

Meadowlark Notes

Issue 74

Fall 2016

Since Grief Takes No Holidays...

By Dawn Phelps, RN/LMSW

"Silver bells, silver bells. It's Christmas time in the city. Ding-a-ling, hear them ring. Soon it will be Christmas day." The Christmas carol peeled from the overhead speaker in a large store where I had gone to shop. I quickened my steps and abruptly changed the direction of my shopping cart,

pointing it toward the front of the store instead of toward the back.

I wanted to scream "Stop it! Stop!" and felt an impulse to stuff my fingers into my ears to block out the song. When I reached the front of the store, I parked my empty shopping cart and almost ran from the store. Shopping was no longer

enjoyable—the reminders of Christmas Past were screaming too loudly.

In previous years, I loved the Christmas season—Christmas carols, Christmas shopping, and the jingle of bell ringers. But not this year, my first Christmas after my husband died. In fact, I wanted to avoid anything that resembled



MEADOWLARK
HOSPICE

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

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Director Notes: My Cardinal, My Peace

I have been spending a lot of time in my office recently due to our implementation of MUMMS. MUMMS is the new electronic

medical record for Meadowlark Hospice. The transition from charting on paper to charting on a computer has been a big one. The con-

venience of an electronic record for staff is remarkable. Staff can now see the patient's entire hospice record when they visit a patient. Com-



*What the heart has
once known...it shall
never forget.*

-Author Unknown

Since Grief Takes No Holiday..... (cont'd from pg 1)

our family's previous Christmas celebrations before my husband died. I realized it would be too hard to repeat our old traditions without him.

That's when my daughters and I made some decisions to eat together a week *before* Christmas at Famous Dave's Barbecue. There would be no aroma of turkey, dressing, or pumpkin pie there! The change was just what we wanted and needed.

Then I flew to Alaska and spent Christmas Day with my sister and her family—in the bleak, frozen North, vastly different from our Christmas Past in Kansas. I wished my husband had been able to enjoy Alaska with me, but that was no longer possible. Yet I still made new memories that I cherish today.

Our past Christmas memories have a way of haunting us, flooding our minds with wonderful, vivid memories of what used to be. But grief brings harsh reminders of what will never be again.

For some who have experienced a loss, it may be important to try to relive and reenact the same Christmas Past family traditions as closely as possible; others may need a total change. Either way is okay—whatever is most helpful to you. Grieving can be as individual as each of us—we all handle stressful situations differently.

During this holiday season, you can make choices as you face your new Christmas Present. Think about ways you can honor your loved one, maybe by telling stories, lighting a candle, or looking at pictures.

There are no rule books or road maps for coping with the holidays after a loss. So consider ways to protect your heart by including activities you enjoy in your holidays. Don't forget to schedule adequate periods of rest for yourself.

As you make choices to take care of yourself during the upcoming holiday season, give yourself permission to make new memories which are meaningful, memorable, *and* enjoyable.

Since grief takes no holidays, it is all right for you to choose *to take little holidays from grief* in the next few weeks. I wish you a wonderful Thanksgiving and a blessed Christmas Present.



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

munication of orders can be done immediately. Our medical director can easily access the patient chart. The transition has created a lot of changes for our organization. Processes are completely different. Team members have taken on different tasks that could not have been done in the field prior to implementation.

Change creates uneasiness-things are different from how they were before. I believe that change is good, but there are times when change hurts our hearts. I believe the changes we encounter in everyday life prepare us for the changes that hurt.

When the change you face is due to the loss of a loved one, you are left facing a difficult transition from life before your loved one passed to life after your loved one passed. I've had several losses over the last few years. As time has passed, the pain has lessened, but I still miss my loved ones.

One day I was looking out my office window to take a break from focusing on my computer screen. The most beautiful cardinal was sitting on the bush outside my window peeking in as if to say "hello". I have had several encounters with this beautiful cardinal since that day. I started to notice that I had a sense of peace when that cardinal would peek in my window. Something about its presence was so soothing to my soul.

