

◆ Meadowlark Notes ◆

Issue 20

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

Spring 2001

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Quilt project to benefit hospice just keeps growing, inspiring

When Linda Yarrow, dietitian at Clay County Medical Center, finished a cross-stitch block for a dying friend, she had no idea it would lead to an international quilt project that would grow, and grow, and grow.

Thanks to the Internet, Yarrow's dream of benefitting Meadowlark Hospice, whose staff had cared for her friend Linda Black, inspirational blocks for—not one—but four quilts are being completed by experienced embroiderers around the world.

And soon, quilters in four Meadowlark communities, including Clay Center, Washington, Concordia and one other will put those handsome blocks together.

In addition, Yarrow's dream snowballed to include two matching pillows for each quilt.

"I broke out in a cold sweat at the computer, when responses poured in," Yarrow recalled. "When we reached enough blocks for four quilts, I finally had to tell them 'no.'"

Most of the cross-stitchers are working in memory of a loved one, many with touching reasons for supporting hospice and its end-of-life care.

Reasons for doing each signed block arrive with the completed needlework on a "dedication page," which will be assembled in a notebook for each person who gets one of the four quilts.

Yarrow is enthusiastic about what she started, although sometimes the size of the project almost overwhelms her

She said it takes about 35 hours to complete a square, or 420 hours per quilt. Then comes the labor-intensive process of putting the squares together with different fabric for each quilt. Finally, each group of quilters will decide the quilting pattern to use.

Muted pastel threads are highlighted with blending filament, which adds an elegant touch to the intricate designs, such as a butterfly, with the words, "Hope lights a candle in the darkest of despairing hearts."

Contributions to the hospice quilt project take many forms.

Nancy Boston, Pennsylvania, owner of Four Oaks Forum, an internet cross stitching bulletin board, has been a big help, getting permission from Stoney Creek to reproduce and supply the designs. She also donated aida, the fabric for the 48 work-of-art quilt blocks and completed one herself.

Cleone's in Clay Center will give a discount on the fabric. Other groups, businesses and individuals are contributing to the cost of supplies.

Information on the quilt project is updated on the Internet sites regularly, and ticket sales will be promoted there, as well as in

(continued on Page 4)

From the Director—

Expansion in Cloud, Republic gets good start

Meadowlark Hospice expansion into all of Cloud and Republic counties is off and running.

All of us have been very busy meeting the needs of the patients and their families.

In addition, we have been meeting with physicians, nursing home staffs, hospitals and home health agencies in the area.

We also have done two volunteer trainings, one in Concordia and one in Belleville.

The three nurses and two social workers who are being trained for that area are feeling like they are

getting a good taste of what a Hospice is all about. They are adapting very well, and there was no interruption in Hospice services.

It is always great when the transition is a smooth one.

The nurses who were hired are Brenda Dvorak RN, BSN, and Vonda Pumarlo RN, from Concordia; Kirstin Jackson LPN, Clifton, and Linda Harcourt RN, Cuba.

The new social workers are Katrina Jones LBSW and Jennifer Coleman LBSW for the new area,

and Marilyn Dressman LBSW to help in the Marshall County area.

We are so pleased to have such a great group of caring people on board. It is very helpful to have staff living in the area they are serving.

I would like to give my heartfelt thanks to all the staff at Meadowlark Hospice for making this transition so smooth. They are a great group of caring people.

THANK YOU!

*Dianne Michaud RN, BSN
Program Director*

Add nurses, social workers to handle new area

Six new nurses and social workers will handle the patient load that began Jan.1, when Hospice, Inc., Wichita, turned over all of Cloud and Republic counties to Meadowlark Hospice. Another new staffer will help with an increasing load in the Marshall County area.

VONDA PUMARLO, Concordia, has been patient care coordinator for Hospice Inc, Wichita.

Prior to that she was a staff nurse for Hospice and Home Health of the Heartland, Beloit; served on the staff of Mitchell County Hospital, Beloit, and Jewell County Hospital, Mankato.

A graduate of Morrowville High School, she earned her RN at Cloud County Community College and LPN at North Central Kansas Area Vocational Technical School, Beloit.

