

Connect & Care

An Allina Health Foundation Update



YOUR IMPACT

How your support for cancer care
saves lives and nurtures new beginnings

page 3

Pictured: Ellie, an Allina Health patient
and care team member

Welcome



Dear Friends,

Autumn has arrived in Minnesota, bringing with it the crisp, fall weather. During this season, many of us find comfort in wrapping ourselves in the warmth of sweaters, blankets and other fall comforts. These simple acts of comfort serve as a reminder of the generosity and care that also envelops Allina Health patients.

On this page of Connect & Care, you'll read about a community group who makes colorful quilts for cancer patients. Just like those beautiful quilts, Allina Health is a vibrant patchwork of 160 hospitals, clinics, and specialty care centers. With your partnership, these individual locations are stitched together as Allina Health, providing the best health care where and when you need it.

I hope you enjoy reading about Ellie (p. 3), a young woman who survived cancer thanks to early detection and care provided by the Allina Health Cancer Institute. You support patients like her through new infusion chairs (p. 4), financial navigators, recruiting best-in-class cancer care experts — and so much more.

From Buffalo to River Falls and everywhere in between, you are making our community healthier every day through your support of mental health and addiction care, technology and innovation, wheelchair basketball, and hospice care. Thank you for your generosity.

Warmest wishes,

Troy Lindloff
Vice President and Chief Development Officer



Stitches of Hope: Crafting comfort for cancer patients

Since 2012, the Prairie Piecemakers Quilt Club New Ulm — Stitches of Hope has been sharing warmth and compassion with cancer patients undergoing chemotherapy at New Ulm Medical Center. This dedicated group of 80 members has lovingly crafted and delivered 410 quilts. Members contribute in various ways, from sewing and binding to donating fabric and cutting pieces. Together, they create intricate works of art that not only provide physical warmth but also lift the spirits of patients during their treatment. This collective effort showcases the power of community support in healthcare.

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"It's a wonderful feeling to help people and make them feel better."

**Patty Haala, President of Prairie
Piecemakers Quilt Club New Ulm –
Stitches of Hope**
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Allina Health earns top honors

Allina Health is proudly recognized by U.S. News & World Report, Newsweek, Becker's Hospital Review, Minnesota Monthly and Mpls. St. Paul Magazine. [See full list here.](#)



Commitment to Our Mission



Allina Health **GIVES**

ANNUAL GIVING CAMPAIGN
SEPT. 30 – OCT. 20

Allina Health Gives: Our commitment to our mission

Inside our many hospitals, clinics and corporate spaces at Allina Health, our thousands of employees and team members give back to the programs and services that benefit our patients and communities. Through Allina Health Gives, an internal fundraising campaign, employees have a wide range of options for where to direct their gift. Some employees donate to an area of care that is close to their heart such as cancer or mental health. Others contribute to the location where they work or a particular program that serves patients or the community. Allina Health Gives demonstrates our dedication to our mission and how we are **All Together Better**.

Send Courage Cards this holiday season



Courage Cards, a project of the Allina Health Foundation, offers an inspiring collection of high-quality holiday cards again this year. The designs feature museum-quality artwork, many of which are created by talented artists with disabilities. By purchasing these cards, you help individuals with disabilities live, work, and thrive to their fullest potential.

Courage Cards are available online at CourageCards.org and in Lunds & Byerlys, Bachman's and Rose Floral in Stillwater. All proceeds benefit Allina Health.



A WORLD OF GOOD WISHES



Celebrating our exceptional care team

Mary Johanneck recently celebrated 55 years of work at New Ulm Medical Center. She began her career as an LPN in 1969 in the medical-surgical unit, later transitioning to obstetrics, and eventually to oncology, where she continues to work today. Mary is an example of our dedicated care team who embody the mission of Allina Health and the spirit of community, making every patient feel valued and cared.

Your Impact

Cancer Care



Ellie's journey of hope and new beginnings

Ellie was just 29 years old when her life took an unexpected turn. During a routine annual exam, her primary care physician discovered a lump in her breast. Ellie had noticed the lump before, but it wasn't until her doctor's demeanor changed that she realized the seriousness of the situation.

