Meadowlark Notes

Issue 66 Winter 2015

Even in the Dark, Even When It's Cold By Dawn Phelps, RN/LMSW

When I was a young child in Tennessee I remember one night when my sisters and I stood outside in our front yard, shivering from the cold, gazing at a bright-red sky that met the horizon of the pasture across from our house. I remember crossing my arms, holding them close to my chest to try to keep warm.

It was wintertime, and my sisters and I were terrified as we looked at an enormous red glow. We had never seen anything like it! It was during the years of the Cold War between Russia and the U.S., so we wondered if a bomb had exploded in the distance, creating the vivid red color—maybe we were witnessing the beginning of a war!

Since the sun had gone down an hour or so earlier, we knew we were not viewing a sunset. We were greatly relieved when our daddy explained to us that we were seeing the Northern Lights which are rarely seen as far south as Tennessee. We were actually seeing a phenomenon, *not* something to be feared!

I have never forgotten my feelings of dread and fear that night as I shivered in the cold. Looking back, I now realize my sisters and I were spectators to a special event, a show of glowing lights which I have never seen since.

I never consciously

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Hospice Director Notes

Light and Dark are as opposite as things can be. Light is associated with happy and good, while dark has the association of sadness and gloom. Our journey in life often leads us through dark phases. The loss of a loved one is often one of the darkest phases on our journey. The sadness and tears consume our day as we mourn the loss of the physical

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MEADOWLARK HOSPICE

Our Mission is to

provide loving,

compassionate care

for those living with a

life-limiting illness.



Hope is being able to see that there is light despite all of the darkness.

-Desmand Tutu

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...Even in the Dark, Even When It's Cold

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watched for the Northern Lights again until the Christmas of 2006. My husband Ralph had died earlier that year. That is when I flew to Fairbanks, Alaska, the land where the Aurora Borealis, the Northern Lights, are frequently seen during the dark winter months.

I planned to spend Christmas with my sister Joan and her family as I searched for a way to weather that first Christmas without my husband. While I was there, Joan and I watched for the lights. Even though we did not see them while I was in Alaska, I have not given up hope of seeing them again—maybe I will still see them someday.

I recently talked to my sister about the Aurora Borealis. She said the lights that she usually sees are pale green and yellow. She said they are very bright, that they are not stationary, but constantly changing in appearance. She said that most people describe them as "dancing," similar to streaks of lightning dancing in the sky. They take on many forms—streamers, arcs, rippling curtains, shooting rays of light, and sometimes an eerie glow.

The dancing lights are actually electrically charged particles from the sun that collide with different kinds of gas particles above the magnetic poles of the earth. At the Arctic Circle, the North Pole, the lights are known as the Aurora Borealis, and at the Antarctic Circle, they are called the Aurora Australis.

The lights put on shows with reds, yellows, blues, purples, and greens. The pale yellow-ish-green colors that my sister sees most often in Fairbanks are produced by oxygen molecules about 60 miles above the earth. The blues and purple-reds are produced by nitrogen. The all-red auroras, such as I saw in Tennessee as a child, are rare, produced by high-altitude oxygen at heights up to 200 miles above the earth.

Some Native Alaskans known as the Inuits believe the lights are the spirits of the animals they hunted—the seals, salmon, deer, and whales. The aboriginal people of Australia believe they are the spirits of their people.

For many years, rocket research scientists of Poker Flats, a facility under the direction of the University of Fairbanks, Alaska, have studied the Aurora Borealis. At times they have shot barium into the lights to make the colors more florescent, more easily seen.

During the 1600s, Francis Bacon said, "In order for light to shine so brightly, the darkness must be present." Even though the Aurora Borealis is not always visible, some believe the dancing lights are still there, just waiting to make their appearance when the sky is darker or when clouds do not come between the lights and the earth.

So maybe the Aurora Borealis has something to teach us after a loss. For the most part, deaths seem to happen more frequently in the "winter" of our lives, when we are older. (The Northern Lights are more prominent in the winter months in Alaska when there is little sunlight.)

After the death of my husband, my future looked dark. Similar to that scary evening when I was a child, I felt dread, fear—apprehension that something else bad was about to happen. It was hard to imagine that there were good times ahead for me. But as my darkness began to slowly dissipate, I learned to be more thankful for the blessings in my life, to appreciate the small wonders around me, to appreciate life itself. I learned to love more deeply.

