



◆ Meadowlark Notes ◆

Issue 32

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

Spring 2004

Chaplain/clergy/training enhance spiritual care

When Meadowlark Hospice got permission to hire a chaplain to work a few hours a week, it was the answer Susan Sawyer had been searching for.

"I had been looking for another part-time position," said the youthful minister and Maryland native, who earlier had answered the call from the Episcopal Church in Clay Center.

For nine years, Dan Cline had been the dedicated volunteer chaplain but was ready to retire as pastor of First Baptist Church.

"We're excited about enhancing this portion of our service, said Diane Michaud, program director for the five-county hospice area.

The new chaplain has had church members under hospice care and has been active in end-of-life care.

"I learned a lot," Sawyer said, mentioning, for example, that it helped her when the hospice staff explained the stages dying patients would likely go through. "The folks in hospice are very comfortable with death and the dying experience."

Sawyer's appointment expands several facets of Meadowlark's concern for the spiritual aspect of patient and family care.

Currently, several clergy, some of them new to the area, are serving as hospice volunteers in Cloud, Clay, Marshall, Republic and Washington counties.

Among them are Joyce Beam, Republic; Bill Brazil, Belleville; Fr. Richard Brooks, Concordia; Ray Gilstrap, Scandia and Courtland; Dennis Holst, Marysville; Paul Hutchinon, Washington; Sr. Eulalia Kloeker, Beattie; Phil Morris, Linn and Washington; Melinda Oberhelman, Marysville; Gay Robinson, Concordia; Sr. Marilyn Wall, Washington County; Jerry Zanker, Marysville.

In addition, Meadowlark Hospice and the Caring Communities of Clay and Washington counties have provided educational opportunities for spiritual care at the end-of-life.

In March 2002, Steve Jeffers, author, lecturer and educator from the Kansas City area, presented a seminar on the spiritual needs of the dying and their families.

His four 25-minute power point presentations were followed by small group discussions.

"Eighty participants praised the seminar highly and overwhelmingly asked for additional training on the subject," Kay Lohmiller said.

As a result, within the next five months, clergy and lay persons representing each of the five counties will receive intensive clinical pastoral education on spiritual care at the end of life.

The plan, funded by Rallying Points through Clay County Caring Community, requires selected participants to pass on what they have learned, both formally and infor-

mally, to other pastors, ministerial associations and congregations.

Lohmiller, who again is heading the effort, said a 1999 survey of Kansas City pastors found less than half thought they ministered effectively to the seriously ill or dying.

"We know that dying people and their loved ones look to their ministers and lay leaders for spiritual support at the end of life," she wrote in the grant proposal.

Anyone interested in attending might want to call the hospice office to see if all the slots are filled, Lohmiller said.

Other members of the steering committee, who are finalizing details for the training, include:

Sr. Marilyn Wall, who has been involved in end-of-life ministry for a number of years; Susan Sawyer, Meadowlark Hospice chaplain; Gary Griffiths, volunteer and participant in the Kansas School of Ministry of the Episcopal Church, and Cherie Birkbeck, social worker and coalition member.

Related Information

- Greet Chaplain Susan Sawyer Page 2
- Meet newcomer, pastor Melinda Oberhelman Page 4
- See partial content for spiritual care course Page 7

"I believe that death is a very sacred part of our journey and consider it a privilege to walk with someone during that time"

— Rev. Melinda Oberhelman

Life in Midwest surprises Eastener Susan Sawyer, Meadowlark's new chaplain

As she neared 40, Susan Sawyer, who had spent her whole life on the east coast, decided she needed to move west.

She grew up in Maryland, graduated from Episcopal Divinity Seminary in Cambridge, Mass., served as chaplain at Smith College in North Hampton—and loved the ocean.

Putting her information into the computer, she was stunned to get a phone call from Manhattan, Kansas, much further west than she had envisioned.

Interviewed by phone and invited to come to Kansas, Sawyer thought “God is going to have to strike me with lightning” (in order to make that change).

“It was a surprise,” she said of her arrival. “I felt very much like I

belonged here. It just felt right.”