Breast cancer at such a young age is rare, but not unheard of. According to the CDC, 9% of all new breast cancer cases in the United States occur in women younger than 45. Ellie's case was one of those rare instances. Her doctor's vigilance and expertise led to an early diagnosis, which was crucial for her treatment and recovery.

When Ellie's lump was found, she was referred to a specialized breast center. There, expert radiologists and clinicians conducted thorough examinations and a biopsy, which confirmed the diagnosis. This meticulous approach is part of what makes Allina Health a leader in cancer care.

Ellie's story is a testament to the life-saving impact of early detection and expert medical care. Today, she is cancer-free and deeply grateful for the support she received. "I credit Allina Health and all my doctors. They saved my life," she says. "My care coordinator was always there, listening and taking care of absolutely everything. My team also paired me with a fertility clinic to protect my dreams of becoming a mom one day, and I'm happy to say I'm expecting my first child early next year!"

Ellie's journey would not have been possible without the generous support of donors. Your contributions enable Allina Health to provide cutting-edge care and advanced diagnostics, ensuring that more women like Ellie receive timely and accurate diagnoses. The impact of your support is profound, offering hope, healing and a brighter future to countless individuals and families.



Three years of Allina Health Cancer Institute

This fall marks three years of the official launch of the Allina Health Cancer Institute. The Institute provides advanced cancer care, thanks to the generosity of donors and cancer care being an Allina Health Foundation fundraising priority. Donor support makes an impact, allowing the Institute to offer personalized treatments, clinical trials, and comprehensive care that addresses both physical and emotional needs. As the Institute looks to the future, it aims to expand its services and continue improving the quality of life for cancer patients in our community.



"We have a long proud legacy of cancer care delivery and innovation. We continue to enhance and develop our approach to comprehensive cancer care through the launch of cutting-edge programs, education and research. We are bringing the best care to our patients."

Badrinath Konety, MD, president of Allina Health Cancer Institute and Allina Health's chief academic officer

Cancer Care

Enhancing cancer care in River Falls

The Rhino's Foundation, supporting individuals and families affected by cancer in western Wisconsin, has generously donated \$58,273 to Allina Health to fund two new infusion chairs at River Falls Hospital. With some infusion treatments taking several hours, the new chairs will significantly improve patient comfort, making a difference in the quality of care and improving the patient experience. Thank you, Rhino Foundation, for making a difference in our community!



Exceptional care at Allina Health Cancer Institute

Allina Health Cancer Institute provides expert care every day. Recently, a patient expressed gratitude for the safe, reliable, and compassionate cancer care they received in Plymouth.

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"The mammogram team is so wonderful! Everyone is gentle and caring; I feel well cared for! Dr. Cody is one of the best surgeons I have had over the years. He is so kind and always makes me feel that he has my best interest. I have told my family how proud I am of him and they are very happy to hear that. Dr. Krie is a wonderful doctor too and Erin Smith is the best! Everyone is just wonderful!"

Plymouth Patient

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Celebrating the many ways to give

At Allina Health, we are continually inspired by the generosity and compassion of our community. Recently, the Oncology Department at New Ulm Medical Center received a heartwarming donation of 100 bags filled with comfort and inspirational items, along with gas cards. Heidi Hagberg (pictured in the left photo third from left), led the generous initiative.

The Oncology and New Ulm Pharmacy teams contributed hand lotion and lip balm to these thoughtful care packages. This community effort showcases the many ways to give and highlights the deep care and compassion of our team. Thank you to everyone involved for making a meaningful difference in the lives of our patients. Your kindness and support are truly appreciated!



Your Impact

Healing Environments

Generous donors fund new Transitional Rehabilitation Program gym

We are excited to announce that the Transitional Rehabilitation Program (TRP) at the Courage Kenny Rehabilitation Institute in Golden Valley has a brand-new gym to call home!

The new TRP area combines three smaller spots into one cohesive and efficient space. This upgrade includes the installation of ceiling lifts, which allowed us to add a Bioness Vector lift — a dynamic bodyweight ceiling harness. Previously the only lift was at the Abbott Northwestern Hospital Courage Kenny location.