Similar to the clouds coming between the earth and the lights, sometimes grief can temporarily obliterate our hopes and dreams. But maybe it is during the dark times that we must look for small glimmers of light and color to brighten our lives, even search for something new. So even in the dark, even when it's cold, don't give up on life. Keep watching for your own Aurora Borealis.

...Hospice Director Notes

(Continued from page 1)

presence of our loved one. There may be days that start out light and then turn dark very quickly.

As the darkness seems to surround us, we look for ways to see the light. We feel alone on this dark path and hope that the light indeed will shine. Our focus is embedded in the idea and hope that one day we won't feel so sad. As stated by Aristotle Onassis, "it is during our darkest moments that we must focus to see the light".

Have you ever thought about finding the light in the darkness? As I think about darkness, some of the most beautiful sights I have ever seen were possible because of the darkness of the night. The night sky is full of stars radiantly shining above. Fourth of July celebrations filling the sky with brilliant bursts of colors leaving the audience in anticipation for what will light the sky next. Glow sticks that have a child who is normally fearful of the darkness begging for a complete blackout so their glow sticks will shine. Christmas lights during the holiday season. All exceptional examples of light that can be found in the dark.

When you lose a loved one, what are your light moments when in the darkness of your loss? Are you able to have those light moments on your own, or do you need some help from others? Those dark moments may open your eyes to a beautiful memory that lights your path when things are hard. An ornament that was used for last year's Tree of Light says "When a loved one becomes a memory, that memory becomes a treasure. Treasure the Memory." Those memories are often the light that illuminates our darkness.

My hope is that you have found your light in the darkness. Your light might be as bright as the full moon on a clear night or it may be the flame of a single candle flickering in the dark. The words of Meister Eckhart say "truly it is in the darkness that one finds the light, so when we are in sorrow, then this light is nearest of all to us".

Amy Burr, RN BSN Meadowlark Hospice Program Director

> We would like to take this opportunity to thank all the Volunteers for their dedication this past year, and for the wonderful job they did on the Tree of Light ceremonies in each County.



As always we are looking for new Volunteers especially in Miltonvale, Wakefield, Clifton, Clyde Concordia and Leonardville. If you would be interested or know someone who would be interested in joining the Meadowlark Hospice team as a Volunteer, please call Darlene Melton, Volunteer Coordinator at 785-632-2225.

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Calendar of Events

Jan 8	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Jan 8	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Jan 12	1:00 pm	Concordia Volunteer Continuing Education
Jan 12	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Jan 12	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Jan 15	5:30 pm	Belleville Bereavement Support Group – Library, 1327 19 th Street
Jan 19	11:00 am	Clay Center Volunteer Continuing Education
Jan 20	9:30 am	Washington Volunteer Continuing Education
Jan 20	Noon	Marysville Volunteer Continuing Education
Jan 20	2:00 pm	Frankfort Volunteer Continuing Education
Jan 22	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Feb 9	1:00 pm	Concordia Volunteer Continuing Education
Feb 9	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Feb 9	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Feb 12	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Feb 12	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Feb 16	11:00 am	Clay Center Volunteer Continuing Education
Feb 17	9:30 am	Washington Volunteer Continuing Education
Feb 17	Noon	Marysville Volunteer Continuing Education
Feb 17	2:00 pm	Frankfort Volunteer Continuing Education
Feb 19	5:30 pm	Belleville Bereavement Support Group – Library, 1327 19 th Street
Feb 26	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Mar 9	1:00 pm	Concordia Volunteer Continuing Education
Mar 9	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Mar 9	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Mar 12	4:30 pm	Clay Center Bereavement Group-Meadowlark Hospice office-Group will eat together
Mar 12	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Mar 16	11:00 am	Clay Center Volunteer Continuing Education
Mar 17	9:30 am	Washington Volunteer Continuing Education
Mar 17	Noon	Marysville Volunteer Continuing Education
Mar 17	2:00 pm	Frankfort Volunteer Continuing Education
Mar 19	5:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA
Mar 26	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

