

Connect & Care

An Allina Health Foundation Update



YOUR IMPACT

Giving sparks Paralympic dreams through
Courage Kenny Sports & Recreation
programs

page 10

Kenzie Groth, Courage Kenny athlete
and future Paralympic hopeful

Welcome



"The Sky's the Limit" from an original acrylic painting by Doug Miller, an artist participant in the Art of Possibilities Art Show & Sale.



Dear Friends,

We are grateful for the profound impact you make across Allina Health. From patient-first care to pet therapy, mental health support for teens, and adaptive sports like swimming, basketball, and track and field, your generosity touches countless lives. Thank you for partnering with Allina Health and for giving back to your community.

In this summer edition of Connect & Care, we pause to celebrate the milestones we've achieved together. The Center for Mental Health and Addiction is now fully operational. It is a testament to your unwavering support. You will meet Christina and learn how her journey of hope is fueled by your contributions to cutting-edge clinical trials. We also highlight Anita, a retired Abbott Northwestern Hospital nurse who continues to live her passion by supporting the next generation.

Your support makes a difference every day across Allina Health. We are grateful for you and wish you the best for the remaining days of the summer. Just like this beautiful artwork, *The Sky's the Limit*, remember that the sky is the limit with your support. Together, we can achieve great things!

Thank you for being part of our mission.

With gratitude,

Troy Lindloff
Vice President and Chief Development Officer

Allina Health ranked Best Hospitals

Allina Health's Abbott Northwestern, Mercy and United hospitals are ranked first, third (tie) and third (tie), respectively, in the Minneapolis-St. Paul metropolitan area in the U.S. News & World Report 2024-25 Best Hospitals rankings. Abbott Northwestern Hospital is ranked first in the Twin Cities and second in the state for the 12th consecutive year. Mercy and United hospitals tied for 5th in the state of Minnesota.

"Our care teams deliver high-quality care in Minnesota and western Wisconsin every day. The U.S. News & World Report 2024-25 Best Hospital rankings are a testament to their dedication, teamwork and expertise," said Lisa Shannon, Allina Health president and CEO. "At Allina Health, we are committed to improving the health and well-being of our communities, and we are proud to provide three of the top five hospitals in the state while offering patients a robust list of high-performing care options."

Summertime at United Hospital, St. Paul



Impact of Philanthropy

2023

BY THE NUMBERS

Number of patients, loved ones and community members benefitting from philanthropy

countless



8,372
donors



1,940
new
donors



\$33M
granted
throughout
Allina Health



287

Grant awards to support
the work of Allina Health



\$32M
raised


Allina Health
FOUNDATION

Innovation through groundbreaking neuroscience research

Allina Health has prioritized neuroscience research in our commitment to excellence and innovation. Supported by philanthropy, the goal of neuroscience research is to improve patient care and outcomes, manage side effects and improve the cost-effectiveness of treatment modalities.

In 2023, the Neuroscience Research Team managed 33 active studies across several Allina Health hospitals, involving 239 patients in innovative research aimed at addressing some of the most complex neurological challenges. Your support of life-saving clinical research leads to meaningful improvements in treating neurological conditions and significantly advancing patient care.



