

Meadowlark Notes



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

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Look for the Colors

By Dawn (Thorn) Phelps

Cayson, a ten-year-old boy from Iowa, had never seen the red color of Santa Claus' suit until his parents surprised him with a special pair of glasses that Cayson had begged his parents to buy for him. Cayson said, "I just didn't really understand what people that aren't color blind actually saw, and that day was amazing!"

Scott, age 24, had never seen the color purple until he tried on a pair of glasses that he believed were sunglasses. Scott cried when he saw purple for the first time. He became giddy when he saw

pink and green and set out on an immediate adventure to find more colors in his office and in the yard outside.

A sixty-six year old man who described himself as "a tough guy" said he cried when he saw color for the first time. His family had pooled their money to buy him a pair of EnChroma glasses so he could see color.

The Tennessee Department of Tourist Development installed special viewfinders so color blind tourists can see the stunning transitional colors of the fall foliage in East Tennessee. The Ober Gat-

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Director Notes

More Than Words...

A common question I hear from people is "What do I say to someone who just lost a loved one?" They usually follow the question with "I just never know what to say. I want to express my sympathy but am always afraid I am going to say the wrong thing and upset them."

I recently had the opportunity to attend an educational presentation on Alzheimer's disease. The presenter shared a short

video clip which really struck a chord with me. The video talked about the difference between showing empathy versus showing sympathy.

Sympathy is a shared feeling, usually of sorrow for another person. A person facing a loss can feel a great amount of support from all the sympathy provided by friends and family.

Our society in general focuses on providing sympathy rather than empathy towards those

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**Look for the Colors.....(continued from pg 1)**

linburg Resort captured the reactions of those who were color blind in a video when they saw the bright-colored leaves for the first time. Their reactions varied from surprise and amazement to tears of joy.

Don McPherson, a PhD glass scientist and founder of EnChroma Lab, made a surprising discovery after designing protective eyewear for laser eye surgeons, glasses meant to make colors more vibrant so doctors could distinguish tissues more easily during surgery.

**"If you are
grieving due to the
death of someone
special, don't give
up on life...don't
be afraid to look
for the colors."**

But Dr. McPherson's glasses found a new purpose when the doctor let a friend wear the glasses, not knowing that his friend was color blind. The friend thought they were just sunglasses. But when he put them on, he could distinguish colors for the first time, and he was amazed!

About 13 million people in the United States are color blind and see colors in shades of dull brown and black. They have no concept of how beautiful and dazzling colors can be or what they are missing out on!

Color blindness can make it difficult to distinguish if a traffic light is red or green—a traffic hazard, and color blind people miss out on so much beauty! Yet a pair of special glasses can add richness for some who are color blind and uncover colors that the recipient could have never imagined!

One man described seeing color as being like "the difference between here and heaven!" Encountering painful life experiences, including the death of someone dear, can be compared to color blindness, like seeing the world in tones of brown and black.

Sometimes seeing color for the first time after a loss can come as a total surprise, at an unexpected time, like looking through a viewfinder and seeing bright reds, oranges, and yellows of autumn right in front of your eyes.

If you are grieving due to the death of someone special, don't give up on life. Like Cayson, the ten-year-old from Iowa who begged his parents to buy him special glasses, you may need to enlist your friends to help you add some color to your life.

This autumn Mother Nature will again put on her finest colors and paint the trees, grasses, and scrubs for our enjoyment. Make a choice to make time to take a ride or take a walk and soak up some of nature's beauty. Replace some of the browns and blacks of sadness with bright colors.

Don't be afraid to look around for ways to add colors to your life. I still remember when I truly felt joy for the first time after the death of my husband several years ago. So ask friends to help you find those special glasses; ask for help if you need to and don't be afraid to **look for the colors!**

By Dawn (Thorn) Phelps, RN/LMSW

Director Notes.....(continued from pg 1)

who are facing a loss or going through a tough time. The cards we buy say “With Sympathy”, and gifts are often called sympathy gifts. There is no doubt that expressing sympathy is an appropriate means to show our concern for what an individual is facing.

**“You don’t have to do or say anything to make things better. Just be there as fully as you can.”
-Sogyal Rinpoche**

Empathy is putting oneself in another person’s shoes, and is a deeper feeling than sympathy. Empathy is a much more vulnerable response because we have to touch on feelings from our past or consider feeling we would have if faced with the same loss. It is being able to say “I’ve felt the loss you are feeling and I know it hurts. I do not have words to make it better, but I am here for you.” When I speak with grieving individuals, it is usually the empathetic gestures that they recall as being the most helpful during their grief journey.

