Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine

2015 Year in Review
The Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine supports Mayo Clinic’s primary value, the needs of the patients come first, by integrating the arts and other expressions of human culture into the healing environment.

MISSION STATEMENT
From the Director – Paul D. Scanlon, M.D.

Thank you for your continued support of the Dolores Jean Lavins Center for Humanities in Medicine at Mayo Clinic. Together with my colleagues, I am honored to be involved in a program that impacts so many people’s lives. The past year has been very productive with many highlights that include:

- A Nobel Laureate Lectureship featuring a past president of Doctors Without Borders to speak on humanitarianism in war and global health.
- “Surviving Tsunami Waves,” an evocative art exhibit depicting the stories of Japanese residents affected by the 2011 earthquake and tsunami.
- “The Human Element,” the 2015 selective program for medical students that reached an all-time high attendance rate with participation by over 50 percent of the first-year class.
- Aspen Ideas Festival’s “Spotlight Health,” where I participated in a panel discussion on the benefits of arts and humanities programs in healthcare.

And these are just a sampling. Inside this annual report you’ll find a comprehensive year-in-review of the events and programs offered by the center and, maybe more importantly, the stories of people whose lives have been touched and impacted.

From concerts and lectures to bedside music and art, step by step, we are accomplishing our shared vision of healing through the arts and humanities. In all that we do, we strive to create meaningful and inspirational programs that promote a healing environment at Mayo Clinic.

We are proud to share this report with you. Thank you for your partnership on this important journey.

With gratitude,

Paul Scanlon, M.D.

“The art of medicine is to cure sometimes, to relieve often, and to comfort always.”

— Ambroise Paré (1510 –1590)
Humanities in Medicine Program Highlights

The Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine serves patients, families, caregivers, students and community members. All programs are free and cover a broad spectrum of the arts, including music, dance and theatrical performances, visual arts exhibitions, bedside arts programs, lectures and more.

REGULARLY SCHEDULED AND RECURRING PROGRAMS

Rosemary and Meredith Willson Harmony for Mayo Concert Program
Now in its 17th year, this concert program offers 48 weekly performances on our Rochester campus on Mondays at noon. More than 7,000 patients, visitors and employees enjoyed weekly shows by professional musicians.

Arts at the Bedside Programs – Music, Visual Arts and Creative Writing
Facilitated by professional musicians, visual artists and authors, these hands-on programs offer patients the opportunity to integrate personal artistic expressions into the healing process. In partnership with Art in 10 Minutes or Less — art projects in waiting areas that patients can complete in just a few minutes — these programs served nearly 500 patients.

Creative Renewal Workshop
Co-sponsored by Mayo Clinic’s Cancer Education Program, this Humanities in Medicine weekly series served 380 patients, staff, residents, students and visitors. Each was offered an opportunity to reflect, interact and express themselves through varied methods and coping techniques such as art, creative writing, music and relaxation.

Literature and Medicine Monthly Workshop
This informal drop-in writing workshop for all Mayo Clinic employees illuminates the ways in which writing can be used to enhance work-life balance through discussion and reflective writing. Staff who participate tell us that it provides “breathing space” in their day and “a time to think deeply for a moment rather than rushing on to the next task.”

Medical Improvisation
This monthly workshop for employees introduces the key concepts of improvisation — thinking on your feet, close listening, teamwork and quick problem solving — as integral to the practice of good communication in the health care setting. Not intended to incubate comic performers, sessions are nevertheless filled with humor and positive energy.

Music is Good Medicine
This concert series features Mayo Clinic staff and student musicians in public performances over the noon hour for patients and visitors.

SPECIAL EVENTS IN 2015

Rewoldt Nobel Laureate Lectureship
The November 18 inaugural lecture featured Dr. James Orbinski, emeritus president of Doctors Without Borders. Approximately 550 Mayo Clinic staff, students, patients and community members attended two lectures on humanitarianism in war and global health.

Surviving Tsunami Waves: An Exhibition of Resilience Through Art and Narrative
In partnership with the University of Minnesota–Rochester and the Rochester Art Center, this exhibit was part of a communitywide celebration of textile arts created in the aftermath of the Japanese tsunami of 2011. Survivors worked together to create clothing and household goods with found and recycled fabric, first out of necessity and later as a means of building community. The results are striking works of textile art and poetry. Nearly 300 people attended the opening celebration at multiple sites, including several of the Japanese artists whose work was displayed.

Mayo Medical School Selective – The Human Element
The Lavins Center in Humanities in Medicine offered a 10-week class designed to introduce first- and second-year medical students to humanities-based learning activities and experiences. Professional artists and physicians guided 28 students in the practical application of humanities and art activities as healing tools. Topics included music performance, medical illustration, creative writing, stage presence, improvisation and others. Students created original artworks as their final project.
The Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine served over 11,000 patients, family members, staff, and visitors in Rochester in 2015. We continue to incorporate feedback from events and programs to constantly improve our offerings. We are pleased to announce that we increased our recurring events by almost 40 percent in 2015 — and will continue to enhance our programs in the years to come.

### Feedback From Our Patients and Artists

The Dolores Jean Lavins Center for Humanities in Medicine brings joy and comfort when people need it most. Below are just a few of the sentiments that have been shared with us throughout the last year.

**FROM OUR PATIENTS**

- "What a blessing to enjoy such beautiful music today. Thank you for giving me some healing spirit today."
- "I was overtired and overheated when I got here; this music has soothed my soul. Thank you for these concerts."
- "Real medicine for the soul. Thank you!"
- "A relief to get out of hospital on a pass; staff went extra effort to help make it possible. There is a full commitment to helping in 'non-medical' ways."
- "Thank you for assisting to make melody in my heart – life is more than cancer."
- "Thank you, Mayo Clinic! The highly professional expression of art that you offer through this concert makes my life happier and more peaceful. Don't give it up."
- "It's so wonderful you provide such quality music and the arts. And thank you for caring for patients and caregivers – we have been treated so kindly and with such respect here. Thank you."

