

Connect & Care

An Allina Health Foundation Impact Report



YOUR IMPACT

A mom's life saved
through compassionate,
coordinated cancer care

page 5

Welcome



Dear Friends,

During this season of gratitude and celebration, I want to thank you for the incredible impact you make possible every day. Your commitment to our mission ensures patients and families across our communities experience compassionate, coordinated care when they need it most.

In this issue, you'll read about Milanda, whose life was saved through expert cancer care at Allina Health. Today, she is celebrating the holidays with her young family, a powerful reminder of why your support matters.

You'll also discover the many ways our team members give back through our Employee Giving and Volunteer Together initiatives, strengthening the communities we serve. And we're excited to share news of our new Corporate Partnership Program, which will allow us to collaborate with businesses committed to building healthier communities for years to come.

Looking ahead, we watch with anticipation as construction continues on the Richard M. Schulze Surgical and Critical Care Center, opening in August 2026. This state-of-the-art facility will transform care for thousands of patients.

Thank you for being part of this journey. Your generosity is the heart of our mission and together, we are creating a healthier future.

Warm wishes for a joyful holiday season and a bright new year,

Troy Lindloff
Vice President and Chief Development Officer
Allina Health Foundation



Spreading holiday *cheer!*

Thank you, White Boxer Coffee Company, for gifting a beautifully decorated tree, complete with sparkling lights and ornaments. It now graces the Garden of Hope at New Ulm Medical Center, bringing joy and comfort to infusion patients as they receive care.

Impact of Philanthropy

Allina Health care team members give back beyond our workplace

In this season of gratitude, we celebrate the impact our care team members have made through the Allina Health Volunteer Together initiative. This program empowers all of us to volunteer as a team to support our local communities. This year, Allina Health has hosted 79 volunteer opportunities, recruited 873 volunteers, and donated \$31,250 back to local nonprofits. From packing meals to supporting neighborhood programs, these efforts reflect our shared commitment to caring for the communities we call home well beyond the walls of our facilities. Together, we're making a difference.



79
volunteer
opportunities

873
volunteers
recruited

\$31,250
donated back
to local nonprofits

Allina Health care team members support our mission

During a two-week campaign, care team members across the system came together to raise an incredible \$315,888 from 517 donors. This generosity helps strengthen programs that make a real difference in people's lives.



"It feels really good to give back, and it connects us even more closely to living out our mission and vision."

Michele Stout, Director, Orthopedics Clinical Service Line

Corporate Partners



Stronger communities start with corporate giving

The Allina Health Foundation believes the best health care begins with strong community connections and a shared commitment to well-being. This fall, we launched a new initiative called Corporate Partners in Philanthropy to invite local businesses to join us in shaping the future of health care in the Twin Cities and across the region.

Corporate Partners in Philanthropy is designed to make corporate giving easy and meaningful. We work closely with each business to find opportunities that match their values and goals. It's a way for organizations to give back to the communities where their employees and customers live and work, while making a lasting impact on the health of those communities.

When businesses invest in health care, the benefits reach far beyond hospitals and clinics. Corporate support helps expand access to care, drive innovation, and improve health outcomes for families, employees, and neighbors. These partnerships strengthen the communities and help ensure Allina Health remains a trusted destination for the best-in-class health care services.

This is just the beginning. As the program grows, we look forward to working with our partners on shared projects, volunteer opportunities, and new ways to support better health.

Together, we can help our communities thrive today and for generations to come.

Interested in becoming a corporate partner?

