

# Developments

For Friends of North Memorial

## Gala to Benefit North Memorial Breast Center

North Memorial's annual gala will take place on Saturday, May 5 at the Hilton in downtown Minneapolis. It will benefit the new North Memorial Breast Center, which opens in the summer of 2007. Our vision is to develop a patient-centered breast center and program providing the very best service possible in breast cancer prevention, education, treatment and research in Minnesota. We are dedicated to the fight against breast disease by empowering women to become active participants in the management of their breast health. We inspire each other to give our patients and families compassionate, remarkable care.

**What:** North Memorial Gala (Cinco de Mayo theme)

**When:** Saturday, May 5

**Where:** Minneapolis Hilton

**Cost:** \$175 per person; sponsorships also available

For tickets or for more information, call (763) 520-5659 or email [foundation@northmemorial.com](mailto:foundation@northmemorial.com).

### editors note:

*Editor's Note:* Developments is a newsletter for friends of North Memorial. It includes news about hospice, emergency and trauma services, cardiology and the Humphrey Cancer Center. Developments was previously produced as Friends of Hospice.

## Your Contributions at Work Memory Garden Opens



On an especially beautiful August day, the Margaret and Paul Kolkman Hospice Memory Garden open house and dedication was held at North Memorial Residential Hospice. The garden, funded totally through donations, encompasses most of the east grounds and includes a screened gazebo. The event was highlighted by remarks from Kaye Foley, Vice President Patient Care Services at North Memorial, Caren Gaytko, RN, hospice manager and Jon Schneider, hospice chaplain. The Brightwood Strings trio from the Minnetonka Symphony Orchestra added both contemporary and classical music to the event.

Many thanks to all who contributed time, talent and energy to the completion of this project.

The following dedication for the Memory Garden was written by Chaplain Jon Schneider:

*We gather today to commemorate, honor and bless this place. May it continue to be a place of healing and hope. Bless those who do the work of comfort. Bless those who gave of themselves so that this garden may grow. Bless the path that leads us here and the one that leads us on. In the winter when the wind blows. In the spring when the tulips blossom. In the fall when the leaves turn gold and red, and yellow. And in the summer when the sun shines brightly. We remember those living and those who have passed. Their names are not only on the bricks that adorn this garden, but their love is emblazoned on our hearts and may God bless them and keep them. And may their light and memory shine forever.*

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North Memorial

# Support Groups Provide Comfort



It's no secret – having a supportive network of family and friends helps individuals and families weather difficult times. Dealing with chronic illness, emotional problems, life transitions or situational crises call for all the resources we can put together.

That is why support groups can be such an important element to our health and well-being. North Memorial offers a wide variety of groups to offer support and encouragement to both patients and families.

These groups address:

- Chronic illnesses and conditions – such as cancer diagnoses, cardiac care, and respiratory ailments
- Situational crises – such as loss, care giving, grief and trauma
- Family support – this includes groups that help family members cope with trauma or a loved one's illness or condition

These groups vary in focus, but all provide safe and supportive places where people can share personal

stories, express emotion and be listened to in an atmosphere of acceptance, understanding and encouragement. The groups are lead by health care professionals (chaplain, clinicians, educators and others) who have specific training in the area addressed by the group. Participants also learn about available resources specific to their disease.

If you'd like to learn more about any of the support programs offered through North Memorial, please consult the list below.

<b>Brain injury support program</b>	<b>(763) 520-5209</b>
<b>Breast health services</b>	<b>(763) 520-5211</b>
<b>Cancer education and support</b>	<b>(763) 520-3963</b>
<b>Cardiac support program</b>	<b>(763) 520-5092</b>
<b>Domestic violence support programs</b>	<b>(763) 520-2639</b>
<b>Grief and loss support (for all ages)</b>	<b>(763) 520-4834</b>
<b>Pulmonary rehabilitation program</b>	<b>(763) 520-5613</b>
<b>Spinal cord injury group</b>	<b>(763) 520-1449</b>
<b>Stroke education and support</b>	<b>(763) 520-5900</b>
<b>Trauma family support group</b>	<b>(763) 520-4136</b>

# What Matters Most

## Connecting with Spiritual Tradition

What would you say to a 36-year-old woman who has just been admitted to hospice with a recurrence of cancer and informs you, as chaplain, that she “has a hard time connecting with anything spiritual when mothers of young children are taken?”

Anger towards God or a spiritual being is a common response to the powerful emotions triggered by a serious or terminal diagnosis. Pastoral care visits are often helpful to patients and families with spiritual questions or concerns following a life-changing event such as heart attack, stroke or trauma.

