



2024  
**Annual Report  
to the Community**

 Regions Hospital Foundation

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**On the cover**

*From left: Heidi Altamirano, director of trauma, burn and telemedicine services at Regions Hospital; Dr. Bret Haake, chief medical officer at Regions; and Dr. Uroghupatei Iyegha, acute care surgeon and medical director of trauma services at Regions.*

*Read the story on page 4.*



# Because of you, Regions is here for everyone

As we reflect on the past year, we are filled with immense gratitude for the unwavering support and dedication of our community. It is because of you that Regions Hospital continues to be a beacon of hope and healing for everyone who walks through our doors.

Your contributions have empowered us to provide exceptional care, advance medical research, and support innovative programs that improve the health and well-being of our patients and their families.

In 2024, we witnessed remarkable achievements and milestones. From expanding our services to reach more individuals in need, to investing in cutting-edge technology that enhances patient care, every success story is a testament to your commitment and belief in our mission.

We are particularly proud of the strides we have made in ensuring that our services are accessible to all, regardless of our patients' background or circumstances. This inclusivity is at the heart of our mission, and your support makes it possible to do more, reach farther, and create an even greater impact for those who need us most.

We are excited about the future and the opportunities it holds. With your continued partnership, we are confident we can overcome any challenges and continue providing the highest standard of care to our community.

Thank you for being an integral part of the Regions Hospital Foundation family. Together, we're making a difference.

With heartfelt gratitude,



**Carleen Rhodes**

Chair, Board of Directors  
Regions Hospital Foundation



**Tony Grundhauser**

Vice President  
Regions Hospital Foundation



**Emily Blomberg**

President  
Regions Hospital, Regions Hospital Foundation



From left: Heidi Altamirano, director of trauma, burn and telemedicine services at Regions Hospital; Dr. Bret Haake, chief medical officer at Regions; and Dr. Uroghupatei Iyegha, acute care surgeon and medical director of trauma services at Regions.

## Trauma care's influence on specialty care services

When people in our community fall and break a bone, are in a car accident or experience other injuries, they turn to Regions Hospital for the finest care.

"The police know, the fire departments know, EMTs know that we are the dependable hospital on the east side that can care for the sickest of the sick," said Dr. Bret Haake, chief medical officer at Regions.

### State-of-the-art trauma care

Regions is the only Level I Trauma Center serving the Twin Cities East Metro and western Wisconsin, validated by the American College of Surgeons as offering the best state-of-the-art trauma care all day, every day.

"Many hospitals give some level of trauma care, but because they don't have all the specialists and the broad breath of dedicated staff. They aren't set up for 24/7 care as well as Regions Hospital," said Dr. Haake. "Level I trauma centers have been validated that they can treat every kind of trauma in most any volume anytime of the day or night."

What's more, Regions is a Level I Trauma Center for adult and pediatric patients. "That's rare," Dr. Haake said. "Most hospitals don't have both adult and pediatric

trauma center verification. We were the first Level I Pediatric Trauma Center in Minnesota."

By including robust critical care features such as its pediatric trauma designation, a burn center verified by the American Burn Association; and the leading emergency department in its service area, our trauma services have what Dr. Haake calls "the full package."

"It really speaks to the commitment of the team at Regions seeing themselves as a pillar in the community. It's like we need to do it, because that's who we are."

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Level I trauma centers have been validated that they can treat every kind of trauma in most any volume anytime of the day or night.

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## Unmatched specialty care

To be a Level I Trauma Center you need the finest specialty care. This care also becomes available to patients whose concerns are unrelated to trauma injuries. That's why Regions has also become known as a specialty care leader. "If the person has a heart problem, it's expected that there's a heart specialist. If there's a neurologic problem, it's expected there's a neurologic specialist," Dr. Haake said, "The nature of a 24/7 trauma hospital is that they don't tolerate less than optimal care in each disease or organ state."

