

Meadowlark Notes

Volunteers benefit from what they learn about death as they train and work with Meadowlark Hospice staff

Special Interest Articles:

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- Volunteers Gift of Spirit
- My Meadowlark Hospice Family
- Tear Soup
- The Gift of Time

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“You have to accept whatever comes along and the only important thing is that you meet it with the best you have to give.”

- Eleanor Roosevelt

Meadowlark Hospice’s 130-plus volunteers are quick to express how much they benefit from the training and learning experiences they encounter.

Marty Westphal, Republic County, initially thought she was trying to repay Meadowlark Hospice for its help when her mother died of lung cancer. “Now,” she said, “it’s just a blessing to be able to be present and try to help soften some of the trauma and anguish.”

The Belleville woman also looks at volunteering as “an opportunity to grow; to look at life in a different way; and to recognize how precious life is and how fragile.” She said it’s great to be a very small part of such a wonderful and caring organization. “Meadowlark Hospice has made a big impact in my life.”

Lorna Heitman of Palmer deeply appreciated the hospice staff and monthly training sessions when her husband Elmer became ill in 1989 and died six months later in April. He went through radiation for colon cancer, seemed to be better, then developed a growth on

the back of his head. “We never know what we will go through,” she said. The Washington County volunteer said the training she has received and dealing with Elmer’s death definitely gave her insight into the world of cancer. Lorna credits it with broadening her life and making her a more compassionate person. “It has really broadened my friendships,” she said. Attending the meetings and working with patients help. “Knowledge is so important,” she said.

Eunice Samuelson has been a volunteer in Marshall County since hospice was organized there about eight years ago. “I am absolutely sure we do benefit,” she said, pointing out that the “information you have helps you know what to expect when a loved one dies.” Her husband, formerly a principal in the Frankfort school system, suffered from Parkinson’s and spent eight years in a care home there. He died 4 ½ years ago. Eunice believes that “just the experience of being with other families helps when we have a crisis.”

Clay County native Mina Purling Burkett doesn’t hesitate, calling hospice volunteer work “wonderful...the

rewards for those who help...you get more than you give.” Mina returned to her hometown of Clay Center a year ago. She has worked through the death of her husband and a good friend whom she later married, saying her family has been very supportive. “It’s nice to be needed,” Mina said of being a volunteer. “It keeps your mind active, as well as your body. I love people,” she said. “Thankfully, I think I get most of the benefit.”

Sr. Teresa Rigel, Concordia, has been with hospice for around 20 years and believes in its philosophy. “Hospice really cares for the very sick and dying,” she said. “I benefit from being a part of hospice.” A registered nurse with a degree in library science, she has served in numerous places and positions. In February, her youngest sister was on life support, and Sr. Teresa was with her daughter (a niece) when the decision was made to remove life support. She died in about 10 minutes. “I did understand the thinking behind this, but it was still hard,” the retired Cloud Countian said. “Hospice perhaps has helped me in helping others leave this world in peace, and it has helped me not to fear death.”
- Christine Buchanan



COOKBOOKS ARE HERE! \$10 Each

Meadowlark Hospice Cookbooks are now available. If you have not picked up your copy you may do so at the Meadowlark Hospice Office, Cutting Edge and Massage in Clifton, and The Light Christian Books and Gifts in Marysville.

Working with terminally ill provides volunteers with gifts of the spirit

“Volunteers are the heart of Meadowlark Hospice.” This quote from the Meadowlark Hospice website puts the importance of hospice volunteers right up front in the effort to provide appropriate care for the terminally ill.

Gary Griffiths, Clay Center, has been a direct care volunteer since 1998 and has found being a volunteer to be spiritually and emotionally rewarding. Direct care volunteers have personal contact with patients and families. They may provide grooming assistance; help with writing letters or doing household chores or perhaps just listening. Being a direct volunteer requires a high degree of dependability, personal commitment, compassion and other qualities. Here in response to questions about his work as a volunteer, Griffiths shares his perspectives.

