

Meadowlark Notes

Dancing in the Rain

**“Life isn’t waiting for the storm to pass,
It’s learning to dance in the rain.”**

Special Interest Articles:

- Dancing in the Rain
- Elephant in the Room
- Bill of Rights
- To Be of Comfort
- Signs of Healing

Issue Highlights:

- Cookbooks for Sale
- Calendar of Events
- Our Thoughts
- Memorial Gifts
- Our Staff

“The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind.”

- William James

I was recently given a beautiful plaque with the above words printed on it. I promptly placed it in the kitchen as a daily reminder of the importance of squeezing as much out of each day as possible.

But how does one “dance” in the rain when the “walk” in the rain is so emotionally or physically painful? How does one even “walk” when he or she is facing a life-limiting illness or even death? And how does a person face a future without someone he or she loves so dearly? Not easy, not easy at all!

George Gershwin wrote the song “Summertime.” The words begin like this: “Summertime, and the livin’ is easy, fish are jumpin’, and the cotton is high.” With words and musical notes Gershwin paints us a mental picture of a life that is relaxed and peaceful and a crop soon to be harvested. But Gershwin’s picture is far different from the “picture” of a patient and family who are on the Path of Grief.

Yes, the patient as well as caregivers and loved ones grieve. Patients grieve for having to leave loved ones

on Earth, for facing the possibility of not being remembered by very young grandchildren, for instance. Spouses who are left behind may grieve the loss of retirement years with the one he or she loved and may long for, ache for the one who has died.

But, for the moment, back to the subject of dancing. Did you know that dancing is physically good for you? Dr. Gene Cohen, M.D., psychiatrist, and director of the Center on Aging, Health and Humanities at George Washington University, says that “Dancing tops the list of activities that promote physical and mental health.” And the New England Journal of Medicine found that dancing may delay dementia for those who are at risk. Dancing also strengthens the body and helps boost the immune system and may help some recover from grief.

But again, how can one “dance” when he or she can scarcely eat, or sleep, or simply get through a day? Yes, it may not be the right time for you to physically dance or it may never be something you may physically be interested in doing. But could I interest

you in emotionally “dancing” as best you can? If not now, maybe later when life becomes a bit easier?

I believe that there are ways a caregiver and even the patient may “dance,” or maybe a better word would be “live,” even in the face of death or loss. But is it easy to “live” when one is hurting so? No, not at all.

Do it alone? Maybe so, maybe not. I could have never done it alone without family and friends when my husband was ill. I had to face the fact that I had to allow friends and family to reach out to me and help with their food gifts or gift of time which allowed me to briefly get out of the house.

Even when my husband was gravely ill, Friday night was still “date night” as it had been prior to his becoming bedfast. Friday nights became a “sacred” time, a time to forget the dishes, the wash, and just be together, maybe with a movie or a small snack or special food as he could tolerate. One friend brought his favorite pizza for one “date night.” I will never forget her “gift.” Just little things can make the “walk” toward Home a little easier for the patient and the caregiver as well.

Dancing in the Rain, cont...

Everyone's "walk in the rain" may be very individual and unique just as every person's grief experience may be unique—there are no rights, wrongs or absolutes as to how one should "walk" or grieve. During your "walk in the rain" consider allowing others to help you in your "walk." It might be a hospice nurse, social worker, volunteer, or pastor who might make your "walk" in the rain just a little bit easier.

But dance in the rain? Maybe not yet. But maybe, just maybe, someday. Don't give up hope that you will "dance" again. Don't hang up your dancing slippers just yet! As Lee Ann Womack's song says, "When you get a choice to sit it out or dance, I hope you dance," even if you are "dancing in the rain."

- Dawn Phelps, RN/LMSW

The Elephant in the Room

By Terry Kettering

There's an elephant in the room.
It is large and squatting, so it is
 hard to get around it.
Yet we squeeze by with, "How are you?"
 And, "I'm fine" ...
And a thousand other forms of trivial
 chatter.
We talk about the weather.
We talk about work.
We talk about everything else-
 except the elephant in the room.

There's an elephant in the room.
We all know it is there.
We are thinking about the elephant
 as we talk together.
It is constantly on our minds.

For, you see, it is a very big elephant.
It has hurt us all.
But we do not talk about the elephant
 in the room.
Oh, please, say her name.
Oh, please, say "Barbara" again.

Oh, please, let's talk about the elephant
 in the room.
For if we talk about her death,
Perhaps we can talk about her life?
Can I say "Barbara" to you and not have
 you look away?
For if I cannot, then you are leaving me
Alone...
In a room...
With an elephant.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- Leo Buscaglia, Writer, Lecturer

Bill Of Rights For The Bereaved

Marilyn Stolzman, Ph.D.