In fall '89, Susan found a place to live in Aggieville, near the K-State campus, and added campus chaplain to her church responsibilities.

Campus clergy had regular meetings in Aggieville, where Susan met her husband. One of her fellow clergy brought an alcohol and drug therapist, David Verschelden, who gradually became “a wonderful friend,” and later her husband.

The couple moved to Hiawatha, where he worked with Kanza Community Health Care Clinic, she with CASA in Marysville.

Burned out, David eventually decided to become a carpenter, so they moved to Clay Center, where she had been part-time pastor at St. Paul's Episcopal Church since 1992.

Several firsts for Kansas LIFE Project:

*November gala to celebrate year;
Champions for Life to be revealed;
Annual meeting to review work*

Kansas LIFE Project will hold several statewide events Friday, Nov. 19, in Wichita.

LIFE Project's annual meeting will be held during the day at Wichita's Marriott Hotel.

Kay Lohmiller, coordinator of social work for Meadowlark Hospice, chairs the board.

Donna Bales, who met last year with groups in Clay and Washington counties, is CEO and president of Kansas LIFE Project and Kansas Association of Hospices.

Theme of the annual meeting, according to Bales, is “LIFE Matters: Achieving Excellence in Advanced Chronic and Terminal Care.” This program has been emphasized throughout the state.

Kansas LIFE Project, which began in 1997, now has more than 100 partners from all facets of medical care, according to Bales.

That same evening, the first Champions for Life Gala will be held, also at the Marriott.

Bales encourages Kansans to nominate individuals whom “you believe have done “an outstanding job in service, advocacy, action and/or awareness that has helped to improve care for Kansans living with advanced chronic or terminal illnesses.”

Recipients will be honored during the Gala.

Nomination forms ask for a narrative account of activities, leadership and action pertinent to the candidate's qualifications

Two endorsement letters and a resume also are requested.

Forms are available from the Meadowlark Hospice Office or from the LIFE Project Office, phone 888-202-5433.

Deadline is April 16.

MEADOWLARK HOSPICE

Staff

Program Director

Dianne Michaud RN, BSN

Patient Care Coordinator

Rita Wollenberg RN

Social Work Coordinator

Kay Lohmiller LMSW

Hospice Staff Nurses

Paula Cheney RN

Donna Lee Fisher RN

Deb Martin RN, BSN

Anita Droll RN

Debbie Hedke RN, BSN

Kirstin Jackson Wernecke LPN

Cynthia Weber RN

Sherry Wiese RN

Chris Smith, RN, MSN

Social Workers

Donna Coufal LBSW

Katrina Jones LBSW

Marilyn Dressman LBSW

Volunteer Coordinator

Charlotte Topel

Administrative Assistant

Charron Cales

Lisa Seley

Chaplain

Pastor Susan Sawyer

Billing

Ronna Urban

Meadowlark Hospice
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Clay Center, KS 67432
785-632-2225
www.cmcks.org

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

*Every Kansan
should expect good
pain management*



Kansas LIFE Project

*Living Initiatives
for End-of-Life Care*

For help with pain management
issues call Hotline 1-913-588-3692

Nine new volunteers com- have daylong training

Nine new volunteers spent a day in training at Blue Rapids March 17.

Charlotte Topel was in charge and was assisted by Eunice Samuelson and Edith Mentgen of Frankfort.

Both volunteers talked about the ways in which they help patients and their families.

Marilyn Dressman, LBSW, discussed the role of social workers.

Patient Care Coordinator Rita Wollenberg, RN, described the process of accepting patients into hospice and caring for them.

Completing training:

- Barbara Baker, Marysville;
- Mary Alice Baker, Blue Rapids;
- Martha Brenneis, Marysville;
- Mary Finlayson, Washington;
- Lori Ham, Frankfort;
- Delores Sedlacek, Marysville;
- Judy Studer, Frankfort;
- Barbara Welch, Frankfort;
- Marion Wybo, Marysville.