“Each of the areas of service in Hospice is unique. An individual’s comfort zone will determine, in part, where they are most comfortable in assisting Hospice efforts. Whichever the case, each person approaches their Hospice duties in their unique way. All volunteers receive training as well as monthly meetings to view training videos or discuss applicable topics.

The arrival of the Hospice team is a great relief to caregivers. It brings the services of the professional Hospice employees as well as the potential of a volunteer. When a family is facing the possible death of a member, there are many difficult issues to resolve. In many cases this may be the first experience they have had in this arena. The quiet, confidence of the Hospice nurse and social worker are very reassuring to the caregivers as well as the patient.

In many cases some additional equipment will be of assistance to the family. A hospital bed may make it much easier for all involved. Hospice responds very well to providing palliative or pain management care. As we all know, prolonged pain can be very difficult to tolerate and the ability to assist in managing pain is a great part of Hospice care.

The volunteer is there to assist in many different ways. It may involve shopping, running an errand, picking up a prescription, going for a ride or staying so the caregiver can attend to their own personal needs.

I believe that the greatest task for the volunteer is to listen. This is a very special relationship and you almost always have a friendship bond with all of the family. No volunteer has all the answers and a primary initial need is to listen intently and hear the needs and feelings of those involved. I have always believed that we are designed well for the volunteer job...that is, we have one mouth and two ears and we need to remember that ratio. And, silence is all right. There are days when a simple pat on the hand and assurance that you are there to do whatever is needed may be all of the conversation that occurs.

The volunteer has a relationship to the patient as well as to the caregivers. The entire Hospice philosophy is that we are there to assist the family through the situation. The needs are many times unique and each situation is different. We certainly avoid saying that, ‘I know exactly how you feel’. Rather we ask: ‘How do you feel? What can I do for you?’

For me it is necessary and natural to have an emotional involvement as well as a respect for the spirituality of the patient and the caregivers. I need to have empathy for the situation that faces all of them. When people are facing separation and the finality of death they need and deserve to be surrounded by people that have emotional involvement as well as spiritual respect. This is not a time for the volunteer to get into spiritual pronouncements but rather to listen to what the patient or family may wish to share. In the event that they feel a need for some spiritual knowledge or in depth discussion we have a trained chaplain to assist in this role. I respect the need for a professional at this time because the discussion may get into an area that requires some significant level of skill and training.

From a personal point of view, I have a great respect for all life as well as the power of love. These are qualities that are strongly communicated by actions. Part of the training that volunteers receive prepares them for the eventual outcome of a patient relationship.

There are always strong emotions that develop during the time with a family and patient but the training that you receive gives you a perspective to help you deal with the situation. You find a strong bond of affection and care developing during the weeks when you are calling on a family and these become a relationship that is based on an emotional and spiritual basis. These are the positive counterpoints to the eventual loss that will occur.

If you have an affection for your fellow beings and you are willing to share it, if you are attracted to assisting them at their time of great need, if you are willing to share yourself and time, if you are willing to see each patient as an individual that will share their life and experiences, if you are willing to expose yourself to some personal loss, if you think that assisting a family going through a death is something that you can do, then you should seriously consider being a volunteer. I remember each of the patients that I have served and I have received great gifts from each one of them. This is a part of the relationship that makes me willing to continue as a volunteer.

We always need both men and women volunteers at Meadowlark Hospice. The caseload can vary from time to time so that a reserve of volunteers that are available at all times is important. The professional staff tries to fit personalities of the patient and volunteer. So, a broad selection of individuals facilitates the potential of an excellent match. I think that one of the great contributions of the Hospice movement has been to influence some change in societal attitudes toward death. We have progressed from a time when death was almost a subject that was never discussed.

