



Allina Health

All together better.

2023 FOURTH QUARTER

See page 3 to read how Allina Health gave this mom unexpected hope.



WELCOME

I am pleased to share with you the first edition of our new, quarterly All Together Better magazine. This publication is produced in-house by our Marketing and Communications team.

We've brought together a few of our favorite bright spots from the last quarter to showcase the Allina Health mission in action.

As you'll read, throughout our communities, within our walls and during powerful patient-provider moments, we're offering All Together Better care and improving the lives of those we serve.

I'd love to hear which of these stories is your favorite.

Thanks for taking a look.

Christine Moore
Chief Human Resources and Administrative Officer

IN THIS EDITION



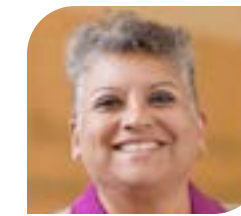
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SECOND OPINION

ANSWERS BECCA'S PRAYERS

“ Going from no hope to finding hope again left me speechless.

Becca Groenwold

When she was five weeks pregnant with the twins, Becca Groenwold was diagnosed with placenta accreta, a condition that results from a placenta growing into the uterine wall. Becca's local doctor told her she likely would not be able to carry her babies to term.

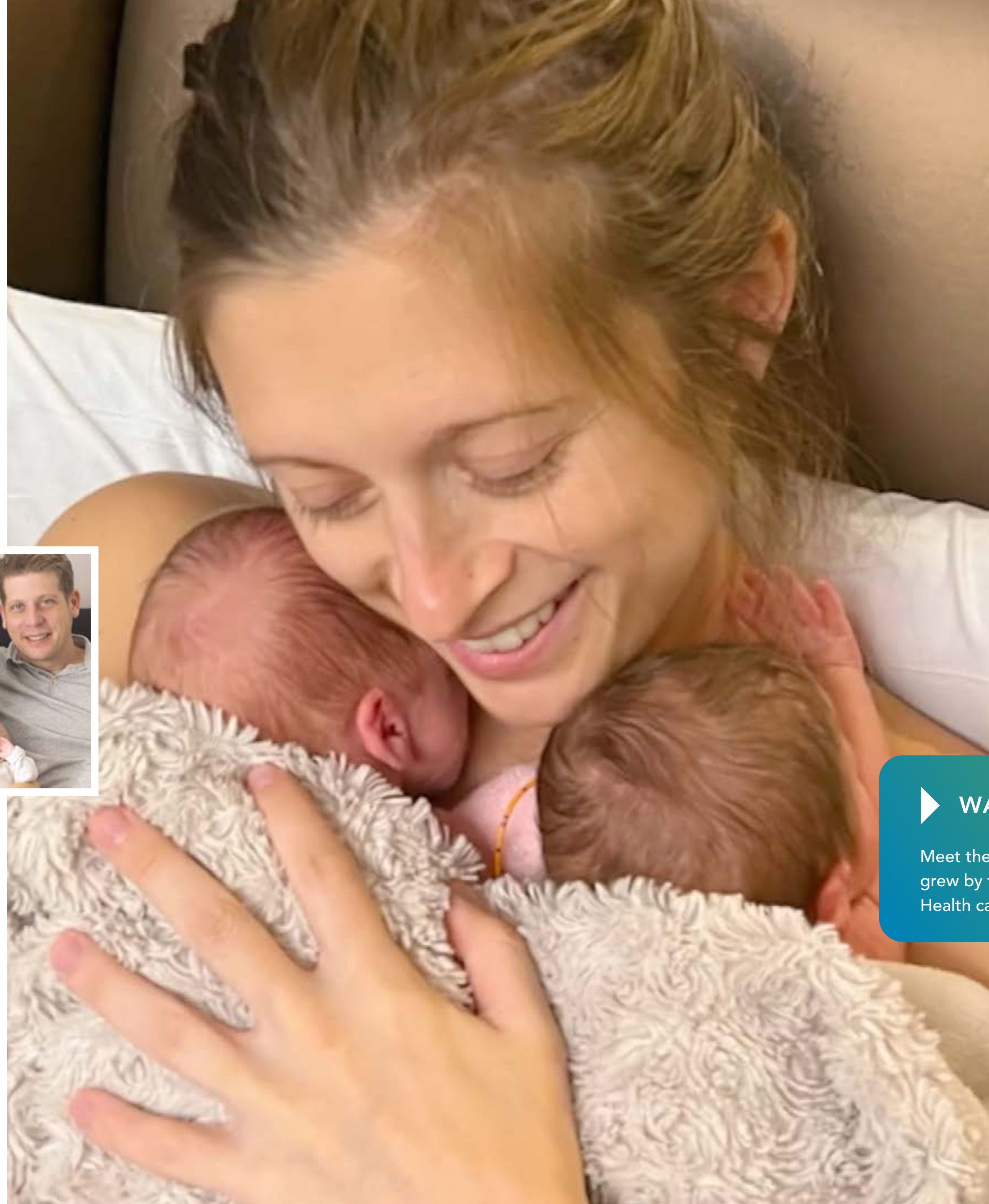
But Becca — who calls herself “a gal of faith” — got a second opinion at Minnesota Perinatal Physicians at Allina Health. Doctors there told her they could help.

