

◆ Meadowlark Notes ◆

Issue 25

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

Summer 2002

MEADOWLARK HOSPICE

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

End-of-life training valuable say medical professionals

Dr. H. Maria Jindra at Family Care Center in Concordia for the past six years is typical of many medical professionals, having received no formal training on end-of-life care.

However that is changing.

In early May, six doctors and nurses from Cloud and Clay counties attended a seminar at the University of Kansas Medical Center.

"It was extremely beneficial," Jindra said of the EPEC training in Kansas City. Pain management and the side effects of medication were most useful, she said.

She liked the emphasis on maintaining a good quality of life for patients and their families.

Her years in med school failed to teach how to talk to people with diagnoses such as cancer or how to approach the families.

These subjects and more were covered in this relatively new training.

Meadowlark Hospice sponsored the area's three physician/nurse teams who must agree to share information with their home medical communities.

According to Dianne Michaud, Meadowlark's program director, "Education for Professionals in End-of-Life Care, an AMA certified course, was developed to improve end of life education for care professionals."

Dr. Jindra's partner, Cynthia Weber of Jamestown, a Meadowlark Hospice nurse in Cloud and Republic counties, found the training excellent.

"There's not a whole lot of knowledge (about end-of-life care)," she said, "but there's a whole lot of ignorance."

A nurse since 1982, she joined the hospice staff this spring after several years as an administrator.

The EPEC course, Michaud said, addresses some of the important aspects of the dying with up-to-date quality of life issues.

Some session topics are: Gaps in End-of-Life Care, Legal Issues, Communicating the Bad News, Whole Patient Assessment, Pain and Symptom Management, Medical Futility and the Last Hours of Living.

Another team sent to the EPEC conference, which was small enough (about two dozen) for participants to exchange ideas, included Kay Cummins, ARNP, with Family Physicians at both Clyde and Clay Center and Linda Bott, RN, Palmer, at Clay Center Family Physicians.

Cummins, with eight years as a nurse practitioner, said she had no end-of-life training while becoming a registered nurse, then finishing a master's at Fort Hays State

(Continued on page 2)

End-of-life training relatively new for medical pros

(Continued from page 1)

University.

"I appreciated the different treatments physicians presented and the different levels of treatment for patients," she said.

She also liked seeing how professionals help not only patients but also families.

"I'm glad I was asked to go."

The third team paired Shandi Knox, LPN, Clifton, and Dennis Sewell, PA, Clay Center, both employed with Clay Center Family Physicians.

Approaching death, how the family can deal with it and what was going to happen were illustrated as doctors used experience with patients, Knox said. "It was very good. It really did help."

Knox now knows what hospice is all about after the training. "I think it's neat that hospice goes on helping families after death."

Dianne Michaud summed up the feeling of the hospice staff: "We were very excited to have three teams from our service area attending."

Two took training last year

Hospice Medical Director John Kelley, M.D., and his wife Dana, a nurse, attended EPEC training last year. "It was very informa-

tive," Dr. Kelley said.

"For me, the most useful part of the training was pain management." He felt the kinds of subjects addressed were not taught in medical school.

A Wichita native, Kelley took the Clay Center position two years ago. On the staff of Clay Center Family Physicians, Kelley works closely with Meadowlark Hospice

About The EPEC Project

EPEC (Education for Professionals in End-of-Life Care) began with two national conferences in 1998, six regional conferences and a published curriculum in 1999.

It is supported by The Robert Wood Johnson Foundation and sponsored by the Feinberg School of Medicine.

Past state president steers LIFE project

Kay Lohmiller, whose term as president of the Association of Kansas Hospices, Inc., ended last November, now chairs a three-person committee to oversee the statewide LIFE Project.

Donna Bales, association president and CEO, also serves on the three-person committee.

