Cindy Steinmeyer is smiling again, thanks to her physician’s lifesaving discovery.
A new name
As you read this issue of Hometown Health, you may notice a few changes. The biggest? Red Cedar Medical Center is now Mayo Clinic Health System. Our new name is an outward reflection of the hard work going on inside our walls: efforts to bring more of the resources of Mayo Clinic to Elmwood, Glenwood City and Menomonie, while emphasizing the importance of community-based health care to Mayo Clinic.

“Mayo Clinic Health System has evolved over time, and today our sites work together more closely with each other and Mayo Clinic than ever before,” says Rob Nesse, M.D., CEO of Mayo Clinic Health System. “We operate as one system, and work together to provide our patients with the care they need, where they need it — whether that’s in their hometown, a neighboring community, or in Rochester. Our new name reflects that.”

Changing our name is just one indicator of the ways you and your neighbors are connected to Mayo Clinic.

A powerful system
Today’s Mayo Clinic Health System began in 1992 as a partnership between just two organizations: Mayo Clinic and Decorah Clinic, then a six-physician practice. In the last 19 years, Mayo Clinic Health System has grown to serve more than 70 locations, and has 13,000 employees and 900 physicians serving patients in Iowa, Minnesota and Wisconsin.

Working as a system, Mayo Clinic and Mayo Clinic Health System can provide the best in health care: quality primary care and specialty care from trusted providers in local communities, with easy access to the expertise of Mayo Clinic when it’s needed.

“Dr. Will Mayo, one of the founders of Mayo Clinic, said that ‘in order that the sick may have the benefit of advancing knowledge, union of forces is necessary,’” says John Noseworthy, M.D., president and CEO of Mayo Clinic. “That’s the idea behind Mayo Clinic Health System. By joining forces, we can do much more for our patients than any of us could alone.”

Community priorities
Ralph Thompson, a member of the Menomonie board of directors, says the new brand demonstrates Mayo’s respect for local sites and also signals its commitment to ensuring that quality health care thrives in the region.

“Mayo Clinic originally partnered with the medical center because we share a commitment to providing high-quality health care,” says Thompson. “A patient having access to all of the resources Mayo has to offer ensures the highest possible quality of care — for life.”

In the years to come, Mayo Clinic and its health system locations will be working together more closely than ever before. But that doesn’t mean local health care facilities will become a replica of Mayo Clinic.

“We’ll always have our own important history and culture,” says Hank Simpson, M.D., CEO of Mayo Clinic Health System in Menomonie. “We’ll continue to hire our own staff and decide which health care services our community needs. We share Mayo Clinic’s Mission and values, with one goal in mind: providing the best care possible to our patients.”

Welcome to your new Hometown Health!
Welcome to the first edition of the new Hometown Health. You’ll see some changes to the design of the publication, including changing to a magazine-style cover. This allows better and bigger photos of the patients and providers highlighted in Hometown Health’s stories. There’s a greater emphasis on photography inside the newsletter, too.

This issue also is the first to include the new Mayo Clinic Health System logo, which features three shields representing what Mayo Clinic stands for: the integration of patient care, education and research.
A brand is more than a name change or a logo — it’s how an organization is perceived by others, and how it views itself. How will the new Mayo Clinic Health System brand benefit local staff and patients? Menomonie providers, staff and a community board member share their thoughts.

Being part of Mayo Clinic Health System gives me the confidence that I can get my patients the care they need, whether I provide it myself or reach out to another provider. It’s easy to pick up the phone and call a colleague at another health system site, or refer a patient to a visiting specialist. And if my patients face something serious, it feels good to be able to refer them to Mayo Clinic. It’s the same place I’d take my own family for that next level of care.

– Mike Phillips, M.D.

One of the great things about this from a business perspective is that we have more opportunities to save money and gain efficiencies by working together. For example, we have groups working on eliminating variation in the supplies that we order. This enables us to buy in larger quantities and get price discounts from suppliers. That kind of collaboration helps lower health care costs for all of us.

– Jenna Creaser, supervisor of Materials Management

The Mayo organization is a great name in health care, and I feel proud to be a part of it. When you hear the name, you know you’re going to get quality care. I trust Mayo Clinic, and from talking to my patients I know they do, too. Becoming Mayo Clinic Health System links us more closely to Mayo Clinic, and I like that.