"Regions has built its trauma program to benefit patients at every step of their recovery," said Heidi Altamirano, director of trauma, burn and telemedicine services. "As a Level I Trauma Center we must have all the specialists available to take care of any injury. We can care for whole families that are injured, like in a vehicle crash. They don't have to be separated between hospitals."

Our multidisciplinary team cares for trauma patients from the time they walk in the door until they leave the hospital to their next level of care. That includes physicians, nurses, physical therapists, occupational therapists and social workers.

Regions is one of the few trauma centers to have a dedicated psychotherapist that works with burn and trauma patients, and the hospital is hiring a second such position. "As a trauma center, you have to have some way to assess whether patients have mental health needs associated with their trauma, since there's a high incidence of acute stress," Altamirano said. Psychotherapists continue to work with trauma patients on an outpatient basis once they leave the hospital.

Dr. Uroghupatei Iyegha, acute care surgeon and medical director of trauma services at Regions says trauma centers exist to respond to a patient's worst day at a moment's notice, no matter the time of day or day of week. "When it comes to what we need to do for trauma patients, especially the high-acuity situations, everybody brings their best to care for patients. And that's not just the trauma teams but all specialty care."

"I get a lot of satisfaction bringing my own skills and resources and collaborating with specialists to achieve good outcomes for these patients," he said. "That's what keeps me motivated. That's what keeps me fulfilled in my job."

## Improving critical and specialty care through philanthropy

Regions is a critical and specialty care leader. Because both general service areas work so closely together, many of the improvements we make enhance the status of both roles.

Here are a few such improvements that received major charitable support in 2024.

### Upgrading and expanding the Emergency Center arrival area

Trauma patients are usually seen first in the ER, as are 60 percent of all patients admitted to the hospital. The ER served 101,000 visitors in 2024, and the expansion will help us care for the increasing volume more quickly, safely and effectively.

### Expanding our Extracorporeal Membrane Oxygenation (ECMO) program

Combining our emergency and cardiology care expertise, Regions is the only East Metro hospital to offer care using ECMO machines, which temporarily replace some functions of a patient's heart or lungs – or both simultaneously – giving the body time to recover and care teams time to better diagnose and treat life-threatening problems.

### HealthPartners Institute Neuroscience Research Center

The mission of our neuroscience research team is to improve the treatment and prevention of a range of neurological conditions, from Alzheimer's disease to traumatic brain injury. Charitable contributions are particularly important for the initial, cutting-edge research of potential treatments that are necessary before seeking funding from drug companies or the National Institutes of Health.

# Family's heartfelt gift to Regions Hospital honors Dr. Bob Dahms' legacy

The family of the late Dr. Bob Dahms has made a touching and generous donation to the foundation, continuing their tradition of supporting health care education.



*The family in 2014, from left: Derek Schwartz, Dr. Rachel Dahms, Dr. Bob Dahms, Carol Lundstrom, Rich Ross and Monica Dahms Ross.*

The family's generous gift, inspired by Dr. Dahms' dedication to medical education and patient care, will fund several exciting initiatives at the hospital.

Dr. Dahms, who passed away in 2014, was a beloved emergency medicine physician and educator at Ramsey Medical Center, now Regions Hospital. His family, including his long-time partner Carol Lundstrom and daughters Dr. Rachel Dahms and Monica Ross, wanted to honor his memory. They aimed for something that could combine his passions for education and emergency medicine, and his support of the population Regions serves.

"We looked for the intersection of what Bob would have wanted to support and the areas of need at the hospital," Rachel said.

After exploring several areas of need, they decided to support the HealthPartners Institute Clinical Simulation Center at Regions. Their generosity will help the hospital advance its simulation technology, incorporating virtual reality (VR) and mixed reality (MR) into training programs for medical students, residents, youth education partnerships, and other health professionals. These technologies will provide hands-on, immersive learning experiences, enhancing the skills and confidence of future health care professionals.

