Features

2 Mayo Clinic Alumni Association’s 65th Meeting
Opening remarks from Mayo leaders
Why they come — Father and son Dr. Jesse Edwards and Dr. Brooks Edwards

10 Awards recipient profiles — Dr. Eric Moore, Dr. John Davis Cantwell, Dr. Henry Schultz, Dr. Randall Craft

16 Speakers — Dr. Jordan Cohen, Dr. Richard Weinshilboum, Dr. Michael Ackerman

20 Special gifts given and received — Sister Generose Gervais, Dr. and Mrs. Robert Baker

22 Profile of new Alumni Association president — Dr. David Teegarden

26 Saint Marys Hospital Sponsorship Board
How the relationship between the Sisters of Saint Francis and Mayo Clinic began, how the integrated organizations maintained essential values, and how the Sponsorship Board ensures the values will be continued in perpetuity

30 Profile of Sister Generose Gervais — a steward of the Franciscan legacy

34 The Suites at Saint Marys — remodeled private first-class accommodations

Mayo Update

36 News briefs
38 Staff news
38 Obituaries

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Mayo Clinic is committed to creating and sustaining an environment that respects and supports diversity in staff and patient populations.

For information about Alumni meetings, visit www.mayo.edu/alumni

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Mayo Alumni
Winter 2008 Volume 44 Number 5
Letter from the President

I am honored to represent Mayo alumni as president of the Alumni Association. Although 30 years have passed since my training at Mayo, I am no less awed by the qualities in which Mayo is without peer. In fact, I may be even more awed today due to the perspective afforded by time and distance. Those qualities are putting patients first, integrating patient care, blending the three shields and attracting philanthropic support.

Being a Mayo alumnus has opened doors for me. I hope to serve the Alumni Association by continuing to open doors among Mayo alumni — to connect us to each other, and to connect us to Mayo.

In March, the Alumni Association Board of Directors will plan strategy for the next five years. I look forward to that process and to determining ways to strengthen alumni ties to all parts of Mayo and to each other, to involve you in health policy reform and to make sure we are providing value to alumni.

I am eager to work with so many talented alumni and to be an ambassador for Mayo in furthering its mission.

It was a pleasure to see so many of you at the 65th meeting in Rochester. The scientific programs were outstanding, and Mayo does a superb job of recognizing alumni through awards programs. The play at the gala, “A Perfect Trip,” provided a rare glimpse into the Mayo brothers’ lives away from work. My wife of 40 years, Suzanne, had not been to Rochester for many years. The 65th meeting was a delightful reminder for us of our early years and the birth of our older son. He was born in November when it was 8 degrees below zero. For Texas natives, it was hard to believe the Minnesota winters started so early and lasted so long. We were impressed with the Midwestern hospitality then, and it did not disappoint us this time. Equally impressive is the way the people at Mayo love Mayo Clinic. Count me in that group.

I look forward to serving you. Please consider mine an open door. If I can answer a question, address a concern or brainstorm a solution, feel free to contact me.

Best regards,

David Teegarden, M.D.
President
The first formal meeting of the Mayo Clinic Alumni Association was held in September 1917. The goal of the organizers was to maintain scientific and social contacts with the people and programs of Mayo Clinic.

Today, through regional, national and international meetings, the Alumni Association promotes excellence in the fields of medical practice, education and research. The centerpiece of this activity is to perpetuate Mayo Clinic’s standards of excellence through alumni who are practicing medicine, conducting research and teaching throughout the world. Mayo Clinic alumni are on the faculty of the country’s leading medical schools, and many serve in leadership positions in their communities and scientific organizations worldwide.

The biennial meeting of the Mayo Clinic Alumni Association meets to conduct the business of the organization and to bring alumni from around the world back to Mayo Clinic. This meeting reconnects alumni and alumnae with mentors and friends, and allows for exchange of scientific knowledge. The meeting also provides alumni — Mayo Clinic staff, residents, fellows and graduates of the medical school and graduate school — with the opportunity to exchange scientific knowledge, meet socially and conduct the business of the Alumni Association. Colleagues, friends and mentors come together to experience Mayo Clinic collegiality and to learn about the changes that are taking place in science and medicine, and the changes and growth of the Mayo Clinic campus.
Scott Litin, M.D., outgoing president of the Alumni Association, opened the Mayo Clinic Alumni Association’s 65th Meeting on Oct. 19, 2007. Dr. Litin thanked alumni for attending and for his opportunity to lead the organization for a year. “I met many alumni at local and regional meetings across the country, and those experiences reinforced for me the significant impact training at Mayo Clinic has had on physicians and medicine in this country,” he said.

In her opening remarks to gathered alumni, Patricia Simmons, M.D., Scientific Program chair and Mayo pediatrician, said: “Mayo Clinic is home to many heroes, and most of us can point to one or two who provided direction during a time in our Mayo training. One of my heroes was Dr. Marty Adson, who is part surgeon and part philosopher. He taught me that while a physician needs to have a good IQ, far more important is having a high IC: intellectual curiosity. Our intellectual curiosity will be the force that improves and advances medicine as we know it today. It is curiosity that makes us ask new questions and look for new answers to old ones.” She welcomed alumni to Mayo Clinic in Rochester and urged them to be curious about all the things they would hear and see during the meetings.

Glenn Forbes, M.D., CEO, Rochester, said: “Alumni are the expression of our principles to the outside world. We are pleased to have you here in Rochester where all of us, at one time or another, worked and learned the value of teamwork and the importance of putting patients at the center of all that we do.” He described the Mayo Clinic strategic plan and its primary priorities to “invent, teach and practice the medicine of tomorrow through quality, integration, individualized medicine and the science of health care delivery.” He also said patient safety and transparency of care metrics are the focus for the coming year. “Our patients and the public expect this of us and our reputation demands it. Mayo Clinic must lead the national focus on quality in health care, and we are prepared to do so.”

“Thank you and Mayo Clinic for the wonderful gathering and dinner at the President’s Gala. Everyone was in amazement at the beauty and organization of the dinner.”

Richard (Rick) Sheldon, M.D.
OBG ’65
Rochester, Minn.
George Bartley, M.D., CEO, Jacksonville, said: “We are in the midst of exciting growth with the opening of our new hospital set for spring 2008. We will have 214 beds and 16 operating rooms — each built at 750 square feet to accommodate the technological equipment now involved in surgery. This means the surgical teams will have room to provide optimal care for our patients.” He also said patient safety in Florida includes protection from the weather, so the new hospital has been constructed to withstand hurricane-force winds — 900 pilings sunk 120 feet into the ground to support the construction. “We all look forward to occupying the new space and treating our patients in the best environment possible.”

He described Jacksonville’s transplant program as a national leader in transplantation and at or near the top of survival rates for liver transplants.

Victor Trastek, M.D., CEO, Arizona, was on a trip in the Rocky Mountains and was stranded there during an unseasonably heavy snowstorm. He sent his regards and best wishes for a successful meeting. The 66th Alumni Meeting in 2009 will be held in Arizona, where the weather is expected to be mild.

Denis Cortese, M.D., president and CEO of Mayo Clinic, said: “Mayo Clinic has been leading discussions across the country about health care reform, and leaders from all sectors — industry, labor, education and health care, among others — have joined us to look for ways to make sure that health care in this country is affordable, safe and available to everyone. Four recommendations have emerged from our Health Policy Center discussions during the past 18 months: equity, effectiveness and efficiency, integration of care and paying for value. If we can provide equal care to everyone in an effective and efficient manner with integrated health care teams that are paid for the value of their work, we can change health care in this nation as we know it.”

He described a future in which hospitals could be closed because providers concentrated on keeping people healthy rather than treating them when they are sick. “This may be the most important thing of all — preventing illness rather than treating it,” he said.

“I just returned from the alumni meeting in Rochester. Oh, the perfection of Mayo. What a fantastic meeting.

The planning and execution were superb. I envy Mayo Clinic — that it has all those wonderful employees from around Rochester that love Mayo Clinic as much as the doctors do, if not more. Everyone was so wonderful — they made my two days perfect.”

John Bonnet, M.D.
IM ’58 (Hem)
Temple, Texas
If you enjoyed reconnecting with Mayo friends at the 65th Alumni Meeting in Rochester, consider attending the springtime international meeting in Buenos Aires.

Argentina awaits!
April 2008

Final registration deadline March 9, 2008

The Mayo Clinic Alumni Association International Conference will be held April 9–11, 2008, in Buenos Aires, Argentina. The education program will feature an interactive speaker panel and topics including physician leadership and advances in cancer, cardiovascular diseases, genomics, health promotion, infectious diseases, neurology, orthopedics, psychiatry and surgery.

Conference headquarters will be at the Alvear Palace Hotel, www.alvearpalace.com, in the historic, exclusive Recoleta area in the heart of Buenos Aires.

Optional tours: Professionally managed by Concierge Services, LLC, are available to:

Iguazu Falls
April 6–8

Buenos Aires including Opera Pampa and a Carlos Gardel Tango Evening
April 9–10

Areas of Argentina including Iguazu and Bariloche
April 12–20

Mayo Clinic is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Mayo Clinic designates this educational activity for a maximum of 16.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credit will be filed with the American Academy of Family Physicians.

For conference information and CME questions, contact:
Cindy Cunningham, Cunningham.cindy@mayo.edu or 507-266-4454

For tour information, registration and hotel arrangements, contact:
Linda Freeman, freemanL@rconnect.com or 507-280-9066
Jesse Edwards, M.D., and his son, Brooks Edwards, M.D., made an impressive pair at the alumni gala dinner. Dr. Brooks Edwards is a professor of medicine at Mayo School of Graduate Medical Education at Mayo Clinic in Rochester. His father, Dr. Jesse Edwards, is a retired pathologist. For this pair, the gala was an opportunity to reconnect with old friends and colleagues — a part of the Mayo heritage that connects its rich past with the present and future.

