

MAYO CLINIC ROCHESTER EMERITI STAFF

Executive Committee

Stanimir Vuk-Pavlović, Ph.D., Chair
Claire E. Bender, M.D., Secretary
W. Mark Brutinel, M.D., Secretary-Elect
Glenn S. Forbes, M.D., Past Chair

Annual Report to Members

At its meeting on October 5, 2017 the Emeriti Staff Council accepted the annual report submitted by the Executive Committee and is forwarding it to the members. The annual report covers activities between Annual Business Meetings in 2016 and 2017.

Activity of the Executive Committee: A Summary

Executive Committee met in ten executive sessions and four sessions joint with the council. Minutes of all executive and joint meetings are a part of this report and are available for inspection at the Office of Staff Services, Mayo Clinic Rochester.

The highlights of activity include:

- Defining more closely the character of the organization and its relationship with the Clinic
 - Specifying in the new preamble of the updated bylaws that “[t]he foundation underlying these bylaws is stewardship of the lifelong compact of solidarity and mutuality among Mayo Clinic Active Staff and Mayo Clinic Emeriti Staff enshrined in the legacy of Mayo Clinic Founders.”
 - Adopting the Policy of Conduct of members of Mayo Clinic Rochester Emeriti Staff
 - Adopting the Statement of Purpose, Vision and Mission of Mayo Clinic Rochester Emeriti Staff
- Strengthening the organizational structure
 - Establishing by the amendment to the bylaws the Emeriti Staff Personnel Subcommittee defining its function and duties
 - Upgrading the Communications Task Force to the standing Communications Subcommittee
- Directing and supervising social and educational programs
 - Silver Force Circle
 - Silver Force Health and Wellness Program
- Enhancing communications
 - Directing Communications Subcommittee to redesign the Emeriti Staff Quarterly Newsletter
- Managing Emeriti Staff finances
- Interactions with the Officers and Councilors of the Staff
- Conducting selection of the recipient of the 2017 Distinguished Member of the Emeriti Staff Award
- New initiatives

Emeriti Staff Council

In addition to the members of the Executive Committee, Council members are:

- William A. Brown, J.D., Administrator (ex officio)
- Ms. Susan A. Briske, Director, Silver Force Wellness Program
- W. Neath Folger, M.D., Director, Electronic Communications and Coordinator, Mayo Clinic Emeriti Association
- Gene G. Hunder, M.D., Editor, Emeriti Staff Quarterly Newsletter
- Ms. Joanne M.J. Rosener, Director, Silver Force Circle
- Edward C. Rosenow, III, M.D., Emeriti Staff Historian (until April 26, 2017)
- Lloyd A. Wells, M.D., Ph.D., Member at Large (from July 21, 2017)
- Barbara F. Westmoreland, M.D., Director, Membership Relations (until April 18, 2017)

The council met monthly except in August. At meetings, the Council reviewed reports given by directors of emeriti staff activities, reviewed financial reports as well as discussed and endorsed particular initiatives.

Communication Task Force/Communication Subcommittee

- Created the new Emeriti Staff website outside the Mayo firewall that represents emeriti staff in Arizona, Florida and Rochester (new Mayo Clinic Emeriti Association).
- Established a closed-group Facebook account to enhance communication among emeriti staff at all three campuses.

Reports of the **Silver Force Wellness Program, Communications Subcommittee, Emeriti Staff Quarterly Newsletter, and Silver Force Circle** are attached to this document as provided by the leaders of each program.

Silver Force Wellness Program - 2017 Annual Report

Susan A. Briske, Director

Members: Bethany A. Krom; Jeffrey S. Smigielski, Ph.D., L.P.; Joanne Marie J. Rosener; Kristine M. Johnson, M.S.N., R.N., N.E.A.-B.C.; Linde E. Sifuentes; Sharon E. Dunemann; Stanimir Vuk-Pavlovic, Ph.D.; Stephen W. Carmichael, Ph.D.; Susan A. Briske

Four meetings were held in 2017 with this being a year of transition for the Program. Bethany Krom is in the process of transitioning into the leadership role. With many Silver Force Circle activities contributing to overall wellness and wellbeing, the Wellness Program was progressively integrated with the Silver Force Circle and is now called Silver Force Wellness Program. The focus this past year has been on encouraging participation in the Silver Force Circle activities, promoting five bicycling events on local trails, and leveraging the following Dan Abraham Healthy Living Center programs:

- DAHLC Healthy Aging Week
- Healthy Aging Exploration Series (Sponsored by DAHLC and Charter House) – Monthly one-hour presentations
- DAHLC Active Older Adults 12-Week Program
- 12 Strategies for Healthy Aging – Monthly newsletter provided by Charter House and the DAHLC
- 12 Habits of Highly Healthy People – Monthly newsletter provided by the DAHLC

Communication Activities: Report for October 2016 to October 17

W. Neath Folger, M.D., Director, Electronic Communications
and Coordinator, Mayo Clinic Emeriti Association

Communication Task Force/Communication Subcommittee developed a plan to promote Emeriti Staff Center activities, programs and resources to increase awareness of and participation in Emeriti Staff activities and coordinate them before, during, and after transition into retirement.