This increased the pressure on families that were in the situation with a terminal member. The forthright attitude that has developed during recent years has been very helpful to survivors. As a result, we now have the reality where families can seek and receive help from professionals and volunteers to provide care for their loved ones right in the home and to share their time and lives.”

While Griffiths is a direct care volunteer, other volunteer opportunities exist which do not involve personal contact on a regular basis with patients and families. The indirect volunteers assist with office work, help with ceremonies, donate refreshments, send cards and are involved in many other ways.

All volunteers must receive orientation and on-going training. If you are interested in knowing more about being a hospice volunteer contact the Meadowlark Hospice office and ask for the Volunteer Coordinator.

- Elby Adamson, Contributing Writer
Clay Center Dispatch, Relay for Life 2007

My Meadowlark Hospice Family

People tell us often, we have a special gift.

Many, just don't understand.

My patients give me that extra little lift
and help me to understand God's plan.

They help me get through the day and the night,
the same that we give them.

I wish sometimes I could do much more,
when at the end, Life's toll sets in.

We comfort and care for them days upon end.
when their illness causes fatigue, aches and pain.
Some may think their illness wins.

But, really, angels they became.

They watch over us, as they were once watched over.

Their spirits and memories live on.

Their families and friends may grieve their loss,
but God has important work to be done.

The rewards I receive from my patients alone
will stay in my heart for eternity.

But those I am blessed to work with all the days long,
Are none other than my Meadowlark Hospice family.

- Jennifer Hoeme, LMSW Hospice Social Worker

Grandy's Tear Soup Cooking Tips

From TEAR Soup, a recipe for healing after loss

Story by Pat Schwiebert & Chuck DeKlyen Illustrated by Taylor Bills

Copyright 1999-2006 Grief Watch

Your Tear Soup Pot

- ❑ Grief is a process you go through as you adjust to the loss of anything or anyone important in your life.
- ❑ The loss of a job, a move, divorce, death of someone you love, or a change in health status are just a few of the situations that can cause grief.
- ❑ Grief is both physically and emotionally exhausting. It is also irrational and unpredictable and can shake your very foundation.
- ❑ The amount of "work" your grief requires will depend on your life experiences, the type of loss and whatever else you have on your plate at that time.
- ❑ A sudden, unexpected loss is usually more traumatic, more disruptive and requires more time to adjust to.
- ❑ Assumptions about fairness, life order, and religious beliefs are often challenged.
- ❑ Smells can bring back memories of a loss and a fresh wave of grief.
- ❑ Seasons, with their colors and climate, can also take you back to that moment in time when your world stood still.
- ❑ You may sense you have no control in your life.
- ❑ Being at work may provide a relief from your grief, but as soon as you get back in the car and start driving home you may find your grief come flooding back.
- ❑ You may find that you are incapable of functioning in the work environment for a short while.
- ❑ Because grief is distracting, it also means you are more accident-prone.
- ❑ The object of grieving is not to get over the loss or recover from the loss but to get through the loss.
- ❑ Over the years you will look back and discover that this grief keeps teaching you new things about life. Your understanding of life will just keep going deeper.

The Gift of Time

Many people are afraid of death and all that it encompasses; talking about it, grieving for the anticipated loss, preparing for it or making funeral arrangements. When a physician tells you or your loved one that treatment is no longer an option or that you or your loved one has a life-limiting illness, something good can come of this. You have been given a gift- the gift of time! How we choose to use that time is very important. Do and say what you want to do and say every day. If you do not want to go to

a meeting one afternoon but would prefer to stay home and rest or spend time with family that is OK. Conserve your energy for priorities. Decide what is important for you to do and rest prior to and after if necessary. Relationships with others are one of the most important things in life. If you need to resolve any misunderstandings, it is never too late to start. Ask for help when you need it. Asking for help is not a sign of weakness- it is a sign of strength- the strength of knowing what you need and knowing how to get it.