“I saw old friends and colleagues, some of whom I have not seen for decades,” says Dr. Jesse Edwards, 96, and the oldest alumnus at the meeting.

The Edwardses have attended previous alumni events, but this one, with Scott Litin, M.D., as outgoing president of the Alumni Association, held an extra benefit for them. Dr. Litin is a colleague and close friend of Dr. Brooks Edwards. Dr. Litin’s father, Edward Litin, M.D. (now deceased), joined the Mayo staff at the same time as Dr. Jesse Edwards. The two became lifelong friends, and the families’ long history of friendship and professional collegiality made the 65th Alumni Meeting gala especially poignant.

“The evening was all the more special because Scott was there as president,” says Dr. Brooks Edwards. “Our families have been close for a very long time.”
Jesse Edwards, M.D.

Dr. Jesse Edwards joined the Mayo Clinic staff in 1946 after four years in the Army. In his early years of practicing pathology, Dr. Edwards worked extensively with heart disease — with particular interest in congenital heart disease. In the late 1940s and 1950s, knowledge about heart disease was evolving, especially at Mayo. The first cardiac catheterization at Mayo was performed in 1947, followed by Mayo’s first open heart surgery in 1955. Dr. Edwards had no specific training in cardiology, but he seized the opportunity and trained himself by reading, watching and performing as many autopsies and pathology studies in heart disease as he could.

“It was easier back then to take advantage of all of the great medicine going on,” says Dr. Jesse Edwards. “There were fewer rules, and we were all learning together.”

After practicing at Mayo for 14 years, Dr. Edwards moved to the University of Minnesota in St. Paul but kept close ties to his Mayo roots and colleagues. He views his Mayo experience as having laid the critical groundwork for his long, prolific career. His contributions to cardiology and pathology are significant. He has published more than 700 papers in medical journals and 70 chapters in books; and authored or co-authored 12 books — the most recent ones in 2000 and 2006. He is finishing another book, which he still does in longhand. He resides at Charter House in Rochester with his wife of 55 years, Marjorie. Frequent visitors include his son and grandchildren.

Brooks Edwards, M.D.

Dr. Brooks Edwards shares his father’s interest in cardiac medicine. A professor of medicine at Mayo School of Graduate Medical Education, Dr. Edwards specializes in cardiac transplantation and cardiac replacement therapy. Dr. Edwards did all of his medical training at Mayo Clinic, including a residency in internal medicine and two fellowships — one in the Department of Physiology and Biomedical Engineering Cardiorenal Research Laboratory, and the other in clinical cardiology in the Division of Cardiovascular Diseases.

Dr. Edwards is the 1989 recipient of the Alumni Association Balfour Award, an award named in honor of Donald Balfour, M.D., to recognize outstanding research by a resident of Mayo School of Graduate Medical Education whose primary training is in a clinical field.

Dr. Brooks Edwards often walks to his father’s apartment for lunch. “It’s great to spend time with my parents,” he says. “My father is still an incredibly prolific writer, and he stays very active intellectually.”

Dr. Jesse Edwards fishing in Brainerd last summer on his 96th birthday.

At last year’s 27th annual Jesse E. Edwards Lectureship in St. Paul, Dr. Edwards and his wife, Marjorie, gathered with their grandchildren: (clockwise from left) Jessica Edwards, Kate Villa, Jeremy Edwards, Max Edwards and Johnny Villa.
The 65th Alumni Meeting drew 541 attendees from across the country and world.

Alumni came from:
- 7 other countries, including Australia, Canada, Germany, Israel, Japan, Mexico and Sweden
- 36 states and the District of Columbia

States with greatest attendance were, predictably:
- Minnesota (with 10 times the number of the next highest state)
- Florida
- Arizona

Followed by:
- Texas
- California
- Wisconsin
- Illinois
- Missouri

Another fact about attendees:
- Approximately 14 percent were women
Alumni also came from the following states:

- Alabama
- Colorado
- Connecticut
- Georgia
- Hawaii
- Indiana
- Iowa
- Kansas
- Kentucky
- Maine
- Maryland
- Massachusetts
- Michigan
- Nebraska
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Rhode Island
- Tennessee
- Vermont
- Virginia
- Washington
- Wyoming
- Washington, D.C.
The Humanitarian and Professional Achievement awards presented by the Mayo Clinic Alumni Association honor Mayo Clinic alumni who have made significant contributions to humanity and to the medical profession. Recipients are nominated by their peers, and the awards are presented at the biennial meetings of the Mayo Clinic Alumni Association.
Dr. Moore has been awarded the 2007 Mayo Clinic Alumni Association Humanitarian Award for his work leading mission trips in underserved nations and for his contributions to the care of military personnel, their families and veterans of the U.S. armed forces.

Dr. Moore received his medical degree from Jefferson Medical College in Philadelphia. Between 1992 and 1997, he completed an internship in general surgery and a residency in otolaryngology and head and neck surgery at Mayo School of Graduate Medical Education. After his residency, Dr. Moore served in the U.S. Air Force as chief of otolaryngology/head and neck surgery at Travis Air Force Base in Fairfield, Calif., from 1997 to 2001. During this time, he also was co-director of the Air Force’s Western Region Craniofacial Clinic. In 2001, Dr. Moore was selected as a Mayo Foundation Scholar and completed a Mayo-sponsored fellowship in rhinology at Karl Franzens University Hospital in Graz, Austria.

During a humanitarian trip to the Philippines, Dr. Moore saved the life of an Air Force sergeant’s spouse who had an anaphylactic reaction to a food allergy. Dr. Moore performed CPR (cardiopulmonary resuscitation) and established an emergency airway as the woman was being transported to a medical facility in the back of a pickup truck. For his efforts, Dr. Moore was awarded the Air Force Commendation Medal for Bravery. Dr. Moore also was awarded the Air Force’s Meritorious Service Medal for arranging local care for patients who were displaced when the area’s Veterans Administration hospital was closed because of damage sustained in an earthquake.

In 2001, Dr. Moore returned to Mayo Clinic, where he is a consultant and residency program director in the Department of Otorhinolaryngology. He has received numerous accolades for excellence in teaching, including induction into the Mayo Fellows Association Teacher of the Year Hall of Fame in 2006.

“Dr. Eric Moore is a physician of selfless service, boundless integrity and self-sacrifice.”

Joseph Brennan, M.D., F.A.C.S.
Colonel, United States Air Force
John Davis Cantwell, M.D.
Cardiologist, Cardiology of Georgia, P.C.,
Atlanta
Medical Director, Homer Rice Center at
Georgia Tech
Director, Preventive Cardiology and
Cardiac Rehabilitation, Piedmont
Hospital

Dr. Cantwell has been awarded the
2007 Mayo Clinic Alumni Association
Professional Achievement Award for
his accomplishments in patient care,
education and research in preventive
cardiology and sports medicine.

Dr. Cantwell is a third-generation
physician who completed his medical
degree at Northwestern University in
Evanston, Ill. In 1966, he completed
an internship at the University of
Florida in Gainesville, and in 1968
completed a residency in internal
medicine at Mayo Clinic. Postdoctoral
fellowships in cardiology followed at
the University of California, San Diego
and Emory University in Atlanta.

As a resident, Dr. Cantwell helped
develop Mayo Clinic’s outpatient
cardiac rehabilitation program. He
drew from that experience to cofound
in 1970 the first outpatient cardiac
rehabilitation program in Georgia. In
1972, he established one of the country’s
first preventive care cardiology clinics.

Dr. Cantwell is internationally known
for his expertise with the medical
problems of the competitive athlete.

“Dr. Cantwell has assumed
many difficult administrative
responsibilities — always
handling them with a calm,
skilled leadership style and
remaining selfless in his
service to his patients and
his community.”

Donald Scholz, M.D.
Emeritus, Mayo Clinic

For more than three decades, he has
been a team physician for the Atlanta
Braves and was president of the
Association of Major League Baseball
Team Physicians. He has served as a
team physician for Georgia Tech, the
Atlanta Beat (a former professional
women’s soccer team) and Georgia
Special Olympics. Dr. Cantwell also
served as the volunteer medical
director for the Goodwill Games in
Moscow (1986) and St. Petersburg,
Russia (1994). Dr. Cantwell was chief
medical officer for the Atlanta Summer
Olympics in 1996.

Dr. Cantwell has a degree in English
from Duke University in Durham,
N.C., and is a prolific writer —
publishing scientific articles, essays,
book chapters and books on medical
and nonmedical topics. He has
served as editor of the Journal of the
Medical Association of Georgia
and
as an editorial board member of the
Annals of Internal Medicine and The
Physician and Sportsmedicine.

For more than a decade, Dr. Cantwell
was director of the Medical Residency
Program at Georgia Baptist Medical
Center (now Atlanta Medical Center).
He also was medical director of the
Preventive Medicine Center at Georgia
Baptist Medical Center from 1972 to
1996.
The Plummer Society was formed in 2002 for physicians who have trained in internal medicine and subspecialty residencies at the Mayo Graduate School of Medicine. The Plummer Society is aligned with the Mayo Clinic Alumni Association.

