



Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 93 | Summer 2021



**MEADOWLARK
HOSPICE**

5 Reasons for Hospice Now

1. Quality of Life
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The Quilt

by Dawn Phelps, RN/LMSW

The quilt was made of scraps from shirts that belonged to my husband before he died. Soon after his death, I carefully took his shirts from hangers and tucked them safely away. His clothes hanging in the closet were daily reminders of his absence.

I planned to someday have the shirts sewn into quilts for our children and grandchildren, but I had no idea how long it would take to accomplish my goal. First, I arranged for a friend to make the quilts, and she and I agreed on a pattern. But her health took a downturn, and she was unable to make the quilts.

Another friend agreed to make the quilts, but she changed her mind when her own life became overwhelming. So I put the project on hold, and several years later, my dear friend Jane came up with an idea. She said she would enlist the help of a quilters' group to help make my quilt dream come true.

I sorted the shirts by colors—red, blues, browns, and greys. Then I met with the quilters to make the shirts into large pieces. Each quilter agreed to design and sew a quilt and keep track of expenses.

What a wonderful experience to get acquainted with ladies who planned to sew the quilts during the winter months! By

early spring, it was time to display their accomplishments at a quilters' meeting, and each lady proudly showed her quilt.

One quilt was made of fabric pieces that had been cut into circles. It was very tastefully put together and beautiful! Another quilt had a large red heart sewn in the middle of the quilt—it was stunning! Every quilt was unique—each a treasure to pass on to my family!

But there was one quilt that really stood out! It was the smallest—more like a wall hanging. My friend Jane had made it, and I wondered if she had used her remaining scraps because she had also made another larger quilt.

But there was something very special about the smallest quilt, and it touched my heart. It was made of many small triangles and a few larger triangles. When Jane showed her quilt, she turned it in three different directions. Each time the quilt took on a new perspective, a different look.

When Jane held it a north-side direction, the small triangles looked like small baskets. When she turned the quilt one revolution, the small triangles looked like a school of small fish swimming eastward. Last, if the triangles pointed upward, the quilt resembled many small moun-

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MEADOWLARK HOSPICE

Leadership Team

John Ryan, MD HMDC
Medical Director

Michele Voelker, APRN
Nurse Practitioner

Amy Burr, RN, BSN
Program Director

Audie Hartman, RN
Patient Care Coordinator

KayLynn Mead, LMSW
Director of Social Services &
Bereavement

Hospice Staff Nurses

Sherry Wiese, RN

Erin Shultz, RN

JoAnn Lips, RN

Debra Champlin, RN

Deb Hedke, RN, BSN

Sharon Ramsey, RN

Kim Sixbury, RN

Home Health Aide

Tracy Wallace, HHA

Ashley Boyle, CNA

Social Workers

Kathryn Benson, LBSW

Stephanie Garrison, LBSW

Jen Meier, LMSW

Bereavement

Dawn Phelps, RN, LMSW

Bereavement Writer

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Rex Fuller

Kathy Ouellette

Al Paredes

Marilyn Sweet

Administrative Staff

Lilly Hitsman

Administrative Assistant/Billing

Darlene Melton

Volunteer Coordinator

tain peaks that formed a large mountain range that went on and on.

There were messages in the quilt just for me. The small baskets were filled with 44 years of wonderful memories, and the little fish were symbolic of many friends and family members who stayed beside me after my husband's death.

But most importantly, the mountain range reminded of the uphill struggles my husband and I had after he was diagnosed with kidney cancer. Looking back, he and I had taken on our mountain range together, one mountain at a time.

Three weeks after his diagnosis, he underwent surgery to remove a large mass. One year after his surgery, a C-T scan showed the cancer had reoccurred, and this time it was not operable.

So we lived life as fully as possible, and two more grandchildren were born during the time he had left. During the last year of his life, he became bedfast, and we were able to care for him at home.

During our mountain-climbing journey, we climbed, hand in hand. And with God's help and the love and support of family and friends, we made it through the valleys and up the next hills. As we climbed, we found joy in small, simple pleasures and treasured the time we had.