LINDA HARCOURT worked the past six years for Belleville Health Care Center, beginning as director of social services and most recently as an RN.

She filled several positions in

Vancouver, Wash., and in Portland and Beaverton, Ore.

Linda received a research/teaching assistantship for graduate studies in social work at Portland State University. She has been a lecturer in sociology at that university and at Cloud County Community College.

KATRINA JONES married in June and farms with her husband Kevin in Jewell, her home county. She graduated in January from Bethel College at Newton.

As part of her degree in social work, she had field instruction at United Methodist Youthville in Newton, working with adolescent boys; St. Francis Hospital in Wichita, mainly serving the HIV/AIDS population, and also short-time experience at a domestic violence agency in Chicago serving Southeast Asian women and children. Katrina enjoys reading and cooking.

JENNIFER COLEMAN lives near Aurora in Cloud County and works one day a week at Park Villa Nursing Home, Clyde.

While she was earning a degree in social work from Bethany College in Lindsborg, she worked at Cloud County Health Center, Concordia.

Jennifer graduated from Nortonville High School, where she grew up and where her parents still live. She enjoys reading, sewing and taking care of her pets.

MARILYN DRESSMAN is a targeted case manager for Northeast Kansas Area Agency on Aging. She works in Washington and Marshall counties.

Prior to that, she worked for SRS in Pottawatomie County.

Marilyn and her husband Ivan, who live in Frankfort, have four children.

BRENDA DVORAK, Concordia, and **KIRSTEN JACKSON**, Clifton, were profiled in the winter issue of the newsletter.

"One of the things I keep learning is that the secret of being happy is doing things for other people." —Dick Gregory

Volunteer luncheon to honor hospice helpers April 25

Volunteers will gather in Washington at noon Wednesday, April 25, where Hospice staff members will recognize their "Shining Stars" for the work they do.

First National Bank's community room will be the location for the traditional luncheon held during National Volunteer Week.

Marilyn Holt, Abilene, will speak on the orphan trains in Kansas, through the Kansas Humanities Council.

The orphan trains brought poor children from the eastern cities to rural Kansas from 1867 until the 1920s.

Marilyn is married to Daniel Holt, director of the Eisenhower Center. She works as an historical and editorial consultant and as an adjunct instructor in the history department at the University of Kansas. From 1986 to 1990, she was director of publications at the Kansas State Historical Society.

—
Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop. —Dr. Dorothy I. Height

Our thoughts are with these families

- Janet Mengers
- Bobbie Wilcox
- Bill Mahin
- Leona Wassenberg
- Dale Ackerman
- Gloria Clema

Calendar of Events

APRIL

Volunteer Appreciation Luncheon
April 25, 2001
12 noon in the meeting room
First National Bank, Washington

APRIL No inservice this month

MAY

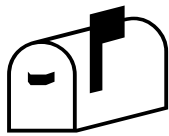
- May 7 Cloud County Volunteer Inservice, 10 a.m., United Methodist Church, Concordia
- May 7 Republic County Volunteer Inservice, 12 noon, baked potato bar, United Methodist Church, Republic
- May 9 Clay County Volunteer Inservice, 12 noon, Clay County Medical Center, Education Room, Clay Center
- May 15 Washington County Volunteer Inservice, 9:30 a.m., Extension Meeting Room, Courthouse, Washington
- May 15 Marshall County Volunteer Inservice, 12 noon, Community Memorial Healthcare, Marysville, Room A.
- May 15 Frankfort Volunteer Inservice, 1 p.m., Frankfort Care Home

JUNE

- June 4 Cloud County Volunteer Inservice, 10 a.m., United Methodist Church, Concordia
- June 4 Republic County Volunteer Inservice, 12 noon, United Methodist Church
- June 13 Clay County Volunteer Inservice, 12 noon, Clay County Medical Center, Education Room, Clay Center,
- June 19 Washington County Volunteer Inservice, 9:30 a.m., Extension Meeting Room, Courthouse, Washington
- June 19 Marshall County Volunteer Inservice, 12 noon, Community Memorial Healthcare, Marysville, Room A.
- June 19 Frankfort Volunteer Inservice, 2 p.m., Frankfort Care Home

- Leonard Peters
- DeRoin Vogler
- Richard Guenther
- Donald Brown
- Elzie Pearson
- Elinor Vincent
- Mildred Reith
- Elma Davis
- Ron Wilson
- Wilma Blocker
- Ruth Goeckler
- Leo Reed

Mail Time at the Office



Excerpts from our letters

We were so pleased with the Hospice staff and the wonderful friends who were here when we needed and meant so much to us.