Henry Schultz, M.D.
Consultant, Division of Primary Care Internal Medicine, Department of Internal Medicine
Professor of Medicine, Mayo School of Graduate Medical Education, Mayo Clinic

Henry Schultz, M.D., is the first recipient of The Plummer Society Award of Excellence. Dr. Schultz was recognized for his leadership in internal medicine and subspecialties, and in the education of future physicians and his exemplary care of patients. In addition to his clinical and education duties, Dr. Schultz also is the president of the National Residency Matching Program. This private, not-for-profit corporation provides a uniform date of appointment to positions in graduate medical education.

Dr. Schultz received his bachelor’s degree in biology from Bowling Green State University in Bowling Green, Ohio, and his medical degree from Ohio State University in Columbus. He completed a residency and fellowship training in general medicine at Mayo School of Graduate Medical Education, and was appointed to the Mayo Clinic staff in 1979.

During almost three decades at Mayo Clinic, Dr. Schultz has served as director of the General Internal Medicine Fellowship Program in the Division of Area General Internal Medicine, Department of Internal Medicine; and associate program director and director of the residency program in the Department of Internal Medicine. Dr. Schultz’s leadership in the residency program spanned more than 15 years. He provided mentorship, guidance, wisdom and support to dozens of residents and fellows.

Dr. Schulz’s leadership positions at Mayo Clinic include section head of the Division of Primary Care Internal Medicine, Department of Internal Medicine; and associate chair of the Department of Internal Medicine.

Dr. Schultz’s involvement in the National Residency Matching Program includes the Violation Review Committee and chairmanship of the Data Review and Research Committee. He has served on the Association of American Medical...
Colleges Medical School Performance Evaluation Committee and the Association of Program Directors in Internal Medicine; he is an American Medical Association (AMA) appointee to the Internal Medicine Residency Review Committee.

Dr. Schultz is a master in the American College of Physicians; and he serves on the Minnesota Chapter Residency Training Directors Committee, Associates Competition Review Board and the Education Committee. He is a member of the Zumbro Valley Medical Society; serves on the Council on Medical Education in the American Medical Association; and has served on committees for the American Board of Internal Medicine. He has held leadership positions in the Organization of Program Directors Associations. He has served on the Federated Council of Internal Medicine, the Academic Alliance for Internal Medicine, and has been involved in the Internal Medicine Resident In-Training Examination.

Dr. Schultz has received distinguished honors and awards including the Minnesota Laureate Award of the American College of Physicians, ACP-ASIM Certificate of Merit Award, ACGME Parker J. Palmer “Courage to Teach” Award (awarded annually to 10 directors from the 8,200 ACGME-accredited residency programs), and the Mayo Clinic Department of Medicine Distinguished Service Award. Dr. Schultz also has been honored with the Mayo Foundation Distinguished Educator Award.

In addition to his leadership, mentorship and involvement in professional organizations in support of resident education, Dr. Schultz has conducted educational programs, is an invited presenter and actively serves on the editorial review committee for journals including Annals of Internal Medicine, Mayo Clinic Proceedings, and Scientific American Medicine. Dr. Schultz also is recognized as a remarkable and caring physician.

The Doctors Mayo Society

- The Doctors Mayo Society has 1,900 members — 11.5 percent of all Mayo Clinic alumni.
- The Doctors Mayo Society members represent 95 specialties and live in all 50 states and 15 countries.
- Without philanthropy, some of Mayo’s most important programs in education and research could not exist.

For information about The Doctors Mayo Society, call Robert Giere, director of Alumni Philanthropy, 800-297-1185, e-mail TDMS@mayo.edu or visit http://www.mayo.edu/alumni/mcaa.html

“Thanks so much for the honor of attending the alumni meeting. It was much appreciated. The library and art tours were fascinating and excellent. A special thanks to the staff for their gracious welcome and helpfulness.”

Monica Michenfelder
Oronoco, Minn

14 Mayo Alumni Winter 2008
On Resident Education Day in February, six general surgery residents from Arizona, Jacksonville and Rochester compete in an academic competition. Each resident presents a research project via teleconference to staff physicians, who ask questions and rate the presentations. The resident with the highest score wins the W. Deprez Inlow Award—an all-expenses paid trip to the Priestley Society meeting and the honor of presenting the first paper at the event.

The W. Deprez Inlow Award was established in 2004 by a generous gift from the extended family of Robert and Robbie Inlow in honor of Dr. Robert Inlow’s father, W. Deprez Inlow, who trained in surgery at Mayo Clinic from 1919 to 1921, with research emphasis on digestion and function of the spleen.

The Priestley Society is a Mayo Alumni Association society for surgeons who trained at Mayo or who are current or former members of the Mayo Department of Surgery staff. The society was named for James T. Priestley, a prominent Mayo Clinic surgeon with a national and international reputation. He had a great deal of enthusiasm for teaching young residents the care of patients and the craft of surgery.

Randall Craft, M.D.
Resident, Division of General Surgery, Department of Surgery, Mayo Clinic, Phoenix

Randall Craft, M.D., completed a fellowship in microsurgery research at the Bernard O’Brien Institute of Microsurgery in Melbourne, Australia. He received his medical degree from Ohio State University College of Medicine in Columbus, and an undergraduate degree from Georgetown University in Washington, D.C.

Dr. Craft has received recognition including second place in the Resident Research Award from the Arizona Medical Education Consortium; Mayo International Health Program Scholarship; and Ronald and Barbara Walker Research Fellow in Melbourne, Australia.
The tradition of scientific presentations at the Mayo Clinic Alumni Meeting is complemented by the lecture program that highlights individuals who have expertise in particular medical specialties or areas of research.

Raymond D. Pruitt Lectureship

The Raymond D. Pruitt Lectureship honors Dr. Pruitt, who was the first dean of Mayo Medical School. The lecturer demonstrates the qualities admired in Dr. Pruitt: integrity, scholarship, humility and the empathy of the truly concerned.

Jordan Cohen, M.D. — Preparing Doctors for the New Millennium
Nephrologist
President Emeritus, Association of American Medical Colleges
Past Dean and Professor of Medicine, State University of New York at Stony Brook
Past Professor and Associate Chairman of Medicine, University of Chicago-Pritzker School of Medicine
Past Physician-in-Chief and Chairman, Department of Medicine, Michael Reese Hospital and Medical Center, Chicago

Dr. Cohen has spent 40 years in academic medicine, including Yale and Harvard universities.

Dr. Cohen said that some parochial but demanding challenges to medical education must be overcome before an academic medical center can be truly prepared to educate physicians for the future. These include:

- Free up faculty time — sufficient time to spend with all students
- Find an appropriate mix of patients — a wide range of diagnoses and conditions will provide optimal opportunities for students
- Develop educational partnerships — expand student experiences
- Secure educational funding — ensure financial stability
- Reduce student debt — this must happen to meet the growing need for family physicians and medical generalists
He discussed challenges the future holds and how physicians can and need to be prepared to face them. The demand for health services is rising, driven by population growth and aging. The physician-to-population ratio will begin to fall in 2016, just as the baby boom generation begins to reach 70 years old. He said solving that problem will be more complicated than simply training more physicians. The physician population is aging, and the lifestyle choices of young physicians — who want to spend more time with their families or on other interests — means a decline in physician hours available for patient care. This is compounded by continued physician shortages in some areas and some specialties.

"The debt upon leaving medical school now tops $100,000 for the average graduate," said Dr. Cohen. "It is easy to see why students opt for well-paying specialties when they begin their careers with such burdensome financial obligations. We must find ways to reduce this debt if we want students to choose to be generalists or to practice in economically depressed areas of the country. During my time with the Association of American Medical Colleges (AAMC), it became increasingly clear that we need to find ways to increase the number of physicians in this country by as much as 30 percent by 2015."

Dr. Cohen discussed the education of "professionals." He described professionals as those with: a lifelong commitment to learning — to know; an increasing skill level — to do; and character that encompasses the humanistic attributes that deepen their commitment to be professionals — to be. He added that the medical-social contract is focused on the primacy of patient welfare, patient autonomy and social justice. To achieve all of this, "we must convert our learning environments from crucibles of cynicism to cradles of professionalism," he said. "We must eliminate conflicts of interest and be absolutely transparent about any industry support of consulting and research."

According to Dr. Cohen, these shifting paradigms in health care make medical education particularly challenging:

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<th>TODAY</th>
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<td>The community</td>
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<td>Acute disease dominates</td>
<td>More chronic illnesses/disability</td>
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<td>Episodic care</td>
<td>Continuous care</td>
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<td>Physician provider</td>
<td>Teams of providers</td>
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<td>Paternalism</td>
<td>Partnership with patients</td>
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<td>Provider centered</td>
<td>Patient and family centered</td>
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<td>Parochial health threats</td>
<td>Global health threats</td>
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<td>Cost indifference</td>
<td>Extreme cost consciousness</td>
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<td>Inpatient focused</td>
<td>Ambulatory/home centered</td>
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<td>Solo/small groups</td>
<td>Integrated systems</td>
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<tr>
<td>Quality assumed</td>
<td>Performance is measured</td>
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<tr>
<td>Trust assured</td>
<td>Trust must be earned</td>
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According to Dr. Cohen, the major challenges for the future of medicine are:

- Adequacy of the overall physician workforce
- Generalist-specialist distribution
- Uneven geographical distribution of physicians
- Racial and ethnic diversity
- Alignment of the curriculum with the needs and the expectations of the public

"We must educate young men and women to be lifelong learners who practice evidence-based medicine and understand new discoveries," said Dr. Cohen. "And we must strengthen the character traits that promote professionalism and sustain medicine as an ethical enterprise. The bottom line is that trust is earned, not owed, and the only way to earn it is to be trustworthy."
The Doctors Mayo Society

Lifetime Achievement Distinguished Lecture

The Doctors Mayo Society, the oldest philanthropic organization at Mayo Clinic, established The Doctors Mayo Society Lifetime Achievement Distinguished Lecture to highlight significant achievement by Mayo alumni.

