



Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 89 | Summer 2020



MEADOWLARK HOSPICE

5 Reasons for Hospice Now

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Singing Songs in the Night by Dawn Phelps, RN/LMSW

The sun had not yet come up when I first heard his song—a mockingbird singing in the darkness. Its songs were faint, and I strained to hear him, not wanting to miss the bird's unique music. I listened intently, and when he stopped singing, I drifted off to sleep.

Two mornings later, I again heard a mockingbird, but this time his songs were loud and clear, very close-by, possibly in the tree outside the window. I glanced at the clock by my bed. 5:45 a.m. Not time to get up. I looked toward the window to double-check. Yes, it was still dark outside, so I just quietly listened.

His singing continued until 5:57—12 wonderful minutes. Then all was quiet, and I wondered if he had flown away. I had a feeling of peace and nostalgia as I remembered when I was a kid in Tennessee, when my siblings and I listened to mockingbirds after my daddy would quietly say, "Listen to the mockingbird," and we would pause and listen. I still remember.

If you have ever heard the song of a mockingbird, you know what I am talking about. They do not have one specific song—they have many! They can mimic 200 songs of other birds or

make mechanical sounds such as the rat-a-tat-tat of a woodpecker or the sound of screeching tires! They are small feathered wonders!

Most of their feathers are a medium grey color; their under-belly is a lighter grey. No showy feathers, so they blend easily into their surroundings. Unseen, they sometimes sing their songs in the dark, prompting us to strain our ears to listen.

Each song is unique, one after another. Amazingly, even before the dawn, my mockingbird sang! I heard "Pretty-pretty-pretty, cheer-up, cheer-up, cheer-up, and happy, happy, happy," songs that cannot be described in words, beautiful music those early mornings while it was still dark.

There are times during our personal lives when we experience darkness, not physical nighttime, but deep emotional pain. But even in our "darkness," we find comfort from the "songs" of others.

One of those times was when my husband's son (my stepson) Tee Jay was unexpectedly taken to a hospital in New Hampshire in shock on a Monday evening. Even with intense medical intervention, Tee Jay died eight days later

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MEADOWLARK HOSPICE

Leadership Team

John Ryan, MD HMDC
Medical Director

Michele Voelker, APRN
Nurse Practitioner

Amy Burr, RN, BSN
Program Director

Audie Hartman, RN
Patient Care Coordinator

Kay Lynn Mead, LMSW
Director of Social Services &
Bereavement

Hospice Staff Nurses

Stacy Behrends, RN, BSN
Debra Champlin, RN
Deb Hedke, RN, BSN
JoAnn Lips, RN
Sharon Ramsey, RN
Erin Shultz, RN
Sherry Wiese, RN

Home Health Aide

Tracy Wallace, CNA, HHA

Social Workers

Kathryn Benson, LBSW
Stephanie Garrison, LBSW
Jen Meier, LMSW

Chaplains

Sr. Janet LeDuc
Rex Fuller
Kathy Ouellette
Al Paredes
Marilyn Sweet

Bereavement

Dawn Phelps, RN, LMSW
Bereavement Writer

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

Darlene Melton
Volunteer Coordinator

Lori Stanley
Community Liaison

...Singing Songs in the Night with a few family members at his side. Tom and I stayed in Kansas due to the virus threat.

During Tee Jay's hospitalization, we gradually learned how dire his health challenges were, how he could not survive without a miracle. Even though there was no good news about his physical condition, we were shown kindnesses through the words and actions of unseen nurses, social workers, chaplains, and physicians.

Dr. Kathy Kirkland, a palliative care physician, was particularly outstanding in how she communicated with us. Her words were honest and straight-forward, hard facts laced with kindness and understanding, to help prepare us for the inevitable.

She held the phone to Tee Jay's ear so we could talk to him. Because he was sedated and on a ventilator, he could not talk to us, so Dr. Kirkland described his reactions when we talked to him—sometimes he raised his eyebrows or turned his head closer to the phone; we believe he heard us. The phone calls allowed us to tell him we loved him and say our good-byes.

Medically there was nothing that could keep Tee Jay with us, but the kindness of the hospital staff made our situa-

tion a bit easier. After he died, he was brought home to Kansas for a funeral and burial. The kindnesses continued—by funeral home staff, family, a host of friends, some we did not know, from present-day friends, and many friends from years past.

We received food, cards, calls, flowers, and memorials. Many shared their happy memories from Tee Jay's 43-year life. One lady contributed fireworks that were shot off at the cemetery—the 4th of July was Tee Jay's favorite holiday.

