

# Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 96 | Spring 2022



**MEADOWLARK  
HOSPICE**

## 5 Reasons for Hospice Now

1. Quality of Life
2. Symptom Management
3. Spiritual Care
4. Caregiver Relief
5. Grief Counseling

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## My Dear Friend Mary

by Dawn Phelps, RN/LMSW

On February 13, 2014, my dear friend Mary died of an aneurysm. Mary was my friend for 48 years. She died on my birthday which, at first, bothered me. Now, it is an honor that Mary's heavenly birthdays began on my earthly birthday.

Mary had simple values. She was never rich with money, but she was rich in so many other ways, and her priorities were in order. She loved God, then her family, and she had a host of friends and long-time acquaintances that spanned the years.

Her house was tucked in the middle of the woods in the Ozarks where the dogwoods and redbuds bloom in profusion in the spring and wild huckleberries and blackberries were there for the taking in the summer. She kept hummingbird feeders on her back porch, and she enjoyed watching the hummers through a picture window.

She loved her church, music, nature, and the folklore of the Ozarks. Mary learned about herbs that grew in the Ozark hills from her parents, and she wanted to compile some of that knowledge into a book. Now that information is forever lost.

I once wrote an article about Mary entitled "My Resilient Friend, Mary" and in-

cluded some of her stories. In spite of her difficult life, Mary made sure her life counted. She had a kind, generous heart, and was a friend to the friendless, even as she face many personal challenges.

Mary told me a story of one evening when she was a young girl, when there was no food in the house. She said the only thing that her mother could find to cook was a little cow feed in the barn. So her mother took the cow feed, mixed it with water, and baked it in their iron skillet. Mary said the cow-feed cornbread tasted terrible, but they ate it because they were hungry.

When Mary was a young girl, her parents divorced, and her mother had to work hard to provide for the seven children. Her mom walked several miles to work at a small café. She grew a garden and canned everything she could get her hands on to keep her children fed.

Mary told me stories of wearing shoes to school that had holes in the bottoms. Mary said she put cardboard inside her shoes to keep her feet from touching the ground, and she tried to not let the other kids at school see the bottoms of her shoes. Mary said her mother told her to "hold your head high" and keep on walking, even though they were poor.

*Continued on page 2>>*



# MEADOWLARK HOSPICE

## Leadership Team

John Kelley, MD  
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

Shelley Beikmann, LPN  
Deb Hedke, BSN, RN  
Margaret Kelley, BSN, RN  
Sharon Ramsey, RN  
Erin Shultz, BSN, RN  
Abby Sikes, BSN, RN  
Kim Sixbury, BSN, RN  
Sherry Wiese, RN

## Home Health Aide

Ashley Boyle, HHA  
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  
Kathy Ouellette  
Al Paredes  
Marilyn Sweet

## Administrative Staff

Lilly Hitsman  
Administrative Assistant/Billing

Rhys Baker, LBSW  
Volunteer Coordinator

Kim Sixbury, BSN, RN  
Medical Records Coordinator

During high school, Mary excelled, and graduated salutatorian of her class. She always had a flair for writing, and she wrote a column for her local newspaper for many years. Her funeral service was so large it was held at a school, and after her death, the paper printed a front-page tribute to Mary.

As an adult, Mary encountered many tragedies. Her younger brother was tragically killed, another brother died, and two of her young nephews died in accidents. Her husband died, and her son died in his twenties in a tragic situation—a loss Mary never truly got over.

How could one person deal with so much loss? Somehow Mary was one of those resilient people. Perhaps some of her resilience was built in. But I believe her mother also influenced her to stay strong no matter what she was dealing with, modeling strength for her children through poverty, health challenges, and losses.

Mary gave God credit for helping her through the deaths of so many of her family members, and she leaned on God, family, and friends for support.

I still miss Mary. Even though I cannot call her or go to see her anymore, I believe she is doing fine—she’s with so many of her relatives who had gone before her. After her death in 2014, another brother and nephew joined her on the Other Side.

Louisa May Alcott wrote, “Some people seem to get all sunshine, and some all shadow.” Mary seemed to get more than her share of shadows, and maybe you are experiencing some shadows too. In spite of our hurts, life must go on, as it did for my dear friend Mary.

As her mother always taught Mary, “Hold your head high” and keep on walking. You, like Mary, are probably stronger than you think!