Richard Weinshilboum, M.D. — Pharmacogenomics and Personalized Medicine: Promise and Challenges  
Chair, Division of Clinical Pharmacology  
Professor of Molecular Pharmacology & Experimental Therapeutics and Medicine, Mayo School of Graduate Medical Education  
Mary Lou and John H. Dasburg Professor in Cancer Genomics Research, Mayo Clinic

Using his expertise in medicine and teaching, Dr. Weinshilboum captivated his audience with his lecture. He discussed the development, critical components and promises of these exciting new areas of research and patient care. He noted that personalized or individualized medicine has the clinical goals of avoiding adverse drug reactions, maximizing drug efficacy and selecting responsive patients; and the scientific goals of linking variation in genotype to variation in phenotype, determining mechanisms responsible for that link and translating that link into enhanced understanding, treatment and prevention of disease. The ultimate goal is to match the right drug, at the right dose to every patient.

Dr. Weinshilboum joined Mayo Clinic as a consultant in the Departments of Pharmacology and Internal Medicine in 1972. He has a distinguished career spanning all three shields of the Mayo mission — practice, education and research. He has served as director for research and director for education at Mayo — the highest positions in these respective shields. His medical and graduate students have voiced their opinion of his teaching by choosing him as Teacher of the Year on four occasions. Similarly, his colleagues recognized his work by voting him a Mayo Distinguished Educator. His scientific career is marked by numerous honors, awards and editorial posts. Dr. Weinshilboum exemplifies the spirit of Mayo Clinic and the attributes of The Doctors Mayo Society Lifetime Achievement Distinguished Lecture.

Past winners

2005 AWARDEE
B. Lawrence Riggs Jr., M.D.  
Consultant, Division of Endocrinology, Metabolism, Diabetes, Nutrition, and Internal Medicine, Mayo Clinic

2003 AWARDEE
Geoffrey Kurland, M.D.  
Pediatric Pulmonologist, Medical Director, Pediatric Lung Transplantation, Division of Pediatric Pulmonology, Children’s Hospital of Pittsburgh
Michael Ackerman, M.D., Ph.D. —
Sudden Cardiac Death in the Young:
It’s in the Genes

Director, Long QT Syndrome Clinic,
Windland Smith Rice Sudden Death
Genomics Laboratory
Professor of Medicine, Pediatrics and
Pharmacology, Mayo School of Graduate
Medical Education, Mayo Clinic

In his lecture, Dr. Ackerman presented a compelling case for increased awareness of the signs and symptoms of devastating cardiac conditions, including long QT syndrome and sudden unexplained death (SUD). He explained current research efforts devoted to identifying people at greatest risk for sudden death from these conditions.

Long QT syndrome (LQTS) occurs when a person has a prolonged QT interval, an indicator on an electrocardiogram that reveals an irregularity in heart function. LQTS patients are at increased risk for fainting, seizures and sudden cardiac death when they are otherwise healthy and have a structurally normal heart. This abnormality is almost always without consequence. However, in rare occasions, a trigger, such as exertion, emotion or auditory stimuli, causes the heart to spiral electrically out of control into a potentially life-threatening and sometimes lethal dysrhythmia. In most instances, the heart’s rhythm spontaneously returns to normal following an episode of fainting. For 5 percent of people who have untreated LQTS, these episodes are fatal. Revealing these cardiac changes has not been confined to molecular-level autopsy investigations of SUD in children, adolescents and adults, but has been extended to sudden infant death syndrome SIDS.

Dr. Ackerman also leads active clinical translational research efforts, including autonomic nervous system and overnight sleep studies, devoted to identifying people at greatest risk for sudden death from these cardiac conditions.

Dr. Ackerman joined the Mayo Clinic faculty in 2000 as an associate professor of medicine, pediatrics and molecular pharmacology. As director of the Sudden Death Genomics Laboratory, he leads research in genomics, mutational analysis and novel gene discovery related to cardiac conditions such as long QT syndrome and SUD, including SIDS.

Dr. Ackerman has mentored numerous medical students, M.D./Ph.D. candidates and pediatric fellows, including several Young Investigator and Student Researcher award winners.
SISTER GENEROSE GERVAIS

During the 65th Alumni Meeting, the Alumni Association recognized Sister Generose Gervais with a gift of $50,000 in her name to the Poverello Fund, which she began many years ago to assist patients who are unable to pay for the care they receive at Saint Marys Hospital. Sister Generose is the emerita administrator of Saint Marys Hospital in Rochester and president of the Poverello Fund.

See page 30 for a profile of Sister Generose Gervais.

ROBERT BAKER, M.D.

During a meeting of the Leadership Council for Alumni Philanthropy at the start of the 65th Alumni Meeting, Carl Soderstrom, M.D., placed a call to a Mayo alumnus. The call was unusual because the recipient, Robert Baker, M.D., can only communicate via a sophisticated computer system that he controls with the movement of his eyeball to produce voice activation. Dr. Baker’s wife, Mary, also participated in the call and communicated verbally for her husband.

Dr. Baker, a radiologist who practiced and lives in Cedarville, Mich., has advanced amyotrophic lateral sclerosis (ALS) — a serious neurological disease that attacks the nerve cells that control voluntary muscles.

The reason for the call was to acknowledge and thank Dr. and Mrs. Baker for their gift of $2 million to establish the Dr. and Mrs. Robert Baker Professorship in Neurodegenerative and Neuroregenerative Disease Research. The gift is only the second professorship that has been funded and named by a Mayo alumnus, and only the 17th gift from an alumnus of $1 million or more. Two of the previous donors at this level were Dr. William J. and Dr. Charles H. Mayo.

“We wanted to thank Dr. and Mrs. Baker for their generous gift, especially during a difficult time for them,” says Dr. Soderstrom, chair of the Leadership Council for Alumni Philanthropy. “Dr. Baker’s indomitable spirit moved several council members to tears. Dr. and Mrs. Baker said they were deeply grateful for the call.”

“Gifts of this type and size from alumni are unique,” says Glenn Forbes, M.D., CEO of Mayo Clinic in Rochester, who joined the meeting to participate in the call. “However, it is precisely this type of gift that will be critical to supporting the Mayo Clinic academic mission into the future. We are humbled by Dr. and Mrs. Baker’s generosity.”

Dr. Robert Baker has remained close to his Mayo Clinic colleagues, who gather for an annual fishing trip. In 1989, the group went to Belize. Pictured from left: Benjamin Medley, M.D., Dr. Baker, David Koury, M.D., Richard McLeod, M.D., John Snodsmith, M.D., and Michael Bowers, M.D.
Mayo Clinic’s rich culture and traditions were captured in a historical timeline displayed on the 12th floor of the Gonda Building during the 65th Alumni Meeting. Thirteen beautifully illustrated panels showcased great moments in Mayo history, beginning with Dr. William W. Mayo’s birth in 1800 and continuing through the present. Filled with anecdotes and pictures, the timeline presented a vivid story and characterized the intensity and passion of Mayo and its staff over the last 200 years — distinguishing qualities that prevail today.

The panels were the results of months of hard work and persistence by John Woods, M.D., and Ed Rosenow, M.D., who were presented with engraved plaques in recognition of their leadership in developing the timeline.

“We read all the available books on Drs. Will and Charlie Mayo and the multitude of historical books about Mayo,” says Dr. Woods. “We contacted department and division chairs for input about outstanding achievements and Mayo ‘firsts’ in their specialty areas. We were very pleased with the timeline and hope it spurs further documentation of Mayo’s achievements.”

Alumni attending the meeting were asked to contribute to the timeline by suggesting other great moments in Mayo history via a form that was provided. Mayo archivists played a key role in the development — checking areas of special interest, such as door cards, aphorisms and anecdotes. The display was created by Mayo’s design specialists.

“It’s amazing how many medical ‘firsts’ happened at Mayo,” says Dr. Rosenow. “Thankfully, many of the archives have been well kept. This project was a lot of effort but well worth it.”

TIMELINE HIGHLIGHTS

1917  The first Mayo Alumni meeting was held.

1920  Dr. Albert Broders developed the system for grading cancer that is used worldwide today.

1923  Dr. Henry Plummer introduced the dossier concept for medical records that gives every patient a unique number for all of their care.

1934  Dr. Edward Kendall isolated cortisone, a hormone from the suprarenal cortex, which is later used to treat rheumatoid arthritis and many other diseases with dramatic results.

1944  Dr. William Feldman and Dr. Corwin Hinshaw conduct the first therapeutic application of streptomycin to treat tuberculosis.

1953  Mayo published the first reports of depth electroencephalogram (EEG) recording in North America.

1972  Mayo Clinic pioneered efforts to transplant kidneys in patients who have diabetes.
When David Teegarden, M.D., was a child in west Texas, he often had strep throat and tonsillitis. His frequent visits to his family physician inspired him to want to become a physician. “I remember how he helped make me feel better, and I wanted to do that too,” says Dr. Teegarden. “I never considered another profession.”

Fast forward two decades, and Dr. Teegarden was completing a residency in internal medicine and a fellowship in gastroenterology at Mayo Clinic in Rochester. “I had many tremendous role models while I was at Mayo — Dr. Sid Phillips, Dr. Harry Hoffman, Dr. Richard Sedlak, Dr. Doug McGill, Dr. William Foulk, to name a few,” says Dr. Teegarden. “All of these physicians mentored my development as a gastroenterologist.”