Each kindness reminded me of those mockingbirds singing their songs in the darkness before daybreak. Acts of kindness and caring were done quietly, out of sight, without recognition, like those little grey songsters.

All of us have dark times, our "night times." Maybe you are also going through a time of loss and grief right now. Perhaps the pandemic has negatively impacted you in multiple ways as it has so many.

But many of us are also blessed by people who care, people who share their unique gifts, their "songs" of love and support through our tough times. So cherish your memories as you remember the kindnesses of those singing songs in the night.

Retired...Under New Management... See Grandkids for Details

After over 20 years of incredible service, Deb Martin has decided to retire from Meadowlark Hospice. Her last official day was April 25, 2020. Deb has been a member of the Meadowlark Hospice team since October 26, 1998. Deb began as a field nurse for Meadowlark Hospice and then transitioned to Patient Care Coordinator ten years ago.

She spent countless hours managing referrals, schedules, call, and staff. Deb spent a lot of time putting others first

and making sure needs were met. There have been numerous cards and individuals that have come through the office to thank Deb for all she did for their family. It is rare that any of us could say we work at Meadowlark Hospice and

**You have changed the
world because you have
touched so many lives.**

not hear the response of "you work with Deb Martin." Deb made an impact on many lives and provided a great deal of support for those facing end of life situations. Our team will miss her, her texts,

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...Retired

and her energy around the office, but we wish her the very best in a well-deserved retirement! Thank you Deb for guiding us all along the way and showing us how to provide exceptional care.

Due to COVID-19, we have not been able to have a retirement celebration for Deb. We would like to do a card show-er to acknowledge the years of service Deb provided to Meadowlark Hospice. If you would like to congratulate Deb on her retirement, please feel free to send a card to our of-ice and we will welcome the opportunity to make deliveries to see her.



Send Card:
Meadowlark Hospice
Attn: Deb Martin Retirement
709 Liberty
Clay Center, KS 67432

Volunteer Support

Volunteers for hospice have been important during the COVID 19 pandemic. Volunteers have made phone calls, provided meals, and sent cards to patients and families during this time. We have also been blessed with those that have volunteered to make masks to protect our team and patients during this pandemic.

Meadowlark Hospice is thankful for the wonderful volun-teers that are currently serving. Our patients have amazing stories of what our volunteers have been able to provide for them and we are so grateful to have great volunteers pro-viding this service. Our current dilemma is when we have a patient and there is not a volunteer available in their area to serve them. It is heartbreaking to know a patient is in need of a service that we are struggling to find someone to fill that need.

There is a lot of flexibility in being a hospice volunteer and the time commitment is really dependent on what you have to offer. The relationships formed with the families are ones that will stay with you for a lifetime. It is a tremendous hon-or to be able to support a family and ease some of the bur-den they are facing.

If you or someone you know is interested in serving as a vol-unteer for Meadowlark Hospice, I encourage you to make contact with Darlene Melton, our volunteer coordinator. She can be reached at 785-632-2225 or dmelton@ccmcks.org. We are looking for volunteers in all of our counties, but especially need support in Republic county and cities of Riley and Glasco.



Meadowlark Hospice is a We Honor Veterans Level 2 Partner. The specific goals for WHV Partners are to provide Veter-an-centric education to staff and volunteers, and identify patients with military experience. Also, to conduct veter-an-specific outreach presentations.

The Meadowlark Hospice team has recently began a program to honor the veterans we serve. In addition to a thank you card and We Honor Veterans pin, we have added a certificate of recognition for the branch of the military they served in. The COVID-19 pandemic began as we were initi-ating the addition of presentation of the certificate for their service. The social workers have presented four certificates and the recipients were grateful for the acknowledgment. Once restrictions are lifted, the presentation will be able to include others in their recognition ceremony.



"As a veteran myself it has always been important to me and an honor to be able to present the We Honor Veteran certificates to those that have made the ultimate sacrifice for our country. I was able to meet Loun for the first time and present his certificate and blessed that he was able to share a few stories of that time with me. I could easily tell that he was so proud of his service to our country. There is a reason Tom Brokaw declared Louns gener-ation the greatest, service to country and to others." - Stephanie A. Garrison



Army Ranger Jerry Schiess and his wife Della just celebrated 55 years of mar-riage....she's walked this journey with him. In 1969, he served in Vietnam and is very proud of his service for our country.