Started in 1998, LIFE (Living Initiative for End-of-life) encom-

Teams attending seminar

H. Maria Jindra, M.D., Concordia Family Care Center, Concordia
Cynthia Weber, RN, Jamestown Meadowlark Hospice

Kay Cummins, ARNP, Aurora Clyde/Clay Center Family Physicians

Linda Bott, RN, Palmer, Clay Center Family Physicians

Shandi Knox, LPN, Clifton Clay Center Family Physicians

Dennis Sewell, PA, Clay Center Clay Center Family Physicians

Terminology

ARNP—Advanced Registered Nurse Practitioner

LPN—Licensed Practical Nurse

MD—Medical Doctor

PA—Physicians Assistant

RN—Registered Nurse

AMA—American Medical Ass'n

passes more than 70 entities in Kansas.

The state hospice organization first suggested linking groups involved in end-of-life issues and set up the initial meeting, said Lohmiller, Meadowlark Hospice social work coordinator.

Considerable support for LIFE has come from The Robert Wood Johnson Foundation.

Our thoughts are with these families

■ Bernice Ehram

■ Elmer Marschman

■ Darrell Urban

■ Lumer Hynek

■ LaVon Bryan

■ Blanche Stewart

■ Ted Arnold

■ Margaret Maendele

■ Madeline Crawford

■ Yvonne Snyder

■ Lyle Hugunin

■ Viola Joyce

■ Dick Williams

■ Dora Bray

■ Emil Stalder

■ Larry Jackson

■ Lloyd Hamel

■ Bernard Beltazor

■ Don Larson

■ Leon Lesovsky

■ Edna Ferron

■ Clifford Sallman

■ Orval Jueneman

■ Raleigh Stafford

■ Marvon Buttman

■ Henry Boettcher

About those TB skin tests

TB skin tests, a requirement for hospice staff and volunteers who work directly with patients, are now required every other year, according to Charlotte Topel, volunteer coordinator.

She has arranged with county health departments to make the tests available at specified continuing education meetings. Health Department nurses also fax results to the hospice office.

Book gives practical advice for caregivers at home

“Stay Close and Do Nothing,” by Merrill Collett spells out practical ways to handle end-of-life care—from equipment to moving someone, pills, insomnia, etc.

A volunteer caregiver at Zen Hospice Project in California, he also has practical suggestions for enhancing the spiritual and emotional experience for both patient and caregiver.

Chapter 2 is entitled “Why You Should Help Your Loved One Die at Home.”

Published by Andrews McMeel Publishing, Kansas City, 1997.

Available in Meadowlark Hospice Office in Clay Center.

More: What should you say? What can you do?

■ “I’m taking you away for the day.” Give specifics about time and place. The statement, rather than a question may allow the person to let you help.

■ “What day would it be convenient for me to help you” Fill in the blank with anything you think might be helpful.

■ “Let’s put on our grubbies and wash windows Saturday!” Or whatever you think might be a good work relationship.

■ Give a hug and say “I’m really sorry for what happened to you.”

■ If your friend is not open to a hug, touch his or her hand. —*Frank Gilmore*

Calendar of Events

- July 8 Cloud County Volunteer Continuing Education, 10 a.m., Cloud County Community Hospital, Concordia, Room 106
- July 8 Belleville Volunteer Continuing Education, 12 noon, United Methodist Church, Belleville.
- July 16 Washington County Volunteer Continuing Education, 9:30 a.m., Extension Meeting Room, Courthouse, Washington.
- July 16 Marysville Continuing Education, 12 noon, Community Memorial HealthCare, Meeting Room C, Marysville.
- July 16 Frankfort Volunteer Continuing Education, 2 p.m., Frankfort Care Home, Conference Room.
- July 17 Clay County Volunteer Continuing Education, 12 noon, Clay County Medical Center, Education Room, Clay Center

NOTE: Clay County normally meets on the second Wednesday.