## Monica shared a personal story about Dr. Dahms' hands-on approach to teaching:

"He set up a suit in our living room, the kind you blow up like a blood pressure cuff, but for your whole body. He said, 'Get in, I want to see how this works and how it feels.' He was always passionate about sharing knowledge in a hands-on way. He wanted to teach others so when they had contact with a patient they had confidence in the procedure and the approach they were taking and that it was done safely for the patient and the staff."

"He really liked to help form future generations, and that was why he loved working with learners," Rachel added. "The simulation center is something he would have fully supported."

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*The family enjoying a cruise in 2025, from left: Carol Lundstrom, Rich Ross, Monica Dahms Ross, Derek Schwartz and Dr. Rachel Dahms.*

## Inspiring youth in health care

The gift will also support the educational partnerships aimed at inspiring young people to pursue careers in health care. When the family toured the simulation center, they saw great potential for this kind of experiential learning at the high school level. Monica's daughter Katie, who participates in the high school-based program Opportunities in Emergency Care (OEC), is already studying for her EMT certification and is eager to follow in her family's footsteps. "She loves the hands-on aspect of patient care and her ultimate aspiration is to go into nursing," Monica said. "And I thought, wouldn't it be spectacular to get the OEC kids to see this? [Simulation] is a great way to get more youth interested in health care, which is important to all of us."



*Katie Ross (middle) and her team competing at the Minnesota State Youth EMS Competition.*

## Making a difference

According to Carol, "We hope our gift will make a transformational impact on the future of health care in our community." The family believes that Dr. Dahms would have been deeply moved by the potential lives changed and saved through their generosity.

We are grateful for the family's ongoing support and the significant advancements that will be made possible through their donation. The gift will not only honor Dr. Dahms' legacy but also create a lasting impact on the hospital and the community it serves.



*HealthPartners Institute Clinical Simulation Center at Regions*



Simulation Education Specialist Jamie Vetvick works with Hmong interpreters Ying Moua and Jay Her at a training session.

## Chicken soup and interpretation: supporting patients' specific needs

The comforting and soothing aroma of chicken soup fills the air as a mother at Regions Hospital holds her newborn. In Hmong culture, a new mother observes a month of rest after childbirth, eating a special herbal chicken soup recipe that promotes health and wellbeing.

While working with the community and prioritizing health equity, the Regions Hospital Family Birth Center team recognized offering this culturally significant food to Hmong patients would enhance the patient experience. As a result, they began offering the traditional soup to Hmong patients. This is simply one example of Regions Hospital's commitment to the community and ongoing efforts to close health disparities by addressing the social drivers of health.

### Identifying community health needs

Every three years, Regions Hospital completes a Community Health Needs Assessment (CHNA) led by an interdisciplinary group of team members from across the hospital, including leadership from Regions Hospital Foundation.

The CHNA team works directly with HealthPartners Institute and the community that is served by Regions

to gather and interpret data and create a plan to prioritize and address needs within the community. The 2024 assessment prioritizes mental health, social drivers of health and access to care.

### Addressing food insecurity

The community health needs are complex and interconnected, and Regions can provide support in many ways. One example relates to food insecurity experienced throughout the community. Food insecurity increases health barriers and poor health outcomes. People need access to a sufficient amount of nutritious food to thrive and have a healthy lifestyle.

Through the CHNA, high food insecurity was identified within a zip code in Ramsey County. Regions worked with a local nonprofit, Merrick Community Services, to coordinate annual food drives for culturally specific food. The CHNA provides an opportunity to support the community in varied ways.

## Prioritizing interpreters

Another example of Regions' commitment to health equity and patient experience comes from our interpreters. Our interpreters work with patients in many languages, including Hmong, Somali and Spanish. Interpreters are empowered to support patients and see themselves as part of the care team.

