



LEADING A NEW ERA IN MENTAL HEALTH CARE

Go inside the new Center for Mental Health & Addiction on page 4.

All together better.

2024 THIRD QUARTER

NOTABLE NODS

There’s much to celebrate about a busy summer across our system, including applause coming from outside our buildings:

- **U.S. News and World Report** recognized Abbott Northwestern, Mercy and United in their latest Best Hospitals rankings. Abbott Northwestern was No. 1 among Twin Cities hospitals for the 12th year in a row.
- **Becker’s Hospital Review** included Buffalo Hospital, Cambridge Medical Center, New Ulm Medical Center and River Falls Area Hospital on its list of 100 Great Community Hospitals.
- **Mpls. St. Paul Magazine** spotlighted more than 80 Allina Health providers as 2024 Top Doctors.

In this magazine, see some reasons why others are so impressed by our Care Teams:

- Go inside the new center that puts our mental health and addiction services under one roof.
- Meet a patient who credits quick thinking and expert care for his recovery from a stroke.
- Tag along for a team volunteering event that creates hundreds of meals in a couple of hours.

It’s been my great pleasure to share these stories with you highlighting the impact of the Allina Health mission. Serving in this role has truly been a joy.



A stylized, handwritten signature in white ink.

Christine Moore
Chief Administrative Officer

PRINTING THAT’S PERSONAL

“Our goal is to help a person with a disability live a more independent life.”

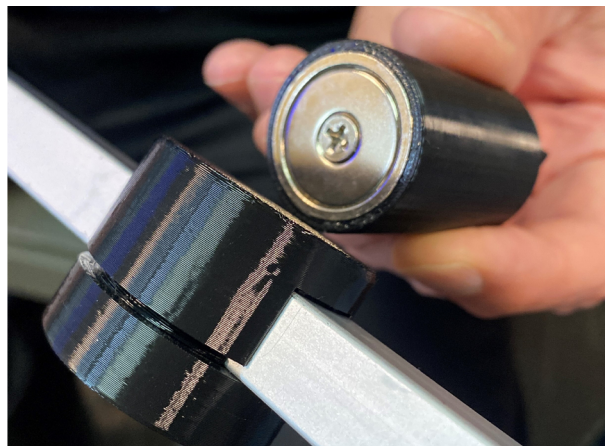
Matt White
Supervisor, Assistive Technology

Brandon St. Germaine says the world isn’t built for people like him.

“People with disabilities inherently have to be creative and make things work on their own,” he said.

Now, there’s extra support through Courage Kenny Rehabilitation Institute’s 3D Printer Program. If there’s a problem, Matt White and his team can create a device to solve it.

For Brandon, that includes wheelchair-mounted reaching sticks and a tool for putting on socks.



SURVIVING A STROKE

THANKS TO QUICK ACTION

“ There were a lot of heroes that day.
The biggest hero was my wife.”

Mike Gudim
Patient

Martii Gudim knows that every second counts during a stroke. So, when her husband showed signs of one, she acted fast.

“Something’s not right,” Martii thought as she dialed 911.

The Allina Health Emergency Medical Services crew arrived quickly and got Mike to United Hospital, one of only a handful of facilities in Minnesota designated as a Comprehensive Stroke Center.

“What makes Allina Health awesome when it comes to stroke care is it’s truly a team-based approach,” said Ganesh Asaithambi, MD, medical director of Allina Health’s Stroke Program.

Thanks to Martii’s fast action, the United Hospital Care Team was able to stop the effects of Mike’s stroke. He went home 48 hours later, speaking clearly and offering thanks.

“The expertise that they have brought Mike to the place he is today,” Martii said. “I called, and they did the rest.”



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ENDING STIGMA IN A NEW ERA OF CARE

“ It feels healing and calm as soon as you walk in the door.”

Cyndi Leshner
Mental Health Advocate, Philanthropist

Guided by Allina Health leadership and fueled by generous philanthropic support, a new era of care is underway at the Center for Mental Health & Addiction at Mercy Hospital – Unity Campus in Fridley.

