



Emeriti Staff Quarterly Newsletter

Volume 23, No. 3, Summer 2017

From the Chair's Desk

I write from Zagreb, Croatia, my old home, preparing to meet my high-school classmates for our annual gathering. Such events make me think about the immutable trajectory of time. Have we used our time well enough?

Two emeriti staff colleagues reminded us recently of time used very well. Dr. Barbara Westmoreland and Dr. Ed Rosenow announced their wish to allow others to step into their roles on the Council, Emeriti Staff Rochester. While accepting their decision unwillingly, we are enormously grateful for their time contributed to emeriti staff. They served as chairs of the Executive Committee, Emeriti Staff Rochester, Dr. Rosenow in 2010/11, and Dr. Westmoreland in 2012/13. They both stayed as members of the Council contributing their talents, experience, and wit. Their regular time on Plummer 10 continues to inspire us all. While we thank them for everything they have done, we are certain of their future contributions.

To celebrate this legacy, we continue moving ahead. Emeriti staff grows in numbers rather rapidly. For this reason, bylaws of the Rochester group require changes to allow smooth operation of the increasingly complex community. At our quarterly meeting in July, the changes will be offered to the members for approval.

Needless to say, bylaws are the background. In the foreground are the efforts to strengthen and enrich our community. One such effort is the announced November gathering of emeriti staff in Phoenix. I am truly excited about it!

At our last Silver Force Circle meeting in Rochester, I asked an active member, foreign-born like myself, why he attended. "Here is my generation, here are my friends," he said. Could he have said it any better?

Have a great summer!

Stanimir Vuk-Pavlović, PhD

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The Editor Says...**Update on Access to Medical Care for Emeriti Staff and Spouses – by Dr. Gene Hunder**

In the 2014 EQN fall issue we reviewed changes in health care delivery at Mayo Clinic that affect emeriti staff and spouses. In years past, most emeriti staff and active staff received primary care from subspecialist colleagues often arranged by a simple phone call to the physician. But more recently the practice for subspecialists has become more consultative, with less time for continuing care visits. As the emeriti staff's personal "primary care" subspecialty physicians retired, some emeriti staff found getting a new doctor difficult.

The team model of primary care was developed to answer this need for staff, employees and emeriti (See 2014 fall EQN). A team consists of a primary care physician, a physician's assistant, nurse practitioner, nurse, and patient appointment coordinator who maintain a close connection to respond to patient questions and problems. While the new system is different than in the past, the team approach aims to deliver efficient and outstanding quality medical care. Now that we have had some experience with the new system, we thought an update would be of interest.

In the new model, responsibility for care of emeriti staff is divided geographically. Those living in Olmsted County are assigned to Mayo Clinic Employee and Community Health (ECH), which includes the Division of Primary Care Internal Medicine (PCIM), the Department of Family Medicine (FM), and the Division of Community Pediatric and Adolescent Medicine (CPAM). There are five clinic sites throughout the Rochester area where emeriti staff can choose to be seen. Emeriti staff living outside Olmsted County who want to continue care at Mayo Clinic are assigned to the Division of General Internal Medicine Continuity Clinic located on Gonda 17.

Local emeriti staff or spouses who need a new physician should call Employee and Community Health at 507-284-2272. Emeriti staff living outside Olmsted County should call the Division of General Internal Medicine at 507-284-4805. Tell the appointment coordinator you are an emeritus or emerita staff or spouse and need a new Mayo Clinic physician. There will be some triage prior to the first appointment depending on the urgency and nature of the problem. Subsequent visits are arranged through the team appointment coordinator in consideration of your needs. Emeriti staff joining Employee and Community Health will be mailed a packet with care team information and different options for receiving care in the most convenient manner possible.

Every member of emeriti staff will be seen by a primary care physician (PCP), but at times a PCP's assistant, nurse or another physician will participate in your care. For example, for quick access about minor questions, or if you need to be seen while your main provider is away, you will have the option to be examined by someone on your team. This team member will review your findings with another division physician at that time and later also with your provider when he/she returns. As you use the new system, you will get a better understanding of how it works and how team members interact. The goal is for you to become comfortable and confident with the new system.

If you haven't already established an online account at Mayo Clinic Patient Online Services, you should do so. With your account open you can get your test results, review your medical history, look at x-rays, refill a prescription, and contact your primary care physician. Both Employee and

Community Health and General Internal Medicine Continuity Clinic hope to make this pathway the primary way to maintain a connection with patients. To establish an account, log into www.mayoclinic.org/online-services, and click on Patient Online Services–Mayo Clinic Health System. From there follow the prompts and sign in to your account or create a new account.