When my husband climbed his final mountain, he was surrounded by those who loved him dearly. He had made it to the Heaven side, but my mountain climbing days were not over. I had to slowly keep on moving, one day at a time, as I grieved my husband's death.

Looking back, the quilt seems to tell my mountain-climbing story of grief with its mountain peaks and valleys. Just like the quilt, even as I grieved, there were beautiful, unique parts to my life too.

If you have experienced a loss, you have already found out how steep the climb can be! But for now, do what you need to do to get over your next mountain, one step at a time. Someday you will be look back with a new perspective. But for now, just keep on climbing!

Celebrating May Day!

by Amy Burr, RN, BSN



My childhood memories about May Day have always been so fond. I remember making construction paper may baskets and filling them with goodies. Cutting lilacs, irises, and daisies to fill the baskets with fresh aromatic flowers was one of the best parts. My mom would drive us around town to deliver the baskets to people from our church.

It was always so fun to ring the doorbell, leave our gift of love on their porch, and then run like the wind back to the car so we wouldn't be caught.

This year, our team decided to create May baskets to deliver to the nursing homes, pharmacies, and DME companies that work closely with our team. It was so fun to deliver the baskets and then hear stories about others experiences with May baskets. Even a few that hadn't thought of May baskets for years.

The greatest thing about a May basket is that it always elicits a smile!



National Advanced Directive Day “Duck Day”

April 16, 2021 - It was a pleasure to serve our community by providing a day to learn about advanced directives. Our goal was to make the experience light hearted and meaningful. The rain did not keep us from getting our ducks in a row! Our team did a great job of educating participants on the details of advanced directives.

The day was spent playing games, watching a video, having snacks, and a session with one of our social workers to complete advanced directive forms. Advanced Directives are hard to think about so having a day that is devoted to that topic can be beneficial. We look forward to next year’s event and hope we can help more people complete their directives. It is one of the best gifts a person can give their loved ones.

“We were happy that Meadowlark Hospice took the time and energy to share this very important information with the community. The staff shared their knowledge with us in an engaging way. They really did help us put our ducks in a row! Getting that done took a weight off our shoulders and got us headed where we needed to go. Thank you Meadowlark Hospice!!!” - Libby Mellies



Thank You For Your Kind Donation

by Amy Burr, RN, BSN

Donations to our organization tend to be a variety of things. We recently received a donation of a couple of nice hats for ladies. When the donor opened the box, I immediately pictured them on a volunteer that serves our agency. I spoke with the donor that maybe this donation would be perfect for a volunteer and she was agreeable and thankful that the hats would have a good home.

The gentleman that had donated it to their agency just wanted the hats to be loved. I was delighted to find that each of the hats found their perfect home with two special volunteers of Meadowlark Hospice.



Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Hospice Gifts

Anonymous Donor
Onette Shannon
Z.C.B.J. General Fund

Memorial Gifts

Kenneth "Jack" Blackwood

The Family of Joan & Paul Croegaert:
Paul, Jr. & Glenda Croegaert
Ron & Kim Harris
Kevin & Michelle Jansen

Robert Bottger

Julie Farlee
Robert Bottger Memorial

Nolene "Jane" Gennett

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Maxine Boling
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Adair Martinez
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John & Christa Vizner

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Martin Weber

Jane Zacharias

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Brian Wingerd

Jim & Mary Garbarino

***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!

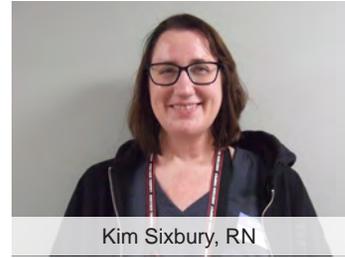


We Welcome New Team Members

Meadowlark Hospice has a long history of great employees and we are excited to welcome Kim Sixbury, RN and Ashley Boyle, CNA to our team.

They are already great additions and will continue the legacy of great care provided by Meadowlark Hospice.

We are grateful they have chosen Meadowlark Hospice as their place of employment and both of them come to our team with great passion for providing excellent end of life care.



Kim Sixbury, RN



Ashley Boyle, CNA

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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