

Meadowlark Notes

Issue 71

Winter 2016

They Grieve Too

By Dawn Phelps, RN/LMSW

"Elephants really do grieve like us. They shed tears and even try to bury their dead," says a leading wildlife film-maker James Honeyborne. He also describes scenes of elephants mourning their dead as "heartbreaking".

Honeyborne goes on to state: "We may never know exactly what goes on inside the mind of an elephant, but it would be arrogant of us to assume we are the only species capable of feeling loss and grief." He tells the story of a tame elephant named Abu that died in Botswana, Africa. After Abu's death, his keepers brought the other elephants to say "good-bye". One female elephant named Cathy was seen crying from both eyes,

tears streaming down her face.



Elephants are not the only ones from the animal kingdom that seem to mourn after a death. Back in the 1870's, a chimpanzee in the Philadelphia zoo "seemed to go into mourning" when his female companion died. Amos, the surviving chimpanzee, and the female had been together for years.

The zookeeper recorded Amos' response to the death. "The remaining one made many attempts to rouse her, and when he found this to be impossible, his rage and grief were painful to witness...The ordinary yell of rage...finally changed to a cry which the keeper of the animals assures me he had never heard before..hah-ah-ah-ah...with a plaintive sound like a moan...He cried the rest of the day. The day following, he sat still most of the time and moaned continuously." The following day Amos died.

Our dog Daisy died the same day my husband Ralph died. Daisy was *his* dog, and somehow I believe Daisy sensed that my husband had died. Many other anecdotal



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

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Director Notes

The annual Tree of Light ceremony has become very dear to my heart. This year we celebrated the 25th Anniversary of the 1st Tree of Light ceremony. Meadowlark Hospice is honored that families chose to remember

their loved ones this holiday season with a donation to our organization. The donations are used to help with costs of continuing to provide hospice care in our communities. The Tree of Light ceremony is a time to remem-

ber the patients Meadowlark Hospice served who have passed away within the year. Because our patients touch our hearts so deeply, we feel it is important to take a moment to remember them during the holiday sea-



They Grieve Too..... (cont'd from pg. 1)

stories have been told of animals that seemed to experience grief after the death of someone they loved. One dog named Capitan was found laying on the grave of his master. He continued to live in the cemetery, mourning. Another dog waited at the train station every day for his owner who had died.

Just like humans who experience a loss, animals don't seem to want to let go of the one they loved. Just as humans, the animals that are left behind after a death seem to isolate themselves. They may eat less; they may appear sad and depressed. They may return to visit the gravesite several times after a death.

Geese lose weight and separate from the flock after the death of a mate. Sea lions wail in anguish. When the elderly owner of a parrot named Tiko died, Tiko screamed all night even though he had never made noise during the night before. For months, the parrot spent hours sitting on the owner's bed.

Whether human or from the animal kingdom, grieving is a natural response to the death of someone we love. In the case of humans, tears can be a healing response to grief, according to Dr. Oren Hasson, a psychologist at Tel Aviv University.

Dr. Judith Orloff, M.D., also wrote about the benefits of tears. She states: "For over twenty years as a physician, I've witnessed, time and again, the healing power of tears. Tears are your body's release valve for stress, sadness, grief, anxiety and frustration. Also, you can have tears of joy, say when a child is born or tears of relief when a difficulty has passed. In my own life, I am grateful when I can cry."

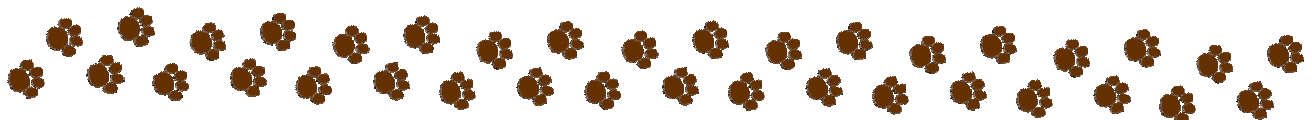
Dr. William Frey at Ramsey Medical Center in Minneapolis is known as "the tear expert". Dr. Frey has found that emotional tears contain stress hormones which get excreted from the body through crying.

Other studies by Dr. Frey suggest that "crying stimulates the production of endorphins, our body's natural pain killer and 'feel-good' hormones. Interestingly, humans...shed emotional tears, though it's possible that elephants and gorillas do too."