– Julie Cognetta, nurse

Medicine is complex. One hundred years ago, a physician could potentially grasp the bulk of the day’s medical knowledge. Not a chance of that today. New discoveries that could impact patient care occur on a daily basis. As part of Mayo Clinic Health System, we have more access to the latest medical information. That’s a huge benefit to our patients, and we wouldn’t be able to offer that without our connection to Mayo Clinic.

– Mark Deyo-Svendsen, M.D., medical director

The quality and continuity of care available to our community because of the medical center and its connection to Mayo Clinic is extraordinary. It is, indeed, a patient-focused institution and this core value permeates the culture and colors every aspect of the services it provides to us. We are very fortunate to have this level of health care so close to home.

– Rosemary Jacobson, member, board of directors
This issue of Hometown Health explains how your health care organization’s new name is a public reflection of the already-existing powerful collaboration between Mayo Clinic and Mayo Clinic Health System.

In coming weeks, Mayo Clinic Health System will inform patients and communities of the benefits of increased collaboration across the system through a campaign that includes television and radio ads, billboards and more. The goal of the campaign is to educate the system’s hundreds of thousands of patients and other community members about Mayo Clinic Health System’s high-quality, lifelong care.

“Mayo Clinic Health System brings Mayo Clinic to you and your neighbors for life — and that is something really special,” says Mark Koch, CAO, Mayo Clinic Health System. “If you receive care through Mayo Clinic Health System, you’ll benefit not only from the long-term relationships you’ve established with your local health care providers, but also from the knowledge of many other medical experts working together. We’re all on the same team to help you get and stay healthy, whether you’re dealing with a sore throat or major surgery.”

Mayo Clinic Health System served more than 500,000 patients in 70 locations in 2010. However, research shows that some of those patients aren’t aware that the hospital or clinic they visit is part of the Mayo family, because its primary name has not been closely tied to Mayo Clinic. Establishing a uniform name — Mayo Clinic Health System — at all the locations and launching a system wide ad campaign will help educate patients and community members about the unique benefits of receiving care through a fully connected Mayo Clinic Health System.

“At the same time, developing a common name will help us prepare for the future, lower our operating expense and bring efficiencies we wouldn’t have been able to realize previously, with different names across 70 locations,” says Koch.

“Through our advertising campaign, we want to convey how proud Mayo Clinic Health System is to be an integral part of many communities in the region. We recognize that providing quality community-based health care is just as valuable to our patients and to our organization’s success as providing specialty care,” says Koch. “We also want to spread awareness about the resources Mayo Clinic Health System has available — many of them locally, some through referrals — to current and future patients. As we mature as a system, we want the communities we serve to understand who we are and how we work together.”

Fun facts about Mayo Clinic’s brand

Long used in pop culture references — comics, movies, TV shows, and radio — as shorthand for excellence in medicine, Mayo Clinic is truly a household name. Consider:

• Mayo Clinic has turned up everywhere from 1940s Dick Tracy comic strips and other cartoons — which inevitably use the words “hold the Mayo” in a dialogue bubble — to episodes of “Little House on the Prairie,” “M*A*S*H,” “The Simpsons,” “Grey’s Anatomy,” and dozens of other television shows and movies. “Jeopardy” once had a whole category devoted to Mayo Clinic.

• The Mayo Clinic logo has been redrawn eight times since 1914. In 2001, the logo was modified to emphasize the name Mayo Clinic and to strengthen the interconnected image of patient care, education and research.

• For more than 100 years, word of mouth has been the primary method of sharing Mayo Clinic’s reputation and generating new patients. Even today, patients cite word of mouth as the leading source of information that motivates them to choose Mayo.

“Mayo Clinic Health System brings Mayo Clinic to you and your neighbors for life — and that is something really special.”

Mark Koch, CAO, Mayo Clinic Health System
Cindy Steinmeyer was at a wedding reception when a sharp pain shot up the back of her neck to her head. “The pain was so intense that I almost fell over,” says Steinmeyer of Menomonie. She thought she’d had too much wine, and asked her husband to walk her back to their hotel room. Once there, she began vomiting and didn’t stop for 24 hours. A trip to Mayo Clinic Health System’s Emergency department in Menomonie seemed to confirm her assumption.

But when she didn’t feel better over the next week, she began to suspect something more serious might be causing her symptoms. She went back to the Emergency department, and over the next two days had two imaging exams — a CT and MRI — of her brain.

