

Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 99 | Winter 2023



MEADOWLARK HOSPICE

5 Reasons for Hospice Now

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A Home for Peggy and the Day She Sang

by Dawn Phelps, RN/LMSW

The “chicken tale” below was written by my younger sister Joan Humphrey who worked for a hospital in Fairbanks, Alaska, for 43 years. By the time she retired, the virus had spread nationwide and the price of eggs in Alaska had reached five dollars a dozen, so Joan began raising chickens, and she also began writing chicken stories.

My sister died unexpectedly on October 29, 2021, leaving our family broken-hearted, but we were glad we had her stories. “A Home for Peggy” is about a small hen with only one foot that learned to sing again. Here’s her story.

About a month ago, a friend who knew I had been preparing a warm chicken house in anticipation of a cold Alaska winter, asked me if I wanted another chicken. She was a beautiful multicolored Ameraucana breed. I brought her home and named her Peggy.

There are many unique things about Peggy, besides the fact that her breed lays green eggs. She is very shy and cautious with expressive eyes that seem to follow you. She has a different way of communicating which resembled a cluck with a hiccup at the end,

and she had only one foot.

As the story goes, at her former owner’s, Peggy had found herself at the bottom of the pecking order and, unbeknownst to her owners, was not allowed in the chicken house on a cold wintery night. Her right foot was frost-bitten and later fell off.

Even though it was difficult, Peggy recovered and learned to do almost everything a chicken needs to do using only one foot. She didn’t walk on her stump but hopped on her left foot and swung her stump to keep balance. She had a strong will to live, but I believe she was very traumatized by the incident.

The first few days after she came to my house, I kept her in an area with a fence between her and the other chickens so they could get used to each other. Then I started letting her in with the others for short periods of time while I was near to keep an eye on the situation.

After about a week, the winter was closing in on us with snow falling, and it was time to bring all the chickens into their winter home. In the much smaller

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MEADOWLARK HOSPICE

Leadership Team

John Kelley, MD
Medical Director

Danielle Rothfuss, APRN, ENP-C
Nurse Practitioner

Amy Burr, BSN, RN
Program Director

Kami Bolek, BSN, 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
Jessica Mai, RN
Jenny March, 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

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

Rhys Baker, LBSW
Volunteer Coordinator

Kim Sixbury, BSN, RN
Medical Records Coordinator

area, I soon found out that Peggy was still at the bottom of the pecking order, and the three hens Meeny, Miney and Moe were unkind to Peggy,... and things soon became chaotic....

I separated the chickens into four groups and rotated their time in the common area where the food and water was kept. It took a lot of my time but since I was retired it was quite enjoyable and entertaining as well.

I learned lots about chickens that I would never have known except for the up-close observation from my dining room window where I could watch what was going on in the chicken house right outside. And now, a couple of weeks later.....back to Peggy.....and the day she sang.

I continued to rotate the chickens in what I jokingly started referring to as my "chicken rotisserie" since it's quite warm in their well-insulated house, especially compared to the 20-below-zero temperatures that week.

All seemed normal until one Tuesday when Peggy started singing, instead of her cluck/hiccup! I think she was telling me how happy she was to be warm, protected, and well cared for in her new home.

Then Wednesday morning, I noticed she was acting differently and had watery eyes. She continued to sing in her quiet, shy way, however. After reading online, I decided it was best to isolate her from the other chickens in case she had something contagious.

I could tell she was disappointed when I didn't let her take her turn in the common area but brought her food and water instead. But she continued to sing in spite of her disappointment. She also seemed to be more trusting and even let me touch her.

This continued for three days. I read more online and gave her some suggested home remedies and left a

message for a veterinarian who never called back. On the fourth morning, she seemed about the same and was still singing, eating, and drinking.

Then quite suddenly she started isolating herself in a corner and stopped eating, drinking, and singing. To my surprise, she died that night with her head tucked under her wing in a peaceful sleeping position.

She never seemed to be in any real distress. I have concluded that it was her time to depart this world. But she told me "thank you for the care" with her few days of singing each time I opened the door to her little pad.

Peggy never got the chance to lay me any green eggs, and I have no way of knowing what her cluck/hiccup meant in chicken speak, but I believe it was her way of grieving her losses—her little cry.

She had never been accepted by other chickens for whatever reason. This resulted in the loss of her foot, but she persevered and, in spite of it, she remained sweet and even learned to sing again!

We humans also experience sadness along with physical and emotional losses. Maybe one of the lessons from Peggy is to stay sweet and try to find a reason to sing after our losses. And maybe it is good to remember to say "thank you" for those around us who have made our lives just a little bit easier.