33
active studies



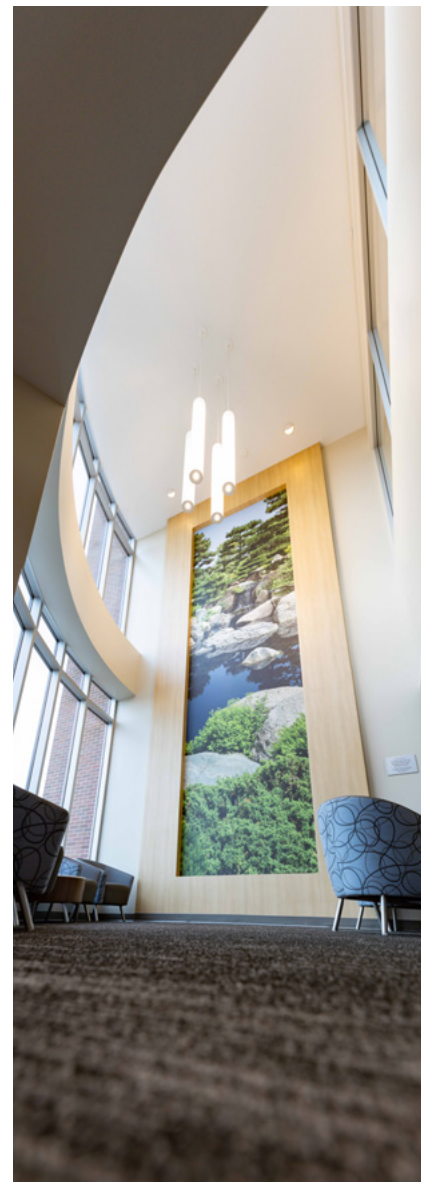
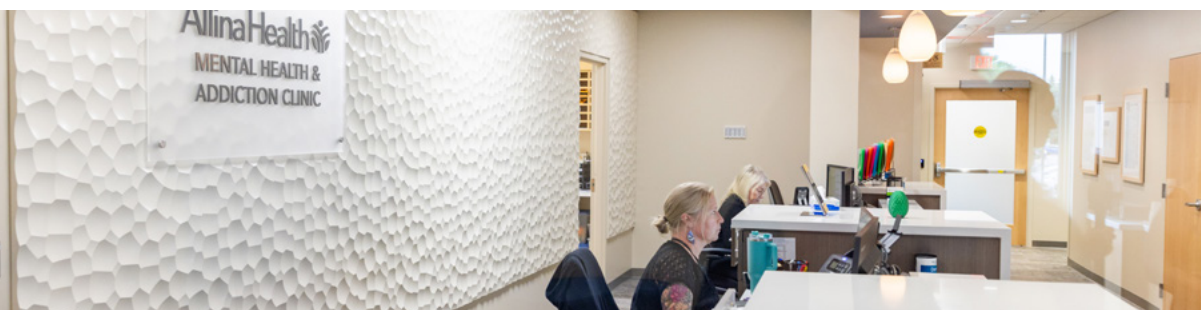
239
patients

Your Impact



The Center ribbon cutting: Thank you for joining us!

Thank you to everyone who attended the ribbon cutting for the new Center for Mental Health and Addiction in July. It was a tremendous day! From the hospital-based mental health and addiction clinic to partial hospitalization and day treatment programs, the Center will help individuals and families live healthier, more rewarding lives. We could not have done this without you.



Grant supports Allina Health's mission to prevent youth substance abuse

The Minnesota Department of Human Services has awarded Allina Health a three-year, \$500,000 Opioid Epidemic Response Advisory Council (OERAC) grant. This will enhance Allina Health's Community Health Initiatives Change to Chill and Health Powered Kids. The initiative will focus particularly on reaching middle school youth and members of communities experiencing health disparities related to mental wellness and substance use. Through this grant, Allina Health will raise awareness of opioid use and provide intervention strategies. Allina Health is grateful for the community and donor support for ongoing Mental Health and Addiction care.

Mental Health & Addiction

The impact of giving on the innovative Center for Mental Health and Addiction

Allina Health is grateful for those who have helped build a future model of care where mental health and addiction services are seamlessly integrated to support patients and their families. This innovative approach is now a reality in a new Center for Mental Health and Addiction.

Located on the Mercy Hospital – Unity Campus in Fridley, the three-story Center spans over 46,000 square feet. It provides mental health and addiction services to children, teens, adults and seniors in Minnesota and western Wisconsin with in-person and telehealth services. The Center provides the right care at the right time, in collaboration with key community partners. These partners include Anoka County Services, Canvas Health Services, Southern Anoka Community Assistance Food Shelf, and Minnesota Recovery Connection.