—

*“Treasure each other
in the recognition
that we do not know
how long we shall
have each other.”*

-Joshua Lath
Liebman

Calendar of Events

April 2004

- Apr 12 Belleville and Republic Volunteer Continuing Education, 12 noon, United Methodist Church, Republic.
- Apr 12 Cloud County Volunteer Continuing Education, 10 a.m., Cloud County Health Center, Concordia, Room 106.
- Apr 14 Clay County Volunteer Continuing Education, Hospice Office, 12 noon, Clay Center (note change in location).
- Apr 20 Washington County Volunteer Continuing Education, 9:30 a.m., Extension Meeting Room, Courthouse, Washington.
- Apr 20 Marysville Continuing Education, 12 noon, Community Memorial Healthcare, Meeting Room, Marysville.
- Apr 20 Frankfort Volunteer Continuing Education, 2 p.m., Conference Room, Frankfort Care Home.

May 2004

- May 12 Volunteers from all counties will meet at First National Bank, Washington, for a Volunteer Appreciation Tea at 2 p.m.

June 2004

- June 9 Clay County Volunteer Continuing Education, Hospice Office, 12 noon, Clay Center.
- June 14 Belleville and Republic Volunteer Continuing Education, 12 noon, United Methodist Church, Belleville.
- June 14 Cloud County Volunteer Continuing Education, 10 a.m., Cloud County Health Center, Concordia, Room 106.
- June 15 Washington County Volunteer Continuing Education, 9:30 a.m., Extension Meeting Room, Courthouse, Washington.
- June 15 Marysville Continuing Education, 12 noon, Community Memorial Healthcare, Meeting Room, Marysville.
- June 15 Frankfort Volunteer Continuing Education, 2 p.m., Conference Room, Frankfort Care Home.

August & September 2004

Town Hall meetings across Kansas

November 2004

- Nov 19 LIFE Project Annual Meeting, Wichita Marriott
Champions for LIFE Gala, Wichita Marriott

*Our thoughts
are with
these families*

- | | | |
|----------------------|---------------------------|--------------------------|
| ■ Lawrence Pressnall | ■ Paul Carleen | ■ Betty Briggs |
| ■ Frank Demanette | ■ Vera Boyle | ■ Grace Valentine Martyn |
| ■ Clarence Beam | ■ Mildred Pierson | ■ Janet Brown |
| ■ Richard Zidek | ■ Howard Smith | ■ Sr. Rosalie Cersovsky |
| ■ Inez Lee | ■ Vernon Christ | ■ Mary Emery |
| ■ Jerry Meyer | ■ Glenn Lesovsky | ■ Paul Strait |
| ■ Leroy Davenport | ■ Ken Larkin | ■ Martha Towler |
| ■ Richard Minton | ■ Leslie Klocke | ■ A.J. Travelute |
| ■ June Scofield | ■ Glenda Mellies | ■ Marvin Gebers |
| ■ Howard Gier | ■ Alice Hutchinson | ■ Elwin Lamb |
| | ■ Sr. Elizabeth Gallagher | |

Volunteers

"Destiny is not necessarily what we get out of life, but, rather, what we give."

Melinda Oberhelman is new interim pastor in Marysville

Melinda Oberhelman, who began serving as interim pastor at First Baptist Church in Marysville last October, has an extensive background.

She has a bachelor's degree in communications and a master's in divinity from Central Baptist Theological Seminary in Kansas City, Kan.

She served congregations in Lake Geneva, Wisc.; Greenwood, Shawnee and Stilwell, Kan.

In addition, she founded and directed a Christian home for unwed pregnant teens in Lawrence, and worked at an Alzheimer's group home in Colorado.

Volunteer roles have included hospital and police chaplains in the Overland Park area.

Other interests include writing, "limited piano," arts and crafts, computers and fund raising.

Her daughter, Heather Wyatt, lives in Chowchilla Calif., with her minister husband, and their two children.

Oberhelman thinks hospice provides an important service and ministry.

"I believe that death is a very sacred part of our journey and consider it a privilege to walk with someone during that time," she said.

