletes under 18.

For more information, call 507-266-6690.

Fall Sports safety: Kids and concussions



The end of summer break is rapidly approaching, which means many kids are preparing to start the fall sports season. Unfortunately, some kids will experience injuries throughout the season. One injury that many people are concerned about is a concussion. Many people have heard of concussions from the news, social media, friends and many other sources. Here are some key points about concussions:

What is a concussion?

A concussion is a traumatic brain injury caused by a direct blow to the head, neck or body that causes the brain to shake inside the skull and results in temporary disruption in brain function. This injury results in a variety of different signs and symptoms that may present immediately or evolve over minutes to hours.

What are the signs and symptoms of a concussion?

Concussions don't show any abnormalities in standard head imaging studies such as a CT or MRI, so clinicians rely on recognizing certain signs and symptoms to diagnose them.

These signs and symptoms include:

- Headaches.
- Neck pain.
- Light or noise sensitivity.
- Dizziness.
- "Don't feel right."
- Difficulty concentrating or remembering.
- Nausea or vomiting.
- Trouble falling asleep.

If you or your child's coach suspect your child has a concussion, the child should be removed from the sport or activity immediately. A medical provider should evaluate your child promptly — whether that be an athletic trainer on the sidelines or a healthcare professional at your child's clinic.

[Read more](#) about treatment options and tips for prevention.

Mayo Clinic earns top U.S. News rankings, continuing to set the standard as the best hospital in the nation



Mayo Clinic is top-ranked in more specialties than any other hospital and has been recognized as an Honor Roll member, according to [U.S. News & World Report's 2023-2024 "Best Hospitals" rankings](#).

Although U.S. News no longer numerically ranks hospitals on its Honor Roll, it will continue to publish a list of the nation's best hospitals. Mayo Clinic in Rochester has been on this

list since it was first published in 1990.

"We are honored that Mayo Clinic is once again the nation's top-ranked hospital across the most specialties," says [Gianrico Farrugia, M.D.](#), Mayo Clinic president and CEO. "Our staff work

tirelessly to deliver the highest level of care to every Mayo Clinic patient. Today's recognition is a testament to them and their daily commitment to providing hope and healing to those in need, and to their creativity, ingenuity and drive to create the future of healthcare."

U.S. News continues to rank hospitals regionally within states and major metro areas. Mayo Clinic again ranks No. 1 in Minnesota, Arizona and Florida and is the top hospital in the Phoenix and Jacksonville metro areas. Mayo Clinic Health System in Eau Claire, Wisconsin, has been recognized as a "Best Regional Hospital" in Northwestern Wisconsin.

Read more of this story on the [News Network](#).

Mayo Clinic Cares volunteer shares how volunteerism changed her life



Caitlyn Hendrickson, a student in the Echocardiography Program at the Mayo Clinic School of Health Sciences, volunteers for Play for Patrick heart screening events held at Minnesota high schools to help keep student-athletes safe. She shares how her volunteer activities helped her choose her career path. [Read her story](#).

If your organization has volunteer needs, consider sharing those

through the new volunteer platform for Mayo Clinic staff. [Mayo Clinic Cares](#) supports Mayo Clinic's mission and values by connecting staff with local nonprofit organizations that have volunteer needs.

To register your organization and post your volunteer needs, visit the [Mayo Clinic Cares link](#) on the Community Engagement [website](#).

August Plummer building lighting schedule

August 1 Appendix cancer

Amber

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