“Keep your face always toward the sun  
and the shadows will fall behind you.”  
- Walt Whitman

## Community Service Program

by Rhys Baker, LBSW

5-H is a cooperative community service program between River Valley 4-H and Meadowlark Hospice – the five H’s stand for head, heart, hands, health, and hospice. Since the start of the program in January 2022, 4-Hers from Cloud, Republic, and Clay County have participated. Members from Republic County made Valentine’s for hospice patients, caregivers, and adult volunteers. Cloud County members made four-leaf clovers for March. Members of the Countryside Crusaders in Clay County painted rocks at their meeting in April. The rocks can be used by patients, caregivers, and even adult volunteers. The rocks have various designs and can be used as something for a patient to hold, a trinket to start a conversation with others, or even a reminder to caregivers that they are not alone.



# Volunteer Celebration

by Rhys Baker, LBSW

Meadowlark Hospice Volunteers and Staff came together on April 12 for our annual Volunteer Celebration. Tables were decorated by various staff members throughout the Vintage Gardens venue in Clay Center and ranged from fine china and tea service to dollar store plates and silverware. Lunch consisted of sandwiches, salads, fresh fruit, and Nancy Kimbrough Pies. Coffee, tea, and water were also served.

Following lunch, various door prizes were given out including t-shirts, note cards, bags, and even Meadowlark Hospice cookbooks. Overall, it was a fun-filled day celebrating our volunteers and their contributions to Meadowlark Hospice.



# National Advanced Directive Day

by Amy Burr, BSN, RN

Meadowlark hospice hosted our 2nd Annual "Get Your Ducks in a Row" event on April 13th to recognize National Advanced Directive Day. We enjoyed having duck races, a duck pond, and a fun ducks in a row game. The photo booth is always a hit for staff members helping with the event. Attendees had the opportunity to learn more about their healthcare advanced directives in a fun, interactive way. Staff also provided support to complete advanced directives for those that wished to do so at that time.

Healthcare decisions are something that everyone should be thinking about

and communicating to their loved ones. Healthcare decisions may change as life situations change, but those you love should know what your wishes would be in the event that you cannot speak for yourself. Advanced Directives also known as a Living Will, Durable Power of Attorney for Health Care, and Do Not Resuscitate directives and are designed to communicate these decisions.

If you have completed your advanced directives, then have you taken the next steps for your directives? Have you had a discussion with the person you wish to be your Durable Power of Attorney for Healthcare? Have you provided a

copy of your advanced directives to your physician's office and the hospital you are most likely to receive treatment at? Copies of the documents are considered legal documents, so don't be afraid to make copies and have your wishes available to medical providers when they will need it most.

If you would like more information about advanced directives, please contact our office. You can also go to the [theconversationproject.org](http://theconversationproject.org) to get your conversation starter guide.



Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

### Hospice Gifts

Anonymous Donor

### Memorial Gifts

#### Carl Affolter

Doug & Patti Adams  
Dan & Sue Affolter  
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Teri Smock-Smith



**\*IN-SERVICES & BEREAVEMENT GROUPS ARE SUBJECT TO CHANGE AND CANCELLATIONS.  
PLEASE CALL 785-632-2225 IF YOU HAVE ANY QUESTIONS.**

## 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 bereavement support group meets the 2nd Tuesday of each month from 12:00-1:00 p.m. at Gambino's.

KayLynn Mead, social worker, leads this group.

### **Belleville**

This group generally meets the 3rd Thursday of each month at the library on the square in Belleville. 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.

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



Phone: 785-632-2225  
Fax: 785-632-3557  
Email: [mhospice@ccmcks.org](mailto:mhospice@ccmcks.org)  
Web: [meadowlarkhospice.org](http://meadowlarkhospice.org)

We are available to present programs to area organizations!



## Community Outreach

Thank you to Belleville Lion's Club, Hanover hospital, River Valley District Extension Office, and Clay Center Lion's Club for providing your organizations with a presentation by Meadowlark Hospice. We welcome any opportunity there is to educate our communities on hospice services and opportunities to serve.

If you have an organization, church group, group of friends, or work group that would like to learn more about Meadowlark Hospice, please contact our office at any time. The presentation can be tailored to the specific needs of the group. We can be reached at 785-632-2225 or you can email us at [mhospice@ccmcks.org](mailto:mhospice@ccmcks.org).

### 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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