What You Need To Know About

Mayo Clinic
Rochester, Minnesota

Mayo Clinic Internal Medicine Residency Program
Introduction

Facts at a Glance:
Mayo Clinic:

- Rated #2 in the nation in 1999 by *US News & World Report*. Three Internal Medicine specialties received #1 ratings.
- Over 1.8 million patient visits annually.
- Mayo Clinic comprises approximately 10 million square feet — about 2-1/2 times the size of the Mall of America in Bloomington, MN, 80 miles away.
- Mayo Graduate School of Medicine has educated over 13,700 medical and surgical specialists practicing worldwide.

Rochester:

- *Money Magazine* ranked Rochester the #1 most livable city in 2000. Rochester has consistently ranked among the top three since 1993.
- Population (Olmsted Co.): 115,169

Minnesota:

- Ranked Most Livable State and Healthiest State in 1999 by Morgan Quitno Press.
- Guthrie Theatre, Walker Art Center, Broadway and world-class theatrical productions, Mall of America (world’s largest shopping mall), Science Museum of Minnesota.
- Minnesota Zoo, Boundary Waters Canoe Area, Over 10,000 lakes - Minnesota has more shoreline than California, Florida and Hawaii combined.
Mayo Clinic

Historical Facts:
Mayo Clinic Rochester’s history goes back to a frontier doctor named William Worrall Mayo who moved to Rochester in 1863. He set up a solo medical practice in 1865. In the 1880s, his sons, William J. and Charles H., joined him in his practice. As the family’s reputation and practice grew, the Mayos invited other doctors to join them. This group of doctors initiated a new idea in American medicine — the multi-specialty group practice. Since the Mayo brothers’ death in 1939, the Mayo Clinic has continued to be guided by the principles and ideals they instituted.

Timeline:
1858 - Rochester is incorporated and named.
1883 - A tornado strikes Rochester. The Sisters of Saint Francis propose to build and staff a hospital if Dr. William W. Mayo will provide medical care.
1889 - Saint Marys Hospital opens with 27 beds.
1892 - First partner is added to Mayo family practice.
1901 - Dr. Henry Plummer joins the Mayo practice.
1907 - Patient registration number one is given out.
1915 - Mayo Internal Medicine Residency Program begins.
1972 - Mayo Medical School opens.
1986 - Mayo Clinic Rochester, Saint Marys Hospital, Rochester Methodist Hospital integrate.
1987 - Mayo Clinic Scottsdale opens.
1992 - Mayo begins to form regional network of clinics and hospitals.
1996 - Mayo Eugenio Litta Children’s Hospital opens at Saint Marys Hospital.
1998 - Mayo Clinic Hospital opens in Scottsdale, AZ.
Facts of Interest:

- Mayo Clinic ranked #2 in the nation in 1999 by *US News & World Report*. Internal Medicine ratings include:
  
  #2 - Cardiology  
  #1 - Endocrinology  
  #1 - Gastroenterology  
  #6 - Geriatrics  
  #2 - Pulmonary  
  #1 - Rheumatology

- Over 1.8 million patient visits annually

- Nearly 300,000 patient registrations annually

- 45 buildings, among them being the Mayo Building, Saint Marys Hospital, Rochester Methodist Hospital, the Baldwin, Charlton, Hilton and Guggenheim buildings. Two new buildings, Gonda and Stabile, currently are under construction.

- 1,951 hospital beds

- 19,485 employees

- 1,210 physicians and research specialists; and 1,682 residents, students and others
Education
  Mayo Medical School
  Mayo Graduate School
  Mayo Graduate School of Medicine
  Mayo School of Health-Related Sciences
  Mayo School of Continuing Medical Education and International Education

Mayo Graduate School of Medicine has educated over 13,700 medical and surgical specialists practicing worldwide.

Mayo staff are offered membership at two fitness center sites: one downtown in the Ozmun Building and one at Saint Marys Hospital. Top performance equipment is available including treadmills, stair climbers, bicycles, ski machines and circuit and free weights. Courses target a diversity of interests, fitness levels, and ages, and are constantly under development and evaluation.

Mayo provides the following to its working parents:
  Children’s R&R (drop in child care for sick children)
  Enhanced Referral Service (assistance in finding child care through Child Care Resource and Referral, Inc.)
  Dependent-Care Reimbursement Account (sets aside pre-tax dollars for work-related child care expenses)
Rochester

Facts:
Rochester is a growing community located approximately 80 miles south of the Twin Cities, Minneapolis/St. Paul. It is a wonderful and unique city in which to live.