When people ask me the question of “What do I say?” I feel they are trying to determine how to provide support beyond using words. My advice would be to make a connection with the person

to whom you are wishing to support, and be someone they can turn to when they are having tough days. Don’t be afraid to open your heart and show some empathy.

**“The things that matter most in our lives are not fantastic or grand. They are the moments when we touch one another, when we are there in the most attentive or caring way.”
-Jack Kornfield**

Amy Burr, RN, BSN

Meadowlark Hospice Program Director



Calendar of Events

Oct 8	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Oct 14	1:00 pm	Concordia Volunteer Continuing Education
Oct 14	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Oct 14	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Oct 15	9:30 am	Washington Volunteer Continuing Education
Oct 15	Noon	Marysville Volunteer Continuing Education
Oct 15	2:00 pm	Frankfort Volunteer Continuing Education
Oct 17	3:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
Oct 21	11:00 am	Clay Center Volunteer Continuing Education
Oct 24	11:30 am	Leonardville Bereavement Support Group (community-sponsored) - Nelson's Landing, Leonardville - Call Sandy Ferguson 785-706-1595
Oct 24	4:30 pm	Marysville Bereavement Support Group - South Plaza of CMH - use N door
Nov 11	1:00 pm	Concordia Volunteer Continuing Education
Nov 11	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Nov 11	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Nov 12	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Nov 18	11:00 am	Clay Center Volunteer Continuing Education
Nov 19	9:30 am	Washington Volunteer Continuing Education
Nov 19	Noon	Marysville Volunteer Continuing Education
Nov 19	2:00 pm	Frankfort Volunteer Continuing Education
Nov 21	3:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
Nov 22	4:30 pm	Marysville Bereavement Support Group - South Plaza of CMH - use N door
Nov 28	11:30 am	Leonardville Bereavement Support Group (community-sponsored) - Nelson's Landing, Leonardville - Call Sandy Ferguson 785-706-1595
Dec 2	11:00 am	Concordia Tree of Light/Memorial Ceremony - First Christian Church
Dec 2	2:00 pm	Republic County Tree of Light/Memorial Ceremony - Belleville United Methodist Church
Dec 7	11:00 am	Washington Tree of Light/Memorial Ceremony - KSDS East Buliding
Dec 7	2:30 pm	Marysville Tree of Light/Memorial Ceremony - Cambridge Place
Dec 7	5:30 pm	Frankfort Tree of Light/Memorial Ceremony - Public Library
Dec 8	2:00 pm	Clay Center/Riley Tree of Light/Memorial Ceremony - Clay Center First Baptist Church
Dec 9	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Dec 10	4:30 pm	Clay Center Bereavement Support Group - Group will eat together - Meadowlark Hospice office
Dec 19	3:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA
Dec 26	11:30 am	Leonardville Bereavement Support Group (community-sponsored) - Nelson's Landing, Leonardville - Call Sandy Ferguson 785-706-1595
Dec 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!

HOSPICE GIFTS

Jim & Mary Garbarino

MEMORIALS

RICHARD ALKIRE

Robert Cline
M.E. Davidson
Julie Farlee
Jane Gingles
Bob & Jan Kadel
The Family of Richard Alkire

PAUL BLECHA

Mary Louise Barber
Bruce & Debra Butcher
Harry & Paula Disbrow
Lowell & Linda Herrs
Shelly Holle
Vicki Hughes
Tim & Joanie Hulse
M. Jane Martin
Audrey Mayer
William & Christine Navis
Paul Blecha Memorial
Barry & Anna Porter
Mr. & Mrs. David Robinson
Bobby & Glennis Trecek
Donald & Martha Westphal
James & Elinor Whaley

ARLENE BRAY

Robert & Charlotte Anderson
Arlene Bray Memorial
Dave & Debra Beems
Charles & Lucille Boden
John & Tami Callicotte
Darrell & Jana Carlson
Central National Bank-Concordia
Terry & Nicole Collins
Friends & Neighbors
Bill & Fran Garrison
Darren Goad
Jarold & Linda Hayden
Kayann Hermann
Scott & Brenda Hoard
Dennis & Peggy Jackson
Allen D (A.J.) Johnson
Harold Johnson
Norman & Sharlene Johnson
Randy & Marcia Johnson
Ronald & Shari Johnson
Benson & Judy Keil

...ARLENE BRAY

Brian & Lori Kemling
Daniel & Cindy Koch
Jim & Jackie Koch
Loren & Norine Koester
Colleen Ann Larsen
Fred & Phyllis Larsen
Gale & Barbara Longenecker
Larry & Helen Lute
Howard & Shea McMillan
Steve & Lisa Mosher
Armand Naillieux
Steven Nelson
NRCS Co-workers
Joseph & Jennifer Odette
Steven & Bette Shields
Mary Margaret Tholstrup
Gerry & Delores Thompson
Maurice Waite

