




Allina Health
MAGAZINE
SPRING 2026

EXPERT CANCER CARE *in the neighborhood*

TJ didn't have to go far to find skilled cancer specialists to help him through treatment.

Built for WHAT'S NEXT

How is Allina Health meeting the moment in healthcare?

Spring is a season of promise, and that sense of possibility is alive across Allina Health at a really important time for healthcare in our community.

We leaned into it in March, when we announced our intent to join Sutter Health and build a strong nonprofit healthcare system for the future.

We experienced it in April at our annual Leader Collaborative, made possible in part by Allina Health Foundation, where attendees learned about how innovative medicine will be delivered in care settings of tomorrow.

Most recently, we felt it in May during All Together Better Month, when we celebrated with our team members, including some who've received Allina Health's highest employee honor. You'll meet them on page 7.

Also in this edition:

- A Minneapolis man whose cancer treatment at Allina Health Cancer Institute ended with gratitude and a “magic cancer tattoo” to ward off ill health.
- A machine that boosts safety by coming directly to patients during surgery at Allina Health Brain and Spine Institute.
- A group whose members have moved on from their individual roles but not their commitment to Allina Health's collective mission.

Please share what inspires you the most.

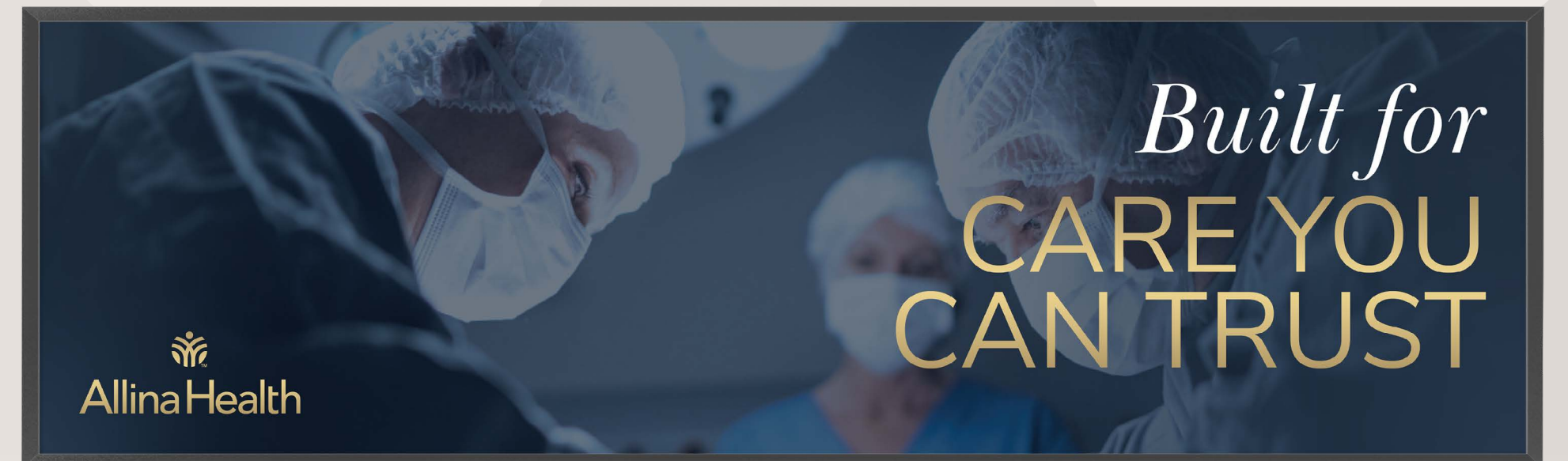
Kerri Gordon
Chief Marketing, Communications and Public Affairs Officer

THE GOLD (& BLUE) STANDARD

Allina Health is giving an already strong name a fresh look to highlight its clinical expertise.

Warm gold, representing excellence, and deep navy, conveying trust and stability, lead the new color palette. The design replaces the lighter blues and greens used in the most recent Allina Health logo.

The updated colors, new fonts and cleaner design choices reflect Allina Health's future — and show how it's built for what's next in expert patient care.



INKING A WIN AGAINST CANCER

When TJ Kudalis noticed something wasn't right while using the bathroom, he told his doctor about it. A colonoscopy led to a stage 3 rectal cancer diagnosis and a life-changing journey.

"It was a thunderbolt," TJ said about hearing the news.

But he knew where he could go for expert care.

"I could have gone anywhere in the country, but Allina Health Cancer Institute was just down the road from my house," he said.

At the institute, TJ came to know a team of doctors, nurses and others who worked with him on a personalized cancer treatment plan.