1. We have the right to express our grieving in our own way, recognizing that we move through the stages of grief and not necessarily in any neat order.
2. We have the right to know that grieving is slow and hard work and people move through it at their own pace.
3. We have the right to express our feelings about grief and explore them.
4. We have a right to forgive ourselves for the things we think we "should" have done or "might" have done and realize that what we did in that moment of time was with the information at hand and we did the best we could with the knowledge we had.
5. We have the right to be ourselves and recognize our strengths and our limitations.
6. We have a right to participate actively in our mourning, remember the past with fond memories and allow ourselves to enjoy our lives again.
7. We have a right to move forward and speak of our pain, whether that makes people uncomfortable or not.
8. We have a right to go back and forth in our grieving, some days making progress and other days feeling as though we are slipping back.
9. We have a right to express our emotions and have others bear witness to our story.
10. We have a right to believe that we will have a whole life again.

How to Be of Comfort

- ❖ Don't desert. After the funeral is over there is a tendency to leave the bereaved alone and forsaken. "Where did everyone go?" is the question of many bereaved people.
- ❖ Don't try to fix the pain. Bereavement is painful. There must be pain before there can be healing. The most difficult thing to learn about comforting is to permit the bereaved to live their own pain.
- ❖ Listen with your heart. Grieving is a matter of the heart rather than the head. Permit the sorrow to surface and the pain to be openly expressed.
- ❖ Accept all expressions of grief without censoring. Often there are aggressive feelings expressed including anger, resentment, guilt and shame. Let them be angry.
- ❖ Permit the bereaved opportunity to talk openly about the departed loved one. This is a vital part of the healing process. Enforced silence in this regard can be very detrimental and prevent recovery.

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions."

- Chanakya

- ❖ Remain available. Regardless of how long it takes, we must remain available until the grieving subsides.
 - ❖ Be sincere. Do not make a pretense at being interested in the bereaved if you are not. Think how you want to be treated and always seek to be kind.
-

Signs of Healing & Moving Forward Through the Grief Journey:

1. You don't say "if only" as often or use the same amount of emotional energy (not the emotionally wrenching impact as in the beginning).
2. You don't relive the illness/death as often or with as much pain. The details begin to blur.
3. You don't have to tell the story to everyone.
4. Memories bring pleasure.
5. You don't feel as guilty as often, and you move through it more easily when you do.
6. You remember your loved one realistically, with his/her faults.
7. You are not as depressed as often or as deeply.
8. You are not as tired- you have more energy.
9. You don't fear death and see it as a natural part of life.
10. You learn not to measure your progress using feedback from friends who have not had your same experience.
11. You learn that grief doesn't follow neat, prescribed patterns.
12. You realize that the pain diminishes but never disappears completely.
13. You can concentrate better and for longer periods of time.
14. You are better able to focus love on your surviving family.
15. You begin again to take pleasure in formerly pleasurable events, people and activities.
16. You become concerned with others again.
17. You feel a need/desire to reach out and help others in pain.
18. You get tired of crying.
19. You make the choice to live again.
20. You laugh and mean it.
21. You can talk about your loved one without crying.
22. You see yourself as an individual once again.
23. You can say, "I'm making progress."
24. You let go of the pain and let love grow again.

Grieving is as natural as
crying when you are hurt,
sleeping when you are tired,
eating when you re hungry,
or sneezing when you nose itches.
It is nature's way
of healing a broken heart.

**COOKBOOKS ARE STILL AVAILABLE!
\$10 Each**

Meadowlark Hospice Cookbooks are still available. If you have not picked up your copy you may do so at the Meadowlark Hospice Office in Clay Center and Cutting Edge and Massage in Clifton.



**MEADOWLARK
HOSPICE**

Meadowlark Hospice has *Living With Grief Children & Adolescents* Books for sale. The cost is \$20 each.

Some Chapter titles include:

- Children's Emerging Awareness of Death
- The Adolescent's Encounter with Death
- Adult Perspectives on Death- Implications for Children & Adolescents
 - Children's Hospice Care
 - When a Parent Dies: Helping Children & Adolescents
 - Sibling Loss
 - When a Friend Dies
 - Military Children & Grief
- Helping Students Cope with Grief

Please contact our office at 785-632-2225 if you are interested in a copy!

