

◆ Meadowlark Notes ◆

Issue 26

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

Fall 2002

Families feel blessed as they care for terminally ill loved ones at home

Five families in north central Kansas who kept terminally ill loved ones at home say they are grateful for that time together.

Lila Tiemeyer, Palmer, said dying patients are more satisfied at home in familiar surroundings. They can do what they want. And caregiving fulfills marriage vows.

PBS will air a two-hour documentary, "And Thou Shalt Honor," on caregiving among other U.S. families in October.

Tiemeyer, a Washington County resident, took care of her husband, Ohmer, the last two years of his life. He died July 2, '01, seven years after developing prostate cancer.

"You can do it," she said emphatically.

Clifford Sallman, Concordia, was surrounded by six caregiver daughters, who helped their mother at the family home.

Not one of them would give up the time they spent talking to their dad during those last weeks, they tell Edith Sallman.

Of keeping Clifford at home,

Edith said it was easier on the whole family, and she characterized privacy as a big benefit.

Elmer Marshman, Marysville, was given one to six months to live after being diagnosed with lung cancer.

"I have a great family," his wife, Irene, said of their three sons and one daughter, plus spouses, who supported her during the final months of Elmer's life.

Each of them went into his bedroom to express love and farewell before he died March 25.

When Richard Williams of Clay Center knew he was too weak to have more surgery for cancer that was spreading, "He wanted to come home," his wife, Claudia, said.

As did the other families in Meadowlark Hospice's service area, Claudia requested its help. Headquartered in Clay Center, the staff covers Washington, Clay, Cloud, Republic and Marshall counties.

The Williams children, Jason,

Randy and Teia, and daughter-in-law Gretchen, helped as well.

Especially useful, Claudia said, was the hospice nurse's explanations of changes in Richard's condition.

"We got to tell him goodbye," she said.

Narveene Brzon died March 20 as she had wanted, in her own home on the family farm northwest of Belleville.

"We told her we would keep her at home if we possibly could," said her son Brian and his wife Carolyn, RN, home health care nurse at Superior, Neb.

Four sons, two daughters and spouses pitched in when they could to fulfill Narveen's wish.

"Anyone that's close to you, if you love them, you'll do whatever you have to," said Brian, who considers himself blessed from the experience.

More complete accounts of some of these families will appear in their local newspapers, along with information on the PBS special.

**& Thou Shalt
HONOR**

CareGiving

PBS Documentary Schedule for North Central Kansas

- Oct 9 KTWU, Topeka, Channel 11, 8 p.m.
- Oct 9 Classic Cable, Clay Center, 8 p.m.
- Oct 9 KOOD, Concordia, Channel 64, 8 p.m.
- Oct 17 KHNE, Marysville, Channel 2, 7 p.m. (from Kearney, Neb.)
- Oct 17 Cunningham Cable, Washington, Belleville, Channel 2, 7 p.m.

Check your local PBS station schedule for other dates and times

Our thoughts are with these families

- Paul McGuire
- Bob Kearn
- Buddy Oglesby
- Dean Woolen
- James Schooler
- Charles Ring
- Lena Newsom
- Helen Schott
- Marvin Scrivner
- August Pomeranz
- Bonita Dunmire
- Glenn Erickson
- Ida L'Ecuyer
- Thelma Cherney
- Glen Cornett
- Chuck Plum
- June Mosher
- Lillian Gilbert
- Bertha Campbell
- Bud McGeHee
- Ralph Gallup
- Edwin Luecke
- Valera McMurray
- Dorothy Bojarski
- Agnes Cusic
- LaVon Surratt
- Elda Woltje
- Eldon Ullom
- Dorothy Mach
- Rose Riek
- Geraldine Schuessler

Hospice nurses coordinate care of hospice patients in nursing homes

Nurse's Notes

Many hospice patients reside in nursing homes either because of their advanced age or advanced disease process.

The Medicare Hospice benefit allows for hospice to provide services for patients who live in nursing homes because this is now their "home."