"I asked a million questions, and they were delighted to answer," TJ said.

"That is what we are here for," said radiation oncologist Amber Retzlaff, MD. "What we want the most is for you to get through this."

TJ stayed positive through radiation, chemotherapy and their side effects. He even made plans for a tattoo to celebrate the end of treatment.

Then, as TJ prepared for surgery, he got surprising news. Tests showed no sign of cancer.

"My tumor was gone," TJ said.

"And if there's no evidence of disease, that makes patients a candidate for surveillance or what we call a watch-and-wait approach," Dr. Retzlaff said, explaining how TJ may be able to forever avoid surgery.

Today, TJ is back to living his life. His new tattoo now stands as a bold reminder of the fight he didn't face alone — and the team that helped him win it.

“
It's hard to express
how grateful I am
for everyone
who supported me.

TJ Kudalis
Patient





TEAMWORK



MISSION-MINDED HELPERS

After retiring, some Allina Health care team members realize they aren't ready to leave behind the people and purpose. So, they come back — this time as volunteers.

"I worked at Allina Health for 35 years in labor and delivery," Mary Dettviler said. "I loved what I did, and I feel very satisfied and happy when I'm able to come here and volunteer."

Retiree volunteers greet guests, help patients find their way around and support care teams. The transition can be easy, especially if it's shortly after leaving a job at Allina Health.



CREATING A SHARED VISION

On May 21, Allina Health and Sutter Health approved a definitive agreement, marking an important next step in creating an integrated nonprofit health system.

“With our combined expertise, complementary strengths and aligned visions, we are well positioned to meet the evolving needs of our patients and communities,” said Lisa Shannon, president and CEO of Allina Health.

“We look forward to working together to shape a future where healthcare is connected and easier to navigate for every patient,” added Warner Thomas, president and CEO of Sutter Health.

Under the agreement, Sutter Health will invest more than \$2 billion across Minnesota and western Wisconsin to expand ambulatory care, add more specialty services and accelerate the adoption of new technology to meaningfully improve the experiences of patients and care team members. The investment will also help recruit doctors and other clinicians for research, clinical trials and other work that improves patient care.



Pictured (left to right): John Church, Allina Health Board Member; Thomas Schreier, Allina Health Board Member; Tim Welsh, Allina Health Board Chair; Sanjay Singh, MD, Allina Health EVP and Chief Clinical Executive; Lisa Shannon, Allina Health President and CEO; Warner Thomas, Sutter Health President and CEO; Conrad Vial, MD, Sutter Health EVP and Sutter Health Network President; Pat Blake, Sutter Health Board Chair; Ken McNeely, past Sutter Health Board Chair

ELEVATING SURGICAL SAFETY

An intraoperative MRI at Allina Health Abbott Northwestern Hospital in Minneapolis will soon make brain tumor removal safer and more precise.

“In the past, we typically wouldn’t get a post-operative MRI until the day after surgery,” said Kyle Uittenbogaard, MD, a neurosurgeon at Allina Health Brain and Spine Institute. “The intraoperative MRI allows us to take images in the operating room while we’re performing brain surgery.”

The 11.5-ton machine — delivered by a crane through a fourth-floor window — is being installed in a specialized operating suite at the new Richard M. Schulze Surgical and Critical Care Center at Abbott Northwestern Hospital. It will move between two operating rooms on an overhead track.

Once in place, the MRI will scan the patient’s brain and provide the surgical team with real-time information on the tumor resection. If any tumor tissue remains, it can be removed while the patient is still under anesthesia, potentially eliminating the need for a second surgery.



BIG SPLASH, INSPIRING RESULTS

Courage Kenny Rehabilitation Institute Aquatics and Fitness meets people where they are in their lives and helps them reach their personal goals — and it’s working.

A 2025 year-end survey found that an overwhelming majority of participants felt welcomed and supported and experienced improved quality of life.

“The community is strong, especially in our group classes,” said Annika Allen, community engagement coordinator for Allina Health Courage Kenny Rehabilitation Institute. “Some clients have been coming for years and say the social support is a big reason why.”

Expert care team members lead programs at locations in Golden Valley and Stillwater. Services take place in warm-water pools and fully equipped fitness centers.

Offerings include group pool classes, one-on-one aquatic services, group fitness classes and personal training. Some classes can be adapted to fit the needs of individual participants.

“We are committed to being an ally in each person’s wellness journey by fostering a supportive, inclusive environment,” Annika said. “That is the core of our mission.”

Financial barriers are also addressed through scholarship opportunities, helping ensure that more people can access the programs and experience the benefits of a welcoming, inclusive fitness community.



