


# Cholesterol Quiz:

## The Only Prize is a Healthier You!

Sharpen your pencil and take this true/false quiz about cholesterol (answers are at the end of this article):



1. Cholesterol is a waxy fat present in all human beings. T F
2. About 20 percent of cholesterol in the body exists because of the foods we consume. T F
3. Excess cholesterol penetrates the walls of arteries, contributing to atherosclerosis (a build-up of plaque). T F
4. Total cholesterol levels less than 200 are desirable. T F

What's all the fuss about cholesterol and cholesterol drugs we routinely see on our television screens and in newspapers? Even Robert Jarvik, inventor of the artificial heart, is on the screen talking about cholesterol.

To understand cholesterol and its relationship to heart disease and stroke, you need to understand how cholesterol is carried through the body. Cholesterol is carried in the bloodstream in specialized protein packages called lipoproteins. One way to think about this is to imagine the lipoproteins as cars on the road and the cholesterol as passengers. Some of the cars are sporty, sleek and fast, while others are large, slow and clumsy. The nature of the car, the lipoprotein package, determines what happens to the cholesterol it carries.

In some cases, excess cholesterol is carried quickly to the liver where it is metabolized harmlessly. In other cases, excess cholesterol pierces the walls of the arteries in the body contributing to plaque build-up. Generally speaking, high density proteins (HDL) are the faster cars that transport cholesterol away from the arteries, while low-density lipoproteins (LDL) invade the artery walls. Physicians associate low-density lipoproteins with the risk of heart attack and stroke.

A major goal of Cardiovascular Services at North Memorial is to prevent the diseases brought about by excess cholesterol. One of the ways this is accomplished is through free cholesterol screenings that take place throughout the year. Donations to Cardiovascular Services support the screenings, staff and products that can lead to recommendations for participants to make physician appointments, monitor their diets or stop smoking.

Making a donation to North Memorial's Cardiovascular Services can be a lifesaver! Visit [northmemorial.com](http://northmemorial.com) to see what else you can learn about being heart-healthy. While you're there, consider making a life-saving donation.

Quiz Answers: 1. True, 2. True, 3. True, 4. True

*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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# Developments

For Friends of North Memorial

## Uplifting Chords

Music therapy for Hospice and Palliative care patients receives a big boost!

In late December, the Randy Shaver Cancer Research and Community Fund granted \$25,000 to North Memorial Hospice to support music therapy for patients and families. This will enable Rick Dzurik, music therapist for North Memorial Hospice, to see more patients and bring music's special healing quality to people at the end of life.

Music therapy is much more than simply entertaining people with music or turning on the radio in a patient's room. In fact, music therapy is one of the more fascinating approaches to complementary health care.

Research has proven music therapy's clinical effectiveness in addressing physical, emotional, cognitive, spiritual and social needs for individuals of all ages. It reduces anxiety and stress, improves sleep,

*Continued inside*

## 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.*

## Donor Generosity Opens Doors of North Lodge



The generosity of many donors has made possible the re-opening of the former North Memorial Guest House. Now named North Lodge, the home has been completely redone inside and out. The lodge is available to family and friends of any current North Memorial patient who lives outside the Twin Cities metro area. The rooms are also available to patients and families coming from a long distance to receive outpatient treatment at North Memorial.

Lisa Job, vice president of Emergency and Trauma Services, notes, "When a patient from outside our immediate area is admitted to the hospital, it is sometimes difficult for the patient's family and friends to stay as involved as they want to be. They want to be here

to know what's going on medically and be here to talk with nurses, doctors and others. They also want to be close by to provide the support and caring that is so helpful for patients. North Lodge makes that much easier." A steady presence of family and friends is known to lead to better patient outcomes.

The idea of making North Lodge so accessible for patient families is an extension of the idea of patient- and family-centered care. "Being close and easily available to loved ones reduces fear, worry and anxiety that both the family and patient may experience," adds Lisa.

