

# ◆ Meadowlark Notes ◆

Issue 19

Hospice serving Clay, Cloud, Marshall, Republic, Riley, Washington Counties

Fall 2000

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## Meadowlark Hospice

2220 Seventh Street  
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Personnel are available to present programs to area organizations. For information call Kay Lohmiller at 785-632-2225.

Meadowlark Notes is published quarterly at Clay Center, Kansas.

## *Moyers' special TV series sparks discussions on dying*

Some of the P.E.O.s discussing Bill and Judith Moyers' four-night series, *On Our Own Terms*, really couldn't talk comfortably about their reactions with the group — especially those for whom death of loved ones was still too painful to share.

But the PBS programs that aired in September sparked reflections of personal experiences, plus amazement that Moyers' crew was allowed to film such intimate moments of dying individuals.

Moyers told an interviewer "They let us into their lives because, as they said, 'we hope our story will help others.'"

The Washington group, who used an evening meeting for discussion, found the series thought-provoking and worthwhile.

Especially meaningful for one participant was the story of Jim Witcher, an ALS patient (Lou Gehrig's disease).

The group talked about changes in medicine, which have prolonged life, sometimes even when there is no possible cure.

"As I look back on it," said one person during discussions that continued after the formal meeting, "we were wrong to put my sister in the hospital and prolong her life three weeks. They poured blood into her, and it poured back out as fast as it went in. To think that we made her suffer that much longer!"

Another group member pointed out that at one time people were told they would become addicted to pain medication.

Now, however, health care professionals are beginning to recognize that medicating for pain is appropriate, she said. As the television series pointed out, people fear pain and suffering more than they fear dying.

Moreover, professionals are trained to cure; that is their goal.

Members noted the prevalence of advance directives, citing instances of hospital staff asking for copies of living wills and power of attorney documents.

Several members indicated that they have never discussed their wishes in the event of incapacitating illness or accident with family members.

Everyone was encouraged to go home from the meeting determined to begin a dialogue on death and dying—one of the most difficult subjects to talk about.

—Christine Buchanan

### DID YOU KNOW?

- Over 23,000 Kansans die each year
- About 80% do not die suddenly
- About 50% die in hospitals
- About 17% die at home
- About 5% die elsewhere

—Kansas Annual Summary of Vital Statistics, 1997

# The Rise of Medical Technology

The average age of death in America was 46. Most people died at home, usually as the result of a disease or accident.

Due to advances in medicine and technology, the average life expectancy in the U.S. has increased by more than 30 years, and the setting in which most Americans die has changed. Eighty percent of us die in hospitals and other healthcare institutions.

Public opinion surveys show that most Americans would prefer to die at home, and do not want to die in pain, dependent on machines in an impersonal institution.

The interest in alternatives has spurred the growth of hospice and palliative care.

—On Our Own Terms:  
Moyers on Dying  
Discussion Guide

Century	1900	2000
Age at death	46	78
Leading causes	Infection Accident Childbirth	Cancer Heart Disease Stroke/ Dementia
Disability before death	Unusual and brief	On average more than 4 years
Costs	Low, affordable	Long periods very costly
Financing	Mostly private, from family	Mostly Medicare & Medicaide

*“The only way we can come to grips with life is to look at death.”*

—Rev. Nile Buck  
St. Paul’s Lutheran Church  
Palmer

# November is National Hospice Month

The theme for this year’s observance of National Hospice Month is *“Compassion: When it’s Needed Most.”*

The poster for the November celebration is a quilt.

The design unites the essence of hospice care and quilt making by highlighting National Hospice and Palliative Care Organizations’ lotus design—the symbol of hospice care.

Quilts serve a practice, functional purpose, but are also works of art and expression.

Hospice care embraces care at the end of life and does so in a beautiful way.

Quilts, like hospice care, emphasize individuality, bring together family and friends, and celebrate life.

They wrap us in love and remind us how life is precious.