What you have done for me will never be lost. You have fed my hope.

Anonymous Client

384

CLASSES OFFERED



3,549

PARTICIPANTS



93%

PARTICIPANTS WHO WOULD RECOMMEND ACTIVITIES



89,449

PARTICIPANT CHECK-INS



95%

PARTICIPANTS WHO MADE PROGRESS

97%

PARTICIPANTS WHOSE QUALITY OF LIFE IMPROVED



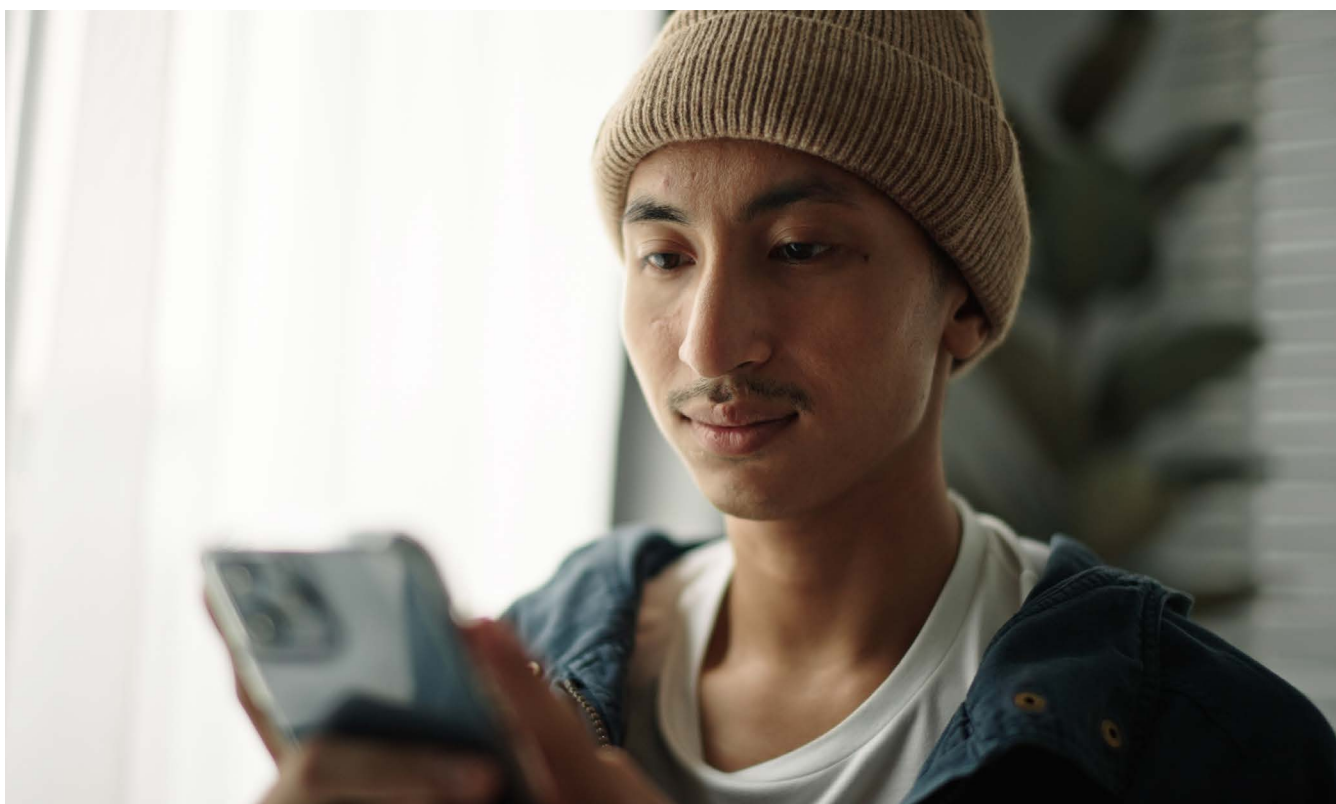
EXCEPTIONAL SERVICE

The Annual Award is the most prestigious recognition presented to Allina Health care team members.

Earlier this year, six individuals and two groups were recognized for their compassion, integrity, excellence and teamwork in 2025.

Meet the honorees and find out what inspires their award-winning work.



