



INVESTING IN COMMUNITIES TO IMPROVE HEALTH
2014 Community Benefit & Engagement Report

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DEAR FRIENDS,

Allina Health has a long history working to prevent illness and improve the health of the communities we serve. It is core to our mission, and part of our obligation as a not-for-profit health care organization, to provide community benefit. With health care reform, there is increased emphasis on the role of health care to improve the health of our communities. In fact, much of the work we do at Allina Health is designed to help people become healthier, and stay healthy over time, by addressing broader determinants of health in the community.

To focus our community efforts on broader health concerns, we conduct community health needs assessments every three years and work with other not-for-profit organizations, businesses, local governments and community residents to develop and implement plans to address identified needs. More than 500 community stakeholders were engaged in our last community health needs assessment process two years ago. They identified healthy weight and mental health as the most pressing community health issues for Allina Health to address.

In this annual report, you'll discover how we're increasing healthy eating and active living, and improving mental well-being through programs, partnerships and investments. You will also read about how we're engaging employees in giving back locally and around the world.

To learn more about our community involvement, please visit allinahealth.org/community.

In good health,

Penny Wheeler, MD,
President and Chief Executive Officer



Penny Wheeler, MD



Preventing illness and
improving the health of the
communities we serve

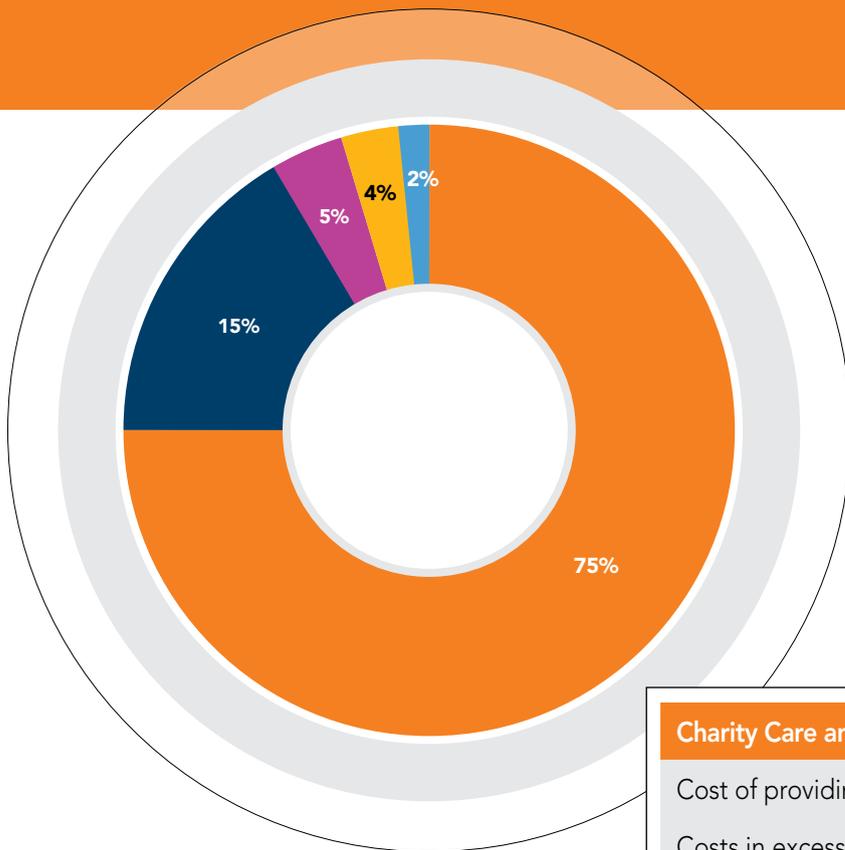
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COMMUNITY BENEFIT

In 2014, Allina Health provided \$200 million in Community Benefit through a variety of programs, partnerships and investments. Some of the ways we benefit and engage communities are described briefly below and in the stories that follow in this report.

- Allina Health invested \$4 million in clinical and community-based research and received an additional \$8 million in restricted grants for community-based research, such as diabetes prevention and management in the Somali community.
- By investing \$9 million in innovative community health improvement initiatives, focusing on health education, outreach and prevention, Allina Health is working to positively impact health behaviors where people live, work and play.
- Preparing the future workforce to deliver excellent healthcare is a top priority for Allina Health, investing \$25 million last year. We helped prepare more than 500 medical students and physician residents, 2,500 nursing students as well as students of many other disciplines.
- Financial Assistance (charity care) includes free and discounted inpatient and outpatient care provided through an Allina Health program called Partners Care. In 2014, Partners Care served more than 19,000 people at clinics and hospitals.
- Allina Health invests in communities through cash and in-kind contributions to organizations with expertise complementary to Allina Health to help meet identified community health needs. In 2014, \$2.5 million supported organizations such as Second Harvest Heartland, Metro Meals on Wheels, CommonBond Communities, and St. Mary's Health Clinics.
- Allina Health also invests in supporting our own employees' volunteerism through our Mission Matters program, so that their talents and expertise can also improve health in our communities.





ALLINA HEALTH
COMMUNITY BENEFIT
TOTAL \$200 MILLION

Charity Care and Means Tested Government Programs	\$149.7 million
Cost of providing charity care	\$21.4 million
Costs in excess of Medicaid payments	\$57.3 million
Medicaid surcharge	\$25.5 million
MinnesotaCare tax	\$45.5 million
Education and Research	\$30.1 million
Health professions education	\$25.3 million
Research	\$4.8 million
Community Services	\$9.1 million
Community health improvement services	\$9.1 million
Partnerships and Other Community Benefit Cost	\$7.5 million
Cash and in-kind contributions	\$2.6 million
Other community benefit cost	\$4.9 million
Subsidized Health Services	\$3.8 million



COMMUNITY HEALTH NEEDS ASSESSMENTS



RFAH staff prepare to host a community cooking class.