At the recent 65th Alumni Meeting, Dr. Teegarden saw two of his other mentors — Ron Kettering, M.D., and Jim McPherson, M.D. “It was the best alumni meeting I’ve attended and a wonderful opportunity to renew friendships, such as those with my mentors,” he says. “I hope they remember me as a hardworking postgraduate student who had a desire to learn and absorb their knowledge.

“My perspective is a result of my training at Mayo, and that training has opened many doors to me throughout my career,” he says. “Patients have been singularly impressed that I trained at Mayo, which they consider to be the most prestigious medical organization in the world.”

Dr. Teegarden continues to marvel at the teamwork at Mayo. “I was impressed then with how well physicians worked together, and I really appreciated it when I went into private practice,” he says. “I found patient care to be fragmented, and I became more determined to understand how Mayo does it.”

Serving as the 64th president of the Alumni Association should provide additional insight into the Mayo mystique. “I truly believe that Mayo uniquely blends the three shields better than any other institution in the world,” says Dr. Teegarden. “Not only is it unusual that a private institution still leads in research and training physicians, but it does so at an unmatched, high level. Also unique to Mayo is the way it has preserved its core value of putting patients first in a system of integrated
care, which has remained constant throughout its history.”

Dr. Teegarden had been distantly involved with the Mayo Clinic Alumni Association for many years but became actively involved at the request of David Herman, M.D., a consultant in the Department of Ophthalmology at Mayo Clinic in Rochester and a former secretary/treasurer and member of the Alumni Association Board of Directors.

“David Herman and I went to graduate business school together at the University of Texas, Dallas, and are friends. He asked if I would be interested in serving on the Alumni Association Board of Directors,” says Dr. Teegarden. “I was very interested and honored to have the opportunity.”

“David’s gratitude for his Mayo training and commitment to the Mayo ideals were apparent in his words and actions,” says Dr. Herman. “He’s a proven leader for his health care system, and I was certain that his perspective and experience would be of great benefit to the Alumni Association and to Mayo in general.”

Dr. Teegarden began serving on the Alumni Association Board of Directors in 2003, and was elected president in 2007. His term will run through 2009. “Through my board involvement, I’ve become friends with increasing numbers of alumni throughout the world,” he says. “I look forward to the challenge of determining new ways we can connect with alumni and strengthen their ties back to Mayo.”

Dr. Teegarden hopes his energetic, determined, outgoing and lighthearted style serves the Alumni Association well. “I am an observer of leadership,” he says. “I hope to emulate the calm demeanor of Dr. Paul O’Donovan and the energetic idea-generator style of Dr. Scott Litin — both past presidents of the Alumni Association.”

5 things you may not know about Dr. Teegarden

1. He was an all-state drummer in junior high school. (His mother sold his drums when he went to college.)

2. He was a chess champion in high school. (Feel free to challenge him; he doesn’t play much anymore.)

3. He was a starting point guard for his state championship high school basketball team — North Little Rock High School (Ark.)

4. He loves college sports, especially the Texas Christian University (TCU) Horned Frogs football team.

5. His hometown, Tyler, Texas, is the same size as Rochester, Minn.

The Teegarden family from Texas, clockwise from back row left: son Sloan and wife Sydney; daughter-in-law Haley and son Grant; granddaughter Caroline; Dr. Teegarden and wife Suzie. Another new baby will join the family in 2008.
Scott Litin, M.D., president of the Mayo Clinic Alumni Association, and Miguel Cabanela, M.D., chair of The Doctors Mayo Society, welcomed alumni as they arrived at the Mayo Civic Center Grand Lobby for a reception and gala dinner, compliments of The Doctors Mayo Society. After a day of lectures, tours and reconnecting with friends, Mayo alumni enjoyed a sumptuous dinner and short play.

The play, “A Perfect Trip,” recognizes that every physician needs an occasional getaway from the pressures of the job to refresh the mind, body and spirit. Dr. Charles H. Mayo had a passion for his farm at Mayowood. He used to say, “When I leave town and get in the car, all thought of work goes, and I concentrate on this farm.”

Dr. William J. Mayo got enough of farming growing up. His chief pleasure was travel, especially boating on the Mississippi River.

Dr. Will owned and operated three riverboats in his lifetime. The first was a 19th century paddlewheel steamboat he renovated. The second was a steamboat he commissioned to be built for pleasure trips on the river. He also had a more modern yacht, although he insisted it was a houseboat. “A Perfect Trip” captures the feeling of a trip on Dr. Will’s custom-made steamboat, The Minnesota, in the early part of the 20th century.

Despite his rather stern appearance in portraits, Dr. Will loved to be around people. His grandson, Walt Walters, said, “I don’t remember ever there being on the boat just grandfather and grandmother. They always took people along.” An invitation to go on the river with Dr. Will and his wife, Hattie, was highly prized. The Mayo brothers were very generous with their boats, loaning them to almost anyone who asked. However, Dr. Will once turned down a request from the U.S. secretary of war, saying he’d already promised the boat that weekend to the Sisters of Saint Francis.

Logbooks from Dr. Will’s boats in the Mayo Clinic Historical Suite are filled with enthusiastic comments from guests that give a true sense of those trips — “cheer, good fellowship and supreme happiness.”
Guests at the 65th Alumni Meeting gala were treated to an original play depicting a Mississippi River excursion on Dr. Will Mayo’s custom-made steamboat. The play, “A Perfect Trip,” reminded the audience that every physician needs an occasional getaway from the pressures of the job to refresh the mind, body and spirit.

“Cheer, good fellowship and supreme happiness.”
Like Phoenix rising from the ashes, it could be said that Mayo Clinic grew out of the devastation left behind after a tornado struck Rochester, Minn., in August 1883. William Worrall Mayo, M.D., was among the local physicians who tended the seriously injured — estimated to be 50 people. Mother Alfred Moes, founder and leader of the Sisters of Saint Francis, a Catholic charitable teaching order in Rochester, called on the women in her order to help the physicians care for the sick and injured. Later, Mother Alfred approached Dr. Mayo and suggested that they build a hospital in Rochester. Initially the doctor did not think the project could be a success, but Mother Alfred persisted and won him over. In this unusual partnership for the times, the Catholic Sisters agreed to build a hospital, and Dr. Mayo, a Protestant, agreed to provide the physician staff.

In 1883, William J. Mayo, M.D., graduated from medical school, and five years later, his brother, Charles H. Mayo, M.D., received his medical degree. Both men returned to Rochester to practice with their father, and their fledgling “group practice” was under way. In 1889, only six years after the devastating storm, Mother Alfred oversaw the completion of Saint Marys Hospital, and the physician father and his two sons performed the first surgery in the new facility. The teaching nuns worked to become nurses, and Mother Alfred became the first administrator of the hospital. The shared values of the Franciscan Sisters and Mayo Clinic took root in this simple collaboration to care for the sick in a small town in Minnesota. There were no legal documents, no lists of goals and principles, and no elaborate mission statement — the glue that held this partnership together was simply mutual respect and a desire to care for the sick in the best way possible.

Mother Alfred and Dr. W.W. Mayo created an atmosphere of care and respect for patients that transcended religious and societal boundaries at a time when Catholicism was viewed by some with suspicion in the little town of Rochester. Another hurdle was the hospital itself, since at that time hospitals generally were viewed by patients as a place to die rather than a place to get well. But the Sisters and the Mayos carried on, and as the medical practice grew, so did the
hospital. Throughout the years, the values of the early partnership — mutual respect, integrity and a focus on the needs of patients — became the culture of both hospital and clinical practice.

However, the religious values and practices of the Sisters held sway in the hospital. While the Sisters were always respectful of the personal beliefs of their patients, their own lives revolved around their calling to their religious order. Saint Mary’s Hospital was a Catholic hospital and was organized and managed accordingly.

Integration and sponsorship

Nearly 100 years after Saint Mary’s Hospital was first occupied, changes in health care not possible to imagine in the early days made it necessary to consider a more formal relationship with the clinic. In 1986, Saint Mary’s Hospital and Rochester Methodist Hospital were integrated with Mayo Clinic, and Mayo’s Board of Governors assumed management for the entire medical center.

In many mergers involving religious hospitals and secular organizations, the religious traditions are often lost in the transaction. However, neither Mayo nor the Sisters were interested in such an arrangement. Mayo Clinic leaders made clear their strong desire to continue the relationship with the Sisters of Saint Francis, and the Sisters were likewise committed to the Mayo medical mission. Having “grown up” together, the values of both institutions reflected their common heritage.

“We didn’t want the culture, history and value-based environment to be set aside,” says Sister Mary Eliot Crowley, administrator for Franciscan Sponsorship.

To make sure the values of the Sisters — the builders and owners of the hospital for 100 — years were not lost, a Sponsorship Board was created. The charge of this board was to ensure the continuation of the Sisters’ values and healing ministry. In the same way that parents pass on treasured family traditions to their children, the board ensures that the fundamental values of the Franciscan Sisters continue to be a living and integral part of the lives and work of all staff.

“To abandon the hugely supportive and subtly shaping influence of the Franciscan Sisters was not an option,” says David Leonard, emeritus administrator of Saint Mary’s Hospital. “The Sisters had brought far too much to Mayo to be overlooked in planning for the future.”
Religious institutions often contact Sister Mary Eliot Crowley, administrator for Franciscan Sponsorship, for advice about integrating with a secular organization without losing their identify and values. “I tell them we have something nobody else has — more than a century of history focused on mutual respect, trust and integrity,” she says.