So if someone precious to you has died, don't be afraid to grieve or cry; remember tears can be healing. And if you have pet animals, remember that *they grieve too*.

"To weep is to make less the depth of grief."

William Shakespeare



Director Notes..... (cont'd from pg. 1)

son. The relationships that develop between our staff and the patients and their families are treasured forever.

It was with a great deal of disappointment that we cancelled the Tree of Light ceremony in Concordia and Belleville this year due to weather. We did not want to see anyone get injured due to the icy conditions. If you were planning to attend the Tree of Light ceremony and would like a votive candle in your loved one's memory, please contact our office so we can make arrangements to get a candle to you. If your loved one passed between November 1, 2014 and October 31, 2015 and you would like a teardrop ornament in their memory, please contact the office so we can make arrangements for the delivery of your ornament.

Thank you to all who donated to the Tree of Light this year. Thank you for being a part of the 25 years of support we have received. We are honored to continue to provide hospice care in our communities.

Amy Burr RN BSN
Meadowlark Hospice Program Director

Calendar of Events

Jan 11	1:00 pm	Concordia Volunteer Continuing Education
Jan 11	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Jan 11	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Jan 14	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Jan 14	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Jan 18	11:00 am	Clay Center Volunteer Continuing Education
Jan 19	9:30 am	Washington Volunteer Continuing Education
Jan 19	Noon	Marysville Volunteer Continuing Education
Jan 19	2:00 pm	Frankfort Volunteer Continuing Education
Jan 21	5:30 pm	Belleville Bereavement Support Group – Library, 1327 19 th Street
Jan 28	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Feb 8	1:00 pm	Concordia Volunteer Continuing Education
Feb 8	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Feb 8	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Feb 11	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Feb 11	6:30 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Feb 15	11:00 am	Clay Center Volunteer Continuing Education
Feb 16	9:30 am	Washington Volunteer Continuing Education
Feb 16	Noon	Marysville Volunteer Continuing Education
Feb 16	2:00 pm	Frankfort Volunteer Continuing Education
Feb 18	5:30 pm	Belleville Bereavement Support Group – Library, 1327 19 th Street
Feb 25	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Mar 10	4:30 pm	Clay Center Bereavement Support Group - Group will eat together, place TBA
Mar 10	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Mar 14	1:00 pm	Concordia Volunteer Continuing Education
Mar 14	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Mar 14	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Mar 15	9:30 am	Washington Volunteer Continuing Education
Mar 15	Noon	Marysville Volunteer Continuing Education
Mar 15	2:00 pm	Frankfort Volunteer Continuing Education
Mar 17	5:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA
Mar 21	11:00 am	Clay Center Volunteer Continuing Education
Mar 24	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

Catholic Daughters/Evarista 1138
Gloria Hamel
Jesse & Jan Jackson
Dorothy Richardson
Rick & Tamara Lea Rodriguez
Charles Stoker
Dolores Wassenberg

MEMORIALS

FLORENCE ALWIN

Rolland Reed
The Family of Florence Alwin

NANCY BAKER

Travis, Misty, Logan & Hunter
Kier

JAMES BELL

Timothy & Melissa Dusin

CAROL CARTWRIGHT

Cloud County Health Center

MARY COOPRIDER

Dail & Kathy Smith

ARLIE COX

Dorothy Cox
Friends & Neighbors

PATRICIA COX

Christopher & Kathryn Cox

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GLORIA J. FEES

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Daniel B. & Lois Tracy

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Phillip & Rosa Detrixhe

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Clayton Kempton

...MELVA GERARD

Susan Martin

Susan Watt

MAXINE GREENLEE

Ronald & Delores Dunn

CHESTER GRUBAUGH

Rosemary Forst & family

Friends & Neighbors

Elda Rose Koch & family

Tyce & Crystal Young & family

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Avery Auto Parts, Inc.-Lawrence
& Stephanie Avery

Chadd & Amanda Blackwood

Jay & Brenda Bohnenblust

John & Carol Bosch

Bud's Tire Service, Inc.