The cardinal is a bird that has many meanings and thoughts associated with it. Christians see the cardinal color red as symbolic of the blood of Christ and the hope humanity gained from his resurrection. Cardinal is the name as well as the color worn by the highest priests in the Roman Catholic Church. The number 12 is associated with the cardinal. Cardinals are seen during all 12 months of the year. The nest of a cardinal often contains 12 eggs. Native Americans consider the number 12 to be a lucky number. Native American tradition holds that if you have encountered a cardinal, expect good luck to follow, possibly in 12 hours, 12 days, or at noon or midnight. As I was looking up the many meanings of a cardinal, there were several references to the cardinal being a special hello from heaven.

So whether the cardinal is truly a visit from my beloved ones or not, the point of it is that the presence of the cardinal brings me peace. It gives me an opportunity to think about those that I have lost and how life has changed since their passing. A moment to remember the things that make those loved ones dear to me. It gives me a minute to remember their story and share it with my children. I think it is healing to find what brings you peace amidst change. Whether yours is a cardinal, a rainbow, a song, or a smell, it is significant to you and it is your moment of peace.

Amy Burr, RN, BSN
Meadowlark Hospice Director

"May you come to find comfort in and remember
cardinals appear when angels are near.
So go now, sit outside and drink your tea.
Keep a look out for the little red bird —
It is there your loved one will be."
—Victoria McGovern



Calendar of Events

Oct 10	1:00 pm	Concordia Volunteer Continuing Education
Oct 10	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Oct 10	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Oct 13	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Oct 13	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Oct 17	11:00 am	Clay Center Volunteer Continuing Education
Oct 18	9:30 am	Washington Volunteer Continuing Education
Oct 18	Noon	Marysville Volunteer Continuing Education
Oct 18	2:00 pm	Frankfort Volunteer Continuing Education
Oct 20	5:30 pm	Belleville Bereavement Support Group –Library, 1327 19th Street
Oct 27	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Nov 10	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Nov 10	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Nov 10	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Nov 14	1:00 pm	Concordia Volunteer Continuing Education
Nov 14	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Nov 14	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Nov 15	9:30 am	Washington Volunteer Continuing Education
Nov 15	Noon	Marysville Volunteer Continuing Education
Nov 15	2:00 pm	Frankfort Volunteer Continuing Education
Nov 17	5:30 pm	Belleville Bereavement Support Group – Library, 1327 19 th Street
Nov 21	11:00 am	Clay Center Volunteer Continuing Education
Nov 28	11:00 am	Concordia Tree of Light/Memorial Ceremony - First Christian Church
Nov 28	2:00 pm	Republic County Tree of Light/Memorial Ceremony - Belleville United Methodist Church
Dec 1	7:00 pm	Frankfort Tree of Light/Memorial Ceremony - Public Library
Dec 3	11:00 am	Washington Tree of Light/Memorial Ceremony - Washington County Hospital
Dec 3	3:00 pm	Marysville Tree of Light/Memorial Ceremony - Cambridge Place
Dec 4	2:00 pm	Clay Co./Riley Co. Tree of Light/Memorial Ceremony — Catholic Parish Center
Dec 8	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Dec 8	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Dec 8	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Dec 12	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Dec 15	5:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

HOSPICE GIFTS

Mary Alexander
CNB Friendship Club
CNB Friendship Club-Concordia
Brenda Danielson
Dorothy Richardson
Dolores Wassenberg

MEMORIALS

BARBARA ARPIN
Kenneth & Joyce Dockins
ROSIE AULT
Casey & Janice Urban
NILE BARNUM
Joan Barnum & family
MYRTLE BAXTER
TruBank
DONALD BOBZIEN JR
Cathy & Emma Girton
Jill K. Rath
ROBERT "BOB" CHAMPLIN
Lisa Strauss
DOROTHY FISCHER
Dorothy M. Fischer Memorial
Jean Farlee
Linda & Lloyd Kinnison
G.D. & Nancy Millington
Laura & Darrel Story
Edith Uri
HOWARD HABLUETZEL
Carl & Elsie Affolter
Andy & Lynn Auld
Marty Averill
Eldon & Lennis Beichter
David & Shirley Berggren
Julia Bletscher
Caleb & Jamie Bloom
Beverly Carlson
Bob Carlson
Rene & Denise, Jacob & Shaye
Charbonneau
Bille & Anne Clark
Gene & Sandi Creach & families
Babette Crimmins
Lloyd Everett
Fred & Jan Gibbs
Karen Gilbert