“I just had this overwhelming sense that everything was going to be OK,” Becca said.



At 30 weeks pregnant, Becca gave birth to twins at The Mother Baby Center at Abbott Northwestern Hospital.

“Every day I look at them and think ...you're such miracles,” Becca said.



▶ WATCH THE VIDEO

Meet the mom whose family grew by two with help from Allina Health care teams.



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DRAGON DIVAS "PADDLE UP"

FOR LIFE AFTER BREAST CANCER

“ The same determination they exhibited throughout their cancer treatment — they bring to this boat.

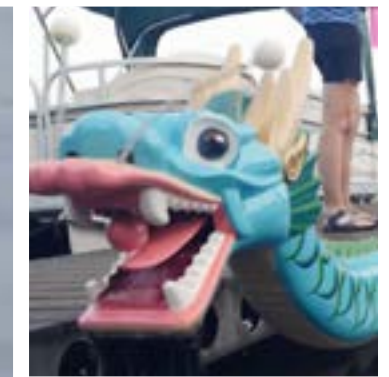
Gail Horner

Dragon Divas of Minnesota is a Twin Cities-based volunteer group of local breast cancer survivors, some of whom received their treatment at Allina Health.

“The Allina Health care team looked at mind, body, spirit, and I needed all of those things,” patient Cory Graham said. Following successful treatment, Cory joined other breast cancer survivors to create the Dragon Divas.

Today, women of all backgrounds and ages join forces to race dragon boats for fun, fitness, camaraderie and competition. Participants call it a nontraditional therapy group. They say they find strength in numbers as they “paddle up” and navigate the waters of life after cancer.

“We really do love each other and support each other on the water and off,” Cory said.



▶ WATCH THE VIDEO

Hop in their dragon boats to ride along with Allina Health breast cancer survivors.



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YOU BE YOU

ALLINA LEADER APPLAUDS WORKPLACE DIVERSITY

“ Our voices get to be heard, and we get to set the culture of our organization.

Minda Garcia

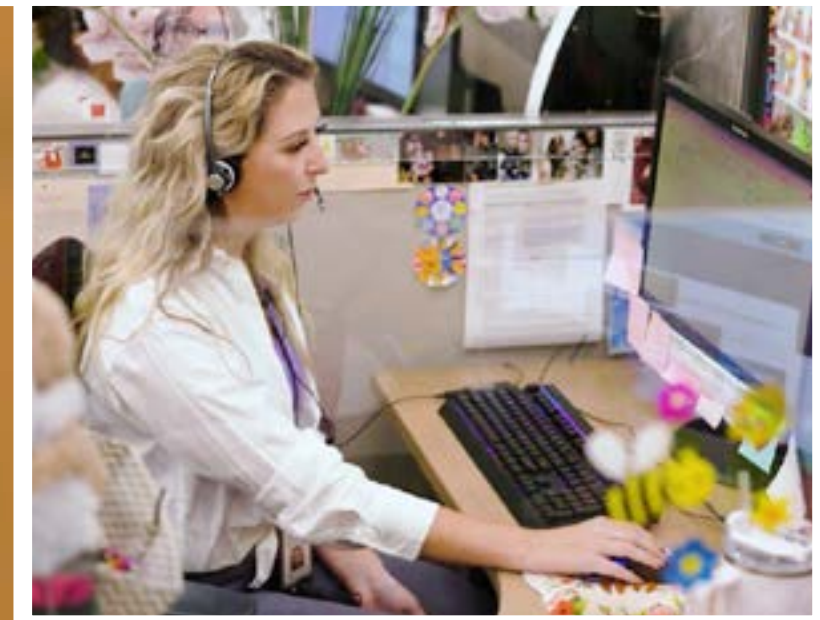
The Allina Health Customer Experience Center applauds diversity — and the cheers start at the top with Minda Garcia.