**FROM OUR ARTISTS**

- "One patient was very appreciative of the check-in and supportive services incorporating music. She sang along to many songs of her choice and participated in music-assisted relaxation incorporating some diaphragmatic breathing, imagery and positive affirmations. She reported her pain decreased from 4 out of 10 to 3 out of 10."
- "I wanted to convey some compliments that I received from a patient this week. She said that the music made her stay pleasant when she was very discouraged and lonely otherwise. She really could not say enough about how important it was to her. Thank you for all that you do to keep the arts a part of our healing mission."
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- "As we finished her oil pastel drawing, she began to make her drawing because just a week ago she wasn't even able to sit up in her bed and the fact that now she could make an entire drawing showed how much she's improved and gave her hope of recovery."
- "I wanted to convey some compliments that I received from a patient this week. She said that the music was a lifesaver for her. She was here alone for several weeks and said the music was incredibly comforting to her. The quality and volume of the music made her stay pleasant when she was very disheartened and lonely otherwise. She really could not say enough about how important it was to her. Thank you for all that you do to keep the arts a part of our healing mission."

### Humanities in Medicine Program Impact

#### Recurring Events

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE</th>
<th>LOCATION</th>
<th>ATTENDEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scott Cuellar in Concert</td>
<td>1/27/2015</td>
<td>Landow Atrium, Gonda Building</td>
<td>120</td>
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<tr>
<td>Donald Jackson, Illuminating the Word: The Making of The Saint John's Bible</td>
<td>2/9/2015</td>
<td>Phillips Hall, Siebens Building</td>
<td>75</td>
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<tr>
<td>Father Columba Stevart, O.S.B., D.Phil., Visiting Speaker</td>
<td>2/17/2015</td>
<td>Chapel, Domitilla Building</td>
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<tr>
<td>Surviving Tsunami Waves Art Exhibit</td>
<td>3/11-3/20/2015</td>
<td>Hage Atrium, Siebens Building</td>
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<td>Employee Art Exhibit – Artists of Mayo Clinic</td>
<td>7/6-7/21/2015</td>
<td>Hage Atrium, Siebens Building</td>
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<td>Louise Aronson, M.D., M.F.A., Visiting Author Narrative Medicine Workshops</td>
<td>7/15/2015</td>
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<td>MMS First-Year Student Reception and Rochester Art Center Tour</td>
<td>8/12/2015</td>
<td>Scarfman Room/Rochester Art Center</td>
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<td>Art &amp; Ability Exhibit: Celebrating Artists With Disabilities</td>
<td>9/21-10/2/2015</td>
<td>Hage Atrium, Siebens Building</td>
<td>365</td>
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<tr>
<td>Joseph Haq, Artistic Director, Guthrie Theater, Visiting Speaker</td>
<td>10/1/2015</td>
<td>Kahler Hotel</td>
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<td>Mayo Medical School Student Arts Day Trip</td>
<td>10/2/2015</td>
<td>Minneapolis Institute of Arts, Guthrie Theater, Minneapolis</td>
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<td>&quot;Mercy Killers&quot; – A play by Michael Milligan</td>
<td>10/14/2015</td>
<td>Geffen Auditorium, Gonda Building</td>
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<td>Rewoldt Nobel Laureate Lectureship, Dr. James Ordinski</td>
<td>11/18/2015</td>
<td>Kahler Hotel</td>
<td>562</td>
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#### TOTAL

11,267
Feedback From Mayo Clinic Staff

- "I am extremely grateful to be at an institution that values the humanities and the humanistic and social aspects of medicine that play such a large role in the health of the global population."

- "... I have had the most wonderful time coordinating with the professional artist. She is such a natural healer and possesses a remarkably generous and genuine presence. I am very grateful for her work in particular with my pediatric patients."

- "Improv is a technique used throughout the world, to release stress, improve communications and help people connect — doing improv helps participants and viewers see their humanity — the commonalities we all share. I think improv in health care is exciting and very worthwhile. I am grateful Mayo Clinic is bringing this to employees as a fun thing to explore and a skill to train. We can improve thru improv!"

- "The [Human Element] selective has shown me how I can interact with patients and be fully present. It’s also shown me a great appreciation for music/art/poetry and taught me how I can integrate these into my future practice."

- "I was introduced to people, concepts, styles, skills and exercises that were previously pretty foreign to me. Now that I know about more artistic modes, I will seek them out and continue to think about how I can grow and how my patients may benefit."

- "It’s incredible to have the opportunity to attend such a lecture as the Rewoldt Nobel Laureate Lecture, being a Mayo nurse."

- "I really enjoyed getting to meet with Dr. Orbinski in a more personal setting. It was dazzling to watch how he could zoom out and see how many factors (political, historical, social) affected his work with Doctors Without Borders. As a student, it is incredibly inspiring to be around such a luminous mind. My favorite thing that he shared with us was to “feed our curiosities,” which can provide the spark to drive us to make change."

- "Wonderful program. I arranged my work schedule around today's performance and I’m glad I did!"

- "The diversion aspect (of Arts at the Bedside) is huge. Anything that can help distract from pain, nausea or worry is as good or better than drugs."

- "In my experience, the ‘Arts at the Bedside Program’ is a way to provide more caring, alleviate suffering and increase the quality of life for persons with terminal illness."