In the past year, interpreters participated in continuing education sessions focused on speaking up for patient safety. Organized by senior interpreters, the first session addressed the role of the interpreter and how it has evolved. Interpreters no longer need to be "invisible," but can advocate, as appropriate, for patients. In the second session, interpreters learned specifically about patient safety and tools we have in place to support it.

The third session provided an opportunity for interpreters to practice new learning in an innovative way. Working with our clinical simulation team, the interpreters participated in an hour-long "Speaking up for Safety" training with three scenarios. Interpreters using the same language worked in pairs on ways to advocate for patients in their role.

Often, when a patient is not communicating in their preferred language, they will not speak up for themselves. An interpreter has the unique position to help avoid errors and protect patient dignity and safety. This simulation-based training program gave interpreters the knowledge and confidence to intervene when appropriate for a patient.

Regions Hospital Foundation is committed to supporting health equity and addressing health disparities at Regions and within the community. In addition to participating in committees such as the CHNA, the foundation – through the help of our generous donors – has helped fund programs that support health equity, such as the HealthPartners Institute Clinical Simulation Center at Regions and continuing education for interpreters. This valuable work would not be possible without the dedicated support and the generosity of the community.



## Become a partner for good

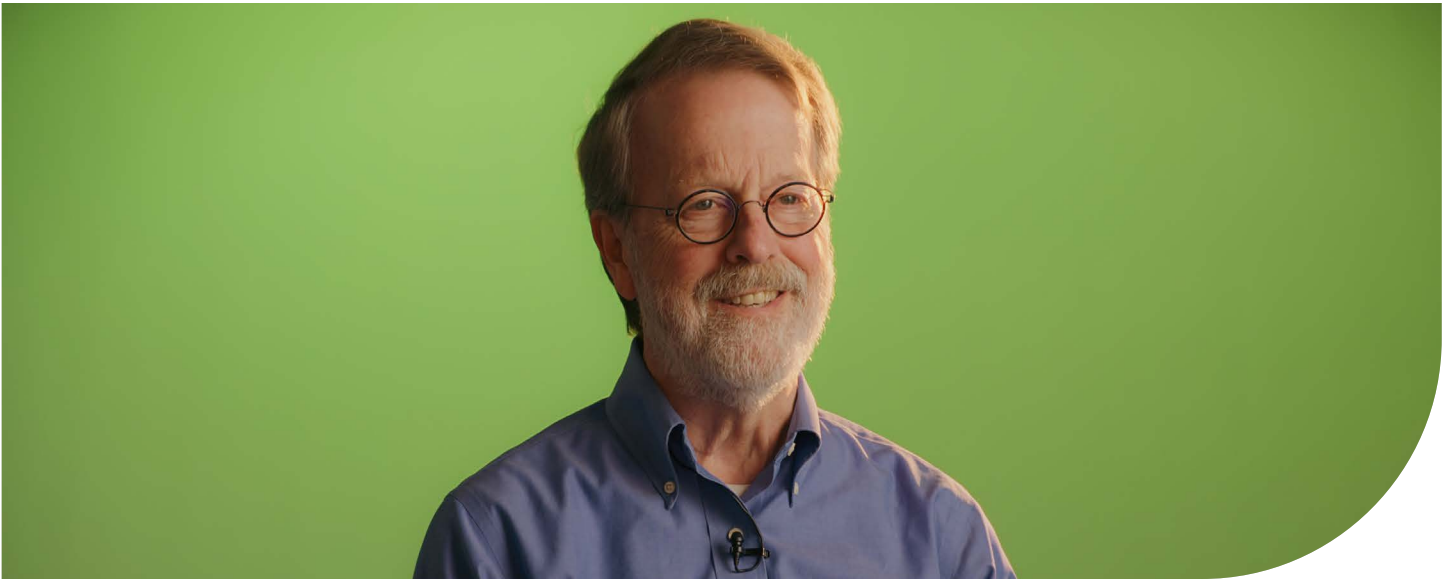
At Regions Hospital, being a partner for good means living our values every day and always putting our patients and community first.