Janet Emery Hayes responds to daughter's suggestion for family

Retirement is bringing Janet Emery Hayes' family together in Concordia.

"Why don't all three of us live here," her daughters asked, and Janet listened.

Last summer, Janet and her husband, Ed Hayes, moved from Bella Vista, Ark., the state in which she was born, to Concordia, where she had spent 25 years.

Next May, daughter Beth Anderson and her husband of Independence,

Next time you will meet these volunteers trained at Blue Rapids.

- Barbara Baker, Marysville
- Mary Alice Baker, Blue Rapids
- Martha Brenneis, Marysville
- Mary Finlayson, Washington
- Lori Ham, Frankfort

(complete list on Page 3)

Activities continue to keep Wynona Spannenberg busy

After 72 years in the Belleville area, many activities fill the lives of Wynona Spannenberg and her husband Gene: Gideons, Meals on Wheels, Bloodmobile, Relay for Life, Friends of the Library, and the Lutheran Church.

She's also a hostess for the Kansas Travel Information Center and a substitute in the educational system, where she had taught elementary, kindergarten, second and third grades.

Gene also is a retired teacher.

"My great-grandfather homesteaded in the Courtland area," native Kansan Wynona said.

However, the couple's children have scattered: Eric to Arizona, Nancy to New Hampshire and Karen to Ohio. The Spannenbergs have two grandsons and one granddaughter.

Wynona hopes to repay Meadowlark Hospice for its support and comfort when her mother died.

Mo., will make the change.

Daughter Mary Anderson doesn't have to go through that arduous process. She has been a speech therapist in her hometown, where husband Jim is a social worker.

The couple has two adult children.

Janet says hospice "is a service that really helps the caregiver." She worked as a volunteer five years in Bella Vista.

Belleville Native Ami Price puts children at top of life her list

Although Ami Price is involved in a number of activities, she considers her role as mother really important.

Daughter Madison was three on Halloween, and son John turned one on Thanksgiving Day ("a pumpkin and a turkey").

She and her husband Shawn celebrated their fifth wedding anniversary in March. He works at Love's Auto Supply and "he's a NASCAR junky," she said.

Ami is a part-time bookkeeper, chair of Republic County Junior Miss Contest and a Pampered Chef consultant. She loves art of all kinds and scrapbooking.

While Ami was working at Belleville Health Care, she took classes at Cloud County Community College, completing the hours to become a certified nursing assistant (CNA).

"I've experienced death several times, with family members as well as nursing home patients," she said.

Ami became a hospice volunteer to return their kindness.

Lewis Bloom has lived for 53 years in the Clay Center area

When hospice took care of his father, Lewis Bloom discovered how great it was and recently became a volunteer.

A farmer-stockman who has lived in the Clay Center area 53 years, he has four children:

Linda, first grade teacher in Miltonvale; Stacy, veterinarian in Scott City; Sara, Farm Bureau secretary in Clay Center, and Jared, diesel mechanic at Ft. Riley

— — —
REMINDER: The street address for Meadowlark Hospice has changed to 709 Liberty.

Nurse's Notes

Christine Smith, RN, MSN

The Gifts of Spring

Have you heard the robins? Have you noticed little green things poking through the earth? The bleak horizon of winter will soon be transformed into a green countryside once again. It happens every year without fail.

It's because of the snow. All that snow that slowed us down and changed our plans was really a gift.

The snowflake is probably one of nature's most fragile, yet beautiful objects. One snowflake by itself is a very vulnerable thing, yet when many snowflakes stick together, they can stop traffic!

At the least, they cover the dry winter ground with a beautiful white blanket of moisture.

Now that, my friend, is teamwork!

Our Meadowlark Hospice team sticks together to provide quality end-of-life care in much the same way! We need each other to be able to deliver these gifts we will be delivering to all our patients this spring will

1. **The Gift of Dignity:** People have individual needs and preferences. We want to hear from you and listen carefully.

2. **The Gift of Comfort:** People

need clean sheets, water, oxygen and medication for a pain-free journey. "Comfort care" requires a practical approach to meeting basic human needs.