Then someday, like Peggy, when it is our time to depart, we can leave memories of "our song" for those left behind. After all, like the old quote says, "There are other worlds to sing in."





Pictured - Front: Kim Sixbury, Amy Burr, Dr. John Kelley, Sherry Wiese, Margaret Kelley, KayLynn Mead, Kami Bolek
Back: Tracy Wallace, Lilly Hitsman, Kathryn Benson, Jenny March, Ashley Boyle, Abby (Sikes) Bulleigh, Stephanie Garrison, Jen Meier, Erin Shultz, Shelley Beikmann, Rhys Baker

Hospice CAHPS Family Satisfaction Award



Meadowlark Hospice placed in the top 25% in Overall Satisfaction and Likelihood of Recommending in the WellSky's National CAHPS for the 6th year in a row!

Agencies named as national best practice agencies are proven leaders and have excelled in one of the most important measures of an agency's quality program—caregiver experience. This is a significant accomplishment and we are incredibly proud of our team.

The Hospice CAHPS Family Satisfaction Award of Distinction is presented annually to hospice organizations that

have demonstrated superior performance in overall family satisfaction results.

"Providing high quality care is a high standard that the team of Meadowlark Hospice aspires to do on a daily basis," said, Amy Burr, Director of Meadowlark Hospice. "This award is an outstanding recognition of the team at Meadowlark Hospice and their dedication to support families facing end of life journeys."

Meadowlark offers a "Special Kind of Caring" for those in the communities of Clay, Cloud, Marshall, Republic, Western Riley and Washington.

Annual Sock Drive

Meadowlark Hospice held their 4th Annual Socks for Seniors sock drive. It is an honor to bring holiday cheer along with a pair of new socks to warm the hearts and cover the cold feet of our seniors. We always enjoy seeing all of the fun socks that people select to brighten someone's day.

Socks were collected throughout the month of November. Socks were distributed in the communities Meadowlark Hospice serves in December. We collected 700 pairs of socks this year! We also had some additional help to prepare the socks for the distribution this year. We are thankful for

the youth at the SS Peter and Paul Catholic Church in Clay Center that helped organize the socks into holiday bags for the seniors. Thank you to the meal delivery organizations and Home health providers in our communities that took the time to deliver the socks. It was another successful year for the Socks for Seniors Sock Drive!



Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Hospice Gifts

Allen & Marcia Hahn
Our Savior's Lutheran Church
Connie Phillips
Tibbetts Bros., Inc.

Memorial Gifts

Bruce Bigler
Jacob & Sharon Bigler

Dennis Douglas
Chaput Mortuary

Mary Goeckel
Mary Goeckel Memorial
Peggy Selvidge

Marilyn Heiserman
Marilyn Cooper

Cynthia Holper
Marlene Chartier
Cynthia Holper Memorial
Lora Jones
Deanna Laffery
John & Frankie McGee
Brenda Sortor
Otto & Janette Straub
Fred & Dee Wait

Eldon Hoover
Brian & Anne Grace

Marsha Kurz
Ron & Kathryn Benson
Jim & Mary Garbarino
Randy & Cathy Hafner
Marsha Kurz Memorial

Mary Larson
Rhonda Baer
John & Joyce Ann Chaffee
Rex & Carrie Kleiner
Kevin Larson
Mary Larson Memorial
John & Beth Medeiros
Curtis & Valynda Porter
Tarheels Quilters Guild

Sharon Meyer
Dep't of Communications & Ag Education
Jim & Barbara Farber
Lowell & Linda Herra
Sharon Meyer Memorial

Patricia "Patty" Patterson
Carroll Adams
Caleb & Jamie Bloom
Robert Mike & Julie Burger
Robert & Sue Courser
Beverly Fisher
Karen Hauserman
Ray & Vicky Jenkins
Steve & Cindy Kahrs
Michael S. & Julie L. Liby
Leland & Bernadetta McCollum
Kenny Patterson
Dianne Rickley
Gail & Susan Thomas

Larry Reed
Scott Simpson

Sherry Trost
Carol Adams
Harley & Darla Adams
Lyle & Dorothy Anderson
Kent & Sharon Applebee
Arnold & Donna Barleen
Dale & Linda Berk
Charles & Elaine Bowers
David & Luanna Clark
Anita Cyphers
Scott & Christina Henderson
Dennis & Peggy Jackson
Kenneth Johnson
Norman & Sharlene Johnson
Stanley & Janice Kivett
Fred & Phyllis Larsen
Gale Longenecker
Miller's Automotive
Ivon & Nancy Owen
Loren & Callie Reber
Shirley Riek
John & Janice Strait
Joe & Jana Strecker
Randall Trost
Sharon Trost