...HOWARD HABLUETZEL
Arlan & Arlene Habluetzel
Clair & Patti Habluetzel
DeAnn Habluetzel
Nancy Habluetzel
Randy & Cathy Hafner
Neill & JoAnn Hundley
Robert & Susan Johnson
Jon & Evelyn Larson
Kent Lips
Francis & Vesta Lyne
Mary Ann Mall
Brian & Dee Dee Marker
Jerald & Audrey McClain
Craig & Terri Lee Parry
Charles & Rebecca Paulson
Kathie Pinter, Adam & Leslie
Gary Reed
Nichole Schwartz
Donald & Shirley Scriptor
Onette Shannon
Betty Spellman
Mike & Cindy Strack, Zach &
family
Dana & Laura Trumpp
Terry & Sherrie Turner
Mike & Patricia Walker
Ron & Donna Wichman
Kim & Debra Woellhof
Sylvia Wohler
WILLIAM HAM
Shirley Ham
The Mane Effect-Denise Shadle
Roger & Alice Wilcoxson
DEAN HANSON
Victoria Doyle
Robert & Susan Herrington
Brian & Ky Zeiger
VIRGIE HASENBANK
Morris Group & Assoc.
NEAL LORIMOR
Emma Berggren
Melvin & Ora Lee Jeardoe
Genevieve Melby
Neal Lorimor Memorial
Claudette & Kevin Noble
N.G. & E.E. Parker
Joel & Susan Young

JOHN MURRAY
Gerald & Pauline Brummer
Friends & Neighbors
RUTH PROCTOR
Marty Averill
Dana Barnes
Calvin & Freda Binder
Jerry & Debra Braden
Karen Bryan
Jerome & Jody Crimmins
Dave & Tammy Douglass
David Ehret
Doug & Teresa Erickson
Royce Fordyce
Friends & Neighbors
Bob Gepner
Margaret Gonser
Randy & Cathy Hafner
Ronnie & Sharon Henkelman
Lanny & Sherry Hess
James & Donna Klein
Robert & Vicky Mall
Nancy McIntosh
Dennis & Linda Minter
Donald & Gale Nebelung
Oakhill Presbyterian Women
Memorial
Jeff & Laddi Oliphant
Carl Pyle
Nancy Ryan
Robert & Marilyn Saathoff
Dave Schwab
Chris & Cynthia Schwensen
Dianne Smith
Greg & Kim Smith
Jim Smith
Betty Spellman
Larry & Susan Thomas
VisionBank
Truman & Leona Woellhof
Helen Holston & Lenore Yost
Bob Youse
LEAH RAMSEY
Jay & Brenda Bohnenblust
Marilyn Luthi
GENTILE REHBEIN
Jo Barclay
John Paul Breault

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...GENTILE REHBEIN

Connie Brichalli
Stacey Crum
Don & Deanna Garlow
Tom & Missy Hager
Randy & Marcia Johnson
Kirk & Janet Lowell
Larry Naillieux
Darrel & Mary Dean Nelson
Lisa & John Partridge
Jim & Connie Reedy
John Winter

SHAREN REINHARDT

Boss Motors Inc
Eva Cammel
Delmar & Evelyn Falen
Ellen Feldhausen
Chad & Agnes McGrath
Bruce & Theresa Meyer
Glenda Miller
Roy & Martha Miller
Russell & Nancy Reinert
Richard Reinhardt
Schneider Acct. & Tax Service
Sharen Reinhardt Memorial
Janice Smith

Edna Mae Weaver

FRANCES SCHNELLE

Alberta Parry
JAMES "JIM" SJOGREN
Robert & Mary Ann Anderson
Jo Barclay
June M. Bird
Jenna Bloomfield
Charles & Elaine Bowers
Bonnie Brown
Nolan & Pat Buckley
Kirby & Cindy Buer
Central National Bank-Concordia
John & Pat Cory
Anita Cyphers
Leslie, Janice & Russell Dethloff
Les & Karen Freeman
Gene & Pearl M. Ganstrom
Rick & Alice Faye Hanson
Cy & Donna Johnson
Kenneth, Jerome & Joan Johnson
Randy & Marcy Johnson

