



Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 101 | Summer 2023



MEADOWLARK HOSPICE

5 Reasons for Hospice Now

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Pearls

by Dawn Phelps, RN/LMSW

My daddy was born in middle Tennessee in 1913. When he was in the eleventh grade, he dropped out of school because his father needed him to help on the farm. Times were hard, the early 1930s.

Even while working on the farm, my daddy took some time to “court” a young lady from the quiet little community of Water Valley, Tennessee, which was a couple of miles away. He won the lady’s heart, and they were married on May 10, 1936. She was almost 20 and he was almost 23. They would become parents to seven children.

In my daddy’s younger years, he was strong, handsome, and athletic. He and his brothers wrestled, boxed, and loved to hunt rabbits, squirrels, and raccoons. I remember their stories of hunting coons with their dog “Ole Ring.” They explored caves and swam in the creeks and rivers.

And before my parents were married, my daddy often went diving in the Duck River in search of pearls for my mom. As he dove, he was patient and determined to find pearls for her, and he found three.

My mother treasured the pearls, probably realizing the risks he took as he dove into the murky river water. Before she died, my mother gave the pearls to my sister Hope with the words, “Daddy found these diving for mussels in Duck River, and he gave them to me.” My sister had them made into a beautiful pendant.

Because of the stories my daddy told about pearl diving, I have been intrigued about how pearls are formed. First there must be a mollusk—a mussel shell, an oyster shell, or a clam shell with a living organism inside.

When an irritation such as a parasite or a grain of sand enters the shell, threatening its existence, the shell tries to defend itself from the irritant. So it produces a secretion called nacre that begins to cover the irritant in iridescent-colored layers. In order to survive, the mussel has to grow. As a result, the irritant is walled off from the healthy tissue, and a beautiful pearl is formed.

Some pearls form in a few days, some in a few weeks or months. One of the largest pearls ever found weighed 14 pounds; it probably took years to grow.

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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

Kami Bolek, BSN, RN
Patient Care Coordinator

Jen Meier, LMSW
Director of Social Services

Hospice Staff Nurses

Shelley Beikmann, LPN
Abby Bulleigh, BSN, RN, CHPN
Lenita Glanzer, RN
Deb Hedke, BSN, RN
Margaret Kelley, BSN, RN
Jenny March, RN
Sharon Ramsey, RN
Erin Shultz, BSN, RN
Kim Sixbury, BSN, RN
Sherry Wiese, RN

Home Health Aide

Ashley Boyle, HHA
Petagaye Pearson, HHA
Tracy Wallace, HHA

Social Workers

Kathryn Benson, LBSW
Stephanie Garrison, LBSW

Bereavement

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Bereavement Writer

KayLynn Mead, LMSW
Bereavement Coordinator

Chaplains

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Julie Shields
Kathy Ouellette
Al Paredes

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

Rhys Baker, LBSW
Volunteer Coordinator

Kim Sixbury, BSN, RN
Medical Records Coordinator

Perhaps there is parallel between how pearls form and how we grow and heal after a loss. Just as an irritation invades a mollusk, life can challenge us with some big “hurts” such as severe illness or the death of someone we love.

Any major change can disrupt our lives and leave us broken hearted and insecure. It would be nice to have a magic potion, similar to the nacre, to pour over our hurting hearts. But life does not work that way.

Scientists are not even sure how we heal after a loss. They just know that people do heal and go on living. But how long it takes for healing to occur after a loss may vary from person to person, or maybe, like the mussels, learn to co-exist with our grief as a part of us.

After a loss, life will never be the same, and your future may feel uncertain,

even scary. After his wife Joy died, the famous C.S. Lewis wrote, “No one ever told me that grief felt so like fear.”

After my husband died, I tried to reassure myself that there were thousands of people living productive lives after the loss of their loved one. It gave me hope that I might be able to survive too, and my life did go on and became fulfilling again. So healing does come.

So, search for ways to help your heart heal—slowly, patiently, and with determination, as if diving for pearls. Consider music. Gentle exercise. Healthy foods. Time in nature. Contact with friends and family. Small pleasures. Small kindnesses for someone else. Faith.

You are of great worth, so face your future with hope as you search for your new purpose, your very own beautiful pearl!

