



Emeritus Quarterly Newsletter

Volume 21, No. 3, Summer 2016

The Editor Says....We thank Stephen Carmichael, Ph. D. for writing this description of Memorial Hall on the 14th floor of the Mayo Building. Dr. Carmichael is Professor Emeritus of Anatomy and Orthopedics.

Dr. Carmichael Says....

MEMORIAL HALL

Many of us have visited the 14th floor of the classic Plummer Building. It is probably the most beautiful floor of the most iconic building on the Mayo Rochester campus. As you exit the elevators on the 14th floor, you enter Memorial Hall facing the marble wall on the east side. Engraved on that wall are the names of the early partners of the Mayo Properties Association (now Mayo Foundation) starting with Dr. Will and Dr. Charlie and including their father, Dr. William Worrall Mayo. The lovely reading room behind that wall is officially Plummer Hall.

The minutes of the 14 February 1945 meeting of Mayo Board of Governors established the "Memorial Tablet" to recognize deceased

(plus years of birth and death) and so names and dates began to be added to the south wall. In about 1989 the Division of Engineering was engaged to add names annually of Mayo Rochester Staff who had passed away in that fiscal year. The only exception that I am aware of to include the name of a person who was not on the Staff of Mayo Clinic was in 1931 when the Board decided to include Mr. John Kahler who "contributed largely in time, energy and material to aid the sick..." This of course was referring to the hotel built by Mr. Kahler that bears his name.

As a matter of aesthetic preservation, the Division of Engineering Staff developed a replicate / custom font that with a milling machine could be used to produce an exact font replication to match the names already displayed on the Memorial Tablet. The plaques were elegant bronze sheets with names and dates milled into them. Plaques were added from east to west on the south wall and in time extended to the north wall where they proceeded west to east. Each engraved plaque had a single column of

Staff. This is now the east wall of Memorial Hall, originally called "Memorial Lobby." Apparently, in 1969 the east wall was fully occupied by engraved names

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names and dates, and by 2006 there was concern that the north wall would soon be filled. Concerns were compounded when the firm supplying the plaques went out of business.

In 2010, the north wall plaques no longer had space for engraving. Colleagues continued to pass away and there was no room to memorialize them. Thus, in 2012, the Executive Committee of the Emeritus Staff, with approval of Craig Smoldt, Department Chair of Facilities Support Services, once again engaged the Division of Engineering to secure a solution to continue to memorialize deceased Staff.

The Division of Engineering recommended that the plaques be converted from bronze to a material called Alumamark that could be engraved with a laser beam. The fabrication process using this new material was faster and allowed for long-term expansion of names and dates being added to Memorial Hall. Mike Craven of Facilities Construction Management was involved in coordinating the project.

Stephen Carmichael

Professor Emeritus of Anatomy and Orthopedic Surgery

I would like to acknowledge the assistance of Nicole Babcock and Renee Ziemer in the W. Bruce Fye Center for the History of Medicine, Steven Jurrens and Robert Highet from the Division of Engineering, Mike Craven in Facilities Construction Management, Craig Smoldt now in Systems Support Services, Shawna Miller in the Emeritus Center, and Catherine (C.J.) Johnson from the Office Staff Services.

Today, Catherine (C.J.) Johnson of the Office of Staff Services, with input from the Executive Committee of the Emeritus Staff, has oversight of Memorial Hall. Shawna Miller, Administrative Assistant of the Emeritus Center, interacts quarterly with Robert Highet and Steven Jurrens in the Division of Engineering to keep the plaques current.

If you haven't visited Memorial Hall recently, I strongly encourage you to go to the 14th floor the next time you are in the Plummer Building. You will see the names of many friends, colleagues, and historical people who served Mayo Clinic in the past. You will also see that there is room for several more names that will be added as we continue to lose colleagues. However, it will also be clear that the adjustment made in 2012 will not solve the problem forever. At some point in the future, modifications to memorialize staff members who pass away will need to be devised again.

New Emeriti

Rochester

Jonathan Oviatt, JD	Legal	May 6, 2016
Jeannie Nevin	Research Administrative Services	June 10, 2016
Jane C. Carlon, MD	Radiology	June 14, 2016
Bernard J. Gersh, MB, ChB, MD, DPhil	Cardiovascular Diseases	June 30, 2016
Bruce A. Evans, MD	Neurology	July 5, 2016

Deaths

No deaths to report this quarter for Rochester or Arizona or Florida.

Chair's Corner**AN EXCITING TIME**

What an exciting time for the Mayo Emeritus Staff! For the past several years momentum has been building to develop a new level of activity and identity within the greater Mayo community.