Corporate Partners in Philanthropy is open to businesses of all sizes that want to support our community health in a meaningful way. As a partner, your company will be recognized as a leader and receive:

- Invitations to exclusive events, including quarterly CEO briefings
- Opportunities to connect with Allina Health leadership
- Recognition throughout the year for your commitment to healthier communities

To learn more, contact:

Brad Konkler, Corporate Relations at
Brad.Konkler@Allina.com

**Let's build a healthier future
together!**

Cancer Care

Mammo on the Move unit hits the road

We're thrilled to share Allina Health Cancer Institute's new mobile mammography unit will begin serving communities this January thanks to generous support from the Otto Bremer Trust. This vital addition to Allina Health will bring advanced 2-D and 3-D breast cancer screening to surrounding communities. This mobile unit allows us to remove barriers to care, increase early detection, and improve health outcomes by making screening mammograms more convenient. It's a powerful step toward accessibility in preventive health. We're grateful to the Otto Bremer Trust for making this possible. Let us know if you spot it in your area!



Bringing hope closer to home

At Allina Health, we believe expert care should be within reach, especially for those facing life-changing diagnoses. That's why we've expanded our movement disorders program to Plymouth, welcoming Dr. Kelsey Jensen, a fellowship-trained neurologist, to serve patients with Parkinson's disease, essential tremor, and more. Thank you for helping us bring healing closer to home.



Changing lives with innovation

Allina Health Cancer Institute has become the first in the Twin Cities to offer a revolutionary, noninvasive treatment for liver tumors using sound waves. This new therapy, called histotripsy, uses pulsed ultrasound waves to liquefy and destroy tumors without a single incision. This innovation reduces recovery time, minimizes complications, and improves quality of life for patients. Your support makes breakthroughs like this possible. Together, we're transforming cancer care for our community.



The New Ulm High School Volleyball Team proudly raised \$1,707 during their Block Out Cancer Night on September 18 and donated it to the Allina Health Foundation — New Ulm Medical Center Oncology Department!

Cancer Care

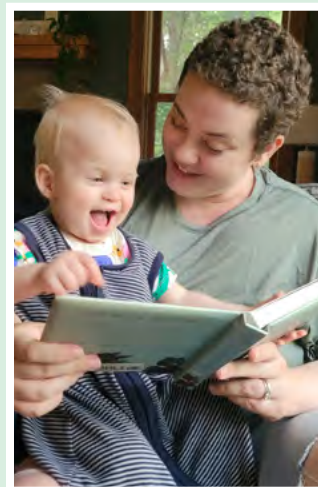
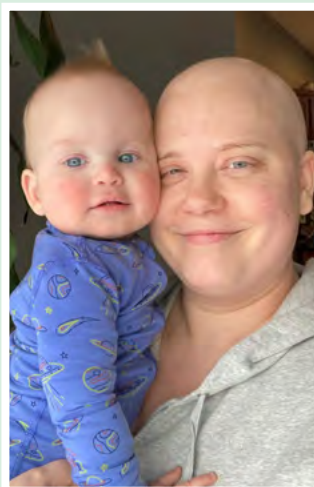
A mom's journey from breast cancer to joy

When Milanda began experiencing pain while breastfeeding her newborn son, she thought it was a blocked milk duct. Instead, it was something far more serious: triple-negative breast cancer, one of the most aggressive forms of the disease.

Just six months after giving birth, Milanda faced a whirlwind of decisions and treatments. With the support of her care team at Allina Health Cancer Institute, she fought for herself and her young family.

As a BRCA1 genetic mutation carrier, Milanda had long known her risk. She followed an oncologist friend's advice and became a patient at the Allina Health Cancer Institute — Piper Breast Center, which specializes in high-risk care. A routine mammogram had been clear, but a follow-up ultrasound revealed a tumor. Within days, Milanda and her husband, Dan, met with a medical oncologist and clinical investigator, to create a treatment plan: six months of chemotherapy and immunotherapy, followed by surgery.

Balancing cancer treatment with caring for a newborn was daunting. "As a new parent, you push through fatigue," Milanda said. "But during chemo, I had to prioritize rest to survive treatment." Gratitude kept her going: "What better reason to stay positive than a baby smiling at you?" Milanda's care extended beyond cancer treatment. She worked with a genetics counselor, accessed integrative medicine and acupuncture through the Penny George Institute for Health and Healing, and received rehabilitation at Courage Kenny Rehabilitation Institute after her mastectomy. Her nurse navigator, Erin, was a lifeline: "Having someone like Erin in your corner can make all the difference."