Sponsorship in action

When forming the Sponsorship Board, the leaders knew it would be important to have all constituents represented. The selected members included representatives of the Sisters of Saint Francis and laypeople from the staffs of Mayo Clinic, Saint Marys Hospital, Rochester Methodist Hospital and the community of Rochester. This same committee profile exists today.

The Sponsorship Board defines its mission as:

- Strengthening the spiritual dimension in the Mayo Clinic environment
- Encouraging trust among staff members and the anticipation of trustworthiness by patients and their families
- Nurturing those values that are synonymous with Saint Marys Hospital, Rochester Methodist Hospital and Mayo Clinic

“To accomplish the Sponsorship Board’s mission, we must have a positive working environment throughout our organization,” says Jerry Mahoney, the Saint Marys Hospital Sponsorship Board president and emeritus administrator of Saint Marys Hospital. “This type of environment allows us to perform at our peak. It makes a difference in how we see and do our job and, ultimately, affects how our patients are treated.”

“The Sponsorship Board is here to help Mayo patients and staff discover peace and strength through their own spirituality, no matter what their faith tradition may be,” says Sister Mary Eliot. The day-to-day business of the Sponsorship Board ensures that the spiritual needs of patients and staff are met through:

- Peaceful, inspiring, uplifting surroundings for rest, reflection or meditation
- Opportunities to provide spiritual support for patients, their families and staff
- Encouragement of trust and trustworthiness among staff members through specially organized programs
- Imparting the caring spirit of Mayo Clinic

Reaching out

Three separately focused committees make sure the board’s mission is carried out with every patient and employee. The Sponsorship Education Committee provides staff with information and inspiration on topics of broad interest — generally through large-scale meetings held at noon to make it easy for many people to attend. The Sponsorship Research Committee awards grants to staff who wish to study topics such as personal interactions in healing and the implications of the spiritual dimension in health care.
The Sponsorship Values Review Committee provides historical and cultural education, inviting staff and managers to look at ways to live the founding values and create an environment that sustains the primary focus on the needs of the patient. The committee reviews departments on a four-year cycle as a means to foster and integrate Mayo and Franciscan values on an ongoing basis. Work units are asked to demonstrate how their every day efforts reflect these four areas:

- Evidence of the primacy of patient needs
- Presence in the working environment of the Mayo and Franciscan values of excellence, trustworthiness, compassion and respect
- Continuing integration of Franciscan heritage and philosophy into today’s working environment
- Promotion of the added dimension (religious/spiritual) of care

Staff members in the departments under review are creative and thoughtful in finding ways to present their work to the review committee. Scrapbooks, slide presentations and videotapes are common ways the staff illustrate what they do to live out the values. This process alone helps remind everyone of the mission and values of the organization.

“The Sponsorship Board affects practice by putting the key values front and center for all staff,” says Steve Adamson, M.D., chair, Department of Family Medicine, Mayo Clinic in Rochester. “Going through sponsorship review places everyone involved on the same page and with equal status. It has been a very empowering experience for many of the allied health staff. I believe that our service has benefited as a result.”

A recent initiative of the board is the Sponsorship Connection, an effort launched in collaboration with new employee orientation. It pairs a Sponsorship Board representative and a new Mayo employee who has expressed interest in learning more about the Mayo and Franciscan values. The two meet informally for conversation and information as frequently as they choose.

“My aim is eventually to visit with every new employee, encouraging each one to take personally the beliefs upon which Mayo Clinic has been founded and apply them to their daily work,” says Sister Mary Eliot. “The founding Sisters never asked that employees share their religious beliefs; they asked only that employees practice the Franciscan philosophies — that they treat every patient and every colleague with respect and dignity.”

“Today, more than ever, as life marches on and Mayo Clinic increasingly becomes a melting pot of cultures and religious beliefs, the mission of the Sponsorship Board is to make people aware of Mayo’s heritage. We don’t just talk about it, we live it.”

Jerry Mahoney

We don’t just talk about it, we live it.”

Catholic institutions often seek advice about the integration of Mayo Clinic and Saint Marys Hospital, hoping to replicate the successful partnership.

“I get four or five calls a year from other institutions seeking to understand our success,” says Sister Mary Eliot. “They ask how we keep our identity and values alive, and how we keep our care focused on values. I tell them we have something nobody else has — more than a century of history focused on mutual respect, trust and integrity.”

Dr. William J. Mayo predicted in 1922 that the Franciscan presence would be crucial for Mayo’s success. “What we accomplish in the future will not be due to bricks or mortar, but to the soul and spirit that resides in Saint Marys Hospital,” he said.

His prediction proved to be true, and fostering that soul and spirit makes Mayo Clinic an institution not just to work in but to believe in as well.
Light of stature and soft-spoken, she slowly walks the halls of Saint Marys Hospital with the aid of a cane. Juxtaposed to her gentle exterior are her quick wit, agile mind and determination to exemplify and teach the values of the hospital’s founders, the Sisters of Saint Francis. Sister Generose Gervais was the administrator of Saint Marys before its integration with Mayo Clinic in 1986. Her knowledge about Saint Marys and Mayo Clinic is matched by the energy she devotes to stewarding the legacy of the women who preceded her.

“Each person who works at Mayo has an obligation to carry on the traditions of our founders and create an environment rich in all forms of healing — physical, emotional and spiritual,” says Sister Generose.

She encourages staff to remember that in addition to being ill, patients are vulnerable and sometimes frightened. In that setting, all staff need to ask what they are doing to provide and encourage appropriate care with gentle, spiritual healing.

“It always comes down to what is the right way to treat the patient and what is the right way to treat each other,” she says. “For all of us who work in health care, there is some deeper part of our being that caused us to take care of the sick — a deeper value that must be recognized and displayed.”
Sister Generose’s life of service began when she entered the Community of the Sisters of Saint Francis of Rochester in 1939. She received a master’s degree in hospital administration in 1954, and became the fifth, and last, Franciscan Sister administrator of Saint Mary’s Hospital, serving from 1971 to 1981. Among her peers in hospital administration, she is still widely recognized for her skills. She was executive director of the hospital until she retired in 1985. Currently, she serves as president of the Poverello Fund, which she initiated to assist Saint Mary’s Hospital patients who have financial hardships.

Sister Generose has always been creative in finding ways to add to the hospital’s bottom line. She instituted the much-anticipated Sisters’ rummage sale each fall, which draws people from all over Rochester to purchase furniture, clothing, linens and other things, big and little. All year long the Sisters keep their eyes out for potential sale items. Perhaps one of the most famous items for sale is Sister Generose’s own jams and jellies. In summer, Sister Generose gathers the many varieties of fruit as they ripen. As the fruit becomes available, she has vast pots of it bubbling with sugar and water, on the stoves in Saint Mary’s kitchens. Last year, at the age of 88, she stirred the pots and oversaw the process to get it all into jars with properly sealed lids. In the end, approximately 4,000 jars of marmalade, jellies and jams were ready for the sale. Each year, the sweets account for about $23,000, which is donated to the Poverello Fund.

Significant changes have occurred in the 60 years of Sister Generose’s involvement with Saint Mary’s Hospital and Mayo Clinic, including rapid advances in science and their effects on the methods used in patient care. While the technological advances are important, Sister Generose cautions it’s important to remember, “We are the compassionate caregivers, not the machines. A hospital or clinic is just a building — the employees give it life. “Even when the outside world encouraged us to have everything in writing, we [Mayo’s leaders and I] went about business the way we always had — with trust and respect for each other,” she says. “The biggest example of trust was the ongoing working relationship between Saint Mary’s Hospital and Mayo Clinic. Up until the time of construction of the Mary Brigh addition to Saint Mary’s Hospital in 1976, we’d never had contracts between us. We sealed the deal for the $55 million addition with a handshake.” Sister Generose spearheaded the project — at that time, the largest single hospital building project in Minnesota history.

Sister Generose feels confident in the direction Mayo Clinic is headed and in its commitment to maintaining the Mayo/Franciscan values. The Sponsorship Board’s efforts reinforce the simple message she lives by example: “Show respect, have compassion and, when you do something wrong, say you’re sorry.”

Her message, like that of those who came before her, remains consistent and applies as much today as it did the day she first walked through the doors of Saint Mary’s Hospital. Sister Generose Gervais personifies the spirit of the founding Sisters of Saint Francis.

“I always comes down to what is the right way to treat the patient and what is the right way to treat each other. For all of us who work in health care, there is some deeper part of our being that caused us to take care of the sick — a deeper value that must be recognized and displayed.”

Sister Generose Gervais
Mayo staff become pilgrims to Italy

A time to learn leadership skills for sharing Franciscan values

Mayo Clinic staff members — “pilgrims” — visit Italy to learn about the history, traditions and faith of Francis of Assisi. When the pilgrims return to Mayo Clinic, they have the responsibility to help keep alive the Franciscan values on which Mayo Clinic was founded. Pilgrims visit Rome — and the Basilica of Saint Peter in Vatican City — at the end of their journey.

An ongoing challenge for all religious orders today is dwindling membership, as fewer young people choose that career path. In the early days of Saint Marys Hospital, most of the nurses were nuns as were the support staff and administration. Today, there are only a handful of active Sisters in the hospital, which begs the question: Who will be here in the future to share Franciscan values?

About a dozen years ago, the Sponsorship Board asked that question and came up with a most unusual answer: Give our lay staff the tools to fill the void — send a few each year on a pilgrimage to Italy where they can become immersed in the history and traditions and faith of Francis of Assisi. Upon their return, these pilgrims will help keep alive the Franciscan values.