In 2013, Allina Health assessed community health needs for each of its hospital service areas as required every three years by the Affordable Care Act. These assessments identified needs and action steps for each hospital and themes across the system. Two priority areas were **healthy weight and mental health/wellness**. In 2014, hospitals began to address these needs through a variety of local and system-wide initiatives. Here is a sampling of these activities.



Connect Retreat for Women



ALLINA HEALTH MARKET BUCKS

As a way to increase access to local fresh fruits, vegetables, dairy, meats, grains and other products, community members receive Allina Health Market Bucks to use at local farmers' markets and food co-ops. Market Bucks are distributed by Allina Health medical providers and community partners, including local public health departments, senior centers and food shelves. This effort is supported by farmers' markets and co-ops in **Farmington, Northfield, Faribault** and **Owatonna**.

CREATING A HEALTHY KITCHEN

Based on findings from their Community Health Needs Assessment, **Cambridge Medical Center** set a goal to increase programming that addresses healthy weight. During the assessment, residents said they were aware of the need to eat better and exercise to be healthy, but didn't have the skills to make that happen. In response, the "Creating a Healthy Kitchen" series was developed and is now offered through community education and local businesses to those seeking skills to build a healthy lifestyle.

Creating a Healthy Kitchen uses an interactive approach to learning about healthy eating. It engages participants in reading food labels, comparing products and tasting healthy foods. Each class includes a cooking demonstration and tasting, including healthy meals and snacks. Participants report that they plan to make, or have already made, changes to their eating habits since attending this program.

COOKING CLASSES AND NUTRITION EDUCATION PROGRAMS

In the fall of 2014, the nutrition services manager and the lead chef at **River Falls Area Hospital** teamed up and rolled out a monthly healthy cooking class for the community. To date they have offered seven themed classes, including healthful holiday treats, healthy game day goodies and healthy meals on the go. Participation in the classes has been steadily increasing and classes are well-received by community members.

CANCER SURVIVOR RESILIENCY

In **Buffalo**, an annual Connect Retreat for women cancer survivors has been in place for more than a decade. While the retreat is always about building a safe and healing environment, a particular emphasis is on resilience and promoting mental health among survivors and their loved ones. Research shows cancer survivors have healthier lives and live longer when they connect with others. In addition, participants are connected to information about resources, tools and techniques for survival. In 2014, 40 women attended the event, some with financial support from Buffalo Hospital. Participant feedback was overwhelmingly positive about the power of this retreat and included the following comment:

"This retreat is a fantastic place to come to relax, enjoy the wonderful women that have been down the same or similar path as me. Nobody judges you; they are truly walking next to you. The bond and friendships made with this group of women will never be forgotten."

COMMUNITY ENGAGEMENT AND RESEARCH

IMPROVING DIABETES PREVENTION AND MANAGEMENT THROUGH RESEARCH AND COMMUNITY ENGAGEMENT



At Allina Health, research is an important component of community benefit and helps us to continually advance health care delivery and promote the health of communities we serve. Our research is conducted in service to and in collaboration with our patients, employees and communities. It is one way we bring innovations to health care practice.

In 2014, staff in Research and Health Equity at Allina Health studied how a large health care system and New American Academy, a community-based program, can successfully work together to help Somali residents in Edina and Eden Prairie prevent and self-manage diabetes. The project was funded in part by the Center for Prevention at Blue Cross and Blue Shield of Minnesota, as well as funding from Allina Health.

Through seven focus groups with Somali community members and interviews with primary care clinicians, the project sought to understand the personal, cultural, clinical and community-based barriers and resources that prevent diabetes and encourage proper disease self-management.

A few of the themes that emerged included:

- **The role of food is significant.** In the United States, processed food is more common and reading food labels in English can be difficult. Cultural foods also pose challenges because they are high in carbohydrates and common foods, such as sweet tea, add excess calories and sugar to the diet.
- **Exercise is challenging.** Driving is more commonplace than walking in Minnesota and winter means even fewer opportunities to be social and active outdoors.
- **Managing chronic disease is a new concept.** In Somalia, ongoing medical treatment and regular medication use is uncommon. A diabetes diagnosis can be frightening. Managing diabetes requires mutual respect and being able to effectively address cultural and language needs in healthcare.
- **Social and community life is important in disease prevention and management.** Many individuals experience language barriers, distance from family members and new concerns about maintaining culture and faith. This can create stress and influence disease management and health more broadly.

As a result of this work, clinical goals have been established to reduce disparities in diabetes care for racial/ethnic minorities. Education is also being provided to clinicians about how to provide culturally-responsive diabetes care to refugees and immigrants. In the community, new opportunities for regular physical activity have been created for both youth and adults, and discussions are underway to make additional recreation opportunities available in the future.



In 2014, Allina Health partnered to understand how a large health care system and a community-based program can successfully work together to help prevent and manage diabetes.



*Mollie O'Brien,
Program Manager
- Health Equity,
Allina Health*



*Asad Aliwerd,
Executive Director of
New American Academy*



*Dimpho Orionzi, Division of
Applied Research, Allina Health*

COMMUNITY HEALTH IMPROVEMENT

THE BACKYARD INITIATIVE

Research shows that social conditions – including isolation and a lack of social support – have a profound impact on health. The Backyard Initiative improves social connections through 12 Citizen Health Action Teams (CHATs) which are formed and operated by residents in the Backyard. CHATs are community-led health improvement projects organized around a particular disease, a culturally-defined issue or a specific approach. As a group, CHATs completed a total of 10,412 health improvement activities in 2014.