This larger and more efficient area enables our Care Team Members to collaborate more effectively and meet the growing demands of our services for spinal cord injury, stroke, and brain injury patients. Interaction is also crucial for our patients, as they receive support, encouragement, and camaraderie from each other during their rehabilitation journey.

We welcomed our first patient Aug. 8. The celebration included a ribbon-cutting ceremony, graciously performed by TRP resident Timothy Johnson. This renovation was made possible through the generous donations to the Allina Health Foundation.



Expanding robot-assisted therapy programs at Courage Kenny

Thanks to an extremely generous estate gift from a loyal donor couple, plus additional support from the Cummins Foundation, an additional Lokomat® was purchased and installed in the Arthur Andersen Minneapolis Alumni Fitness & Wellness Center at Courage Kenny Rehabilitation Institute — Golden Valley. This highly innovative robotic walking system uses body-weight support to assist in basic walking.

The Lokomat® has been shown to improve recovery time and outcomes for people with spinal cord injuries, stroke and other neurological conditions.

This much needed equipment will be used by Transitional Rehabilitation Program (TRP) patients as well as outpatient and fitness clients.

Philanthropic support like this is an example of the tremendous impact our legacy partners provide. The transformative services at Courage Kenny Rehabilitation Institute continue to help people live, work and play more independently.



Your Legacy



CONGRATULATIONS to our 2024 Scholarship Recipients!

Investing in tomorrow's health care leaders

The Allina Health Foundation, supporting the New Ulm Medical Center, has awarded 35 scholarships to local college students pursuing careers in nursing or health care-related fields. This significant educational boost, totaling \$175,000, was made possible by the generosity of donors Charlotte West Anderson, Dr. Marc and Lori Burkhart, Carol Ryberg, and Kay Witt.

The scholarships were presented during a reception in August, marking a moment of celebration and gratitude. Toby Freier, President of New Ulm Medical Center, expressed his appreciation, stating, "New Ulm has established a thriving rural health model for this region. Thanks to philanthropy and community partnerships, we're reinforcing our dedication to the success of our healthcare services and the well-being of the community we serve." Thank you, donors, for directly impacting the future of healthcare.

"We can be grateful for the generosity of local community donors who are investing in the next generation of caregivers."

**Toby Freier, President
New Ulm Medical Center**

Buffalo Hospital recognized by the American Orthopedic Association

Buffalo Hospital was recently named an Own the Bone star performer by the American Orthopedic Association for its commitment to improving bone health after fracture.

Own the Bone enrolled hospitals and practices that achieve a 75% compliance rate with at least 5 of the 10 Own the Bone prevention measures. The designation is based on patients screened and entered into the registry during the preceding 12-month period. The awarded hospitals and practices receive a special recognition as Own the Bone Star Performers in the annual recognition ad in U.S. News & World Report Best Hospitals Guide.



Gratitude for committed volunteers

At Allina Health, we rely on the dedication and generosity of 3,480 volunteers each year to provide essential services and enhance the well-being of patients and their loved ones. Our volunteers have diverse skills and a common commitment to making a difference. Whether it's offering a comforting presence to patients, assisting with administrative tasks, or supporting community health initiatives, each volunteer plays a crucial role in our mission to deliver exceptional care. We are grateful for the amazing volunteers and their unwavering dedication and kindness. Thank you for your invaluable contributions and the positive impact you make every day. To learn more about volunteer opportunities and how to get involved, please contact us at volunteer@allina.com.



"It's a fun job. Everybody should try it."

Bill Friedland, 10,000 hours of volunteer service since 2007



Supporting Cancer Care and Excellence in Innovation



In June 2024, Allina Health Cancer Institute launched Ferrum, an AI safety net designed to assist radiologists in re-reading CT scans for lung, breast, and liver cancer. This AI technology provides an additional layer of safety, enhancing efficiency and outcomes, while reducing the total cost of care for patients. Thanks to this technology, Allina Health anticipates a 33% downstaging of lung cancer patients from Stage III/IV to Stage I/II. Donors like you play a crucial role in supporting Cancer Care and Excellence in Innovation. Your contributions enable us to continue utilizing the latest and best screenings and technologies pushing the boundaries of medical innovation and providing exceptional care to patients.

