

Meadowlark Notes

“When We Reach December”

Special Interest Articles:

- When We Reach December
- How To Help Ourselves Through The Holidays
- Healing After a Loss
- Couple Love
- Helpful Recipes

Issue Highlights:

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

“We make a living
by what we get.
We make a life by
what we give.”

- Winston Churchill

Some of us may remember Jimmy Durante’s unique, choppy voice singing “The September Song.” It is a song about the seasons, but it is also a song with a deeper meaning about *life* and *time* and *loving*—about how fast the precious months and years slip by, “September.... November.... December....”

For some “autumn lovers,” October, with the crackle of fallen leaves, “frost on the pumpkin,” and fresh, crisp air is relished with zest! For “spring and summer lovers,” fall may bring a bit of sadness—the end of summer. For those who have lost a loved one, there may be a sense of actual dread because of the upcoming holidays—Thanksgiving, Christmas, and 2009 without the one you loved. One may ask, “*How am I going to get through the holidays?*” especially if it is your very first Thanksgiving or Christmas alone.

The first Christmas following the death of my husband, our family went to Famous Dave’s Barbecue for Christmas dinner. “Famous Dave’s for Christmas dinner? That’s different,” you might remark.

“Yes, Famous Dave’s by popular vote of our family,” I would reply.

That year we just could not do our traditional Christmas meal at home around the big dining room table with its six leaves. We *could not* face the turkey and dressing, mashed potatoes, Grandma Ellen’s pineapple coleslaw, and pumpkin pie with real whipping cream no matter how delicious! We just *could not* face the house, the table, the food, without my husband. We *could not* face the memories. What we really could not face was the *absence* of the one we loved.

So we voted for Famous Dave’s but not even on Christmas

Day—quite a switch! Very “un-Christmas”—it did not resemble Christmas-Past! Not at all, but it was just what we wanted! A crazy decision? To us, not at all. Barbecue did not look anything like a plump, brown turkey on a platter—just what we intended!

To us it was called *coping!* We were determined to enjoy being with each other, determined to still be “a family,” in spite of the loss of my husband who was always “front-stage and center” at Christmas and every other family occasion.

Grief work is hard work even without the holidays! Grieving is very real! Grieving is very unique for every person, depending on a person’s personality, coping skills, and relationship with the one who has died! How one grieves depends on so many other factors such as one’s previous life experiences, one’s support system, one’s faith, one’s past coping skills, one’s finances (or lack of), and history and the nature of the death of their loved one. A traumatic death or the loss of a child can be especially difficult, for instance. Grieving is nature’s way of healing a broken heart, and there is no timetable for grief.

Grieving does not end at one year like some may think! It happens differently and at different rates, depending on the person.

Elizabeth Kubler-Ross worked with dying patients and their families for years and identified some fairly predictable stages that those who are grieving may go through: denial, anger, bargaining, depression, and acceptance. The dying patient as well as the family members may also experience these stages or none of them. Some may “bounce” from one stage of grief to another and back again. Remember, grief is unique to each person!

With the approaching holidays, the focus is to “get through” the

holidays. Yes, grief is something one goes *through*; it cannot be avoided—it is the price of loving someone deeply. One cannot go *over* grief or *around* it! A broken leg, for instance, needs time to heal, and so does your heart.

Have you thought about how you will get *through* the holidays in spite of your loss? You may choose to tough it out and follow your same holiday traditions, whatever they are. If that is *your* choice, that is fine. But remember you do not have to celebrate the holidays in the same way as in the past *unless* you want to.

During the Christmas holidays I found it particularly painful to go into stores and hear the Christmas carols being played. Christmas music was something my husband and I had shared; it was a reminder that he was not with me. In order to Christmas shop, it was difficult to avoid hearing the Christmas carols. But I found that I *could* avoid listening to carols on the radio at home or in my car. I could choose! I gave myself permission to not listen to songs that made me cry. I gave myself permission to not feel guilty for trying to cope, to heal, to move on with life.

When making plans for the holidays perhaps think about what gives you pleasure. A friend told me that soaking in a bubble bath helped her to relax. For some, music can be healing, but not for others. For me walking and listening to “different” music, music I had not shared with my husband was helpful. Maybe consider a trip to see a relative or friend. One might want to be a bit cautious about overspending, especially at Christmastime if your budget is a bit limited. But there may be some item such as a new CD, a new sweater, or even a favorite food that may give you an emotional boost. If you can afford it, why not pamper yourself just a little. If you make some new plans for the holidays, do not feel guilty.