The Out In the Backyard (OIBY) CHAT promotes health by connecting people in the lesbian, gay, bisexual, transgender, and queer (LGBTQ) community to one another, allies and community resources.

In 2014, OIBY offered over 332 free classes throughout the Backyard including Zumba, yoga, Bollywood and hip-hop dance and pilates. Residents could attend a free class almost every day of the week in accessible locations such as a park or community center.

THIS IS HOW ONE OIBY LEADER DESCRIBES THE GROUP'S IMPACT:

We pride ourselves on reducing homophobia and racism as people get to know each other in the classes and at the community events. One of our biggest accomplishments is the diversity of people who come to the classes and events. For example, in a Zumba class, you are likely to see 90 people in the gym dancing who reflect all sizes, ages, shapes, cultures, genders, sexual orientation and varying ethnicities. It not unusual to see a Muslim woman dancing next to a lesbian, dancing next to someone in their 60's, dancing next to a Latina woman who does not speak English, dancing next to a transgender person, dancing next to someone who recently immigrated to the US. We are successful because we are all-inclusive.

RESULTS

The CHATs' work through the BYI has touched thousands of Backyard residents.

I was diagnosed with diabetes, I suffered from high blood pressure, I was overweight, my children were overweight, it was a family thing.... I moved to Minneapolis and learned about the BYI when some people did some door knocking... I went to meet-ups with A Partnership of Diabetics and started doing Zumba classes with Out in the Backyard, and then I started taking yoga. I was getting fresh fruits and vegetables from Growing the Backyard. I have lost fifty-two pounds, and plan on losing more... My children are losing weight and developing better eating habits because I am eating better and living an overall healthy lifestyle...

WHERE IS THE BACKYARD?

The Backyard is the approximately one square mile area surrounding The Commons, Abbott Northwestern Hospital and Phillips Eye Institute in Minneapolis. The Backyard includes the neighborhoods of Ventura Village, Phillips West, Midtown Phillips, East Phillips, Central, Powderhorn Park and Corcoran.

BACKYARD INITIATIVE CHATs

Somali Women's Health, A Partnership of Diabetics, Rebirthing Community: Community of Lights, Anchor Families, Latino/a Environmental Health Begins at Home, Communications, Assessment and Evaluation, Project S.E.L.F., Circle of Healing, Health and Community Care Network, Out in the Backyard and Growing in the Backyard.

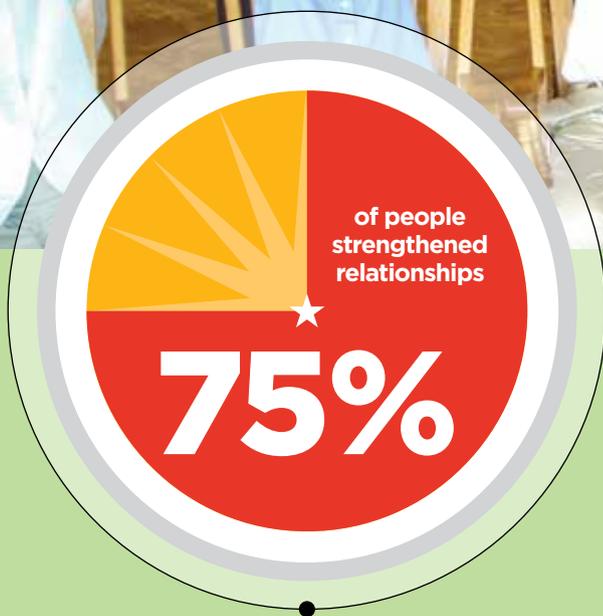


Out In The Backyard Zumba class.

Community Health Improvement program The Backyard Initiative

COMMUNITY HEALTH IMPROVEMENT

Neighborhood Health Connection™



75% of participants strengthened a new or existing relationship through NHC

Neighborhood Health Connection™, a community program developed by Allina Health, aims to improve the health of communities through social connections, healthy eating and physical activity.

In 2014, Allina Health awarded 55 Healthy Activity Grants to organizations and groups of neighbors in Minnesota and western Wisconsin. Ranging from \$500 - \$10,000, the grants were used to help people make new personal connections and strengthen existing ones through healthy activities. A total of 2,886 people participated in activities that were supported by Healthy Activity Grants. Two activities are profiled here.



HAPPY OUTDOORS: LEARN TO KAYAK

As a beginner program, residents in River Falls, Wisconsin, had the opportunity to learn many aspects of kayaking including how to choose the proper equipment and safety and rescue information. Participants met new people, developed a new skill and enjoyed a healthy snack.

“More importantly,” says Melissa Dupont, a member of the Willow River Organization for Wildlife Learning, “people learned the value of being active and realized kayaking is more than a physical sport. Being outdoors with others is spiritual and social.”