She also scheduled an appointment with her primary care physician, Mark Deyo-Svendsen, M.D., for that Thursday. On Tuesday, Dr. Deyo-Svendsen was preparing for his upcoming appointments and reviewed Steinmeyer’s imaging results. What he saw alarmed him. Steinmeyer appeared to have an aneurysm, a bulging blood vessel in the brain. While most aneurysms are harmless, some can be deadly.

Dr. Deyo-Svendsen decided to contact a colleague at Mayo Clinic for advice using AskMayoExpert, an electronic tool that captures and organizes Mayo’s medical knowledge and delivers it to providers on their computers. The resource includes a list of experts available to answer questions. “I sent an e-mail to a Mayo Clinic neurologist with expertise in aneurysms,” says Dr. Deyo-Svendsen. “I had a response from him within 10 minutes.”

Eelco Wijdicks, M.D., Ph.D., reviewed Steinmeyer’s MRI and recommended that she come to Mayo Clinic immediately. “Dr. Deyo-Svendsen called me with the news, and I could tell by his voice that it was serious,” says Steinmeyer.

At Mayo Clinic, Steinmeyer was diagnosed with two large aneurysms. The next day, surgeons placed metal clips on the bulging vessels to keep them from rupturing. After an eight-week recovery, Steinmeyer was back to work full time. And life was back to normal, although Steinmeyer says it’s a new normal.

“An experience like this changes you,” says Steinmeyer. “You realize that the things we worry about — money, work, the hustle and bustle of the world — aren’t what’s important. The people that you love are what’s important. Though I wouldn’t wish what I’ve been through on anyone, I do wish everyone could feel this thankful.”

Cindy Steinmeyer says her long-time physician, Mark Deyo-Svendsen, M.D., is never in a rush during her appointments. So when Dr. Deyo-Svendsen called to tell Steinmeyer she needed to get to Mayo Clinic in a hurry, she didn’t hesitate. “I could tell by his voice that it was serious,” says Steinmeyer.
Dr. William J. Mayo’s declaration in 1910 that “the best interest of the patient is the only interest to be considered” is a fundamental guiding principle for all Mayo Clinic organizations.

The principle of putting the needs of the patient first was paramount to Menomonie’s health care providers long before the area’s longstanding clinic and then hospital became part of the Mayo family in consecutive years in the mid-1990s.

For generations, Menomonie’s dedicated doctors, nurses and allied health professionals have cared for people in the community with equal parts proficiency and compassion. In 1915, the first hospital — located on “Hospital Hill” — was opened.

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For generations, Menomonie’s dedicated doctors, nurses and allied health professionals have cared for people in the community with equal parts proficiency and compassion. In 1915, the first hospital — located on “Hospital Hill” — was opened. Renamed Memorial Hospital in 1947 in honor of local soldiers who were killed in World Wars I and II, the hospital served patients until 1980, when a new hospital was constructed next to Red Cedar Clinic on Menomonie’s east side.

The new hospital was named Myrtle Werth Medical Center in honor of a registered nurse who had dedicated her life to serving patients. Her devotion was so great that during storms, she brought her blanket to the hospital and slept on the dining room floor to be close to her patients. Werth worked at City Hospital, then Memorial Hospital, from 1932 to 1974, and continued to volunteer in her retirement, tending the information desk until shortly before her death in 1999.

The clinic in Glenwood City joined the medical center in 1985 following years of dedicated service.
In 1920, City Hospital suffered damage following a fire despite the courageous efforts of volunteers forming a bucket brigade to carry water to the blaze (above).

In 1980, the hospital was relocated to the east side of Menomonie and renamed Myrtle Werth Hospital in honor of a registered nurse who dedicated her life to serving patients (right).

by brothers Al Limberg, M.D., and Phil Limberg, M.D. The clinic in Elmwood, along with Frank Springer, M.D., became part of the medical center in 1988.

The most definitive moments in recent health care history came in 1995 and 1996, though, when Red Cedar Clinic and then Myrtle Werth Medical Center affiliated with Mayo Clinic. Officially named Red Cedar Medical Center in 2006, the union with Mayo launched a new era in medical excellence, giving patients access to remodeled, state-of-the-art facilities, a wider array of specialists, more cutting-edge technologies and the resources necessary to maintain the vitality of the organization.