We wish to thank our dedicated community of donors who have generously supported this project. Special recognition goes to our lead donor, The Lynne and Andrew Redleaf Foundation. Jared's Garden, a serene spot in the Center's outdoor space, has been named in honor of their son.

If you'd like to learn more or join us in funding this ongoing priority, please call 612-262-0635.

“We are proud to join with Allina Health to address the challenge of integrating addiction and mental health services. There is an urgent need to increase access to these services, and we are committed to making a difference. Together, we look forward to creating a healthier future for people in need.”

Lynne Redleaf



Jared's Garden at the Center for Mental Health and Addiction



Bridging the Gap: New Ulm Medical Center launches transitional mental health program

New Ulm Medical Center has launched the Partial Hospitalization Program (PHP). This mental health program offers an intermediate level of care for those with mental health diagnoses. PHP is a bridge between inpatient and outpatient care supporting patients transitioning from hospitalization back into everyday life. “Our program focuses on gaining coping skills, improving conflict resolution, learning emotional regulation skills, gaining self-awareness, learning to manage stressors and learning skills to remain safe,” says Sara Lantz, manager, Mental Health and Addiction Services.

Your Impact

Teamwork makes the dream work

The girls' basketball team at New Ulm High School (NUHS), has a long history of supporting Allina Health oncology programs. Inspired by players who experienced the impact of cancer in their families, the team annually raises funds for cancer research and patient support.

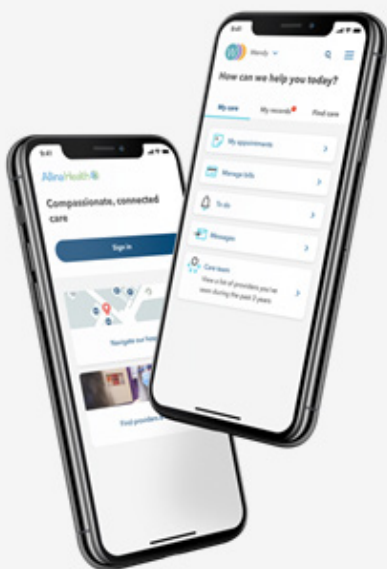
Because one person dies of cancer every 52 seconds in the U.S., the team worked to raise as much money as possible in this timeframe last season. They succeeded, raising \$1,600 in just 52 seconds. Earlier this year, they raised over \$1,000 through a creative Plinko board game played by the team's fans. The team is already planning their fundraising for next season. In the end, it's not just about basketball. It's about supporting each other and their community. And that's a game worth playing. Good luck next season, NUHS!



"I am immensely proud of our team. Their dedication to supporting Allina Health and our community is truly inspiring. They embody our chant, 'together'."

Julie Rogers, New Ulm High School girls basketball coach

Cancer Connection app provides innovation in cancer care



Allina Health introduced Cancer Connection in April. This groundbreaking mobile app is transforming the way we support breast cancer patients. Available on the Apple App Store and Google Play, Cancer Connection is a comprehensive platform providing patients with vital information and empowering them to take control of their treatment.

From symptom and drainage trackers to a curated library of expert-reviewed educational articles, this app is an innovative patient-centered resource. It's another way your generous donations are making a difference in the lives of our family, friends and neighbors. By supporting Allina Health, you invest in innovative solutions that change lives.

"We understand how daunting a diagnosis can be, and we want our patients to be partners in their own care. The app can lead to improved treatment adherence which may contribute to better outcomes."

Badrinath Konety, MD, Allina Health Chief Academic Officer and President of Allina Health Cancer Institute



Christina's journey of courage

Shortly after Christina retired last year, she began experiencing concerning symptoms which led to the diagnosis of glioblastoma, an aggressive form of brain cancer. Embracing her situation with bravery and faith, Christina underwent surgery and treatment at Abbott Northwestern Hospital. Since then, she has participated in an innovative clinical trial at the Givens Brain Tumor Center, guided by her trust in her medical team, and her own resilience and determination.