Economy:*
Rochester cost of living data include:

<table>
<thead>
<tr>
<th></th>
<th>Rochester</th>
<th>Nat’l</th>
</tr>
</thead>
<tbody>
<tr>
<td>Median price for a 4-bedroom home</td>
<td>$122,100</td>
<td>$169,400</td>
</tr>
<tr>
<td>Change in home value since 1996</td>
<td>+ 5.36%</td>
<td>+ 4.77%</td>
</tr>
<tr>
<td>Unemployment rate</td>
<td>+ 2.3%</td>
<td>+ 5.24%</td>
</tr>
<tr>
<td>Job growth since 1997</td>
<td>+ 4.34%</td>
<td>+ 1.91%</td>
</tr>
</tbody>
</table>

The three major employers in Rochester are: Mayo Clinic, IBM and Rochester Public Schools

Weather:*
Rochester averages 200 sunny days annually. Other averages for the area include:

<table>
<thead>
<tr>
<th></th>
<th>Rochester</th>
<th>Nat’l</th>
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</thead>
<tbody>
<tr>
<td>July high (degrees in Fahrenheit)</td>
<td>82.4</td>
<td>86.7</td>
</tr>
<tr>
<td>January low (degrees in Fahrenheit)</td>
<td>3.2</td>
<td>27.0</td>
</tr>
<tr>
<td>Annual rainfall (inches)</td>
<td>26.0</td>
<td>36.3</td>
</tr>
<tr>
<td>Annual snowfall (inches)</td>
<td>46.0</td>
<td>23.1</td>
</tr>
</tbody>
</table>

*Money Magazine, 1998 Best Places to Live
Facts of Interest:
Rochester has 60 parks with over 2,500 acres; six 18-hole golf courses; swimming and playground facilities; adult and youth sports such as baseball, softball, football, soccer, hockey, and tennis; and 30 miles of biking, hiking, jogging and cross-country skiing trails. In addition, the Root and Zumbro rivers offer canoe rentals and fishing opportunities.

Rochester supports many exceptional cultural and performing arts organizations. These include:

- Assisi Community Center
- Children’s Dance Theatre
- Choral Arts Ensemble
- Commonweal Theatre Co.
- Feast & Footlights Dinner Theatre
- Films on the Arts
- Gilbert and Sullivan Society
- Masque Youth Theatre and School
- Minnesota Orchestra
- Olmsted County History Center
- Robert Oudal Chorale
- Rochester Art Center
- Rochester Civic Music
- Rochester Civic Theatre
- Rochester Community and Technical College Theatre
- Rochester International Association
- Rochester Male Chorus
- Rochester Music Men
- Rochester Repertory Theatre Company
- Rochester Symphony Orchestra and Chorale
- SE Minnesota Suzuki Association
- SE Minnesota Visual Arts
- SE Minnesota Youth Orchestra
- Special Delivery

The Mayo Civic Center, which includes a theater, auditorium and arena, provides many entertainment opportunities.

Rochester has something for everyone and every season. In the summer, Rochesterfest (a celebration of the city), the Olmsted County Free Fair, the Med City Marathon, water ski shows, and many activities sponsored by city and community organizations attract not only Rochester residents, but people from the surrounding regions. In the
winter, residents enjoy sledding, cross-country skiing, ice skating, snowshoeing, hockey, and numerous indoor sports and cultural activities. Downhill skiing enthusiasts need travel only 45 minutes to pursue their sport. In the spring, local and area bike trails, tours of the Amish country, flea markets and craft sales, home and garden shows, and farmers’ markets attract people from miles around. Fall is a beautiful time of year in the area. The Mississippi River and surrounding bluff country, where a spectacular display of fall foliage can be seen and enjoyed, are within an hour’s drive from Rochester. Other fall activities might include: camping; apple and pumpkin picking; hunting; and high school, college, community and pro sports.

**Facts on Education:**
For preschool children, the Rochester community offers many classes and activities. The Carnegie Corporation has recognized Minnesota’s — including Rochester’s — Early Childhood Family Education program as a national model for the support and education of parents and their children 0-5 years old. In addition, child care and nursery schools are available to suit every need and ability. For children in Kindergarten through grade 12, public, private and parochial schools offer students an excellent education. The Rochester Public Schools offer many learning opportunities including: Gifted and Talented Education (GATE), special education, advanced placement classes, the performing and visual arts, sports, etc. In addition, four Choice elementary schools and one Choice middle school are available through the public school system. Elementary Choice schools offer:

- A “45-15” year-round school;
- A school based on the Core Knowledge Sequence;
- An alternative (K-8) school which encourages multi-age grouping and focuses on students developing their own learning goals with guidance from teachers and parents;
- A public Montessori school.

