The Editor Says . . . Dr. Dick Vetter served as chair of the Emeritus Center last year and kindly agreed to write an article for us on retirement activities he enjoys and considers important.

On Being an Advocate – by Richard J. Vetter, Ph.D.

Last year at this time Dr. Neath Folger provided his “Retirement Survival Guide” in which he emphasized the importance of planning in building a foundation for a good retirement. He reported that many advisors discuss with their clients what can be a stumbling block for some people, i.e. letting go of one’s career and taking advantage of new opportunities to use one’s talent. One area where people can apply their talents is advocacy.

Shortly before I retired, Dr. Don Tindall, now Professor Emeritus of Molecular Biochemistry and Urology, asked me to consider serving as an advocate for the Mayo Clinic Prostate Cancer Support Group. As director of Mayo Clinic’s Prostate Cancer SPORE grant from the National Cancer Institute (NCI), Don had organizational oversight over the Support Group. He had become aware that I was a prostate cancer survivor and suggested that after retirement I might be interested in remaining connected in some way to the activities of the cancer research community. Dr. Donald Layton, emeritus consultant in Neurology, led the Support Group at that time and encouraged my participation. Since then I have assumed leadership of the Prostate Cancer Support Group and have become a patient and research advocate in the NCI genitourinary and prostate cancer programs and in the U.S. Army Medical Research and Material Command’s Office of Congressionally Directed Medical Research Programs (CDMRP). These activities provide me with opportunities to be involved locally and nationally in prostate cancer patient and research advocacy. I have greatly appreciated these opportunities to participate in a meaningful and important activity in medicine in a completely different way than during my career at Mayo Clinic. It’s provided a new understanding that I didn’t have before.

Several support groups meet at Mayo Clinic to provide education and support to patients struggling with a particular disease. Several emeriti are advocates in various areas including breast cancer (Dr. Linda Miller), exploited and missing children (Dr. Dan
Broughton), smoking cessation (Dr. Richard Hurt), and railroad safety (Tim Geisler) to name a few. So, why would someone want to serve as an advocate, especially a patient or research advocate for a particular condition or disease?

Cancer research advocates encourage policymakers, drug companies and others to advance cancer research. Advocates monitor the NCI and CDMRP priorities and the progress that has been made against cancer, how they conduct research and allocate funds, and how investing in cancer research benefits the nation. Advocates may serve as peer reviewers for grant proposals. They dialogue with researchers to identify questions related to cancer prevention and risk; mechanisms of tumor development and recurrence; tumor detection, diagnosis, and prognosis; and cancer therapy and outcomes. And they help researchers understand the cancer experience, the pain of treatments, and the disappointments of treatment failures or side effects associated with successful treatments.

While research advocates spend much of their effort encouraging the research community to find a cure, patient advocates work with individuals or group of patients to help them understand and cope with their disease. Patient advocates might help patients understand treatment options or even help find a medical specialist. Nationally, medically trained professionals — doctors, nurses and social workers — are segueing into the advocacy role. According to an article in the April 22, 2013 issue of Forbes Magazine “They want to take what they know and help families.”

Patient advocacy gives retired physicians an opportunity to help patients feel better, more hopeful, and not so alone; help them understand technical aspects of the disease process; give them a chance to talk about their feelings; help them deal with practical problems at home, work or school; and help them understand and cope with side effects of treatment. Patients may feel overwhelmed or angry, especially when first learning they have cancer. An advocate can help patients work through their denial or anger so that by the time treatment begins they accept the fact that they have a serious condition and move forward. Some patients may feel that their life is out of control. Their normal routine is disrupted by doctor visits and treatments. Treatment may cause pain or sickness or other side effects. Providers use medical terms they don’t understand. They feel helpless and lonely. Through support groups or one-on-one discussions retired physicians who serve as patient advocates can help these patients take charge by helping them to learn as much as they can about their disease and by encouraging them to take part in activities such as music, crafts, reading, or learning something new.

