

Meadowlark Notes



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

Inside this issue:

The Journey	1-2
Director Notes	1,3
Calendar of Events	4
Hospice Gifts & Memorials	5-7

The Journey

By Dawn (Thorn) Phelps

A journey—that's what life is! It is a journey from one place to another, from birth to death, with a final destination of eternity. The Journey of Life is certainly not always easy, and circumstances cause us to stumble. We fall down. We wonder what on earth is going on and search for a path back to normalcy and happiness.

During our difficult times, it is easy to lose sight of what is important. We become so engrossed in staring at the obstacles around us that we forget to look for opportunities for joy. We forget to enjoy the trip!

Robert J. Hasting wrote a thought-provoking article about life called "The Station" which I hope you enjoy. Here it is:

Tucked away in our subconscious minds is an idyllic vision in which we see ourselves on a long journey that spans an entire continent. We're travelling by train and, from the windows, we drink in the passing scenes of cars on nearby highways, of children waving at crossings, of cattle grazing in distant pastures, of smoke pouring from power plants, of row upon row upon row of cotton and corn and wheat, of flatlands and valleys, of city skylines and village

Director Notes

Seasons Come, Seasons Go

Seasons are such an integral part of our lives. We often think of seasons as summer, spring, winter, and fall. At least in Kansas, each season is very distinct and comes with both good and bad changes. The summer is bouncing with lots of outdoor fun and barbecues, but only as long as you can stand the heat and humidity. The spring is full of color and brightness, but for many can also be the season of allergy symptoms. A soft winter snow can be so peaceful to watch, but the bitter cold is hard to toler-

ate. The fall is a season of warm colors and apple cider, but to some it is the dying of all of the beauty we had in spring and summer.

Just as our calendar year is full of seasons, our lives have seasons as well. Some of those seasons are full of happiness and everything seems right with the world. Other seasons have us wishing for the next season to hurry up and make its appearance. Unlike the weather, we can't plan when our seasons of life

The Journey.....(continued from pg 1)

halls.

But uppermost in our conscious minds is our final destination—for at a certain hour and on a given day, our train will finally pull into the station with bells ringing, flags waving, and bands playing. And once that day comes, so many wonderful dreams will come true. So restlessly, we pace the aisles and count the miles, peering ahead, waiting, waiting, waiting for the station.



“Yes, when we reach the station, that will be it!” we promise ourselves. “When we’re eighteen. . . win that promotion. . . put the last kid through college. . . buy that 450SL Mercedes-Benz. . . have a nest egg for retirement!”

From that day on, we will all live happily ever after.

Sooner or later, however, we must realize there is no station in this life, no one earthly place to arrive at once and for all. The journey is the joy. The station is an illusion—it constantly outdistances us. Yesterday’s a memory, tomorrow’s a dream. Yesterday belongs to history, tomorrow belongs to God. Yesterday’s a fading sunset, tomorrow’s a faint sunrise. Only today is there light enough to love and live.

So, gently close the door on yesterday and throw the key away. It isn’t the burdens of today that drive men mad, but rather regret over yesterday and the fear of tomorrow. Regret and fear are twin thieves who would rob us of today.

“A journey—that’s what life is! It is a journey from one place to another, from birth to death, with a final destination of eternity.”

“Relish the moment” is a good motto, especially when coupled with Psalm 118:24, “This is the day which the Lord hath made; we will rejoice and be glad in it.”

So stop pacing the aisles and counting the miles. Instead, swim more rivers, climb more mountains, kiss more babies, count more stars. Laugh more and cry less. Go barefoot more often. Eat more ice cream. Ride more merry-go-rounds. Watch more sunsets. Life must be lived as we go along. The station will come soon enough.

During this spring season, search for ways to find joy—when the geese return to raise their little ones; when flowers and trees decorate our world with their fragrant, showy blossoms; when baby birds are hatched and baby calves frolic in the fields.

Life flies by at a rapid rate, so don’t let your days slip away. Heaven will be waiting, but in the meantime, don’t waste a single minute. Search for joy. Make your life matter, and pass along kindness to others along the way.



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

will come and go.

The seasons of life can change quickly. Receiving either good or bad news can change the season you are in. The seasons that are joyous make it easy for us to reach out to others to share our good news. The seasons that are burdensome tend to lead us to withdraw from others so as to not have to discuss the difficult time we are facing. The seasons of life can also seem to last forever when it involves facing life after the death of a loved one.