Your Legacy



Hobart and Charlotte Anderson Trust's impact on the rural EMS

A big thank you to the Hobart and Charlotte Anderson Trust for their commitment to education, innovation and community impact. The trust is covering full EMT training tuition for 28 students throughout southwest Minnesota. A strong rural EMS system is vital for ensuring timely and effective emergency care, which can significantly improve patient outcomes. Thank you for your continued trust and investment in our future. Together, we are building a stronger, healthier community.

DONOR SPOTLIGHT



Sharon Wagner: A gift of healing

After a difficult recovery journey following brain surgery and a month in the hospital, Sharon Wagner wanted to thank her therapists at Courage Kenny Rehabilitation Institute. They helped her recover, and she felt immense gratitude. To express her gratitude, Sharon donated a painting full of life and color to the Courage Kenny Rehabilitation Institute in-patient therapy department at Abbott Northwestern Hospital. It's her way of saying thanks for the support that got her back on her feet. Thank you, Sharon for generously sharing your talent to inspire future patients.

Legacy Luncheon celebrating planned giving

The annual Legacy Luncheon on Sept. 24 celebrated donors' impact through planned gifts to Allina Health. Their generosity has significantly supported services like Courage Kenny Rehabilitation Institute, United Hospital, Mercy Hospital, Abbott Northwestern Hospital, Hospice, Penny George Institute for Health and Healing, and our regional hospitals. Your planned gift creates a legacy, transforming lives for generations and making you a valued member of The Legacy Society. If you've included Allina Health in your estate plan and wish to attend future legacy events, please contact Jim Besst at james.besst@allina.com.



Courage Kenny Classic celebrates 40 years of wheelchair basketball

The 40th Courage Kenny Classic Wheelchair Basketball Tournament was held at Lakeville North High School November 2-3. It was also a milestone for Derrick Bisnett, his first tournament as head coach for the Jr. Rolling Timberwolves. He started playing basketball in high school with Courage Kenny and went on to play in college before returning back to the team as the coach. He is proud to be able to share with younger athletes the things he learned. The success of this tournament showcases the competitive spirit and teamwork of the Courage Kenny Rehabilitation Institute's wheelchair basketball program. It is made possible through the generosity of our dedicated donors. You create life-changing opportunities for people with disabilities to actively and passionately pursue their dreams through sports and recreation. [Support the wheelchair basketball program](#) through Dec. 31.



"Wheelchair basketball has given me opportunities I never thought possible. It has taught me valuable life lessons of perseverance, teamwork, and leadership."

Derrick Bisnett
Coach, Jr. Rolling Timberwolves

Rita Kaplan Lecture

The 14th annual Rita Kaplan Lecture community night was held at the American Swedish Institute in Minneapolis on Sept. 16. The featured presentation, Weight Control: A Path to Fitness and Health, was delivered by Mary Massery, a world-renowned speaker and physical therapist.

Rita Kaplan was a long-term, dedicated board member of the former Sister Kenny Foundation and served as its interim director. Her family established the Rita Kaplan Lecture Fund in 2011 to support the lecture series. We are grateful for the long-term partnership offered by Rita's husband, Dr. Manny Kaplan, and Barbara Goldstein, Rita's sister.



SAVE THE DATE for Art of Possibilities Art Show & Sale

Save the date for our next Art of Possibilities Art Show & Sale, a unique event that celebrates the incredible talents of artists from all walks of life. Mark your calendars for the Preview Event on **May 28, 2025**, and join us in celebrating the possibilities and the impactful work happening across Allina Health.

We also invite artists with disabilities to participate. Whether you're an established artist or just starting out, this is an opportunity to share your creativity with a supportive audience. For more information, please visit [CourageArt.org](https://www.courageart.org). We look forward to celebrating the boundless possibilities of art together!

Caring for Community

Wedum Residential Hospice staff fulfill a patient's last wish

Sometimes in life, joy can overshadow grief. That's the case for Becca Wichlen.