So, when considering the transition from active practice to retirement, remember that healing takes place through the relationship between doctor and patient. The organization doesn’t heal people; the provider does that. So consider using your talents in patient or research advocacy and benefit both sides of the doctor-patient relationship. You will find it very rewarding.
New Emeriti

**Rochester**

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<td>John E. Bierman</td>
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Deaths

**Donald J. Weggen, B. S.,** died on October 27, 2015, in Stanley, WI at age 76. Don was born in Ludington, WI and graduated from Cadott High School. He received his B. S. degree from Wisconsin State University (Eau Claire) in 1965. After serving as an accountant and budget supervisor for the Trane Company in LaCrosse, he joined the Mayo Clinic’s Section of Accounting in 1968 and was appointed a member of the Consulting Staff in 1981. Don served as administrator to the Mayo School of Graduate Medical Education in the 1970’s and administrator to Research Services in the early 1990’s. Don retired from Mayo Clinic in May 1995. He was an avid gardener and fisherman and volunteered in many civic groups before and after retirement.

Death of an Active Staff Member

**Jerald H. Pietan, MD,** Jacksonville, Department of Radiology, October 12, 2015.

Deaths of Spouses of Emeriti Noted

Betty Willius Kirby (Dr. Thomas J.) December 11, 2015

Recognitions

**W. Bruce Fye, MD,** The Mayo History Center has been named the W. Bruce Fye Center for the History of Medicine to honor the contributions he has made to the field and to Mayo Clinic.

**Edward C. Rosenow III, MD**’s long-standing interest and participation in teaching of medical students and residents was noted an article in Mayo’s In The Loop blog.

**William Charboneau, MD** received the Lawrence A. Mack, MD Lifetime Achievement Award from the Society of Radiologists in Ultrasound at their annual meeting in October, 2015. Bill also was given the Lifetime Achievement Award from the Society of Abdominal Radiology in 2014.

**Greg Warner, MD and Jill Smith, JD** are the 2015 National Senior IV amateur dancing champions at the Silver level in Smooth Style (waltz, tango and foxtrot) and also Senior IV bronze level Standard (International waltz and quickstep) champions. Senior IV is the highest level age category.
Future Quarterly Emeritus Staff Luncheons for 2016

Tuesday, January 12, 2016 – Phillips Hall, Siebens Building
Speaker: The Honorable Mayor Ardell Brede

Wednesday, April 27, 2016 – Phillips Hall, Siebens Building
Speaker: Donald D. Hensrud, M.D., M.P.H., consultant in Preventive Medicine
*Note: this is the last Wednesday in the first month of the 2nd quarter

Tuesday, July 26, 2016 – Phillips Hall, Siebens Building (spouse/guest invited)
Speaker: To be announced
*Note: this is the last Tuesday in the first month of the 3rd quarter

Tuesday, October 11, 2016 – Balfour Hall, Foundation House (Annual business meeting)
Speaker: To be announced

Announcements

A series of visits with Dr. Noseworthy and Emeritus Staff is being planned for 2016 to update Emeriti about institutional activities in a more informal setting. Specific dates will be announced later. Interested Emeriti should contact Morales.jonelle@mayo.edu or by calling 284-2691.

(Sue Briske shared the following announcement regarding plans underway for a new wellness program for Emeriti - The Editor)

As we age, we more often reflect on things that matter most. Many renew interest in improving health and wellness. The desire for thriving and flourishing in retirement has possibly never been greater—and the goal has never been more attainable!

Aware of the importance of health and wellness, the Emeriti Staff leadership team is committed to connecting you with opportunities to enhance your wellness. Last September, a Steering Group was formed to guide and direct a Wellness Program for Senior Staff – emeriti and voting staff 60 and above. Currently the group is establishing a relationship with existing Mayo programs (e.g., Dan Abraham Healthy Living Center, Charter House), seeking input from emeriti on program development, and exploring the use of technology to change behavior and achieve individual lifestyle goals.