To participate in the clinical trial for glioblastoma, Christina traveled over 100 miles from western Wisconsin to Abbott Northwestern Hospital daily for six weeks during radiation. Following treatment, she has returned every month for care.

Today, Christina maintains a strict medication schedule and focuses on rest and self-care. She credits her husband for taking good care of her. "I couldn't go through this treatment without him. He is my rock." Together, they enjoy a shared passion for flying military replica radio-controlled model airplanes. Their hobby connects them with a community that offers support and encouragement and keeps them looking forward to life together.

Christina's experience demonstrates the importance of clinical research in advancing the quality of care and identifying innovative treatments for patients. Thanks to you, these studies can pave the way for groundbreaking therapies and innovative treatments, offering hope and new possibilities to patients like Christina.

"It is important for me to enjoy life as much as I can, and I am learning not to worry about the small stuff."

Christina

Excellence and Innovation

Allina Health nurses make an impact at University Research Day

Allina Health nurses presented research at the University of Minnesota School of Nursing Research Day. Their research projects were funded by your support through the Allina Health Foundation. Projects highlighted included ways to prevent pneumonia, assessing fall risks and preventing delirium in patients. This important research reflects Allina Health's commitment to advancing nursing practice and improving patient outcomes. It also highlights the impact of your support for improved patient and care provider experiences. Thank you!

Technology milestone at Cambridge Medical Center

Cambridge Medical Center completed the 500th knee and hip replacement surgeries with the Stryker Mako Robotic Assisted-Arm™. The team has seen incredible results using this technology, which allows doctors to make subtle adjustments with less irritation to the patient's soft tissue. The result is less pain, fewer narcotics, better range of motion and a shorter recovery time so patients can get back moving and doing the things they love.

"We're pleased to offer this technology in the Cambridge community, so people can access world-class orthopedic care close to home instead of having to travel somewhere else," said Josh Shepherd, president, Cambridge Medical Center.

DONOR SPOTLIGHT



Anita Thomspen: A legacy of care, compassion and continuous learning

Every year during Nurses Week, Abbott Northwestern Hospital hosts the annual Nurses Recognition Lunch, a cherished tradition recognizing the tenure and professional milestones of our dedicated nurses.

Over the years, generous donors have supported nurses' training through funding of scholarships and advanced training. Scholarships are now being channeled into training nurses to develop preceptor skills to coach new nurses. This creates a nurturing environment where seasoned and well-trained nurses will guide the newcomers.

This new approach was received positively by our donors, including Anita Thompson. Anita is more than a donor; she's also a retired nurse and a nursing school alumna. A 1963 graduate of the Northwestern School of Nursing, Anita devoted her 40-year career to nursing at Abbott Northwestern Hospital. Her love for the nursing profession is infectious. While she has retired from bedside care, Anita maintains a spirit of service. Several years ago, she established the Anita Thompson Nursing Continuing Education Fund, which she continues to support annually. Her generosity also extended to supporting the MacMillan Community and Education Center and the Center for Mental Health and Addiction.

At the Nurses Recognition Lunch, guests toasted Anita and the other generous donors who made their journey possible. These donors embrace the legacy of care, compassion and continuous learning consistent with Allina Health nursing. Cheers to all our amazing donors who make a difference!

"I loved being a nurse. Abbott Northwestern Hospital was my home away from home. I loved the relationships I had with patients, with my co-workers, and the physicians."

Anita Thompson, Retired nurse and Allina Health Foundation donor

Making a difference for the next generation

Legacy of Care: The Ordal's gift to their community

Craig and Betsy Ordal have called the Twin Cities home for the past 40 years. Here, they raised a family, pursued fulfilling careers, and dedicated themselves to volunteering. Motivated by their deep connection to the area, they sought a meaningful way to give back.