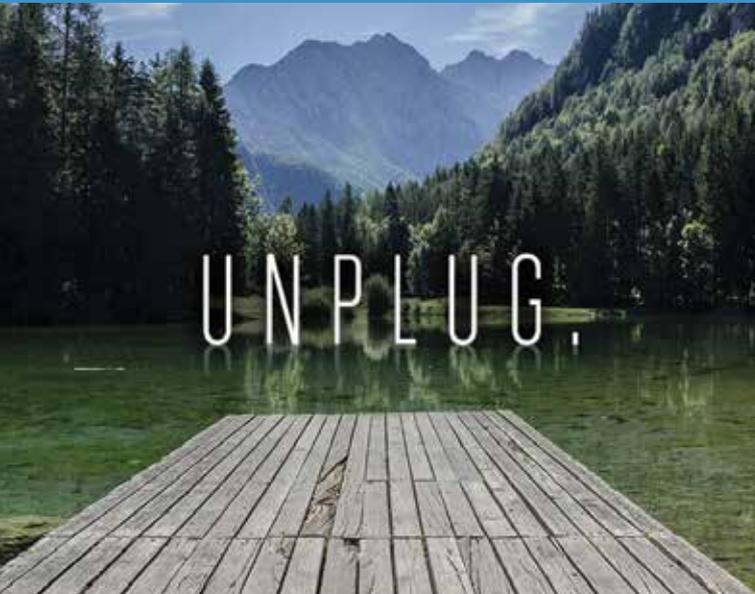


ESPERANZA LATINA SOCCER LEAGUE FOR MOMS

Yuniba Montoya was accustomed to cheering from the sidelines as her sons played soccer. Then one day her son asked, “Why don’t you play sometime so you can see what it’s like?” That’s all it took for Montoya and a group of fellow Latina mothers in Shakopee to move from the sidelines onto the field and start planning a league of their own.

Twenty women signed up for the Esperanza league and took the field to get some exercise and to learn more about the game. Montoya said she enjoys kicking a soccer ball around the backyard of her mobile home park, where her sons often play with other kids. But this is the first time she has played on her own team.

“Aside from the exercise, we learn what soccer is, and we help our kids,” she said. “They’ll say, ‘Look, my mom is playing; my mom is exercising.’”



Allina health conducted user experience testing with 65 teens throughout the Twin Cities to get feedback on the Change to Chill website. The feedback was positive and teens shared the following:

"This site is really teen savvy. I feel like I could spend at least an hour to two hours on the website because there are so many interesting things."

"This is a cool website, I think it would benefit a lot of teens."

"After taking the quiz, I feel excited because I created outlets to deal with stress."

Visit changetochill.org. Take the quiz to determine your stress factors and how to best manage them. While the program is geared toward teens, adults can benefit from the site as well.

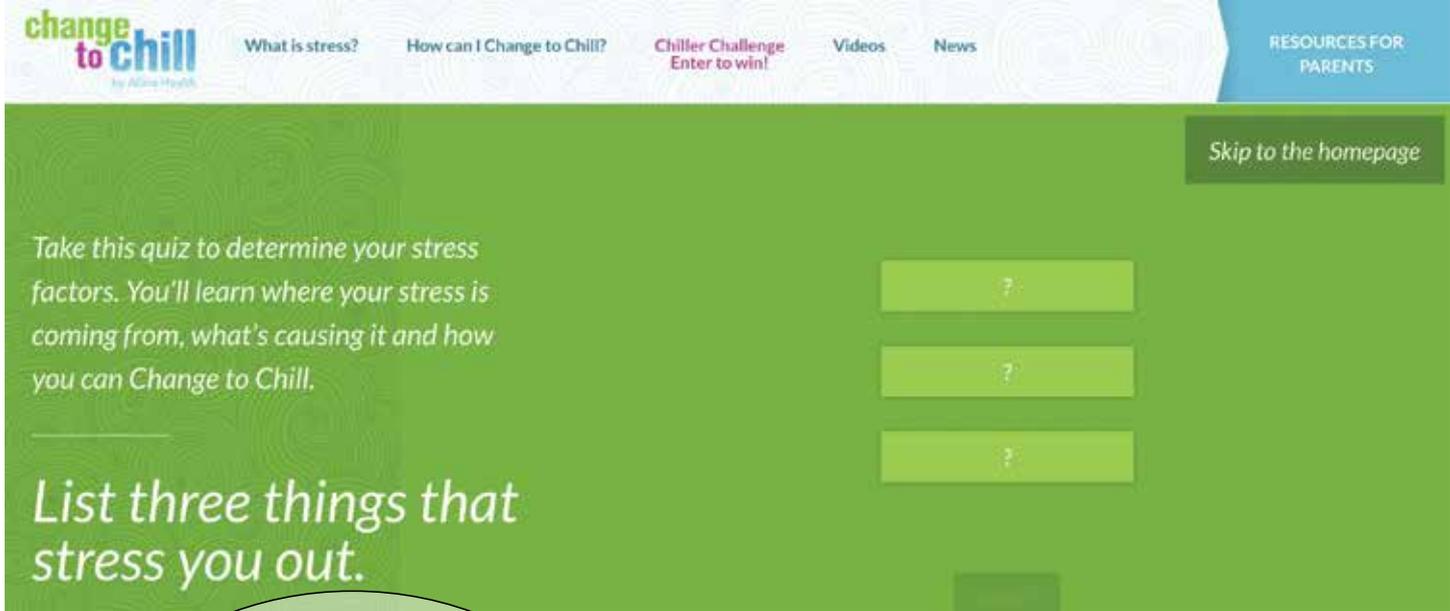
change to chill™ by Allina Health

There is so much pressure for teens to be their best in school, at home, online, during after-school activities and in their social life...just about everywhere. Reducing stress isn't always about changing your life, sometimes it's about changing the way you deal with it. That's why Allina Health created Change to Chill™, a free online resource to help teens get perspective on what matters.

The website, changetochill.org, launched in November of 2014 and provides free, easy-to-use information about stress – what it is, what can trigger it and how to best manage it. Teens can watch, listen and learn about:

- Simple breathing techniques
- meditation
- ways to focus
- values.