Do you have needs, desires, or suggestions you would like to share? We value your input and welcome your involvement! For more information and/or to share your thoughts please contact one of the Emeritus Executive Committee:
Glenn Forbes, MD, Chair – forbes.glenn@mayo.edu
Stanimir Vuk-Pavlović, PhD, Secretary – vuk@mayo.edu
Sue Briske, Coordinator, Senior Staff Wellness Program – sbriske@mayo.edu

Coming soon - more information on the Emeritus website … a brochure of wellness-related activities and resources available to you and your spouse - Quarterly luncheon meeting updates. We look forward to serving you on your path to greater wellness!
Clarification
In the fall issue, the availability of air ambulance service for retirees was described. It should be noted that the Clinic offers this service as a benefit to all Emeriti and their covered dependents if you retired before 2015 and are enrolled in the Mayo Medicare Supplement. To request air transport service, call the Ask Mayo Clinic Nurse line at 1-888-288-1881 or 00-1-507-288-6000 internationally. These numbers are also on the back of your medical plan identification card. If you retired in 2015 you need to enroll at www.airmed.com/RPMC for this service.

Correspondence
Twin City living emeriti Drs. Sheldon Sheps and Tom Moyer requested a second call to other Twin City emeriti about a possible monthly lunch get together. Email Sheldon at ssheps@icloud.com if you are interested.

Book Review - by Sheldon Sheps, MD
God’s Hotel: A Doctor, a Hospital, and a Pilgrimage to the Heart of Medicine” by Dr. Victoria Sweet”, published 2012. (I have also read this book and highly recommend it. The Editor)

Dr. Sweet is an Associate Clinical Professor of Medicine at the University of California, San Francisco, and a prize-winning historian with a Ph.D. in history.

For anyone who has worked in large county hospitals, this book recalls many images of the patients, the staff and the bureaucracy; for anyone who hasn’t, it’s a real insight. The culture, the large, gym-like open 30 bed wards, the intrigue among patients, families, staff and administration vividly and sometimes humorously described.

This is a true depiction of the life and last days of the original Laguna Honda Hospital in San Francisco [a descendant of a Hôtel-Dieu] as it morphed from the days of “slow medicine” into the new, modern hospital replete with “fast medicine” and, for example, no space to store wheel chairs overnight. The stories of the patients and the staff will keep you engaged – it’s a page-turner.

But this is only one part of the book. It is also a memoir of Dr. Sweet’s personal journey into understanding herself by studying the life of Hildegard of Bingen [12th century] whose manuscripts on health care provokes her into a deep study of the era and the holistic spirituality that imbued people of the cloth who cared for the sick and the weary travellers in the Middle ages. Dr. Sweet describes her own pilgrimage, walking to Santiago de Compostela, over several summer vacations. The journey changed her life.

This book not only reminds us of medicine in days past but also of what patient care should aspire to in our current milieu. See this link - http://www.victoriasweet.com/the-book/about-gods-hotel/ - for other links, interviews and information.
Greetings! I am both honored and privileged to serve as your new Chair of the Emeritus Staff this year. I am thankful to Dick Vetter for all he has done this past year as our Chair, and I am appreciative of the work of our Executive Committee and Council who serve tirelessly to meet the needs and further the activities of our Emeritus staff. New Emeriti are a different breed than in the past—the new Emeritus is remaining even more active than ever before, more interested in health and maintaining a healthy living style, and highly motivated to be purposively engaged. This is an exciting time to be a part of this vibrant community!

In response to our ever growing size, needs, and interests, the leadership of the Emeritus staff is devoting considerable energy and consolidated effort to organize and engage the Emeriti Staff as an active part of the continuum of the greater Mayo community. Strategic steps include organization of the Staff, governance structure for its leadership, new programming, and increased engagement of all staff. Organizing efforts are underway to link all ongoing activities and to develop our Emeritus Staff as an enterprise-wide community with site specific chapters similar to other models within our Institution. We recently approved our first set of bylaws last month to govern our activities and are developing new programs in health and wellness, education exchanges, mentoring and special interests. Each of these will be described separately and in more detail in communication throughout the year.

Examples of our increased programming efforts abound. Of particular interest at this time is a new initiative to develop a proactive health and wellness program for individual participation and up-to-date models of performance measurement, health profile modeling, education and advice, and monitoring. This will be done in conjunction the Dan Abraham Healthy Living Center and a joint effort with an outside firm to promote individual programming that can be managed through one’s smartphone at home. The initiative is led by Sue Briske and her committee which receives guidance from Dr. Stanimir Vuk-Pavlovic (“Vuk”) and the full Executive Committee.