During estate planning discussions a few years ago, Craig and Betsy decided to make an undesignated planned gift to Allina Health. They were inspired by their strong ties to Allina Health and a desire to make a difference long after they're gone. "We've been blessed to grow alongside our community, considering it part of our family," Betsy said.

Craig further explained their decision, "By choosing an undesignated gift, we're allowing Allina Health to use our contribution where it's most needed. We want our gift to have the maximum impact, whether for medical research, patient care or community health initiatives." Opting for an undesignated gift demonstrates the couple's trust in Allina Health's future leadership to effectively direct resources where they will be most beneficial when the gift is realized.

The Ordal's story is more than their generosity; it's about their vision for a thriving Twin Cities community. By sharing their experience, Craig and Betsy hope to inspire others to consider how they can make a difference through a planned gift. "It's our way of ensuring the continued health and vitality of our community," Craig noted. With a touch of humor, he added, "While we hope our gift isn't needed for many years, we're honored to support Allina Health when the time comes."

Do you want to make a difference like the Ordals have? Let us know. Contact Jim Besst at james.besst@allina.com to learn more.



Legacy Luncheon scheduled for September 24

The annual Legacy Luncheon celebrates our donors' impact through planned gifts to Allina Health. This year's lunch will be held Tuesday, Sept. 24.

Generosity through legacy giving supports a wide range of care and services throughout the entire Allina Health region. This event honors your commitment to a brighter future for Allina Health's clients and patients. Your planned gift creates a lasting legacy, transforming lives for generations, and making you a valued member of The Legacy Society.

If you've included us in your estate plan and wish to attend the Legacy Luncheon, please contact Jim Besst at james.besst@allina.com

Your Impact

Giving sparks Paralympic dreams through Courage Kenny Rehabilitation Institute

Your generosity impacts the lives of young athletes by providing opportunities to compete and stay active. Courage Kenny Rehabilitation Institute Sports & Recreation programs enable athletes with disabilities to visualize and achieve their dreams.

Paralympian Chuck Aoki began his athletic career at Courage Kenny in wheelchair basketball. This year, Chuck will be competing in wheelchair rugby for Team USA. He attributes his success and life transformation to sports. He said, "I would not be where I am in my life without Courage Kenny."

Current athletes, like Kenzie (pictured on the cover), continue to follow in Chuck's path. The impact of sports extends beyond competition, by fostering personal growth and community. From adaptive golf to swimming and skiing, Courage Kenny donors help make these dreams a reality. We are incredibly proud of all Courage Kenny athletes. Watch the Paralympic Games Aug 28 - Sept 8 streamed on Peacock. Go Team USA!

Watch Chuck's video:

[Chuck Aoki's Path to Paralympic Greatness](#)



Chuck Aoki in the gymnasium at the Courage Kenny Rehabilitation Institute in Golden Valley.

Photo credit: Ben Hovland, MPR News

[Former Courage Kenny athletes competing at Paris 2024 Paralympic Games:](#)

Chuck Aoki

Team USA Wheelchair Rugby, Co-Captain

Josie Aslakson

Team USA Women's Wheelchair Basketball

Abby Bauleke

Team USA Women's Wheelchair Basketball

Joe Delagrave

Team USA Wheelchair Rugby Head Coach

Rose Hollerman

Team USA Women's Wheelchair Basketball

ART *OF Possibilities* ART SHOW & SALE

Celebrating the Art of Possibilities and our generous community

The 61st Art of Possibilities Art Show & Sale, presented by legacy sponsor Smead Manufacturing, was a celebration of abilities, talent and community at Courage Kenny Rehabilitation Institute. The opening reception drew over 300 people in attendance.