— —

I appreciated all the hospice did to help me.

— —

You made my mother's final days more comfortable. You also made the dying experience easier for me and my family with knowledge and caring.

It helped us to cope, knowing that she was in such caring and competent hands.

"It is one of the beautiful compensations of this life that no one can sincerely try to help another without helping himself."

— St. Francis of Assisi

(Continued from page 1)

Quilt project grows

Cloud, Clay, Marshall, Republic and Washington counties, which are served by Meadowlark Hospice.

(See www.ccmcks.org.)

Dedication for quilt square

When I started "The Church" square, I hadn't decided who it might be dedicated to.

As I was getting close to finishing the square, my Uncle Reese Smith had a massive stroke. We were told by the doctors that he probably would not recover.

Shortly after that, he was moved to Hospice by The Sea in Boynton Beach, Fla.

It was a comfort to know that my uncle would be well taken care of by the staff.

My uncle was a wonderful man. He was a loving, caring man. He was always ready to help others, especially those who could not do things for themselves. Everyone who knew him knew they could depend on him to do the things he had committed to.

I finished my square on March 16, 2001, and my uncle died the next day.

He had always enjoyed the cross-stitching I do. Because of his love for me and the wonderful care he got at Hospice, I dedicate my square to my Uncle Reese.

Charlotte Woodworth
Florida

Karnes suggests ways to handle end-of-life issues

When a diagnosis of a life-threatening illness comes, everything is centered around the illness, Barbara Karnes told 75 nurses, aides, social workers and hospice volunteers at a seminar, A Time to Live, A Time to Die.

"The cloud is always there."

Karnes divided her intense, thought-provoking presentation into three parts: Living with a Life-Threatening Illness—a care giver's perspective; Dynamics of Dying—signs of approaching death; and Dynamics of Grief.

Everybody needs a purpose, said the RN, who has cared for many dying patients, including her mother and stepfather. Build memories, she said. Find a reason to keep going.

"We don't have any role models for dying," Karnes told the group in Clay Center March 1. "All we have are television and movies, which provide an unrealistic picture of dying."

All of us are going to be nervous to some degree, Karnes said. She doesn't use the word "terminal" anymore. Instead, she says "people who the doctors are having trouble fixing."

Warning about the tendency to force food down dying patients, Karnes noted that first they stop eating meat, then anything that takes energy to digest. Throw out all the nutrition rules, she said.

"People dying starve to death. Starvation and dehydration are the natural way to die."

"Dying is very, very sad. But it doesn't have to be bad," she said.

"There are two times we are very close to God. When we leave. And when we go home."

"You are either alive or you're dead, and that space in between is dying. Our job is to help people understand that this is a normal process."

—Barbara Karnes

Introducing . . .

Concordia nuns, priest bring new perspective to hospice volunteers

Five new volunteers from Concordia, including an Episcopal priest, three Roman Catholic sisters and a former schoolteacher went through training after Meadowlark Hospice assumed responsibility for Cloud and Republic counties. (We didn't catch up with Sr. Ann Vincent in time for this issue.)

Father Richard Brooks has been an Episcopal priest two years. He is 76 years old.

The Glasco native was drafted into the army after graduating from Jamestown High School, serving six months in a Civilian Conservation Corps (CCC) camp, and moving to Salina. His 30-year military career took him to Europe, the Far East and the United States.

At the age of 50, Brooks enrolled at Cameron University in Oklahoma, taking an administrative position awhile after graduation.

Six years ago, Richard and his wife Sally returned to Cloud County from Colorado Springs, to retire in Concordia.

His first Sunday in church, the

Henthorn is longtime teacher

Ethel Henthorn taught elementary school in Nebraska two years and expected to quit when she was married.