As I write this column, we have just completed organizing our annual holiday receptions at the Foundation House and Gonda atrium. Our growing numbers and participation are leading us to direct increased attention toward developing our event in Gonda so that more individuals and their guests can enjoy this annual entry into the holiday season. We welcome comments and advice as we continually work to enhance these special times for reacquainting ourselves with one another in a festive environment.

Our quarterly luncheons offer a unique opportunity to meet and learn about our Institution and community in a social setting. Our next luncheon on January 12 in Phillips Hall will host Mayor Ardell Brede of Rochester as our guest speaker sharing his insights on a broad range of issues extending from local community challenges and opportunities to representing our community in meetings with the Pope!
Register now in order to secure a place at the table for this exciting upcoming event.

None of us need reminding that our society is undergoing a major re-engineering of our healthcare system and the impact on us as individuals and our Institution is significant. The challenges are immense and the opportunities to respond are compelling. We are truly blessed to be part of the Mayo community which is recognized as playing a leading role in our national efforts to develop and exercise new models to show how this can best be done. Our Mayo CEO and President, Dr. John Noseworthy and his administrative partner, CAO, Jeff Bolton, continually make efforts to reach out to receive our input and share their perspectives, and such communication steps take many forms. This coming year we are developing a new form of interaction involving several smaller, more intimate dialogues with our Institutional leaders that will involve small groups in relaxed settings to offer an opportunity for direct conversation, questions, and communal dialogue about how Mayo is responding to these times. Look for more details in future communications for how to individually participate---this opportunity for direct dialogue with our leadership will be something many of us will not want to miss.

If you have not already done so, come by our Emeritus Center which is the physical location on 10th floor Plummer for coordinating our business, administrative, and some of our individual social interactions. The business and computer center on PL-10 is continually being upgraded for use by each of our Emeritus staff and this area also offers an opportunity to renew friendships with long standing colleagues. Each time I myself sit at one of the work stations, invariably I find myself sitting next to someone with whom I have shared decades of a career at Mayo and our conversations quickly and easily extend into worldwide travel, personal interests, and current events. I’m always reminded to maintain a low voice level to respect the working environment, but I always leave the computer area refreshed and renewed by these interactions and I know each of you will, too. See you on PL-10! And, thank you for all your time and service as an active staff member and welcome to the new adventure of being part of the Emeritus staff. Cheers!

Glenn

News from Arizona

Julie A Hilliard, Emeritus Administrator, says as always, we welcome our Emeritus Staff members from Minnesota and Florida to join us for activities and events when they are visiting Arizona.

News from Florida

Informal monthly emeritus luncheon meetings at The Lodge at Ponte Vedra have continued on the 2nd Tuesday of the month after summer recess. Dates of future luncheon meetings; are January 12, 2016; February 9, 2016; March 8, 2016; April 12, 2016; and May 10, 2016. Summer recess is June, July, August and September.

The January 12th luncheon meeting will be held at Mayo Clinic, [notice of designated room will be sent]. Bryan Neel of the Office
of Staff Services will update the emeritus members on any benefit program changes, including benefits of out-of-country health care. Time will be available for questions.

Emeritus members from Rochester and Arizona are always most welcome to our luncheons. They are informal pay as you dine affairs at the Oceanside Lodge of Ponte Vedra. Please call or e-mail Medical Staff Office Services Mayo Clinic Florida at least one week prior to the luncheon date. Phone # 904-953-6254

Emeritus Quarterly Newsletter is published quarterly for members of the Mayo Clinic Emeritus staff. It also is mailed to current Mayo consulting staff age 60 or older. To contribute news to share with your fellow emeritus staff, e-mail Gene G. Hunder, M.D., at ghunder@mayo.edu or mailing address: Dr. Gene G. Hunder, Emeritus Quarterly News, Plummer North 10, Mayo Clinic, Rochester, MN 55905.

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http://intranet.mayo.edu/charlie/emeritus-staff-center/emeritus-center-home/

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