Individuals who have a life-limiting illness, often have a lot of living left to do. It is healthy to continue to focus on living. Meadowlark Hospice focuses on living, and our goal is for individuals to have the best quality of life possible. When the understanding is reached that everyone dies, hopefully, we can accept our gift of time. Focus each day on what has real significance in your life for you.

- Kendra Schurle, RN BSN
Meadowlark Hospice Director

Calendar of Events



**MEADOWLARK
HOSPICE**

- Sept 06** 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center
10 10:00 a.m. Concordia Volunteer Continuing Education
 Noon Belleville and Republic Volunteer Continuing Education at Belleville
12 Noon Clay Center Volunteer Continuing Education
18 9:30 a.m. Washington Volunteer Continuing Education
 Noon Marysville Volunteer Continuing Education
 2:00 p.m. Frankfort Volunteer Continuing Education
 5:30 p.m. Bereavement Support Group- Cloud County Health Center in Concordia
20 4:30 p.m. Bereavement Support Group- Cambridge Place in Marysville
27 5:30 p.m. Bereavement Support Group- Library in Belleville

- Oct 04** 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center
08 10:00 a.m. Concordia Volunteer Continuing Education
 Noon Belleville and Republic Volunteer Continuing Education at Republic
10 Noon Clay Center Volunteer Continuing Education
16 9:30 a.m. Washington Volunteer Continuing Education
 Noon Marysville Volunteer Continuing Education
 2:00 p.m. Frankfort Volunteer Continuing Education
25 4:30 p.m. Bereavement Support Group- Cambridge Place in Marysville
 5:30 p.m. Bereavement Support Group- Library in Belleville

- Nov 01** 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center
12 10:00 a.m. Concordia Volunteer Continuing Education
 Noon Belleville and Republic Volunteer Continuing Education at Belleville
14 Noon Clay Center Volunteer Continuing Education
20 9:30 a.m. Washington Volunteer Continuing Education
 Noon Marysville Volunteer Continuing Education
 2:00 p.m. Frankfort Volunteer Continuing Education

Please check local newspaper listings for Bereavement Support Groups in November

November is National Hospice Month

Tree of Light Ceremonies

- Nov 23** Time to be announced- **Clay Center**- Clay County Medical Center
Dec 1 11:30 AM- **Washington**- location to be announced
Dec 5 Time to be announced- **Concordia**- Cloud County Health Center
Dec 12 Time and location to be announced- **Republic/Belleville**
Frankfort and **Marysville** date, time and locations to be announced

"I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until at length she hands like a speck of white cloud just where the sea and sky come mingle with each other.

Then someone at my side says: "There, she is gone!"

"Gone where?"

Gone from my sight. That is all. She is just as large in mast and hull and spar as she was when she left my side and she is just as able to bear her load of living freight to her destined port.

Her diminished size is in me, not in her. And just at the moment when someone at my side says: "There, she is gone!" There are other eyes watching her coming, and other voices ready to take up the glad shout: "Here she comes!"

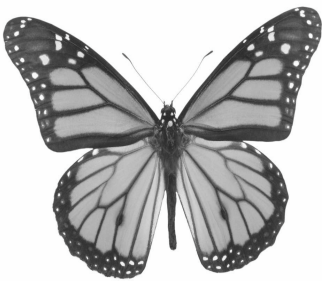
And that is dying.

Henry Van Dyke

Reprinted from "Gone From My Sight" by Barbara Karnes

Our thoughts are with the families of Meadowlark Hospice patients we have served.

Your memorial gifts honor your loved ones and help others



HOSPICE GIFTS:

Warren Anderson
Virginia Black
Claryce Haws
Shirley Pfizenmaier
Dorothy Richardson
Lorraine Showalter
Josephine Smith
Charles Stoker
Thrivent Financial for Lutherans
Marcene Wachsnicht

MEMORIALS:

EARL ADAMS

David & Catherine Affolter
Richard & Mary Janet Brumfield
Daniel & Melvina Crimmins
Friends & Neighbors
Denny & Karen Langvardt

KIM BALES

Richard & Mary Jo Bull
Melvin & Charron Cales
Ned & Charlene McMahan
C.J. & Micky Rogers

KIM BALES cont.

