

Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 94 | Fall 2021



**MEADOWLARK
HOSPICE**

5 Reasons for Hospice Now

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The Window and the Awning

by Dawn Phelps, RN/LMSW

While recently sorting some old papers, I found a little piece that I had written in October, 2001, at a difficult time for me and my husband. That was twenty years ago!

My husband had been diagnosed with cancer in June, 2000. He had a large mass removed, but by June, 2001, the cancer had reoccurred. His illness reminded us how fast time was flying by and that every moment mattered!

He and I packed many new memories into the time we had left together. And since his death, I am even more convinced of the importance of doing things while we have the chance, while we can. Here's the little story.

This morning my husband and I peered out a large, new sparkly clean window in our kitchen facing the west. My husband had installed a big chunk of glass this week, but last night, he finally had time to clean and polish it, removing the "goop" on both sides, goop he had used to secure the window to the frame.

He had also taken down a large awning from the outside, an awning which helped keep the late afternoon sun from blaring through our kitchen window, of which, we found, had also obstructed our view.

This morning with the window clean, the awning gone, we were amazed at what was going on outside. We watched two large hawks as they winged their way across the sky, flying effortlessly in the crisp fall air.

"What opportunities had we missed right outside our own window?" we wondered. My husband commented that if he had "known it would be this good" (referring to the window), he would have done it a long time ago.

My husband and I are parents and now grandparents. Looking back, I think we missed some of the awesomeness of our own children. Due to our busy schedules and jobs, "the awning was pulled down," and the view obstructed.

But with our grandchildren, it seems that the awning is gone, the glass is sparkly clean, and we see as our grandchildren grow and develop with true wonder. *"If we had known it was this good, we might have taken more time earlier."*

As the leaves turn and the air becomes crisp, I hope you can look at your children through the eyes of wonder. Take a moment to play with them, listen to them, and watch them "learn to fly."

My little story reminded me of the old
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MEADOWLARK HOSPICE

Leadership Team

John Ryan, MD HMDC
Medical Director

Danielle Rothfuss, APRN, ENP-C
Nurse Practitioner

Amy Burr, BSN, RN
Program Director

Audie Hartman, RN
Patient Care Coordinator

KayLynn Mead, LMSW
Director of Social Services &
Bereavement

Hospice Staff Nurses

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Debra Champlin, RN
Deb Hedke, RN, BSN
JoAnn Lips, RN
Sharon Ramsey, RN
Erin Shultz, RN
Abby Sikes, RN
Kim Sixbury, RN
Sherry Wiese, RN

Home Health Aide

Ashley Boyle, CNA
Tracy Wallace, HHA

Social Workers

Kathryn Benson, LBSW
Stephanie Garrison, LBSW
Jen Meier, LMSW

Bereavement

Dawn Phelps, RN, LMSW
Bereavement Writer

Chaplains

Sr. Janet LeDuc
Rex Fuller
Kathy Ouellette
Al Paredes
Marilyn Sweet

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

saying about grandchildren: *“If I had known they would have been this good, I would have had them first.”* But taking time to do the important things is pertinent for other situations.

My dear sweet Aunt Helene said, *“I don’t regret the things I’ve done. I regret the things I didn’t do when I had the chance.”* She had always wanted to write a book, but kept revising the same 15 pages for years instead of just writing her book. Even when she was in hospice care, she still talked about writing that book.

We sometimes live our lives behind an awning, with the shades pulled down and the curtains closed, believing we will always have time to do what really matters. We fail to take the time to pull back the curtains to view the beauty and opportunities right outside our window.

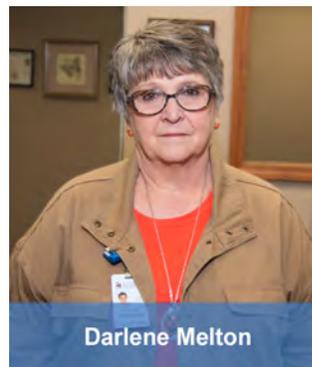
In retrospect, I now tolerate a bit more

dust in our house. I choose to talk to a friend or spend time with someone I love rather than dust. I spend time trying to accomplish something with my life while I have the chance, and I periodically review my “bucket list.”

