

# Connect & Care

An Allina Health Foundation Update



## YOUR IMPACT

Tiny miracles: The power of giving brings hope to life

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# Welcome



## Dear Friends,

Welcome to the winter edition of Connect & Care, the Allina Health Foundation impact report. On behalf of all of us at Allina Health, thank you for the transformative impact you had on our mission in 2023. Together, we exceeded patient experience and quality goals, broadened access to care, and cultivated innovation. That has left a lasting imprint on the people and communities we serve.

As March begins the transition from winter to spring, it reminds me of new beginnings. In this spirit, our report highlights stories about little ones who recently arrived: Meet Summer, the first Allina Health baby of 2024 (page 3). Discover the Groenwold family's journey through a high-risk twin pregnancy (page 6). Plus, read a heartfelt account from a New Ulm patient about their experience at the birth center (page 3).

In this report, we share stories and successes that depict how you've contributed to the health care of patients across Allina Health. Your passion for giving back to areas that matter most to you is truly commendable. Your involvement goes beyond monetary contributions; it signifies a shared dedication to enhancing health and wellness for individuals of all abilities across Minnesota and western Wisconsin.

Thank you for all you do for our community through your support of Allina Health. Together, we are making a difference!

Troy Lindloff  
Vice President and Chief Development Officer



## Allina Health Foundation receives prestigious High Performer recognition

We're proud to announce our recent achievement of High Performer status in the 2023 Report on Giving by the Association for Healthcare Philanthropy (AHP). Fewer than 50 top-performing organizations in the United States and Canada are recognized for outstanding contributions.

The High Performer status is in two key categories: Overall Revenue and Healthcare System. This designation recognizes our philanthropy team's success in fundraising, ranking in the top 25% in the 2023 Report on Giving. More importantly, it reflects a collaboration with you, our generous donors, and a shared commitment to a healthier community. We look forward to the continued impact we can make together, advancing health care and creating a healthier future for our communities. Thank you!

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[Visit AHP's High Performers](#) to explore more about each category and see how the Allina Health Foundation is highlighted among other esteemed organizations.



Support from generous individuals like you is vital to our mission to provide exceptional care, prevent illness, restore health, and comfort all who entrust us with their care. As a part of our community of donors, your support helps people achieve better health.

# Allina Health History

## History of Allina Health: A shared journey for a healthier tomorrow

Since the opening of the first hospital in St. Paul in 1857, every entity of the Allina Health system has been recognized for expert treatment of illness and injury. Philanthropy also stands as the cornerstone of our history, playing a key role in opening hospitals, advancing technologies, supporting research, advocating, and creating innovative programs to improve health.