August 2002

- Aug 12 Cloud County Volunteer Continuing Education, 10 a.m., Cloud County Community Hospital, Concordia, Room 106.
- Aug 12 Belleville Volunteer Continuing Education, 12 noon, United Methodist Church, Republic.
- Aug 12 Republic Volunteer Continuing Education, 12 noon, United Methodist Church, Republic.
- Aug 14 Clay County Volunteer Continuing Education, 12 noon, Clay County Medical Center, Education Room, Clay Center.
- Aug 20 Washington County Volunteer Continuing Education, 9:30 a.m., Extension Meeting Room, Courthouse, Washington.
- Aug 20 Marysville Continuing Education, 12 noon, Community Memorial HealthCare, Meeting Room C, Marysville.
- Aug 20 Frankfort Volunteer Continuing Education, 2 p.m., Frankfort Care Home, Conference Room.

NOTE: The joint continuing education meeting of Belleville and Republic volunteer groups is a first for those two groups. They will meet in the United Methodist Church in Republic at noon Aug. 12.

September 2002

- Sept 9 Cloud County Volunteer Continuing Education, 10 a.m., United Methodist Church, Concordia.
- Sept 9 Belleville Volunteer Continuing Education, 12 noon, United Methodist Church, Belleville.
- Sept 11 Clay County Volunteer Continuing Education, 12 noon, Clay County Medical Center, Education Center, Clay Center.
- Sept 17 Washington County Volunteer Continuing Education, 9:30 a.m., Extension Meeting Room, Courthouse, Washington.
- Sept 17 Marysville Volunteer Continuing Education, 12 noon, Community Memorial HealthCare, Room A, Marysville.
- Sept 17 Frankfort Volunteer Continuing Education, 2 p.m., Frankfort Care Home, Conference Room.

October 2002

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

Oct 9, 9 a.m., Eastern time, special on caregiving will be broadcast on PBS television. More information will be available later.
www.pbscaregiving.org also carries some information.

Meadowlark introduces four volunteers

Four new volunteers brings to 14 the number joining Meadowlark Hospice since Volunteer Coordinator Charlotte Topel came on board last November.

“Every month I get referrals for new volunteers from people who know what a good job Hospice does for their friends or relatives,” Topel wrote in a June letter to Meadowlark’s volunteer list.

The most recent group:

■ **Bette Coleman**, Marysville,

has worked as assistant administrator for Mary Marshall Manor and director for Community Memorial HealthCare-Long Term Care, both in Marysville.

■ **Sr. Eileen Farley**, Concordia, taught 16 years and was house manager for the mentally retarded three years. A longtime volunteer at the motherhouse, she has helped with the summer lunch program.

■ **Ruth Heyka**, Belleville, who likes to help people, was once a

hospice volunteer and looks forward to doing so again. She enjoys painting, reading and sewing.

■ **Delores Koss**, Narka, an experienced cosmetologist, has worked for the Mahaska Senior Center and the dietary department at Republic County Hospital, Belleville. Because hospice helped with her husband four years ago, she aims to help others through the Belleville group.

Nurse’s Notes

Debbie Hedke, RN, BSN

What do you say to someone with a terminal diagnosis?

This can be a very common, yet difficult question many of us have asked ourselves when a loved one, a family member, a friend, a co-worker or an acquaintance has just been diagnosed as terminal.

Do we pretend we don’t know about it? Do we come right out and discuss what we know? Do we avoid any conversations that might lead to discussion of their condition? Or do we avoid them so we don’t have to put ourselves in the situation? Do we wait for them to bring up the topic?

Most Americans feel uncomfortable and even try to avoid these conversations, including many physicians. Relatives often try to “stay positive” or have no idea what to say.

One of the first questions a hospice nurse may ask her terminally ill patient is, “What are your hopes?” Many have responded they have not given up hope. Many of our patients will respond: a hope of comfort, or a hope to stay alert, or a hope to not die alone and have loved ones nearby

What do you say to someone with a terminal diagnosis?

until death occurs.