MILFORD "DRINK" DRINKGERN HOSPICE GIFTS ...LELAND KOEPSEL

Catholic Daughters/Evarista 1138 The Counseling Staff at Washburn Rural Verda Drinkgern

Norway E.L.C.W. KEN EHRET Middle School Craig & Terry Parry David Ehret Peggy Weidman Dorothy Richardson **IOWANA FELLERS** Meta Wendelken

Ron & Donna Wichman Charles Stoker Dorothy Brown

Clark, Mize & Linville, Chartered Coni Witters

Piotique Quilt Guild Sylvai Wohler MICHAEL "MIKE" FOSTER Steve & Carol Worley ANN ACKERMAN

MEMORIALS

JUNE LUEBCKE Lu Anne Debrick Dail & Kathy Smith Friends & Neighbors **NELDA FLICKINGER** Earl & Karen Baxter KATY BAKER Denison State Bank Jerry & Theresa Forst

Jim, Debbie, Eric & Devan Zwygart Friends & Neighbors Alberta Parry

NORMAN BURKHEAD LEO GOECKEL The Family of June Luebcke CHARLENE MACHEN Joe & Lucy Brucel The Leo Goeckel Family MARCINE JOHNSON Georgia Burkhead Friends & Neighbors Jean Clawson David & Linda Bogart Gina & Wendall Hargitt

Steven & Kay Ferrell Ila Johnson Ardus S. Whatley

Garden of Eden, Marsyville, KS Craig & Diana Marcotte John Winter Roy Hartsook Mary A. Peterson KENNETH MCCUNE

Tom & Anita O'Neil Ronald & Martha Peterson Alberta Parry Robert & Avo Snyder Steven & Tina Peterson ALTA "GRACE" MURRIN

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Audrey Schwartz Delton & Sarah Brun MARCUS OLIPHANT MARY "KAY" COLEMAN Gary & Clione Case June Campbell

Fred Sortor Jeff & Laddi Oliphant Wayne & Kay Culley Wilbur Fowles

MILDRED "MILLIE" PFEIFLEY Douglas & Barbara Sund Darrel & Margaret Davies PATRICIA "PATTY" CUNNINGHAM Jerry & Pamela Gardner Monte & Emily Green Eldon & Mary Jo Hageman American Legion Auxiliary Post 40

Harold & Mary Jane Arents Sarah Griffiths Kathleen Isaacson Frank Cunningham Randy & Cathy Hafner Lois Lippert Friends & Neighbors Lavona Harding LOREN "SHORTY" RIEK Eileen Hageman Judy Hileman David & Catherine Affolter

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Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...LINDA ROBISON LEONARD WEYER SYBIL RAHE Republic United Methodist Women Rob & Diane Floersch Allen & Marcia Hahn Kathie & James Haddock **RACHEL ROLFS** Gary & Linda Hammer TREE OF LIGHT Don & Marty Westphal Gene & Vicki Hammer **BELLEVILLE** JIMMY SHEPEK David & Barbara Janssen **GLADYS BENYSHEK** Jean Farlee & Family Everett Johnson Jerry & Linda Melton **SHORTY STENSAAS** Richard & Mary Larson RAYMOND BENYSHEK Chris & Kathy Cox and sons Rodger & Betty Larson **CAROLYN STERBA** Jerry & Linda Melton R.D. & D.K. Lull FRANK BERGGREN Teresa Fuller Randall & Rebecca McVey Emma Berggren **HENRY STRNAD** Doyle Robison **GLENNA BROWN** Bob & Becky Craig T.A. & N.J. Skinner Republic United Methodist Women **ILA SWARTZ** Melanie Stehno ELMER "JOHN" DAUGHERTY Republic United Methodist Women Libby & Robert Vathauer DILLON WOODWARD Republic United Methodist Women ALLEN "BUCK" SCHWARZ MAXINE ERICKSON Republic United Methodist Women Brotherhood of L.E. Div. 224 Gary & Linda Hammer MERLYN FARLEE Community Memorial Healthcare TREE OF LIGHT John & Pamela Fitzgerald Jean Farlee & family **CLAY CENTER** VERNON GEBERS Friends & Neighbors **HAROLD ALEXANDER Evelyn Hamilton** Joleen Gebers & family Arlyss Alexander Sherry Huddleston Carla Seaman & family ROY ALEXANDER Mick & Jane Keating Cindy Wollenberg & family Mary Alexander S.R. & S.L. Kostal DANE ANDERSON **BOB GUNN** Steven & Fern Kostal Republic United Methodist Women Barbara Anderson **Landoll Corporation** MARILYN HAASE TROY ANDERSON Deanna Reeh Wynona Spannenberg Barbara Anderson WARREN R. ANDERSON Mr. & Mrs. Norman Rippe **ELLEN HOMOLAC** Dean & Carol Ruwe Suzanne Barth Barbara Anderson Ronald Smith **GARY APPLETON** CHARLES KLIMA DWIGHT SHERBERT Roberta Klima Ann Appleton Marilyn Sherbert JUSTIN KLIMA ANNA JO ATKINSON Dail & Kathy Smith Roberta Klima Doris Dunn **GLENN "SHORTY" STENSAAS GAIL BAUER**