So, what has been the experience with the new system in the past four years? In a quick survey I did of about 20 emeriti staff, 17 have switched to a new primary care physician in the last several years under the new plan. The majority are satisfied with the timeliness and quality of the care received. This is a strong endorsement of the new system. One emeritus member gave the new system high marks; when he contacts his primary care physician and leaves a message, the primary care physician responds the same day, or otherwise a team member calls back. However, there were a few less glowing remarks. Some of the latter may be adapting to a change from the previous system. Over time, when prompt service is required, patients may be cared for by a variety of physicians and team members.

This interim report suggests that the new system of care is functioning well for the great majority of emeriti members. And like all Mayo Clinic units, continuous improvement activities will improve experience. Members of emeriti staff should let their physician know when they feel they have had less than excellent service. All must remember that the emeriti members are staff of yesterday and that staff of today will be our emeriti members tomorrow.

New Emeriti Staff

Rochester:

Margery A. Mc Intire, HR Administration

Martha P. Millman, MD, Preventive, Occupational & Aerospace Medicine

Joseph R. Cass, MD, Orthopedic Surgery

Douglas A. Nichols, MD, Radiology

Michael R. Keating, MD, Infectious Diseases

Raul Urrutia, MD, Gastroenterology and Hepatology

Arizona:

Richard Schlinkert, MD, General and Gastroenterology Surgery

Florida:

Thomas A. Gonwa, MD, Nephrology and Hypertension

Deaths

John E. King, MD died March 31, 2017 at age 77 in Rochester. John was born in Charleston, WV and received the degrees of BS (1961) and MD (1965) from Northwestern University (Evanston). After interning at Passavant Memorial Hospital in Chicago (1965-1966) he became a resident in the Mayo Graduate School of Medicine receiving training in internal medicine and gastroenterology (1966-1970). Dr. King served in the US Air Force (1970-1972) and, in 1972, was appointed consultant in internal medicine and gastroenterology at Mayo Clinic. He rose to the academic rank of associate professor of medicine in Mayo Clinic College of Medicine and Science (1987). Dr. King served as editor for two editions of the book *Mayo Clinic on Digestive Health*. He was active in a

number of professional organizations and received the Physicians Recognition Award from the American Medical Association (1976) and served as president of the Upper Midwest Regional Endoscopic Society (1982). Dr. King retired from Mayo Clinic in 2004.

R. Drew Miller, MD, died April 15, 2017 at Saint Marys Hospital in Rochester at age 95. Drew was born in Chicago, and received the degrees of AB (1942) from DePaul University and MD (1946) from Northwestern University Medical School. While serving in the US Navy (1945-1948) he was an intern at the US Naval Hospital in San Diego. He later served as commanding officer of Mayo's US Naval Reserve Medical Unit (1979-1980, 1982-1984). Dr. Miller entered the Mayo School of Graduate Medical Education in 1948 and received the MS degree in medicine from the University of Minnesota (1951). He was appointed a consultant in the Division of Pulmonary Medicine (1952) and advanced to professor of medicine (1965). Drew served as assistant director (1959-1961) and associate director (1961-1974) of Mayo School of Graduate Medical Education. He has been active in many professional associations and was president of the Minnesota Thoracic Society (1975-1976) and chair of the Pulmonary Subspecialty Board of the American Board of Internal Medicine. Dr. Miller retired from Mayo Clinic in 1989.

George W. Beeler, Jr., PhD, died on May 7, 2017 at age 78 in Rochester Methodist Hospital from lymphoma. Dr. Beeler was born in West Point, NY and received the degrees of BSE (1960) from Princeton University and MS (1961) and PhD (1965) from the California Institute of Technology. He served in the US Army (1965-1967). He was appointed to the Mayo Clinic Physiology Department in 1967 and named a consultant in physiology and biophysics in 1969. Woody received a joint appointment in medical information resources in 1994. He served as head of the sections of Information Systems Technology and Information Processing and Systems, and chair of the Division of Information Architecture and Technology. Dr. Beeler rose to the academic rank of associate professor of biophysics at the Mayo Clinic College of Medicine and Science in 1978. His research interests centered at medical informatics. Dr. Beeler retired from Mayo Clinic in 2000.

