



Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 97 | Summer 2022



MEADOWLARK HOSPICE

5 Reasons for Hospice Now

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As Long As You Get There

by Dawn Phelps, RN/LMSW

Not long ago, my husband and I received a phone call from a dear friend who I will call Joe. His wife had died the previous month, and I could detect the desperation in his voice. Joe said, *"I really need to come to your house and talk to you and Tom. You have both been through this,"* referring to the recent death of his wife, *"and I haven't gone through anything like this before."*

I told him to come that afternoon and that I would take off work a bit early. We agreed on a time. When I arrived at home, he was already at our house talking to my husband. We went inside and sat down in our sunroom, and Joe immediately came to the point. *"I just don't know what I am going to do! I never knew how much this would hurt. How long is this going to last?"*

I reassured Joe that what he was going through was normal, that I too had been devastated when my husband died, even though I had known my husband was very sick. And I told him, *"But you had no warning—your wife died so suddenly!"*

He went on to say that he was depressed and had seen a doctor about it. He seemed relieved when I told him that sadness and depression also happen to others who lose someone dear to them.

He then turned his questions to my husband, saying, *"You went through this too."* My present husband's first wife had also died not long before my first husband. Tom acknowledged that it had been very hard for him as well.

We let Joe talk about his wife and their years together. We acknowledged his pain and assured him that he could get through it even though it is hard to lose such a wonderful person. We encouraged him to not feel guilty for doing things he enjoys and assured him that healing does come after a loss.

Studies and testimonials verify that healing does usually take place after a loss and few have complicated grief. But grief does not magically turn off at one year and can last longer. Even much later, reminders can still bring a flood of sadness.

There are many theories about "how" healing takes place. But people grieve in different ways, with some returning to their normal lifestyles soon after a loss, whereas others need more time.

For example, I remember one lady who attended activities including several funerals very soon after her husband's death. Yet I did not feel ready to attend a funeral for several months after my husband died.

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MEADOWLARK HOSPICE

Leadership Team

John Kelley, MD
Medical Director

Danielle Rothfuss, APRN, ENP-C
Nurse Practitioner

Amy Burr, BSN, RN
Program Director

Audie Hartman, RN
Patient Care Coordinator

KayLynn Mead, LMSW
Director of Social Services &
Bereavement

Hospice Staff Nurses

Shelley Beikmann, LPN
Deb Hedke, BSN, RN
Margaret Kelley, BSN, RN
Jessica Mai, RN
Sharon Ramsey, RN
Erin Shultz, BSN, RN
Abby Sikes, BSN, RN
Kim Sixbury, BSN, RN
Sherry Wiese, RN

Home Health Aide

Ashley Boyle, HHA
Tracy Wallace, HHA

Social Workers

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

Bereavement

Dawn Phelps, RN, LMSW
Bereavement Writer

Chaplains

Sr. Janet LeDuc
Kathy Ouellette
Al Paredes
Marilyn Sweet

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

Rhys Baker, LBSW
Volunteer Coordinator

Kim Sixbury, BSN, RN
Medical Records Coordinator

The lady and I both loved our husbands dearly, but we approached our situations differently.

We are all unique, and how we grieve may be influenced by our relationship with the one who died. If the person who died was abusive, the way the person left behind grieves may be much different from someone with a long, loving relationship.

Circumstances make a difference, for instance, if a death was anticipated or sudden. How the person died—natural causes, an accident, homicide, or suicide. Age can also make a difference, if the person is 5 years old or 95.

So what is the answer to our friend Joe's question, *"How long is this going to last?"* depends on so many variables. So grieve in your own way, believing you can get through your grief. There is no time table, and as long as it takes (long or short) is all right—*"as long as your get there!"*

"Grief is not a sign of weakness, nor a lack of faith. It is the price of love."
- Author unknown

Tuck-In Program

by Rhys Baker, LBSW

In March of 2022, Meadowlark Hospice started a "Tuck-In Program." The program is coordinated by Meadowlark Hospice Volunteers and our Volunteer Coordinator Rhys Baker. The Program is designed to maximize the role of volunteers in assisting the Meadowlark Hospice Nursing and Social Work Teams. On Thursday mornings, volunteers make telephone calls to patients/caregivers/families to assess whether they have the necessary supplies, medications, and/or volunteer support. The phone calls include patients that are not currently in a care facility. The calls are made on Thursday mornings to "tuck patients in" for the weekend. Tuck-In Volunteers are given training, position description, necessary information, and a script to obtain the requested information. That information is then relayed directly to the Volunteer Coordinator and/or appropriate team member. The appropriate team member can then act on meeting the specific needs of patients and families before the weekend, saving costly and time-consuming on-call visits and avoiding potential crises with intervention and prevention. Volunteer Coordinator Rhys Baker says, *"This is a proactive program used at Hospice organizations across the country, we want our patients, caregivers, and family members to know that we support their needs and goals seven days a week, not just Monday through Friday."*

The Tuck-In Program's overall goals include increasing client/family satisfaction with their weekend care, reducing emergency room visits for non-emergent care needs, identifying potential problems before reaching crisis level, and reducing phone calls to and from team members on weekends."

