



SUMMER 2019 EDITION

Visit OMC website

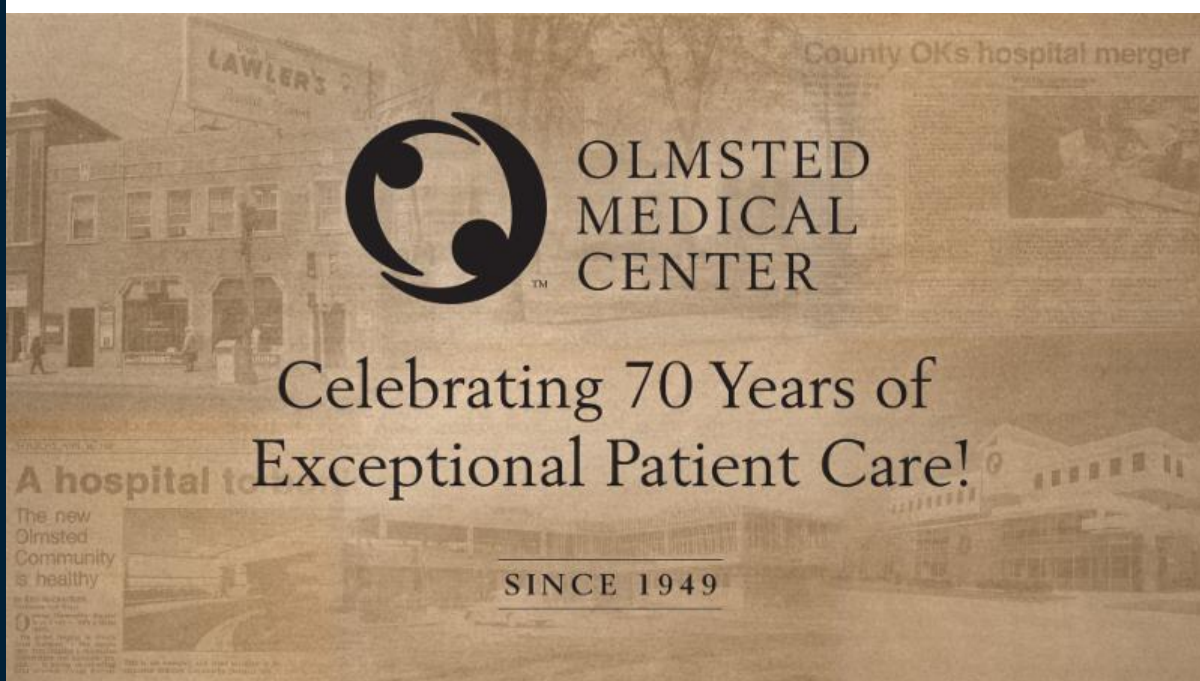
OMC Turns 70!

July 15 is an important day in Olmsted Medical Center's history. It's Founders Day. It was on this day in 1949 that our journey to provide exceptional patient-centered care began when Dr. Hal Wenthe opened his solo practice in downtown Rochester. It was on this day that the first chapter of our story was written. By the end of his first day, Dr. Wenthe saw two patients - a man requesting a prescription renewal and a woman with a cold. This may not seem like much, but Dr. Wenthe ended that first day with four more dollars than when he started.

Under Dr. Wenthe's leadership, Olmsted Medical Group became one of the first incorporated group practices of the country, one of the first to computerize its business systems, and one of the first medical groups in the country to develop satellite clinics in nearby communities.

Eventually, in 1996, Olmsted Medical Group became Olmsted Medical Center (OMC) when Olmsted Medical Group merged with Olmsted Community Hospital. Now, in 2019, OMC has over 1,300 caregivers and serves 325,000 patients at 20 locations throughout Southeast Minnesota each year. Dr. Wenthe passed away in 2015 but left behind a growing community-based practice and a place for everyone to get convenient primary and secondary care at a lower cost.

As OMC celebrates its 70th anniversary, we will continue our commitment to OMC's mission of delivering exceptional patient care focusing on caring, quality, safety, and service. Thank you to everyone who has helped write our story and for allowing us to partner with you for your healthcare.