Today, Milanda is cancer-free and embracing life with her young family. "I'm looking forward to traveling, camping, hiking, and opening our lives up now that less space is taken up by cancer."

At Allina Health, comprehensive, compassionate care means treating patients as people first and helping them find joy beyond illness. Stories of hope like Milanda's are possible because of generous donors who support the services and programs across our system. Because you fund these advanced treatments, nurse navigators, genetic counseling, integrative therapies, and rehabilitation services our friends, family and neighbors receive expert, compassionate care every day through their health journey. Thank you for helping patients like Milanda live healthy, hopeful lives.

Mental Health & Addiction

Allina Health's partnership with Washburn gives hope for kids in crisis

At Allina Health, we believe every child deserves timely, compassionate care especially in moments of crisis. That's why we partnered with Washburn Center for Children to launch the WARM (Washburn Acute Response Model) program, a groundbreaking approach to post-emergency mental health care for children and families. Introduced in 2018 at Abbott Northwestern Hospital, WARM places hospital-based therapists at the bedside to support families immediately after a mental health crisis. This "warm handoff" ensures children aren't simply discharged, they're connected to ongoing, developmentally appropriate care tailored to their social, economic, and geographic needs. Since 2020, more than 1,700 children have been referred through WARM at Allina Health hospitals. Of those, 650 received continued therapeutic support through Washburn, helping prevent future crises and ensuring no child falls through the cracks. Children who receive follow-up care experience fewer hospital re-admissions and spend less time in inpatient units.

Thanks to your support, this model has since expanded to Children's Minnesota and M Health Fairview, creating a regional safety net for families and the need continues. You help reduce barriers to care, strengthen partnerships, and improve outcomes for children across our community. Thank you for making healing possible.



Finding hope this holiday season through mental health care

The holiday season is often filled with joy, but for many, it can also bring stress, loneliness, and anxiety. Dylan knows this all too well. Like many young people, he struggled with mental health challenges some fueled by social media and the pressure to stay connected. "I admittedly spent too much time on social media," Dylan shared. "I ended up losing a lot of friends over stuff that I had done." When things felt overwhelming, Dylan turned to a trained mental health professional at Allina Health. That connection changed everything. "It's always good to go with someone who is taught and trained to be able to handle the deep stuff," Dylan said. "And that's where a therapist comes in." Today, Dylan is thriving. With ongoing therapy and support, he has learned healthy coping strategies and rebuilt his confidence. He's even sharing his story to encourage others to seek help when they need it. His psychologist, Dr. Tonya Freeman says "Dylan's progress shows the power of persistence and support. Therapy isn't just about crisis it's about building resilience and helping people rediscover their strengths." Your generosity makes stories like Dylan's possible. Donor support of mental health care helps expand access and provide resources for those who need help during life's toughest moments.

If you or someone you know needs help, call Allina Health Mental Health & Addiction Services at 1-866-603-0016 to connect with a trained professional.



Building Healing Environments



Donors get exclusive look at the future of Abbott Northwestern Hospital

On Sept. 25, the Abbott Northwestern Hospital Campus Revitalization Campaign Committee hosted an exclusive, behind-the-scenes tour of the Richard M. Schulze Surgical and Critical Care Center. This 10-story 620,000-square-foot building is the largest facilities project in Allina Health history and will transform patient care when it opens in August 2026.