“We get to speak up,” said Minda, the center’s vice president. “Our voices get to be heard, and we get to set the culture of our organization.” Minda says she enjoys seeing people bring “their whole selves” to their jobs. “You be you,” she said, smiling. “We decorate. I put up pictures of my spouse. Our teams have their pictures up. I love it.”

Minda believes that when employees feel seen and heard, they’re more likely to be happy and experience well-being in their work — and that’s especially important at a vital facility like the Customer Experience Center.

“Our team members are part of the care team,” said Minda. “We’re creating moments that matter.”

Millions of them. The center operates seven days a week, 24 hours a day and fields more than 8 million calls a year.



▶ WATCH THE VIDEO

Go inside our Customer Experience Center to see how Minda’s leadership is creating millions of “moments that matter.”



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GROUNDBREAKING CLINICAL TRIAL MAY CHANGE CANCER TREATMENT

“ When we find something,
it’s close to 100% accurate.

Badrinath Konety, MD, MBA

The Allina Health Cancer Institute is part of a groundbreaking clinical trial using artificial intelligence (AI) and simple blood samples to revolutionize how breast cancer is diagnosed and treated.

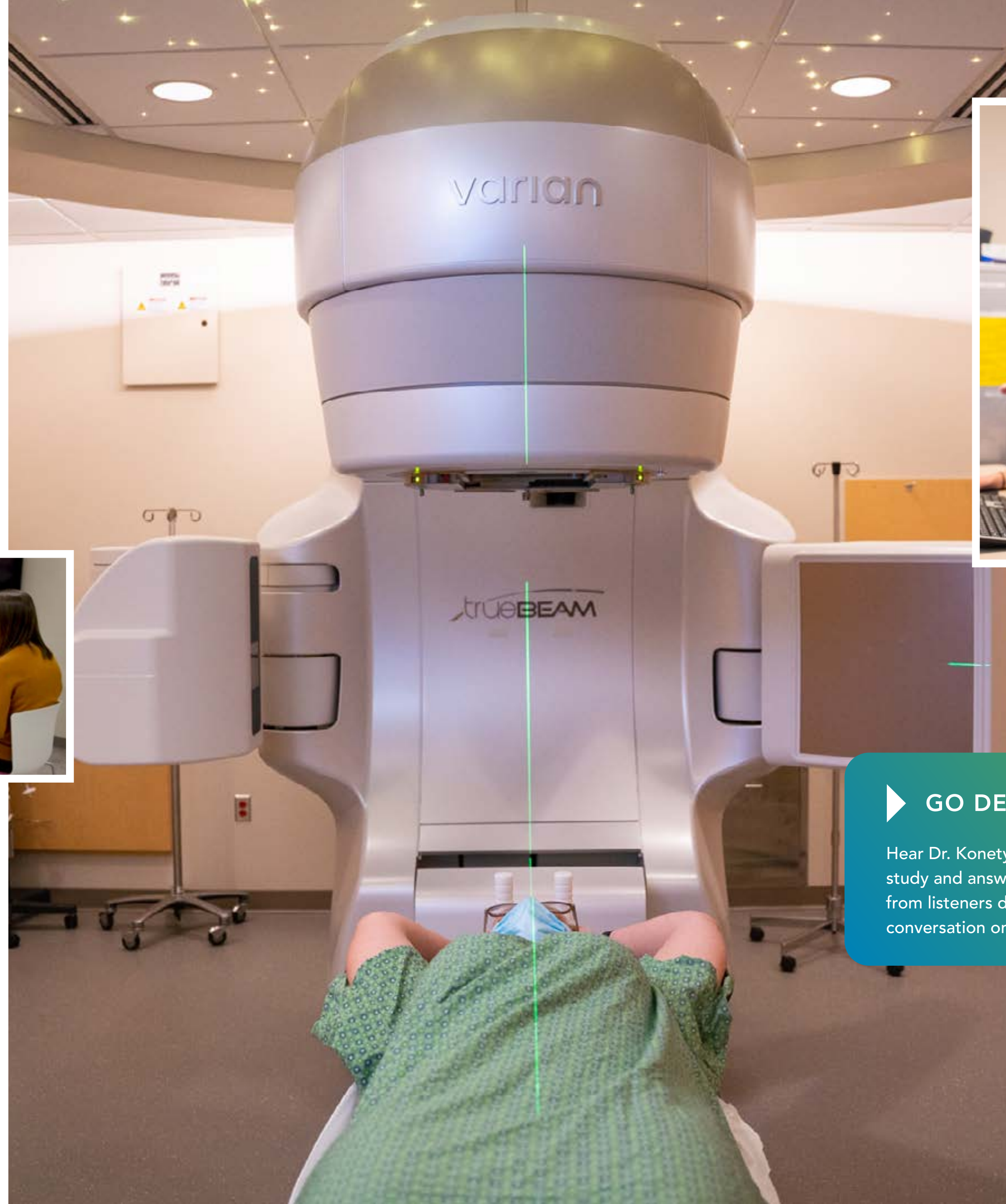
“Our initial results are close to 100% accurate,” said Allina Health Cancer Institute President Badrinath Konety, MD, MBA.