"Mental wellness showed up as a priority in our recent Community Health Needs Assessment," says Manager of Community Health Improvement, Susan Nygaard, RN. "Change to Chill is one resource we can provide to fill an identified need in the community. The program is a prevention resource for teens. We want to teach teens positive ways to react to stress so they can live a healthy and balanced life."



change to chill
by Allina Health

What is stress? How can I Change to Chill? Chiller Challenge Enter to win! Videos News

RESOURCES FOR PARENTS

Skip to the homepage

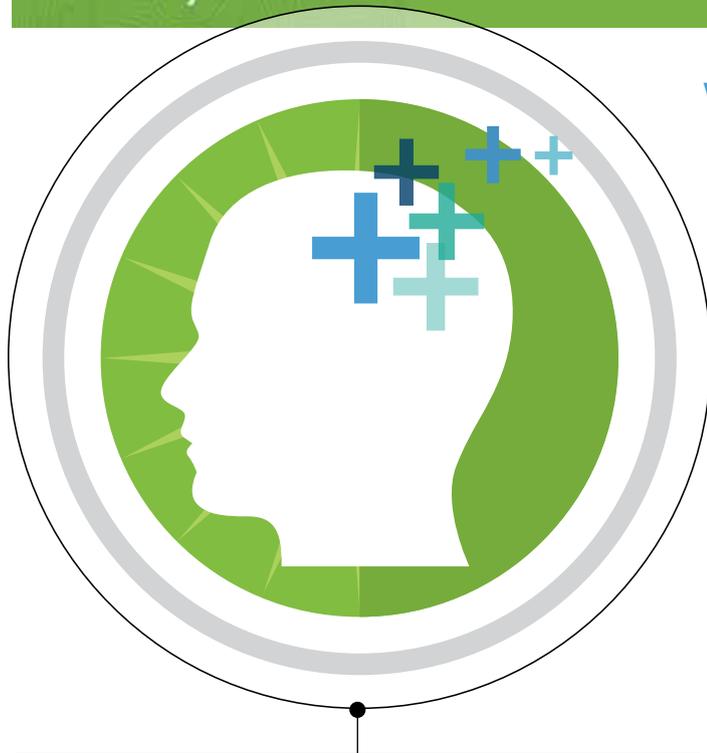
Take this quiz to determine your stress factors. You'll learn where your stress is coming from, what's causing it and how you can Change to Chill.

?

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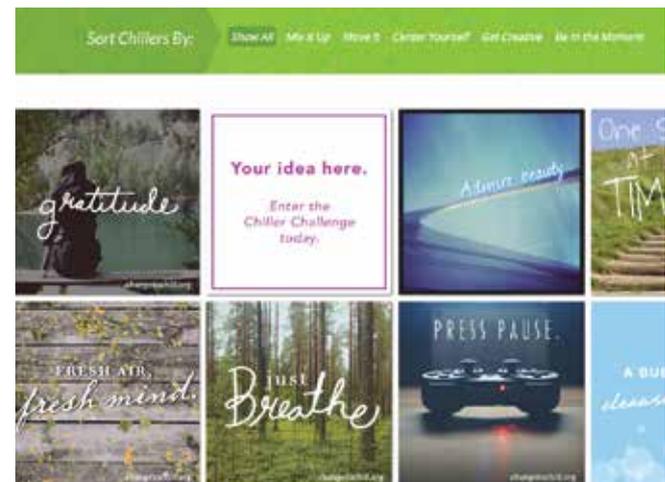
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List three things that stress you out.



Get perspective on the things that matter.

Website benefits teens' mental wellness



Sort Chillers By: Show All Mix it Up Move It Calm Yourself Get Creative Be in the Moment

gratitude

Your idea here.
Enter the Chiller Challenge today.

A future beauty

One of the best things about...

FRESH AIR, fresh mind.

JUST Breathe

PRESS PAUSE.

A BUSY day

COMMUNITY HEALTH IMPROVEMENT

HEALTH POWERED KIDS™

Now in its third year, our free community education program Health Powered Kids™ is empowering kids ages 3-14 to make healthier choices around being active, eating well, keeping clean and stressing less.

Kids at Love to Grow On Child Development Center in Circle Pines are having fun and learning how to make healthier choices since Health Powered Kids was added to their curriculum.

“The Health Powered Kids program fits well with our philosophy,” says Executive Director, Linda Bartos King. “We’re incorporating the lessons into our curriculum and helping our kids build lifelong habits for healthier lives.”

The kids are staying active with power charges (two to five minute activity breaks) such as wall sits and learning how to make healthy snacks. Helen Meissner, teacher at the center, says the center grows its own fruits and vegetables in the summer in an effort to set an example and show the kids how to eat healthier. “We use the different food lessons to relate healthy eating to healthy bodies and healthy living. It’s an easy way for the kids to make the connection,” she says.

Parents have been introduced to Health Powered Kids as well through the center’s newsletter. Health related articles, tips and healthy recipes are shared and identified as a quality resource for parents.

Since launching the program in 2013, more than 2,000 individuals and organizations have started using Health Powered Kids.



Child from Love to Grow On Childcare Center makes a healthy snack



WEBSITE FEATURES:

- 55+ lessons
- interactive lessons compatible with SMART Board and Promethean software (educational/ classroom settings)
- English and Spanish parent take-home newsletters
- blog
- recipes
- family page



The program is useful everywhere kids are –

Health Powered Kids™



in classrooms, after-school programs,
camps, home schools, child care settings,
community groups, at home.

HEALTH PROFESSIONS EDUCATION

Allina Health helps prepare the future health care workforce through a number of training programs at various sites, ranging from undergraduate internships to medical residency programs for advanced clinical training in internal medicine, chaplaincy, pharmacy, podiatry and family medicine.