But World War II brought a shortage of teachers, and she ended up in the classroom for 31 years. Twenty-nine of those years were in Cloud County, two in Clyde and the rest in Concordia, where she has lived 65 years.

"It's wonderful to run on to someone you have taught," she said.

Henthorn grew up as Ethel Showalter on a farm southwest of Hanover, close to Nebraska.

senior warden reminded Brooks that in the 1950s he had considered going to seminary. The Episcopal denomination now has a special program for older career people that allows them to study for the ministry locally, with regular examinations.

He discussed the possibility with the bishop — and Fr. Richard Brooks was ordained in October 1998.

In February, the couple who have two daughters and five granddaughters, observed their 57th wedding anniversary.

"It lifts my spirits," the priest said of visiting hospice patients. It fits right in with what I do. I leave feeling better than when I went."

For the past five years she has been a faithful volunteer for the Area Agency on Aging, running errands, visiting nursing home patients, helping with recreation.

She had five children, the oldest a colonel in the air force, who died of cancer 10 years ago. His family lives in Virginia.

The youngest son is an attorney in New Mexico. Her three daughters are sandwiched between the boys. The eldest has four married children and lives in Texas, another lives in Washington state, and Emma Jean Darrow lives in Concordia.

Sr. Teresa both nurse, librarian

Two careers and the requisite education give Sr. Teresa Rigel an understanding of human nature.

For 20 years she worked on Pine Ridge Reservation at the Red Cloud Indian School in South Dakota. Her primary job was librarian, but at times she was consulting nurse.

In 1990, she came to Concordia, where she worked three years with disabled persons for OCKK.

She grew up near Irving and graduated from Blue Rapids High School. She studied at St. Mary's Hospital School of Nursing, Manhattan, taught nurses, and earned a nursing degree from Catholic University, Washington, D.C.

At Rosary College, River Forest, Ill., Sr. Teresa completed work to become a librarian.

A 10-year hospice volunteer, she has studied it extensively. "I believe in it," she said. "For people who want it, I think this is the best way to care for terminally ill people."

Sr. Julia Norton hospital chaplain

Sister Julia Norton grew up in Salina and graduated from Marymount College there.

She received a graduate degree in counseling and spirituality from Duquesne University, Penn.

For 25 years she has worked as a hospital chaplain in Catholic hospitals at Salina, Concordia, Manhattan and Wichita.

"Hospice is important to me because I have experienced over the years how the Hospice Staff have provided support to persons facing terminal illness . . . who have died with more peace of mind and comfort because they could be at home."

Thank you, each one, for your memorial gifts

Thank you, friends, for your memorial gifts, which benefit patients with special needs. Your generosity honors your loved ones and the patients hospice serves.

Hospice Gift

Warren Anderson
Free Baptist Mission,
Jamestown
United Church Women
Society, Greenleaf
Waleta Buck
Leona Woellhof
VFW Auxiliary Post 3722,
Belleville

Dale Ackerman

Donald Smith

Dennis Blackwood

Kenneth "Jack" Blackwood
George, Wanda Blackwood

G. Harold Borck

Ralph & Luree Gallup

Dr. B.B. Brown

Kenneth "Jack" Blackwood
Jane Brown

Myrtle Buehler

Linn & Pat Sunderland
Dale & Edna Buehler
Linda & Orval Buehler
Ted & Doris Buehler
Warren & Janice Zenger
Robert & Pamela Buehler
Ima Stoppel
Leon & Helen Odette
Leroy & Joan Bundh
Steven & Micki Zenger

Elma Davis

Judy & Dwight Ricketts
Patricia Welch
William, Roseanne Johnson
Merlin Geisler
Norma Asebedo
Friends & Neighbors
Curtis & Kathy Knox
Janice Rood