Bahram Mokri, MD, died May 31, 2017 in Rochester at age 77. Dr. Mokri was born in Tehran, Iran and received an MD degree from Tehran University Medical School (1965). He worked at Tehran University Hospital and then served in the Iranian Air Force (1964-1967). Subsequently, he completed an internship at West Suburban Medical Center in Chicago (1967-1968) and was a resident in pathology and neuropathology at the University of Illinois College of Medicine (1968-1969) and in neurology at Northwestern University Feinberg School of Medicine (1969-1970). He came to Mayo Clinic in 1970 for further training in neurology and neurology research (1970-1974). Dr. Mokri was appointed a consultant in neurology in 1974 and served as head of a section of neurology (1979-1990). Bahram advanced to the academic rank of professor of neurology at Mayo Clinic College of Medicine and Science (1994). His clinical and research interests included cervicocephalic arterial dissections and intracranial hypotension. Dr. Mokri retired from Mayo Clinic in 2014.

Deaths of Spouses noted

Mrs. Josephine (Joseph) Gibilisco	January 18, 2017
Mrs. Patricia (Richard) Reitemeier	March 14, 2017
Mrs. Betty (William) Weidman	March 31, 2017
Mrs. Ramona (Clark) Hoagland	May 12, 2017
Mrs. Jeannine (William) Karnes	May 25, 2017

Emeriti Staff Rochester Quarterly Luncheons for 2017

- Tuesday, July 11, 2017 at Phillips Hall: Dr. Heidi Nelson, Mayo Clinic Center for Individualized Medicine. Spouse or guest is invited to attend with you. Also a special meeting to review and vote on the bylaws as distributed.
- Tuesday, October 10, 2017 at the Foundation House: Dr. John Noseworthy, President and Chief Executive Officer, Mayo Clinic

Upcoming Silver Force Circle Events Rochester

- July 13, 2017, 7:00 p.m.: Tech Talk - Organize your Digital Storage – Judd Hall
- August 8, 2017, 7:00 p.m.: Small Talk - Quarry Hill Nature Center – Geffen Auditorium
 - August 23, 2017, 6:00 p.m.: Nature Tour @ Quarry Hill
- September 14, 2017, 7:00 p.m.: Tech Talk - Smile! Photo Preservation – Geffen Auditorium
- November 16, 2017, 7:00 p.m.: Tech Talk - Windows 10

September 28th will be the next Silver Force Social at the Rochester Golf and Country Club from 6-8 pm. The program is: *From Vocation to Avocation: Part 1*. Three of your colleagues will share how their lives have been enhanced by spending more time on their avocational inspirations. The focus will be on Creating, Exploring and Serving. *From Vocation to Avocation: Part 2* is January 28th, 2018, and will focus on Learning, Teaching and being Active.

Southwest Migration Planned for Emeriti Staff: November 8-12, 2017

An informational meeting was held June 21, 2017 to discuss the opportunity for Rochester and Florida emeriti to visit colleagues in Arizona. The dates are November 8-12. Trip package includes group price for flight and hotel. Itinerary includes tours of the clinic and hospital campuses as well as options for exploring the area depending on your interests. Arizona emeriti are invited to join any of the activities as well as dinner. There is still time for you to join the fun, contact Carrousel Travel's Vanessa Blaisdell vblaisdell@carrouseltravel.com ; by phone 612-866-2503 or 800-800-6508.

Silver Force Health & Wellness Opportunities

Bicycling:

Come bike with us! The rides will be moderately paced with rest stops along the way and an optional lunch afterwards. Make the Lanesboro ride an entire weekend event, if you like (Monarch Festival, The Elephant Man, Steele Magnolias, bike ride, lunch). For more information

regarding Lanesboro or to be added to the email list to receive biking updates, please contact Bethany Krom [Krom at bethany@mayo.edu](mailto:Krom.at.bethany@mayo.edu) with the subject line Silver Force Biking.

Date/Time	Trail	Miles
July 9 @ 9:30 a.m.	Root River Trails (Lanesboro to Preston)	20.4
August 12 @ 9:30 a.m.	Dakota Rail Trail (Wayzata to St. Bonifacius)	~10
September 9 @ 9:30 a.m.	Cannon Valley Trail (Welch to Cannon Falls)	19

Free Monthly Newsletters

12 Habits of Highly Healthy People newsletter is provided by the DAHLC. Register at <http://newsletter.carehubs.com/h/j/C646BF15061378FD>

12 Strategies for Healthy Aging newsletter is provided by Charter House and the DAHLC. Register at <http://newsletter.carehubs.com/h/j/7040C0B844AA87F6>

Healthy Aging Exploration Series:

As part of the 12 Strategies for Healthy Aging, please join us for the Healthy Aging Exploration Series! The DAHLC and Charter House are combining their expertise to offer this monthly exploration series to all Mayo Clinic employees, retirees, volunteers, students, spouses, and Charter House residents. Registration is not required for this free, one-hour session.