Calendar of Events

July 03 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center

14 10:00 a.m. Concordia Volunteer Continuing Education

There will be no July Volunteer In-Service for Belleville/Republic per Volunteers Request

15 9:30 a.m. Washington Volunteer Continuing Education

Noon Marysville Volunteer Continuing Education

2:00 p.m. Frankfort Volunteer Continuing Education

17 5:30 p.m. Bereavement Support Group- Library in Belleville

21 Noon Clay Center Volunteer Continuing Education

24 4:30 p.m. Bereavement Support Group- Community Memorial Hospital in Marysville

31 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center

*** (instead of August 7th)**

Aug 11 10:00 a.m. Concordia Volunteer Continuing Education

Noon Belleville and Republic Volunteer Continuing Education at Republic

18 Noon Clay Center Volunteer Continuing Education

19 9:30 a.m. Washington Volunteer Continuing Education

Noon Marysville Volunteer Continuing Education

2:00 p.m. Frankfort Volunteer Continuing Education

21 5:30 p.m. Bereavement Support Group- Library in Belleville

28 4:30 p.m. Bereavement Support Group- in Marysville (**location to be announced**)

Sept 08 10:00 a.m. Concordia Volunteer Continuing Education

Noon Belleville and Republic Volunteer Continuing Education at Belleville

04 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center

15 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 5:30 p.m. Bereavement Support Group- Library in Belleville

4:30 p.m. Bereavement Support Group- in Marysville (**location to be announced**)

*** Concordia's Bereavement Group will resume on a quarterly basis in the Fall of 2008. Watch your local listings for date and location of the group.**

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 W. Anderson
 Ward & Donna Foley
 Fraternal Order of Eagles #3650
 Immanuel Lutheran Ladies Society
 Dorothy Richardson
 Susan Sawyer

EVELYN BOMAN

Mr. & Mrs. Delbert Aspegren
 Henry Barclay
 Sheila Blanding
 Enola Boylan
 Gary & Sandy Boman
 John Cox
 Marjorie Davis
 Carrol Garst
 Dennis & Viola Garst
 Gerald & Lavarre Hallack
 Paul Kallman
 Clarence & Alice Kelley
 Genevieve Melby
 Kathy Melby
 Dan & Susan Peters
 Phyllis & Shirley Strnad
 The Family of Evelyn Boman
 Bernice Thompson

FOREST DICK, JR.

Denise Beeson
 Tim & Trish Bishop
 Terry & Paula Cherney
 Avalee Dick
 Kenneth & Joyce Dockins
 Clair & Gail Kopsa
 Randy & Christine Lawson
 Bill & Peg Pickard
 Sam & Lora Wiruth

EDITH DITMARS

John Ditmars

KEN EHRET

Matt Buchmann
 Karen Buckner
 Crawshaw & Associates, LLC
 Bettie Ehret
 David Ehret
 Farmway Coop, Inc.
 Bill & Celine Ferguson
 Jane Ferris
 Robert & Karen Fifield
 Frontier Farm Credit
 Billy Ray & Ginny Koster
 Jeff & Betty Livengood
 Robert & Donna Long
 Francis & Vesta Lyne
 Ned & Charlene McMahan
 Dr. Steve & Jolene Neill
 Steve & Janice Nelson
 Jim & Karen Patterson
 Barbara Roberts
 Mike and Kim Shannon
 Charlotte Stagner
 Ernest & Lou Ann Stalder
 Scott & Mary Taddiken
 Larry & Helen Wallace

LOIS GENDRE

Alstom Employees Fund
 June Carlson
 R.H. & M.E. Cathey
 Roy & Charlene Diers
 John E. Dover
 Jon Gendre
 Ron & Carolyn Gendre
 John & Carol Jean Hays
 Gayle McCoy
 Michael & Marjorie Scardina
 Doris Setterquist
 Wayne & Romelle VanSickle
 Virgil & Sondra Wade
 Richard & Edna Williams

ROBERTA GRAUER

The Roberta Grauer Family

WAYNE HAMMEL

Ruby Achenbach
 Marlene Chartier
 Rose Marie Clark
 Alta Mae Conner
 Gladys DeVore
 Wendell & Lois Eggerman
 Oneita Evans
 Fay Walker Post #8746
 Mary Ann Fowles
 Jeanette Fox
 Marc Fullington
 Wilma Gibson
 Allan Gilbert
 Karen Gilbert
 Loren & Laurita Hammel
 Vernie & Dolores Heigele
 Irene Klocke
 Anna Larson
 Leland & Marion Lund
 Jul Mall

WAYNE HAMMEL (cont.)

Robert & Vicky Mall
 Francis & Joan Mattingly
 Charlotte Mottin
 Harold Mugler
 Bob & Beth Redeker
 Ronnie Roberts
 Nancy Ryan
 Helen Schurle
 Kenneth & Connie Schurle
 Lawrence & Donna Schurle
 Violet Spurrier
 Lloyd & Virginia Starkweather
 Richard & Fern Thompson
 Sylvia Thompson

CYRIL HESS

Donald & Sharon Brown
 Friends & Neighbors
 Karen Gilbert
 Paul & Donna Kidwell
 Dean & Karen Wright