3. **The Gift of Attendance:** People need someone at the bedside, a voice of reassurance that they are not alone and that the spiritual needs of both the patient and the family are being met.

We need each team member to help make the delivery of these gifts a reality. Each volunteer, each family member, each nurse, each doctor, each social worker, each chaplain, each office staff, each pharmacist, each maintenance delivery person plays a very important role in providing these quality gifts.

As members of this team you have *access* to the expertise of all your fellow team members. As members of this team, you have the *responsibility* to do your best for every patient every day. Bringing quality end-of-life care to the bedside is a wonderful miracle.

It takes a dedicated team of individualistic people sticking together, communicating effectively, performing efficiently, sharing the same goal; this is what we do at Meadowlark Hospice.

"When you are doing what you love to do, no one has to motivate you."

—Rick Warren

The Purpose Driven Life

Lighthouses to be theme of volunteer lunch

On May 12, lighthouses will brighten the atmosphere at First National Bank in Washington.

Meadowlark Hospice staff will host a Volunteer Appreciation Tea at 2 p.m. for the five-county area.

Kay Lohmiller will present the program, according to coordinator Charlotte Topel.

Topel said the more than 100 volunteers in Clay, Cloud, Marshall, Republic and Washington counties are "beacons of light for families."

She said she looks forward to recognizing hospice's unpaid helpers, who provide invaluable assistance in so many ways.

Advance Care Planning

Do It for Those You Love

Think . . . about the kind of care you would want to receive if you should ever become unable to speak for yourself

Talk . . . with those you love about your values, choices and wishes in care.

Act . . . by completing and signing a Durable Power of Attorney for Health Care Decisions (DPOAH). Share a copy of this document with your family, health care agent, physician, and if you have one, attorney.

A Design for Change, End of Life Care Issues in Kansas, Kansas LIFE Project

Your memorial gifts honor your loved ones and help others

Thank you for these gifts which help Meadowlark serve all those who need us.

Warren Anderson
Catholic Daughters, Evarista
1138
Nancy Cole
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David & Virginia Danken-
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Gertrude Breault
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David & Linda Demanette
Jane Demanette
Joan Demanette
Roger & Jane Demanette
Richard & Mary Demars
Betty Everitt
Friends & Neighbors
Keith & Pauline Fuller
Berna Gable
Governor's One-Shot Turkey
Hunt
Chester & Patricia Greenberg
Larry & Tamara Hamel
Walt & Helen Hembree
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Heidi Novotny
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Ronnie & Linda Reed
Dorothy Short
Scott Sowell
Don Glynn
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Lyle & Ann Howell
Rex & Frances Massie
Kenneth & Marjorie
McAdams
Ralph Miller
Leslie Klocke
Leon & LaVerne Benteman
Franchon Bergsten
Fact United Methodist
Church
Friends & Neighbors
Green United Methodist
Church
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Arlene Ulrich Kaump
Bruce & Kristi Kaump
Gerald Klocke
Larry & Donna Miles
Mission Covenant Women
Lorraine Nelson
Morris & Pauline Nelson
Ronda Nelson
Terry Nelson
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Jim & Alison Banks
Terry Barker
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Ruth Browne
Joan Burns & Family
Donald & Marian Button
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Arthur & Mary Ann Fowles
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Wiley & Marial Harwell
Carol Kirtley
Leland & Dixie Koepsel
Ruth McNish
Ailene Minturn
Cynthia Slade
Mary Ann Slattery
Ronald & Ruth Ann Smith

(continued from page 6)

(Continued on Page 7)

Your memorial gifts help

Lloyd & Virginia Starkweather
 Gail & Susan Thomas
 Lynn & Kathryn Thurlow
 Joe & Phyllis Trautwein
 Gary & Nola Unruh
 Jr and Peggy Weidman
Glenda Mellies
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 Rollin & Janell Huffaker
 John & Sheryl Kobiskie
 William & Christine Navis
 Tom & Darcy Nogle
 Dan & Mindy Ott

“When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die, the world cries and you rejoice.”
 —Indian Proverb