Ruth Goeckler

Joyce Hogan
Ken & Marita Goeckler

Richard Guenther

Kathy Lahey
Diana Blythe

Rick, Lori & Leslie Nies
Harold & Roberta Aden
Steve & Peggy Johnson
Elmer & Irene Marschman
Gaile & Arlene Lowrey
Marjorie & JD Kos
Daryl & Pat Seematter
Larry & Nancy Preuss
Wayne, Mary Ann Bower
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Bobbie & Rosalie Babb
Gene & Judy Kisling
James & Verla Lindeen
Darryl & Trevor Kos
Ronald & Marilyn Higgins
Ken & Charlene Barnard
Delores Frazier
Sterling & Naomi Kohrs
Eileen Oltman
Iida Guenther
Judy & Richard Clay
Dave & Marty Piotrowsky
Chuck & Norma Pedersen
Gail & Virginia Griffiee
Don & Twila Gaston
Lee Guenther
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Gail & Connie Mitan
Richard Smith
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Kathy & Gary Barnard
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Richard & Nancy Smith
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Paul Kirtley

William Mahin, Sr

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Mary Nunn

Del Martinson

Kirk Martinson
Eileen Heusinkveld

Mrs Del Martinson

Kirk Martinson
Eileen Heusinkveld

Hilda Merrill

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John & Barbara Merrill
Edith Williams
Richard & Delores Merrill
Helena Lamb
Murlin Merrill
Laura Wilson
Jeff & Melinda Kolchinsky
Gene & Elaine Lindeman
Velma Sweet
Glenn & Janet Behrens
Bill, Helen Schwindamann

Jerald Meyer

Tom & Alberta Parry

Martha Meyer

Friends & Neighbors
Edwin Meyer

Dean Moore

Lois Moore
Nancy Leidenheimer

Leonard Peters

Ron, Dianna Heldenbrand

Dorothy Peters

Leo Reed, Sr

Gailen & Jodi Hass
Lois & Colleen Rhodes
Ione & William Gilbert
Fred & Mayalwilda
Griffiths

Lela Chaput

Roy & Dorothy Hamel

Jane Gennett

Wayne & Jean Hammel

Mina Purling

Eldon, Candance Boling

DeRoin "Dee" Vogler

Norman Pishny
Bruce, Marilyn Benyshek
Imogene & Fred Wolfe
Jerry & Beverly Hedke
Janet White
Lynn Vogler
Rod & Melinda Christie

Gwain Woellhof

Leona Woellhof

Leona Wassenberg

Don & Glenda Riffin
Ruth Grauer

Eileen Jacobson

Janice Novak

Blue Valley Health Care

Sophia Niemeier

Clayton & Gilma Friesen

Greg Wassenberg

Charles Young

Iva Young

Friends & Neighbors

Jeannette & Ray Hinks

"You make a living by what you get. You make a life by what you give.

—Winston Churchill

"Help one another; there's no time like the present and no present like the time."

—James Durst, poet, songwriter

"The best way to find yourself, is to lose yourself in the service of others.

—Ghandi

Over 100 volunteers help hospice work

These volunteers are trained to work with Hospice patients.