The home is furnished with warm, inviting furniture, and features individual rooms as well as suites.

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North Memorial

# Treasured Memories

## Bring a Sparkle to North Memorial

Hundreds of lights, representing countless treasured memories of loved ones, lit up North Memorial's atrium on December 2 at the annual Hospice Memory Tree event. Almost 600 donors requested lights on the tree and the reflections of those lights in the atrium glass windows were reminders of the people they came to honor.

This year marked the 20th anniversary of the event, which was started by North Memorial Hospice volunteers in 1987 as a way to help families cope with the loss of loved ones and a way to raise funds to help current patients and families. More than \$25,000 was raised this year.

Shirley Johnston, event co-chair, has volunteered for all 20 years. She recalled that in 1980 she "challenged the other volunteers to see if they would agree to a goal of \$4,000." The challenge was accepted, but with considerable doubt about the likelihood of reaching that goal. However, the volunteers exceeded that first goal easily.

This year's event was also notable for the presentation of outstanding music. Music was provided by harpist and hospice volunteer Betty Dahlgren, the Cooper High School Chamber Singers, and the exceptional voice of Dorothy Benham, 1977 Miss



From left to right: Shirley Johnston, hospice volunteer and Memory Tree co-chair, Pat Anderson, hospice volunteer and Memory Tree co-chair, Dorothy Benham, soloist, Dave Cress, CEO, and Lori Honold, hospice volunteer coordinator.

America and nationally known lyric-coloratura soprano. "The music this year was wonderful," said one attendee. "Dorothy Benham's voice just filled the atrium and I'm sure even my mother heard her in heaven."

All donations from the event assist hospice patients and families with the many expenses and the loss of income that can sometimes occur during a very severe illness. All of us want to know that our gifts work hard for something we believe in and make life better for others, even long after our

donation is made. Donations to the Memory Tree and to Hospice do just that. You can still make a donation to the 2007 Memory Tree or to Hospice and Palliative Care at any time during the year.

Your donations give you the power to reach out to others, even into the future and make a difference! Use the envelope enclosed with this newsletter to make a donation or go to [northmemorial.com](http://northmemorial.com) and click on "How to donate."

### *North Lodge continued:*

Careful attention to detail and a thoughtful layout provide a relaxing and private atmosphere for guests.

A project the size of North Lodge could not have happened without the generosity of many donors. Under the volunteer leadership of Joe Egan. Many corporate donors provided labor, materials and furnishings to assist in the

transformation from Guest House to North Lodge, which opened in January.

If you would like to help with the upkeep and maintenance costs of North Lodge, please visit [northmemorial.com](http://northmemorial.com) and click on "How to Donate." Your gift to Trauma Services keeps North Lodge available for patients and families in times of crisis.



# The Healing Factor: Meeting the Challenge of Coping

Have you ever had something really important to talk about and it seemed no one was truly listening? All you got by way of response was a murmured, “Oh, yeah,” “Gee, that’s too bad,” or even just a “Huh?”

The need for support is one of the most significant factors in managing the day-to-day experience of living with a life-threatening disease. Support from medical personnel and other health care professionals is essential, as is encouragement and caring from family and friends. But sometimes the best support comes from others who are “in the same boat” – people going through the same thing you are.

In some ways, a support group can contribute most to a sense of comfort and well-being. Support groups have been shown to benefit patients through faster recoveries and an increased sense

about what their bodies are going through. North Memorial’s cancer support groups bring people with similar experiences together to form a common bond.

*“I always felt better after I had been with the group. Sharing with other people gave me hope.”*

The support group experience “made sense to me,” says one participant. “I hated to keep talking to my friends and family about my chemo treatments, but the people in the support group knew exactly what I was talking about. I always felt better after I had been with the group. Sharing with other people gave me hope.”