All the services that are provided to hospice patients in their own homes are also provided to those who live in nursing facilities.

The hospice nurse coordinates the care given to the hospice patient through the plan of care. The nurse attends the care plan meeting in the nursing home and collaborates with the nursing home staff on the needs of the patient, the plan with goals for meeting those needs and the outcome of the plan.

In some cases, this may mean that the hospice staff will provide extra bathing for the resident or that the resident who is a hospice patient will not have some of the expectations, such as rehabilita-

tion because of their terminal condition.

Issues such as eating, weight loss, the need for increased pain medication which may cause some sedation and the psychosocial needs of the person in the dying process are all addressed with the nursing home staff.

The hospice nurse relies on the expertise of the nursing home staff and their knowledge of the patient to help with the assessment and care of the patient.

Hospice staff may also relieve some of the stress of the caregiving of the hospice patient by spending individual time with the patient and being there during the active dying process. Education of the nursing home staff on the normal expectations of the dying process is also one of the key roles that the hospice nurse provides for the nursing home staff.

When hospice staff and nursing home staff work together to provide the best possible care for the terminally ill resident, it will ensure that the goals for the resident will be met.

—Rita Wollenberg, RN
Patient Care Coordinator

November designated National Hospice Month

The theme of the 2002 National Hospice Month Celebration signifies that the spirit of hospice care is deeply woven into our American fabric.

Long-held American traditions of home, family, community and caring are the hallmarks of hospice care. The poster for National Hospice Care month this year is a red, white and blue quilt. It contains the star patterns and the national hospice organization's lotus symbol. The quilt honors the tens of thousands of hospice care professionals and volunteers in America. Watch for the posters in your community this November.

***"We were always
taught to take care
of our own.***

***Our grandmother was
a nurse, and we were
just taught that way.
That's just something
you did."***

—Brian Brzon

Caretaker in Republic County

Trees of Light during holidays to honor loved ones

For the 12th year, Meadowlark Hospice is sponsoring a Tree of Light and Remembrance in each of the five counties during the holiday season.

This makes it possible for those in the Meadowlark Hospice service area to remember loved ones in a special way.

Local committees in each of the five counties will arrange for the trees and plan services for reading names of loved ones and those remembering them.

Dates and times of lighting services will be announced later.

A donation of \$5 for a memorial on a tree will honor a loved

one and also aid hospice in helping people live their final days with dignity and comfort at home or in a home-like setting among family and friends.

Make checks payable to Meadowlark Hospice. All gifts are tax deductible. Clip the coupon on page 8 (back cover).

Shortage of beds now resolved

Years ago, the hospital beds Meadowlark Hospice delivered to patients were 200-pound monsters, requiring three people to transport and assemble.

With modern technology and generous donations from the community, we have been able to replace the "monsters" with excellent light-weight, break-down beds that one person can transfer and assemble.

The three newest electric beds were bought with donations in memory of three special people.

Memorial gifts for Urban Doeble of Hanover enabled us to purchase one bed. Urban was not served by hospice, but his wife, Marie, was an active hospice

volunteer for several years.

Memorial gifts for Marvin Siebold from Clay Center were also used to obtain a bed. Marvin's extended family have been hospice supporters for years.

Lavera Uffman of Washington was served by hospice, and her family contributed memorial donations to Meadowlark that enabled us to get the third bed.

The availability of an electric bed can contribute to the comfort of the patient and ease of caregiving. Thank you to all the family and friends whose memorial gifts helped with the purchase of this equipment.

—Kay Lohmiller

Social Work Coordinator

Eagles Auxiliary surprise is major gift

The Auxiliary of the Order of the Eagles in Clay Center have supported Meadowlark Hospice annually since 1992.

They raise money all year and with the matching gifts at times from their broader organization they contribute to local service groups.

Hospice has been the fortunate recipient over the years of more than \$5,000 from the Auxiliary. We have gotten to know some of the members well as we have served their friends and loved ones in hospice.