Even though I may not accomplish everything on my list, I am gazing out the big window to see what is out there. I am finding some beautiful things—a new great granddaughter, birds to feed, flowers to grow, family and friends, a small town I enjoy, and more stories to write. I look forward to time with our kids and grandkids; I still see them “through eyes of wonder.”

It seems my days are going faster, and I am moving more slowly. But every moment matters! I am thankful for the beautiful wonders outside that big glass window, and I am glad the awning has been taken down!

Congratulations On Your Retirement



Darlene Melton

We would like to take this opportunity to wish Darlene Melton much happiness and joy in her retirement! Darlene served as the volunteer coordinator for Meadowlark Hospice from December 2010 until September 2021. She spent many years learning so much about our volunteers as people and developed many deep friendships along the way. We thank her for her service and all she did for the volunteers of Meadowlark Hospice.

Many blessings in your retirement years!

We Welcome New Team Members

Our team continues to grow! We would like to welcome Shelley Beikmann, LPN, and Abby Sikes, RN, to our nursing team. Shelley joins our team part-time and Abby joins our team full-time.

We hope you have the opportunity to meet them and learn of their compassion for end of life care. We have already seen how they can make a difference in the short time they have been with us. Welcome to our team, we are thankful to have you!



Shelley Beikmann, LPN



Abby Sikes, RN

We Honor Veterans - Kansas Honor Flight

by Amy Burr, BSN, RN & Stephanie Garrison, LBSW

Meadowlark Hospice is a We Honor Veterans level 2 partner. We are thankful for the opportunities to learn more about caring for our nation's veterans at end of life.



In September, one of our social workers had the opportunity to also serve veterans as a guardian on Kansas Honor Flight #82. Stephanie Garrison, a veteran herself, was drawn to being a part of the Kansas Honor Flight opportunity. She values the importance of providing a heartfelt thank you to those that served to protect our freedom.

The Kansas Honor Flight provides an opportunity for Kansas veterans to visit their memorials in Washington, D.C. and have a time of honor and remembrance. The veterans then return home and

receive an honorable "Welcome Home" and thank you for the service they provided our country.

The Kansas Honor flight is sponsored by an all volunteer team of incredible people who give their time and energy to honor those that have served in World War II, the Korean War, and our Vietnam Veterans. This flight is free to our veterans for the price that they paid for our freedoms and sacrifice to our country.

The dream began by a physician assistant, Earl Morse, who was a retired Air Force Captain. While visiting with several patients in his clinic, the topic of the new WWII memorial had been discussed as well as if these veterans had the opportunity to visit it. Many shared that they would like to see it but as time passed many of those veterans felt that it was not physically or financially possible to do this. In 2004, Earl asked one of his WWII patients if they would be interested in going. He personally flew this veteran to Washington D.C. and felt the immediate impact of what this trip meant to this veteran. Feeling this impact, Earl began to work on getting others involved which launched what is known today as the Honor Flight.

The Honor Flight now has hubs across the nation. There was another Honor Flight from Ohio the day we toured the memorials and had four tour buses with veterans and guardians. Guardians are needed to assist with veterans when it is needed and there were several guardians on HF82. This was such an incredible experience for me personally. The comradery that is felt between these veterans is palpable. They have shared experiences and stories and were in the company of others that truly understand their experience. This truly was one of the best experiences I have ever had and felt blessed to be in the presence of our true Hero's. Those that sacrificed all for our freedoms.



Volunteer Appreciation

Our volunteer appreciation had to be delayed and revamped due to Covid, but it did not interfere with an opportunity to spend some quality time with some of the amazing team members of Meadowlark Hospice.

Our volunteers give graciously of their time to support families at end of life. They are also amazing and fun people to be around. The stories and laughter that was shared at each of the volunteer appreciation luncheons was priceless.