“It’s been a place that we dreamed about,” said Mary Beth Lardizabal, DO, vice president of Allina Health Mental Health & Addiction. “All our services are in one place, on one campus.”

Dr. Lardizabal says the new facility will help up to 300 people a day with mental health and addiction care needs, including seniors, adults, teens and children in Minnesota and western Wisconsin.

The center also includes space for community partners, such as Canvas Health Services, the Southern Anoka Community Assistance Food Shelf and Minnesota Recovery Connection.



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AT YOUR SERVICE FOR WELL-BEING QUESTIONS

“ I hope we can provide a sense of relief
for employees and their families.”

Kelly Coleman
Care Guide

I t's perhaps the most useful of perks: personal assistants to save time and energy when connecting to well-being benefits. Better yet, they are available to every Care Team Member.

Allina Health Human Resources leaders have created a team of on-call navigators who are ready for any question.

“Call us — and if we don't have the answer right away, we'll find it,” said Megan Bowker, a care guide and navigator.

Navigators connect callers to mental health counseling, money management support, personal goal setting and much more.

They're available weekdays from 8 a.m. to 4:30 p.m. at 612-262-WELL. During other times, callers can leave a message for a follow-up or transfer to immediate support with Optum and its emotional well-being services.

“We want our coworkers to be at their best, so they can be the best for their patients,” said Josephine Hagert Moos, a social worker and navigator.



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NEIGHBORLY TEAMWORK

“Volunteers make it possible for us to provide meals at no cost to clients.”

Emily Essert

Corporate Partnerships, Open Arms of Minnesota

Allina Health is filled with team spirit.

“We’re better together,” said Aimee Pappenfus, director of System Community Engagement and Impact. “So, our focus is connecting groups of our employees with local nonprofits that serve our patients.”

The Allina Health Pharmacy Care Team has done that for nearly a decade at Open Arms of Minnesota, a Minneapolis-based nonprofit that creates medically tailored meals for critically ill people.

“Giving back locally is more important than ever,” said Ann Byre, vice president of Allina Health Pharmacy and Lab Services. “And if we can also build community within our own teams, it’s a win-win.”

Even better, when Care Team Members volunteer as a group, Allina Health makes a charitable contribution to the organization that’s being supported.



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EXPERT CARE YOU CAN TRUST

“ My Allina Health Cancer Institute team
really made me feel cared for.”

Chris Rodriguez
Patient

This summer, Allina Health’s Brand and Marketing team created a fresh way to celebrate what differentiates our health system from others — specifically, the expert care you can trust.

“Our main message is that Allina Health is around the corner with the expert specialty care you need to find the healthiest way forward,” said Blake Long, vice president of Brand, Marketing and Communications.

The campaign features storylines about Care Team Members who provide service and the patients who benefit from it. Billboards and digital ads spotlight Allina Health experts in spine, heart, orthopedic and cancer care. TV ads feature patients who are thriving after orthopedic surgery and cancer treatment.

In one ad, Allina Health patient and breast cancer survivor Meredith Leary Johnson said, “They acted so fast, and they never let me feel alone.”



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BRIGHT SPOTS



CELEBRATING OUR DIVERSITY

In June, Pride Employee Resource Group members raised the Progress Pride Flag — a symbol that all are welcome, supported and cared for upon entering local facilities.

Allina Health Care Team Members celebrated Pride Month across the health system and at Pride in the Park in Minneapolis.



NEW VISION FOR WOMEN'S HEALTH

In July, Allina Health welcomed Indy Lane, MD, to a leadership position for the Women's Health service line.

Dr. Lane now oversees the full spectrum of well-woman care, including The Mother Baby Center, a partnership between Allina Health and Children's Minnesota.

Dr. Lane's early goals include reducing racial disparities in maternal and infant mortality and meeting community leaders.



RESEARCHING MOVIE HEART ATTACKS

In August, Allina Health Minneapolis Heart Institute researchers said the film industry's common portrayal of a heart attack is detrimental to the health of women and minority groups.

Their new study says moviemakers are contributing to misconceptions surrounding heart attacks by depicting them mostly as older white men clutching their chests.

Researchers say symptoms in other groups, underrepresented on-screen, can be more subtle.