LARRY CARLSON

Braden Financial Services Inc
Claire Case
Jerome & Jody Crimmins
Friends & Neighbors
Harvey & Connie Frigon
Phil & Jean Frigon
Gary Griffiths
Derele Knepper
Robert & Vicki Mall
Randall & Vicki Meyer
Delmar & Lorene Peterson
Rose Anne Reed
Lon & Jackie Silver
Brenda Sortor
Marilyn Thomas
Gary & Nola Unruh
Carol Worley

ELAINE CLAEYS

Dianne Smith
ROBERT "BOB" CONDRAY
Bloomfield Cattle Company
Bob Condray Memorial
Chaput-Buoy Funeral Home
Charles & Janice Dunn
Tammy Elsasser
Friends & Neighbors
Greg & Melanie Germann
Susan Haver
Gary & Marsha Hubert
Everett & Marlene Miller

...ROBERT "BOB" CONDRAY

Gwen Miller
Bob & Nancy Mitchell
Scott & Wilma Nelson
Roger & Susan Reed
The Family of Bob Condray
Lowell & Mary Lisa Thoman
BUENA ELLENBECKER
Buena Ellenbecker Memorial
CES Group, Inc.
Michael & Tori Dettke
Gregory & Elizabeth Doll
Virginia Hafsahl
Russel Clay Harvey & Patricia McGivern

Jack & Rosemary Murphy
Tom & Anita O'Neil
Bob & Roseanne Schreiber
Keith & Peggy Sprouse
Darrel & Theresa Wilson
MARJORIE FISHER
Dennis & Denise Ensley
Jerry & Beverly Hedke
Arthur & Josephine Hetzke
Marjorie Fisher Memorial
Robert & Margaret Prellwitz
William & Sandra Tommer
Dane & Katherine Whaley
Karen Whorrall

JONI GARCIA

Joni Garcia Memorial
HAROLD GIBSON
Harold Gibson Memorial
MARCELLA "KAY" HAUSCHEL
Timothy & Jean Abeita
Rick & Sandra Blush
Bolin Auto & Truck Parts
Linda Brown
Norman & Janet Elliott
Mary Finlayson
Jimmy & Roberta Hauschel
Kay Hauschel Memorial
Debra Keebler
Dale & Glenda Knuth
Marysville Livestock Inc.
Douglas & Karen Meenen
Joann Meenen
Marc & Jeannie Melhus
Dora Morris
Terrence & Nancy Moser

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...MARCELLA "KAY" HAUSCHEL

Judd & Sara Stewart
Randall & Tiffany Wyatt
BILLIE JACKSON
Angela Christine Anderson
Rosemary Anderson
Dale & Linda Berk
Billie Jackson Memorial
Don & Pauline Collins
Steven & Helen Collins
Concordia Auto Mart, LLC
James Jackson
Norman & Sharlene Johnson
Randy & Marcia Johnson
Daniel & Cindy Koch
Fred & Phyllis Larsen
Andrea Jackson & Gene Leonard
Lynn & Patty Mosher
Tom & Machele Raleigh
Keith & Anita Sherwood
Quentin & Chris Smith
Randy & Mary Beth Smith
Leroy & Joyce Tholstrup
Randy & Deborah Thoman
PORTIA MYER
Derald & Mary Blake
Melvin & Linda Braun
James & Janice Chaput
Class of 1958
Dennis & Lauralea Cox
Michael & Denise Dorsey
Friends & Neighbors
Rachel Fuller
Diane Hargett
Thomas & Karla Heck
Dan & Dee Hilton
Lois Larson
Matthew & Debra Lauer
Doma Revell
Dianne Rickley
Darlene Smoot
Karen Stevenson
DONALD PERKINS
Chaput-Buoy Funeral Home
MARVIN REVELL
Craig & Julia Schemper
BEATRICE SAINER
Bea Sainer Memorial Fund
WILLIAM SANDMANN
Bill Sandmann Memorial
Debbie Bramlage