We provide an inclusive environment that encourages new ways of thinking, celebrates differences, and recognizes hard work.

It's the type of work that makes a difference, the kind of work you can be proud of.

Please share with your friends and family that our amazing team has openings. We offer competitive pay and benefits for part-time and full-time positions. From doctors to nurses, operations, administration, customer service and more, we have plenty of opportunities to join our team.

To learn more, visit:  
[healthpartners.com/careers/regions](https://healthpartners.com/careers/regions)



Dr. Brian Engdahl

## Longtime care leads to lasting legacy

Dr. Brian Engdahl worked side by side with his wife, Raina, for 40 years, conducting research at the Veterans Administration Medical Center in Minneapolis.

When Raina fell ill, she began her care at Regions Hospital. "She received excellent care from 2010 until 2019 when she passed," Brian shared.

Through their work in the VA medical center and their own research, they became aware of fast-moving treatment options. "We became familiar with what it takes to do good research, including money," Brian said. "As a result, we became donors to the Regions Hospital Cancer Center."

Brian was impressed with what he learned and observed. "It is the best combination of clinical care and research programing wrapped into one, done at minimal cost relative to what it might cost elsewhere," he said.

After years of care experiences and getting to know the ins and outs of treatments and research, Brian chose to include Regions Hospital Foundation in his estate plan. "I have looked at many, many charitable organizations, and Regions is the best. I am very comfortable knowing that my estate supports this very worthy cause."

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# Regions Hospital Foundation Legacy Society

When you make a gift through your estate plan, you become a member of the Regions Hospital Foundation Legacy Society, building on our strong history of compassionate care and innovative research.

Legacy Society members plant seeds so future generations can continue to have access to the best care and make new discoveries for better treatment and cures. We are committed to keeping our Legacy Society members informed and as involved as they wish to be.

We offer a free estate planning guide, which can be downloaded at [rhflegacy.org](https://rhflegacy.org) or sent to you at your request. This guide will assist you in planning for your future giving to Regions and will help you gather the necessary information to secure the future for people and causes you care most about.

## Benefits of membership in the Legacy Society

- Recognition of your commitment on our Legacy Society donor wall and on our website
- Behind the scenes tours
- Research updates
- Invitations to special events
- Program updates

To learn more about our Legacy Society, or if you have included us in your estate plans, please visit [rhflegacy.org](https://rhflegacy.org) or contact Julie Schimelpfenig at [julie.c.schimelpfenig@healthpartners.com](mailto:julie.c.schimelpfenig@healthpartners.com).

## Legacy Society members

Tanya Adelman & Jason Elhardt  
Carl & Kathy Agerbeck  
Anonymous (2)  
John R. Atwood  
Ray & Carmel Ayotte  
In memory of James E. Bagley  
Terry R. Barclay, PhD  
& Michelle P. Barclay, MA  
Alexis Bighley  
Chris Boese & Jen Sell  
John & Diane Brawley  
Elizabeth A. Canis  
Jayne M. Clairmont  
Fred & Heidi Conrad  
Douglas & Barbara Diedrich  
Brian Engdahl  
The Faltesek Family  
Pat & Bernie Fiske

Megan L.C. Gangl  
Tony & Cathy Grundhauser  
Leah R. Hanson, PhD  
& Darin K. Hanson, MBA  
Maggie Harmon  
In memory of Lois B. Hausken  
Lowell & Anne Helgason  
Kenneth Holmen, MD & Linda Holmen  
Linda Hueffmeier  
John and Yvonne Huizinga and Family  
John & Ruth Huss  
The Jarvis Family Neuroscience  
Innovation & Discovery Endowment  
Ellen Johnson  
Emil & Angie Kucera  
Tim Lindquist  
Carol J. Lundstrom  
Don Maietta