Last month saw opening of the new health and wellness initiative co-sponsored by the Dan Abraham Healthy Living Center and attended by over a hundred participants. This month, the new Silver Circle Social and Travel Club initiates its first meeting and at the time this editorial is being written we have as many participants as we can accommodate signed up to attend the opening event. Our new Lunch with Leadership program is off to a great start. And for those who were able to attend the spring luncheon, they know the morning of October 19 is being held for the unique "mystery event" which will entail the use of several floors of the Plummer Building - including the main library on Plummer 14. More information will be provided at our summer luncheon on July 26 which will host

Glenn Forbes
Chair, Mayo Emeritus Staff

Roger Peterson, our Rochester Chief of Police and Law Enforcement as the guest speaker, "Policing in the 21st Century".

In the meantime, several members of your emeritus staff leadership have been meeting with various entities within the active staff organization to discuss issues ranging from maintenance of services, enterprise-wide organization, web site creation, to Development and communication. There is great interest within the active Mayo organization to foster the success of our emeritus activities (it is not lost on everyone that eventually we all join the emeritus staff!)

All of these activities reflect a meaningful effort on the behalf of so many to further develop the Emeritus Staff as a vibrant cohort of the Mayo community. Stay tuned, and join our activities when they resonate with your needs and interests. This is an exciting time to be a part of our Mayo Emeritus Staff community!

Report of the Senior Staff Wellness Fair – May 7, 2016

"Never bet against a horse that's seven for seven."

That might not sound like medical advice from a Mayo Clinic oncologist, but Dr. Edward Creagan ended his presentation at the Senior Staff Wellness Fair with an admonition about the Kentucky Derby hopefuls. "Just remember, it's Nyquist –

not Nyquil "he said. Turns out Nyquist was the winner that day as were more than 100 senior staff, emeritus staff and guests who attended the wellness fair.

To enjoy creative, successful aging, Dr. Creagan urged participants to get 150 minutes of exercise per week, follow a plant-based diet, engage in frequent social

interactions and develop a sense of spirituality. Dr. Matthew Clark, psychologist, added the quality of resiliency to that list and explained how Mayo Clinic Wellness Coaching could help staff reduce stress and achieve greater resiliency, ultimately improving quality of life.

Participants took a break to enjoy an excellent lunch and then learned from Ms. Margaret Gall, dietitian, that everything on the menu reflected the MIND diet. She talked about the evolution of the MIND diet and its similarities to both the Mediterranean and Dash diets. For dessert, Mr. Linde Sifuentes, wellness coordinator, led the group through 12 basic upper/lower body

movements designed to help everyone go the distance.

Following those presentations, participants enjoyed touring 12 wellness booths, including 12 Strategies for Healthy Aging; Learning is Forever (LIFE), Emeriti Staff Social and Travel Circle, an Open House event scheduled for October 19, 2016 by the Heritage Center, Mayo Clinic Dan Abraham Healthy Living Center (DAHLC) and Mayo Clinic Health Living Program.

More information about the Wellness Fair, handouts from the presentations and booths, and information about possible future events are available in the Emeritus Office.

Future Quarterly Emeritus Staff Luncheons for 2016

Tuesday, July 26, 2016 – Phillips Hall, Siebens Building (spouse/guest invited)

Speaker: Roger Peterson, Chief of Police, Rochester, “Policing in the 21st Century”

*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

Events Upcoming

The W. Bruce Fye Center for the History of Medicine invites all Emeritus Staff to attend a special event: **Beyond Will and Charlie...How Will We Tell YOUR Story?**

Wednesday, October 19, 2016

10:00 AM – Noon

Plummer Hall, 14th floor of the Plummer Building

Let us draw back the curtain to show you what the W. Bruce Fye Center for the History of Medicine is all about! Join us for an overview and refreshments in Plummer Hall and then see what's new on Plummer 3.

- **See** our new interactive Emeritus kiosk, where all visitors to the Historical Suite

can search for and read about Mayo Clinic Emeritus Staff members.

- **Help** us identify mystery medical instruments in our archive.
- **Learn** how **YOU** can contribute to the Center's collection by making archival donations or creating memoirs about **YOUR** time at the Clinic.

On July 2, 1965, the Historical Committee issued a call for help to Mayo Clinic and Emeritus Staff in a *Mayovox* article and stated, “[We are] aware that the most important segment of Clinic and Clinic-related history exists primarily in the memories of its participants.” It was true

then, and it's still true now. We want and need **YOUR** help to document Mayo Clinic's history – beyond Will and Charlie!

Senior Wellness Activities

Connect with colleagues and friends at Senior Staff Wellness activities!

Following the success of the Senior Staff Wellness program (covered in this edition of the Quarterly Newsletter) and the expressed wishes of the participants, we are pleased to announce several new activities. Mark your calendars:

1. Kick-off meeting of the Bicycling Group, September 10th, 8:30 AM. We will meet at Daube's Bakery (1310 5th Pl NW, Rochester, MN 55901) for planning. The meeting will be followed by an optional biking trip that day.
2. Coming soon: Ballroom Dancing Classes! Have not danced since your high school prom? This is our chance! Stay tuned!