The Middle School Choice option offers interdisciplinary instruction, stresses parent involvement through site-based management and encourages students to be active in their learning, with emphasis on differentiation. Local private and parochial schools also offer many learning opportunities.

Community Education offers classes for all ages. In addition, Community Education sponsors parent and family social and learning events.

Quarry Hill Park and Nature Center, through an agreement with the city, provides environmental education classes for adults and students. The park and nature center have 270 acres and offer hands-on science activities, classes and nature hikes, and an annual fall festival.

Rochester has a number of higher education institutions to meet a host of educational needs. Whether it’s continuing education, a technical education, an Associate or Bachelor’s degree, or a graduate degree, one of Rochester’s higher education facilities can meet those needs.

Higher education institutions include:
University of Minnesota - Rochester Center, Winona State University - Rochester Center, Rochester Community and Technical College, Saint Mary’s University - Rochester Center, Concordia College of Adult Learning, and Minnesota Bible College, all in addition to Mayo’s own health-related educational programs.
Highlights:
- *Money Magazine* has consistently ranked Rochester among the top three Most Livable Cities since 1993:
  - 2000 - #1
  - 1998 - #1
  - 1997 - #2
  - 1996 - #3
  - 1995 - #2
  - 1994 - #2
  - 1993 - #1

- Population (Olmsted Co): 115,169

- Unemployment rate: 2.3%

- Annual sunny days: 200
  (national average - 213.10)

- Number of doctors per 100,000 people: 1,704
  (national average - 203.3)

- Average commuting time: 14 minutes
  (national average - 19.5)

- Number of library books per capita: 2.7
  (national average - 2.4)

- Local sports team: Honkers (Baseball), Skeeters (Basketball), Mustangs (Hockey)

- National Volleyball Training Center

- 60 parks with over 2,500 acres

- A newly-constructed playground designed to meet the needs of children of all ages and abilities

- Rochester Indoor Tennis Club

- Six 18-hole golf courses
Cost of Living*:
The following shows the cost of living in Rochester compared to a select group of cities. Based on a Rochester salary of $35,000 (the approximate PGY-1 starting salary), the salary required to maintain an equivalent cost of living in a select number of cities is given.

<table>
<thead>
<tr>
<th>City</th>
<th>Amount Required</th>
<th>City</th>
<th>Amount Required</th>
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<tbody>
<tr>
<td>Rochester, MN</td>
<td>$35,000</td>
<td>Milwaukee, WI</td>
<td>$34,796</td>
</tr>
<tr>
<td>Atlanta, GA</td>
<td>$36,117</td>
<td>Minneapolis, MN</td>
<td>$36,595</td>
</tr>
<tr>
<td>Baltimore, MD</td>
<td>$34,013</td>
<td>New Orleans, LA</td>
<td>$36,809</td>
</tr>
<tr>
<td>Boston, MA</td>
<td>$62,297</td>
<td>Omaha, NE</td>
<td>$32,281</td>
</tr>
<tr>
<td>Chicago, IL</td>
<td>$57,225</td>
<td>NYC - Brooklyn, NY</td>
<td>$43,181</td>
</tr>
<tr>
<td>Cincinnatti, OH</td>
<td>$35,211</td>
<td>NYC - Bronx, NY</td>
<td>$40,269</td>
</tr>
<tr>
<td>Cleveland, OH</td>
<td>$32,921</td>
<td>Portland, OR</td>
<td>$39,753</td>
</tr>
<tr>
<td>Dallas, TX</td>
<td>$38,321</td>
<td>Philadelphia, PA</td>
<td>$41,344</td>
</tr>
<tr>
<td>Denver, CO</td>
<td>$42,204</td>
<td>Phoenix, AZ</td>
<td>$34,417</td>
</tr>
<tr>
<td>Houston, TX</td>
<td>$31,508</td>
<td>Richmond, VA</td>
<td>$35,239</td>
</tr>
<tr>
<td>Iowa City, IA</td>
<td>$35,769</td>
<td>St. Louis, MO</td>
<td>$31,547</td>
</tr>
<tr>
<td>Los Angeles, CA</td>
<td>$48,183</td>
<td>San Diego, CA</td>
<td>$46,578</td>
</tr>
<tr>
<td>Madison, WI</td>
<td>$35,832</td>
<td>San Francisco, CA</td>
<td>$56,968</td>
</tr>
<tr>
<td>Miami, FL</td>
<td>$37,385</td>
<td>Seattle, WA</td>
<td>$45,745</td>
</tr>
</tbody>
</table>

