

## Meadowlark Notes



Issue 76



### Lighting the Path

By Dawn Phelps RN/LMSW

A cheery voice responded on the other end of the telephone line when I spoke to Terri Clark from Washington, Kansas. She sounded like an energetic, fun person. Terri leads a community bereavement group in Washington. KayLynn Mead, our new hospice Social Services Director, and I wanted to meet Terri in person.

I called Terri last fall to schedule a day to visit her. I asked for directions to her

house, and she said, “My house will be the one with the candy canes” on Second Street. KayLynn and I easily found her house with the red and white candy canes, and Terri warmly welcomed us.

From that moment on, my admiration for Terri has grown. I visited with her again on March 9 when she took me on a tour of her house and told me “her story.”

She was born in Washington, Kansas, in the house where I visited her. She grew up attending public school in Washington. After graduating, Terri married her classmate, Jim Clark, in 1979. After they were married, Terri and Jim lived in various locations in Kansas and Nebraska while Jim worked for the railroad. After a few years, she and Jim moved back to her childhood home where

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### Director Notes

Meadowlark Hospice recently held a free, community screening of the documentary “Being Mortal” in Concordia, Clay Center, and Marysville. After the screening, audience members were able to participate in a guided conversation on how to

take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

“Being Mortal” delves into the hopes of patients and families facing terminal illness. The film investigates the practice of

caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande’s own father gets cancer,

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HOSPICE**

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

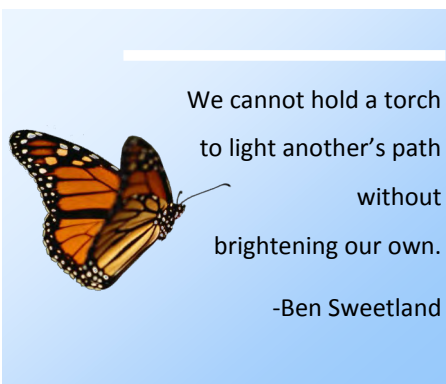


## Lighting the Path cont'd from pg 1

Terri currently lives—that's where they raised their two daughters, Mistalina (Misty) and Stephanie.

Life was going fairly well for Terri and her family until February, 1992. That's when Terri lost her eyesight. She told me, "When I went to bed I could see, and when I woke up, I could not see." She continued, "I rubbed my eyes and wondered 'What in the world!'"

Terri's local eye doctor referred her to a specialist. Without any tests to confirm a diagnosis, the specialist told her, "You have a brain tumor." Terri said she was devastated, but a CT scan and MRI were negative for a brain tumor. She and her husband went back to see the eye specialist with the good news, and he responded with, "Then you have MS," again with no tests to back up his words.



She said her husband told the specialist they would not be coming back. Terri described the eye doctor's bedside manner as "awful" and said she "left his office bawling—twice."

After that she went to doctors in Kansas City, looking for answers, begging them to "do something," but there was nothing they could do. She said "I never even had eye drops." Her final diagnosis was optic neuritis, an inflammation of the optic nerve, but the cause was never determined. Stress? Birth control pills? One doctor even suggested her hair was too long and heavy!

Terri was only 35 years old when she lost her eyesight 25 years ago. Her daughters were 4 and 7 years old at the time. After her world turned dark, she said she stayed on the couch for two weeks, refusing to do anything.

For those two weeks, Jim worked during the day, came home and fixed supper, and made sure the girls had their baths. Then one evening Jim told her, "I can't say that I know how you feel, but I feel bad for you. I don't think you want me to raise these kids by myself. So you better get your 'rear' up and help me raise these kids!"

She said that was enough to get her out of her slump—his words woke her up! She had to learn to do everything without her eyesight, including cooking, cleaning, and more. Today she keeps her house spotlessly clean! She cares for indoor plants. She has several large peace lilies inside that are thriving—some from her husband's funeral. She grows flowers outdoors in the summer.