## MEADOWLARK HOSPICE \* TREE OF \* LIGHT 2000

Your purchase of memorial lightson \*  
The Tree of Light \*  
will aid Hospice \*  
in helping people \*  
live their final \*  
days with dignity \*  
and comfort, at \*  
home among \*  
family and friends \*

*Please come join  
us, and be a part of  
The Tree  
\* of Light \*  
Ceremony \**

\*

**Watch  
Clay Center— for dates  
Marysville— and times  
Washington— of tree  
lighting**

Clip and mail to Meadowlark Hospice, 2220 7th Street, Clay Center, Ks 67432  
Make checks payable to Meadowlark Hospice. Each gift will be acknowledged

Enclosed is my check for \_\_\_\_\_ lights at \$5.00 each and/ or \$\_\_\_\_\_ contribution

Donor's Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

In Honor of \_\_\_\_\_

Clay Center Tree of Light — Washington Tree of Light— Marysville Tree of Light—  
Please check which town you would like to represent your loved one.

## Nurse's Notes

### Care for the Caregiver

Caring for the terminally ill person during their final months of life can be rewarding, but also stressful. Friends who offer to help should be given the opportunity to do so. Many families feel that they should provide all of the care and are not comfortable having someone else come into their home to do "their" job. As time progresses, a caregiver may not realize the extent of their fatigue.

Being able to "get away" for a few hours can be very refreshing. If you have special interests or hobbies, it is important to find time to continue with them. Going to a friend's home for coffee or to the library to read a good book are good escapes.

With the mental and physical demands of caring for someone 24 hours a day, it doesn't take long to become exhausted. If the caregiver does not take care of themselves, they cannot care for anyone else.

Usually the patient also finds it to be refreshing to have a break from the normal routine. Each person can return to his or her role with a renewed appreciation for each other.

—Anita Droll, RN

*"The business of dying is best done at home."*

—On Our Own Terms

## Calendar of Events

### October

- Oct 11 Clay County Volunteer Inservice, 12 noon, Clay County Medical Center, Clay Center, Education Room
- Oct 17 Washington County Volunteer Inservice, 9:30 a.m., Washington County Courthouse, Extension meeting room
- Oct 17 Marshall County Volunteer Inservice, 12 noon, Community Memorial Healthcare Inc, Marysville, Room A
- Oct Republic County Volunteer Inservice, Plans to be announced
- Oct 18 Advisory Board Meeting, 12 noon, Clay Center, Hospice meeting room

## November is National Hospice Month

### Compassion: When It's Needed Most

### November

- Nov 8 Clay County Volunteer Inservice, 12 noon, Clay County Medical Center, Clay Center, Education Room
- Nov 21 Washington County Volunteer Inservice, 9:30 a.m, Extension Meeting Room, Courthouse, Washington
- Nov 21 Marshall County Volunteer Inservice, 12 noon, Community Memorial Healthcare, Marysville, Room A.

### December

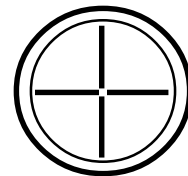
No monthly volunteer inservice. Merry Christmas!

Watch for dates and times of Tree of Light ceremonies at Clay Center, Marysville and Washington

\* \* \*  
\* \* \*  
\* \* \*

## Compassion: When It's Needed Most

November is  
National Hospice  
Month



National Hospice  
and Palliative Care  
Organization

*Our thoughts  
are with  
these families*

- Lester Shirck
- Gilbert Schramm
- Mildren Vathauer
- Esther Carlson
- Oscar Swanson
- Janice Hardenburger
- Gail Barrett
- Charlotte Paxton
- Laurel Knox
- Shirley Zabokrtsky
- Don Hitsman
- Grant Schiller
- Ione Decker
- Virgil Wohler

## Hospice staff receives letters

Dear Kay, Rita and Debbie,

I want to express my appreciation and thanks to all of you with Hospice. I know that Bill and his boys feel the same way. You gave such loving, compassionate care to both Bill and Janice—it helped so much to make a bad situation just a little easier.

God bless you all as you continue your Hospice care.

Sincerely,

— —  
Deb, Kay and Diane,

Kind words at just  
the right time —  
are the kind of words that  
mean the most.

Thanks for caring during our husband and father's last few days of life. Your loving care at this time was deeply appreciated. We hope you will continue to serve our mother in the days and months ahead.