3. Interested in free coaching program you can access from your iPhone to improve your fitness? Contact Ms. Sarah Nguyen from our collaborator Mikropis at sarah.nguyen@24alife.com, 507-261-8735
4. Wish to meet your friends while doing something good for yourself? Join the Walking Wednesdays group. For details, see <http://newsletters.mayo.edu/newscenter/Article.aspx?contentID=DOCMAN-0000164006>

For more information, contact Ms. Sue Briske, Director, Senior Staff Wellness Program and follow the Emeriti Staff webpage.

Dedication

A study bust of Abraham Lincoln, donated to the Emeritus Center by Dr. Rolland Dickson was dedicated on June 9, 2016. The bust will be on display in the Emeritus Center. The unique bust was made by the well-known sculptor Dr. Avard Fairbanks in preparation for constructing a full-size bronze bust. Dr. Dickson had been given the bust by Dr. Virgil Fairbanks, Dr. Avard Fairbanks son. Pictured left to right: Dr. Rolland Dickson, Dr. Virgil Fairbanks, and Dr. Richard Vetter, Past Chair – Emeritus Staff.



Communication

Dr. Sheldon Sheps, now living in the Twin Cities, sends us a follow-up letter about the Twin City Emeritus Luncheon Club. "We have met twice, with the third meeting coming up in 2 weeks -

last Mon of the month. We had 12 at the second meeting! " He invites others to come also. Emeriti can connect with Dr. Sheps on Mayo Clinic email.

Announcements

Book by Dr. Ken Berge

We've received a copy of a book written by Dr. Ken Berge with Michael Ransom entitled: *Ninety Years and Counting. An Abundant Life Examined*. In the Book, Ken recounts his early life and the many years spent here in Primary Care Internal Medicine. The book is well-written and many emeriti should find it interesting. These books are important not only because they recount family history that might otherwise be forgotten, but they often

include practices and events at Mayo Clinic that just didn't get written down elsewhere. A number of autobiographical books have been written by emeriti. Some of these are in the Charter House library. To help document the lives and times of Mayo staff and Mayo Clinic history, we encourage more emeriti to get busy and tell their stories. Contact Ken at Charter House for a copy of this one.

The Prologue Project: collaboration between Mayo Medical School and Emeritus Staff

What's past is prologue, and our past medical history will shape future generations of physicians. The students at Mayo Medical School are acutely aware of this, learning in the shadow of an institution rich in history. The Prologue Project was started to connect students with emeritus faculty as an opportunity to share the story of medicine told through individual physician's careers. This has taken the form of evening events and one-on-one recorded interviews. Physicians share anecdotes about training, practice, life at Mayo, and many other topics. Through these meetings students not only learn about the medical

world they are joining, but also gain interview skills that will enhance future patient interactions. The plan is to record the interviews and have them transcribed, polished and then put in in the archives for future reference. So far the few that have been done seem to be very rewarding to both the students and the emeriti.

Watch for information in the Emeritus Center about participating in upcoming Prologue Project events and interviews. Interested emeriti can contact Sinead Murphy MMS, (77)4-3851, or Dr. Ed Rosenow (77) 4-2691.

News from Arizona

Spirit of Mayo Clinic Award (SOMCA) Update

Arizona Emeritus members Dan Wochos, MD and Jerry Smilack, MD will presented the 2015-2016 Spirit of Mayo Clinic award at MSGME resident graduation on June 3 to one of the eight graduating resident candidates nominated for this year's

prestigious award sponsored by the MCA Emeritus Staff.

On June 30, 2016, MCA Emeritus member David Gullen, MD will introduce this Spirit of Mayo Clinic award to incoming 2016-2017 residents at orientation.

Suzanne Connolly, MD, Scott Gorman, MD, Jerry Smilack, MD, David Gullen, MD, Tom Kokesh, and Julie Hillard represent MCA Emeritus staff members in the tri-site effort to create a shared Mayo Clinic Emeritus Staff website.

Julie Hillard, Emeritus Administrative Assistant, 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

Summer recess is in effect for June, July, August and September, so no informal emeritus luncheons are being held. Dr. Florian Matsalla, Emeritus, and Ms. Sandi

Jackson of the Office of Staff Services represent the Florida emeritus staff members in the quarterly tri-site Enterprise Emeritus website creation videoconference.

Community Service Opportunity

Do you want to make a real difference in the life of a struggling reader? Does a flexible, part-time job with attractive hourly pay and personal reward appeal to you? If so, the

[Reading Center](#) needs you! For more information, see the Senior Staff Wellness Program website or call (507) 288-5271.

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, MD., at ghunder@mayo.edu or mailing address: Dr. Gene G. Hunder, Emeritus Quarterly News, Plummer North 10, Mayo Clinic, Rochester, MN 55905.

Emeritus Officers 2015-2016

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

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