Jim died of cancer on February 20, 2011, after they had been married for 31 years. She spoke lovingly of Jim, stating they used to go fishing and take walks together after she lost her sight. She said that when Jim turned 50 he bought a Harley motorcycle and they rode all over the state of Kansas together, describing it as "scary" at first, but adding "I trusted him."

Terri learned to weave baskets. I counted 24 woven baskets in Terri's house. They are unique, beautiful—quality work. She knits—she showed me a country-blue scarf that she is working on.

Terri bowls on a team. She said she started bowling rather than sit around and feel sorry for herself after she lost her sight. She averages 107, and her highest score is 179. She missed having her name on a wall by 1 point—180 score is required. Her City Tournament League won last year—each of the four on her team won \$50 each! Terri's blindness

## Lighting the Path cont'd from pg 1

does not hold her team back!

When asked *how* she bowls, she said she measures from the ball return. Since she has a little light perception, she says the gutter is a little darker than the alley, so she throws the ball accordingly. She cannot see the pins, and if pins are left standing, her friends tell her which pins she needs to knock down.

After her husband Jim died, Terri said that she felt like she needed something to help her with her own grief. Since there was no bereavement group in Washington, Kansas, she started a group in her home. The group is thriving. I was privileged to attend her group in March—what a marvelous group!

Terri acknowledges that she has her “down days.” Who wouldn’t? She also said the hardest part of being blind is that she cannot see her children or 6 grandchildren. But somehow Terri keeps moving forward, making the world brighter for others.

Oh, I asked Terri how she got her candy canes so straight. She said, “I put one foot in between the canes,” demonstrating how she uses her foot to help measure the space between each cane. I was impressed by her ingenuity!

I have thought of those candy canes more than once since I first met Terri in December. Those candy canes are not for Terri to see since she cannot see them at all; they were placed there to brighten the world for others.

In spite of her loss of sight, Terri is inspiring others to “see” past their own hardships and grief as she builds a new life for herself after the death of her husband. “We cannot hold a torch to light another’s path without brightening our own” (Ben Sweetland). That describes Terri Clark. I hope you can meet her some time too.

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## Volunteers Make a Difference!



★ Even when you're dying, there can be a lot of living to do. Hospice volunteers help make more special moments possible for the patients and families they serve every day. Across the U.S., more than 355,000 hospice volunteers give 16 million hours of service every year.

Right here in our community, 61 trained volunteers are working with Meadowlark Hospice, giving selflessly to help people live as fully as possible, even at the end of life. Our communities are better, more compassionate places because of their service.

April 23-29 is National Volunteer Week and every single volunteer deserves our appreciation and grateful acknowledgement. Meadowlark Hospice is very thankful for the volunteers willing to give their time to the patients and families we have in our care.

There are opportunities available for you to join our program and begin a journey that will change your life. Volunteering for hospice is an opportunity to grow in ways that you never thought possible. Many volunteers for Meadowlark Hospice have said the families they served blessed their lives more than they ever could have imagined. We encourage you to learn more about volunteering for hospice by contacting Meadowlark Hospice at 785-632-2225.

## Director Notes.....cont'd from pg 1

his search for answers about how best to care for the dying becomes a personal quest. The film sheds light on how a medical system focused on a cure often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end.

"Being Mortal" underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so.

In February 2015, "Being Mortal" aired nationally on the PBS program "Frontline." For more information about the film, visit <http://www.pbs.org/wgbh/pages/frontline/being-mortal/>. The film is adapted from Dr. Gawande's 2014 nationally best selling book of the same name. More information about the book is at <http://atulgawande.com/book/being-mortal/>.

The screening event was an opportunity to raise awareness about the importance of having conversations about end-of-life care and advance care planning. The information provided inspired both clinical and lay audience members to take the next steps in starting these conversations. Resources were provided for attendees to help them start the process of creating their advanced directives.