Spiritual counseling, like nursing care or social work, is a core service mandated of every hospice program and available to all patients at North Memorial. When patients and families are dealing with serious and life-threatening illness, people are often forced to rethink what really matters most in their life. Sometimes, the challenges brought on by serious illness, trauma or nearing life’s end can be an opportunity to learn and grow.

**“When patients and families are dealing with serious and life-threatening illness, people are often forced to rethink what really matters most in their life.”**

When illness threatens the health and possibly the life of an individual, that person is likely to come to the physician and to the hospital with physical and spiritual issues in mind.

It is through both medicine and spirituality that humans wrestle with suffering, loneliness, despair and death while searching for hope and meaning in the crisis of illness. Chaplain Jon Schneider, North Memorial hospice



staff member for over 16 years, commented, “When I visit patients, my role is to help facilitate the re-connection with a spiritual tradition that may have been lost. Other times it is simply to be quiet and listen to the stories of patients and families as they think about what their life has meant.”

Chaplain Patty Lee, Palliative Care Consult Service, echoes Jon’s thoughts. “I think about religion as an aspect of spirituality and spirituality is often what gives life meaning. My role is to sit and listen, and to try to help people find opportunities for making meaning.”

“Sometimes I find this process is easier if I talk with the patient about whom they want to say these four things to: ‘I love you. I forgive you. I’m sorry. Goodbye.’” Put in this perspective, Lee said, “Patients and families may reconcile, find new strength and voice long-held concerns. It can also lead to spiritual discussions.”

The chaplains hope to assist patients and families find support within

their own system of spiritual beliefs or traditions. The chaplains also find themselves supporting friends of patients and hospital staff. One of the hospice nurses stated, “It’s often really important to our staff to talk with the chaplain after a very difficult day. We need support, too, and our chaplains know how to help us deal with our own grief and loss.” Another hospital staff member said, “Sometimes it’s just good to talk with someone who knows what you do everyday. It’s like a short nap. It can really refresh you.”

These are of course, words that encourage the chaplains throughout the hospital and as they work with patients in their homes and in emergency rooms. Chaplains are available to patients throughout North Memorial. They are also assigned to the Heart Center, the Humphrey Cancer Center, Emergency and Trauma Services, and Hospice. Spiritual care is an intricate part of attending to the needs of the whole person and is considered a vital part of the care provided by North Memorial.

# The Amazing Power of a Gift

*Your gifts to the programs of North Memorial can have a dramatic impact on the lives of others.*

It is often easy to grasp the impact of a large donation. A recent \$10 million bequest to the University of Minnesota Institute of Technology will impact 15 to 25 graduate fellowships each year well into the future.

But do you ever wonder what the impact is of a \$10 or \$15 dollar gift? Can it have an immediate and profound impact on those in need? Absolutely! Many donations taken together often become the catalysts for major changes in health care programs and translate into

better care, enriched services and most importantly, better results for patients and families.

## Here's what some modest gifts can do:

- \$30 will pay for one hour of a support group facilitator's time
- \$80 will cover the set-up charge and one month's service of Lifeline, an emergency telephone system for patients living alone
- \$100 will purchase four trauma support kits for families
- \$150 will purchase five child-size bicycle helmets and help prevent head trauma injuries

As you can see, "small" gifts really do make a difference. If you'd like to make a difference,

please call us at (763) 520-5683 and let us know how you'd like to direct your gift. Thanks for making a difference!



## W I S H S H L I S T

Gifts have real power and amazing impacts. You don't need the financial resources of Bill Gates or Oprah Winfrey to make a difference. Here are some ideas for smaller donations that will have great value for our patients.

**Hospice** – books on tape or CD, DVDs, Target gift cards, food store gift cards, music on CDs, donations to defray costs of grief and loss support materials for children

**Emergency and Trauma Services** – donations for trauma family emergency gift packs (approximately \$25 per pack) and donations directed to bicycle helmet safety program

**Heart Center** – donations for recliners, artwork, cupboard locks for guests or visitors, children's books, games or puzzles, post-open heart surgery pillows

**Humphrey Cancer Center** – movies, CDs, hand held games, jigsaw puzzles

(no more than 500 pieces), CD players and music CDs, easy crossword puzzle or Sudoku books.

To donate one of these items, please contact Joan in the North Memorial Foundation office at (763) 520-5683.

Another contribution that is greatly valued is the gift of your time. There are many opportunities to volunteer at North Memorial. Please call (763) 520-5649 if you're interested.

Developments is published three times a year by the North Memorial Foundation, 3300 Oakdale Ave. N., Robbinsdale, MN 55422. For article ideas or suggestions, or to request additional copies, please contact Becky Woll, editor, at [becky.woll@northmemorial.com](mailto:becky.woll@northmemorial.com) or (763) 520-4301.



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3300 Oakdale Avenue North  
Robbinsdale, MN 55422

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