On Sept. 3, we attended their meeting to receive a donation that they termed "special."

We were overwhelmed when we were presented with a check for \$2,000, the largest donation we have received from one group.

The Auxiliary's contributions to our local hospice enable us to be present at the bedside of the people in this area at this vulnerable time in their lives. We are extremely grateful for their ongoing support.

—Kay Lohmiller

Social Work Coordinator

Barney Rohde honored at Salina Senior Fair

Bernard Rohde, Clay Center, was named a Heartland Hero at the 18-county Senior Fair in Salina Sept. 17. A group of 31 people attended the fair with him.

He received a certificate and a boutonniere. The program included a video with pictures and sketches of each of the county heroes.

Rohde, was nominated by Apollo Towers in Clay Center, where he delivers meals daily to the senior center, and on Thursdays serves lunch after offering a prayer and sharing a joke.

Barney also helps with government commodities and Heartland Share distribution.

Leonardville nursing home also has benefited from his help one Wednesday a month, when he cooks hamburgers and hotdogs.

During Barney's career in the military, he was stationed in Hawaii and the Far East.

"Remembering the person I have loved does allow me to slowly heal. Healing does not mean I forget. Actually, it means I will remember."

—Wolfelt

Thank you, each one, for your memorial gifts

Thank you, friends, for your memorial gifts, which benefit patients with special needs and also provide other necessities.

Hospice Gift

Warren Anderson
Larry & Donna Miles
Alene Peterson
Talmo United Methodist
Lucille Spichal

Rex McBane

Dora McBane
Kenneth "Jack" Blackwood

Ralph Griffiths

Melvin & Charron Cales
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Marvin Scrivner

Family of Melvin Scrivner

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Lorna Heitman

Rhea Griffiths

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Leo & Darlene Schmale

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Mary Beth Bonebrake
Chaput-Buoy Funeral Home
Joshua, Dean, Marjorie, Staff
Beth & Adolph Charbonneau
Vincent Charbonneau's
Memorial from his Family

Gerald & Ima Jean Chavey
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Clifford Sallman

John & Janet Cunningham
Leland Guiot

Marvin Scrivner

Roxanna & Robert Demanett
Family of Marvin Scrivner

Lyle "Dean" Woolen

Babe Houser Motor Co.
Bob's Auto Plaza
Mary Finlayson
Friends & Neighbors
Marvin & Mary Alice Pacey
Shirley Pacey
Tom & Alberta Parry
Betty Powell

(Continued on Page 7)

Thank you, each one, for your memorial gifts

(Continued from Page 6)

Adolph Hager

David Blackmore
Myron & Sharon Cailteux
Leonard & Ruth Criswell
Gerald & Mary Ann Denison
Donald & Colleen File
Friends & Neighbors
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Earl & Paula Moege
Doug & Gloria Newell
Lloyd & Alta Olson
Delmar & Lorraine Peterson
Edwinna Potenski
Bonnie Sarff

—compiled by Charron Cales

We will be forever grateful, knowing that he was surrounded by those who truly went above and beyond their nursing duties and literally helped the family to hold his had during the dying process. .

We are grateful and humbled as we remember the vital role Meadowlark played in allowing us to provide tender loving care at home for our Dad.

Mail Time at the Office



Excerpts from our letters I will always keep you in my heart. I will always keep that beautiful poem you sent me. . .

Your help in our time of need was a great comfort. .

Thank you for being there for both of us.

Thank you, volunteers

Ann Ackerman, Carrie Anderson, Joyce Beam, Mary Bertsch, Maxine Branfort, Veda Brannan, Bill Brazil, Fr. Richard Brooks, Carol Brown, Christine Buchanan, Vera Burge, Daisy Carlson, Marie Derousseau, Irene Duitsman,

Jean Farlee, Sr. Eileen Farley, Ernie Foster, Delores Germann, Gary Griffiths, Edna Hatfield, Lorna Heitman, Ruth Heyka, Gevine Hoesli, Phyllis Hofts, Dennis Holst, Nancy Holst, Carlene Hull, Mary Agnes Johnson, Carol Kirtley,

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Sr. Ann Vincent, Marcene Wachsicht, Vickie Walker, Sylvia Wapp, Darlene Weatherhead, Dona Welborn, Jane Werner, Linda Yarrow.