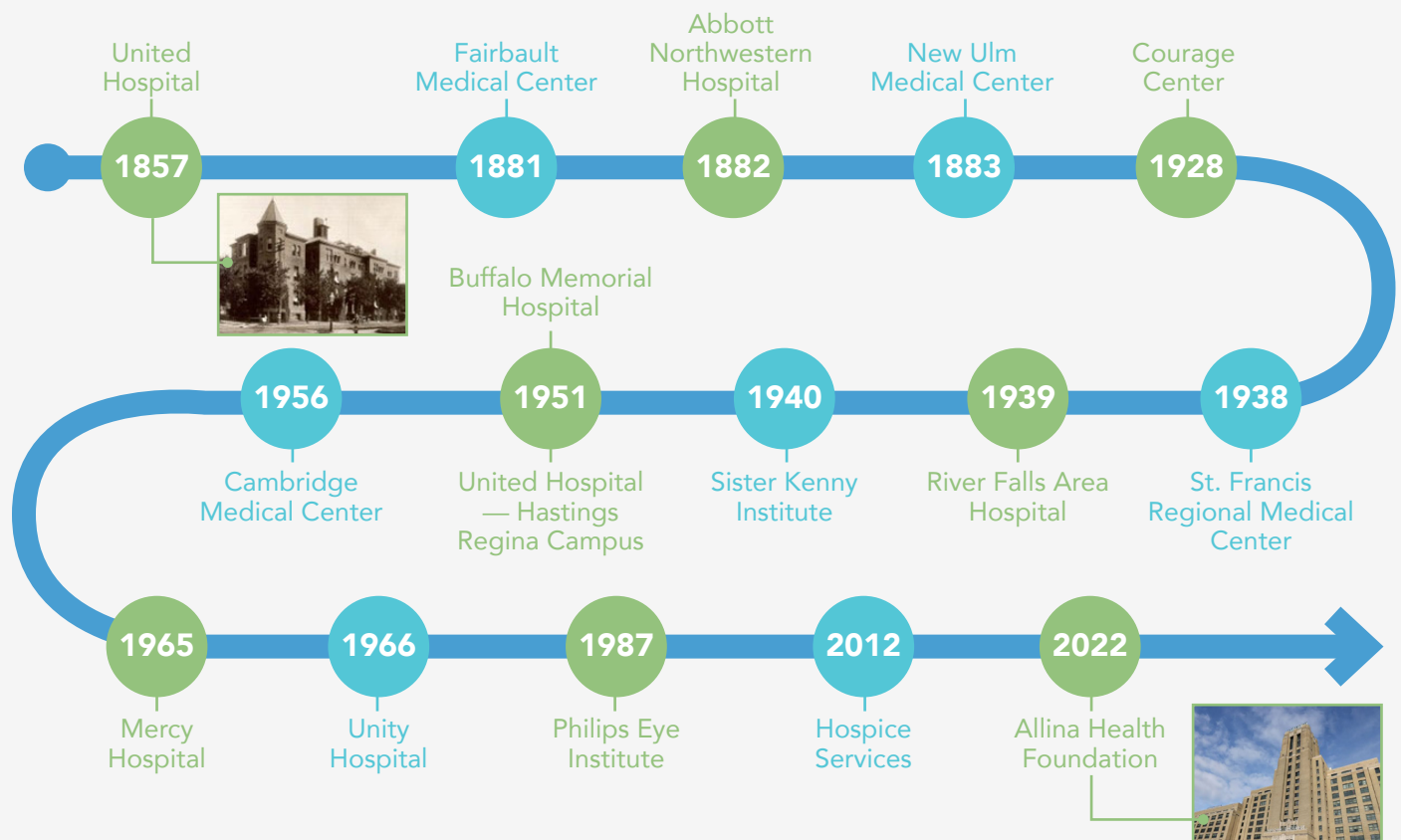
Today, our strength is in our advanced network, the quality of care and community reach. Allina Health is a recognized leader in health care because of you and

other generous donors. Your support of programs and services most meaningful to you underlies our mission and helps people throughout our communities achieve better health.

Looking ahead, we're optimistic and committed to providing exceptional care across our region. We're proud to continue the legacy of philanthropy and community support, contributing to a vision for a healthier tomorrow. Thank you for being a part of our journey.

### Allina Health Timeline

Over 150 years, Allina Health has expanded, unified, undergone name changes, and continually adapted to meet the evolving health needs of our communities. This timeline showcases when each entity of Allina Health was established under its current name, highlighting the enduring legacy of care and service in our community.



# Excellence in Care

## Allina Health welcomes first baby of 2024 at Owatonna Hospital



Summer Riskedahl made her entrance into the world on Jan. 1, 2024, at 12:08 a.m., making her Allina Health's first baby of 2024. Proud parents, Ashley and Jade, expressed their gratitude. "We just feel really fortunate that she's healthy," Ashley said. "Everyone in Owatonna was so nice, and it was just a good experience."



## Exceptional maternal care at New Ulm Medical Center

At Allina Health New Ulm Medical Center, the commitment to providing exceptional health care extends beyond medical expertise. It includes a personalized and compassionate approach that leaves a lasting impact on patients and their families, as shared by a recent patient of the Birth Center at New Ulm Medical Center.

“New Ulm Medical Center went above and beyond during the birth of our son. Nurses were amazing, doctors were the best! From the nurses who generously helped my husband take photos, the doctor who let me lead the way, to every other staff we interacted with. We felt like we were the only patients there but know everyone was receiving the same level of care. Thank you NUMC for the amazing and comfortable birthing experience. Be proud!”