Dorothy Richardson
 Max Scofield
 Sam Scofield
 Sid & Pam Scofield
 Steve & Jemelda Scofield
 Quentin & Chris Smtih
 Lynn & Susan Tally
 Marge Walker
 Richard & Peggy Walter
 Donald & Martha Westphal

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Thomas Wilson

Tom & Sandy Wilson

Thane “Gene” Woodward

Doris Woodward

Richard Zidek

Marjorie Zidek

Fred Zimmerman

Richard & Lois Mencl
 Larry & Susan Zimmerman
 —Compiled by Charron Cales
 Administrative Assistant

Partial content for training

(continued from page 1)

- ✓ Assessment of spiritual needs and personal goals for end-of-life care
- ✓ Tools and skills for use in the assessment process
- ✓ Knowledge of the dying process
- ✓ Principles of spiritual care
- ✓ Skills to provide opportunities for spiritual intervention and growth
- ✓ Knowledge of grief and bereavement
- ✓ Skills for intervention and support
- ✓ Resources for education and training of participants
- ✓ Resources for education and training of ministerial associations and congregations for use by participants.

Fact:

Four out of five Kansans will not die suddenly. When Kansans are unable to tell us what kind of care they want to receive:

■ Families face tremendous stress.

■ Critical decisions must be made.

■ Emotions run high.

■ Conflicts between family members often

Thank you, volunteers, for your help

Ann Ackerman, Roxane Anderson, Joyce Beam, Margaret Blaske, Lewis Bloom, Veda Brannan, Bill Brazil, Christine Buchanan, Vera Burge, Melvin Cales, Daisy Carlson, Marie Derousseau, Irene Duitsman, Sr. Eileen Farley, Mary Finlayson, Delores German, Gary Griffiths, Lois Hammond, Janet Hayes, Lorna Heitman, Linda Henry, Anna Herrs, Ruth Heyka, Ruth Hicks, Gevine Hoesli, Phyllis Hofts, Carlene Hull, Lynne Huncovsky, Sr. Eulalia Kloeker, June Laha, Nancy Lee, Mildred Lull, Alene Lundberg, Fay May, Edna McClary, Edith Mentgen, Helen

Meyerhoff, Zella Moore, Melinda Oberheman, Gladys Osthoff, Mary Alice Pacey, Alberta Parry, Mattie Patterson, Virginia Petersen, Alene Peterson, Shirley Pfizenmaier, Bernita Reinert, Frances Richard, Sr. Teresa Rigel, Gay Robertson, Bernard Rohde, Billie Rohde, Eunice Samuelson, Rita Schwab, Pat Simmons, Wynona Spannenberg, Jan Taylor, Lila Tiemeyer, Marcene Wachslicht, Vickie Walker, Sylvia Wapp, Darlene Weatherhead, Dona Welborn, Jane Werner, Clyde Wollenberg, Jerry Zanker, Delores Zurfluh.

—Charlotte Topel
 Volun-

About your newsletter—

If these pages seem filled with more and more activities — fear not — you are not hallucinating. Meadowlark Hospice, like other hospices, is expanding in many ways.

First of all, of course, is the added territory. A pair of counties has become five, and in this state that adds many miles.

With the territory, of course, have come increased patient load and staff. It helps that the hospice offices now have additional space; although continuing to work through the disruption is something they inwardly prefer not to endure again for awhile.

Also as you will note from Page 1, educational opportunities are increasing in all facets of hospice care.

Then, too, relatively new organizations, such as the Kansas LIFE Project, not only provide additional funding and expertise, they need additional energy and commitment.

Certainly, it is a rewarding time for everyone involved in the many aspects of our hospice program.

—Christine Buchanan

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e-mail: mhospice@ccmcks.org; fax: 1-785-632-3557
- 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: christine@nckcn.com; fax: 1-785-325-2343
- Website: ccmcks.org (look under Hospice)
- Personnel are available to present programs to area organizations.
Contact Kay Lohmiller at 785-632-2225.

Meadowlark Hospice
2220 7th Street
Clay Center, Ks. 67432

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