—Charlotte Topel
Volunteer Coordinator

Clip coupon and mail to: Meadowlark Hospice, 2220 7th St., Clay Center, KS 67432.

2002 Meadowlark Hospice

Tree of Light and Remembrance

Donations of \$5 in honor of a loved one will help
others live their final days with dignity.

Enclosed is my check for ____ lights at \$5 each and/or \$ ____ contribution

In honor of: _____

Donor's Name: _____

Address: _____

City/State/Zip _____

Make checks payable to Meadowlark Hospice. Names will be read at lighting services.

Indicate the community where you would like to have your light represented.

Clay Center Washington Marysville Concordia Belleville

- Charlotte Topel, 2220 Seventh St. Clay Center, KS 67432; 785-632-2225;
e-mail: mhospice@cmcks.org; fax: 1-785-632-3557
- Christine Buchanan, P.O. Box 6, Washington, KS 66968; 785-325-2343
e-mail: buchans@washingtonks.net; fax: 1-785-325-3351
- Website: cmcks.org (look under Hospice)
- Personnel are available to present programs to area organizations.
Contact Kay Lohmiller at 785-632-2225.

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From: Christine Buchanan
Editor, Meadowlark Hospice newsletter

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785-325-2343
buchanans@washingtonks.net

October PBS documentary to explain, help caregivers

Most of the Meadowlark Hospice area can get “And Thou Shalt Honor . . .,” a PBS documentary airing in October.

Importance of caregiving is based on these facts:

- A total of 22.4 million U.S. households are caring for family members or friends;

- Average monthly out-of-pocket expense for a family caregiver is \$171. Unreimbursed monthly expenses total \$1.5 billion.

Personal stories in the documentary raise these questions:

- How do you manage to care for a loved one—faced with not enough rest or enough help and with financial challenges?

- How will you deal with becoming a care recipient?

- What are your options? What does the future hold?

The two-hour film focuses on family members coming together, communicating, navigating their way through the medical, financial and legal labyrinths of caregiving.

Real-life stories portray the love, intensity, bravery, loneliness, compassion, frustration, heartaches, dedication and spiritual fulfillment of caregivers.

Experts describe community resources, advances in technology as well as the shortage of nurses and professional caregivers.

Buckshot opts for home over hospital

Last week, the Buchanans decided to use hospice care for Buckshot, the family patriarch.

He was told 37 years ago nothing could be done for his heart, damaged from rheumatic fever.

That message all those years ago was devastating.

At 37, he ran the Washington County News and supported five children, ages 2 to 12..

Since then, he has survived numerous crises and replacements of aortic and mitral valves.

Despite these major medical events, family agreement to call Meadowlark Hospice came hard.

Buckshot could stay in a hospital “swing bed,” his doctor said, or he could be home, with help.

Adult children, who have supported Buckshot and me through the years, weren’t sure in what way to face reality. Tears, sadness,

anger and talk made up the mix.

Finally, the call was made.

Kay Lohmiller, social work coordinator, met with Tom and me and our two daughters in the family room at Washington County Hospital, making it clear that Buckshot was the boss.

She described the many facets of hospice care, which is surprisingly comprehensive. And she had him sign the papers.

Buckshot, who is not a quitter and who has refused to feel sorry for himself, said again he wanted to go home, knowing this arrangement made it possible.

When hospice nurse Deb Martin, arrived at the house to outline the kinds of help nurses could provide, her patient listened patiently, but eventually faded out in his La-Z-Boy.