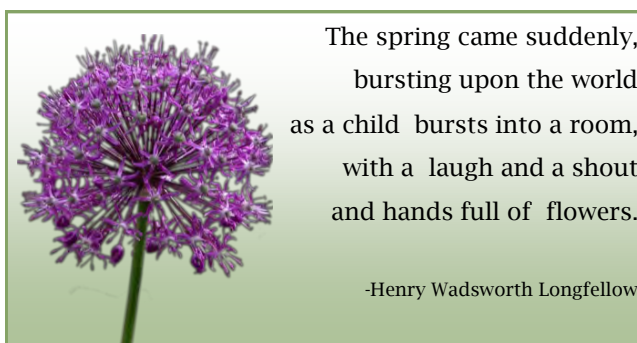
Advanced directives can give peace of mind to your loved ones when they are faced with caring for you at end-of-life. I encourage you to take steps to create your own advanced directives.

If you feel that viewing this documentary would be beneficial to you, please contact me so that we may arrange a film screening in your area. If you are part of a group that is in need of a good program, please consider having me present "Being Mortal".

The free screening was made possible by a grant from The John and Wauna Harman Foundation in partnership with the Hospice Foundation of America.

For more information about scheduling a free screening, contact Amy Burr at 785-632-2225 or by email at [aburr@ccmcks.org](mailto:aburr@ccmcks.org).

Amy Burr, RN, BSN  
Meadowlark Hospice Program Director



## Calendar of Events

|         |          |                                                                                                                     |
|---------|----------|---------------------------------------------------------------------------------------------------------------------|
| Apr 10  | 6:30 pm  | Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454 |
| Apr 11  | 4:30 pm  | Clay Center Bereavement Support Group - Meadowlark Hospice office                                                   |
| Apr 13  | 7:00 pm  | The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200               |
| Apr 19  | 11:00 am | Volunteer Appreciation Luncheon in Washington at First National Bank, 101 C Street                                  |
| Apr 20  | 5:30 pm  | Belleville Bereavement Support Group—Library, 1327 19th Street                                                      |
| Apr 27  | 4:30 pm  | Marysville Bereavement Support Group – South Plaza of CMH – use N door                                              |
| May 8   | 1:00 pm  | Concordia Volunteer Continuing Education                                                                            |
| May 8   | 3:00 pm  | Belleville and Republic Volunteer Continuing Education at Belleville                                                |
| May 8   | 6:30 pm  | Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454 |
| May 11  | 4:30 pm  | Clay Center Bereavement Support Group—Meadowlark Hospice office                                                     |
| May 11  | 7:00 pm  | The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200               |
| May 15  | 11:00 am | Clay Center Volunteer Continuing Education                                                                          |
| May 16  | 9:30 am  | Washington Volunteer Continuing Education                                                                           |
| May 16  | Noon     | Marysville Volunteer Continuing Education                                                                           |
| May 16  | 2:00 pm  | Frankfort Volunteer Continuing Education                                                                            |
| May 18  | 5:30 pm  | Belleville Bereavement Support Group – Library, 1327 19 <sup>th</sup> Street                                        |
| May 25  | 4:30 pm  | Marysville Bereavement Support Group – South Plaza of CMH – use N door                                              |
| June 8  | 4:30 pm  | Clay Center Bereavement Support Group - Group will eat together, place TBA                                          |
| June 8  | 7:00 pm  | The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200               |
| June 12 | 1:00 pm  | Concordia Volunteer Continuing Education                                                                            |
| June 12 | 3:00 pm  | Belleville and Republic Volunteer Continuing Education at Republic                                                  |
| June 12 | 6:30 pm  | Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454 |
| June 15 | 5:30 pm  | Belleville Bereavement Support Group - Group will eat together, Place TBA                                           |
| June 19 | 11:00 am | Clay Center Volunteer Continuing Education                                                                          |
| June 20 | 9:30 am  | Washington Volunteer Continuing Education                                                                           |
| June 20 | Noon     | Marysville Volunteer Continuing Education                                                                           |
| June 20 | 2:00 pm  | Frankfort Volunteer Continuing Education                                                                            |
| June 22 | 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