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Carlson

Robert & Sharil Carlson

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Rick & Marsha Chaffee

Rene & Denise Charbonneau

Marlene Chartier

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Babette Crimmins

Marilyn Sherbert & Lester
Elsasser

Gene Ferguson

Rose Scott & Marc Fosdick

Jackie Foster

John Foster

Bill & Sandy Fox

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John & Penny Gisselbeck

Randy & Denise Glenn

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Grant & Amber Knoettgen

Tonya Knoettgen

Glenn & Janice Lacy

Kenn & Sarah Lacy

Kevin & Mary Larson

Dean & Louise Liby

Stan & Alice Lohmeyer

Matt W. Machin

Robert & Vicky Mall

Phil Martin

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Steve & Sheryl McMahan

Ty & Deb McNeil

Mizpah United Methodist Church

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Alan & Marcy Oehmke

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Mike & Vicki Peterson

Steve & Jan Peterson

Noel & Joy Deane Pfizenmaier

Phil & Brenda Pfizenmaier

Cory, Amy, Cole & Addyson
Pladson

Rick Reed

Rolland Reed

Rose Anne & Ray Reed

Jim & Bev Rieger

Jerry & Carolyn Rothfuss

Mike & Sandy Rothfuss

Michael & Marcia Ryan

Nancy Ryan

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...RONALD HAMMEL

Marjorie Sanneman
Janet Schurle
Donald & Shirley Scriptor
Ernest & Irene Sharp
Rita Siebold
Dixie Sortor
Betty Spellman
Kevin & Janeil Sullivan
Kevin, Karla, Brooke & Haley Swenson
Eric & Jennifer Swihart
Tracy & Judy Thomas
Joyce Trumble
Don & Tammy Wainwright
Lynn & Patricia Wait
Larry & Helen Wallace
Truman & Leona Woellhof
Sylvia Wohler
Wesley & Kristin Wright

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Virgil & Linda Jones
James & Laureen Koehler
Maradith & Stanley Molstad
Dan & Shirley Power

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Charles & Betsy Friedrichs
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Blake & Susan Meyer

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MILDRED "GINGER" MAYES

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J C Mall

Jean Woolley

SHIRLEY MCCOLLOM

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Ruth & Douglas Parker

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Warren & Gleora Strauss

Suther Feeds Inc.

Kathryn & Dewayne Talor

Thurlow Farms Inc.

George & Jan Woodyard

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Ronald Walker & Sheryl Howell

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Gary Pillard

John P. Smith, Jr.

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Jerry & Beverly Hedke

KENNETH THOMAS

David & Evelyn Lancaster

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DOROTHY TYRELL

Bob & Yvonne Bartley

James & Susan Beck

Mike & Mary Brown

Clay Center Family Physicians

Doris Dunn

Franson Family

Patrick & Jolene Girard

Rodney & Victoria Holdsworth

LaVonda Hooper

John Iseli Jr.

Nick, Jeanette & Val Kondratieff

Gale & Doris Lund

Bob & Rita Macy

Alfred Pishny

John & Kris Pishny

Arlene Reed

Jessie & Allan Rummel

LEONARD WEYER

Allen & Marcia Hahn

MARY ALICE WIDEN

Gertrude Breault

Billy & Mary Taylor

TREE OF LIGHT

BELLEVILLE

MARJORIE BROWN BAXA

Republic United Methodist
Women

GLADYS BENYCHEK

Jerry & Linda Melton

RAYMOND BENYCHEK

Jerry & Linda Melton

HUETTA DEROWITSCH

Emma Berggren

GEORGE EBERLY

Republic United Methodist
Women

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

MR. & MRS. GLENN FARLEE

Jean Farlee

MERLYN FARLEE

Jean Farlee

TREY FRANCIS

Emma Berggren

MR. & MRS. LLOYD HALL-GREN

Jean Farlee

CHARLES KLIMA

Roberta Klima

JUSTIN KLIMA

Roberta Klima

JESSE LATHAM SR.