Guests enjoyed a welcome reception before donning protective gear for a guided tour of the active construction site. Highlights included the special intraoperative MRI suite, 30 state-of-the-art operating rooms, 190 modernized patient rooms, a two-story entry and lobby, and a stunning 27,000-square-foot rooftop garden. Donors also heard insights from hospital leaders, the construction team, and medical experts about how this innovative space will advance care for generations to come. “It was incredible to share the progress and vision of this project with our friends,” said Dr. Linda Ketover, Campaign Committee Chair. “The Schulze Center is the hospital of the future, and giving our supporters a first-hand look was a one-of-a-kind opportunity. We’re thrilled by their excitement and honored to support this important initiative.”



“The future belongs to those who dare to dream with unwavering hope.”

Our nurses’ legacy of care and connection

More than 80 retired nurses gathered at the MacMillan Community and Education Center back in September for a reunion hosted by the Allina Health Foundation. The event was filled with reconnection and pride in a profession that shaped their lives and continues to shape the future of care. Honorees included Patricia Goetz from the Northwestern class of 1960 and the class of 1965 celebrating their 60th reunion. The program concluded with tours of the Vanderboom Simulation Center and Abbott Northwestern Hospital, where nurses explored the new Richard M. Schulze Surgical & Critical Care Center. The morning celebrated the enduring impact of nursing and the future of care being built on the Abbott Northwestern Hospital campus. Thank you to our nurses whose exceptional care and commitment to excellence have shaped the high standards of quality at Allina Health. Your legacy continues to inspire and is supported by generous donors who believe in the power of nursing to deliver hope and compassion when it matters most.

Caring for Community

J.A. Wedum Foundation's gift of comfort for hospice care

In 2008, the J.A. Wedum Foundation turned gratitude into action. After experiencing the compassion and dignity of Allina Health Hospice during John Wedum's final days, his wife of 37 years, Mary Beth Wedum and their family recognized a critical need for residential hospice care in the Twin Cities. They responded with a bold commitment of a \$2 million matching grant to help launch the J.A. Wedum Residential Hospice. "We have certainly been blessed. Passing on those blessings to others was an important part of the decisions we made together," said Mary Beth. Their gift created more than a building; it built a legacy of comfort and hope. For the past 13 years, the J.A. Wedum Foundation has continued to strengthen hospice care, funding projects like the serene Healing Garden this year which has become a space that offers peace to patients, families, and caregivers. Their generosity continues to touch thousands of lives and inspires others to give generously as they have. The J.A. Wedum Foundation invites you to join them in sustaining this meaningful work, ensuring every family can experience dignity and compassion in life's most tender moments.

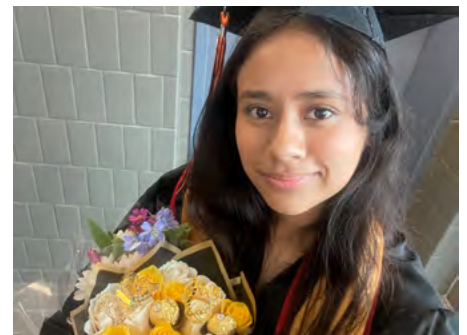
EMPOWER Scholarships awarded to future health leaders

We are proud to announce the recipients of the Allina Health Courage Kenny Rehabilitation Institute's 2025 EMPOWER Scholarship: Encourage Minority Participation in Occupations with Emphasis on Rehabilitation. This scholarship, made possible through the generous support of the **David M. Hersey Endowment Fund** of the Allina Health Foundation, helps ethnically diverse students pursue careers in medical and rehabilitation fields.

Applicants are selected based on their commitment to using education and training to advance rehabilitation care, as well as their achievements, financial need, and academic standing. This year's recipients are:

- **Emily Nguyen** St. Catherine University – School of Nursing
- **Neharika Nagarij** University of Minnesota – Medical School
- **Lupita Mariela Sanchez Beltran** University of Minnesota Rochester – Physician Assistant
- **Sharonne Dolechek** Mankato State University – Nurse Practitioner

These outstanding individuals represent the future of patient-focused health care. Congratulations!



"I am a graduate of South High School and am excited to begin my journey to become a physician assistant. I am passionate about making a meaningful impact."