Richard III & Lindsey Erin  
Baskerville  
Dennis Cashier  
Citizens State Bank-Marysville  
Deb Dwerlkotte  
Donna Ferris  
Laura Friedrichs  
Sherri Gaydusek  
Inez Hermesch  
M. Renee Hoffman  
Ashley Jacobson  
Dr. Barbara Kerr  
Max & Kathryne Martin  
Jerri Mayer  
Charles Nieman  
Norway E.L.C.W.  
Janet Pralle  
Dorothy Richardson  
Julie Roever  
Trisha Roudybush  
Frank Shoemaker  
Sandy Tegtmeier  
Dolores Wassenberg

### MEMORIALS

#### JUANITA BENEDA

Gary & Janice Beneda  
Juanita Beneda Memorial

#### NEVA BROWN

Ed & Judy Adam  
Ahlers Family  
Wynn & JoAnn Bauer  
John & Judy Blackburn  
Barbara Booth  
Lawrence Jr. & Theresa Bouray  
Evangeline G. Brown  
Carroll & Joyce Casey  
Ron & Dianna Coad  
Dorothy Debenham  
Steven & Patricia Deutscher  
Randy & Cathy Hafner  
Dan & Brenda Heeren  
Galen & Nancy Hofmann  
George & Mary F. Holdren  
Dorothy James  
Fern Mattheyer  
Leola Nicewander  
No Place Like Home Health  
Agency, Jenna Bloomfield

#### ...NEVA BROWN

Dennis & Laurene Pageler  
Richard & Gloria Schlaefli  
Majeane Schneider  
Nila Skupa & family  
James & Trisha Skupa  
John & Diana Stoeber  
Sr. Susan Stoeber  
Mike & Kathy Thompson  
Phil & Carol Thompson  
Dorothy Timbers  
Brian & Christine Winkel  
Clyde & Rita Wollenberg  
Dale Wooten

#### VERA BURGE

John & Pat Cashatt  
Julie Farlee

Debra Romberger, MD

Vera Burge Memorial

#### BARBARA BYARLAY

Barbara Byarlay Memorial

#### IOLA CARTER

Bruce & Lori Carter  
Choices Network Inc.  
Jim & Kathy Clark

A. LaDeane Crimmins

Richard & Louise Johnson

Edward & Sherry Kershner

Everett & Margaret Lutjemeier

Lois Miller

Rustin & Doris Nanninga

No Place Like Home Health

Agency, Jenna Bloomfield

M. & S. Robben

Dean Seifert

Marilyn Shetlar

Robert & Janice Thompson

Wholmoor American Legion Aux

#237

Loreen & Don Winchell

#### HELEN M COOK

The Family of Helen M. Cook

#### JOHN GISSELBECK

Heidi Daughan

Peg Foster

#### ARLEEN HARTNER

Friends & Neighbors

Jay Krause

Robert & Judy Krause

Dennis & Linda Rice

Robert & Dorothy Truitt

#### MARY ALICE HAVEL

Neva Anderson  
Sherry Anderson  
Debra Beems  
Darvin & Mary Dent  
Ron & Karen Dodge  
Bill & Fran Garrison  
Clarence Havel

Lowell & Linda Herrs

Pamela Ninemire

Carolyn Stroh

#### WAYNE HILDEBRANDT

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Marysville Livestock Inc.