Cale & Cole Rogers

JOYCE BASINGER

Ann Ackerman

KIM BASINGER

Dick Basinger
LuAnne Debrick

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Peoples Exchange Bank
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Max & Lana Carlson
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Allan Gilbert
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Dean King
Bevin & Trudy Law
Glendora MaCaddan
Richard & Maxine Meyer
Gary Oetinger
Delmar & Lorene Peterson
Carl & Deb Pyle
Bobby & Jo Ray
Cletus Siebold
Terry & Merna Siebold
Thomas & Linda Siebold
Arlan & Carol Sump
VFW Ladies Auxiliary 3387

ERVIN FOWLES

Darrell & Deanna Carlson
Derele Knepper

WILMA GARRETT

Eva Deshazer
Shirley Smith

LILLIAN HAAKE

Ned & Charlene McMahan
Susan Sawyer
The Family of Lillian Haake

Your memorial gifts honor your loved ones and help others

KENNETH HAUSERMAN

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Clayton & Marjorie Coulson
Ralph & Janice Craig
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Wilbur & Patty Fowles
Marc Fullington
Karen Gilbert
Lawrence & Maxine Habluetzel
Dale & Deanna Hammond
Suzanne Hauserman
Dallas & Alice Iseli
Mary Ellen Kretz
Letha Lloyd
Robert & Vicky Mall
Jack & Eleanor McChesney
Alice Munstermann & Triona
Leon & Verna Lee Musselman
Lloyd & Maxine Nemnich
Gaylord & Janelle Sanneman
Duaine & Rosalie Shorman
Terry & Barb Spilker
Lloyd & Virginia Starkweather
Lowell & Betty Stegall
Billie Swenson
Marilyn Thomas
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David & Cindy Heuer
Jim & Ermel Heuer
Ken & Janice Heuer
Victor Heuer

DOROTHY HOLLE

Ron & Jan Holle

ALDORE HUBERT

William & Judi Evers

EUGENE JONES

Harold & Mary Arents
Dwight & Roxie Baer
Eugenia Bonewitz
E.Guy & Janice Coffee
Mary Ann Fowles
Gary Francis
Friends & Neighbors

"How beautiful a day can be when kindness touches it!"

- George Elliston

EUGENE JONES, cont.

Eldon & Mary Jo Hageman
Doyle & Dixie Jones
Elnora Jones
Larry Jones
Richard & Mary Newkirk
Dallas & Susan Peterson
Samuel & Verta Riniker
Eleanor Strauss
Russell & Coleen Terry
Linda Toomire

BOYD "TOBY" JUNE

Central National Bank, Concordia
David & Susan Dawson
George & Grace Ann DeBauche
Joan Demanette
Dave & Teresa Domier
Tim & Amy Harrington
Patricia June
Dale & Diane Kouba
Ron & Ann Kudron
Francis & Iolene Levendofsky
Elizabeth Lindgren
Loup Power District
Linn & Pam McDonald
Shaun & Amy Moore
Elmer & Shirley Reetz
Gerald & Jolene Reetz
LaVern & Janice Reetz
Warren & Louise Regnier
Jill Sell
Adrian & Jane Tevorek
Pauline Vignery
Fred & Steve Wunderlich

CLEO KNIGHT

Hilde Knight

RALPH KRACHT

Helen Kracht
The Family of Ralph Kracht

VAL JENE KUNZE

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Audrey Asher
Tom & Nancy Berger
Merton & Shirley Bletscher
William & Susan Boblett
Diane Brummett
Bradford Catt
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Cory & Tammy Downing
Hurley & Carolyn Fellows
Bill & Celine Ferguson
Lawrence & Karen Flournoy
Gary Francis
Friends & Neighbors
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Violet Haffener
Eldon & Mary Jo Hageman