Another question a hospice nurse might ask is, “What are your fears?” Some may respond to a fear of being a burden to others, losing control, a loss of dignity and choice, spiritual concerns, or a fear of not finding meaning in their lives.

For family members who are having to deal with the grief process, communication addressing their loved one’s terminal state may be very difficult. Listening and just your presence are key elements. Being honest with your own thoughts and fears and sense of grief and expressing these honestly to that loved one can be very important.

Support is also important physically and psychologically.

Many surveys show that those who have a terminal condition want to maintain dignity, be comfortable and say goodbye to important people in their lives.

Just a few words can lift the burden of disappointments or allow an expression of love that previously has been unexpressed.

Learning that end-of-life con-

versations can be a personal growth experience for those dying and for their loved ones will lead to a better death experience.

With sensitivity, closure with respect and dignity can occur. Talking about death can often be reassuring as it may allow people to feel connected rather than isolated.

Five stages of grief identified by Dr. Elizabeth Kubler-Ross include: Denial; 2. Anger; 3. Bargaining; 4. Depression; 5. Acceptance. The dying person will move back and forth and may never progress to final acceptance. Caregivers and family also go through similar stages and need support.

Each person reacts to acknowledgement of death in a unique way. How many feelings they wish to share and with whom are very personal. It’s important to be available to listen but not to force the issue.

Accept their behavior with understanding and support. Many people find spiritual faith to be a great source of comfort as well. Each religion has practices related to death that may provide comfort.

Introducing . . .

Gary Griffiths finds hospice creates strong relationships

Gary Griffiths, a native of Clay Center, finds hospice volunteer work helpful, not only for terminal patients and their families, but in a general way.

"In our society, we just avoid any mention of death," he said. "It helps if there is someone who works with hospice around."

Griffiths has discovered that relationships developed while volunteering become long-lasting.

A 24-year employee of Hutchinson Manufacturing—now Hutchinson/Mayrath—he spent most of his years in sales for the firm that

makes grain-handling equipment.

For a time, however, he was president of the Clay Center division and also of the division in Wahpeton, N.D., south of Fargo near the Minnesota border.

In retirement, Griffiths does picture framing at Square West, a gift and home furnishings store owned by his wife Sally.

"It's her business," he said. "I work for her."

A mentor for the local one-on-one program, he also is very active in St. Paul's Episcopal Church.

Gary and Sally have two sons.

For the record:

Volunteers recognized at special luncheon

Accordianist Reba Smith, Clay Center, greeted those attending the hospice volunteer appreciation luncheon at First National Bank's meeting room in Washington April 25.

Music also was provided by the Silvertones, a group of about 20 singers from Clay Center who entertain at nursing homes.

Kay Lohmiller read a poignant essay on the beauty of life written by volunteer Don Dejmaj, Narka, before his death. She presented his wife Inez with a framed collage of his work. Rita Wollenberg eulogized several special people from hospice contacts.

Names were drawn for door prizes from businesses in the area.

Lunch was catered by Schooky's Deli, Washington. Charlotte Topel was in charge of arrangements.

Newsletter earns award

"Meadowlark Notes" placed third in Kansas Press Women's Communications Contest in the category of one-color newsletters.

Judges said: "Even though the audience is broad, you have chosen content and information very appropriate for those working with and close to terminal patients. For a small budget and difficult subject you've done very well."

Judges also recommended the use of drawings and pictures.

Christine Buchanan, Washington volunteer, edits and formats the newsletter.

McClary's age doesn't slow her down

Hospice constantly brings you in touch with amazing people.

Volunteer Edna McClary of Frankfort keeps busy with a large family, who continue to make use of her caregiving skills, takes care of a house and garden—and that's just a small part of what she was doing in May and June.

Excited about a mother's day gift of a trip East with her daughter and granddaughter-in-law, Edna had packed her swimsuit. *She's 85.*

Occasionally, your newsletter editor needs to clarify information, and that includes letting you know Edna's 32-year work history: Five years in the lunchroom at the Catholic school in Frankfort, a program she started; eight years at what was once called Marshall County Infirmary, and 19 years at Community Memorial Hospital in Marysville, now CMHC.