Those burdensome seasons are the ones that make us really dig in to our inner self and find meaning. It gives us an opportunity to shine differently than we do during seasons that are going smoothly. It is similar to the winter season where we tend to hibernate and find warmth from within. Facing those tough seasons and searching for some beauty in it gives us strength to face burdensome seasons ahead. Our experiences in tough seasons also give us an opportunity to shine in our happy seasons. We can use our experiences to help others who are facing hard times.

When you find yourself in a tough season, please remember to reach out to friends and loved ones for support. Tough journeys are easier when we lean on one another. If you feel you don't have a support system, please know that you can call our office at any time for guidance on where to find support for the season you are facing.



**“The sun shines
different ways in
winter and summer.
We shine different
ways in the seasons
of our lives. “**
~Terri Guillemets

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 15-22 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.



Calendar of Events

Apr 4	11:30 am	Volunteer Appreciation Luncheon in Washington at First National Bank, 101 C Street
Apr 9	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Apr 10	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Apr 12	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Apr 19	5:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
Apr 26	4:30 pm	Marysville Bereavement Support Group - South Plaza of CMH - use N door
May 8	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
May 10	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
May 14	1:00 pm	Concordia Volunteer Continuing Education
May 14	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
May 14	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
May 15	9:30 am	Washington Volunteer Continuing Education
May 15	Noon	Marysville Volunteer Continuing Education
May 15	2:00 pm	Frankfort Volunteer Continuing Education
May 17	5:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
May 21	11:00 am	Clay Center Volunteer Continuing Education
May 24	4:30 pm	Marysville Bereavement Support Group - South Plaza of CMH - use N door
Jun 11	1:00 pm	Concordia Volunteer Continuing Education
Jun 11	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Jun 11	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Jun 12	4:30 pm	Clay Center Bereavement Support Group - Group will eat together - Meadowlark Hospice office
Jun 14	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Jun 18	11:00 am	Clay Center Volunteer Continuing Education
Jun 19	9:30 am	Washington Volunteer Continuing Education
Jun 19	Noon	Marysville Volunteer Continuing Education
Jun 19	2:00 pm	Frankfort Volunteer Continuing Education
Jun 21	5:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA
Jun 28	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

Dennis Cashier
Citizens State Bank Employees
Deb Dwerlkotte
Donna Ferris
First United Methodist Church
Laura Friedrichs
Sherri Gaydusek
M. Renee Hoffman
Ashley Jacobson
Denise Kruse
Theresa Leonard
Jerri Mayer
Charles Nieman
Our Savior's Lutheran Church
Potter's Jewelry
Janet Pralle
Dorothy Richardson
Julie Roever
Trisha Roudybush
Frank Shoemaker
St. Augustine Parish-Washington
Mary J. Strunk
Dolores Wassenberg

MEMORIALS

ARNOLD BEIER
The Family of Arnold Beier
JULIA BLETSCHER
Larry & Vicki Baer
Bob & Yvonne Bartley
Carl Bloom
Duane & Jeanette Campbell
Stephen & Tammy Ford
Friends & Neighbors
Fritz Oil Co
Brian & Krista Habluetzel
Danny & Gail Habluetzel
Sue Hornbaker
Betty R. Jones
Anita Kirkman
Kevin Larson

...JULIA BLETSCHER

E. Wayne & Deborah S. Lowe
Janice Machen
Mr. & Mrs. Charles E. Meyer
Gene & Patricia Miller
Betty Peters
Frederick & Beth Ratcliffe
Judy Ricketts
Linda Toomire
United Church Women of
Crawfordsville, IA
MERTON BLETSCHER
Eldon & Lennis Beichter
NOEL CARLSON
Jerry & Cindy Habluetzel
Randy & Jeanette Kidwell
Lois F. Nash
MARCIA CHOPP
Paul Chopp
DOROTHEA CLAEYS
The Family of Dorothea Claeys
JOY CLAYCAMP
Kim Foust
DAVID COASH
JoAnne Balthazor
Eldon & Candace Boling
Maxine Caron
Harold & Carole Chartier
John & Cindy Chavey
Donna Coash
Linda Coash
Mary DeLude
Joyce Dockins
John & Marylu Fellows
Friends & Neighbors
Jeff & Jennifer Koch
Timothy Ohlde & Debra Carlson
Ohlde
Jack Ransopher
Barbara Shunn
Lois Tobyne
Clifford & Carolyn Williams
Clyde & Rita Wollenberg