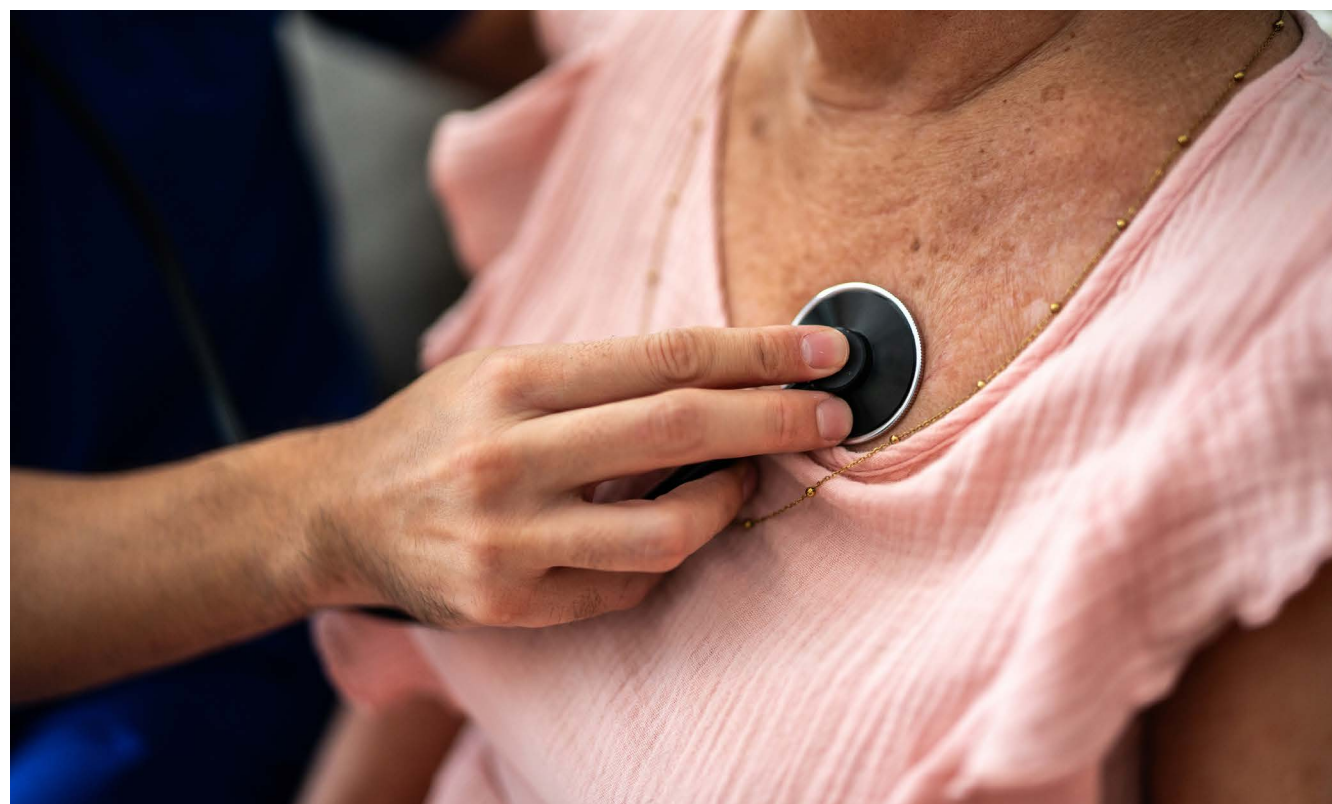


MORE CANCER SUPPORT GOES DIGITAL

Allina Health Cancer Institute has expanded its Cancer Connection app support to patients undergoing lung cancer treatment.

Previously available to patients in breast cancer treatment, the app now includes lung symptom tracking, lung function tracking, a learning library and a customizable to-do list for lung cancer patients.

“By expanding Cancer Connection to lung cancer, we’re providing more patients with practical tools that help them stay informed and connected to their care team,” said Badrinath Konety, MBBS, chief academic officer and president of Allina Health Cancer Institute.



WOMEN'S HEART HEALTH AWARENESS

Heart disease has been the leading cause of death for women in the U.S. for more than a century, and Allina Health doctors are working to change that in part through educational interviews.

“Although most women experience some chest discomfort, their symptoms can be a little different,” said Retu Saxena, MD, a cardiologist with Allina Health Minneapolis Heart Institute.

Dr. Saxena says women often have additional symptoms, including shortness of breath, fatigue, back pain and indigestion.



UNDERSTANDING LOCAL MS RISKS

The farther you live from the equator, the greater the risk of multiple sclerosis (MS), a neurological condition in which the body attacks itself — specifically the brain and spinal cord.

“Theories behind it are that low vitamin D levels and decreased levels of sunlight may play a role,” said Alejandra Duque, MD, a neuroimmunologist with Allina Health Brain and Spine Institute.

Dr. Duque says that although there is still no cure for MS, effective medications are now available to help manage the disease, including oral, self-injectable and IV infusion options.