Republic United Methodist
Women

LINDA D. LORIMOR

Neal Lorimor

SARDARI "STEVE" MARWAH

Kay Marwah, Rajah, Rimi &
family

GRACE & HAROLD MELTON

Jerry & Linda Melton

ALLEN MILLEN

Republic United Methodist
Women

JANET MILLEN SCHROCK

Republic United Methodist
Women

JIMMY SHEPEK

Jean Farlee

LYNN STENSON

Republic United Methodist
Women

CAROLYN STERBA

Teresa Fuller

TREE OF LIGHT

CLAY CENTER

HAROLD ALEXANDER

Arlyss Alexander

ROY ALEXANDER

Mary E. Alexander

GARY APPLETON

Ann Appleton

LEO CHAPMAN

Julie Chapman Rice

ROBERT DIEKER

Clyde & Rita Wollenberg

LYLE-EULA JEAN-ANNA JO & JUDY

Doris Dunn

DANNY DALE EASTERBERG

Kelly & Tammy Easterberg

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RONALD & THRESSIA EVANS

John & Ronna Urban & family

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Clyde & Rita Wollenberg

JACK & BETTY FITZSIMMONS

Jackie Wingerd

MICHAEL FOSTER

Jackie Foster

ARMOND & ARLENE FRIGON

Phil & Jean Frigon

DON GERMANN

Delores Germann

REV. C. DEAN GRANT

Marcia Grant

CLAUDE GRIPP

Lisa Gripp Seley

CHESTER GRUBAUGH

John Grubaugh
Steve, Donna & Elizabeth
Grubaugh

JAMES HALEPESKA

Gloria Halepeska & family

THAD JORDAN

Tim & Lilly Hitsman

GARY KEELER

Teresa, Jeff & Jamie Keeler &
families

DOUGLAS KIEFFER

Eleanor Kieffer

FRANCIS KIEFFER

Eleanor Kieffer

JOSEPHINE KIEFFER

Eleanor Kieffer

MARGUERITE KIEFFER

Eleanor Kieffer

TONY KIEFFER

Eleanor Kieffer

DOUG MARTIN

Deb Martin & family

GENE MARTIN

Deb Martin & family

VIRGINIA MAYES

Karen & Ray DuVall

JUDY MORGISON

Gary Morgison

J. EVAN NEADERHISER

Myrna, Scott & Neil Neaderhiser
& families

THE PARENTS OF CLYDE & RITA WOLLENBERG

Clyde & Rita Wollenberg

GEORGE M. PATTERSON

Mattie M. Patterson

SLIM PATTERSON

Mattie M. Patterson

WALTER PETER

Phil & Jean Frigon

MILLY PFEIFLEY

Delores Germann

DEB PYLE

Dawn (Thorn) Phelps

PATRICIA RICKLEY

Clyde & Rita Wollenberg

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

LARRY SAVENER

Joyce Savener

RUTH SEGERS

Crystal Young

FRANCIS SORELL

Eleanor Kieffer

DOROTHY M. SORELL

Eleanor Kieffer

CHARLES L. SORELL

Eleanor Kieffer

EVERETT F. SORELL

Eleanor Kieffer

CHARLES "CHUCK" STEWART

Clyde & Rita Wollenberg

RALPH TIMOTHY THORN

Dawn (Thorn)_Phelps

BOB TRAUTWEIN

Ann Appleton

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Ann Appleton

ALVIN, LADONNA & MARK URBAN

John & Ronna Urban & family

JR WEIDMAN

Deb Martin & family

ELMA JEAN WENDLAND

Cindy Johnson

ELSIE WOODS

Crystal Young

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Kent & Sharon Applebee

ISADORE BOMBARDIER

Ruth Bombardier

ROBERT & MARY GORDON

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NORMAN JOHNSTON

Lois Johnston

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Lesperance Family

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SR. MARQUITA MURGUIA

Sisters of St. Joseph

BOB NORDQUIST

Gerald & Pam Campbell

VICTOR ROBERTS

Vicki Roberts

FRED SOUCHEK

Martha Soucek

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& Leilani

Odella Yaksich & family

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Glen & Katheryn Fox

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SYLVESTER FOX

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ETHEL FOX

Glen & Katheryn Fox

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John & Beth Horigan

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EVELYN JONES

Edith & Herschel Mentgen

KARLA JONES

Ken & Alice Jones

LOWELL JONES

Edith & Herschel Mentgen

LORETTA JONES

Edith & Herschel Mentgen

DORIS MANHART

Ken & Alice Jones

EDNA MCCLARY

Glen & Katheryn Fox

GEORGE MCCLARY

Glen & Katheryn Fox

HENRY MCCLARY

Glen & Katheryn Fox

RONALD MCCLARY

Glen & Katheryn Fox

CAROL & RAY MITCHELL

Joe Mitchell

John Mitchell

Kay Mitchell

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Wayne Mitchell

LOLITA MORTON

Edith & Herschel Mentgen

OMIA OWENS

Lora & family

EDITH STOEGER

Sylvia Wapp

HERB STOHS JR.