In January 2024, Becca's mom, Pam, was at the end of a six-year journey with cancer. To ensure her family didn't have to act as caregivers, Pam chose to move to the J.A. Wedum Residential Hospice for her final weeks. At the time, Becca was engaged to Tom, and they were expecting a baby in early March.

"As soon as my mom was transferred to hospice, I told Tom we needed to figure out how to get married," said Becca. She began thinking about how and where they could have a wedding so her mom could witness the ceremony.

Apparently, Pam was thinking about the same thing as she mentioned it to Judy Johnson, a hospice social worker.

"I got a call from Judy right after my mom moved in. I assumed she was calling about the rules and regulations of taking my mom off-site for a wedding," said Becca. "Instead, Judy said, 'If you're ok with it, we could host the wedding on-site.'"

At first Becca thought the ceremony would include just a few people in her mom's room, but Judy raised several ideas. "The staff were super amazing about the entire event," said Becca. "Judy asked me about the number of people who might attend and having a toast. She asked about things I hadn't thought about because all I thought about was making the wedding happen."

Just 10 days after Pam moved into hospice, Becca and Tom were married in the Reflection Room of J.A. Wedum Residential Hospice.

They were joined by about 20 close friends and family. Pam was in a special wheelchair arranged by the staff so she could sit up or lay down as needed.

An uncle of Becca's conducted the wedding ceremony, and another uncle played the guitar. The couple was toasted with apple juice so Pam could join in the moment. Wedum staff arranged for a volunteer pianist when guests were arriving.

"The wedding was her last good day. That brings me the most joy," said Becca. "Knowing that my mom was coherent and social and as able-bodied as she could be for the day of my wedding is my favorite thing about it."

Pam passed away two weeks after the wedding. Becca delivered her daughter, Kaylee, a few weeks later. Though Kaylee will never know her grandma, Becca's 9-year-old son, Brayden, promises to tell his little sister the family story. "He is adamant about making sure his sister knows about his grandma," said Becca.

"I don't have enough good things to say about Wedum," said Becca. "The staff were amazing. They made the wedding happen because my mom wanted it."



Your Gift Matters

You make a difference

You have the opportunity to engage and contribute to the causes at Allina Health that hold special meaning to you. Every donation is represented by a critical area of need in our health care system.

Mental Health & Addiction Care

Support initiatives like the Center for Mental Health and Addiction. Advance comprehensive care, crisis technology and provider resilience.

Cancer Care

Empower patients through clinical innovation, financial aid and holistic support. Enhance treatments, ease complexities, and improve well-being.

Healing Environments

Re-imagine the future of care so every patient receives the highest standard of support in surroundings designed to heal body, mind and spirit.

Caring for Community

Extend a helping hand to underserved populations and build a stronger, healthier community.

Excellence & Innovation

Advance groundbreaking research and technology, driving innovation in health care. Support new treatments and therapies that benefit patients and improve outcomes.

With your support of Allina Health's vision of **All Together Better**, no matter how or where you choose to give, you create a lasting impact on the health and wellness of people who need it most.

Together, we will improve health outcomes and build a brighter, healthier future for our communities. Thank you.



Ways to give

Individual Giving

Every donation, regardless of size, is incredibly meaningful and contributes to the betterment of our communities.



Give in Tribute

Honor special individuals who've made a difference in your life by making a gift in their honor or remembrance.



Make a Recurring Gift or Pledge

Set up a monthly or annual gift, or a pledged arrangement to ensure continuous support and maximize your impact over time.



Leave a Lasting Legacy

A planned gift through your estate or financial plan has a lasting impact on your community. Learn more at allinahealth.planmygift.org.



Corporate and Charitable Foundations

Corporate and foundation gifts can make a profound difference. Call us to learn more.



How to give

Online: Visit our website and make your tax-deductible donation conveniently and securely online. allinahealth.org/give.



By Phone: Call us at 612-262-0635. We are happy to answer your questions and process your credit card donation.

By Mail: If you prefer traditional mail, you can send your contribution to:

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