As a donor, you contribute to Whole Person Care where the patient is empowered to be an active participant in their care. Thank you!



## The Mother Baby Center earns top ratings from U.S. News and World Report

Congratulations to The Mother Baby Center locations in St. Paul and Coon Rapids for being named among the 2023-2024 Best Maternity Hospitals by *U.S. News & World Report*. The Coon Rapids location also received the new Maternity Care Access Designation which reflects the community need for access to maternity care services. The Mother Baby Center is a partnership between Allina Health and Children's Minnesota.

“We take great pride in providing safe, high quality and compassionate care for our families throughout the childbirth journey.” William Wagner, MD, interim vice president, Women's Health Services.

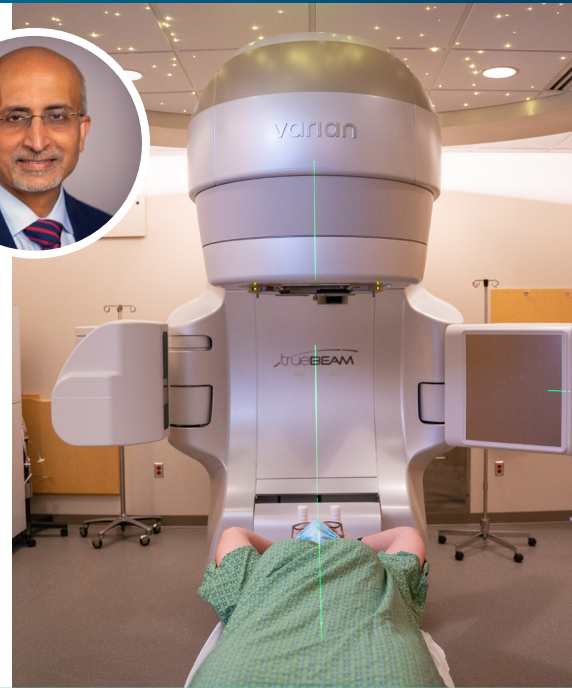


# Your Impact

## Groundbreaking AI clinical trial for cancer treatment

The Allina Health Cancer Institute is leading a groundbreaking clinical trial that uses artificial intelligence (AI) and blood samples to revolutionize the diagnosis and treatment of cancer. Dr. Badrinath Konety, MD, MBA, President of the Institute, reports initial results approaching 100% accuracy. The current study focuses on breast cancer, with future research expanding to lung, brain, kidney, and prostate cancers.

Dr. Konety is optimistic about the research's impact. "If our initial findings persist in larger studies, this will be truly remarkable." As a donor of Allina Health, you drive these cutting-edge initiatives at the Allina Health Cancer Institute, providing more accurate cancer diagnoses and personalized treatments.



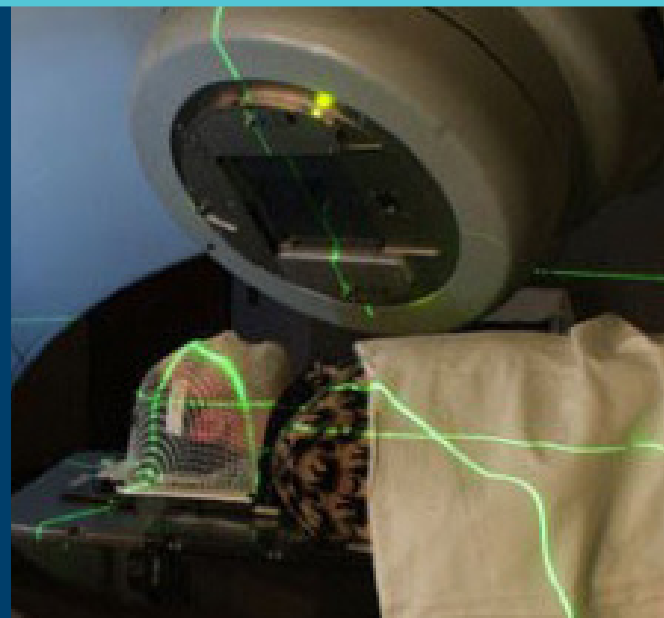
## Driving community support for first responders

Weelborg Chevrolet, recently hosted the 2023 First Responder Test Drive Event, to support the local Allina Health EMS team in New Ulm. For every new GM vehicle test driven, GM made a donation that was matched by Weelborg Chevrolet. The \$1,000 donation supports the Allina Health EMS team with equipment and training. Thank you, GM and Weelborg Chevrolet!



