



WINTER 2018 EDITION

Visit OMC website

OMC Holiday Hours

**Monday
12/24/18**

**All clinics will close
at 3:00 PM**

**Tuesday 12/25/18
and**

**Tuesday 1/1/19
All clinics closed**

**Our hospital emergency department (1650 Fourth Street SE)
is open 24 hours/day, 365 days/year.**

HOLIDAY CLOSURES AND HOURS

The holiday season is approaching! Several Olmsted Medical Center (OMC) clinics and services will be closed or have limited services on the following days:

- Thursday, November 22, 2018
- Monday, December 24, 2018
- Tuesday, December 25, 2018
- Tuesday, January 1, 2019.

On **Thursday, November 22**, our Rochester Southeast Clinic, Rochester Northwest Clinic, all branch clinics, FastCare North, FastCare South, both Acute Care locations, Skyway Clinic, Rehabilitation Services (Rochester Northwest and Elton Hills), Sleep Medicine, and Sports Medicine & Athletic Performance will be closed; and all OMC outpatient clinical departments located at the hospital (General Surgery, Urology, Orthopedics, Plastic Surgery, Ob/Gyn, and Advanced Wound Healing Clinic) will be closed.

OMC will have regular hours on Friday, November 23.

On **Monday, December 24**, all outpatient clinical departments as well as General Surgery, Urology, Orthopedics, Plastic Surgery, Ob/Gyn, and Advanced Wound Healing Clinic will close at 3:00 PM. This includes both Acute Care and both FastCare locations.

On **Tuesday, December 25, 2018 and Tuesday, January 1, 2019**, our Rochester Southeast Clinic, Rochester Northwest Clinic, all branch clinics, FastCare North, FastCare South, both Acute Care locations, Skyway Clinic, Rehabilitation Services (Rochester Northwest and Elton Hills), Sleep Medicine, and Sports Medicine & Athletic Performance will be closed, and all OMC outpatient clinical departments located at the hospital (General Surgery, Urology, Orthopedics, Plastic Surgery, Ob/Gyn, and Advanced Wound Healing Clinic) will be closed.

If you need medical attention, OMC's Emergency department will be open 24/7. The Emergency department is located at 1650 Fourth Street SE, Rochester, MN.

Medical/Surgical and BirthCenter services, as well as Lab, Radiology, and Dietary departments, will be open at the OMC Hospital during these dates.

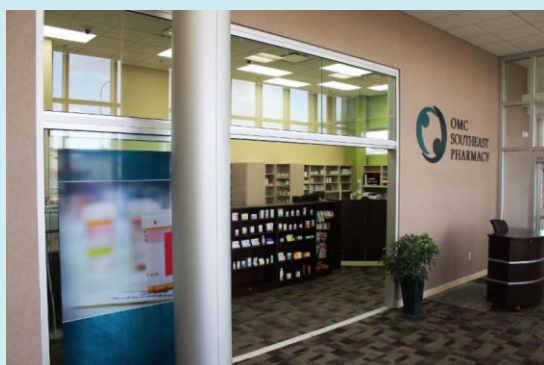


TACTICAL TRAINING

It all started with one firefighter with chronic low back pain. After reading about Olmsted Medical Center's Sports Medicine and Athletic Performance (SMAP) services, he sought out a Functional Movement Screen (FMS). One of the main goals for this program is to correct muscular imbalances and improve functional strength and mobility. He scheduled an evaluation with a coach at SMAP. His coach then performed a movement analysis and an upper and lower body strength test. Together, they created a personalized, corrective exercise plan. After about a year, his movement had improved and he was pain free. He was so convinced of the benefits of the FMS program that he referred everyone to it: his friends, his family, and most of all, his fellow members of the Rochester Fire Department.

Today, there are about 60 tactical athletes who are consistently involved in the training both at SMAP and at the Rochester Fire Department stations. Athletes can train at the SMAP facility or on-site at their station. Functional training programs are personalized for each individual based on an assessment. The program, however, doesn't stop there; the strength coaches are hopeful that they will expand this program into other areas — such as law enforcement, other first responder departments, and military operations — in the future.

At the moment, all six strength coaches play a role in tactical training, and they all work together to create a well-rounded program that meets the needs of all firefighters involved. Staff are amazed by the growth of the program and, more importantly, by the people they have come to know. "Firefighting is a demanding job," says McKayla Schmit, an assistant sports and athletic performance coach, "and it is our goal to help firefighters be physically prepared to meet the demands of the job."



Rochester Southeast Pharmacy
Hours of Operation:
Monday – Friday, 7:30 AM to 5:30 PM;
closed on holidays and weekends
Telephone: 507.292.7255
210 Ninth Street SE, Rochester, MN 55904

Rochester Northwest Pharmacy
Hours of Operation:
Monday – Friday, 8:00 AM to 6:00 PM;
closed on holidays and weekends
Telephone: 507.535.1974
5067 55 Street NW, Rochester, MN 55901

OMC PHARMACIES

Olmsted Medical Center (OMC) has two pharmacy locations; Rochester Southeast and Rochester Northwest. You don't even have to be an OMC patient to use them! OMC's pharmacies offer exceptional services, such as prescription refills, over-the-counter medications, walk-in vaccinations, and more.

Has your child ever refused to take their medication because they don't like the way it tastes? Our pharmacies can flavor any liquid medication for just \$2.99! Choose from fruity flavors such as apple, mango, raspberry, lemon, or other flavors like bubblegum, chocolate, or vanilla. You and your child will love the taste.

Here at OMC, we like to make things easy for you. If you need a prescription refill, call the pharmacy or fill it online. Through our new patient portal, OMC MyChart, you can request renewals of your prescriptions without the hassle of waiting in line. Learn more about OMC MyChart and how to sign up on the OMC MyChart website. You can also download the MyChart app to your mobile device for when you're on-the-go.