...JAMES "JIM" SJOGREN

Lois Johnston
Gene & Patti Koester
Roger & Tricia Koester
Fred & Phyllis Larsen
Darlene Lewis
Rose Maginness
Martin & Carol Miller
Larry & Anna Naillieux
Richard Palmquist
Danny & Annetta Patton
Bill & Sondra Ramsey & family
Merl & Jackie Ramsey
Judy Reedy
Wayne Ruud
Patrick & Jennifer Sieben
Rick & Vickie Simpson
Charles & Bonnie Sjogren
Teresa Swarts
Dale & Madlyn Swenson
Ed & Judy Swenson
Richard & Denise Swenson
Larry & Therese Uri
Bob & Jen Whearty

Kimba Sjogren & Alan Young

FRANCES A. "FRAN" SMITH

Fran Smith Memorial

YVONNE SMITH

JoAnne Balthazor
Randy & Linda Brown
David & Genevieve Jones
Jim & Susan LeDuc
Gene & Jane Pohlmeier
Steve & Christy Rogers
Kelli Tegethoff
Noel & Linda True
CLARENCE URBAN
Carl & Elsie Affolter
Dan & Sue Affolter
David & Catherine Affolter
Marilyn Affolter
Dale & Meredith Bechard
Steven & Susan Bechard
Tony & Vicki Bechard
Bill & Anne Clark
Clay County Medical Center
Jennifer Colp & family
LaVern Dunavan

...CLARENCE URBAN

Friends & Neighbors
Marc & Michelle Gallagher
Jim & Mary Garbarino
Sarah Gill
Jody & Mark Harbaugh
Greg & Mary Jensen
Tom & Kathryn Kahrs
Wilbert & LeAnn Killman
Arnie & Kathy Knoettgen
Duane & LaDonna Lippe
Gale & Doris Lund
Charles Mellies
Morganville United Methodist Church
Gary Oetinger
Roger & Kay Osthoff
Bob & Sue Paillet
Stanley & Anne Pfizenmaier
Venita Ruhnke
Brent & Charlotte Rundell
Ron & Nola Schmale
Lon & Jackie Silver
Brenda Sortor
Ned & Dixie Sortor
Scott & Mary Taddiken
Jeff & Debbie Urban & family
Justin & Micah Urban & family
Chuck & Marlene Urban & Kristine
Chuch & Sharon Urban
Dorothy Urban
Gary Urban
John & Ronna Urban
Mike & Monica Urban
Mike & Susan Vint
Gary & Sharon Wachsnicht
Harold & Pat Walker
Ron & Linda Walker
Jack & Darylene Wilder
Jim & Mary Yadon
Lee & Karen Yarrow
Helen Holston & Lenore Yost
MARGERY URBAN
Lee & Karen Yarrow

MEADOWLARK HOSPICE TREE OF LIGHT 2016

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

CONCORDIA

November 28th

at 11:00 a.m.

1st Christian Church

REPUBLIC CO. @

BELLEVILLE

November 28th

at 2:00 p.m.

United Methodist Church

FRANKFORT

December 1st @ 7:00 p.m.

Public Library



WASHINGTON

December 3rd

11:00 a.m.

Washington Co.

Hospital

MARYSVILLE

December 3rd

3:00 p.m.

Cambridge Place

CLAY CENTER/

RILEY

December 4th

2:00 p.m.

Catholic Parish,

Clay Center

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

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; Debra Bolig, RN; Debra Champin, RN; Deb Hedke, RN, BSN; Nedra Kisby, RN; Kristin Kruse, RN; JoAnn Lips, RN; Pam Tremblay, RN; Sherry Wiese, RN;

Director of Social Services – KayLynn Mead, LMSW

Social Workers – Stephanie Garrison, LBSW; Kathryn Benson, LBSW; Joyce Nelson, LMSW

Bereavement Services Coordinator – Dawn Phelps, RN/LMSW

Chaplains – Greg Doll; 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



MEADOWLARK
HOSPICE

709 LIBERTY
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!



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