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Joyce Irene Stensaas

JULIA "ELLEN" TRAVIS

Larry & Nancy Woodyard WAYNE WACHSNICHT Friends & Neighbors Kathleen Isaacson Mark & Trasenda Lundin Noel & Joy Deane Pfizenmaier Harlan & Kimberly Ross The State Bank of Blue Rapids

GEORGE FREDERICK LESOVSKY Suzanne Barth GLENN E. LESOVSKY Suzanne Barth MILDRED LESOVSKY Suzanne Barth LINDA D. LORIMOR Neal W. Lorimor

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& Pera Jo)

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GMB Farms (his children-Bruce, Brian, Diana

Hospice Gifts & Memorials

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HENRY, MARCENE & CLARLYN KUCK LYLE DUNN CONNIE ROBERTS June Laha Doris Dunn Jon & Sherry Bonawitz **ERNEST KUNZE** DONALD EVANS **BILL SCANTLIN** Ken & Bev Shivers Mary Alexander Devin & Amy Burr PAT AND PATRICK LAHA CLAUDE L. FINSON **LEONA SCANTLIN** June Laha Mary Alexander Devin & Amy Burr Nora M. Finson ADELINE LARSON **DWIGHT SHERBERT** Mary Alexander Clyde & Rita Wollenberg Clyde & Rita Wollenberg ELOISE LARSON JACK & BETTY FITZSIMMONS PEARL SMITH Mary Alexander Jackie Wingerd Mary Alexander VINCENT LARSON AMY FORKNER HATCH **RALPH THORN** Mary Alexander Barbara Anderson Dawn Thorn Phelps **EVELYN LAWSON** RALPH FORKNER MARY ANN THURLOW Barbara Anderson Mary Alexander Mary Alexander **ROSALIE FORKNER** DOUG MARTIN **BOB TRAUTWEIN** Deb Martin Family Barbara Anderson Ann Appleton ARMOND & ARLENE FRIGON ZAYNE MCVEY JOHN VOGT Della Gier Phil & Jean Frigon Mary Alexander EULA JEAN MOREHEAD MARC FULLINGTON PAULINE WELLS Doris Dunn Clyde & Rita Wollenberg Mary Alexander JUDY MORGISON KURT GAEDDERT **ALICE WICKSTRUM** Devin & Amy Burr The Morgison Family Mary Alexander J. EVAN NEADERHISER DON GERMANN KENT WILDER Myrna, Scott & Neil Neaderhiser & families Delores Germann Donna Girton VONNA MAXINE NEMNICH GEORGE GIER Della Gier Lloyd Nemnich TREE OF LIGHT Dee & Fred Wait **HOWARD GIER CONCORDIA** WILLIAM NEWELL Della Gier PEG APPLEBEE JUDY GILKES Mary Alexander Kent & Sharon Applebee GEORGE M. PATTERSON Doris Dunn FRED CAMPBELL EVERETT GIRTON Mattie M. Patterson Patience G. Campbell SLIM PATTERSON Donna Girton DECEASED MEMBERS OF VFW Mattie M. Patterson JAMES "BUSTER" HALEPESKA # 588 AUXILIARY KENNETH PETER Gloria Halepeska VFW #588 Auxiliary PEARL HESS Mary Alexander **RON GENDRE** WALTER PETER Mary Alexander Jon Gendre DOROTHY HUNDLEY Phil & Jean Frigon EVA HARTMAN MILDRED "MILLIE" PFEIFLEY Anonymous Donor Loleta Deaver