Donna Ward
Joan Grover
Nancy Naysmith
Southern Minnesota Municipal Power Agency
Norm & Kelly Turner
Donald & Katherine Wilber

Mary Weber
Martin Weber

Josephine Wiesner
Randy & Ginny Flanagan

Myron "Bud" Wohler
Janice Carver
Art Cooper & Jane Struble Cooper
Jane Gingles
Brent & Deborah Halepeska
Robert & Frieda Knitter
Deanna Laffery
Myron "Bud" Wohler Memorial

Scott & Kris Rickley
Betty Spellman
Karen Stevenson
Jim & Patty Struble
Suther Feeds, Inc.-Clay Center
Patricia Thayer
The Family of Edwinna Sanneman
Mrs. George Wilson
Truman & Leona Woellhof
Ron & Carolyn Wohler

Larry Woodman
The Family of Larry Woodman:
John James
Marlea Woodman James
Lonnie Woodman
Mabel Woodman

TREE OF LIGHT CLAY AND RILEY COUNTIES

Dewey L. Adams
Carol Adams

Harold Alexander
Arlyss Alexander

Doris Bergstrom
Loretta Cyre

Evelyn Billera
Dianne Smith
Leon & Verna Lee Musselman

KD "Jack" Blackwood
Randy & Cathy Hafner

Maxine Cramer
Jim, Phillene, and Dale Cramer

Pauline Cravens
Bob & Yvonne Bartley

Bernard Cyre
Loretta Cyre

Thomas Cyre
Loretta Cyre

Armond & Arlene Frigon
Jean & Phil Frigon

Maxine Greenlee
Lynn & Mary Greenlee

Gary Habluetzel
Janet L. Habluetzel

Wayne & Wanda Hafner
Randy & Cathy Hafner

Tillie Hass
Noreen & Ron Goss

Rita Faye Henry
Larry Henry

Helen Holston
Randy & Cathy Hafner

Anthony & Marguerite Kieffer
Eleanor Kieffer

Douglas A. Kieffer
Eleanor Kieffer

Francis & Josephine Kieffer
Eleanor Kieffer

Pat Kolterman
Jenne Barley

Helen "Tommy" Kurz
Dianne Smith

Marsha Kurz
Max & Tessie Hanson
Dianne Smith

John Leonardo
Max & Tessie Hanson

Doug Martin
Randy & Cathy Hafner
Deb Martin

Gene Martin
Deb Martin

Jeanne Martin
Deb Martin

J. Evan Neaderhiser
Myrna, Scott & Neil Neaderhiser & families

Anne Peter
Phil & Jean Frigon

Walter Peter
Phil & Jean Frigon

Polly Ann Schwab
Eleanor Kieffer

Charles L. Sorell
Eleanor Kieffer

Everett F. Sorell
Eleanor Kieffer

Francis & Dorothy Sorell
Eleanor Kieffer

Jr. & Peg Weidman
Randy & Cathy Hafner
Deb Martin

Chris Weidman
Randy & Cathy Hafner
Deb Martin

Lenore Yost
Randy & Cathy Hafner

TREE OF LIGHT CLOUD COUNTY

Bob Applebee
Kent & Sharon Applebee
Angie & Ron Turner

Peg Applebee
Kent & Sharon Applebee
Angie & Ron Turner

Gerald Campbell
Pam Campbell

Adolph Charbonneau
Beth Charbonneau

Betty Miller
Gwen Miller
Judi Miller

Marion Miller
Gwen Miller
Judi Miller

Robert Nordquist
Pam Campbell

Quentin Smith
Dr. Chris & Kendra Worthen

Arlinda Worthen
Dr. Chris & Kendra Worthen

TREE OF LIGHT MARSHALL COUNTY

Milton Anderson
Lora Stohs

Mike Bruna
Grace & Keith Bruna

Norman Burkhead
Jane Burkhead

Wanita Busch
Lora Stohs

Thomas Donahy
Marc & Amy Passalacqua

Buena Ellenbecker
Janet Duever
Jim Ellenbecker
Pat Ellenbecker

David Ellenbecker
Janet Duever
Jim Ellenbecker
Pat Ellenbecker

Joe Ellenbecker
Janet Duever
Jim Ellenbecker

Pat Ellenbecker

Pauline Emrick
Sylvia Wapp

George & Betty Feldhausen
Dan & Fran Feldhausen

Betty R. Ferris
Susan Arnold

Marilyn Heiserman
Lora Stohs

In Memory of Loved One
Sherrie Busing

Jesse Hormann
Wilbur Hormann Family

Herb Stohs, Jr.
Lora and Family

Delores Krug
Dan & Fran Feldhausen
Lora Stohs

Caroline Louise McDaniel
Ray Family-Cheryl, Junior, Neil, Kyle, EJ,
Sonja, Grace, Broderick Stohs