Holiday Spirit Team

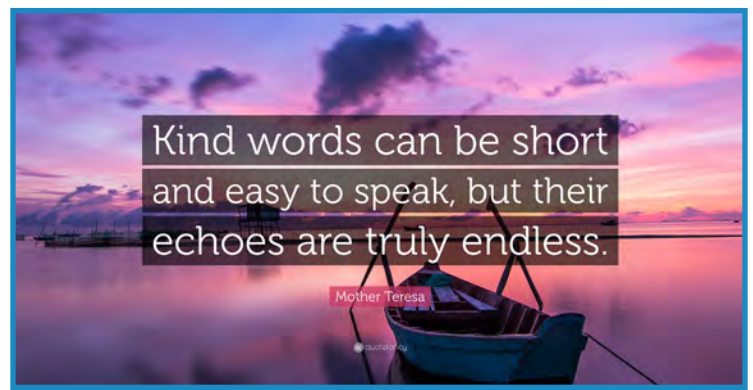
by Lilly Hitsman

Meadowlark Hospice staff members were recently given the opportunity to participate in a Holiday Spirit Team. Five employees volunteered to be a part of the team, whose task is to help fellow team members celebrate the holidays; both the seasonal holidays and the small, everyday holidays.

Celebrating holidays at work can be an incredibly fun time for employees. It is a great opportunity to build closer relationships with team members, and promotes positive staff interaction. Plus, it makes for a fun workplace! This all leads to increased motivation and boosted morale. When morale and motivation are high, your team becomes more productive, and productive teams are what make organizations successful. So it is a win-win for everyone!

Some of the holidays we have already celebrated are: Health Professional's Day, Mother's Day, May Day, Father's Day, and Independence Day. We usually celebrate with a food or drink that ties to the holiday. One of the favorites was Father's Day. We celebrated with beef jerky and bad dad jokes. For those who don't know what bad dad jokes are, they are the terrible ones that dads tell their kids to try to embarrass them. You know, the ones that make you roll your eyes or groan when you hear them- usually a pun is involved. For example: Q: What happened to the dog that swallowed the watch? A: He got ticks!

We have also tried to find something worth celebrating in every day. If we start our morning with one joyful thought, that can set our mind on a positive track for the rest of the day. There is a nationally (sometimes internationally) observed holiday on almost every day of the year. There are days honoring teachers, nurses, waitstaff, and hairdressers, among many other careers. There's also days celebrating food and fun: roller coasters, iced tea, yoga, and popcorn for example. One of our favorites is "Say Something Nice Day", which is one we should practice every day. Whether it be for food and beverages, people and professions, or thoughts and actions, we can find something to celebrate and be thankful for every day if we just look for it. What reason can you find to celebrate today?



Don't Wait To Talk About Hospice

It's an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted.

Far too many people wait until they are in the midst of a health care crisis before thinking about what options are available or what care they or their loved ones would have wanted.

Often, by waiting too long to learn about possible options, like hospice care, people end up spending difficult days in the hospital or the emergency room and opportunities to be with loved ones at home are lost.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an inter-disciplinary team of professionals and trained volunteers. The wishes of the patient

and family are always at the center of care.

Most hospice care is provided in the home – where the majority of Americans have said they would want to be at this time. Care is also provided in nursing homes, assisted living facilities, and hospice centers.

Care is paid for by Medicare, Medicaid, and most private insurance plans and HMOs.

The National Hospice and Palliative Care Organization reports that more than 1.5 million people received care from our nation's hospices last year.

Hospice providers can help with information about care options and choices and ensure you live as fully as possible throughout your entire life. They will make sure your loved ones receive support as well.

One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about it before it becomes an issue.

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Hospice Gifts

Clay Center Chapter O.E.S. #180

Memorial Gifts

Linda Baker

Linda Baker Memorial

Orin Ballard

Lowell & Vonda McCann
Clifford & Carolyn Williams

Franklin Cunningham

Franklin Cunningham Memorial

Virginia (Ginny) Davenport

Heidi Morgan

Thomas Donahy

Chris Deetjen
Conice Donahy
Ronald & Jane Haefner
Steve & Mary Johnson
Shirley Oyster
Marc & Amy Passalacqua
Salvatore & Susan Passalacqua
Larry Soctt
Jerry & Joyce Stowell