Upcoming Sessions:

July 24, 5:30-6:30 p.m. Charter House, Edwards Hall <i>Enhance Functional Fitness</i>	August 31, 10:30-11:30 a.m. DAHLC SL-200 <i>Be Creative</i>	September 25, 4:00 – 5:00 p.m. Charter House, Edwards Hall <i>Stay Connected</i>
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Active Older Adults (A.O.A.):

This twelve-week program, designed for adults 60 years of age or older with similar abilities, focuses on strength training and cardiovascular exercise. This program will instill confidence in participants’ ability to accomplish daily tasks or adopt new ones. The program meets every Tuesday and Thursday from 9:30 -11:00a.m. starting on Tuesday, September 12. Program fee is \$20.00. You must attend Informational Session prior to registering for program. Informational Session/Registration Date: Second half of August. Check DAHLC website for updates.

Computer Lab Drop-In Support Update

A member of the Messaging Team and a Help Desk Senior Support Analyst will be available on Plummer N-10 for drop-in support on the 3rd Tuesday monthly from 10 a.m. – noon and following each Quarterly Luncheon from 1:00 – 3:00 p.m.

Announcements

Internet Use Restrictions

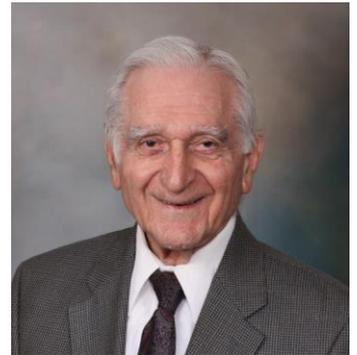
Effective immediately, for security reasons, the following internet restrictions are suggested to protect Mayo Clinic and its information. It is expected that the restrictions will be in place for 90 days while security enhancements are being developed. During this time:

- For any Mayo device connected to the Mayo network, limit your internet use to business required purposes until further notice.
- You should never check personal email (e.g., Gmail, Yahoo, Charter, etc.) from any Mayo Clinic laptop, workstation or clinical system.
- You should not check personal Facebook or Twitter accounts from any Mayo Clinic laptop, workstation or clinical system.
 - Staff who use their personal and Mayo Clinic Twitter and Facebook accounts for their work can continue to do so.
- You should never use a medical device or clinical system to connect to the internet unless clinically necessary.
- Limit other internet access to only what's necessary for work.

Recognitions

Dr. Joseph Gibilisco was part of a roundtable discussion at the Good Samaritan Dental Clinic with Minnesota Human Services Commissioner Emily Piper when she visited Rochester in March.

An article at KTTC.com quoted Dr. Gibilisco as saying, "Anybody that walks in gets taken care of and we've done our best to alert the community that we're here. We're available to provide care. We can make them comfortable, free of infection, and we work alongside of our medical partners that are part of this clinic." Dr. Gibilisco retired from Mayo Clinic in 1990.



Joseph A. Gibilisco, DDS

Upcoming Events Arizona

Mayo Clinic Arizona Emeriti Staff have been invited to volunteer as medical student mentors to the inaugural class of the Mayo Clinic School of Medicine – Arizona Campus. Emeriti staff mentors include:

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|-------------------------|------------------------|---------------------|
| • Monte Anderson, MD | • Jacques Heppell, MD | • Paul Schnur, MD |
| • David Barrs, MD | • Steve Noll, MD | • Jerry Smilack, MD |
| • E. Peter Bosch, MD | • Don Novicki, MD | • Beverly Tozer, MD |
| • Suzanne Connolly, MD | • Dennis Robertson, MD | • Susan Wickes, MD |
| • Charles Erlichman, MD | • David Sanderson, MD | |

Mentors participated in a workshop at the Medical School on May 18, 2017, and will meet the new students for the first time at an informal luncheon on July 19, 2017. If you are interested in joining

the medical student mentoring program in Arizona, please contact Julie Hillard at hillard.julie@mayo.edu.

Upcoming Events Florida

The Mayo Clinic Florida Emeriti Staff Association luncheons will resume in September from 12:00 to 1:30 p.m.

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

Emeriti Staff Officers 2016-2017

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