Specific activities implemented or in development include:

1. Appointment of a standing Communication Committee
2. Creating a new Emeriti Staff website outside the Mayo firewall that represents emeriti staff in Arizona, Florida and Rochester (new Mayo Clinic Emeriti Association)
3. Establishing a closed group Facebook account to enhance communication among emeriti staff at all three campuses
4. Refresh design of the Emeriti Staff Quarterly Newsletter
5. Enhance “new member” welcome kit and their introduction to the Emeriti Staff Center
6. Upgrade of CPUs and monitors in the Emeriti Staff Business Center.

Emeriti Staff Quarterly Newsletter: Editor's Report for 2017

Gene G. Hunder, M.D.

- The Newsletter is published four times a year and distributed to all retired members of the voting staff and all non-retired staff 60 years of age and older.
- 2017 was the Newsletter's 23rd year of continuous publication.
- The Newsletter was published in January, April, July and October.
- Topics under consideration in 2017 included the following:
 - Updating the publication's format and name. This is still under discussion.
 - More frequent publication to respond to the scheduling of events at shorter intervals than quarterly. Alternatively, a supplementary mid-quarter mailing of a one or two page list of events, changes in time or location of events would add to the flexibility of scheduling and changes of dates and notification of emeriti. This is also still in discussion.
 - Defining the duties and responsibilities of the editor and others with a vested interest in the Newsletter. The new Bylaws have defined these to a greater degree than in the past.



Silver Force Circle October, 2016-September, 2017 Annual Report

Joanne M.J. Rosener, Director

The Silver Force Circle continues to expand its offerings. The following report summarizes the activities for the past year, October, 2016-September, 2017 and provides a vision for the next year.

Programming:

October	<p><u>Social: October 18, 2016 Concert with Radoslav Lorkovic</u></p> <ul style="list-style-type: none"> • 81 with 8 cancellations (7 unpaid; no refunds provided) Attendees: 74 paid, including 3 gratis meals for Radoslav and Dr. Ed Creagan and his wife • Out of Pocket Costs: ~\$160 <ul style="list-style-type: none"> ○ Total RGCC Invoice for 81 meals/piano (\$200)/microphone (\$50): \$2745.91 ○ Payment to Radoslav Lorkovic: \$500.00 ○ Proceeds from ticket sales: \$2590.00 ○ Total:- \$655.91 • Anecdotal feedback very positive • Recommendations: Consider increasing event price to cover majority of expenses
November	<p><u>Tech Talk: November 9, Protecting your Identity</u></p> <ul style="list-style-type: none"> • Jessie Geisler and Carrie Nagel from the Office of Information Security presented on Cybersecurity • RSVP: 121 (no charge) Attendees: ~100+ • Evaluation: 22 responded to feedback survey. 100% positive response with desire to attend regular technology topics.
December	<p><i>No scheduled events coordinated by Silver Force</i></p>
January	<p><u>Established a Closed Group FaceBook page for emeriti staff.</u></p> <ul style="list-style-type: none"> • Business Objective: To provide an interactive communication tool to promote a sense of community among emeriti staff and between emeriti staff and the ESC. • To date, there are 55 members. The site is useful for promoting events, reporting on events, posting articles of interest, and encouraging emeriti socialization. • Group is essentially self-maintained, although it is helpful to add a post regularly to keep it current and fresh. <hr/> <p><u>Tech Talk: January 5th: Blocking Spam from your Inbox for Emeriti using Mayo email.</u></p> <ul style="list-style-type: none"> • Jonathan Holmes from Mayo IT presented to staff how to set up rules to have spam email moved out of your inbox. • Approximately 27 attendees (24 RSVP's) • Lab follow-up offered <hr/> <p><u>Computer Labs: January 3rd- IT started Cybersecurity Drop-in Labs</u></p> <ul style="list-style-type: none"> • Jonathan Holmes offered to coordinate the labs on Tuesdays at 10 am on Plummer 10. Staffed by Office of Information Security • Not great participation, but those who use the service value it highly.