How it works: After blood is put on a special slide, AI technology is used to identify any cancerous cells present. Those cells are then studied to help guide a patient’s treatment.



The current study involves breast cancer patients. Future research will include patients with lung, brain, kidney and prostate cancers.

“If our initial findings continue in larger studies, this will be remarkable,” Dr. Konety said.



▶ **GO DEEPER**

Hear Dr. Konety explain the study and answer questions from listeners during a conversation on WCCO Radio.



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FUN UPGRADES FOR MERCY PARK PLAY

Allina Health and the City of Coon Rapids recently celebrated adaptive and inclusive upgrades to the playground at Mercy Park. The Allina Health Foundation pitched in with funds, and therapists from Courage Kenny Rehabilitation Institute shared design ideas for the area, which now boasts easier access, a rubber play surface and adaptive equipment.

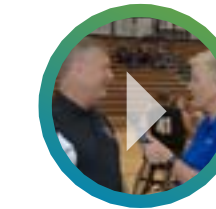
Because the playground is so close to Mercy Hospital, Courage Kenny therapists often use it for working with young patients who are getting therapies. It's also a perfect spot for families with children who are visiting loved ones at Mercy.



WHEELCHAIR BASKETBALL TOURNEY GETS TRIPLE COVERAGE

We recently tipped off another season of action-packed wheelchair basketball with the Courage Kenny Classic in Lakeville.

Courage Kenny Rehabilitation Institute's program includes teams of adults, teens and kids under 13. Over the years, they've have won national championships, and some athletes have competed at the Paralympics.



Watch as Doug Dixon, coach of the Minnesota Junior Rolling Timberwolves team, takes part in a live report on KARE 11 News.

ALLINA HEALTH EXECUTIVE MICS UP FOR PODCAST ABOUT WOMEN LEADERS

During a recent appearance on the HealthLeaders Podcast, Chief Officer Dominica Tallarico discussed leadership, and how bringing to light the best in others sometimes means being a "barrier-buster."



Listen as Dominica discusses our work to bolster population health, enhance value-based care and expand home care.



TRICK-OR-TREAT TEAMS

Check out some Halloween highlights posted to our employee Facebook feed by the teams at the Allina Health Coon Rapids Clinic.



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