We are thankful for every minute they share their compassion and love for providing support to those who need it most.

Thank you for the support you provided our patients and families during the journey at life's end. Our mission is to provide

loving, compassionate care to those living with a life limiting illness. The care we provide would not be possible without the support of our volunteers. Thank you to our volunteers!



Continued on page 4>>

...Volunteer Appreciation

Clay Center Volunteers



Darlene Melton, Lana Bloom, Ronna Urban, Beverly Martin, Shirley Pfizenmaier, Verna Lee Musselman, Mary Garbarino, Carol Ohlde

Marysville Volunteers



Darlene Melton, Frances Richard, Stacie Thomas, Peggy Waite, Joyce Nelson, Margaret Blaske, Mary Jane Rochel, Norma Mason, Betty Brake, Lora Stohs

Frankfort Volunteers



Darlene Melton, Franie Fangman, Sylvia Wapp, Edith Mentgen, Marilyn O'Neil

Concordia Volunteers



Sister Susan Stoeber, Gwen Miller, Anita Cyphers

Concordia Volunteers



Sister Janet LeDuc (Hospice Chaplain), KayLynn Mead (Social Services Co.), Michelle Graham

Washington Volunteers



Jan Taylor, Mary Alice Pacey, Alberta Parry, LaDonna Hornkohl

Republic County Volunteers



Darlene Melton, Connie Smith, Teresa Fuller, Al Urich

National Grief Awareness Day



National Grief Awareness Day is recognized every year on August 30th. The acknowledgment of grief is especially important this year as so many are also coping with grief and trauma related to COVID 19. Grief is mental suffering related to loss. Trauma is an emotional response following a deeply distressing experience. These experiences can occur independently, or they can overlap and become quite overwhelming. Both of these emotional states can significantly affect a person. It is important to be aware of loved ones in your life and the pain they might be carrying on a daily basis. For those who are working through grief and traumatic experiences, please know that on this day and every day, you are not alone.

Being aware of grief and the effect it can have on your physical and mental health is very important. It is also important to know that these feelings can be related to losses other than loss of life. The profound changes in our lifestyles due to COVID have brought about a sense of loss for many. That sense of loss can come from changes in our daily routines, as well as traumatic experiences involving the loss of a loved one. In addition, many people experienced changes in their careers due to COVID, leaving them in a mental state that is far from their normal.

I write today for National Grief Awareness Day to support those who are grieving, and those who are trying to support grieving loved ones. Grief is something we have to work through when it enters our lives, whether by loss or a traumatic experience, and each person will work through grief in their own way. Individuals can choose whether they want to deal with grief in a positive way or a negative way.

There are a few behaviors and symptoms to be aware of when grief and/or trauma affect your life or the life of someone you care about. Grief or trauma can lead to having real physical pains, as well as trouble sleeping and anxiety. You may also experience a loss of appetite or greater difficulty focusing on tasks you need to complete. You may find that you have a fixation on the loss and a fear of working through the grief because you don't want to leave your loved one behind. A new loss may bring up vivid memories of losses you experienced in the past that you may not have fully processed at the time. All of the above can complicate your grieving process or your ability to cope with a traumatic event. If you are experiencing any of these behaviors, we encourage you to seek assistance to work through that experience.

If you feel you are not moving forward or finding positive coping mechanisms, please reach out to someone you trust and seek additional help. If you are the friend or loved one of someone struggling with life experiences, lend an open ear and shoulder to lean on, and use this day to be intentional in your support role in their life. Grieving is not a state to be judged, but an important journey in recovery after a loss. May your awareness of grief extend beyond August 30th and may you be encouraged to be a comforting presence in the lives of those you care about, every day of the year.



Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Hospice Gifts

Anonymous Donor
Dail & Kathy Smith
Dolores Warner

Memorial Gifts

Bobby Allen

Cloud County Health Center
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Bo & Martha Tatum

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The Family of Jeanette Minge

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Norm & Francie Foster
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Gwen Miller
Dan & Rebecca Torgler

Marjorie Vogler

Homestead Ranch-Vicki Hargadine
Gary & Margaret Luplow
Marge Vogler Memorial

Marjorie Walthers

Marjorie Walthers Memorial

Mary Weber

Martin Weber



***IN-SERVICES & BEREAVEMENT GROUPS ARE SUBJECT TO CANCELLATION IF COVID-19 RESTRICTIONS ARE IMPOSED. PLEASE CALL 785-632-2225 IF YOU HAVE ANY QUESTIONS OR CHECK OUR FACEBOOK PAGE.**

Volunteer In-Service

Clay Center

Clay County volunteers meet in Clay Center on the 3rd Monday of the month at 11:00 AM @ Meadowlark Hospice office.

Concordia

Cloud County volunteers meet in Concordia on the 2nd Monday of the month at 1:00 PM @ Sr. Susan's home.

Washington

Washington County volunteers meet on the 3rd Tuesday of the month at 9:30 AM @ Washington County Courthouse basement.

Belleville

Republic County volunteers meet in Belleville on the 2nd Monday of the month at 3:00 PM @ the Belleville United Methodist Church.

Marysville

Marysville volunteers meet on the 3rd Tuesday of the month at 12:00 pm @ First United Methodist Church Marysville.

Frankfort

Frankfort volunteers meet on the 3rd Tuesday of the month at 2:00 PM @ Frankfort Presbyterian Church.

Bereavement Groups

Meadowlark Hospice offers four monthly community bereavement groups for anyone who has recently experienced a loss. During the groups we focus on living with loss, the grief process, and topics that many may be facing after losing someone they love. Previous participants have commented that the group helped them feel normal—giving them hope that better days were ahead. One person stated that it was easier to share her experience since everyone in the group had a similar loss. There is no charge to attend these groups which are open to anyone in the community.

Clay Center

The Living Life after Loss group meets the 2nd Tuesday evening of each month at the Meadowlark Hospice meeting room, 709 Liberty, just east of the hospital, from 4:30-5:30 p.m.

This group is led by KayLynn Mead, social worker

Washington

This is a newly formed group that meets the 2nd Tuesday of each month from 12:00-1:00 p.m.

KayLynn Mead, social worker, leads this group. (Call our office for specific location)

Belleville

This group generally meets the 3rd Thursday of each month at the Bel Villa Family Dining, 213 US-36. Once a quarter the group eats out together.

The group is led by Stephanie Garrison, social worker. (Call our office for specific times)

Marysville

This group usually meets the 4th Thursday evening of each month from 4:00-5:00 p.m. at Community Memorial Healthcare, in the South Plaza, Marysville.

The group is led by Jennifer Meier, social worker.

We hope you will join us for the group sessions, as group members together learn to live life after loss. If you know of someone else who would benefit from this group, please feel free to bring them along. Group dates and time are subject to change to meet the group needs for the month. Please call our office at 785-632-2225 if you have any questions.

Community-Sponsored Bereavement Groups

Concordia

The bereavement support group meets the 2nd Monday of the month at the Episcopal Parish Hall, 117 W 8th at 6:30 p.m. Contact: Judy Lambert 785-243-4454.

Leonardville

The bereavement support group is currently on hold. Contact: Sandy Ferguson 785-706-1595 if you wish to be notified when group resumes.

**Please call the contact numbers for questions or cancellations.*



Phone: 785-632-2225
Fax: 785-632-3557
Email: mhospice@ccmcks.org
Web: meadowlarkhospice.org

We are available to present programs to area organizations!



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- Include the donation amount. Do not include the donation amount.
 Include my name in the notification.
 Enclosed is my check payable to Meadowlark Hospice.
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Mission

Our mission is to provide loving, compassionate care for those living with a life limiting illness.

Serving

Clay, Cloud, Marshall, Republic, Western Riley, and Washington Counties.

Meadowlark Notes



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