OPENING LATE SUMMER!

It was announced earlier this year that both Shopko South and Shopko North in Rochester, Minnesota were closing. As a result, both of Olmsted Medical Center's (OMC) FastCares[®] at the Shopko locations closed.

However, OMC is pleased to announce that both FastCare[®] North and FastCare[®] South will be opening in new locations later this summer!

- The new FastCare[®] North will be part of Elton Hills Plaza, where OMC's Rehabilitation Services is located.
- The new FastCare[®] South will be located in the Crossroads Plaza near Walgreens and across from the Olmsted County Fairground on Highway 63 (South Broadway).

If you are in need of more urgent healthcare during the time the new FastCare[®] locations are under construction, there are several options for you:

- Visit OMC's Acute Care locations at either the Rochester Northwest Clinic or the Rochester Southeast Clinic. Information about hours can be found on OMC's website at <https://www.olmmed.org/AcuteCare/>.
- Call OMC's main phone number, 507.288.3443, and ask to speak with Family Medicine. They would be happy to find a care provider for you or your family member. Many options and same day appointments are available. Have an OMC MyChart patient portal? If so, you can also use eCare for a handful of medical issues. If you do not have an OMC MyChart account, visit our website to sign up (<https://www.olmmed.org/mychart-patient-portal/>).



Have you signed up for Olmsted Medical Center's (OMC) new and improved patient portal? If not, you should! The new portal, called OMC MyChart, offers many new features including:

- ability to request or cancel an appointment
- send and receive secure messages between you and

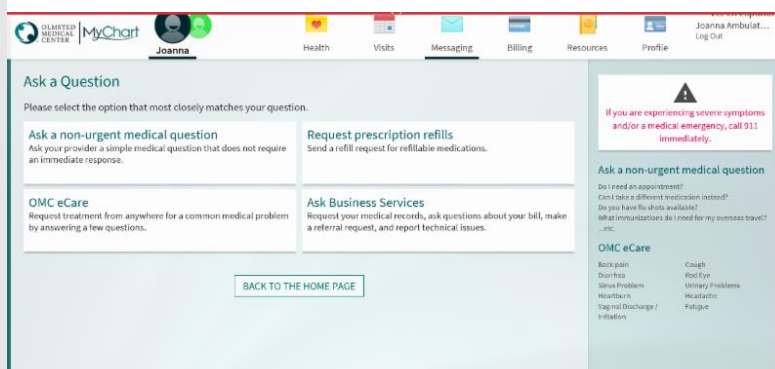
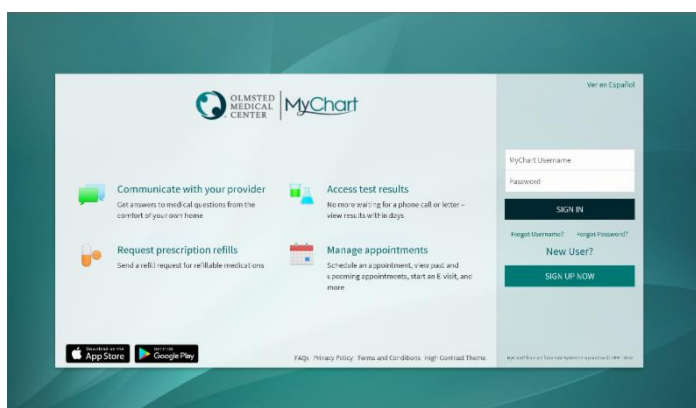
The benefits of OMC MyChart are great! You can access all of your personal health record information from one place and be in touch with your provider's office 24 hours a day. If you see multiple providers, they can see what other treatments and advice you're getting, which can lead to better care and better management of your medicines.

