



Rochester Area Community Update

The latest information for members of our local communities

October 2023

Rochester City Council Unanimously Approves Mayo Clinic 5-Year Plan Update

On Oct. 16, Mayo Clinic Bold. Forward. Unbound. in Rochester physician leader Craig Daniels, M.D., and Mayo's Facilities and External Relations team members presented the updated 5-Year Plan to the Rochester City Council. The plan, most recently submitted in 2022, was revised to reflect potential projects related to Bold. Forward. Unbound. in Rochester. After the public had a chance to comment and the Mayo team answered questions, the Council approved the plan on a 7-0 vote. Mayor Kim Norton said the Bold. Forward. Unbound. in Rochester plans will be transformational for the City of Rochester. Council members expressed interest in ensuring street-level connectivity of the Mayo campus and downtown as Mayo's building projects are realized. Mayo will continue working with the City of Rochester, adjacent property owners, surrounding neighborhoods and others as the project progresses.

Mayo Clinic in Rochester Hosts 2023 Community Luncheon



On Tuesday, Oct. 17, approximately 140 Rochester community members joined Mayo Clinic leadership at an on-campus luncheon, reviving what had been a pre-pandemic annual event. The Mayo vision to transform the downtown campus to meet the needs of patients and staff was shared with a cross section of Rochester businesses, non-profits, government officials, and other community members.

Dr. Gianrico Farrugia, Mayo Clinic president and CEO, addressed the audience, acknowledging that today's system is under strain. He said Mayo Clinic, based on its

160-year tradition of innovation and future thinking, has spent the last four years thinking about

how to address the challenges of today and anticipate what is to come. He spoke about trends in healthcare and offered a preview of the Bold. Forward. Unbound. in Rochester initiative.

Erin Sexton, senior director of enterprise community relations, moderated a panel that included Bold. Forward. Unbound. in Rochester project leaders, who shared information on the work the team has been doing and what lies ahead. As a leader in healthcare, the panelists said, Mayo Clinic has an obligation to make the experience better for patients and staff. Through this initiative, Mayo Clinic is embracing technology as the next disruptor and creating spaces that put people in the center of the design. The building project will last a few years while further work is done to refine and advance transformational concepts of how to deliver care and recruit and retain the workforce. The panelists noted it would be important, during the process, that Mayo Clinic coordinate and collaborate with the community to ensure the ultimate success of this vision and keep Rochester the premier medical destination for all those seeking hope and healing.

Second year of Lot 31 at Marian Circle a Huge Success



When the year began, there was some concern that the relocation of the popular Lot 31 local food truck event on the Saint Marys Campus might hurt the popular offering. But those concerns proved unfounded. This year, due to construction, the event moved from Parking Lot 31, on Second Street across from the Saint Marys Chapel, to a spot behind Marian Hall. The new site was recommended and made possible with the help of Keith Larson, supervisor of facilities management, and his grounds crew.

Meghann Southwick, the event organizer, said the move "proved to be the best decision we could have made. We had more vendors than the first year and a lot more employees took advantage of the closer location. All our numbers were up, and so was the satisfaction."

On a recent Lot 31 date, a group of nurses having lunch on a picnic table and another staff member having lunch nearby all said they liked the new location. A vendor from a local barbecue restaurant also said the new location had been good and business had been steady.

Southwick estimated that over \$20,000 was put back into small, local and regional businesses and over 2,500 visitors attended across the six 2023 dates.

Mayo Clinic to open special funding cycle October 26

Mayo Clinic is seeking proposals from nonprofit organizations in Olmsted County, Minnesota, looking for funding for efforts to address racism and benefit racial and ethnic minority groups in the county. Applicants should describe how their efforts contribute to eliminating racism, promoting social justice, reducing health disparities, addressing social determinants of health in marginalized communities and advancing equity and inclusion for diverse members of the community.