Lovely ladies, — —

No words can express Nancy's and my appreciation for the loving care and consideration you all gave during my brother's illness.

God bless you all!

Sincerely,

Please accept this memorial fund contribution to be used at your discretion. May your services greatly benefit other families as ours has benefited. We support your objective, as it helped us to value our final moments with our dad.

— —  
Dear Hospice Staff,

Thank you so much for all you did for our mom, Della Rogge. A special thanks to Kay Lohmiller and Deb Martin for calling on Mom regularly, and for the TLC you gave her.

Thanks also for the love and concern we girls always felt.

Hospice is a wonderful group and enclosed is a check for memorial for Mom.

Here's an extra hug for all of you and may God continue to bless your wonderful work.

— —  
Hospice,

The family of Don Hitsman would like to thank you for the wonderful care given to Don during his last days. Your help made it easier. We would like to donate this check to use where needed.

## Thank you, volunteers, for your time

■ Ann Ackerman ■ Mary Bertsch  
■ Maxine Branfort ■ Christine Buchanan ■ Daisy Carlson  
■ Jerry Coleman ■ Ernie Foster  
■ Delores Germann ■ Gary Griffiths ■ Edna Hatfield ■ Janet Helmerichs ■ Gevine Hoesli  
■ Dennis Holst ■ Nancy Holst  
■ Cathy Hull ■ Carol Kirtley  
■ Dan Kline ■ Eva Lewis  
■ Mildred Lull ■ Fay May  
■ Helen Meyerhoff  
■ Mary Alice Pacey ■ Mattie Patterson ■ Mina Purling  
■ Marlene Quillin ■ Bernita Reinert ■ Ina Roeth  
■ Billie Rohde ■ Barney Rohde  
■ Pat Simmons ■ Reba Smith  
■ Nelda Ungerer ■ Marcene Wachslicht ■ Tracy Wallace  
■ Dona Welborn

## Welcome new volunteer

Jan Taylor, Washington, has completed training for Meadowlark's volunteer group, according to coordinator Linda Gibbs.

## VanWinkle helps many people in and out of hospice

Last year, Frances VanWinkle spent three weeks in New Mexico caring for her brother, Bob Oestreich, who was dying of cancer.

To help, she enlisted the local hospice, and she also relied on a considerate neighbor, who came when she needed him.

This summer, Frances and her husband Marvin loaded up their new larger pickup and camping trailer, gifts of her brother, as well as the kind-hearted neighbor and his wife—and off the group went to Alaska.

"Seeing all the beautiful mountains, it was like 'God bless

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### Introducing . . .

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America!" Frances said.

Gorgeous scenery was only one of the rewards of the trip. The foursome came back close friends, who call each other often.

The Washington woman has made several good friends by helping them out.

Six years ago, when her 90-year-old neighbor needed someone to do dishes occasionally, Frances stepped in.

Then for a year, she put drops in her neighbor's eyes three times a day because no other help was

available. Another dear friend.

In between, she's dealt with cancer of two sons and a cracked pelvic bone that required therapy before she could go to Alaska.

In December, Marvin, longtime driver for Linn Post & Pipe now working for the Washington County Solid Waste Department, will have knee surgery.

Francis has been a hospice volunteer since it was first organized, caring for several patients.

She and her husband and their five children hope things will slow down in 2001 and that it will be a very good year indeed.

# Introducing . . .

## Thank you notes work of Mary Bertsch

When someone makes a gift to Meadowlark Hospice, shortly thereafter a thank you note arrives in the mail.

For 12 years, Mary Bertsch of Clay Center has ordered 500 notes every three or four months to use in this important volunteer role. Her job isn't finished until the thank yous are stamped and mailed.

After her husband Howard died in April 12 years ago, she says she and others realized they hadn't had a response to hospice memorials. So Mary became the person who filled that role.

On disability for 12 years, Howard himself was served by hospice the last difficult weeks of

his life. "Two (volunteers) sat with my husband and they were just wonderful," Mary said.