For now, he is in his own bed,

MEADOWLARK HOSPICE

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Meadowlark Hospice

2220 Seventh Street

Clay Center, KS 67432

785-632-2225

www.ccmcks.org

Meadowlark Notes, quarterly non-profit newsletter, is published in Clay Center.

sleeping in his own way with only one pillow beneath his head, going to breakfast with a couple of buddies, suggesting rides through the countryside, remembering names we have forgotten, and writing his weekly column.

—Christine Buchanan,
Newsletter Editor

New volunteer training set for October in Marysville

Training for new volunteers will be offered Tuesday, Oct. 15, in Marysville.

The session lasts from 11 a.m. to 2:30 p.m. at Community Memorial Healthcare, Inc. A guest speaker is scheduled in the afternoon. Lunch will be provided.

This training will include Frankfort volunteers and takes the place of regular monthly continuing education for both groups.

Current volunteers wanting to brush up their skills are welcome.

Those wishing to attend should contact Charlotte Topel at Meadowlark Hospice, 785-632-2225.

Book in hospice library deals with caregiving

"Anyone who says we have the best care system in the world obviously has never been through caregiving," says John, who cared for both his parents for 13 years.

"People don't realize the amount of administrative burden on caregivers—the medical, financial, legal problems, all the things that indirectly are going to help the patient but that aren't the hands-on talking, holding, the real caring part of caregiving.

In her book, Beth Witrogen McLeod explores *The Spiritual Journey of Love, Loss, and Renewal*. The author intersperses philosophical and practical ideas about caregiving with her own experience. She uses others' experience to make her points.

Three major parts organize the book, making it very useful:

- Setting Out on the Path of Caregiving
 - Emotional Wilderness
 - Bridges to the future
 - Reclaiming Life
- An extensive appendix lists

resources, further reading and web sites.

More than 100 caregivers shared their intimate pain and about 100 professionals their expertise.

Caregivers in weekly AOL caregiver support chat groups and an Alzheimer's e-mail group also contributed ideas.

Among chapter headings: The Stress of Caregiving, Hitting Bottom, End-of-Life Concerns, Awakening the Heart, Caregiving

and Community.

The author lectures and conducts Internet chat groups. She has written for national publications, is a consultant and syndicated columnist.

She teaches a course in family caregiving through the University of California. Ask for—

Caregiving
The Spiritual Journey of Love, Loss, and Renewal
Beth Witrogen McLeod

Calendar of Events

October 2002

"And Thou Shalt Honor . . . Caring for a Spouse . . ."

Oct 9 8 p.m.

Oct 17 7 p.m. PBS two-hour documentary.

Also check PBS listings for possible showings in your area.

Oct 9 Clay County Volunteer Continuing Education, 12 noon, Clay County Medical Center, Education Room, Clay Center

Oct 14 Cloud County Volunteer Continuing Education, 10 a.m., Cloud County Community Hospital, Concordia, Room 106

Oct 14 Republic Continuing Education with Belleville attending also 12 noon, Republic United Methodist Church

Oct 15 Washington County Volunteer Continuing Education, 9:30 a.m., Extension Meeting Room, Courthouse, Washington.

Oct 15 Marysville/Frankfort/Others New Volunteer Training, 11 a.m. to 2:30 p.m. Community Memorial Healthcare, Meeting Room C, Marysville(see story on this page).

November 2002

Nov. 11 Cloud County Volunteer Continuing Education, 10 a.m., Cloud County Community Hospital, Concordia, Room 106.

Nov 11 Belleville/Republic Volunteer Continuing Education, 12 noon, United Methodist Church, Belleville.

Nov 13 Clay County Volunteer Continuing Education, 12 noon, Clay County Medical Center, Education Room, Clay Center.

Nov 19 Washington County Volunteer Continuing Education, 9:30 a.m., Extension Meeting Room, Courthouse, Washington.

Nov 19 Marysville Continuing Education, 12 noon, Community Memorial Healthcare, Meeting Room C, Marysville.

Nov 19 Frankfort Volunteer Continuing Education, 2 p.m., Frankfort Care Home, Conference Room.

December 2002

No continuing education meetings.

Watch for dates and times of Tree of Light and Remembrance services