Jerold Eubanks

Alsop Sand Co., Inc.
Jo Barclay
Michael & Brandi Hake
Miller's Automotive

Fern Flores

Fern Flores Memorial
Chris & Cherie Garretson
Main St. Tabernacle
Republic County Hospital Employee Fund
Steve & Jewelda Scofield
The Family of Fern Flores

James (Rex) Freeman

Thomas & Dianna Snapp
The Family of Rex Freeman

Roxanne Gilbert

Charlette Sprecker

Dorothy Havel

JoAnne Balthazor

Dan Kline

Lee & Deanna Barleen
Keith & Mindy Blake
Jay & Brenda Bohnenblust
Lisa Bowman
Darren & Paula Brown

Karen Hauserman
Mary Johnson
John & Cindy Scheopner
Jim & Lisa Seley

Marsha Koster

Gene Ferguson
Mike & Amy Hoover
John & Lisa Kern
James & Donna Klein
Lori Martini
Matt & Rhonda Richter
Carol Michaud & Mandy Unruh
Sandra Wiemers

Sharon Lehman

Bevin & Susan Bebermeyer
Jay & Brenda Bohnenblust
Maury & Beth Catlin
Larry Chaput
Rene & Denise Charbonneau
Clay County Medical Center
Lowell & Linda Herrs
Michael Herrs
Arnie & Kathy Knoettgen
Lynn & Sharon Romberger
Randy & Denise Shadle
Sharon Lehman Memorial
Jane Sherbert
Troy & Zona Siebold
Stillwell Counseling Services-Tina Stillwell
Mary Taddiken
Joyce Trumble
Gary & Nola Unruh
Stanley & Jolene Walker
Clyde & Rita Wollenberg

Roberta Lenhart

Carol Adams
Darren & Karen Adams
Doug & Patti Adams
Scott & Monica Anderson
Larry & Sherry DeWitt
Bill & Sandy Fox
Clifford Kip French
Jim & Mary Garbarino
Donna Lee Karmann
Lester & Sandra Luthi
Gary & Christine Matteson
Nolan & Rachel Patterson
Sandra Wiemers

Shirley Marshall

Joyce Salava
Shirley Marshall Memorial

Eldyn (Al) Peck

AGI Hutchinson Mayrath
Richard & Mary Jo Bull
Judy Hileman

Herbert Plegge

Jean Plegge & Hugh Conover
Katherine Manley
Linda Schmitz

Larry Thomas

David & Cynthia Affolter
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Dane & Diane Bear
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Maury & Beth Catlin
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Bill & Sandy Fox
Sam & Linda Gibbs
Shirley Ham
Richard & Nancy Hammel
Max & Tessie Hanson
Michael & Kelli Hays
Dan & Brenda Heeren
Steve & Cindy Kahrs
Robert & Frieda Knitter
Arnie & Kathy Knoettgen
Tonya Knoettgen
Kane Kramer
Kim Y. Kramer
Jeffrey & Nancy Kruse
Larry Thomas Memorial
Brandi Lippert
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Deb Martin
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Rod & Jana Proctor
Public Utilities Petty Cash Fund
Dave & Lynda Reed
Shirley Riek
Karen Rodvelt
Douglas & Lisa Schwab
Dail & Kathy Smith
Dorothy Smith
James & Laura Smith
Suther Feeds, Inc.-Clay Center
Scott & Mary Taddiken
Tracy & Judy Thomas
Carmen Tiers
Terry & Sherrie Turner
Mike & Patricia Walker

Willis (Ray) Vizner

John & Christa Vizner

Mary Weber

Martin Weber

Darrell Zimmerman

Judy Hill & Richard Krueger
Tammy Lohmeyer

***IN-SERVICES & BEREAVEMENT GROUPS ARE SUBJECT TO CHANGE AND CANCELLATIONS.
PLEASE CALL 785-632-2225 IF YOU HAVE ANY QUESTIONS.**

Volunteer In-Service

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 @ Sr. Susan's home.

Washington

Washington County volunteers meet on the 3rd Tuesday of the month at 9:30 AM @ Washington County Courthouse basement.

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.

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 bereavement support group meets the 2nd Tuesday of each month from 12:00-1:00 p.m. at Gambino's.

KayLynn Mead, social worker, leads this group.

Belleville

This group generally meets the 3rd Thursday of each month at the library on the square in Belleville. 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.

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.

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



Phone: 785-632-2225
Fax: 785-632-3557
Email: mhospice@ccmcks.org
Web: meadowlarkhospice.org

We are available to present
programs to area organizations!



This is YOUR SIGN

Have you considered volunteering for Meadowlark Hospice, but did not know where to start, who to call, or what opportunities were available?

THIS is your chance. Meadowlark Hospice needs volunteers in all our communities.

We would love to answer any questions you might have.
Contact us in the way that feels most comfortable to you.

Phone: 785.632.2225 | Email: rbaker@ccmcks.org | Text: 785.632.1561

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



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