Lupita Sanchez Beltran

Excellence & Innovation

Allina Health first in Minnesota to use MISHA knee implant

At Allina Health, innovation is delivering advanced care that transforms lives. This fall, Allina Health Orthopedics became the first in Minnesota to offer a groundbreaking solution for people living with knee pain caused by osteoarthritis: the MISHA™ Knee System. This implantable shock absorber is designed for patients who aren't finding relief from non-surgical treatments but aren't ready for a full knee replacement. By reducing pressure on the knee joint, MISHA helps ease pain and improve mobility, allowing patients to stay active and enjoy life longer.

This achievement reflects Allina Health's commitment to excellence in innovation and compassionate care. By investing in advanced technology, you help ensure that patients across Minnesota have access to leading-edge treatments that improve quality of life. Together, we're shaping the future of orthopedic care one step at a time.



Allina Health Orthopedics earns national recognition

We're proud to share that Allina Health Orthopedics has been named one of "100 Hospitals and Health Systems with Great Orthopedic Programs" by Becker's Healthcare for 2025.

Our team of 130+ specialists is committed to delivering comprehensive, personalized care from joint replacements and shoulder surgeries to advanced sports injury treatments and beyond.



Abbott Northwestern Hospital honored for consumer loyalty

We're proud to share that Abbott Northwestern Hospital has been named a "Top Hospital" in the 2025 NRC Health Excellence in Consumer Loyalty Awards. This national recognition celebrates healthcare organizations that rank among the top 100 for consumer loyalty measured by Net Promoter Score (NPS), Brand Perception, and NRC Health's Human Understanding Metric. Thank you to our patients, donors and community for trusting us with your care. Your confidence inspires us to deliver exceptional experiences every day.



Allina Health physicians named Top Doctors



More than 120 Allina Health physicians have been recognized as 2025 Top Doctors by Minnesota Monthly magazine. This honor reflects their dedication to providing outstanding specialty and preventative care. Doctors across Minnesota were asked, "If you or a loved one needed medical care, which doctor would you recommend?" Those with the most peer nominations in each specialty earned a spot on the list. We're proud of our physicians and grateful to our donors. You help ensure our providers have the resources they need to deliver top-quality care. Together, we're advancing excellence in health care for every patient, every day.

A day of gratitude and inspiration at the Legacy Luncheon

Allina Health hosted its annual Legacy Luncheon; honoring donors whose planned gifts create lasting impact across our system. These generous contributions strengthen programs and services at Courage Kenny Rehabilitation Institute, United Hospital, Mercy Hospital, Abbott Northwestern Hospital, Hospice, Penny George Institute for Health and Healing, and our regional hospitals.

This year's luncheon featured an inspiring guest speaker, Alex Mitchell, whose story embodies resilience and hope. A lifelong athlete, Alex's world changed during his senior year of high school when a snowboarding accident left him with a spinal cord injury and just a 30 percent chance of walking again. Through determination, family support, and expert care at Allina Health and he has made remarkable progress. Today, he works in the Allina Health, Courage Kenny Fitness Center, the very place where he once rehabilitated. His journey reminds us of the life-changing impact your legacy can have.

Planned gifts transform lives for generations and make 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.



Share hope and warm wishes with Courage Cards

Celebrate the season and make a lasting impact with Courage Cards, a long tradition from the Allina Health Foundation. This year's collection features one-of-a-kind holiday designs, many created by talented artists living with disabilities. When you purchase Courage Cards, you're doing more than sending holiday cheer. You're helping fund programs that empower individuals with disabilities to live, work, and thrive. You can find Courage Cards online at CourageCards.org or in-store at Lunds & Byerly's, Bachman's, and Rose Floral in Stillwater.



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

Reimagine 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 promise 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.

AllinaHealth
FOUNDATION

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, you can send your contribution to:

Allina Health Foundation
2925 Chicago Ave S
Mail Route 10721
Minneapolis, MN 55407