A 30-year employee of Patterson Pharmacy, the Clay Center woman says she likes her home and keeps her hands busy while she watches TV.

Her most ambitious products are quilts, some of them gifts to her daughter in New Jersey, a son in Valley Center, her grandson and granddaughter and three great-grandchildren.

Mary held an open house for both children, who had been married a week apart, to honor their 25th wedding anniversaries.

Her gift to each of them: double wedding ring quilts.

## Mary Agnes Johnson finds summer celebrations special in her life

It's been a summer of celebrations for Dana and Mary Agnes Johnson of Republic.

Father's Day weekend, they hosted all the living cousins as they celebrated 100 years of life on the Johnson family farm.

Then August 6, the couple observed their 50th wedding anniversary.

Joining them were three married children and four grandchildren, ranging in age from junior high to a 19-month-old. The three families live in Independence, Mo., Wichita and Plainville.

The encouragement of their pastor's wife, Joyce Beam of the United Methodist Church, induced Mary Agnes to join hospice volunteers. Most of her activities, however, she shares with her husband: active in Sunday School, singing in the church choir,

serving as camp and zone officers in Gideons, attending Gideon international conventions, held yearly.

"Those conventions have opened up our travels quite a bit," said Mary Agnes, a former state officer.

Each year, the Concordia Camp hosts Republic and Cloud county pastors to a banquet to acquaint them with the goals of Gideons.

After Dana got out of the service, he took advantage of on-the-farm training provided by the government.

His instructor, a tax practitioner, encouraged Dana to combine income tax preparation with his farming and eventually turned over his client list. Semi-retired from farming, he's worked with taxes for 41 years. helped by his wife, a native of Belleville.

## Janet Helmerichs finds volunteer work helps her handle her own longtime illness

About 20 years ago, Janet Helmerichs of Summerfield was diagnosed with Crohns Disease, an intestinal disorder accompanied by lots of pain.

"They think I probably had it a couple of years before that," the Marshall County wife and mother said.

Even though Janet calls herself disabled, last summer she decided to become a hospice volunteer.

Now that she has worked with a Meadowlark Hospice patient, Janet said it takes your mind off yourself for awhile.

Numerous surgeries and hospital stays have helped her feel comfortable assisting the terminally ill.

Otherwise, she said she is "really involved" with her children's school activities.

She and her husband Jim have a 15-year-old daughter, Miranda, and a 12-year-old son, Bryant

Janet grew up at Lillis and graduated from Frankfort High School, 14 miles from home.

**"The real business of dying is reaffirming relationships that have given life meaning."**

—On Our Own Terms  
Moyers TV Special

## *Thank you, each one, for your memorial gifts*

**Your memorial gifts are invaluable. They bring Hospice to some who are not yet eligible for Medicare. They also provide equipment and services which otherwise might not be available.**

### **Hospice gift**

Warren Anderson

### **Anita McGee**

Cindy Holper  
Ronda & Vernon Osborne

### **David Cullip**

Friends & Neighbors  
Carrol Adams family  
Toni & Randy Hammond  
Stanley Yarrow  
Gail & Karen Hauserman  
Daniel & Sally Pfizenmaier  
Sidney Hammond  
Lester & N. Yvonne Carter  
Fred & Delores Case

### **Della Rogge**

Mr & Mrs Arlin Duensing  
Daughters Vi, Shirley  
and Marie

### **Edna Davidson**

Jim Hornbostel  
Donald Rabe Family  
Donald & LaVone  
Hornbostel  
Randy & Jean Hornbostel  
Allen & Mary Hornbostel  
Harold Bierbaum  
Bill & Nyla Voelker  
Edna Koch

### **Ellen Kendrick**

Walter Zeferjahn  
Eugene & Nancy Lee  
Sharon & Don Aldridge  
Harold & Betty Volkmann  
Shirley Mossburgh  
Lyons, Kansas, Police  
Department