Now, each October, a small group of Mayo Clinic Rochester staff members journey to Assisi, Italy, to absorb firsthand the places of Francis and his early follower and friend Clare, who founded The Sisters of the Poor. Like Francis, she was canonized after her death. In Assisi, the entire village resonates with the history of Francis and Clare, and it becomes easier to understand their lives of simplicity and faithfulness. After a few days in this setting, the leap to linking these values to 21st century medicine doesn’t seem like such a stretch.

Pilgrims are chosen from all faith traditions. They are people whose work provides opportunity to influence others — to live and share the Franciscan values daily. And, like ripples moving out from the center of a pool, as the pilgrimages continue in the coming years, there will be many pilgrims spread throughout the organization.
“The pilgrimage taught me to first ask what it means to be Franciscan; then, how I can best express those values in my daily life of service to others — how I can make them integral to who I am and how I behave,” says Richard Edwards, a pilgrim in 2000 and now an emeritus administrator of Charter House, Mayo Clinic.

Before leaving Rochester, the pilgrims are given background information about Francis and Clare and are encouraged to read on their own to prepare for the experience. The concept of pilgrimage — a journey of personal and spiritual exploration and reflection — as opposed to tourism, is discussed as the pilgrims come to understand what this trip will mean.

“The Assisi pilgrimage allows us to be more intentional with our efforts — to understand we are the future of Mayo Clinic and that it is our responsibility to carry on the Mayo/Franciscan values and the mission of the Sponsorship Board,” says Sister Mary Eliot Crowley, administrator for Franciscan Sponsorship. “It’s a small investment for a lifetime return.”

Throughout the 12 days in Italy, pilgrims participate in daily sessions studying and discussing lessons from the lives of Saints Francis and Clare and the history of the church; visiting places of significance to the saints’ lives and faith; and spending time in personal reflection and meditation or prayer. The final three days are spent in Rome, where a sense of the past and present influence of the church can be felt.

More than 100 Mayo participants have made the journey to Italy since the program was initiated, returning with a better understanding of the source and meaning of the Franciscan Sisters’ values and how they influenced them more than 100 years ago.

“I believe the pilgrimage affected me on several levels. The most notable for me is that it changed the expectations I had for myself,” says Steve Adamson, M.D., chair, Department of Family Medicine. “After the Assisi experience, I wanted to improve on all levels and felt that in many areas, I could and should.”

The Sponsorship Board views as essential the investment in staff to study and disseminate the Mayo/Franciscan values and to keep those traditions alive. “The pilgrimage and the messages and lessons that are brought back and lived must continue — our future success depends on it,” says Jerry Mahoney, president, Saint Marys Hospital Sponsorship Board.

“I wear a small wooden tau cross on a strand of knotted leather around my neck,” says Edwards. “I got the necklace on my pilgrimage, and it is a private, daily invitation to express Franciscan values in my life. I call myself an aspirant, to acknowledge that I am on a journey to always learn more and do better.”

“Increasingly, we count on these pilgrims to maintain our values and lead by example,” says Sister Generose Gervais. “If we lose the Mayo/Franciscan values or stop working by them, we will become just another secular hospital.”

While the Sponsorship Board funds the pilgrimage for Mayo employees, they are welcome to bring, at their own expense, a spouse or friend. More often than not, this happens, and the pilgrimage becomes time for reflecting on a personal relationship as well.
Mayo Clinic in Rochester has reconfigured and remodeled The Suites at Saint Marys to provide private rooms with accommodations similar to that found in upscale hotels.

“Some patients would like a more personal environment when they have a medical need that requires a hospital stay,” says Dana Mann, M.D., medical director for The Suites at Saint Marys. “Because we want to meet the needs of all our patients, The Suites at Saint Marys have been designed with these patients in mind — whether they are heads of state, celebrities or individuals who want private accommodations and are willing to assume additional costs not covered by insurance.

“It’s important to emphasize that the high-quality care for which Mayo Clinic is renowned is given to all patients, regardless of their location on our campuses,” says Dr. Mann.

The eight suites feature:

- Nursing staff dedicated to suites patients.
- Guest services staff experienced in working with discerning customers; these staff members work with physicians and nurses to coordinate patients’ medical care with careful consideration of their personal preferences.
- A concierge to help with non-medical services such as travel arrangements, tickets and reservations, local transportation, salon services and other special requests.
- Upgraded beds with fine linens.
- Master bathrooms with terry robe and slippers, oversized towels and fine English toiletries.
- Entertainment center with 32” LCD television, premium TV channels, DVD player, DVD and CD library, video on demand and stereo clock radio.
- Complimentary domestic and international newspapers.
- Business services, including wireless Internet, facsimile and PC laptop computers.
- Personal in-room safe.
- Overnight accommodations for one family member or guest.
- A private dining area in each suite for afternoon tea and gourmet meals served on fine china.
- On-site gourmet chef dedicated to the suites for personalized meal consultation and preparation; the chef accommodates special meal requests including kosher, halal, vegetarian and ethnic cuisine.

Patients interested in The Suites at Saint Marys must:

- Be referred by their Mayo Clinic physician — the suites are not appropriate for all types of care, including pediatrics.
- Require a hospital stay based on their medical needs.
- Understand the additional costs associated with these accommodations (standard $50 per night fee for a private room and $500 per night for the room amenities).

The new Suites at Saint Marys were introduced in March 2007. They replaced the previous four private suites in the same location.

For information, check
www.MayoClinic.org/saintmaryshospital/suites.html
or call
Mayo Clinic Hospital Admissions and Business Services 507-255-7992
Humanism honor for Wojciech Pawlina, M.D.

Wojciech Pawlina, M.D., professor and chair, Department of Anatomy, and assistant dean for Curriculum Development and Innovation at Mayo Clinic, was selected as a national honoree of The Gold Humanism Honor Society of the Arnold P. Gold Foundation. Dr. Pawlina was one of five honorees in 2007, distinguished by their unique and influential roles that combine national thought leaders, scholars and major contributors to advancing the values of humanism and professionalism in medicine. Dr. Pawlina was recognized at the Association of American Medical Colleges (AAMC) annual meeting in November in Washington, D.C.

The Arnold P. Gold Foundation advances humanism in medicine, perpetuating the tradition of the caring doctor. The Gold Humanism Honor Society was established in 2001 to elevate the values of humanism and professionalism within the field of medicine. When practiced, humanism in medicine fosters relationships with patients and other caregivers that are compassionate and empathetic. It also describes attitudes and behaviors that are sensitive to the values, autonomy, cultural and ethnic backgrounds of others.

Dr. Pawlina’s research interest in medical education is directed toward strategies to implement professionalism, leadership and teamwork curriculum in early medical education. In 2005, Dr. Pawlina conceptualized an innovative, unique theme issue in the journal Clinical Anatomy that was dedicated to professionalism and humanism. This led to subsequent theme issues in that and other journals.

In 2007, Dr. Pawlina was named co-editor of the new international journal Anatomical Sciences Education, which is dedicated to covering existing developments in education in the anatomical sciences, including the continuing integration of humanism and professionalism as core content.

Mayo Clinic Board of Trustees honors awardees of named professorships at November meeting

Named professorships at Mayo Clinic represent the highest academic distinction for a faculty member. Faculty are appointed to a professorship through nomination and endorsement of their peers, and then confirmed by Mayo Clinic senior leadership.

James Kirkland, M.D., Ph.D.
Noaber Foundation Professorship in Aging Research

Paul Baan founded the Noaber Foundation of the Netherlands to bring his entrepreneurial spirit to health care. He also founded the Vanenburg Group, a venture capital company that invests in innovative information technology companies. Baan’s gift for this new professorship supports neurological research in memory of his mother-in-law, Berendina Johanna Pas Koenderink.

Dr. Kirkland, an internal medicine specialist who joined Mayo Clinic in 2007, is director of the Robert and Arlene Kogod Program on Aging. Previously, Dr. Kirkland was director of the Basic Research Geriatrics Section and associate professor of medicine and biochemistry at Boston University School of Medicine. He also was a cofounder of AdipoGenix Inc., a biopharmaceutical company. Dr. Kirkland has served on project teams, medical and scientific advisory committees and task forces, focusing on geriatrics and obesity. He is an associate editor of Obesity Research.
Daniel Schaid, Ph.D.

Curtis L. Carlson Professorship in Genomics Research

The Curtis L. Carlson Family Foundation and The Nelson Family Foundation established the Curtis L. Carlson Family Professorship in Genomics Research and the Nelson Family Genomics Research Fund through the leadership of Barbara Carlson Gage, Edwin “Skip” Gage, Marilyn Carlson Nelson and Glen Nelson, M.D. Marilyn Carlson Nelson is a member of the Mayo Clinic Board of Trustees. Curtis L. Carlson founded the Carlson Companies. This gift supports the Minnesota Partnership and efforts to strengthen Mayo Clinic’s role as a leader in genomics research.

Dr. Schaid, who joined Mayo Clinic in 1986 and was appointed to the staff in 1993, is a consultant in the Department of Health Sciences Research, with a joint appointment in Medical Genetics. He has received the Distinguished Graduate Award from the Graduate School of Public Health at the University of Pittsburgh, and was recognized as the University of Pittsburgh’s outstanding contributor to the field of public health during the last 50 years. Dr. Schaid served as president of the International Genetic Epidemiology Society in 2006, was editor-in-chief of *Genetic Epidemiology* and is a principal investigator for multiple research grants.