## United Hospital's advanced linear accelerator in full operation

Funded by the Otto Bremer Trust, the Driscoll Trust and other generous gifts, United Hospital's cutting-edge linear accelerator began treating patients in November and is now fully operational. This state-of-the-art equipment, vital for targeted cancer therapy, showcases the hospital's commitment to advanced care. Grateful for the support, United Hospital staff celebrate the positive impact philanthropy has in bringing hope to those facing cancer challenges.



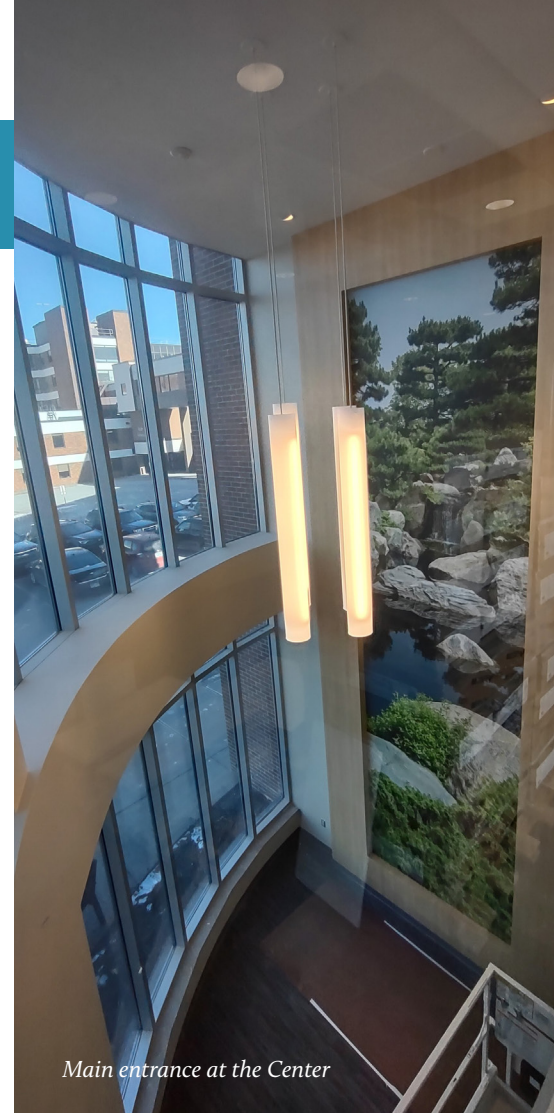
# Your Impact

## An update: The Center for Integrated Mental Health and Addiction Care

The Allina Health renovation at Mercy Hospital — Unity Campus is not only on schedule but also within budget. The Center, a first-of-its-kind facility, will transform the delivery of mental health and addiction care and improve access to care in our communities. It is also significantly funded by philanthropic support.

Through the Center, Allina Health will collaborate with community partners, including Southern Anoka Community Assistance Food Shelf, Minnesota Recovery Connection, Canvas Health and Anoka County Mental Health and Social Services. This will create a one-stop location for mental health and addiction services, outpatient care, intense day programs and emergency and crisis care. Together, we will serve patients with the right care, at the right place at the right time.

Mercy Hospital — Unity Campus is shaping up to be a hub of collaboration, innovation, and community support. Stay tuned for further updates as we approach the exciting opening of The Center for Integrated Mental Health and Addiction Care.



*Main entrance at the Center*

## Bob and Maggie's journey with Courage Kenny Rehabilitation Institute



When Allina Health patients Bob and Maggie updated their will, they reflected on the care they had both received from Courage Kenny Rehabilitation Institute over nearly 20 years. “Courage Kenny was there when we needed them — no questions asked,” said Bob. The life-changing care they received over the years led the couple to add the Courage Kenny Rehabilitation Institute to their estate plans.