Kathleen Macken, M.D., Residency Director for the Family Medicine program in St. Paul, started the program 24 years ago. Today, faculty train 18 residents per year at five different sites including United Hospital, United Family Medicine Clinic, Children's Hospitals and Clinics-St. Paul, the Intensive Care Unit at Unity and rotation in a variety of rural clinic settings. Dr. Macken recognizes both the responsibility and opportunity to train competent, compassionate and qualified providers.

"We train the best of the best," says Dr. Macken. "We take great pride in our residency program and we provide an outstanding educational experience. And, we partner with our patients in communities. The very best teacher is the patient."

April Wilhelm, M.D., a third-year resident in the Family Medicine program, agrees. "The program emphasizes knowing our patients, helping them become healthier people and connecting them to community resources. Through home visits, we also get to know much more about the patient and their family by seeing their life on an everyday basis."

As part of what is known as Community Oriented Primary Care (COPC), Dr. Wilhelm worked in partnership with a low-income housing development in St. Paul to create and tend a community garden with its residents.

"Many residents were learning how to garden for the first time or returning to it after moving to this country," says Dr. Wilhelm. "It helped people get their kids involved, be active outdoors and grow healthy food."



Kathleen Macken, M.D.



April Wilhelm, M.D.



We train the
best of the best

2014
\$25 million

invested in health
professions
education

Allina Health is preparing the health care workforce through training and education.

PARTNERSHIPS

FOOD GROUP AND MATTER

Supporting community partners financially is an important way Allina Health invests in community. Through a charitable contribution made by Allina Health in 2014, The Food Group (formerly Emergency Food Shelf Network) partnered with four food shelves that serve a large multi-cultural client base to finalize a Culturally Competent Food Shelf Toolkit. The toolkit provides an overview of what it means to be culturally competent, lists of ethnic foods and resources, a self-assessment and goal-setting tool for the food shelf and an evaluation of goal achievement.

The Food Group works to increase access to culturally specific and nutritious specific foods through the emergency food system. They believe it will result in the promotion of health and well-being for low-income immigrants in the Twin Cities, and potentially reduce diet-related health risks.

"We serve a large population of West Africans, primarily Liberian, and Latinos. We used the Toolkit as a baseline to address best practices, set peer expectations, and to measure how people are doing. It forced us to take a broader look at what kind of food clients are selecting, how they're making their food selection, and what we can do to accommodate them."

-CEAP staff member (one of four foodshelf partners on this pilot project)

In 2014, Allina Health donated approximately \$1.2 million worth of obsolete medical supplies and equipment to the non-profit organization, Matter. Through our Medical Supply Donation program, Allina Health partners with Matter to donate medical equipment and unused medical supplies to hospitals and clinics around the world.



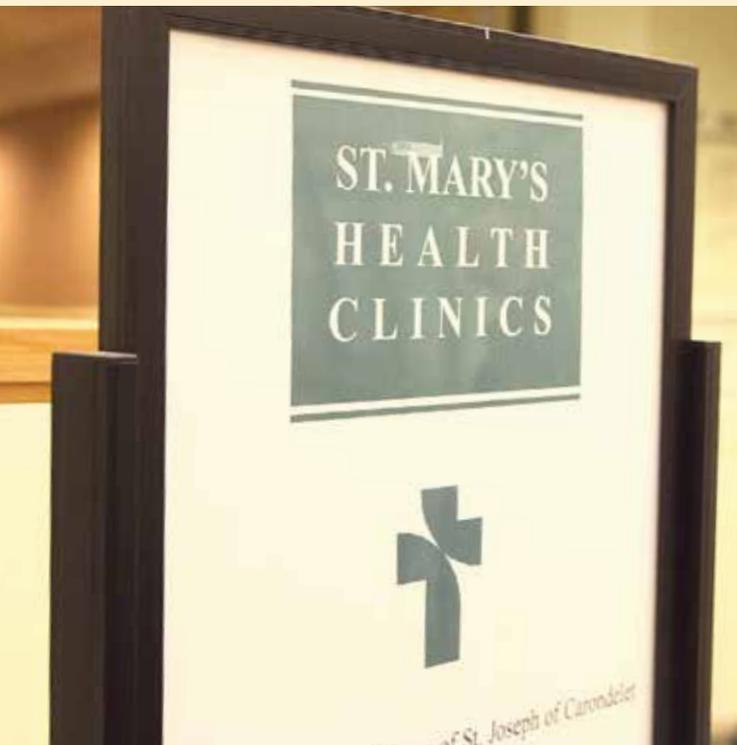
Medical Supply Donation program In-Kind Donations



The Medical Supply Donation program's success would not have been possible without Allina Health volunteers. Once the supplies are collected, inventoried and transported to Matter, Allina Health employees, along with community volunteers, sort through the goods in the Matter warehouse. In 2014, 45 Allina Health volunteers logged 130 hours preparing the supplies to be distributed to countries around the world.

A total of 62 containers full of medical supplies were shipped to 17 different countries in 2014 including the Philippines, Christmas Island located off the coast of Australia and countries in West Africa that were impacted by the Ebola virus.

CHARITABLE CONTRIBUTIONS



ST. MARY'S HEALTH CLINICS

There are many people in our communities who have limited or no access to medical care. To address this need, Allina Health partners with St. Mary's.

St. Mary's Health Clinics provides free medical care, outreach and education to low-income, uninsured families and individuals who are not eligible for government programs. St. Mary's provides direct care to approximately 1,000 patients, 86% of whom are non-English speaking, within the Twin Cities metropolitan area at community-based clinics, located in spaces donated by churches, schools and community centers. One such clinic is donated space co-located with St. Francis Regional Medical Center in Shakopee, which is jointly owned by Allina Health, Park Nicollet Health Services and Essentia Health Critical Access Group.