February	<p><u>Social: February 16th: Program-These Boots are Made for Walking: Long Distance Walks</u></p> <ul style="list-style-type: none"> • Featured speakers included: Stephen Carmichael & Susan Stoddard/Joanne and Dick Rosener/ Steve Brimijoin • Attendance: Approximately 84 • Invoice from RGCC: \$2791.97 • Proceeds from ticket sales: \$2835.00 • Total: \$43.03 • Anecdotal feedback very positive
March	<p><u>Tech Talk: March 9th: FaceBook-To Like or not to Like: Bringing the Social Media Revolution to Health Care.</u></p> <ul style="list-style-type: none"> • Lee Aase spoke about Facebook as well as some other platforms for learning and connecting. Lee highlighted Mayo Clinic's Social Media Network site that highlights how social networking has been part of Mayo Clinic's DNA since the time of the Mayo brothers • Lee offered the free premium membership in the Mayo Clinic Social Media Network (a \$495 value) that also includes our online training modules to help you get up to speed with best practices on various platforms such as Facebook, Twitter, LinkedIn, Pinterest and Instagram. • Approximately 46 attendees • Feedback very positive
April	<p><u>Small Talk: April 17th: Old College Street-The Historic Heart of Rochester, Minnesota</u></p> <ul style="list-style-type: none"> • First Small Talk: Sponsored by LIFE program with Ken Allsen • Approximately 30 attendees (23 RSVP's) • Good feedback • Will take advantage of other opportunities for lectures as topics arise
May	<p><u>Tech Talk: May 11th: Beyond the Basics with Smart Phones and Tablets</u></p> <ul style="list-style-type: none"> • Dan Chick, MC IT, partnered with an outside speaker, Nate Schriever from Rochester School Age Child Care (Continuing Ed instructor) to share tips about mobile devices and respond to audience questions and technical assistance with settings. • Approximately 40+ attendees (54 RSVP's) • IT staff on hand to provide one-on-one assistance prior to and following the event
June	<i>No scheduled events coordinated by Silver Force</i>
July	<p><u>Tech Talk: July 13th: Digital Storage 101-The Basics and More</u></p> <ul style="list-style-type: none"> • Richard Fugate and Jason Halvorson presented on the benefits of using cloud storage over other options to assure your personal data is secure and accessible. • This Tech Talk received the highest marks to date. Very engaging speaker and topic. • Approximately 65+ attendees (76 RSVP's) • Very positive feedback
August	<p><u>Small Talk: August 8th: Quarry Hill Park and Nature Center.</u></p> <ul style="list-style-type: none"> • Second Small Talk of our series, approached by Dr. Suresh Kotagal. Topic: a historical look at QH park and the connection with the Rochester State Hospital. Pam and Travis Meyer shared the evolution of Quarry Hill and the current programming resources and facilities. • Approximately 35 attendees (23 RSVP's) <p><u>On-Site Tour: August 23rd at Quarry Hill.</u></p> <ul style="list-style-type: none"> • Travis and Pam toured approximately 14 people through Quarry Hill visiting the caves, cemetery, quarry, new classroom construction and more.

September	<p><u>Tech Talk: September 14th: Photo Preservation and More-</u></p> <ul style="list-style-type: none"> • First Lab based activity held at Charter House computer labs, presenter was Kathy Wendt. • Approximately 36-38 attendees (49 RSVP's, 13 waitlisted) • Evaluation: Very positive response to the topic and to the hands-on activity. Labs favored over talks 2:1. Will consider offering more labs. Space is limited and requires more support in advance and during the event.
	<p><u>Social: September 28th: From Vocation to Avocation</u></p> <ul style="list-style-type: none"> • Featured speakers included: Richard Brubaker-Creating, Cynthia Nelson-Exploring, and Phil Karsell-Serving. • Part 2 to be held in January on Teaching, Learning, Well-Being. • Attendance: 51 RSVP: 51 • Invoice: \$1732.68 + Deposit \$150= Total Cost:\$1882.68 • Proceeds: \$1785 + donation \$35= Total Deposit: \$1820.00 • Final: \$-62.68 • Attendance was considerably down from other social events. Unclear as to reasons for drop.

In addition, an attempt was made to sponsor travel to Arizona in November. However, it was cancelled due to lack of interest.

Future Plans:

Programming:

- Continue to offer 2-3 socials/year
- Continue to offer bi-monthly Tech Talks with occasional ones lab-based
- Continue to offer Small Talks periodically based on topics of interest

Succession:

- Identify individuals interested in getting involved.
- Ideally, would like to see a “lead” for each category: Social, Tech Talk, Small Talk, Travel