“We’ve both had experience with other therapy centers and there was no comparison,” said Bob. “The occupational therapists, physical therapists, doctors, psychologists and nurses at Courage Kenny are what make the care exceptional. They help people no one else can.” Bob and Maggie are grateful for the care they’ve received and proud to be able to support Courage Kenny Rehabilitation Institute with a legacy gift.

If you’re interested in learning about how you can leave a legacy through Allina Health, contact Jim Besst, planned-giving director, at 612-775-2581.



## A journey of hope: Saving Halston and Hayes

In November, the Groenwold family celebrated the first birthdays of their beautiful twins, Halston and Hayes. However, the road to this point was far from easy.

At five weeks pregnant, Becca Groenwold of Baxter, MN, received life-altering news — she had a cesarean scar pregnancy. This rare condition posed a significant threat to the health of Becca and her unborn twins. Placenta Accreta, the condition in which the placenta grows into the uterine wall, presented added challenges, especially for mothers with a history of previous c-sections.

Allina Health's Minnesota Perinatal Physicians, recognized as a Placenta Accreta Spectrum Center of Excellence, played a pivotal role in Becca's journey. The specialized team, trained and ready to address complex cases like Becca's, offered a second opinion that transformed the narrative from despair to hope.

Becca recalls, "The appointment with them was drastically different from my first appointment. I felt hope because the doctor was talking to me about the pregnancy and delivery instead of saying the twins could not survive." The compassionate care provided by the team, ensured that Becca and her family were well-informed about all available options, empowering them to make decisions that aligned with their values.

Becca gave birth to Halston and Hayes at 30 weeks pregnant at The Mother Baby Center at Abbott Northwestern Hospital. Throughout her challenging journey, Becca found solace in the sense of community fostered by her fellow patients and the top-tier health care experts at Allina Health.

By funding research and specialized care, you create hope in the face of adversity. Together, we can celebrate moments of joy with families like the Groenwolds who have overcome extraordinary health challenges.

# Your Impact



## WE DID IT!

### Community rally raises \$30,000 for Courage Kenny basketball program

In January, over \$30,000 was raised for Courage Kenny Rehabilitation Institute Wheelchair Basketball during the first ever Team Up for Wheelchair Basketball peer-to-peer campaign. Thank you to the coaches, parents, volunteers and athletes who made this possible.

The campaign also secured a \$7,500 matching gift from the Winning Pathways Foundation. These funds will have a transformative impact on the Courage Kenny Wheelchair Basketball program to provide enhanced opportunities for athletes and foster inclusivity.

Courage Kenny Sports & Recreation offers adaptive activities that encourage an active, healthy lifestyle for youth and adults with disabilities. For information on the next event, Courage Kenny Ski-a-thon, visit [www.allinahealth.org/skiathon](http://www.allinahealth.org/skiathon).

"I am happy to have an opportunity to support a program I care about and engage our families to help raise money for Wheelchair Basketball," said coach Doug, a 15-year volunteer and top fundraiser.

## Cummins Inc. delivers hundreds of adaptive toys

In December, Cummins engineers modified more than 800 adaptive toys for Courage Kenny Rehabilitation Institute. With the collaboration of Cummins Inc. and generous donations, this initiative has brought joy and support to hundreds of children with differing abilities in our community for more than 10 years.

These adaptive toys, each valued at \$100 or more, are provided to families at no cost. The Cummins engineers carefully unpack the toys, make necessary modifications, and then repackage attentively. The result is toys in boxes that look untouched. This attention to detail ensures that children experience the same excitement as any child unwrapping a brand-new toy. The impact extends beyond play, fostering a sense of normalcy, joy and inclusion for children facing challenges.





# Your Impact

## Celebrating 45 years of dedication at Buffalo Hospital

Elaine Lillo recently retired from Buffalo Hospital after 45 years of dedicated service. From her start as an Emergency Department assistant to her role as a health unit coordinator, Elaine embodies the values of teamwork and dedication, reflecting our commitment to All Together Better.