These partnerships also exemplified another principle that had long been important to both Mayo Clinic and Menomonie leaders and providers: teamwork. In their early days of medical practice in Rochester, Dr. William Worrall Mayo and his sons, Dr. Will and Dr. Charlie, were pioneers in collaborating with other physicians. This collaboration ran contrary to the conventions of the late 19th century, when physicians did not usually share their skills with other physicians for fear of losing patients.

“The Mayo brothers wanted to learn from others as much as to share their own knowledge. That’s exactly what happens across Mayo Clinic Health System a century later. It is a partnership in the best sense of the word, and makes us all more effective.”

Today, the core values of teamwork, collaboration and collegiality — all for the good of the patient — lie at the foundation of the success of Mayo Clinic Health System. “Mayo Clinic has always put the patient first. Working together, we ensure collaboration amongst leading medical professionals to find answers that help patients get healthy and stay healthy,” says Hank Simpson, M.D., CEO of Mayo Clinic Health System in Menomonie. “In effect, Mayo Clinic Health System offers the best of both worlds by bringing the vision and expertise of Mayo Clinic into the local community.”
Holding hands with a loved one. Tying shoes. Buttoning a shirt. Gripping a pencil.

While many of us take these basic capabilities for granted, people who have suffered severe, mutilating injuries to their hands, or had their hands amputated as a result of a trauma, don’t have that luxury.

But thanks to Mayo Clinic’s new Hand Transplant Program, which in June 2010 became the first non-experimental hand transplant program in the United States, it may be possible to restore function and feeling in the hands of people who have been living without using them.

A hand transplant involves taking a hand and forearm from a deceased donor — matched for gender, skin color and size — and transferring it to a recipient. “In some cases, a hand transplant would be the only way for a patient with severe hand injuries to recover sensation,” says Steven Moran, M.D., chair of the Division of Plastic Surgery, professor of orthopedics and plastic surgery, and surgical director of the new program. “A prosthetic does not allow someone to recover feeling.”

The complex hand surgery takes from 12 to 24 hours and involves the reattachment of skin, bone, muscles, nerves, tendons and blood vessels. Movement tends to return quickly after a hand transplant, while sensation returns more slowly.

After the surgery, recipients must complete an extensive rehabilitation process that involves learning to protect the hand as feeling returns over the course of a year or so.

More than 60 experimental hand transplants have been performed worldwide since 1998. Patient outcomes have been so positive, Dr. Moran says, that Mayo’s board of governors chose to become the first U.S. medical institution to grant clinical approval to a hand transplant program rather than classifying the program as experimental. “Patients will not be experimented on,” Dr. Moran says. He emphasizes that Mayo will use methods that have already been proven effective, as well as “immunosuppressive medications that have been used successfully in the majority of hand transplant patients for more than 10 years.”

Mayo’s Hand Transplant Program combines the strength of a world-renowned transplant team that transplants more than 1,500 organs every year with the skills of Mayo’s hand surgeons, who reattach dozens of severed fingers and limbs annually. In addition, patients work with experienced experts in hand rehabilitation, physiatry and psychiatry. “Bringing all of Mayo’s strengths together ensures the best possible outcomes for patients,” Dr. Moran notes.

Strong candidates for hand transplant at Mayo Clinic are nonsmokers in good health who are between ages 23 and 60. Candidates could have had their hands amputated between the wrist and the elbow, or could still have their hands but have lost complete function in them due to a farming accident, burn injuries or other trauma. Candidates who have lost only one hand may also be considered. Candidates could have lived without use of their hands for several decades or just a few months.

Most hand transplant recipients are pleased with the results, Dr. Moran notes. One study of 38 patients showed that all patients recovered protective sensation within the hand. In terms of appearance, sensation, movement, social acceptance, ability to perform daily tasks and overall satisfaction, better than 70 percent of patients noted their results as “good” or “excellent.” Many patients in the study had returned to employment, with several patients returning to jobs involving manual labor.

“In terms of patient satisfaction as well as functional recovery, the results are very encouraging,” says Dr. Moran. “A hand transplant could transform your life or the life of a loved one.”

