The Wellness Corner allows the library to provide information in the “human format”, especially to populations who may have barriers to getting and understanding information such as the homeless, the underserved, or immigrants and refugees.

A report from the Mayo Clinic Center for Innovation says that, "An individual’s health is affected by much more than medical care." Social interaction, education, safety, shelter, food, transportation and financial stability all play determinative roles. Over 34 organizations have brought their expertise to the library to provide activities and information that strengthen all those “leaves” of a person’s life. They are able to use any of the library’s spaces for free.

Partners include:

- Mayo Clinic School of Health Sciences. Physical Therapy Doctoral Students – balance and strength assessments, education modules to be “Active all your life”
- Olmsted Co Public Health – orientation for public health nursing
- Olmsted Medical Center – collaboration on focus groups and educational classes
- Retired Seniors Volunteer Program – Bone Builder’s twice weekly classes
- United Way of Olmsted Co – online tax filing assistance and MnSure promotion
- University of MN – Rochester - screenings and projects on promoting health in the community
- Winona State University Nursing– non-invasive health screenings and health information programs
- Workforce Development Inc. – weekly class on career topics and one-on-one counseling
- Zumbro Valley Mental Health Center – homeless outreach worker
- Minnesota Academy of Nutrition & Dietetics – SE MN – programs on nutrition and diet for adults and children

The “leaves” addressed include:

- physical
- maintaining healthy body and behaviors
- social
- positive relationships with family, friends and co-workers
- occupational
- jobs, employment and financial security
- mental & emotional
- behavioral and emotional health in dealing with everyday living
- environmental
- the quality of our water, air and surroundings
- intellectual
- improving knowledge and skills
- spiritual
- values and a sense of purpose

A Sampling of Activities

- Health Screening by NSU Nursing students at 2:00 PM
  Date: Thursday, April 18, 2019
  Location: Wellness Corner
  Description: Drop in for non-invasive health screenings: blood pressure, height, weight, BMI, more.
  More details...

- MnSure Enrollment Assistance at 9:30 AM
  Date: Friday, April 19, 2019
  Location: Computer Lab - 2nd Floor
  Description: A trained MnSure navigator will be available to answer questions and assist with signing up for health insurance.
  More details...

- MnSure Enrollment Assistance at 10:00 AM
  Date: Friday, April 19, 2019
  Location: Computer Lab - 2nd Floor
  Description: A trained MnSure navigator will be available to answer questions and assist with signing up for health insurance.
  More details...

- Housing Options - by Zumbro Valley Mental Health Center at 2:30 PM
  Date: Friday, April 19, 2019
  Location: Computer Lab - 2nd Floor
  Description: Drop in for information on housing options in Rochester.
  More details...

- Stress Management at 10:00 AM
  Date: Saturday, April 20, 2019
  Location: Meeting Room B
  Description: Program presented by the Winona State University Nursing students on stress management.
  More details...

- Brain Fitness Basics at 6:30 PM
  Date: Monday, April 14, 2019
  Location: Meeting Room B
  Description: This workshop highlights the key elements involved in keeping your brain fit for life. We will underscore the importance of strong cognitive to implement brain-building activities into daily life.
  More details...

Check for activities at
www.rochesterpubliclibrary.org/wellness
or call 507.328.2309

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For the health of all.

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Rochester Public Library
Our Process for the Wellness Corner  Susan Hansen 507.328.2370  susan@rochester.lib.mn.us

Determining the needs

- Asked medical professionals what they saw as 3 biggest health needs in the community
- Community health needs assessment survey done by Mayo Clinic, Olmsted Medical Center, United Way
- Health survey of library patrons (paper & online), had surveys at places like Salvation Army, etc.
- www.countyhealthrankings.org

Invited any and every one to the table to address the top issues: improper use of emergency rooms, increase in serious foot injuries and amputations, obesity/diet. Surprisingly, quite a few came to first meeting. Got initial commitments from a variety of organizations to provide programs addressing nutrition/diet, screenings to help make proper referrals

Developed project guidelines

- Mission and vision statement
- Data collected
- Library staff responsibilities
- Scheduling process
- Orientation
- Liabilities (agreements with service learning partners)
- Code of conduct for partners
- Volunteer application (with background check if they aren’t with an agency)
- Program proposal form developed for community partners to submit their activity

Designed logo/marketing materials: bookmarks, posters, signs

Obtained room scheduling software that could interface with our present events calendar. Allows partners and the public to self schedule rooms

Constructed private space for consulting – with large screen monitor, laptop, filing cabinet, scale, table, 6 chairs

Orientation for nurses and nursing students

Future:

- Health screenings and health programs continuing
- Career classes and counseling continuing
- Bone builders continuing with PT Doctoral students adding mini education pieces on “Active all your life”
- MnSure enrollment volunteers using spaces
- Working with United Way on online tax filing and financial classes
- Expanded computer lab and classes
- Library is participating in community discussions and becoming a ‘connector’ between groups working on the same issues
- Library will continue to work with community groups on better I&R tools