Reaching December cont...

I remember an older lady from years ago whose husband had died. Life was very hard for her as she coped with her loss, but she was spunky in how she reassured herself that she was going to make it. I will never forget her telling in a bereavement group how every morning she would look herself in the mirror, kiss her hand and firmly plant the kiss on her cheek. She would say out loud to herself, "Honey, you are doing all right." I was impressed with how she encouraged herself when there was no one else near to encourage her! That's *coping!*

So this holiday season, pamper yourself just a bit. Do whatever it takes to get through the holidays with the least pain in your heart possible. It might even turn into a new experience, a new tradition. It's called *coping!* "September... November... December." Life is about *time, life, and loving*. So hold those you love close and make *new* memories. "When you reach December," consider planting a kiss on your cheek and telling yourself out loud, "Honey, you are doing all right!"

-Dawn Phelps, RN/LMSW

How To Help Ourselves Through The Holidays

In our lives there are many holidays or special days, such as birthdays, anniversaries graduations, weddings, and Easter, to name a few. These are all difficult days for the bereaved, but for many, the most difficult holiday of the year is Christmas. This day more than any other means family together. They are synonymous and it is at this time we are so acutely aware of the void in our lives. For many the wish is to go from Dec. 24 to Dec. 26. We continually hear Christmas Carols, people wishing everyone, "Merry Christmas"; see the perfect gift for our dead child, spouse, or relative and suddenly realize they will not be here. Listed below are some ideas and suggestions that others have found helpful in coping with the Holiday Season. Choose the ones that will help you.

1. Family get-togethers may be extremely difficult. Be honest with each other about your feelings. Sit down with your family and decide what you want to do for the holiday season. Don't set expectations too high for yourself or the day. If you wish things to be the same, you are going to be disappointed. Do things a little differently. Undertake only what each family member can handle comfortably.
2. There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change.
3. Keep in mind the feelings of your children or family members. Try to make the holiday season as joyous as possible for them.
4. Be careful of "shoulds." It is better to do what is most helpful for you and your family. If a situation looks especially difficult over the holidays, don't get involved if possible.
5. Set limitations. Realize that it isn't going to be easy. Do the things that are very special and/or important to you. Do the best that you can.
6. Once you have made the decision on the role you and your family will play during the holidays, let relatives and friends know.
7. Baking and cleaning the house can get out of proportion. If these chores are enjoyable, go ahead, but not to the point that it is tiring. Either buy baked goods or go without this year.
8. If you used to cut your own tree, consider buying it already cut this year. Let your children, other family members, neighboring teens, friends, or people from your church help with the decorating of the tree and house. If you choose not to have a tree this year, get a ceramic tree or a small table top tree.
9. Emotionally, physically, and psychologically it is draining. You need every bit of strength. Try to get enough rest.
10. What you choose to do the first year you don't have to do the next.
11. One possibility for the first year may be to visit relatives, friends, or even go away on a vacation. Planning, packing, etc., keeps your mind somewhat off the holiday and you share the time in a different and hopefully less painful setting.
12. How do we answer, "Happy Holidays?" You may say, "I'll try" or "Best wishes to you." You think of many answers that you don't say.

"No person was ever honored for what he received. Honor has been the reward for what he gave."

- Calvin Coolidge

How To Help Ourselves Through The Holidays cont...

13. If shopping seems to be too much, have your relatives or a close friend help you. Consider shopping through a catalog.
14. If you are accustomed to having Christmas dinner at your home, change and go to relatives, or change the time (instead of 2 p.m., make it 4 p.m.). Some find it helpful to be involved in the activity of preparing a large meal. Serving buffet style and/or eating in a different room may help.
15. Try attending religious services at a different time or church or synagogue.
16. Some people fear crying in public, especially at religious services. It is usually better not to push the tears down any time. You should be gentle with yourself and not expect too much of yourself. Worrying about crying is an additional burden. If you let go and cry, you probably will feel better. It should not ruin the day for other family members, but will provide them with the same freedom.
17. Cut back on your card sending. It is not necessary to send cards, especially to those people we will see over the holidays.
18. Do something for someone else, such as volunteer work at soup kitchens or visit the lonely and shut-ins. Ask someone who is alone to share the day with your family. Provide help for a needy family.
19. Donate a gift or money in your loved one's name.
20. Share your concerns, feelings, apprehensions, etc. with a relative or friend as the holiday approaches. Tell them that this is a difficult time for you. Accept their help. You will appreciate their love and support at this time.
21. Holidays often magnify feelings of loss of a loved one. It is important and natural to experience the sadness that comes. To block such feelings is unhealthy. Keep the positive memory of the loved one alive.
22. Often after the first year the people in your life may expect you to be over it. We are never over it but the experience of many bereaved is that eventually they enjoy the holidays again. Hold on to hope.
23. Don't forget, anticipation of any holiday is much worse than the actual holiday.