If you are interested in being evaluated as a possible candidate for a hand transplant, including determining insurance and payment options, call 507-266-0446.
What Mayo Clinic medicine means in the health system

As a Mayo Clinic Health System patient, you benefit from high-quality health care provided by a team of dedicated primary and specialty care providers. But you also benefit from the resources of Mayo Clinic, consistently ranked one of the top medical centers in the country by U.S. News & World Report. That means you have access to the expertise of nearly 4,000 physicians and scientists working in virtually every medical specialty — often without having to leave your hometown.

Here are a few ways Mayo Clinic practices medicine in the health system:

• **AskMayoExpert** When your provider has a question about your care, he or she can access an online resource that provides Mayo-vetted advice on hundreds of medical conditions, in-depth educational materials, the latest clinical research findings, and a listing of experts available to answer questions when needed. The tool helps your provider access the expertise of colleagues at Mayo Clinic — all with the click of a mouse. Most questions are answered within 24 hours. If your provider has an urgent question about your care, he or she can reach an expert within minutes via Mayo Clinic’s priority paging system.

• **Outreach physicians** Mayo Clinic specialists in areas including cardiology, oncology, dermatology and neurology travel to Mayo Clinic Health System communities to provide care for patients in their own hometowns. This means patients often don’t have to drive to Rochester or another community for specialty health care.

• **eConsults** Mayo Clinic Health System is piloting a program that will allow primary care providers the ability to e-mail a Mayo Clinic specialist about certain medical questions that don’t require a physical exam, sending along your medical record and any relevant test results and imaging studies. After reviewing the information, the specialist answers your provider’s question and sends back a recommendation for care — usually within 48 hours. Limited eConsults are currently available in Albert Lea, Minn., and La Crosse, Wis.

• **Telemedicine** enables patients to have consultations with Mayo Clinic physicians at their own primary care facilities through interactive audiovisual technology. Patients and providers can see each other and communicate via audio equipment and large TV monitors.

Cindy Steinmeyer (featured on page 5 of this newsletter) knows firsthand the benefits of Mayo Clinic Health System’s connection to Mayo Clinic. Steinmeyer had two aneurysms that were diagnosed after her primary care physician in Menomonie, Mark Deyo-Svendsen, M.D., contacted a Mayo Clinic neurologist via AskMayoExpert.

“I sent an e-mail to a Mayo Clinic neurologist with expertise in aneurysms. I had a response from him within 10 minutes.”

Mark Deyo-Svendsen, M.D.
Mayo Clinic Health System
Menomonie

“Many of our problems in health care are problems of communication,” says Steinmeyer. “That doesn’t seem to be an issue between the health system and Mayo Clinic. We are very lucky that the two are connected. If it hadn’t been so easy for Dr. Deyo-Svendsen to get more information, I don’t know what would have happened to me. To me, it’s a miracle that I’m here, and I’m very grateful for the care I received in Menomonie and at Mayo Clinic.”
Mending Hearts Support Group

In June, the medical center launched the Mending Hearts Support Group, designed for people whose lives have been affected by heart disease. “We started this support group based on patient feedback,” says Linnae Frank, registered clinical exercise physiologist and Mending Hearts Support Group facilitator. “This group provides education for participants as well as the opportunity to give and receive emotional and practical support to and from others.”

Each session features a short presentation on a heart disease-related topic. General sharing and support follows. The group, which is free and gets together every other month, meets in the Education Center at Mayo Clinic Health System’s Menomonie location. It is not necessary to be a Mayo Clinic Health System patient to attend. Registration is not required.

Celiac Support Group

Mayo Clinic Health System also began hosting the Celiac Support Group in 2010. This group, which formerly met at Our Savior’s Lutheran Church in Menomonie, provides support for community members who have celiac disease or gluten sensitivity. This intestinal disorder causes the immune system to react to foods containing gluten.

Judy Kennedy, registered dietitian, clinical dietitian and adjunct instructor at University of Wisconsin-Stout, facilitates the group.

“Celiac disease is a growing concern as awareness about the disease increases,” says Jan Pejsa, community education specialist at Mayo Clinic Health System. “It’s a great arrangement. Judy has the background and passion to facilitate it; the medical center has the facility and ability to support it.”

Each session features a short presentation on a celiac disease-related topic. General sharing and support follows. The free support group meets in the Education Center at Mayo Clinic Health System’s Menomonie location. Go to www.mayoclinichealthsystem.org for the meeting schedule. It is not necessary to be a patient to attend, and registration is not required.