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Loretta Hoerman
Tom & Vallie Hogan
Randy & Korrina Holle
Diane Huffman
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Harold & Dorothy Johnson
Randy & Jeanette Kidwell
Mike & Linda Koska
Mildred Kunze
Greg & Rhonda Lund
Scott & Karen Mall
J.D. Marceron
Tim & Shelley Norris
Edward & Lorene Ohlde
Charles Peterson
Dennis & Donise Peterson
Dorothy Peterson
John & Tari Ann Piskac
Jackie & Karen Potts
Vince & Sandi Redding
Wayne Roesener
Jack & Sandy Salava
Duane & Myrna Scardina
Ronald & Lucia Springer
Martha Steincamp
Michael & Theresa Westphal
Wanda Lou Woodard

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Dale & Buena Burger
Gary & Diane Carlson
Max & Lana Carlson
Rick & Marsha Chaffee
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Mr. & Mrs. Laurence Conrow
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Margaret Gonser
Reva Grater
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Rickey & Joan Kahrs
Robert & Frieda Knitter
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Denny & Karen Langvardt
Gary & Connie Langvardt
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Lois Langvardt
Dick Letsch
Ray & Dorothy Lindsay
Loren & Judy Luthi
Steve & Susan Luthi
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Charlotte Mottin
Don & Shari Muths
Patty Nelson

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Rick Reed
Dwight & Marilyn Sherbert
Duaine & Rosalie Shorman
Myron & Leora Simnett
Peggy Weidman
Carl White
Cindy Zimmerman

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Lawrence Hoerman
Loretta Hoerman
Diane Huffman
Pauline Kieffer
Lorraine McClain
Hugh O'Neill
Charles Platz
Lyle Tonne
Marie Von Behren

RUTH LORD

Marilee Adams
Bob & Rosalie Babb
Laurence & Elaine Brown
Lauren Dickbernd
Scott & Sandy Drinkgern
Donna Fincham
Gerald & Betty Gallinger
Kevin & Sheri Harmer
Mike & June Kieffer
Tom & Judy Pecenka
Ted & Becky Pinkham
Inez Plegge
Michael & Mary Poell
Lavern & Judith Press
Raymond & Frances Richard
Cynthia Roland
Denise Ryan
Sauder Custom Fabrication
Jeff & Marsha Schell
Vida Mae Schell
The Family of Ruth Lord
Kathy Uerter
Gerald & Dolores Wassenberg
Donna Wilson

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Dennis Martin

JOHN MCCHESENEY

T.J. & Gail Hileman

WILLIAM MILLIGAN

Joyce Gibbs

CAROLINE NOVAK

William Hynek

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Richard & Marcheta Hiner

MARCIA PRELL
Friends & Neighbors
Don Prell
The Family of Marcia Prell
Ronald & Kay Wiens
Gary & Carol Williams

TYRUS "JACK" REECE
Henry Barclay
Maurice & Loretta Hammer
Genevieve Melby
Kathy Melby
Susan Melhus
Gordon & May Morrison
Margaret Reece
The Jack Reece Family

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Daryl & Peggy Long
Wendell & Jonette Peterson

BETTY RUNN
Betty Brill
Ken & Carolyn Cochrum
Rodney & Nancy Cowell
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Walter & DoraDeane Lips
Richard & Linnea Mason
Karen Miller
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Frances Schnelle
Jim & Pat Snyder