Additionally, OMC's pharmacies offer free courier delivery Monday through Friday to addresses within Rochester city limits. They can also mail your filled prescriptions to your home (for addresses in Minnesota) via the U.S. Postal Service for no additional charge. Just bring your completed order form, found on our website at olmstedmedicalcenter.org/pharmacy, and the related prescriptions in with you to either of our pharmacies, or mail your completed form and the related prescriptions to either pharmacy location.

To make things even more convenient, we make it possible to have all of your prescriptions refilled on the same day every month. With our Medication Sync Program, all of your prescriptions are refilled and ready for you — no more running out of prescriptions or waiting for refills.

If you are ever unsure about how or when to take a medication, we offer Medication Therapy Management (MTM). In MTM, you meet one-on-one with a pharmacist to review your medications, including over-the-counter items, their doses, and when/how to take the medications. To schedule an MTM appointment, please call our Northwest Pharmacy at 507.535.1974.

If you see your prescriptions for a lower price somewhere else, we will match that competitors' price upon request for patients who pay with cash. For more information, call either of our pharmacy locations.

At OMC, we understand how confusing and overwhelming prescription medicine can be, and our pharmacists are a great source of information about your health and medication.

To learn more about OMC's pharmacies or to sign up for mail or home delivery, visit our website at olmstedmedicalcenter.org/pharmacy.

Average Urgent
Care Cost:

\$381*

vs

OMC FastCare
Cost:

\$55

OLMSTED MEDICAL CENTER

FAST CARE

SHOPKO NORTH & SOUTH

*Data from Minnesota Hospital Association

FORE! FOLLOW UP

It was a beautiful fall day to host the annual FORE! Golf Classic on Monday, September 10, 2018. The event was a great way for many businesses and individuals to come together for a fun game of golf at Somerby Golf Club in Byron, MN, an 18-hole championship course. This Best Shot Scramble Golf Tournament is hosted annually by OMC Regional Foundation in support of Olmsted Medical Center, and has taken place since 2004.



This year, the OMC Regional Foundation recognized their 15th anniversary of this successful fundraising golf tournament and celebrated going over the \$1 million mark in net proceeds. The money raised from this event will go to OMC in support of patients.

This achievement could not have been accomplished alone. OMC Regional Foundation extends a heart-felt thank you to their volunteers and over 80 sponsors for their generous sponsorships and commitment to making this event so successful. Most of the 140 golfers that attended were guests from the businesses that sponsored the FORE! Golf Classic or were OMC employees. Next year, the FORE! Golf Classic will be held on **Monday, September 9** at Somerby Golf Club. We hope to see you there!

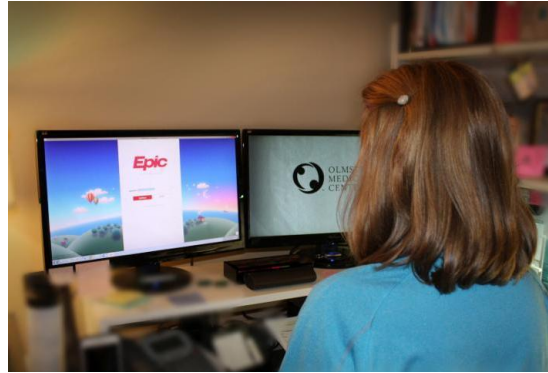
Learn more about FORE! Golf Classic on our website, <https://www.olmmed.org/fore/>.



MEET DAN MURRAY, EPIC LEAD

As a young boy growing up in Rochester, Minnesota, Dan Murray received his medical care from Olmsted Medical Center (OMC). While attending Lourdes High School from grades 9 through 11 and completing his senior year as a student at Rochester Community and Technical College through Post-Secondary Enrollment Options (PSEO), he participated in hockey. Because of this aggressive sport, Dan remembers spending quite a bit of time between OMC's Emergency department and Rochester Southeast Clinic. After high school, he attended St. Mary's University in Winona and majored in Marketing and Management with an emphasis in Entrepreneurship. It wasn't until his final year of college that he completed an internship with the Mayo Clinic, which gave him valuable experience and insight that pushed him in the direction of the healthcare field.

Now an implementation director at healthcare software company Epic, Dan has realized his desire for improving patients' health and care through his company's software platform. Based out of Verona, Wisconsin, Epic has helped many organizations improve their patients' medical records and was voted #1 Overall Software Suite in the 2018 Best in KLAS awards. One of the organizations Dan has helped to improve with this platform is OMC. OMC recently went live with Epic on September 29, 2018, and though it was a big transition, Dan was excited about this collaboration. "Olmsted Medical Center has the ability to make decisions quickly and can pivot when needed," says Dan. "Some things that can take other organizations months to implement, OMC is able to pull off in a week or two with some focused effort." Dan believes there are many qualities OMC and Epic employees share, such as their passion and ability to hold themselves accountable. These qualities, he says, emphasize how great a fit the collaboration will be between the two organizations.



"It's a great feeling for me, coming to OMC," says Dan. "I get a sense of coming home, which is something I do not get at other organizations." He adds that he has gotten some personal benefits out of the collaboration as well. Because his son lives in the area and is a freshman in high school, Dan has been able to attend his son's football and basketball games, which he otherwise would not have been able to do. When he is not working, Dan enjoys traveling and continues to play hockey and golf regularly. Hopefully, he won't be visiting the Emergency department again anytime soon.

Get connected to
your healthcare.



MyChart

mychart.olmmed.org

Click to learn more!



OMC Regional Foundation | 507.292.7200 | foundation@olmmed.org | omcrf.org

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