The Halt

by Amy Burr, BSN, RN, Meadowlark Hospice Director

As a former band member of the KU Marching Jayhawks, I am very familiar with the word halt and the intensity of that word. Our pregame shows were full of halts. The command was used to move the band into grandiose formations—our Sunflower, a giant K, or even the word Kansas in script on the field. It was a sight to see when everyone hit the halt at the exact same time!

Standing at attention is an early skill learned in marching band. It is an expectation and there is a great deal of pride you feel as you stand representing your school. I've also had the wonderful experience of traveling to London and watching the Queen's Guard. The guardsmen have purpose behind their regal stance to protect the Queen of England. Their ability to stand still for hours without emotion while fulfilling their duty was awe-inspiring.

COVID-19 has caused a much less pleasurable halt that has disrupted our daily normal. It is felt by all ages and in all regions of our country. For some, the halt has created time for reflection and a respite from the busy life. Others have faced great hardships during this sudden disruption.

In hospice care, we are struggling with finding and providing peace for families who are unable to be together. We are serving a population that is at greatest risk for complications of COVID-19. There is great vulnerability in the individuals we serve. Many patients also live in environments where others around them are very vulnerable. The visitor restrictions have made it incredibly difficult for families to be together in facilities as well as their own homes.

The hardest part is finding a way to provide care that is intended to bring families together and providing meaningful last moments amidst the restrictions to protect those who need to be protect-

ed. Our team has had to become very creative in how our care is provided during this pandemic.

Our team understands how grieving might be different and harder to process during this time. We, ourselves, are grieving. The closures we are accustomed to when we lose a loved one are practiced very differently now.

Funerals to celebrate the lives of those we love are viewed via livestream with very few present in person. The hugs, touches, warm smiles, and condolences received prior to COVID-19 have been tucked away to prevent the spread. Yet, our souls still long for that connection and support. End of life moments now include masks, eye protection and, in some cases, presence only by Zoom. While there are some wonderful advantages to pushing us into making connections with technology, the human touch and presence we are accustomed to can't be replaced.

As we continue to manage this current pandemic, we face many uncertainties as to when we will resume our "normal" care. We are thankful that through technology we have been able to connect with our patients, their families, and opportunities to connect patients with family members. We are also available for those who are grieving losses. The loss at this time may not be a death. It may be a loss of presence and time spent with a loved one.

Please reach out to our team if you need someone to talk to or resources to help you during this time. This is an unprecedented event and the impact is felt in so many ways.



Hospice Myths

Myth #1:

Hospice care is only for cancer patients.
Fact: Hospice care is for anyone with a terminal prognosis of 6 months or less. This can include dementia, heart and lung disease, kidney failure, and many other life-limiting diseases.

Myth #2:

Hospice care is only provided in a home.
Fact: Hospice care is provided in the setting that the patient calls home. This can include nursing homes and assisted living facilities.

Myth #3:

Hospice care is expensive.
Fact: Hospice services—including medication and equipment related to the terminal diagnosis—are completely covered under the Medicare/Medicaid Hospice Benefit. Most private insurance carriers also offer a hospice benefit. Medications not related to the terminal diagnosis are the patient's responsibility. Room and board is also the patient's responsibility.

Myth #4:

Hospice is for the last days of life.
Fact: Patients and families benefit most when hospice services are begun as soon as an individual learns of his or her terminal diagnosis. Hospice care, at any stage, but particularly when started early, can significantly lighten the burden of an end of life illness.

Myth #5:

Your doctor will no longer be involved in your care when you begin hospice.
Fact: The hospice team works closely with your primary physician to ensure you receive the best care at end of life. Hospice care is provided by highly specialized professional staff, including a medical director, registered nurses, social workers, home health aides, chaplains, and volunteers.

Myth #6:

You can't contact Meadowlark Hospice until your physician suggests hospice.
Fact: Anyone may call at any time to learn about hospice services at no obligation. A physician's order will be required for admission, but anyone is free to learn about their treatment options. We encourage individuals to contact our office when planning your advanced directives to learn about the hospice benefit before you are facing a crisis. Many families have reported that they just had no idea what hospice could do.

Myth #7:

Hospice means giving up hope.
Fact: Choosing hospice does not mean death is imminent. With Hospice, the miracle isn't the cure, it is in the caring. The Hospice team provides support and symptom management so families can share quality time together doing the things they love.

***IN-SERVICES & BEREAVEMENT GROUPS ARE SUBJECT TO CANCELLATION IF COVID-19 RESTRICTIONS ARE IMPOSED. PLEASE CALL 785-632-2225 IF YOU HAVE ANY QUESTIONS OR CHECK OUR FACEBOOK PAGE.**

Volunteer In-Service - July & September Meetings

Clay Center

Clay County volunteers meet in Clay Center on the 3rd Monday of the month at 11:00 AM @ Meadowlark Hospice office.