### **Esther Carlson**

Larry & Donna Miles  
Alice Wickstrum  
Neil & Jacalyn Richter  
Kenney Patterson  
Rene & Denise  
Charbonneau  
Roy, Marguerite Martin  
Reva Grater  
Steve Graham  
Bruce Bertsch  
Ralph Shadle  
Elmer & Dorothy  
Willmann  
Bobby & Joanne  
Pfizenmaier  
Noel & Joy Deane  
Pfizenmaier  
Roy & Mary Alexander  
Sam & Linda Gibbs  
Richard Baxter  
Dwight & Berneil Hunter  
Foster & Jessie Bertsch  
Delbert & Joneen  
Schoning  
Lester & Sandra Luthi  
Delbert & Joneen  
Schoning  
Mary Bertsch  
Bill & Terri Lee  
Claryce Haws  
Ruth Kemp  
Beverly Cheney  
Friends & Neighbors  
Gayle & Barbara Carlson  
Vance Braun  
Howard & Della Gier  
Joan Burns  
Elva & John Kaspar  
Howard & Sylvia Lippe  
Rod Williams  
Fred Williams  
John & Evelyn McDonald  
Friends & Neighbors  
Randy & Camilla  
McCracken  
Bob & Pat Zarger  
Barton & Patricia Rindom  
Leona Wichman  
William & Donna Grippin

### **Fred Rieger**

Bernice Rieger  
Judith Fine

### **Gail Barrett**

Gordon & Ardis Owen  
Rose Achelpohl  
Daniel & Lavona Harding  
Claude & Nancy Barrett  
Robert & Lynne Hartsell  
"The Farm Team"  
Julia Nihiser  
Harry & Dola Forsberg  
Wendell Nash  
"The Golf Gang"  
Russel James  
TY & Tonya Hodson  
Dean & Jean Milroy  
Ralph & Janice Craig  
Jerrold & Sandra Milroy  
Keith & Marie Macy  
Friends & Neighbors  
Harold Hotchkiss  
Scott & Marilyn Milroy  
Henry & Ruby Copeland  
John Noren  
Roberta & Ray Keen  
Milton Wirt  
Gene & Suzanne  
Thompson  
Michael & Tami Haden  
Cecil & Evelyne Keen  
David & Linda Triano  
Mary Lee Jeffrey  
Gail & Susan Thomas  
Jennie McMahan  
Robert & Gail Thoenen  
Jean Barrett  
Janice Foresberg  
Maxine Freiheit  
Jack & Elizabeth Dunn

### **Gerald Hogan**

American Legion  
Post 235  
Marshall Salon No. 731  
Alice Karr  
Marjorie Hatesohl

### **Gilbert Schramm**

Hulda Meyer

### **Harry Britt**

Harry Britt Family  
Kenneth Blackwood

### **Ione Decker**

A.M. Nease, Jr.  
Friends & Neighbors  
Francis & Alice Moser  
James & Trudy Cole  
Kay F. Prell  
Floyd Sorrick  
Jeanette Stamm  
Kenneth & Joyce  
Wohlbrandt  
R.W. & Ila Fielder  
Barbara Aden  
Norma Walker  
Dorene & Donald  
Sheldon  
Verle Decker

### **Jeane Kemp**

Lloyd & Virginia  
Starkweather

### **Loretta Kopfer**

Chellan Kopfer  
Herb & Margaret Gier  
Melvin & Charron Cales

### **Maurice Mall**

Betty Jo Mall

### **Neil Andres**

Neil Andres Family  
Kenneth Blackwood

### **Phyllis Sorell**

Kenneth Blackwood  
Don Sorell

### **Robert Stanton**

Alice Stanton

### **Shirley Munstermann**

Friends & Neighbors  
CCMC Co-Workers  
of Alice  
Alice Munstermann  
& Triona

### **Shirley Zabokrtsky**

Kenneth & Pat  
Winkenwader  
Henry Zabokrtsky  
Ralph & Pauline Schultes  
James & Eldyne Taskinen  
*(Continued on page 7)*

## Memorials

(Continued from page 6)