Other Groups

The medical center also hosts morning and evening Caregiver Support Group, Diabetes Support Group sessions, and Infant Feeding Education and Support Group. Go to www.mayoclinichealthsystem.org for more information.

2010 Statistical Review

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Statistics include Menomonie, Elmwood and Glenwood City locations.

2010 Report to the Community

Last year, Mayo Clinic Health System in Menomonie gave back to its communities by hosting five ongoing support groups. Two were new in 2010.
## Classes, programs, events and support groups

Class and event location is the Education Center at Mayo Clinic Health System in Menomonie unless otherwise noted. Registration is required unless otherwise noted.

### Menomonie

| Phone | 715-233-7464 | Website | www.mayoclinichealthsystem.org |

### Prenatal Classes

#### Childbirth Class
- **Five-week option**
  - Wednesdays, Aug. 10 to Sept. 7
  - 7 to 9 p.m.
  - Free.
- **Three-week option**
  - Mondays, July 11 to 25
  - 7 to 9 p.m.
  - Free.
- **One-day option**
  - Saturdays, June 4, July 9, Aug. 6
  - 10 a.m. to 4:30 p.m.
  - Free.

#### Infant Feeding Education and Support
- Mondays, Aug. 1, Aug. 29
- 4 to 6 p.m.
- North Conference Room, adjacent to Family Birth Suites
- Wednesday, June 15
- 7 to 9 p.m.
- Education Center
- Babies and support persons are welcome. Free.

#### Sibling Class
- Tuesday, July 12
- 5:30 to 7 p.m.
- Bring a doll or stuffed animal to class. Parents must accompany children. Free.

### Support Groups

#### Alzheimer's Disease Support Group
- Wednesdays, June 15, July 20
- 10 to 11:30 a.m.
- Shirley Doane Senior Center
  - 1412 Sixth Street E., Menomonie
  - Free; registration not required.
  - 715-233-1116

#### Mending Hearts Support Group (heart disease)
- Tuesdays, June 21, Aug. 16
- 4 to 5 p.m.
- Free.

#### Caregiver Support Group
- **Evening option**
  - Thursdays, June 16, July 21, Aug. 18
  - 7 to 8:30 p.m.
- **Morning option**
  - Wednesdays, June 1, July 6, Aug. 3
  - 9:30 to 11 a.m.
  - 715-232-4006

#### Diabetes Support Group
- Thursdays, June 2, Sept. 1
- 6:30 to 7:30 p.m.
- Free.

### Classes & Events

#### Aquacise
- Low-impact water exercise
- Monday, Wednesday, Friday
- 6 a.m. or 6 p.m.
- Menomonie High School Field House
- 11 a.m., EconoLodge Menomonie
- $4 for single class.

#### Blood Pressure/Blood Sugar Clinic
- **Menomonie:**
  - Mondays, June 6, July 11, Aug. 1
  - 7 to 9 a.m.
- **Elmwood:**
  - Tuesdays, June 7, July 5, Aug. 2
  - 7 to 8:30 a.m.
- **Glenwood City:**
  - Wednesdays, June 1, July 6, Aug. 3
  - 7 to 8:30 a.m.
- Free.
  - Overnight fasting is recommended for accurate screening.
Welcome new provider

Heidi Mercer, registered nurse, has joined the clinic staff in Menomonie as a certified diabetes educator.

She received her bachelor of science degree in nursing from University of Wisconsin-Madison and completed diabetes training through International Diabetes Center at Park Nicollet in St. Louis Park, Minn.

Mercer provides diabetes self-management training, where she educates and encourages patients to make changes that will improve their health and helps them take charge of managing their disease and care.

She also provides assistance and recommendations for providers in managing patients with diabetes, including insulin management, using a continuous glucose monitor, and both starting and maintaining patients on insulin pumps.

Patients must receive a referral from their provider to meet with Mercer. Patients should check with their insurance provider to confirm coverage.

Mercer is originally from Green Bay, Wis. Her interests include skiing, biking, walking, watching soccer, singing, concerts, theatre and being with friends.

Appointments: 715-233-7777

For more information, visit our website, www.mayoclinichealthsystem.org

Information for Hometown Health stories is provided by Mayo Clinic Health System medical professionals. If you have medical questions about these stories and how they affect your health, please contact your physician.

Mayo Clinic Health System - Red Cedar has a medical center in Menomonie, Wis. and also has clinics in Elmwood and Glenwood City, Wis.