

A Bequest – An Especially Meaningful Gift

You know the old movie scene. It's the reading of the will in the lawyer's office. The heirs are gathered in a semi-circle around the desk waiting to hear what their rich, great-uncle left them. The lawyer begins, "I do hereby give and bequeath..." and the heirs hold their collective breath.

Generally, things are not quite so dramatic, but by far the most popular planned gift is a bequest – the naming of a charity to which a portion of an estate is given in a will.

Research suggests that almost 70 percent of Americans do not have a will. For those people, upon death, the distribution of their life's assets is up to the state, something most don't find

appealing. Effective estate planning takes time, effort and a good attorney, but it is worth the investment. So, a word to the wise: complete a will, whether or not you intend to leave a charitable bequest.

For many people, charitable giving has been an important part of life. A charitable bequest is something that is a natural extension of those interests as part of a will. Bequests can be decisions of great meaning and sensitivity – they are often an expression of personal values built over a lifetime. Think about it as one of the last things you say about what you value.

A bequest can be made of cash, real estate, securities or other property.

You can also specify a certain dollar amount or a percentage of your estate. The bequest is entirely under your control during life and only becomes binding at death.

If you are thinking about a planned gift and would like to make a charitable bequest to one of the many programs at North Memorial, check with your attorney or call the Foundation at (763) 520-4301. We would be happy to work with you to discuss your giving interests. And if you decide to include the North Memorial Foundation in your will, please let us know so that we have an opportunity to express our gratitude!

Financial Advantages of Bequests

Your bequest to North Memorial Foundation provides you with both immediate and long-term financial advantages.

1. You have control and full-use of the assets (property, stocks, money, etc.) during your lifetime.
2. Bequests are an easy way to let your family know ahead of time about your plans, and a way to manage the assets and distribution after your death.
3. Tax advantages for both you and your family.

If you would like to leave a bequest to the North Memorial Foundation, we suggest you discuss this language with your attorney:

"I, (your name) of (address, city, state, zip) give, devise and bequeath to North Memorial Foundation, 3300 Oakdale Avenue North, Robbinsdale, MN 55422, (written amount or percentage of the estate, or a description of the property) for its unrestricted use and purpose" (or you may say, "for use in the North Memorial Hospice program" or any other program or service you wish to support)."

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North Memorial

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Developments

For Friends of North Memorial

Volunteers Play Crucial Role at North Memorial

One of the greatest gifts given every year to North Memorial is the gift of time and energy from its dedicated volunteers. For example, in 2007, approximately 1,100 volunteers donated 90,072 hours of service to the hospital and its many programs.

The Independent Sector, a national organization that works with non-profit groups, places a dollar value on volunteer hours; for 2007 that value was \$19.51 per hour. That means the volunteers who donated time to North Memorial gave a gift worth \$1,757,305!

Volunteers serve people in need because they are committed to the idea that their work may not only help others, but inspire them, too. Almost every volunteer will tell you that they experience an overwhelming sense of satisfaction. Profiles of two such volunteers are presented on the next page.

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Developments

Developments is a newsletter for friends of North Memorial. It includes news about hospice, emergency and trauma services, cardiology and the Humphrey Cancer Center.

New Technology Instrumental in Basketball Player's Recovery

On February 29, Adam Thielen, a Monticello High School basketball player, collapsed shortly after he was called to the bench. His heart stopped and an AED (automatic external defibrillator) was administered on the court to reset his heart. He was transported to Monticello-Big Lake Hospital and ultimately airlifted to North Memorial, where a defibrillator was implanted in his chest. Adam was subsequently released on March 5 and essentially given a clean bill of health.

A key to his recovery was the use of a state-of-the-art device that lowers the body temperature of patients suffering from cardiac arrest, thus protecting them from the neurological damage that could otherwise occur. The technology is called CoolGard(c) and North Memorial has applied the technology in 38 cases to date, more than any other hospital in the Twin Cities.

The technology works by inducing a state of mild hypothermia using an "inside-out" approach. A heat exchange catheter, which is a long, thin, soft tube with small balloons surrounding it, is inserted through a vein at the top of the leg. The physician guides the catheter over a wire to its resting place below the heart. The catheter is then connected to the CoolGard system,

which sends ice-cold saline solution inside the balloons. The patient's blood is cooled as it passes by the balloons, leading to an overall cooling of the body.

"What we've learned in recent years is if we can cool patients down relatively quickly, take the patient's core body temperature down to about 90 degrees

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North Memorial

Jackie Melling – Cancer Center Volunteer

Jackie Melling, Humphrey Cancer Center volunteer, is an example of the dedicated and compassionate volunteers at North Memorial. She serves as co-facilitator of the breast cancer support group. Jackie also coordinates the volunteers in the Reach to Recovery program.