In 2014, Allina Health supported St. Mary's with a \$25,000 charitable contribution to support their work serving those in need and fostering health promotion in communities. In addition, Allina Health provides in-kind lab services to St. Mary's. St. Francis Regional Medical Center made contributions totaling more than \$450,000 in cash, donated space and in-kind services.

St. Mary's also offers a variety of programs that encourage healthy living and ways to recognize medical problems early to better manage diseases and minimize costly treatments. Two such programs are the Ventanilla de Salud or "window of health" program in partnership with the Mexican Consulate and the Diabetic Education Enhancement Program (DEEP) to support and educate clinic patients who have diabetes or pre-diabetes. Allina Health recognizes how vital these community programs are to keeping people healthy in the community and in their daily lives.



The debilitating arthritis in Diego's knees was making it increasingly painful for him to walk or stand to get his work done. He was told he needed surgery, but had no insurance and couldn't afford to pay cash for the expensive surgery.

A St. Mary's health coordinator recommended Diego apply for assistance through the Allina Health Partners Care Program. This program provides financial assistance to patients who do not qualify for Medicaid or other subsidized health insurance and whose annual incomes are at or below 275 percent of the federal poverty level.

Within a month, Diego was thrilled to learn he had been approved. His knee surgery was scheduled soon after, with the cost covered by the Allina Health Care Program. The health coordinator visited him in the hospital the day after his surgery and said, "After the surgery, I almost didn't recognize him. His face was beaming with joy and he looked so much younger! For the first time in many years, he was pain free!"

The program also covered the cost of Diego's post-surgery physical therapy and soon Diego was back to work, walking and standing without pain. He felt so good—and so grateful for the help he had received from St. Mary's—that he joined the St. Mary's team on a five-mile breast cancer walk.

Thanks to St. Mary's, the Ecuadorian Consulate, the Allina Health Care Program and other funders—all doing their part to improve health access—Diego's dream of having healthy knees has become a reality.

Diego and the St. Mary's team on the five-mile breast cancer walk.



EMPLOYEE VOLUNTEERISM

Total hours logged:
107,635



Total number of employees who completed at least one Dollars for Doers reward:
1,122



\$26,500
in charitable contributions for the 72 Walks, Runs & Rides events



Percent of employees that have logged at least one hour on Allina.VolunteerMatch.org:
12.3%

Total value of Dollars for Doers reward:
\$194,700



72 of those
132 Walks, Runs & Rides events had **5** or more employees participating

Walks, Runs & Rides events that were listed on Allina.VolunteerMatch.org

132




Allina Health

Many of our employees go above and beyond each and every day to make a difference in the lives of the patients and family members they serve. They continue this dedication outside of the walls of Allina Health by volunteering and giving back to the community in ways that have personal meaning to them.

Through our Dollars for Doers program, Allina Health proudly supports employees' service in the community by making a charitable contribution to the not-profit organization of the employee's choice for each 20 hours of service an employee volunteers, up to three per calendar year. In 2014, \$194,700 was donated to more than 850 not-profit organizations through the Dollars for Doers program.

In addition, Allina Health makes a charitable contribution when employees participate in a walk, run or bicycle event that benefits a charitable organization. The more employees who participate in an event, the larger the contribution Allina Health makes on their behalf. This past year, more than \$26,500 was donated on behalf of Allina Health employees. These programs are in place because of Allina Health's commitment to support and encourage employees who volunteer their time and energy each year.



Allina Health employees participate in El Paso Days run.

"Thank you so very much for helping our department coordinate our Mission Matters team event. It was really great for our department to work together in such a positive setting and it felt amazing to be a part of such a wonderful mission."

*- Michelle Vrieze, Neurophysiology Department
Supervisor, Abbott Northwestern Hospital*

EMPLOYEE VOLUNTEERISM



FREE BIKES 4 KIDZ GIVE A BIKE. CHANGE A LIFE.

Thanks to the help of 900 volunteers, more than 5,000 bikes were collected from employees and members of the community. Allina Health employees, family members and friends volunteered to collect bikes at 47 Allina Health locations. This is the fourth year Allina Health has sponsored this event.

"I am in awe of Allina Health volunteers who collectively gave thousands of hours of their time so that more kids in our communities can share in the joy and good health that comes from having a bike of their own," says Ellie Zuehlke, Director of Community Benefit and Engagement.

Each bike collected had its own unique story. "Until we heard about Free Bikes 4 Kidz, it didn't seem like the right time to part with our bike," said a couple who donated their bike to the Northfield collection event.

Throughout the next two months, the bikes were cleaned, repaired and refurbished before being distributed on Dec. 6, with helmets and bike safety information, to children in Minnesota and Wisconsin.

"At the end of the event, a woman with three kids stopped by," says Aimee Pappenfus, Manager employee volunteerism and charitable contributions. "She was a single mom between jobs and struggling to make ends meet. When she approached the helmet fitting table, she broke into tears as she was so touched that someone cared enough to help her give her kids something special for the holidays. Over and over again, she kept saying 'thank you, thank you, you have no idea what this means to me to be able to give my kids this gift.' "

*Allina Health employees volunteering
at Free Bikes 4 Kidz events*

NEW SHOES, HEALTHY KIDS

On April 26, Allina Health volunteers helped fit and distribute 10,000 pairs of new athletic shoes and socks to kids at the New Shoes, Healthy Kids event.