Concordia

Cloud County volunteers meet in Concordia on the 2nd Monday of the month at 1:00 PM @ Cloud County Health Center.

Washington

Washington County volunteers meet on the 3rd Tuesday of the month at 9:30 AM @ the Washington County News office (temporarily until the basement of the Courthouse is completed).

Belleville

Republic County volunteers meet in Belleville on the 2nd Monday of the month at 3:00 PM @ the Belleville United Methodist Church.

Marysville

Marysville volunteers meet on the 3rd Tuesday of the month at 12:00 pm @ First United Methodist Church Marysville.

Frankfort

Frankfort volunteers meet on the 3rd Tuesday of the month at 2:00 PM @ Frankfort Presbyterian Church.

**August dates and times will be discussed at the July meeting.*

Bereavement Groups

Meadowlark Hospice offers four monthly community bereavement groups for anyone who has recently experienced a loss. During the groups we focus on living with loss, the grief process, and topics that many may be facing after losing someone they love. Previous participants have commented that the group helped them feel normal—giving them hope that better days were ahead. One person stated that it was easier to share her experience since everyone in the group had a similar loss. There is no charge to attend these groups which are open to anyone in the community.

Clay Center

The Living Life after Loss group meets the 2nd Tuesday evening of each month at the Meadowlark Hospice meeting room, 709 Liberty, just east of the hospital, from 4:30-5:30 p.m.

This group is led by KayLynn Mead, social worker.

Washington

This is a newly formed group that meets the 2nd Tuesday of each month from 12:00-1:00 p.m. in the conference room at the Washington County Hospital, 304 E 3rd St.

Stephanie Garrison and KayLynn Mead, social workers, co-lead this group.

We hope you will join us for the group sessions, as group members together learn to live life after loss. If you know of someone else who would benefit from this group, please feel free to bring them along. Group dates and time are subject to change to meet the group needs for the month. Please call our office at 785-632-2225 if you have any questions.

Community-Sponsored Bereavement Groups

Concordia

The bereavement support group meets the 2nd Monday of the month at the Episcopal Parish Hall, 117 W 8th at 6:30 p.m. Contact: Judy Lambert 785-243-4454.

Belleville

This group generally meets the 3rd Thursday of each month in the Belleville Public Library, 1327 19th Street on the Square. Once a quarter the group eats out together. The group is led by Stephanie Garrison, social worker. (Call our office for specific times)

Marysville

This group usually meets the 4th Thursday evening of each month from 4:00-5:00 p.m. at Community Memorial Healthcare, in the South Plaza, Marysville.

The group is led by Jennifer Meier, social worker.

Leonardville

The bereavement support group is currently on hold. Contact: Sandy Ferguson 785-706-1595 if you wish to be notified when group resumes.

**Please call the contact numbers for questions or cancellations.*



Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials. If we have inadvertently omitted a donation from this listing, please accept our apologies.

Hospice Gifts

Harold & Delilah Metz

Brady & Cindy Rush

Memorial Gifts

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The Family of Brian Breeding

Leonard Bridgman

Carol Bridgman
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Sherry Wiese

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Mark & Patti Woodruff

Lola Danielsen

Norman Danielsen and family

Joyce Dockins

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Clyde Development, Inc.
Gerald Dockins
Greg & Cindy Dockins
Joyce Dockins Memorial

Daniel Fraser

Central National Bank - Concordia
Ray & Diana Fraser

Janet Holle

The Family of Janet Holle

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Lowell Meyer

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Charles Novak

Charles Novak Memorial
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Lyle & Linda Underwood
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Tee Jay Phelps

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Donnis Pierce

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Ila Marie Van Nortwick
Darice Wilkinson

Mary Weber

Martin Weber





MEADOWLARK HOSPICE

Phone: 785-632-2225

Fax: 785-632-3557

Email: mhospice@ccmcks.org

Web: meadowlarkhospice.org

We are available to present
programs to area organizations!



Thanks To Our Healthcare Heroes

Meadowlark Hospice was out on parade to thank our nursing home partners on Wednesday July 8th. Hospice staff made short stops at each facility to show their appreciation to nursing home staff and residents.



Mission

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

Serving

Clay, Cloud, Marshall, Republic, Western Riley, and
Washington Counties.

Meadowlark Notes



MEADOWLARK
HOSPICE

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