In memory of Richard  
& Robert Marvel  
Brock & Martha Nelson  
J. Daniel Nelson & Carol Nelson  
Scott Nelson & Roxanne Hart  
Mark & Deborah Nygaard  
Rita E. Ormasa  
Tom & Chris Pulkrabek  
Megan & Roger Remark  
Carleen Rhodes  
Thomas J. Schmeichel  
& Melonie L. Edgett  
Mike Skillrud in memory of  
Theresa McDonough Skillrud  
Amy C. Stoltzman  
John Sullivan  
Keith & Kristine Tussing  
Deborah T. Woodburn



*From left: Naomi Anderson, Ella Phillips, Julie Schimelpfenig, René Rosengren, Kelsey Quinn, Dan Ryan, Lara Coppock, Tony Grundhauser, Denise Sykora, Amy Stoltzman, Hannah Davies, Joanne Pauley and Kelly Johannsen*

## Foundation staff

### **Tony Grundhauser**

Vice President

### **Julie Schimelpfenig**

Director of Philanthropy

### **Kelsey Quinn**

Director of Operations

### **Kelly Johannsen**

Operations Manager

### **Naomi Anderson**

Foundation Events Planner

### **Lara Coppock**

Major Gift Officer

### **Hannah Davies**

Annual Giving Officer

### **Joanne Pauley**

Donor Relations and  
Communications Specialist

### **Ella Phillips**

Senior Prospect Development Analyst

### **René Rosengren**

Fundraising Information Specialist

### **Dan Ryan**

Senior Development Officer –  
Corporate and Foundation Relations

### **Amy Stoltzman**

Executive Assistant

### **Denise Sykora**

Senior Development Officer –  
Major Gifts

# What our staff are saying

At the heart of Regions Hospital Foundation is a team of dedicated professionals whose passion and commitment drive our mission forward every day.

In this section, you'll hear directly from our staff — voices that reflect the values, purpose, and spirit of our organization. From inspiring stories of impact to reflections on personal growth and collaboration, their words offer a genuine glimpse into what it means to be part of a foundation focused on health, healing, and hope.

## Tony Grundhauser

"Walking into Regions every day is a privilege ... and fun! Our Guest Services staff are amazing!"

## Julie Schimelpfenig

"It is an absolute honor to represent Regions staff and patients with our benefactors."

## Kelsey Quinn

"Proud of how our team has navigated growth together!"

## Kelly Johannsen

"I enjoy partnering with program leaders to allocate your generous contributions so they will have the highest impact on our patients and staff."

## Naomi Anderson

"Since joining the foundation in 2024, I've experienced how we help support exceptional health care and transformative programs that positively impact our patients and communities."

## Lara Coppock

"I love learning, growing and making an impact."

## Hannah Davies

"I love connecting with patients who are grateful for the care they received and want to give back!"

## Joanne Pauley

"It is my honor to share the impact of your giving through online newsletters and the annual report."

## Ella Phillips

"I was honored to share the impact of effective donor cultivation work with industry colleagues at a national conference."

## René Rosengren

"I continue to experience that giving is good for the soul."

## Dan Ryan

"I enjoyed learning about new initiatives such as the ECMO program expansion."

## Amy Stoltzman

"I am grateful to work with our board members, donors and the foundation staff!"

## Denise Sykora

"I am grateful to honor our donors and their loved ones through philanthropy."

# 2024 board of directors

We want to thank everyone who volunteered as Regions Hospital Foundation board members in 2024. Below is a list of those people. Also included is a list of individuals who served on the Regions Hospital board of directors.