Grant awardees will be required to submit a 2024 Impact Report that includes an Impact Statement (describe the expected results, how progress will be tracked and expected impact), a

Sustainability plan (highlighting next steps and plans), and Barriers and Challenges (if any). [Applications](#) open Oct. 26 and close Nov. 10. Organizations will be notified by the end of November.

You can also learn more about this and our other grant programs on the [Community Relations website](#).

Protect your community; safely dispose of unused medications this Take Back Day



In collaboration with the [Olmsted County Sheriff's Office](#), [Olmsted Medical Center](#), [Zumbro Valley Medical Society](#) and the [Drug Enforcement Administration \(DEA\)](#), Mayo Clinic will host a community drop-off event to collect unused or expired medications on Saturday, Oct. 28, from 10 a.m.–2 p.m. Anyone can anonymously drop off medications at Mayo's Gonda Building at the west entrance drop-off circle located at Third Ave. Southwest.

[National Prescription Drug Take Back Day](#) events are held twice a year — in April and

October — in communities nationwide. People can drop off unused or expired medications — with no questions asked — for free and safe disposal.

Those attending and dropping off unused prescription medication will also receive information about [naloxone](#), which is used for emergency treatment of an opioid overdose.

Read more about Take Back Day and what medications are accepted at [Mayo Clinic News Network](#).

Mayo Clinic Presents: An Evening with Michael Feinstein



Join us for a performance by [Michael Feinstein](#), founder and ambassador of the [Great American Songbook Foundation](#), on Nov. 4 from 6 – 8 p.m. at Presentation Hall at Mayo Civic Center. His performance will be followed by *The Brain on Music*, a panel discussion — and demonstration — on how music connects caregivers, persons living with dementia and all of us in affirming and uplifting ways.

The multi-disciplinary panel features:

- Michael Feinstein, ambassador of American Songbook, singer, pianist
- Ronald C. Petersen, M.D., Ph.D., neurologist, Mayo Clinic
- Angela Lunde, associate in neurology, Alzheimer's Disease Research Center, Mayo Clinic

- Suzy Johnson, artistic director of [Resounding Voices](#), music educator and composer/arranger

The discussion will be led by Matthew D. Dacy, co-chair, Mayo Clinic Heritage Days. An Evening with Michael Feinstein is hosted by the Mayo Clinic Dolores Jean Lavins Center for [Humanities in Medicine](#). The event is free but [registration](#) is encouraged.

Can you get COVID-19 and the flu at the same time? A Mayo Clinic expert weighs in

[Influenza](#), COVID-19, the common cold and [respiratory syncytial virus \(RSV\)](#) are among the respiratory viruses that will be circulating this fall and winter seasons. These highly contagious viruses cause similar symptoms, making it difficult to differentiate between them.

Those symptoms include:

- Fever
- Cough
- Sore throat
- Runny nose
- Body aches

[Matthew Binnicker, Ph.D.](#), director of the [Clinical Virology Laboratory](#) at Mayo Clinic, says it is possible for people to contract more than one virus at the same time.

Read more on the [Mayo Clinic News Network](#) and watch a [short video](#) with Dr. Matthew Binnicker discussing COVID-19 and influenza.

Provide feedback through the Cancer Focused Needs Assessment

The Mayo Clinic Comprehensive Cancer Center invites you to take the [Cancer Focused Needs Assessment](#), an anonymous, 15-minute questionnaire that asks about cancer risk factors and how cancer burden affects your community. The results of the survey will help Mayo Clinic develop health education programs, recommend health policies and provide cancer-related interventions to improve health and quality of life in the communities it serves. Participants will receive a \$15 gift card for completing the survey, which takes between 15-20 minutes.

October Plummer building lighting schedule

October 9	Indigenous People's Day	Red
October 13	Metastatic breast cancer	Green, pink, teal
October 15	Infants Remembered in Silence	Pink and blue
October 29	World Stroke Day	Red

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