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MARION MILLER

JUNE MOSHER

John L. Mosher

Edna Lervold

Myrna, Scott & Neil Neaderhiser & families

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Hospice Gifts & Memorials

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Gerald & Pam Campbell
GENEVA NORDQUIST
Gerald & Pam Campbell
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Martha Souchek
SHORTY STENSAAS
Chris & Kathy Cox and sons
MICHAEL M. "MIKE" YAKSICH
Dave & Mary Jane Collette
Ireland, Dyer & Pyle Families
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Yaksich

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Diane Tilley
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Lora Stohs & family
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Keith & Diane Tilley

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Sylvia Wapp
VINCE WESSEL
Eunice Samuelson

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DIXIE ADOLPH
Donald & Delpha Tucker
SHIRLEY A. COWELL

Sandy Hunt Susan Warner DOROTHY DAVIS
Elizabeth A. Davis
Her Children
Louis & Kathie Davis
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Buena Ellenbecker
JOE ELLENBECKER
Buena Ellenbecker

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Gary Engelken

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Lucille Ferris
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Lora Stohs

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Kaitlyn Lierz

Fenton Gene Norwood Katherine Norwood

Verl Dean & Sharon Norwood and family

Jayne Pugh
Thomas Pugh
OMIA OWENS
Lora Stohs & family

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

VICKI L. PILLARD CHARLOTTE ANITA CARDENAS Gary R. Pillard Charlotte Cardenas-Hanekom DARREL ROEVER CHARLOTTE ANITA CARDENAS Jay & Julie Haggard & family Domingo G. Cardenas

Dave & Lisa Roever & family ERIC CHAPUT Elaine Roever Helen Pannbacker NANCY SANDEFUR CHARLOTTE CLAEYS

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Shirley Walter DON L. KASTL Betty A. Kastl JONAH MARTIN The Metz Family GERTRUDE BEHRENS JOYCE MCBEATH Idana Perkins The Metz Family **IVAL BRABEC** KENNETH MCCUNE Jeff & Rigs Brabec Family of Ken McCune TYLER BURT DONNA MCVEAN

JAMES MCVEAN Jeff & Rigs Brabec

IN HONOR OF THERESA MEYER

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Idana Perkins

EMMA WIECHMAN

Idana Perkins

JOHN WIECHMAN

Idana Perkins



TREE OF LIGHT WASHINGTON TOBY ANDERSON Alberta Parry JAMES L. AYERS Shirley Walter **EDGAR BEHRENS** Idana Perkins

Terry & Jan Taylor



709 LIBERTY CLAY CENTER, KS 67432

Ph 785.632.2225
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Email hospice@ccmcks.org
Web meadowlarkhospice.org

We are available to present programs to area organizations!



709 LIBERTY CLAY CENTER, KS 67432

RETURN SERVICE REQUESTED

MEADOWLARK HOSPICE STAFF

Medical Director - John Ryan, MD

Assistant Medical Director - Randall Brown, MD

Nurse Practitioner - Michele Voelker, APRN

Program Director - Amy Burr, RN, BSN

Patient Care Coordinator - Deb Martin, RN, BSN

Hospice Staff Nurses - Rita Wollenberg, RN; JoAnn Lips, RN; Stacy Behrends, RN, BSN; Sherry Wiese, RN; Sherry Brown, RN; Debra Champlin, RN; Pam Tremblay, RN

Director of Social Services - Dawn Phelps, RN/LMSW

Social Workers - Stephanie Garrison, LBSW; Joyce Nelson, LMSW; Lucy Papes, LASW; Jennifer Hiltgen, LBSW

Bereavement Services Coordinator - Dawn Phelps, RN/LMSW

Chaplains - Rev. Susan Sawyer; Sr. Marilyn Wall

Volunteer Coordinator - Darlene Melton

Billing/Insurance - Ronna Urban

Administrative Assistant - Lilly Hitsman; Charlotte Rundell; Lisa Seley

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