Martha Meier
Dan & Fran Feldhausen

Betty Melcher
Lora Stohs

Ferrell Ray Meritt
Nancy J. Meritt

Maureen Moser
Lora Stohs

Dean Wesley Nelson
Brenda Kane
Marilyn Nelson

Omia & Henry Owens
Lora and family

Kenneth Sells
Doane Sells

Carol Slupianek
Wilbur Hormann Family

Roseanne Slupianek
Lora Stohs

Edith Stoeger
Sylvia Wapp

Brian Stohs
Mom and family

Melba Stohs
Lora Stohs

James Swim
Lora Stohs

Joe M. Wapp
Sylvia Wapp

Billie Wassenberg
Lora Stohs

TREE OF LIGHT REPUBLIC COUNTY

Doris Bergstrom
Loretta Cyre

Fred Elyea
Audrey Elyea & family

Orpha Fallis
John & Donna Fogo

Shirley Gunn
Republic United Methodist Women

Virginia Petersen
Republic United Methodist Women

Ruth Ocobeck Rahe
Republic United Methodist Women

Jim Stehno
Melanie & Rita Stehno

Ilah Taylor
Harold & Dee Metz

Donna Ward
Emma Berggren

TREE OF LIGHT WASHINGTON COUNTY

Elaine Banahan
Nyla J. Banahan Ring

Jack Barley
Jenne Barley

June & Ival Brabec
Jeff & Regina Brabec

Mike Bruna
Grace & Keith Bruna

Tyler Burt
Jan Taylor

Margery Doebele
Blanche Graham

Kenneth J. Fritz
Kathryn Fritz

Kenneth J. Fritz, Jr.
Kathryn Fritz

Jay Frye
Dan Seeberger

Evelyne Graham
Blanche Graham
Graham Family

Lawrence Graham
Blanche Graham
Graham Family

Michael Graham
Blanche Graham
Graham Family

George Herda
Blanche Graham

In Memory of Loved One
Mary Alice Pacey

Jerry Heuer
Wilbur Hormann Family

Marie Hoover
Jeff & Regina Brabec

Lonnie Leidig
Peggy Leidig

James & Donna McVean
Jeff & Regina Brabec

John Nelson
Linda Nelson

Francis R. & Shirley E. Nutsch
Nyla & Clyde Poser

Benny Rippe
Dan Seeberger

Floyd Rogge
Harold & Dee Metz

Sharon Seeberger
Dan Seeberger

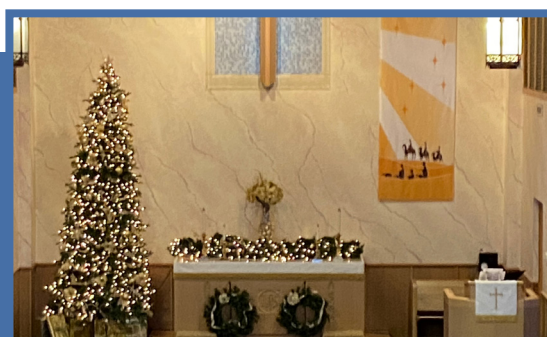
Dean Seifert
Harold & Dee Metz

Terry Taylor
Jan Taylor

Tree of Light Ceremonies

Thank you to those that were able to join us for the Tree of Light ceremonies held in December. The music, readings, candlelight, and sharing of stories created a comforting environment to spend time remembering our loved ones.

Thank you to those that support Meadowlark Hospice with contributions to our Tree of Light Ceremony in memory of your loved ones. Thank you to all that shared your gift of music to bring comfort to those that attended. The Tree of Light Ceremony is a special event for our team and we are thankful to be able to continue this for the communities we serve.



***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
Web: meadowlarkhospice.org

We are available to present
programs to area organizations!



A Special Thank You

- We would like to thank Belleville Care and Rehab for the wonderful lunch in honor of National Hospice Month! Thank you for supporting our team.
- Thank you to those that provided special music to our Tree of Light Ceremonies.
- Thank you to the youth group at SS Peter and Paul Catholic Church in Clay Center for helping with our sock drive this year!



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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