Get email reminders and alerts to help you remember things like upcoming appointments or annual checkups. Sign up today by creating an account from your computer, or by downloading the app, MyChart, from your phone's app store! You will be able to do everything on your mobile device that you can do on your desktop computer.

your healthcare team as well as ask questions and get a response within three days

- view a family member's health record using a [proxy access](#) through OMC MyChart
- view health information from your visits
- request prescription renewals
- use OMC eCare to request an Epic E-Visit for treatment of many common and minor illnesses
- manage health information from other healthcare organizations that use MyChart
- directly schedule appointments with healthcare providers you've seen since the end of September 2018
- get a chance to be seen sooner than your originally scheduled appointment with Fast Pass
- sign up for paperless bill statements.

Visit OMC's [website](#) for more information on how OMC MyChart works and how to sign up. Or, if you are in need of help with OMC MyChart, call 507.287.2780 (8:00 AM – 5:00 PM, Monday – Friday). The representative answering the phone will be happy to answer your questions.



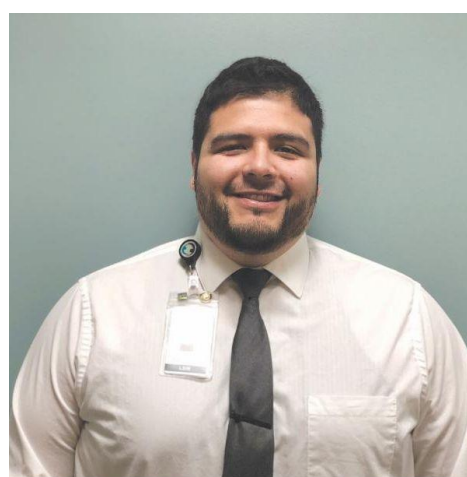
Social Services Outreach/and Other Outreach Services in Branches

Olmsted Medical Center is pleased to welcome Loryn Fox, LSW and Abe Segovia, LSW from Medical Social Services to the OMC branch clinic sites. Both Loryn and Abe are licensed social workers (LSW) who are available to connect you and your family to resources in your area.

They are an important part of the healthcare team at OMC, serving as experts in asking the right questions to ensure you are provided with resources that will meet your needs on a timely basis. Each social worker is also able to assist patients with advance care planning as well as any notary service needs.

Understanding the importance of high quality relationships, Loryn and Abe will be scheduling monthly visits to each branch clinic, with Loryn meeting with patients and their families at the branch clinics north of Rochester, and Abe supporting the branch clinics' patient and family needs south of Rochester.

Meeting with a medical social worker is free of charge and easy to arrange. Please call 507.292.7153 to learn more or to arrange an appointment at a branch clinic location.



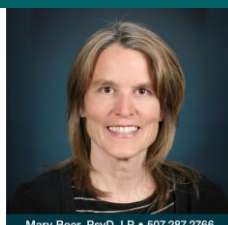
Child and Adolescent Behavioral Health Services



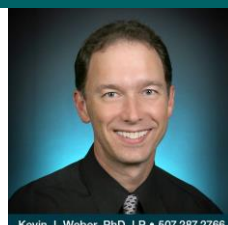
Scott Orth, DO • 507.287.2766



Crystal Ebert, PhD, LP • 507.287.2766



Mary Beer, PsyD, LP • 507.287.2766



Kevin J. Weber, PhD, LP • 507.287.2766

Olmsted Medical Center is pleased to announce the expansion of our child and adolescent behavioral health services with the addition of a child and adolescent psychiatrist.

There are approximately 8,300 practicing child and adolescent psychiatrists in the United States, and over 15 million children and adolescents in need of the special expertise of a child and adolescent psychiatrist, according to the American Academy of Child and Adolescent Psychiatry. The expansion of our staff increases our ability to further meet the needs in Rochester and our surrounding communities.

Scott Orth, DO is a board-certified Child and Adolescent Psychiatrist. He completed medical school at Kansas City University of Medicine and Biosciences College of Osteopathic Medicine and completed his residency in general

With the addition of Dr. Orth to our child and adolescent team, which also includes three child psychologists (Crystal Gail Ebert, PhD, LP; Mary Beer, PsyD, LP; and Kevin J. Weber, PhD, LP), the Psychiatry/Psychology department evaluates and treats a broad range of mental health conditions including depression/mood disorders, anxiety, attention deficit disorder (ADD)/attention deficit hyperactivity disorder (ADHD), self-esteem, school difficulties, and behavioral concerns. Psychological testing is available for both children and adults and includes ADHD, learning disorders, and social/emotional functioning.