## Regions Hospital

**Lance Whitacre**

Chair

**Armando Camacho**

Vice Chair

**Sangeeta Jain**

Treasurer

**Emily Blomberg**

President

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**Penny Cermak**

**Luke Christenson**

**Acooa Ellis**

**Satasha Green-Stephen, JD, PhD**

**Becca Hagen**

**Dr. Jennifer Hines**

**Marcello Napol**

**Rafael Ortega**

**Carleen Rhodes**

**Steve Stanfield**

**Dr. Mark Sannes**

**Dr. Jerome Siy**

**Andrea Walsh**

## Regions Hospital Foundation

**Carleen Rhodes**

Chair

**Katie Kelley**

Vice Chair

**Linda Hanson, EdD**

Recent past Chair

**Teshite Wako**

Treasurer

**Catherine Draper**

Secretary

**Dr. Dan Nelson**

At Large Member

**Emily Blomberg**

President

**Tony Grundhauser**

Vice President

---

**Alexis Bighley**

**Carol Bolles**

**John Clark**

**William Frey II, PhD**

**Dr. Bret Haake**

**Duchess Harris, JD, PhD**

**Louis C. Henry, Jr.**

**Linda Hoeschler**

**Bal Jahagirdar, MBBS**

**Josh Rebholz**

**Sally Scoggin**

**John Sikora**

**Dan Stoltz**

**Steve Wellington**

**Pahoua Yang Hoffman**

# 2024 fundraising summary

Numbers reflect new gifts, pledges and deferred gifts and do not include payments on previous pledges

## Allocation of contributions

Neurosciences	\$4,021,079
Cancer care	\$3,902,153
ER trauma	\$3,724,209
Mental health	\$1,378,501
Patient care	\$478,154
Education	\$275,157
Research	\$11,458

Number  
of donors  
**1,137**

Number  
of gifts  
**1,515**

**TOTAL DONATIONS** **\$13,790,711**

Deferred gifts are not reflected in our financial statements

# 2024 financial summary (in thousands)

## Statement of activities

### Revenue

Contributions	\$10,082
Gift in-kind	\$25
Investment income (net of fees)*	\$3,533

**TOTAL REVENUE** **\$13,640**

### Expenses\*\*

Grant expenses	\$3,078
Gifts in-kind expenses	\$25
Contributed capital expenses	\$50

**TOTAL EXPENSES** **\$3,153**

## Statement of financial position

### Assets

Cash and cash equivalents	\$18,163
Accounts receivable pledges	\$1,636
Investments	\$29,245

**TOTAL ASSETS** **\$49,044**

### Liabilities & net assets

Accounts payable	\$489
Unrestricted net assets	\$11,080
Restricted net assets	\$37,475

**TOTAL LIABILITIES & NET ASSETS** **\$49,044**

\* Dividends, interest, realized and unrealized gains and losses.

\*\* Regions Hospital Foundation staff are employees of Regions Hospital, thus fundraising activity is performed by employees of Regions Hospital. These expenses are recorded as fundraising expenses on the related entity's Form 990, Part II.

## Mission

To improve the health and well-being of our patients, families and community through partnerships and philanthropy.

## Vision

Health as it could be, affordability as it must be, through relationships built on trust.

## Thank you to our 2024 donors

We greatly appreciate our donors who made gifts, pledges, pledge payments and estate commitments in 2024.

Scan the code below to view a list of our generous financial supporters who gave \$1,000 or more in 2024.



## Share your story

We love to hear from patients. If you would like to share your experience or thank a caregiver, please scan the code below with your cell phone camera and follow the link for the form.



## Regions Hospital Foundation

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St. Paul, MN 55101-2595

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## About Regions Hospital

Established in 1872, Regions is a private, not-for-profit organization that provides outstanding care in neuroscience, heart surgery, cardiology, oncology, emergency care, burn care, orthopedic care, mental health, birthing labor and delivery, and more. The hospital provides services in St. Paul and its surrounding communities and cares for patients throughout Minnesota, western Wisconsin and the Midwest.

## About our foundation

Regions Hospital Foundation builds relationships with generous individuals and organizations who share our passion to improve health and well-being. Whether you want to contribute to the foundation's mission or are a Regions Hospital staff member whose program needs charitable assistance, we want to talk to you. Just contact us at **651-254-3864** or **rhf@healthpartners.com**.

Visit **regionshospital.com/give** for ways to donate.