### Urban Doebele

Harland & Nancy Teskey  
Marie Doebele  
Jerry Doebele

### Virgil Wohler

Ailene Peterson  
Jerry Wilhelm  
Kenneth & Connie Schurle  
Friends & Neighbors  
Larry & Linda Pease  
Kim & Sonya Conrad  
Meda Nelson  
Dave & Nancy Gonser  
Myron & Leora Simnett  
John & Janie Machin  
Leona Shadle  
Vera Thorburn  
Neil & Jacalyn Richter  
Bobby & Joanne  
Pfizenmaier  
Carroll & Jane Roth  
Joe & Ramona Riniker  
Mickey & Marcia Hudson  
Harry & Debra Rochner  
Gerry & Arlene Gravenstein  
Reva Grater  
Eldon & Barbara Grater  
Merton & Ina Zeisset

### Warren Balfour

Warren Balfour Family

### Wilma Picolet

Peter & Mary Desch  
James Picolet  
Wilma Picolet &  
Lewis Family Reunion

*“People fear  
pain  
and suffering  
more than they  
fear dying.”*

—On Our Own Terms  
Moyers TV Special

From the Director—

## A series on end of life care

“We are surrounded by love and warmth when we come into this world; shouldn’t we have the same when we leave this world?”

What do you want at the end of *your* life? Have you communicated this to your loved ones? How can we help our family and friends obtain their dying wishes?

In today’s society, death is viewed as a failure of the medical profession. It is the enemy, to be fought at all costs. How do we as health care professionals handle death?

Sudden or unexpected death will touch all our lives at some point in time. If we can only learn how to face death, we will have learned life’s most important lesson: how to face ourselves and come to terms with it ourselves, in the deepest possible sense.

How do we talk to someone who is dying? What do we say or do to comfort the person and his or her family? It is very hard for some of us, and we (health care providers) have had very little training on issues of the dying.

What words of comfort can we give? Will we know the right thing to say?

The dying would like us to relate to them as people who are living, compassionately accepting their vulnerability and suffering while still seeing them as whole.

The dying need to talk about their thoughts and fears. Their two biggest fears are: 1. dying in pain; 2. dying alone.

If we can let the dying person know their pain CAN be managed and we will be right there with them through this journey, that is the most comforting thing we can offer.

The person doing the dying

needs to know his or her life was worthwhile. They need confirmation that they were a good spouse, mother, father or co-worker, and their life had meaning. They want to reflect on the past and remember the good old days.

There are usually regrets that need to be shared with family or friends. Forgiveness to give and receive.

Having people visit makes the person feel important because “I must have meant something to this person if they cared enough to come see me.”

Dying can be our finest hour, or our most terrifying. Regardless, it is our personal experience and the family’s ultimate challenge. This experience belongs to the person who is dying.

It is a time when relationships can be healed, goodbyes, I love yous and I forgive yous may be shared.

All of this is extremely important work when the one dying has limited time. Sharing these things also helps the living with the grief process.

Remember: we only get one chance to make this a “good death” for the individual and a more meaningful event for family and friends.

Dying a gradual death makes us fortunate. We have been given a gift of time to finish unfinished business, repair relationships and die the way we choose.

We must all take control of our dying experience, and this starts with letting our loved ones know our wishes.

*Dianne Michaud RN, BSN  
Program director,  
Meadowlark Hospice*

## About your newsletter—

Your newsletter is now available in a more modern form of communication.

Thanks to Bryant Anderson and the Clay County Medical Center, many of the items from *Meadowlark Notes* are available on the internet. Bryant has created a website for CCMC, with a section labeled "Hospice."

The CCMC staff has worked hard to create attractive, readable information about their part of the health care field, including hospice, with which the center has worked closely since its beginning.

Bryant, who also produces newsletters, has timely suggestions for ways to improve our newsletter, which we will be considering. We welcome your own suggestions as well. Please contact:

- Linda Gibbs, Seventh St. Clay Center, KS 67432 ; 785-632-2225;  
e-mail: mhospice@Kansas.net; fax: 1-785-632-3557
- Christine Buchanan, P.O. Box 6, Washington, KS 66968; 785-325-2343  
e-mail: buchanans@washingtonks.net; fax: 1-785-325-3351
  
- Website: ccmcks.org (look under Hospice)

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2220 SEVENTH STREET  
CLAY CENTER, KS 67432  
785-632-2225

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