The celebration highlighted the healing power of art and the importance of donor support for Courage Kenny programs that help people live more fully and independently. Thanks to **Smead Manufacturing**, **RBC Wealth Management**, **Art of the West Magazine**, and **UCare** for their sponsorships.

We also wish to express gratitude and recognition to Thomas Wilczewski for his generous estate gift. Thomas, a polio survivor, participated in Art of Possibilities for many years. The impact of his gift will enrich our community and foster inclusion and creativity.



Art of Possibilities artist, Paula Davidovich with her son, Maxwell.

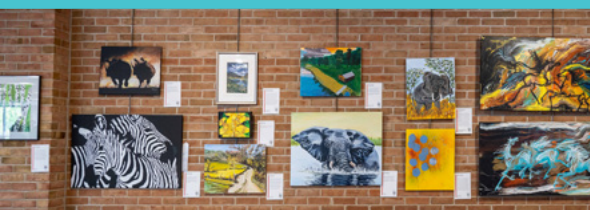
Caring for Community

Supporting a healthy and active community at Discover Abilities Expo

The Discover Abilities Expo, presented by **Coloplast** and hosted by the Courage Kenny Rehabilitation Institute, was a huge success at the University of Minnesota Recreation & Wellness Center. The April 20 event welcomed individuals of all abilities to engage, learn and celebrate adaptive sports and recreation.

Attendees explored opportunities from over 60 organizations, showcasing adaptive sports, recreational programs, and cutting-edge equipment. The Discover Abilities Expo is a one-of-a-kind event promoting opportunities and supporting a healthy and active community. Thank you to our donors who create these opportunities so everyone can participate in activities they enjoy and celebrate their unique talents and strengths.

“I can say with confidence that I wouldn't be where I am today without the doors that Courage Kenny opened for me,” said Josie Aslakson, Team USA Wheelchair Basketball athlete and Paralympian. “Playing wheelchair basketball at Courage Kenny also provided a source of community I desperately needed as a kid with a disability growing up in rural Minnesota.”



Wealth Management

Smead
est. 1906

ART of the WEST

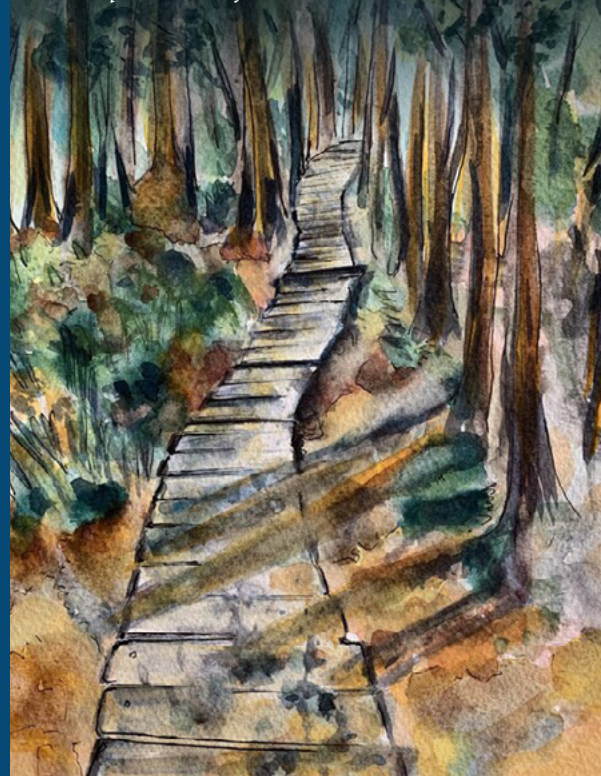
ucare



“Art is my main outlet; it is my therapy. I hope that my art will inspire others as well.”

LeAnn Wilkins,
Art of Possibilities artist

One Step at a Time by LeAnn Wilkins



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 Integrated 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:

Allina Health Foundation
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Mail Route 10721
Minneapolis, MN 55407