- Ann Ackerman, Marysville
- Carrie Anderson, Republic
- Joyce Beam, Republic
- Mary Bertsch, Clay Center
- Margaret Blaske, Blue Rapids
- George Blomberg, Clay Center
- Karen Blomberg, Clay Center
- Maxine Branfort, Clifton
- Fr. Richard Brooks, Concordia
- Carol Brown, Clay Center
- Christine Buchanan, Washington
- Vera Burge, Republic
- Ruby Burge, Webber
- Barbara Campbell, Axtell
- Daisy Carlson, Clay Center
- Ruth Colbert, Clay Center
- Jerry Coleman, Marysville
- Don Dejmal, Munden
- Marie Derausseau, Clyde
- Marie Doebele, Hanover
- Irene Duitsman, Washington
- Elizabeth Dunn, Idana
- Caroline Dutton, Washington
- Glenn Elliott, Washington
- Betty Evert, Republic
- Jean Farle, Republic
- Ernie Foster, Clay Center
- Delores Germann, Clay Center
- Gary Griffiths, Clay Center
- Willa Griswold, Marysville
- Shirley Gunn, Republic
- Mary Jo Hampl, Marysville
- Edna Hatfield, Clay Center
- Lorna Heitman, Palmer
- Janet Helmerichs, Summerfield
- Ethel Henthorn, Concordia
- Jennifer Hiltgen, Greenleaf
- Gevine Hoesli, Clyde
- Phyllis Hofts, Republic
- Dennis Holst, Odell
- Nancy Holst, Odell
- Cathy Hull, Wakefield
- Mary Agnes Johnson, Republic
- Helen Johnston, Blue Rapids
- Glenda Keller, Washington
- Carol Kirtley, Clay Center
- Dan Kline, Clay Center
- Dorothy Koch, Gardner
- Delores Koss, Narka
- Jean Kraemer, Marysville
- June Laha, Wakefield
- Roberta Lenhart, Clay Center
- Eva Lewis, Washington
- Mildred Lull, Haddam
- Catherine Marcotte, Clyde
- Fay May, Clay Center
- Velma Merritt, Washington
- Theresa Meyer, Linn
- Helen Meyerhoff, Linn
- Brenda Nelson, Clay Center
- Shirley Norland, Blue Rapids
- Sr. Julia Norton, Concordia
- Gladys Osthoff, Clay Center
- Mary Alice Pacey, Washington
- Shirley Pacey, Washington
- Mattie Patterson, Green
- Virginia Petersen, Republic
- Marcia Prell, Marysville
- Mina Purling, Clay Center
- Marlene Quillin, Clay Center
- Shirley Rae, Courtland
- Rolland Reed, Clay Center
- Bernita Reinert, Washington
- Sr. Teresa Rigel, Concordia
- Ina Roeth, Waterville
- Billie Rohde, Clay Center
- Bernard Rohde, Clay Center
- Eunice Samuelson, Frankfort
- Helen Schurle, Green
- Pat Simmons, Clay Center
- Reba Smith, Clay Center
- Connie Smith, Republic
- Peggy Sprouse, Marysville
- Keyna Steinbrock, Clifton
- Deborah Sterling, Clay Center
- Inez Sterrett, Clay Center
- Cheryl Stohs, Marysville
- Jan Taylor, Washington
- Lila Tiemeyer, Palmer
- Jan Turner, Marysville
- Nelda Ungerer, Marysville
- Francis VanWinkle, Washington
- Sr. Ann Vincent, Concordia
- Marcene Wachsnicht, Green
- Tracy Wallace, Clay Center
- Darlene Weatherhead, Clyde
- Dona Welborn, Clyde
- Jane Werner, Axtell
- Pam White, Waterville
- James Wilson, Blue Rapids
- Leona Woellhoff, Clay Center
- Pastor Sam Wood, Frankfort
- Tyce Young, Clay Center

* * * Volunteers Are Shining Stars

The numbers do not lie: volunteers make a difference. More than 109 million people in the United States volunteer their time and talents. They donate just under 20 billion hours a year. Their efforts enrich the lives of millions by helping community organizations extend their reach and increase their resources. Naomi Davis, principal of Midway Elementary School in Kingston, Tex., wrote: "Our school might not survive without volunteers, but it would be missing a large part of its heart."

We are just so pleased to welcome these new volunteers to Meadowlark Hospice.

Concordia

Sister Julia Norton
Sister Ann Vincent
Sister Teresa Rigel
Father Richard Brooks
Ethel Henthorn

Clyde

Catherine Marcotte
Darlene Weatherhead

Frankfort:

Eunice Samuelson
Jean Vandorn
Pastor Sam Wood

—Linda Gibbs, Volunteer Coordinator

About your newsletter—

Although this is an unusually busy time for the hospice staff, inspiring things continue to happen. Conveying these to you is part of the satisfaction in producing your newsletter.

On Page 4, learn about the meaningful insights that death educator Barbara Karnes presented in a daylong seminar at Clay Center. The staff worked many hours to make it happen and to ensure that all 75 attending were comfortable.

On Page 5, meet the Episcopal priest, Catholic sisters and former school teacher who make up the newest volunteer group at Concordia.

On Page 2, find out from the director how the expansion of Meadowlark's service area is going and get a glimpse of the newest staff members.

And on Page 1, marvel at an incredible volunteer quilt project that has grown beyond belief for the benefit of Meadowlark Hospice.

It's all exciting and worthwhile!

—CLB

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e-mail: mhospice@Kansas.net; 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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