Jean Pupkes, RN, clinical nurse specialist for Breast and Women's Cancers, says, "As Jackie's co-facilitator for the support group, I see her skills every time we meet. She is one of those modest people who is passionate about helping others. She's calm, attentive and has an encouraging outlook."

As Jackie tells it, she tried a number of support groups after her cancer diagnosis, but found what she was looking for in North Memorial's support group. "Breast cancer support groups are absolutely essential services for women going through a breast cancer diagnosis," says Jackie. "Groups are powerful, supportive and provide hope and inspiration."

Jackie also matches Reach to Recovery volunteers with women who are just diagnosed with breast cancer or beginning treatment after surgery. All the Reach to Recovery



Volunteers make tray favors for patients in the hospital to help brighten their day.

volunteers have experienced cancer themselves so they can provide the insight that comes from being a survivor.

Jackie's satisfaction with her volunteer work stems from her passion for helping others. "The rewards of my volunteer work far outweigh anything I would have expected." Her advice to new volunteers? "Identify what your passion really is and then figure out if you can make a commitment to that organization that you will really keep. Then, act on it!"



Robert Schon

Robert Schon – Heart and Stroke Center Volunteer

Beth Heinly-Munk, director of cardiovascular services at North Memorial, calls Bob Schon the "founding father" of the volunteers serving that area. "He really is a mainstay of the group, and we all count on him."

Bob helped start the Heart Center Volunteer program at North Memorial in 1993. He comes into the Heart and Stroke Center every Thursday evening and rounds among the patients, offering encouragement from the perspective of someone who has "been there." The goal of this volunteer program is to ensure that all heart patients receive a visit from a former patient.

His dedication to a healthy lifestyle and his 15-year record of volunteering his time to heart patients, earned Bob the Everyday Hero Heart Survivor Award from the American Heart Association. Bob always exhibits a positive attitude and proudly wears a pin given to him by former Minnesota Gophers football coach, Cal Stoll, that states, "Attitude makes a difference."

Bob sees his work as providing reassurance to patients that there is life after heart disease. "Each day gets a little better," he tells them. In addition to his work with the Heart Center, Bob and his wife, Shirley, also volunteer each Tuesday morning in the Patient Care Center at North Memorial. For Bob and Shirley, volunteering is a way to give back. "We get every bit as much as we give. It's very rewarding," says Bob.

Luau on the Links

The 18th Annual North Memorial Hospice Golf Tournament

Escape to the tropics! Join in the Hawaiian festivities on Monday, July 14, as the North Memorial Foundation hosts the annual Hospice Golf Tournament. Held at the beautiful Golden Valley Golf and Country Club, the lush fairways, islands of flowers, and greenery will transport you to the tropics. There will be great golf, fabulous food and good friends, and you are never too far away from sand and water (traps).

The benefit tournament raises funds to continue the 28-year tradition of North Memorial Hospice in providing remarkable, compassionate, end-of-life care to patients. Over the past 18 years, this tournament has raised more than \$870,000 and assisted countless patients and families. Tournament donations have allowed many patients to enjoy care at our residential hospice, supported loss groups for young children, teens and families, and provided for the services of massage and music therapists.

You can help us reach the goal of raising \$100,000 this year by considering one or more of the following options:

- Play golf! Register yourself or a foursome.
- Become an event sponsor and receive special recognition.



- Donate a live or silent auction item – this is a wonderful way to participate even if you don't play golf!

Join the fun! Play for a great cause! Enjoy the hole-in-one contests, and the opportunity to win great prizes.

For more information about donating auction items or participating, please call Becky Woll at (763) 520-4301.

New Technology continued:

and keep them there for 24 to 48 hours and slowly re-warm them, we can markedly improve patients' outcomes and minimize or completely alleviate any sort of brain injury," says Dr. Marc Conterato, physician in the Emergency Department. "It sort of stops the clock on brain damage."

Equally important to the cool down is the carefully controlled re-warming of the body that is achieved through the same technology. CoolGard provides for the ability to precisely control the rate of warming, which protects the risk of a rebound temperature, which can occur if the body is warmed too quickly.

CoolGard was used in the treatment of Buffalo Bills football player Kevin Everett, who suffered a spinal cord injury during one of last season's games. The technology is credited with playing a central role in his improved prognosis.

North Memorial purchased the CoolGard technology in 2006. In addition to its use in protocols for treatment of cardiac arrest and spinal cord injuries, North Memorial has found the technology effective for warming those with hypothermia. It became the first hospital in the Midwest to use intravascular re-warming with the catheter. Other Level I trauma centers have since followed suit after seeing what's been done here.

But it's more than just technology at work. "We developed a special research-based, best practice protocol to make this effective," says Maribeth Woitas, director of Emergency Services. "It has taken a real collaborative effort between the physicians, nurses and staff in the ED to utilize this technology and protocol, and to create the success stories that we have had at North Memorial."

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