Taken from *Hope for the Bereaved* (now out of print)
<http://hospicenet.org/html/holidays-pr.html>

"We cannot change the cards we are dealt, just how we play the hand."

- Randy Pausch

"The Last Lecture: Really Achieving Your Childhood Dreams"

"If handled with warmth and understanding, a child's early experience with the death of someone loved can be an opportunity to learn about life and living as well as death and dying."

- Dr. Alan D. Wolfelt

Center for Loss and Life Transition

Healing After A Loss

For The Bereaved:

- Express your feelings
- Ask for help when needed
- Be patient with yourself
- Keep yourself healthy
- Be alert to your physical needs
- Learn more about grief
- Trust your ability to heal

For Those Who Care:

- Be present and available
- Be a good nonjudgemental listener
- Be very patient
- Let the person cry
- Respect the pain of loss
- Continue to provide support after the initial shock has worn off

<http://hospicenet.org>

'Couple Love' Can Take A Lifetime

Rebecca Malcolm Schubert, MA BCC, Chaplain at Grace Hospice in Kansas City
Kansas Senior Press March/April 2007

In February, The Kansas City Star published an article with a picture about a flock of geese that crossed Ward Parkway in single file. It was a sweet story, but The Star missed the real story. Several days prior to the article, while crossing the same street, a goose was hit and killed. Hitting a goose was probably not a big deal for the motorist. I wonder whether he or she even stopped? But for the goose's partner, the gander, it was a life-changing experience.

All over the city, wherever there is water (and sometimes where there is none), large flocks of geese gather. The geese are not always wildly popular or considered cute. But the gander who was left behind so missed his mate he has become a point of heartache for several of us who have observed his pain. He has been outside our office building, walking all over the grounds calling for her. His call is plaintive and can go on for hours, and then he is gone.

One day he was joined by six of his peers, as if they were trying to help the bereaved beast. Then he was back with his sad call for his mate. I'm not for sure how the first-floor windows got his attention, but they did. There he stood, calling and calling to his own reflection. What love!

Couple love is a beautiful thing to watch, but older-couple love is deeply spiritual and is not something many young people experience. This type of love takes a lifetime. It takes years of simmering like a good stew, years of sharing life-challenging experiences, years of working together to reach the status of full-bodied love.

I am reminded of a dear couple I met one night when I was on call and received a summons for chaplain support. Before I was introduced to the family, the nurse shared that the patient, a woman, was 97. They had married when he was 17 and she was 16.

They had been married 81 years! They had emigrated together from Poland. His accent was thick but very understandable. His wife was a patient on the orthopedic unit. She had fallen in her kitchen while fixing dinner and had broken her hip. A broken hip can be life-threatening for an older person.

As I sat with this dear man during the long night, he shared, "God did not bless us with children, but we have always had each other." He shared their story that night, and I was mesmerized. We sat next to her bed, and although she did not respond, I knew she heard his voice. Just before dawn, she took her last breath.

After the mortuary representatives left, I walked the man to his car. There he shared something that has stayed in my heart. I guess the plaintive call of the gander brought it all back. Wearing his suit, tie, and hat in the summer heat, he turned to me and said, 'How will I sleep tonight? We have always slept together. We sleep like spoons.' 'I don't know,' I responded. 'All I can offer is what I do when my husband travels.' He looked at me surprised and said, 'Tell me!' 'I put his pillow behind my back.' He didn't comment, and his eyes didn't give me any sign as to how my comment had been received. He just quietly got into his car and I waved goodbye.

A week or so later, he called. He wanted me to know that the pillow hadn't worked behind his back, but it worked fairly well if he held it, because it smelled like her. We talked for a few more minutes while he told me about her memorial service; then he thanked me for sharing about the pillow, and we said goodbye.