Even though the benefits of support groups to patients and their families

are well-documented, insurance companies offer no reimbursement for the cost. North Memorial relies on donations to help make support groups, patient education and retreats available to patients and their families. Your donation to a support group can help generate hope for the future and help people feel better just by sharing. You share your gift and they share their stories and experiences.

To learn more about cancer support programs, call (763) 520-7284 or look online under Cancer Care at [northmemorial.com](http://northmemorial.com). To donate to Cancer Services, call (763) 520-5659, or go to [northmemorial.com](http://northmemorial.com) and click on “How to Donate.” You can download a form or donate online. It’s easy and you will experience the great satisfaction of giving.

## *Uplifting Chords continued:*

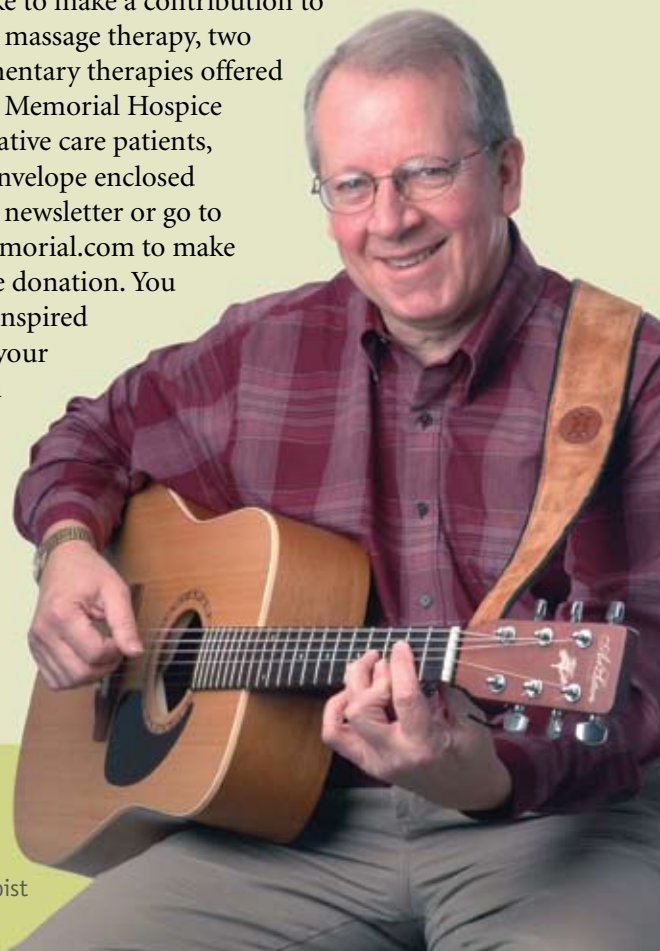
stirs and strengthens memory, reduces pain and generally improves a sense of well-being. Using music that has long been part of their lives, it offers patients and families a unique opportunity to reconnect with one another.

Experience has taught us that music can touch feelings and memories that nothing else seems to reach. The brain stores memories that include sights, smells and sounds. Music from a happier time in one’s life can transport individuals back to that time and help people relive feelings and sensations. Music therapy often brings back memories that remind those at the end-of-life of what has always held meaning for them. It creates multi-dimensional effects and can be said to temporarily “rewire” brain chemistry. When this happens, significant breakthroughs can occur in pain, family relations, grief and self-expression. One family member says, “The music therapy brings my Dad back to life. We can really talk together and sing.”

“Music therapy’s benefits to patients and families are recognized everywhere,” says Becky Woll, Hospice development specialist. “It is a wonderful way to reach people and enhances traditional interventions in order to reach mind, body and spirit.”

The Shaver Grant is especially appreciated because insurance coverage does not cover music therapy. If you

would like to make a contribution to music or massage therapy, two complementary therapies offered to North Memorial Hospice and Palliative care patients, use the envelope enclosed with this newsletter or go to [northmemorial.com](http://northmemorial.com) to make an online donation. You will feel inspired by what your donation can do.



Rick Dzurik,  
music therapist