DUARD HIATT

Maxine Blecha
 Friends & Neighbors
 Irene Hiatt

JOY "JANET" HIGHT

Friends & Neighbors
 The Children of Joy Janet Hight

"There is only one happiness in life, to love and be loved."
 - George Sand

Your memorial gifts honor your loved ones and help others**ELAINE JOHNSTON**

Dana & Tina Brewer
 Roger Demanette
 Mike & Ilene DeWitt
 John & Marylu Fellows
 Allyn & Barbara File
 Dennis & Peggy Jackson
 John & Alice Jackson
 Bo & Barbara Johnston
 Thayne & Jeanne Larson
 Russell & Patricia McCauley
 Anna Lee McGinnis
 Tom & Diane Price
 Tom & Machelie Raleigh
 Bill & Shirley Sanders
 Douglas & Janet Sanders
 Richard Sanders
 Homer Siebenborn
 Charles & Bonnie Sjorgren
 Rita Sorell
 Melvin & Elizabeth Steinle
 A.G. & Jean Swiercinsky

WENDELL KLEINER

Beuford & Beverly Miller

MARTHA KRUSE

Trinity Evangelical Lutheran
 Church

DELNA McCASLAND

Paula Mendenhall

DELLA McGEOCH

Herb & Marcine Johnson

BRAINARD "DALE"**MCMAHAN**

Barbara Anderson
 Lawrence & Stephanie Avery
 Eugene Bauer
 Cheryl Blanken
 Jim & Carol Brown
 J.F. & Mary Condray
 Don & Delores Copeland
 Henry & Ruby Copeland
 Derald & Debra Craig
 Ralph & Janice Craig
 Jack & Elizabeth Dunn
 Mary O. Fowles

BRAINARD "DALE"**MCMAHAN (cont.)**

Friends & Neighbors
 Gary & Sally Griffiths
 Dale & Deanna Hammond
 Judy Heintz
 Russell James
 Lorenze & Donna Karmann
 Robert & Donna Long
 Robert & Vicky Mall
 Mizpah United Methodist Church
 Lloyd & V. Maxine Nemnich
 Dean & Evelyn Otto
 Audrey Pfizenmaier
 Larry & Mary Rakowsky
 Nancy Ryan
 Marjorie Sanneman
 Robert & Edwinna Sanneman
 Larry & Joyce Savener
 Edward & Anita Schultz
 Lon & Jackie Silver
 Karen Stevenson
 Marilyn Strecker
 Mary Ann Sullivan
 The Family of Dale McMahan
 Tiger Cubs Gift Fund
 Peggy Weidman

ELLEN LORENE PAULSON

Donald & Marian Button
 Howard & Marilyn Habluetzel

RUTH PIERSON

Marguerite Martin
 Pat & Garla Pierson

FRANCES SCHNEIDER

Mary Ryan
 Sr. Lucy Schneider

TED SCHUETTE

American Legion Post 101
 Rose Marie Clark
 Bonnie Mounts
 Karen Stevenson
 Ron & Donna Wichman
 Dean & Karen Wright

CHARLES "GENE" STRAIT

Henry Barclay
 Enola Boylan

CHARLES "GENE" STRAIT (cont.)

Marjorie Davis
 Danita Freed & Family
 Gary & Sheryl French
 Carrol Garst
 Dennis & Viola Garst
 Vicky Sue Hammer
 Dean & Diane Hinson
 Gary & Julie Housholder
 Jack & Alice Jewell
 G. Kent & Thayne Larson
 Don L. Luthi
 Kathy Melby
 Kenneth & Kaye Ray
 Reginald & Jackie Reed
 John & Joan Robinson
 Janet Strait
 Javena Strait
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 Jerry & Sharon Pierce

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Julie Fincher

FRANCES WICHMAN

Robert & Ruth Bergmann
 Thomas Klein

CLARENCE "CORK" WIDEN

George & Nancy Champlin
 Jennifer Poncsak
 Paul & Clarice Pruitt
 Marge Widen

"There is no labor a
 person does that is
 undignified; if they do
 it right."

- Bill Cosby

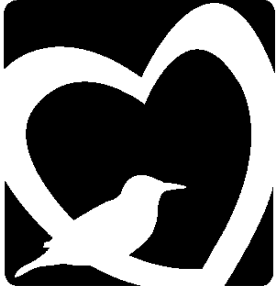
Meadowlark Hospice

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(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

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Christine Smith, RN MS

Denise Beeson, RN

Stacy Behrends, RN BSN

Paula Cherney, RN

JoAnn Lips, RN

Anita Droll, RN

Dawn Phelps, RN/LMSW

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Chaplain

Rev. Susan Sawyer

Volunteer Coordinator

Deb Pyle

Billing/Insurance

Ronna Urban

Administrative Assistant

Charron Cales

Charlotte Rundell

Lisa Seley

Personnel are available to present programs to area organizations.

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