Because of dedicated exceptional employees, and generous donors like you, Allina Health can continue making strides toward a brighter, healthier community.



## Investing in tomorrow's health care leaders

This spring, scholarships will be awarded to Wright County students who aspire to pursue careers in health care. The scholarships are funded entirely through sales at the Buffalo Hospital Gift Shop.

A total of ten \$1,000 scholarships will be awarded, with one student selected from each of the nine Wright County school districts, and an additional scholarship for a homeschool or private school student. Made possible through generous donations, the goal is to encourage academic excellence, community involvement, and a passion for health care in the next generation.

Interested students should contact their local school district guidance counselor to request the application. Homeschool or private school students may call 763-684-7100 or email [rachel.mendel@allina.com](mailto:rachel.mendel@allina.com) for more information. Applications are due Friday, March 22.

## Allina Health investing in EMT training

To help fill the need for medical response professionals such as emergency medical technicians (EMTs) in many Minnesota communities, Allina Health is part of a partnership offering an EMT scholarship program for in-class and ride-along training this spring.

Scholarship recipients will be required to serve as an EMT in one of the following communities: New Ulm, Springfield, Lamberton, Winthrop, Courtland, Fairfax, Lafayette or Sleepy Eye.

Applications available after June 1 here: <https://www.allinahealth.org/careers/emt-training>

# Your Impact

## Coloplast wins L'Etoile Du Nord Award for supporting adaptive sports

Minnesota United FC awarded Coloplast the L'Etoile Du Nord Award, recognizing their support for adaptive sports at Courage Kenny Rehabilitation Institute. This honor reflects Coloplast's alignment with MNUFC's core values of unity and inclusivity and also their investment towards community well-being. Coloplast has chosen Courage Kenny Rehabilitation Institute as their North America Community Partner for 2023 and 2024. This designation comes with a generous \$50,000 annual grant to support adaptive Sports & Recreation, Aquatics, Fitness, and ABLE programs at Courage Kenny.

This collaboration and the award were marked at the MNUFC Power Soccer All-Star Game in December. We are grateful for corporations and sports organizations working together to foster a more inclusive community. Courage Kenny employees were also invited to Coloplast's Community Engagement Experience, where they shared updates and stories highlighting the impact of Coloplast's support. Together, with partnerships like Coloplast and Minnesota United FC, we are helping individuals of all ages and abilities in the community stay healthy and active.



## Advancements in prenatal and postpartum depression research

In recent years, two Allina Health studies funded through philanthropy have improved our understanding of prenatal and postpartum depression. These studies addressed existing gaps in research and findings led to clinical steps to improve care and outcomes for our patients.

This research emphasizes the importance of depression diagnosis, particularly during pregnancy. The findings will allow Allina Health to develop targeted interventions to ensure equitable mental health support for all pregnant and postpartum individuals.

Your contributions have led to greater understanding of prenatal and postpartum depression related needs of Allina patients, as well as changes in care that improve patients' lives.

# Awards & Accolades

At Allina Health, we remain steadfast in our commitment to providing excellent, compassionate Whole Person Care. We are proud and humbled to share Allina Health awards and accolades.



## Newsweek

### [America's Best-In-State Hospitals 2024](#)

- Abbott Northwestern Hospital
- Mercy Hospital
- United Hospital
- Owatonna Hospital

## Newsweek

### [America's Best Ambulatory Surgery Centers 2023](#)

- WestHealth

## Healthgrades

### [Best Hospitals for Orthopedic Surgery 2024](#)

- Abbott Northwestern Hospital
- Mercy Hospital

## Leapfrog

### [Hospital Safety Grades](#)

- 
- Abbott Northwestern Hospital
  - Buffalo Hospital
  - Cambridge Medical Center
  - Owatonna Hospital

**A**

- 
- Mercy Hospital
  - Mercy Hospital – Unity Campus
  - United Hospital

**B**

# 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 Care. 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 under served 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](https://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](https://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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Minneapolis, MN 55407