“Shoes that fit are a basic necessity that many kids in our communities lack. Instead they wear shoes that are too small or too big, or in extreme cases, no shoes at all. Often, this lack of shoes inhibits their ability and willingness to be active,” says Eric Barth, MD, an Allina Health clinics pediatrician.

The recipients, ages six through 12, were identified by local schools and non-profit organizations. At the New Shoes, Healthy Kids event, more than 1,200 Allina Health volunteers at 30 locations throughout the Allina Health service area helped kids find and test their new shoes with active play.

“Shoes are a unique donation to students but sincerely needed. Teachers notice students in worn and ill-fitting shoes on a regular basis. At my school, we store spare shoes just so students can take gym class,” said Scott Taylor, principal of Park Brook Elementary School in Brooklyn Park.

Allina Health purchased 10,000 pairs of athletic shoes through a partnership with the Two Ten Foundation, The Jay Group Ltd. and Keds. Through these partnerships, the average cost of a pair of new athletic shoes to Allina Health was six dollars – less than 50 percent of wholesale cost.

“Thank you so much for the opportunity our students had to get the free shoes,” says Lisa Kalata, Centennial School Social Worker. “The past two days have been filled with students showing me their new shoes with much excitement!”

Allina Health employee helping to fit shoes at New Shoes, Healthy Kids event



EMPLOYEE VOLUNTEERISM

VOLUNTEERING GLOBALLY BRINGS VALUABLE LESSONS HOME

Hundreds of Allina Health employees and affiliated physicians have shared their dedication to the Allina Health mission through volunteerism in communities throughout the world. The Global Fund program supports Allina Health employees by providing up to \$1,000 in funds to volunteer outside of the Allina Health service area. In 2014, the Global Fund supported 151 people on trips to 26 countries.

READY TO CARE FOR PATIENTS AT HOME AND IN NIGERIA

Todd Henrikson, MD, lives his profession as a physician through words and his actions. Using the Allina Health Global Fund to help support his medical mission work, he travels to Fiditi, Nigeria, Africa, twice a year to provide medical care at The Good Samaritan Society of America site and shares these stories of his recent visit in October 2014:

“One case in which I felt particularly useful involved helping a father and son. The father had been losing strength and weight for some time. The exam revealed evidence of a cancer. I was able to begin to clarify his situation and advise his son on how to continue his evaluation using the local referral center. Despite the difficult news, the father gave me a Nigerian name of “Alamu” – son who is well accepted.”

“Another case involved one of the students living on site. Many of the students will come to see me throughout the day with minor concerns. This patient at first seemed to be one of these minor cases. But I dug a little deeper and was thankful



I did as I discovered he potentially had a case of Plague. Although there was no way to make a definitive diagnosis, it was an opportunity to emphasize standards for hygiene in the dorm. The student improved quickly and has made a full recovery. Other acute cases included sickle cell crisis, malaria, and suspected extra-pulmonary tuberculosis.”

When he joined Allina Health, Henrikson worked with clinic leaders and staff members to achieve designation as a clinic that offers refugee physical exams. Through their commitment to this project, Allina Health Fridley clinic became the first clinic in Allina Health to offer refugee physical exams.

“Dr. Henrikson, Marlys Goltz, LPN and Kristin Froelich, CMA provide exceptional care for patients, making sure the patient has all necessary tests to ensure their good health,” says Karen Hayes, Clinic Manager. “They also assist with completing paperwork needed by these new immigrants to show they have received a medical examination upon arrival in the United States. The team’s level of commitment to this work is profound – it is inspirational to all of us at the clinic to see this help for members of our community.”



TWIN CITIES METRO AREA:

Northwest Metro Region

The Northwest Metro Region includes both Mercy Hospital and Unity Hospital, and primarily serves communities within Anoka County. It also includes areas within Sherburne and Hennepin counties.

South Metro Region

The South Metro Region includes St. Francis Regional Medical Center and primarily serves Scott and Carver counties. It also includes communities in Sibley, Le Sueur, Dakota and Hennepin counties.

West Metro Region

The West Metro Region includes Abbott Northwestern Hospital and Phillips Eye Institute and serves communities within Hennepin County, with Minneapolis being the largest city in the region.

East Metro Region

The East Metro Region includes United Hospital and serves Ramsey, Washington and Dakota counties. This region spans the eastern edge of Minnesota into the metro area surrounding the city of St. Paul.

GREATER MINNESOTA:

North Region

The North Region includes Cambridge Medical Center and serves small and rural communities within Isanti, Chisago, Kanabec and Pine counties north of the metropolitan area of Minneapolis and St. Paul.

Northwest Region

The Northwest Region includes Buffalo Hospital and is located west of the metropolitan area of Minneapolis and St. Paul. This region primarily serves Wright County, but also serves communities within Stearns, Meeker and Hennepin counties.

Southwest Region

The Southwest Region is located in south central Minnesota and includes New Ulm Medical Center. The region serves communities and rural areas in and around Brown County and communities within Sibley and Nicollet counties.

South Region

Located south of the Twin Cities metropolitan area, the South Region serves small and rural communities in and around Steele, Rice, Waseca, Dodge, part of Dakota and Goodhue counties.

WESTERN WISCONSIN:

This region is served by River Falls Area Hospital and includes small and rural communities within Pierce and St. Croix counties.



Investing in communities to improve health

At Allina Health, we believe health care is more than just treating people when they are sick. We are committed to improving the health of the communities we serve and helping people live healthier lives.

As a trusted and compassionate partner, Allina Health ensures community benefit and engagement is an integral part of our culture and strategic plan. Investing in these efforts is one way we support people on their path to better health.



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