Annual Ducks in a Row Event



Our annual Ducks in Row event was actually a series of events this year. We wanted to reach out to all of the communities we serve and provide Advanced Directive Education. During the month of April, our team hosted events in Riley, Wakefield, Clay Center, Glasco, Concordia, Clyde, Belleville, Washington, Marysville, and Frankfort. Overall, we were able to help around 15 people develop an understanding of Advanced Directives and create their own.

Preparing your advanced directives and having conversations about your wishes is an important opportunity. We spend our lives protecting our loved ones from struggles, but often times forget to prepare them for the biggest struggle they will ever face, our end of life. When we don't plan and express our wishes, we leave our loved ones facing the hardest decisions of their life, without our love and guidance.

There are many resources available to assist you in this process. Our team members are available year round to help guide you with these decisions and create your document of wishes. If you haven't completed your advanced directives yet, please call our office to see how you can begin this important step.

Volunteering is a Work of Heart

April is the time to celebrate volunteer appreciation week. We are so thankful for the volunteers of Meadowlark Hospice. We are also thankful for Rhys Baker and her work as volunteer coordinator. The volunteer program for Meadowlark Hospice is a strong asset to providing exceptional care to the patients and loved ones we serve.

Our volunteers spend many hours visiting patients, writing cards, making phone calls, sending thank you notes, and attending inservices to learn how to better care for those we serve. Every hour they support the mission of Meadowlark Hospice is a gift of the heart. Many programs struggled significantly during and now after Covid with their volunteer programs. Our volunteers, under the leadership of Rhys, have maintained providing over 5% of the total patient care hours as required by Medicare. That is an exceptional achievement for our team.

Thank you to each and every volunteer that makes our team great!

On April 18th, we held our annual volunteer appreciation luncheon! The tables were decorated by staff members and the center pieces were raffled off as prizes for the volunteers. We enjoyed a wonderful lunch and an even more amazing dessert of many flavors of delicious pie! It was a wonderful afternoon of joy and laughter. Thank you to our volunteers for all they do.



The DAISY Award

THANK-YOU FOR EXTRAORDINARY NURSES



Sherry Wiese, RN



Abby Bulleigh, BSN, RN

Congratulations to Sherry Wiese, RN, and Abby Bulleigh, BSN, RN, for being nominated for the DAISY Award. The care and compassion they provide to their patients simply radiates from each of them. They ensure they meet every need that their families may need during the end of life journey. Our team is incredibly proud of each of them. The DAISY Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. The DAISY Award was established by the DAISY Foundation in memory of J. Patrick Barnes who died at 33 of

ITP, an auto-immune disease. The Barnes Family was awestruck by the clinical skills, caring and compassion of the nurses who cared for Patrick, so they created this national award to say thank you to nurses everywhere.



The CARE Award is designed to recognize an extraordinary employee who exemplifies our organization's mission and vision. Additionally, those nominated exemplify our values of compassion, respect, integrity, quality, and service in every encounter. The award serves as a way to acknowledge the great work and contribution of our non-nurse team members and sets the standard for others to emulate.

Staff members are nominated for these awards based on the following criteria:

- Models empathy and demonstrates a caring attitude in all situations.
- Demonstrates extraordinary skills in the delivery of compassionate patient care and attitude to everyone, every time.
- Has a positive attitude and demonstrates professionalism in the work environment.
- Exemplifies the mission, vision, and values
- Establishes a special connection with the patients and families, peers, or co-workers.

If you would like to nominate an employee of Meadowlark Hospice for one of the above awards, please call our office at 785-632-2225 so we can send a form to you to complete the nomination. Employees can receive multiple nominations for the awards. Please let us know if one of them has provided excellent care to you.

Hospice Gifts and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Hospice Gifts

Marymount-Nazareth Alumni Assn.
The Estate of Marsha Kurz

Memorial Gifts

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The Family of Ruth Musil

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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!



Volunteer In-Service

Clay Center

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

Concordia

Cloud County volunteers meet in Concordia on the 2nd Monday of the month at 1:00 p.m. @ Sr. Susan's home.

Washington

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

Belleville

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

Marysville

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

Frankfort

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

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

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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