If you have concerns or questions regarding mental health issues for you or your child, call 507.287.2766 to schedule a visit with one of our healthcare providers.

psychiatry with a fellowship at Mayo Clinic School of Graduate Medical Education.

New Plastic Surgery Offerings at OMC!



Olmsted Medical Center's Plastic Surgery department is pleased to announce the additions of several new procedures to the department.

The addition of Plasma Rich Platelet (PRP) therapy can be used for hair restoration in both men and women as well as to rejuvenate skin. This therapy is accomplished by utilizing the growth factors from an individual's own blood. PRP therapy is a three-step medical treatment in which a person's blood is drawn, processed, and then injected into the patient.

Also new is Eskata, which has been found to be very beneficial in treating seborrheic keratosis, those raised brown spots which are one of the most common noncancerous skin growths in older adults. Eskata is a topical solution and is applied directly to the raised seborrheic keratosis with a soft-tip, pen-like applicator.

Mark your calendars for the annual Plastic Surgery's Fall Solution event coming this fall. The event will be held at the beautiful Somerby Golf Club in Byron, MN on Tuesday, Oct. 22, 2019. The evening begins at 5:30 PM and will be a relaxing and informational evening filled with information, testimonials from patients, refreshments, and door prizes.

Call the Plastic Surgery department at 507.529.6740 for more information on the new procedures now available as well as to RSVP for the fall event!

Scheduled Lab Tests

To help serve patients more efficiently and quickly, Olmsted Medical Center has begun scheduling patient lab testing at the Rochester Southeast Clinic, Rochester Northwest Clinic, hospital, and all branch clinic locations.

Your care provider will work with you at the end of an appointment to schedule any lab tests you may need as a result of your appointment or in preparation of a future appointment.

Having a scheduled appointment will enable you to get in and out of the lab testing area in a more timely fashion. You can still come for lab testing without a scheduled appointment; however, there will likely be a longer wait. The lab staff will work to get you in as soon as possible.

A couple of the benefits of scheduled lab tests include:

- it will show on your appointment itinerary and in OMC MyChart
- there will be a shorter wait time.

If you have questions, you should contact your care provider's office.

OMC Invests in More AccuVein® Vein Finders



This last year, Benchmark Electronics, Winona/Rochester donated an AccuVein vein finder to the OMC Regional Foundation for use in blood collection and IV starts to help patients at Olmsted Medical Center. The AccuVein device is a handheld, non-contact vein illumination solution. It helps the caregiver determine vein locations and visualize these locations in real-time.

By simply holding the AccuVein above the skin, the vasculature (arrangement of

blood vessels) is clearly displayed on the surface of the skin. The portable device can detect the difference in the hemoglobin concentration (a protein in red blood cells) between the veins and surrounding tissue. It can help save valuable time and prevent stress or trauma for patients whose veins are difficult to locate. Patients who are elderly, obese, dark-skinned, have a blood disorder, have a history of IV drug use, or have certain types of chronic illnesses may especially appreciate the AccuVein vein finder.

"Our patients think this device is 'awesome'," says Jennifer DeClercq, director of ancillary services at OMC. "For some patients, being stuck multiple times to get a blood specimen or start an IV is a regular part of their visit. Using the AccuVein usually results in only one stick, a much happier patient, and a high-quality specimen." DeClercq says the AccuVein is used by OMC's Infusion Center, Anesthesiology, BirthCenter, and Emergency department to aid in a higher rate of success in starting IVs and infusions.

The AccuVein vein finder has proven to be so beneficial for patients and staff that OMC has since invested in five more for the hospital. The purchase of these five additional vein finders was made possible through a \$25,000 gift from a grateful patient.

OMC Regional Foundation | 507.292.7202 | foundation@olmmed.org | omcrf.org

If you would like to be added to or removed from the Health e-Living mailing list, please send us your preference using our [Contact Us form](#).