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.

Helpful Recipes

If you experience appetite loss:Banana Milkshake

1 whole, ripe banana, sliced
 vanilla extract, few drops
 1 cup milk

Place all ingredients into a blender. Blend at high speed until smooth. Yield: 1 serving (approximately 2 cups).

If made with whole milk: Calories per serving: 225
 Protein per serving: 9 grams
 If made with 2% milk: Calories per serving: 226
 Protein per serving: 9 grams
 If made with skim milk: Calories per serving: 190
 Protein per serving: 9 grams

If you are losing weight:Peanut Butter Snack Spread

1 T nonfat instant dry milk
 1 T honey
 1 t. water
 5 T smooth peanut butter
 1 t. vanilla extract

Combine dry milk, water and vanilla, stirring to moisten. Add honey and peanut butter, stirring slowly until liquid blends with peanut butter. Spread on crackers. Mixture can also be formed into balls, chilled and eaten as candy. Keeps well in refrigerator but is difficult to spread when cold. Yield: 6 T. Serving Size: 3 T. Calories per serving: 279 calories. Protein per serving: 11 grams.

If you are losing weight:Fortified Milk

1 quart whole milk
 1 cup nonfat instant dry milk

Pour liquid milk into a deep bowl. Add dry milk and beat slowly with beater until dry milk is dissolved (usually less than five minutes). Refrigerate and serve cold. (Note: if it tastes too strong, start with ½ cup of dry milk powder and gradually work up to 1 cup).
 Yield: 1 quart. Serving Size: 1 cup.

Calories per serving: 211 calories
 Protein per serving: 14 grams.

If you are losing weight:High-Protein Milkshake

1 cup fortified milk
 2 T. butterscotch, chocolate or your favorite fruit syrup or sauce
 ½ cup ice cream
 ½ t. vanilla extract

Put all ingredients in a blender. Blend at low speed for 10 seconds. Yield: 1 serving. Serving Size: approximately 1 ½ cups. Calories per serving: 425 calories. Protein per serving: 17 grams.

If you have a sore mouth or throat:Fruit and Cream

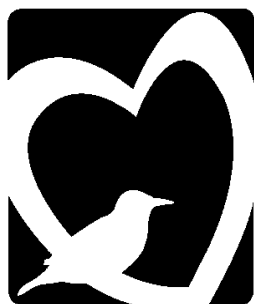
1 cup whole milk
 1 cup vanilla ice cream or frozen yogurt
 1 cup canned fruit (heavy syrup) including juice (peaches, apricots, pears)
 Almond or vanilla extract to taste

Blend ingredients and chill well before serving. Yield: 2 servings. Serving Size: 1 ½ cups.

If made with ice cream: Calories per serving: 302 calories.
 Protein per serving: 7 grams.
 If made with frozen yogurt: Calories per serving: 268 calories.
 Protein per serving: 9 grams.

“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”

- Helen Keller



**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

- Oct 02** 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center
13 10:00 a.m. Concordia Volunteer Continuing Education
Noon Belleville and Republic Volunteer Continuing Education at Republic
20 Noon Clay Center Volunteer Continuing Education
21 9:30 a.m. Washington Volunteer Continuing Education
Noon Marysville Volunteer Continuing Education
2:00 p.m. Frankfort Volunteer Continuing Education
23 5:30 p.m. Bereavement Support Group- Library in Belleville
23 4:30 p.m. Bereavement Support Group- Victory Baptist Church in Marysville
31 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center

- Nov 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
17 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
TBA 5:30 p.m. Bereavement Support Group- Library in Belleville
TBA 4:30 p.m. Bereavement Support Group- Victory Baptist Church in Marysville

November is National Hospice Month

- Dec 04** 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center
***There will be no December Volunteer Continuing Education
due to the Tree of Light Ceremonies***

Tree of Light Ceremonies

- Nov 28** 5:30 PM- **Clay Center**- Clay County Medical Center- Education Center
Dec 3 2:00 PM- **Concordia**- First Christian Church
Dec 6 11:30 AM- **Washington**- Washington County Hospital
2:30 PM- **Marysville**- Cambridge Place
Dec 10 2:00 PM- **Republic/Belleville**- Blair Theatre in Belleville
7:00 PM- **Frankfort**- Frankfort Care Home

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:

Richard Blackwell
Randy & Michelle Bruna
Eric & Gerri Carlson
Mary Dolan
Jon Gendre
Ron & Carolyn Gendre
John & Irene Jensen
Jennifer Kruse
Jay & Marion Mellies
Dorothy Richardson
RP River Chapter #30307
Andrew Struble
Lolly Wildharber
Elmer & Sylvia Wohler

WARREN W ANDERSON

Judy Adee
Barbara Anderson
Marcella Bull
Michael & Babette Crimmins
Judith DeNoon
Marc Fullington
Neill & Nancy Johnson
Rickey & Joan Kahrs
Anna Larson
Lighthouse for Christ
Sylvia Lippe
Walter & Dora Deane Lips
Robert & Vicky Mall
Bruce & Janice Marshall
Dorothy Marshall
Morganville UMC

“Kindness is the
golden chain by
which society is
bound together”

- Johann Wolfgang
Von Goethe

WARREN W ANDERSON (cont.)

Mark & Carol Pfizenmaier
Shirley Pfizenmaier
Violet Spurrier
Lloyd & Virginia Starkweather
Peggy Weidman

BEULAH APPLEBY

Jack & Hannalesa Roney

IRENE BAUER

The Family of Irene Bauer
Rolland & Sandy Reed

LELA BURKMAN

The Family of Lela Burkman
Kenneth “Jack” Blackwood

ALICE CAIN

The Family of Alice Cain

LORENA CRIMMINS

Coe & Ruth Barnard
George & Nancy Champlin
Don & Pauline Collins
Lila Corman
Betty Jane Humes
Mary Anne Lagemann
Eugene & Jean Leon
Bernard & Cynthia Newell

GERALD DUREE

The Family of Gerald Duree
Dorothea Hult
Charles Stoker

SARA FYFE

Linda Lefert
Frank Palmateer
Jerry Patterson

MARCELLA GALLAGHER

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Rita Collette
Dave & Sharon Dutton
The Family of Marcella Gallagher
Friends & Neighbors
Rex & Pat Gerard
Marcia Johnson
Wayne & Alberta Neel
Joseph & Jennifer Odette
Prarie Land Electric Cooperative
E.E. Springsted
A.G. & Jean Swiercinsky
Rickey & Kebera Underwood

LOIS GENDRE

Alstom Employees
Max & Jean Brecheisen
June Carlson
R.H. & M.E. Cathey
Roy & Charlene Diers
John Dover
The Family of Lois Gendre
Marc Fullington
John & Carol Jean Hays
Gayle McCoy
Michael & Marjorie Scardina
Doris Setterquist
Wayne & Romelle VanSickle
Virgil & Sondra Wade
Richard & Edna Williams

BERNADETTE HAHN

Jacob & Sharon Bigler
The Family of Bernadette Hahn
Allan Gilbert
Loren & Shirley Riek
Ned & Dixie Sortor
Elmer & Sylvia Wohler

WAYNE HAMMEL

Judy Adee
Bryan & Konnie Evans
Suzanne Hausermann
Dick & Kathy Isaacson
Kendra Schurle

MONTA RAE HARPER

The Family of Monta Rae Harper
Hugh & Margaret Hattan
Steve & Cindy Kahrs
Brad & Lee Lowell
Michael & Luann Miller
Frank & Edith Shrimpin

LADEAN HERRS

Family of LaDean Herrs

CYRIL HESS

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

ALLEN HUFF

Terry & Patsy Valliant

Your memorial gifts honor your loved ones and help others**JESSILYN JACKSON**

The Family of Jessilyn Jackson
Friends & Neighbors

VERLIN JARRET

Theresa Murray

RAYMOND KOLLE

Selma Kolle

LIONEL "WAYNE" KOHL

Bennington State Bank
Citizens State Bank
The Family of Lionel "Wayne" Kohl
Brent & Deborah Halepeska
Gloria Halepeska
Robert & Sally Heilman
Icon Industries, INC
Mr. & Mrs. Shepard
Waive Turner

RAYMOND KOLLE

Selma Kolle

GLORIEA JEAN "GENIE" LAMB

Ray & Imogene Beisel
Steve & Karol Beisel
Dave & Tammy Claeys Family
Mary Downie
Orville & Olga Feyerherm
Dennis & Nancy Holst
Hong Kong Chinese Restaurant
Helen Johnston
Linda Maxwell
Vida Mae Schell
Ron & Kim Schields
Bob & Shirley Shanek
Dean & Velma Thomas
William & JoAnn Walcott
West Point News Employees
Mary Wiggins
Carol & Ronald Young
Peggy Young
Jim & Sherry Zabokrtsky

MARIANE MARTIN

Dennis Martin

DELLA MCGEOCH

Friends & Neighbors
Louise Ganstrom
Norman & Connie Hayden

DELLA MCGEOCH (cont.)