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Gene & Anne Barnett
Wade & Connie Bauer
Dwight & Carol Benninga
George & Karen Blomberg
Barbara Booth
Jim & Jan Carver
Marlene Chartier
Beverly Cheney
Anne Clack
Henry & Ruby Copeland
Carl & Janet Elkins
R.L. & Mary Anne Fincham
Jeanette Fox
Friends & Neighbors
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Ray & Dorothea Frigon
Marc Fullington
Jerry & Marilyn Gerdes
Karen Gilbert
John Glazer & Family
Joe & Mary Gonzales
Gary & Sally Griffiths
Lawrence & Maxine Habluetzel
Michael & Tami Haden
Randall & Cathy Hafner
James & Margaret Hammel
Gary & Judith Hartner
Roy & Linda Henry
Robert & Darlene Hiatt
T.J. & Gail Hileman
D.M. & C.J. Hill
Don & Marcine Hohman
Alan & Ruth Johnson
Rickey & Joan Kahrs
Paul & Donna Kidwell
Randy & Jeanette Kidwell
Karolyn Kitchener
Nick & Jeannette Kondratieff
Terry & Kay Kraft
Raymond & Gertrude Larson
Robert & Vicky Mall
Bruce & Janice Marshall
Larry Marshall
Francis & Joan Mattingly
Lloyd & Maxine Nemnich
Joe & Gloria Newell
Delmar & Lorene Peterson
Audrey Pfizenmaier
Bobby & Jo Ray
Brent & Charlotte Rundell

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Onette Shannon
Marvin & Jane Sherbert
Eugene & Carlene Sieverin
Cynthia Slade
Doug Slaughter
Nola Smee
Jason & Annette Smith
Pauline Snodgrass
Terry & Barbara Spilker
Lloyd & Virginia Starkweather
Scott & Mary Taddiken
Jerry & Roseann Thornberry
Gary & Nola Unruh
Bob & Ginger Walker
Peggy Weidman
Dolores Werner
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Elmer & Sylvia Wohler
Clyde & Rita Wollenberg
Sue Ann Young

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SHIRLEY WOOLEN
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Jeanette Stamm
Doris Wanamaker
Don & Pauline Wells

EDGAR UFFMAN
Jerry & Joynita Strunk

KIRK VENBURG
Kenneth "Jack" Blackwood

OTHAL D. VRANA
Maxine Blecha

A special thank you to Daisy Carlson for the many years of hours donated to the important task of mailing brochures to families who have lost loved ones. Daisy has been compiling and mailing this information for Meadowlark Hospice since 1999. Our records show she has given 587 hours of her time to this project in the last 8 years. Daisy still remains one of our vibrant volunteers but has asked to take a leave from this type of work at this time.

Thank you Daisy for your dedication!

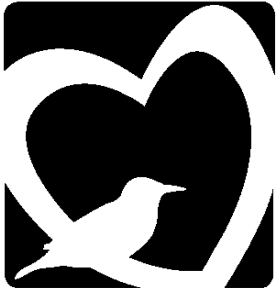
**Meadowlark
Hospice**

709 Liberty
Clay Center, KS 67432

PHONE:
(785) 632-2225

FAX:
(785) 632-3557

E-MAIL:
mhospice@ccmcks.org



**MEADOWLARK
HOSPICE**

We're on the Web!
See us at:
www.ccmcks.org

MEADOWLARK HOSPICE STAFF

Program Director

Kendra Schurle, RN BSN

Medical Director

John Kelley, MD

Patient Care Coordinator

Rita Wollenberg, RN

Hospice Staff Nurses

Deb Martin, RN BSN

Sherry Wiese, RN

Denise Beeson, RN

Paula Cherney, RN

Anita Droll, RN

Debbie Hedke, RN BSN

Christine Smith, RN MS

Stacy Behrends, RN BSN

JoAnn Lips, RN

Director of Social Services

Stephanie Garrison, LBSW

Social Workers

Jennifer Hoeme, LMSW

Kay Lynn Mead, LMSW

Donna Coufal, LBSW

Joyce Nelson, LMSW

Lucy Papes, LASW

Dawn Thorn, LMSW

Chaplain

Rev. Susan Sawyer

Volunteer Coordinator

Deb Pyle

Billing/Insurance

Ronna Urban

Administrative Assistant

Charron Cales

Lisa Seley

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