DICK COLE

Bob & Yvonne Bartley
Margaret Gonser
Dale & Deanna Hammond
Bryan & Lisa McChesney
Jack & Eleanor McChesney
Lois F. Nash
Wilson Family Funeral Home
BERNARD CYRE
Ernest & Evelyn Charbonneau
Carol Cyre
Friends & Neighbors
Shirley Ham
Jodie Kenny
Public Utilities Petty Cash Fund
Gary & Sharon Wachsnicht
ROBERT DOUGLAS
JoAnne Balthazor
Cloud Ceramics
Mari Detrixhe
KAREN FOGO
Rickey & Barbara Fogo
Delvin Hanson
OCCK, Inc.
Phyllis Oyler
Marvin & Pamela Wagner
JACK FOSTER
Dail & Kathy Smith
FRED FRIEDRICHS
Christopher & Debra Caudill
Delmo Fragel
Nelda Friedrichs
Fred & Lisa Lehmkuhl
MARIESTHER HOLBERT
Arnold & Donna Barleen
Larry & Jan Blochlinger
John Paul Breault
Marcia Burhenn
Card & Coffee
Concordia Optimist Club
No. 37-035
Reva Kay Dougherty

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...MARIESTHER HOLBERT

Gale & Irma Kay Ethridge
Friends & Neighbors
Burton & Mona Gillan
Delton & Marilyn Hatesohl
Jeffrey & Renda Hatesohl
Susan Haver
Susan Holste
Dennis & Peggy Jackson
Charles Johnson
Darlene Lewis
Robert McCollom
Larry & Deanna Metro
Everett & Marlene Miller
Lynn & Patty Mosher
Donna Peterson
Joleen Tammen
Mike & Connie Tholstrup
Lowell & Mary Lisa Thoman
Troy Willoughby

ELMA HOUGH

Elma Hough Memorial
Flint Hills Mechanical Inc.
Pamela Staatz

DARLENE ILES

Blackhawks Cycle Club
Randall & Sherry Brown
William & Doris Burnett
Community Memorial Healthcare
Darlene Iles Memorial
Lennis & Janice Holle
Dale & Patricia Leikam
Gary & Joleen O'Neal
Robert & Joanne Reed
Steven & June Stoecklein
Harlan & Beverly Sump

AUDREY JAMES

Doug & Patti Adams
David & Catherine Affolter
Avery Auto Parts, Inc.-
Lawrence & Stephanie Avery
Jay & Brenda Bohnenblust
Bolton & McNish LLC

...AUDREY JAMES

James & Christine Brinkman
Karen Bryan
Compassion Christian Church
Swails Life Group
Christopher & Kathryn Cox
Friends & Neighbors
Reva Grater
Arlan & Arlene Habluetzel
Ted Hayes, Jr.
Cynthia James
Irene Jensen
Letha Lloyd
Leslie McCuiston
Terri McCuiston
Susan Meng
Kyle & Julie Murphy
Lillian Priest
Rose Anne Reed
Jerry & Carolyn Rothfuss
Ken & Bev Shivers
Brenda Smiley
Stacy & Judy Stettler
Lee & Karen Yarrow
BETTY LANG
Sara Vinson
MICHAEL LARSON
Jim & Sue Brenner
Jerry & Beverly Hedke
Harvey & Nancy Larson
Mike Larson Memorial
Angie Motley
Harland & Sandra Pecenka
ARLO PLEGGGE
Roger & Alice Helms
Laurie Parks
James & Patricia Schramm
The Family of Arlo Plegge
JO RAY
Richard & Mary Boman
Barbara Love Donaldson
Mary Ann Fowles
Charlene Griffiths

...JO RAY

Clarence & Barbara Guldner
Dan & Dee Hilton
Hutchinson Mayrath
Arnie & Kathy Knoettgen
Deanna Laffery
Bob & Jerrie Loader
Gary Matteson
Mark & Susan Meier
Harold Mugler
Scott & Kris Rickley
Todd & Koralee Slagle
Linda Stirrett
Diane Wendelken
Clifford & Carolyn Williams
Clyde & Rita Wollenberg
Carol Worley
RODNEY RUTHSTROM
Ken & Debbie Anderson
Lee & Deanna Barleen
Don & Karen Breault
Gary & Clione Case
Patsy Charest
Jerome Flohr
Fraternal Order of Eagles #3650
Friends & Neighbors
Phil & Jean Frigon
Clarence & Barbara Guldner
Randy & Cathy Hafner
Merle & Jolene Hammond
Keith & Cheryl Herrick
Judy Hileman
Dan & Dee Hilton
Neill & JoAnn Hundley
Gary & Shirley Johnson
Doyle & Dixie Jones
Reta Knitter
Bob & Liz Larman
Kevin Larson
Bob & Jerrie Loader
Gary & Christine Matteson
Randy & Zita Milligan
Bruce Holladay & Rose Pritchard