Lora & family

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

FAY TILLEY

Diane Tilley

KEN TILLEY

Diane Tilley

JOE WAPP

Sylvia Wapp

JANE WESSEL

Diane Tilley

Bert Wessel

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Chad Ackerman

MARY ANN BALLMAN

Lora Stohs

LEONARD BARGMANN

Reita Bargmann & family

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Jane Burkhead

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Lora Stohs

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Children of Dorothy Davis

Louis E. Davis

DOROTHY M. DAVIS

Elizabeth Davis

MILFORD DRINKGERN

Lora Stohs

DAVID ELLENBECKER

Buena Ellenbecker

JOE ELLENBECKER

Buena Ellenbecker

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Dan & Fran Feldhausen

LUCILLE FERRIS

Bob & Donna Ferris

NELDA S. FLICKINGER

Leonhard & Pam Stohs

MURIEL HENRY

Lora Stohs

KAREN HUDDLESTON

Lora Stohs

BERNICE LUEDDERS

Glenda & Ronald Naaf

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Brenda Kane

Marilyn J. Nelson

CLEO NESTER

J.D. & Jackie Cameron

Larry & Sharon Cameron

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Norwood Family

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Lora & family

MARGARET POLSON

Lora Stohs

REGIS ROCHEL

Lora Stohs

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Jay & Julie Haggard & family

Dave & Lisa Roever & family

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Marge Zidek

DELORIS SCHWARZ

Kim & Susan Goyen

HERB STOHS JR.

Lora & family

ALOHA SVOBODA

Lora Stohs

ALOHA & WAYNE SVOBODA

Denise & Ron McHugh

LEONA TJADEN

Lora Stohs

GERALD WEMPE

Lora Stohs

EDIS WINCHELL

Winchell Family Trust

ROBERT WRIGHT

Rick & Carol Wright

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DELBERT FINLAYSON

Mary Finlayson

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Kathy Fritz

KENNETH FRITZ JR

Kathy Fritz

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Blanche Graham

LAWRENCE GRAHAM

Blanche Graham

MICHAEL GRAHAM

Blanche Graham

LYLE HENNERBERG

Norma Hennerberg

MURIEL HENRY

Lora Stohs

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Betty A. Kastl

PAT KOLTERMAN

Jenne & Jack Barley

KENNETH LANDIS

Mary Finlayson

JAMES & DONNA MCVEAN

Jeff & Rigs Brabec

TOM MORGAN

David & Tammy Feldkamp

Marilyn Morgan

JOHN NELSON

Linda Nelson

FRANCIS RAYMOND NUTSCH

Clyde & Nyla Poser

BILL OVERBECK

Janet Overbeck

THE EXTENDED FAMILY OF

MARY ALICE PACEY

Mary Alice Pacey

M.W. PARRY

Alberta Parry

TILLIE C. PARRY

Alberta Parry

DR. TOM PARRY

Alberta Parry

DEAN PERKINS

Idana Perkins

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The Metz Family

BOB ROSS

Jenne & Jack Barley

ALMA SKOCNY

The Metz Family

OTTO & LEONA STIGGE

Idana Perkins

ALBERT & MINNIE

WIECHMAN

Idana Perkins

JOHN & EMMA WIECHMAN

Idana Perkins



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 the Blue Rapids/Waterville area. 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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Fax 785.632.3557
Email mhospice@ccmcks.org
Web meadowlarkhospice.org**

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

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 – Stacy Behrends, RN, BSN; Debrah Bollig, RN;
Sherry Brown, RN; Debra Champlin, RN; Deb Hedke, RN, BSN;
JoAnn Lips, RN; Pam Tremblay, RN; Sherry Wiese, RN;*

Director of Social Services – Dawn Phelps, RN/LMSW

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

Bereavement Services Coordinator – Dawn Phelps, RN/LMSW

*Chaplains – Rev. Susan Bantz; Kathy Ouellette; Al Paredes;
Sr. Mary Savoie; Rev. Susan Sawyer; Sr. Marilyn Wall*

Volunteer Coordinator – Darlene Melton

Billing/Insurance – Ronna Urban

Administrative Assistant – Lilly Hitsman; Charlotte Rundell; Lisa Seley