Danny & Dorothy Heuton
Raymond & Lori Mason
Richard & Pearl Mason

STEPHANIE MORRIS

Ron & Mary Feldhausen
R.L. & Sandy Hunt
Edward Morris
Lloyd & Pearl Ann Shubkagel
Betty Solomon

EVELYN OLSON

John Boyle
The Family of Evelyn Olson
Friends & Neighbors
William & Annie Grevas
Michael & Rebecca Hammeke
Douglas & Gloria Newel
George Olson

WINIFRED "WINNIE" PALM

David Winquist

GERALDINE PEAK

Martha Hennager

TED SCHUETTE

Robert & Sally Heilman

DONNA SCHURLE

David & Catherine Affolter
Marilyn Affolter
Barbara Anderson
Ed & Neva Anderson
Eugene Bauer
Lavern & Audrey Bechard
Lafe & Anita Bertrand
Dorothy Beswick
Rex & Mary Kaye Blackwood
Charles & Faye Bogan
Andrew & Lola Mae Broden
Dale & Buena Burger
Bob & Betty Carlson
Bob & Sharil Carlson
Lana Carlson
Laverne Carpenter
Donald & Lois Close
Larry Colahan
Melvina Crimmins
Michael & Babette Crimmins

DONNA SCHURLE (cont.)

Doug & Esther Dillon
Brad & Jan Dunlap
Doris Dunn
Oran & Lavone Erickson
Bryan & Konnie Evans
Oneita Evans
The Family of Donna Schurle
William & Judith Faulconer
Russ & Iowana Fellers
Gary & Deb Foltz
Dorothy Fowles
Leota Fowles
Wilbur & Patty Fowles
Friends & Neighbors
Douglas & Sheila Frihart
Marc Fullington
Louise Garten
Don & Carolyn Garwood
Deney Geist
Allan Gilbert
Karen Gilbert
Michael & Tami Haden
Randy & Cathy Hafner
Alfred & Eileen Hallstrom
Helen Harrold
Robert & Sally Heilman
Frank Holtz
Richard & Doris Hoopes
Jean Hughes
Dick & Kathy Isaacson
Dean King
Harvey & Judy Kling
Warren Leidig
Duane & LaDonna Lippe
Sylvia Lippe
Gene & Marilyn Martin
Vernon & Dawn McGee
Levina McKain
Steven & Sheryl McMahan
David Mills
Dale & Edna Morris
Harold Mugler
Walter & Evelyn Mugler
Mary Gladys Osthoff
Mr. & Mrs. B. H. Payne
Rocky & Jeanie Racoma
Jon & Sharlene Ramsey
Jack & Jean Reboul
Bill & Sandy Rector

Your memorial gifts honor your loved ones and help others**DONNA SCHURLE (cont.)**

Arlene Reed
Dennis & Arlene Riek
Don & Roma Riek
Loren & Shirley Riek
Betty Irene Roberts
Nancy Ryan
Ron & Nola Schmale
Mr. & Mrs. Don Schmidt
Kenneth & Maxine Schooley
Arleta Schurle
Doug & Brenda Schurle
Helen Schurle
Kendra Schurle
Kenneth & Connie Schurle
Richard & Dorothy Scriptor
Bruce Sexton
Myron & Leora Simnett
Don & Anita Singular
Becky Speer
Betty Spellman
Charlotte Stagner
Ernest & Lou Ann Stalder
Kenneth & Donna Strauss
Carol Stromgren
Charles & Marion Stuart
Pat Sweeney
Marilyn Thomas
Jerry & Roseann Thornberry
Dallas & Louse Todd
Arnold & Wilma Trumpp
John & Ronna Urban
Dolores Warner
Peggy Weidman
Bill Wieland
James Woellhof

LILLIAN SEDLACEK

Michael & Michelle Allen
Robert & Jeanette Berquist
The Family of Lillian Sedlacek
Terry & Delores Ingle
Barbara Malone
Warren & Janet McNulty
Daniel O'Bar
Jean Peebles
Pegasus Products & Services
Harold Schultes
Louise Sedlacek
Margaret Siebert
Joyce Stryker
Dennis & Pamela White

