



# Rochester Area Community Update

*The latest information for members of our local communities*

January 2024

## Mayo Clinic's Commitment Against Racism grants boost community efforts in Rochester



Mayo Clinic recently awarded nearly \$478,000 in community grants to local human service nonprofits in Rochester as part of its Commitment Against Racism pledge. The funds are part of Mayo Clinic's 2020 institutional investment of \$100 million over 10 years to address systemic racism and health disparities.

"We are grateful for the exceptional work happening in all

of our communities to combat racism and reduce health inequities," says [Caroline Davidge-Pitts, M.B., B.Ch.](#), chair of the Commitment Against Racism Subcommittee in Rochester. "We hope that Mayo Clinic's additional community investments will reinforce collaborative community efforts and strengthen a sense of empowerment and belonging for everyone."

To learn more about the organizations that received funding, visit Community Relations, [Our Stories page](#).

## Submit Community Contributions Second Quarter requests by Feb. 28

Community Contributions Program applications are being accepted for Quarter 2. The deadline to submit funding requests over \$5,000 is February 28<sup>th</sup> with a decision by May 31<sup>st</sup>. Mayo Clinic considers requests from registered nonprofit organizations in Olmsted County with a focus on requests that are advancing Community Health Needs Assessment priorities, diversity, equity and inclusion in the community and proposals that contribute to community vibrancy. Additional

program information can be found on the Community Relations [website](#). Requests under \$5,000.00 are reviewed monthly. Event sponsorships should be submitted 12 weeks prior to the event date to allow time for the review process and planning.

## Mayo Clinic helps present the release of the Olmsted County Community Health Improvement Plan

Mayo Clinic representatives recently joined with other members of the Olmsted County Community Health Assessment and Planning Partnership to present the [2024-2026 Olmsted County Community Health Improvement Plan](#). The presentation highlighted the [2022 Olmsted County Community Health Needs Assessment](#) findings and prioritization of mental health, substance use and access to care as the top community health concerns for residents in Olmsted County, Minnesota. The presentation also shared key initiatives that the planning partnership and its individual organizations will take to help address needs over the coming three years.

The [Olmsted County Community Health Assessment and Planning Partnership](#) is a 12-year-long collaboration between Mayo Clinic, Olmsted County Public Health and Olmsted Medical Center and many other community organizations to understand health needs and work collaboratively to address them. The 2024-2026 Community Health Improvement Plan highlights efforts that community organizations will take in the coming three years to help address needs, particularly in populations experiencing the greatest health disparities.

Read the [full report](#) to learn more about the process and goals for each priority.

## Be realistic with New Year's health resolutions



Many of us set New Year's resolutions, and one of the most common ones is to get in better shape. We start off strong, only to have the motivation fizzle in a few days or weeks. On Mayo Clinic Minute, Dani Johnson, a wellness physical therapist with the Mayo Clinic Healthy Living Program, offers tips to make it easier to stick to a resolution to get in shape. Johnson says it's also important to be realistic about your time commitment.

"Maybe you only have 20, 30 minutes three days a week," she says. "Start from a place where we can build success. You can always add more."

Read more on the [Mayo Clinic News Network](#).

## Journey to Wellness



### January: Explore your relationship with alcohol

Have you thought about cutting back on or eliminating alcohol use? Participating in challenges that encourage alcohol-free months might be an excellent way to recover from overindulgence during the holidays, examine your drinking habits and notice the role alcohol has in your health and well-being.

Register now for [Journey to Wellness](#), an online toolkit with refreshed monthly themes on healthy living.

### February Plummer building lighting schedule

February 1	Black History Month	Red, Yellow, Green
February 2	Go Red for Women	Red
February 15	Cholangiocarcinoma Awareness Month	Kelly Green

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