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...RODNEY RUTHSTROM

Jerry & Betty Siebold
Dail & Kathy Smith
Marion Stuart
Rodney & Tammy Taylor
Ervin & Kristin Underwood
Gary & Nola Unruh
Lynn & Patricia Wait
Benny & Deb Wallace
Larry & Helen Wallace
Diana Walquist
Jeanine Anderson & Gail Westgate
Clyde & Rita Wollenberg
Steve & Carol Worley

LEONA SHADLE

Carl & Elsie Affolter
David & Catherine Affolter
Bob & Beverly Caley
CCCHS Class of 1949
Marlene Chartier
Friends & Neighbors
Karen Gilbert
Stanley & Sandra Johnson
Deanne Laffery
Kevin Larson
Larry & Connie Needham
Noel & Joy Deane Pfizenmaier
Dave & Lynda Reed
Patricia Simmons
Leora Simnitt
Dixie Sortor
Judy Weisner

MYRON SIMNITT

William Alexander
Dorothy Debenham
Friends & Neighbors
Karen Langvardt
Ray & Diane Lykins
Phil & Brenda Pfizenmaier
Glenn & Yevonne Rahorst
Carroll & Jane Roth
Mary Roth
Gaylord & Janelle Sanneman

...MYRON SIMNITT

Tom & Janet Whitehair
BURTON STUDDT
City of Glasco
James & Carolyn Dwyer
Friends & Neighbors
Marjorie Garst
Francis & Nancy Gronewoller
Kathryn Henderson
Jimmie & Carolyn Henning
Marvin & Avis Henning
Cy & Donna Johnson
Milford & Diana Mills
Angela Nebel
Randall & Robyn Nelson
Ray Palmer
Steven Plush
Annette Ravens
Louise Reiff
Etoys Rice
Stan & Leann Schmidt
The Nicol Home, Inc.
Judy Wells
Paul & Marolyn Willden
John & Brenda Wisbey
BERYL THOMAS
John & Judy Blackburn
Leslie & Delores Cady
Randy & Amy Erickson
Jean Farlee
Paul & Beverly Freeman
Dwight & Linda Garman
Norman Hoard
Al & Judy Hudson
Larry & Shirley Johnson
Glen & Sharon Kirk
Paul & Shannon Langston
Charlotte Love
Evelyn Love
Michael & Nancy McHaley
The Lunch Crew: Rita Allen,
Darlene Jensen, Alene Lindberg
Kathryn Simmons

...BERYL THOMAS

Thomas & Tonia Spruhan
Dennis & Linda Swanson
Lonny & Kimberly Swanson
Richard & Sandy Thomas
Gerry & Delores Thompson
Pat Wendt
LEONARD WEYER
Allen & Marcia Hahn
GERTRUDE WHITEBREAD
Gertrude Whitebread Revocable Trust
GLADYS WOOLEY
Gary & Rhonda Bacon
Max & Kim Bacon
Hal & Eleanor Berkley
Friends & Neighbors
Violet Gehrke
Johnnie & Karen Goddard
Donald & Rose Linda Hipsley
C.J. & Nancy Mihm
Joan Nothorn
Studio 210
Ida Studt
Kelvin & Anna Windhorst
Kelly Yoxall





MEADOWLARK HOSPICE

709 LIBERTY
CLAY CENTER, KS 67432

NONPROFIT ORG
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;
Deb Hedke, RN, BSN; Nedra Kisby, RN; Kristin Kruse, RN, BSN; JoAnn
Lips, RN; Maria Seematter, RN; Sherry Wiese, RN

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; Kathy Ouellette; Al Paredes; Gerry
Sharp; Rev. Susan Sawyer; Marilyn Sweet; Sr. Marilyn Wall

Volunteer Coordinator – Darlene Melton

Billing/Insurance – Ronna Urban

Administrative Assistant – Lilly Hitsman; Charlotte Rundell