William & JoAnn Walcott

#### RUBY LARSON

Lee & Fredda Blakley

Babette Crimmins

Hinkle Family

Scott & Lynn Larson

Geary & Donna Mosburg

Jerry & Joan Orr

Rick Reed

George & Sarah Sanneman

Marjorie Sanneman

Myron & Leora Simnitt

V. Craig & Melinda Stensaas

#### NEAL LORIMOR

Barbara Young

#### WILMA "JEAN" LUND

Gail & M. Claudene Anspaugh

Jennifer & Doug Byarlay

Bryan & Konnie Evans

Friends & Neighbors

Debra Hassman

Mildred Kunze

Kevin & Mary Larson

Eric & Julie Londeen

Kevin & Staci Murray

Dean Nelson

Dennis & Donise Peterson

Edna Peterson

Sharrie Peterson

Noel & Joy Deane Pfizenmaier

James & Candy Rudolph

Stanley & Janice Rundquist

Ronald & Lucia Springer

#### VELDA MORRISSETTE

The Family of Velda Morrisette

## Hospice Gifts & Memorials

*Your memorial gifts honor your loved ones and help others!*

### JERRY NOVAK

Emma Berggren  
Friends & Neighbors  
Marcia Hansen  
Joe Hansen  
Ted & Mary Jane Tieking  
MARION O'BRIEN  
Kirk & Anne Bradford  
Gary & Pamela Brown  
K.W. & L.F. Brown  
Jeff Crist  
Eldon & Carla Friesen  
Fran Grauer  
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Gregory & Elizabeth Doll  
Joe & Penny Howell  
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Ethel & Charles King  
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Larry & Kathy Shum  
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Raymond & Katherine Pacha  
Buff Slupianek  
L.A. & P.A. Swanson  
Gerard & Roberta Temeyer

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RUBY ROTHFELDER  
W. Fournell  
James Rothfelder  
Jerry & Selene Yungeberg  
Walter & Charlotte Zimmerling  
EDWINNA SANNEMAN  
Dennis & Donna Haines  
Derele Knepper  
Kim Y. Kramer  
Duane & LaDonna Lippe  
Michael & Judy Lippe  
Oakhill Presbyterian Women  
Memorial  
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The Family of Edwinna  
Sanneman  
Dorothy Wedel  
Tom & Janet Whitehair  
THOMAS SCHEETZ  
The Family of Tom Scheetz  
CHRISTINA SCHNEIDER  
Constance M. Achterberg  
Edward & Cathy Bruce  
Gary & Marjorie Gfeller  
Marvin & Mary Hall  
Dale & Nancy Kirkham  
Donald & Rosemarie Kirkham  
Joyce Little  
Karen Lundberg  
Marysville Livestock Inc.  
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Miami County Farm Bureau Ass'n  
George & Marjorie Pretz  
Robert & Dena Tabor  
The Bennington State Bank-  
Salina  
Kenneth & Marilyn Will  
Cindy Zimmerman

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Doug & Susie Swaim  
MICHAEL SWAIM  
Doug & Susie Swaim  
BETTY VOSS  
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Gwen Miller  
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Sharon Vaughn  
JOHN WALKER  
Bird's Nest Tree Farm, William &  
Mary Carol Bryant  
Delton & Sarah Brun  
Tom & Denise Dragastin  
Eugene Field Pop Fund  
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Shirley Higgins  
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Entress  
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Alberta Parry  
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Carolyn Schadel  
Leo & Sharon Schwartz  
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Reginald & Wilma Washaliski  
Richard & Marilyn Weigand





**MEADOWLARK  
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Fax 785.632.3557**

**Email [mhospice@ccmcks.org](mailto:mhospice@ccmcks.org)  
Web [meadowlarkhospice.org](http://meadowlarkhospice.org)**

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

MEADOWLARK HOSPICE STAFF

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; Debrah Bollig, RN;; Debra Champlin, RN; Deb Hedke, RN, BSN; Nedra Kisby, RN; Kristin Kruse, RN; JoAnn Lips, RN; Sherry Wiese, RN;

Director of Social Services – Kay Lynn Mead, LMSW

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

Bereavement Services Coordinator – Dawn Phelps, RN/LMSW

Chaplains – Greg Doll, Kathy Ouellette; Al Paredes; Sr. Mary Savoie; Rev. Susan Sawyer; Marilyn Sweet; Sr. Marilyn Wall

Volunteer Coordinator – Darlene Melton

Billing/Insurance – Ronna Urban

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