MARY SMIES

Jacqueline & Ronald Alford
May Anderson
Glen & Helen Aurand
Martha Ayers
Country Place Senior Living
Charles & Julie Dietz
Friends & Neighbors
Charles Jacobson
Margaret Jacobson
Katherine Kasten
Gary & Tamara Lanning
Lincoln School Faculty Fund
Helen & Norman Sankey
Marcia Smies
Donald & Martha Westphal

HARRY "BURTON" SMITH

The Family of Burton Smith
Terry & Gail Hileman
Greg & Mary Jensen

ROINE TEGETHOFF

Big Brothers Big Sisters of
Harvey County
The Family of Roine Tegethoff
Friends & Neighbors
Sharon Meyer

DARELL WAITE

Betty & Brian Bauer
Jessica Betterly
Mr. & Mrs. Neil Broky
The Family of Darrell Waite
Friends & Neighbors
William & Zoe Ann Gugenhan
Jack & Maxine Haller
Agnes Hay
Ronald & Bonnie Hergenrader
David & Sandra Hill
Leland & Macile Holle
Kenneth & Linda Johnson
Dorothy Johnston
Helen Johnston
Victor & Janet Jones
Charles & Lola Jordan
Dewayne & Faye Kirchner
Gene & Malvery Lott
Jack & Francella Mlynar
Arlin & Lu Etta Moehlenbrink
James & Leila Murphy
Ray & Barbara Petr
Richard & Shirley Pribyl
Gerald & Sandra Rayburn

DARELL WAITE (cont.)

Allene Rhodes
Mr. & Mrs. Terry Ring
Grace Saathoff
Jeff & Marsha Schell
Vida Mae Schell
Earl & Mary Simpson
Elizabeth Skinner
Janice Smith
Michael & Vicki Tyron
Dolores Voet
Gene Waite
Galen & Vickie Walters
WM J & Jean Warders
Lee & Shirley Wohler

LYNN WALKER

Thelma Walker

DIANNA WALLACE

The Family of Dianna Wallace
Friends & Neighbors
Nick and Jeannette Kondratieff
Robert & Deanna Laffery
Judy Moppin
Gary & Nola Unruh

RICHARD WIEME

Clem Beikman
Derald & Debra Craig
Donald & Jo Elaine Davis
Clark & Susan Duffy
The Family of Richard Wieme
Sondra Hamlow
James Herrs
Marian McKain
Clifford & Delilah Noffsinger
Josephine Steinbruck
Karen Stevenson
Richard & Elsie Taylor
Lisa Urban

SHIRLEY WIEMERS

Brian & Anne Grace

**BERTILLE "BERT"
ZIMMERLING**

Mary Zimmerling

"No act of kindness,
no matter how small,
is ever wasted."

- Aesop

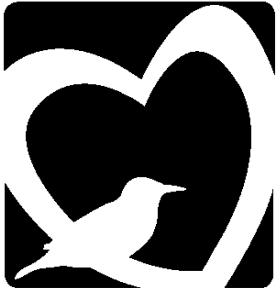
**Meadowlark
Hospice**

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**MEADOWLARK
HOSPICE**

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See us at:
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MEADOWLARK HOSPICE STAFF

Medical Director

John Kelley, MD

Program Director

Kendra Schurle, RN BSN

Patient Care Coordinator

Rita Wollenberg, RN

Hospice Staff Nurses

Deb Martin, RN BSN

Debbie Hedke, RN BSN

Sherry Wiese, RN

Christine Smith, RN MS

Denise Beeson, RN

Stacy Behrends, RN BSN

Paula Cherney, RN

JoAnn Lips, RN

Anita Droll, RN

Dawn Phelps, RN/LMSW

Director of Social Services

Stephanie Garrison, LBSW

Social Workers

Jennifer Hoeme, LMSW Joyce Nelson, LMSW

Kay Lynn Mead, LMSW Lucy Papes, LASW

Donna Coufal, LBSW

Bereavement Services Coordinator

Dawn Phelps, RN/LMSW

Chaplain

Rev. Susan Sawyer

Volunteer Coordinator

Deb Pyle

Billing/Insurance

Ronna Urban

Administrative Assistant

Lisa Pierson

Charlotte Rundell

Lisa Seley

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