Some of us with lower energy levels just get tired thinking about Edna McClary's schedule. Way to go, Edna

—CLB

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation . . . you are ahead of 500 million people in the world.

Thank you, each one, for your memorial gifts

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

Hospice Gift

Warren Anderson
Hulda Holte

Ken Venburg

Kenneth "Jack" Blackwood

Woodrow Hanson

Josephine Finkbeiner
Wayne & Jean Hammel
Olive Holz
Jean Hughes
Gladys Riek
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Loren & Shirley Riek
Terry & Barbara Spilker

Family of Ken Venburg

Ken Blackwood

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Jean Weber

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Dean & Dianne Michaud
David Roberts
Henry & Lois Tillinghast
Jerry & Bev Wilhelm

Donald Larson

Charles & Nancy Jefferson

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Sandra Ellis

(Continued on Page 7)

Thank you, each one, for your memorial gifts

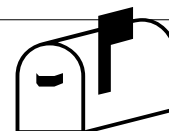
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 Rex & Evelyn Hallock
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*Please find enclosed a check for \$150.
 In memory of all you have helped from
 the "John & Mary (Hoffman) TRUST
 Family Reunion Group.
 Sunday, June 2, 2002.
 God bless you all!*



*Mail Time
 at the Office*

Thank you, volunteers

Continuing education meetings continue to be full of good discussion. Our thanks to:
 Ann Ackerman, Carrie Anderson, Mary Bertsch, Veda Brannan, Bill Brazil, Fr. Richard Brooks, Christine Buchanan, Daisy Carlson, Marie Derausseau, Mark Droll, Irene Duitsman, Jean Farle, Eileen Farley, Ernie Foster, Delores Germann, Linda Gibbs, Gary Griffiths, Edna Hatfield, Ruth Heyka, Gevine Hoesli, Mary Agnes Johnson, Carol Kirtley, Dorothy Koch, Delores Koss, Nancy Lee, Roberta Lenhart, Eva Lewis, Mildred Lull, Catherine Marcotte, Fay May, Edna McClary, Edith Mentgen, Helen Meyerhoff, Sr. Julia Norton, Gladys Osthoff, Mary Alice Pacey, Shirley Pacey, Alberta Parry, Mattie Patterson, Virginia Petersen, Alene Peterson, Sr. Teresa Rigel, Leona Rogers, Bernard Rohde, Billie Rohde, Eunice Samuelson, Pat Simmons, Reba Smith, Peggy Sprouse, Jan Taylor, Lila Tiemeyer, Sr. Ann Vincent, Marcene Wachsnicht, Vickie Walker, Sylvia Wapp, Darlene Weatherhead, Dona Welborn, Jane Werner.

—Charlotte Topel
 Volunteer Coordinator

About your newsletter—

This is a good time to remind you how much of a team effort your newsletter is.

For example: nine individuals took time to answer questions, read and correct stories about EPEC, the relatively new training on end-of-life care for professionals that appear on pages 1 and 2. Two additional individuals provided names of families who experienced deaths of hospice patients this past three months.

At least two people were involved in page 3 with its calendar and other info. And a nurse wrote a helpful article on handling terminal diagnoses (*don't miss it*), with a staff member gathering information about our newest volunteers on page 4.

Page 5 asks for information from volunteers. Pages 6 and 7 require intense work on the part of the staffer who records memorials, checks accuracy and answers questions.

Providing an overview and a record of what Meadowlark Hospice seems important. But it could never happen without the generous help of each one of you. —CLB

- Charlotte Topel, 2220 Seventh St. Clay Center, KS 67432; 785-632-2225;
e-mail: mhospice@ccmcks.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: ccmcks.org (look under Hospice)
- Personnel are available to present programs to area organizations.
Contact Kay Lohmiller at 785-632-2225.

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