Richard Berger, M.D., Ph.D.

New dean for Mayo School of Continuing Medical Education

Richard Berger, M.D., Ph.D., a professor of orthopedics and a consultant in the departments of Orthopedic Surgery and Anatomy at Mayo Clinic in Rochester, is the new dean of the Mayo School of Continuing Medical Education (MSCME).

Dr. Berger has served as associate dean for MSCME since 2005 and chairs the Continuing Medical Education Committee for Mayo Clinic in Rochester. Outside of Mayo, Dr. Berger is serving his second term as a member of the Accreditation Council for Continuing Medical Education (ACCME). He is co-chairing the National Consensus Conference of CME Research and Strategic Management with the ACCME and Society for Academic Continuing Medical Education (SACME), which will be held in Rochester this spring.

Dr. Berger received his medical and residency training at the University of Iowa College of Medicine, which included his selection as a Fulbright Scholar. He joined Mayo in 1989 as a fellow in hand surgery within the Department of Orthopedic Surgery.

Dr. Berger succeeds Carole Warnes, M.D., who has served as MSCME dean since 1997.
Staff news

Charles Adler was recognized as a recipient of one of 12 Golf Magazine Innovator Awards for 2007 for his work on yips. This condition involves a tremor, freezing or involuntary jerking of the hands when attempting golf shots, particularly short putts.

David Barrs was elected to a national position with the American Academy of Otolaryngology.

Bentley Bobrow received the 2007 Resuscitation Best Abstract Award from the American Heart Association’s Council on Cardiopulmonary, Perioperative and Critical Care.

Barbara Burkhardt received the Penaz-Wesseling Travel Fellowship Award at the 18th International Symposium on the Autonomic Nervous System and Second Joint Meeting of the European Federation of Autonomic Societies and American Autonomic Society.

Steven Eckert received the 2007 American College of Prosthodontists Clinic/Researcher Award.

Keith Frey was an invited speaker at the Second National Summit on Preconception Health and Health Care, sponsored by the Centers for Disease Control and Prevention.

Peter Gloviczki was elected president of the World Federation of Vascular Societies.

Joseph Hung was appointed to a sixth term as chair of the Committee on Pharmacopeia, Society of Nuclear Medicine.

Kenton Kaufman was named a Distinguished Alumnus at South Dakota State University.

Steven Kavros was selected as Advances in Skin and Wound Care Journal’s 2007 Roberta S. Abruzzese Publishing Award winner.

Nicholas La Russo was named director for the new Center for Innovation and Healthcare Transformation.

Scott Litin was elected to the board of directors of the American Headache Society.

Farid Mitri received The National Order of the Cedar from Lebanon’s President General Emile Lahoud.

Jose Pulido was named to the editorial boards of Retina, The Journal of Retina and Vitreous Diseases and the British Journal of Ophthalmology.

Richard Robb participated in an expert panel in a congressional briefing sponsored by the Society for Women’s Health Research.

Mehrsheed Sinaki was the Honorary President of the First International Europe and Middle East Congress on Spinal Surgery.

Elson So joined the editorial board of Epilepsy Research and the Council of the American Clinical Neurophysiology Society.

Obituaries

1940s
Charles Scheifley, 96, died July 1, 2007, in Winona, Minn. Dr. Scheifley received his medical degree from the University of Minnesota and completed a Mayo Clinic residency in internal medicine in 1944. He served in World War II. Dr. Scheifley was in private practice in Park Ridge, Ill., and was with the Veterans Administration until his retirement.

1950s
James Fergeson, 84, died July 11, 2007, in Sarasota, Fla. Dr. Fergeson received his medical degree from the University of Arkansas Medical School and completed a Mayo Clinic residency in surgery in 1954. He practiced as a surgeon in Sarasota until his retirement. Dr. Fergeson was a member of the American College of Surgeons, Mayo Priestley Society and Mayo Alumni Association.

Robert Henderson, 82, died July 31, 2007, in New Castle, Pa. Dr. Henderson received his medical degree from the University of Pennsylvania Medical School and completed a Mayo Clinic fellowship in surgery in 1957. He served in the U.S. Navy. Dr. Henderson joined a general surgery private practice in New Castle and was on staff at Jameson Hospital and the former St. Francis Hospital until his retirement.

James Troup, 79, died July 26, 2007, in Boyce, Va. Dr. Troup received his medical degree from Aberdeen University Medical School, Scotland, and completed a Mayo Clinic residency in orthopedic surgery in 1959. He served in the Royal Army Medical Corps. Dr. Troup was a staff member
at Winchester Surgical Clinic in Winchester, Va., board certified by the American Board of Orthopedic Surgeons and active in the Eastern Orthopaedic Society.

1970s
Douglas Johnson, 56, died July 26, 2007, in Rochester, Minn. Dr. Johnson received his medical degree from Mayo Medical School and completed a Mayo Clinic residency in ophthalmology in 1981. He was a professor at Mayo Medical School. Dr. Johnson was awarded the McMillan Chair of Ophthalmology Research and served as chair of the Scientific Advisory Committee for Glaucoma for the American Health Assistance Foundation, which established the Dr. Douglas H. Johnson Award for Glaucoma Research. Dr. Johnson was a Mayo Clinic staff member in the Department of Ophthalmology when he died.

Bernard Podurgiel, 65, died Feb. 2, 2007, in Norwich, Conn. Dr. Podurgiel received his medical degree from St. Louis University School of Medicine and completed a Mayo Clinic residency in internal medicine in 1970 and a fellowship in gastroenterology in 1972. He served as a commander in the U.S. Navy. Dr. Podurgiel practiced internal medicine and gastroenterology in Norwich and served as chief of the Department of Internal Medicine and the Department of Endoscopy at W.W. Backus Hospital until his retirement.

1980s
Robert Kennedy, 53, died June 23, 2007, in Key Largo, Fla. Dr. Kennedy received his medical degree from Mayo Medical School and completed a Mayo Clinic residency in ophthalmology in 1986. He was a faculty member at UT Southwestern Medical Center in Dallas prior to co-founding North Texas Ophthalmic Plastic Surgery, Fort Worth. He served in the U.S. Naval Reserve as a commander and head of the Department of Ophthalmology at Fleet Hospital. Dr. Kennedy was an associate examiner for the American Board of Ophthalmology and was president of the American Society of Ophthalmic Plastic and Reconstructive Surgery.

Paul Leibson, 55, died Aug. 6, 2007, in Rochester, Minn. Dr. Leibson received his medical degree from the University of Chicago. He was a former dean of Mayo Graduate School and received the Rose M. and Morris Eisenberg Professorship. Dr. Leibson was on the Mayo Clinic staff in the Department of Immunology when he died.

David Witzke, 56, died Aug. 18, 2007, in Sioux Falls, S.D. Dr. Witzke received his medical degree from Mayo Medical School and completed a Mayo Clinic residency in general surgery in 1982 and a fellowship in plastic surgery in 1984. He was in private practice in Sioux Falls and was medical director of the only burn unit in South Dakota. Dr. Witzke was board certified by the American Board of Plastic Surgery and the American Board of Surgery. He was a member of the American Society of Plastic Surgeons, Midwestern Association of Plastic Surgery, American Medical Association, American Burn Association, South Dakota State Medical Association, American Society of Maxillofacial Surgeons, American Cleft Palate Association, International Congress of Plastic and Reconstructive Surgery, International Society of Craniomaxillofacial Surgeons, Mayo Alumni Association, Mayo Priestley Society, American Association of Hand Surgery and American Society of Reconstructive Microsurgery. He was an associate member of the International Society of Craniofacial Surgery and a clinical instructor at the University of South Dakota Medical School.

1990s
David Schowalter, 47, died Aug. 11, 2007, in Rochester, Minn. Dr. Schowalter received his medical degree from Mayo Medical School and completed a Mayo Clinic residency in internal medicine. He was board certified in internal medicine and medical genetics. He was chair of the Genomics Education Steering Committee, was course director of the Mayo CME Committee and headed the development of the Mayo Biorepository. Dr. Schowalter was on the Mayo Clinic staff in the Department of Medical Genetics when he died.
Obituaries

The great-grandson of Dr. Charles H. Mayo, Chester W.P. Mayo, M.D., died on Nov. 25, 2007. Chester Mayo was killed when the plane he was flying crashed in Faribault, Minn., as he was returning his older son, Chester Jr., and two classmates to school following the Thanksgiving holiday break. There were no survivors.

Chester Mayo was born in Rochester, Minn., on Oct. 18, 1956. He graduated from the University of Minnesota and the University of Minnesota Medical School before returning to Rochester for an orthopedic residency at Mayo Clinic. He was practicing medicine with Orthopedic Surgical Specialists in Aberdeen, S.D. Dr. Mayo was a member of the American Academy of Orthopedic Surgeons.

Dr. Mayo is survived by his wife, Julie McDonnell Mayo, D.O., a pediatrician; three children still at home in Aberdeen; his mother and stepfather, Joanne and Michael Sokolski; his father, Joseph G. Mayo II; a sister, Jodi Mayo; and a brother, Joseph G. Mayo III, M.D. Dr. Mayo was an avid pilot.

When the accident happened, he was flying a late-model, four-seat Cirrus SR22 aircraft. A Federal Aviation Administration (FAA) spokesperson said the plane had taken off from Aberdeen and was making an attempt to land at the Faribault airport when it crashed just before 3 p.m. Investigating the cause of the accident will take several months, according to the FAA, but it is thought that high winds may have been a contributing factor.

Chester W.P. Mayo, M.D.