



## SPRING 2019 EDITION

Visit OMC website

### Active Aging Services program now available at OMC!

Olmsted Medical Center (OMC) has launched a new Active Aging Services (AAS) program. According to Loryn Fox, a medical social worker at OMC, “the program has been designed with a vision to assist individuals in the OMC service area with identifying, achieving, and sustaining their quality of life indicators to facilitate active aging. It’ll make connecting with the services you or your loved ones need only a phone call or e-mail away.”

The AAS program will allow patients 55 and better, family members, caretakers, and staff a one-stop location for resources and referrals, along with education about the OMC healthcare system. Instead of having to research services in the community, patients can stay within the organization and can have access to all of the services that both OMC and community partners have to offer.

Over 260 letters have been sent to community organizations informing them of OMC's new program. Community organizations include those that offer services such as transportation, housing, financial assistance, veteran services, and more. OMC plans to partner with as many of the community partners as possible in the near future. The AAS program plans to utilize the support from community partners to provide services that are not provided within OMC.

If you or a loved one has questions about navigating care at OMC or are in need of resources in the community, an Active Aging Service staff member can be reached by calling **507.529.6869** or e-mailing [AAS@olmmed.org](mailto:AAS@olmmed.org). Staff members are available to provide assistance 7:30 AM – 4:30 PM, Monday through Friday.



MyChart



### Have you signed up for Olmsted Medical Center's (OMC) new and improved patient portal, OMC MyChart?

With OMC MyChart, you can:

- view laboratory, radiology, and other test results
- send and receive secure messages between you and your healthcare team
- view a family member's health record with proxy access through OMC MyChart
- view health information from your visits
- request prescription renewals
- use OMC eCare to receive treatment of many common and minor illnesses
- manage health information from other healthcare organizations that use MyChart.

Sign up today by creating an account from your computer, or by downloading the app, MyChart, from your phone's app store! Visit OMC's <https://www.olmmed.org/omc-mychart/> for more information.



## Be an Organ Donor and Give the Gift of Life

The Donate Life stained glass artwork at the hospital is a reminder to many about the importance of giving the gift of life through organ donation. This beautiful piece of art was created by Stephanie Podulke, a local artist from Rochester, Minnesota. The significance of the stained glass is to honor those who have donated organs and to serve as a reminder that all people of all ages and backgrounds can donate and share the gift of life. “A donor’s

### How to Sign Up:

There are many ways to sign up to become an organ donor. Once you sign up, it is important to let your family and close friends know of your decision. Although there is no cost to you or your family, the decision will ultimately be theirs if you do not discuss your decision with them.

Registering is easy. In Minnesota, you can sign up by putting it on your driver's license

decision to give the gift of life can save lives, restore sight, and improve the quality of life,” says Erica Hansen, medical social worker at OMC. One organ, tissue, and eye donor can help more than 75 people, giving them a second chance at life. If one organ donor can help that many people, imagine what hundreds or thousands of donors could accomplish.

In 2018, 36,527 organ transplants were performed in the United States, setting an annual record for the sixth straight year, according to data from the United Network for Organ Sharing (UNOS). Although this is an amazing success, there are still people waiting for organs they need. Every day, 22 people die because the organ they needed was not available, and every 10 minutes another person is added to the organ waiting list. Did you know: Even the largest football stadium in the U.S. couldn't fit the number of patients on the national transplant waiting list - 115,000.

or your fishing and hunting license. You can also register online at [registerme.org/olmstedmedicalcenter](https://registerme.org/olmstedmedicalcenter).

Other options are to sign a donor card in front of your family or other witnesses, or complete a healthcare directive and give copies to your family, healthcare providers, and hospital to be kept in your medical record. Want to learn more about organ, tissue, and eye donation? Call OMC's Medical Social Services department at 507.529.6806 or visit [www.olmmed.org/donate](https://www.olmmed.org/donate).



OMC Regional Foundation cordially invites you to join their 10th Annual Croquet Field Day! (CFD!). This year's event supports and benefits Emergency Medicine Services at Olmsted Medical Center (OMC). It's a fun event for those who just want to have a great time and support a great cause.

This year's CFD! will be held on Sunday, June 23, at the Rochester Golf and Country Club, following an elegant buffet brunch in the clubhouse. No skill or experience is required, and players of all ages and abilities are welcome to participate.

Please join us at this unique event as an event player, sponsor, or just join us for brunch! You can register online and find more event details here. Contact David Herder at 507.292.7208 or [dherder@olmmed.org](mailto:dherder@olmmed.org) if you have any questions.

## Not feeling well or have an injury on the weekend?

Acute Care provides help with acute or urgent healthcare needs.

You'll also have access to lab and radiology services if you need them.



Visit OMC's walk-in Acute Care at the Rochester Northwest Clinic between 8:00 AM – 3:00 PM, Saturday and Sunday.

If you need immediate medical attention, visit OMC hospital's Emergency department.

Monday through Friday, Acute Care is open from 7:00 AM – 7:00 PM at both our Rochester Southeast Clinic and Rochester Northwest Clinic.

Learn more about the services offered and the conditions treated at Acute Care by visiting our website at <https://www.olmmed.org/clinical-services/convenience-care/acute-care/>.

OMC Regional Foundation | 507.292.7202 | [foundation@olmmed.org](mailto:foundation@olmmed.org) | [omcrf.org](http://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](#).