* For more information, or for cities not listed, visit the following web site:
  - Salary Calculator™
    (http://www.homefair.com/homefair/cmr/salcalc.html)
Minnesota

Facts of Interest:
Minnesota (home of the in-line skating phenomenon, land of over 10,000 lakes and sky blue waters) is more than just a land of ice and snow. It’s a place of year-round activities. Outdoor winter activities include figure skating and hockey, cross-country and downhill skiing, ice fishing, and snowmobiling. Outdoor spring, summer, and fall activities include swimming, golfing, boating, fishing, hunting, biking, hiking, camping, fairs, a Renaissance Festival, and far too many outdoor festivals and concerts to mention.

Highlights:
- Ranked Most Livable State 1997-99 by Morgan Quitno Press.
- High School Graduation Rank - 2 out of 51 (50 states and the District of Columbia)
- Major and Minor League Sports Teams:
  - Baseball - Minnesota Twins and St. Paul Saints
  - Basketball - Timberwolves and Lynx
  - Football - Vikings and Vixens
  - Soccer - Thunder
  - Hockey - Wild
  - Roller Hockey - Blue Ox
Indoor activities:
Broadway and world-class theatrical productions.
Productions have included *Cats*, *Phantom of the Opera*, *Lion King*, *Rent*, and *Riverdance*
Guthrie Theatre (world renowned)
Mall of America
Minnesota Historical Society’s History Center
Science Museum of Minnesota
Walker Art Center
Concert Opportunities:
Minnesota Orchestra, one of America’s leading symphony orchestras directed by Eiji Oue
St. Paul Chamber Orchestra
Metropolitan Symphony Orchestra
Minnesota Contemporary Ensemble
Top name musical performers and comedians
(classical, country, folk, jazz, rock - to name just a few of the many styles available)
“A Prairie Home Companion” with Garrison Keillor broadcast live from the Fitzgerald Theatre in downtown St. Paul

Outdoor activities:
Minnesota Zoo (Open year round. Cross-country skiing is offered at the Zoo during the winter.)
Over 10,000 lakes - Minnesota has more shoreline than California, Florida and Hawaii combined.
Boundary Waters Canoe Area
One recreational boat for every 6 people (more per capita than any other state)
Camping and hiking in numerous State Parks
Marathons (including Grandma’s Marathon, the Twin Cities Marathon and Rochester’s Med City Marathon)
A few hours away in neighboring Wisconsin, the Birkebinder (an international cross-country ski race), is held every winter.
For More Information

Have questions? Need more information? The following resources are provided to help you find what you need. If you are surfing the Web, stop by one of the URLs listed. If it is not convenient for you to access the Web, please feel free to use the addresses/phone numbers provided.

URLs:
- Mayo Clinic Home Page (http://www.mayo.edu)
- Rochester Web Sites
  - HPS (http://www.rochesterusa.com/)
  - Rochester, MN (http://www.rochestermn.com/)
  - Rochester Newspaper (http://www.postbulletin.com/)
  - Rochester/Southeast Minnesota Association of REALTORS® (http://www.semnrealtors.com/)
  - Rochester Rentals (http://www.rochesterrent.com)
  - Visitor Newcomer Info (http://visitor-guide.com/rochester/newcomer.htm)
  - VisiTOUR (http://www.rochesterusa.com/Rochester/visitour/)
- Money Magazine (http://pathfinder.com/money/bestplaces/winners.html)
- Morgan Quitno Press (http://www.morganquitno.com/sr99ml.htm)
- Salary Calculator™ (http://www.homefair.com/homefair/cmr/salcalc.html)

Addresses/ Phone Numbers:
- Mayo Medical Center Internal Medicine Residency Office
  200 1st Street SW • Rochester, MN  55905
  507-284-1477 • FAX 507-284-1249
  email:  Res-IM@mayo.edu
- Rochester Area Chamber of Commerce
  220 South Broadway • Rochester, MN  55904
  507-288-1122
- Minnesota Office of Tourism
  100 Metro Square • 121 Seventh Place East
  St. Paul, MN 55101-2112
  800-657-3700