...WILLIAM SANDMANN

Joe & Penny Howell
Todd & Kendra Milner
Tom & Anita O'Neil
Janice Smith
FREDDIE SCHMID, SR
Jim & Mary Garbarino
CHARLES STOKER
Abbie & Derek Christian and
Addyson
Allison Ramos
Anthony Ramos
April & Richard Ramos
The Family of Charles Stoker
Emily Yates
Joni & Kevin Yates
Rachel Yates
PHYLLIS TRAUTWEIN
Karen Bryan
Bill & Jeanniene Burdett
Robert Michael & Julie Burger
Gene Ferguson
Randy & Jeanette Kidwell
Derele Knepper
Arnie & Kathy Knoettgen
Tonya Knoettgen
Mr. & Mrs. Norman Kolle
Bob & Jerrie Loader
Phil & Brenda Pfizenmaier
Clyde & Rita Wollenberg
THERESA WAITE
Helen Aurand
Emma Berggren
Kent & Marcy Buer
Brian & Anne Grace
Paul & Patricia Heltne
Larry & Patsy Hobson
Ryan & Diane Hobson
Hoisington Dispatch
Douglas & Joann Parrack
Roger & Esther Stafford
Theresa Waite Memorial
Gerry & Delores Thompson
MARY WEBER
Martin Weber
ADETHA "DE" WILTSE
David & Linda Bogart
Central National Bank-Concordia
Stephanie Garrison

...ADETHA "DE" WILTSE

Douglas & Alice Hall
Linda Harcourt
Gwen Miller
Stephen & Jane Richard
Lea Ann Weilbacher
SYLVIA WOHLER
Patricia Brownell
Bruce & Barbara Dodds
Jerry & Cindy Habluetzel
Derele Knepper
Lawrence & Carol Morgan
Evelyn Mugler
Marlin & Jill Mugler
Alyce Jean Specht
Sylvia Wohler Memorial
Henry Thomas
Chester & Carole Wichman
Brad C Wohler



MEADOWLARK HOSPICE

TREE OF LIGHT 2019

Please join us at the Tree of Light Ceremony in your Community

CONCORDIA

December 2nd at 11:00 a.m.

1st Christian Church

REPUBLIC CO. @ BELLEVILLE

December 2nd at 2:00 p.m.

United Methodist Church

WASHINGTON

December 7th at 11:00 a.m.

KSDS East Building



MARYSVILLE

December 7th at 2:30 p.m.

Cambridge Place

FRANKFORT

December 7th at 5:30 p.m.

Public Library

CLAY CENTER/RILEY

December 8th at 2:00 p.m.

First Baptist Church

Clay Center

Please tune in to KISS FM 94.9, KCLY 100.9, our Facebook page,
and Topeka television stations for cancellations

Your purchase of a memorial will aid Meadowlark Hospice in helping people live their final days with dignity and comfort at home, or a homelike setting among family and friends.



Please clip coupon and mail to:

Meadowlark Hospice

709 Liberty Street

Clay Center KS 67432

Tree of Light 2019 Make checks payable to Meadowlark Hospice.

709 Liberty, Clay Center KS 67432

All gifts are tax deductible.

Names will be read at the Lighting Ceremony.



Enclosed is my contribution for _____ memorials.

In memory of _____

Donor's Name _____

Address _____

City/State/Zip _____

Please indicate at which Ceremony you would like to have your loved one represented.

___ Clay Center/Riley ___ Washington ___ Concordia ___ Frankfort ___ Marysville ___ Belleville



MEADOWLARK HOSPICE

709 LIBERTY

CLAY CENTER, KS 67432

RETURN SERVICE REQUESTED

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US POSTAGE
PAID
CLAY CENTER, KS
PERMIT NO. 410

Meadowlark Hospice

709 Liberty St
Clay Center, KS 67432

Ph 785.632.2225
Fax 785.632.3557
email mhospice@ccmcks.org
Web meadowlarkhospice.org



*We are available to present
programs to area organizations!*

Medical Director – John Ryan, MD

Nurse Practitioner – Michele Voelker, APRN

Program Director – Amy Burr, RN, BSN

Patient Care Coordinator – Deb Martin, RN, BSN

Hospice Staff Nurses – Stacy Behrends, RN, BSN; Debra Champlin, RN;
Erin Gilmour, RN; Audie Hartman, RN; Deb Hedke, RN, BSN;
JoAnn Lips, RN; Sherry Wiese, RN

Hospice Aide – Tracy Wallace

Director of Social Services – Kay Lynn Mead, LMSW

Social Workers – Kathryn Benson, LBSW; Stephanie Garrison, LBSW;
Jen Meier, LMSW

Bereavement Writer – Dawn Phelps, RN, LMSW

Bereavement Services Coordinator – Kay Lynn Mead, LMSW

Chaplains – Greg Doll; Rex Fuller; Sr. Janet LeDuc; Kathy Ouellette; Al
Paredes; Gerry Sharp; Marilyn Sweet; Sr. Marilyn Wall

Volunteer Coordinator – Darlene Melton

Billing/Insurance – Ronna Urban

Administrative Assistant – Lilly Hitsman; Charlotte Rundell