

Meadowlark Notes

Special Interest Articles:

- 3,900 Marbles
- Lifestyle Changes
- Facing Sudden Loss
- A Year is a Relative Thing

Issue Highlights:

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

“Faith is to believe what you do not yet see; the reward for this faith is to see what you believe.”

- Saint Augustine

3,900 Marbles

While my husband and I were away on a trip during March, two people I had grown to love died suddenly. I was shocked and saddened by their deaths. I did not get to tell them good-bye or attend their funerals.

By their deaths, I was again reminded of how fragile and unpredictable life can be and of how important it is let those around us know how much we love them.

Several months ago I received an email that I have not been able to forget. I would like to share the essence of the email with you.

The story is told of a fifty-five-year-old man who developed a “marbles theory” to help him remember to live life well, spending his time on the important things in life.

The man looked at life mathematically, equating each week of one’s life as one marble. Working from the

assumption that 75 years is an average life span, he figured that we have 3,900 weeks or 3,900 “marbles” to spend while alive. (He multiplied 75 years by 52 weeks in a year, thus 3,900 marbles.)

At age 55, the man realized that he only had about a thousand marbles left, so he decided to use his “marbles” or weeks well.

To help him remember to prioritize his time, he bought a total of 1,000 marbles. He put the marbles in a large clear jar.

Each week, on Saturday, he took one marble **out** of his jar and threw it away. Removing a marble each week visually reminded him that another week was gone and to “spend” his time on the things in life that matter.

Using the man’s formula, I did some figuring. I am 68 years old, so I have about 350 weeks or 350 “marbles” left if I live to 75. To me, any time after age 75 will be a bonus!

If you are less than 75, how about doing the math for yourself? *Just take the number of years you have left until age 75 and multiply times 52 weeks. **How many marbles do you have left?***

If you are already past 75, you are already blessed! So how about purchasing some marbles and starting your “Over-75 Jar.” Each week place a marble **in** your jar.

This week I bought 350 marbles for my jar. This Saturday I plan to start taking *out* one marble, saving my marbles to re-use in my “Over-75 Jar” if I am blessed with time past 75.

I challenge you to give some thought to the things and people in your life that matter the most. Let those dear to you *know* that they are loved and *show* them you care through your actions.

Don’t waste your marbles—spend your “marbles” well!

– Dawn Phelps, RN, LMSW

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200 he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you but first, let me do this."

He proceeded to crumple up the \$20 bill. He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "what if I do this?" And he dropped it on the ground and started to grind it in to the floor with his shoe.

He picked it up, now crumpled & dirty. "Now, who still wants it?" Still the hands went up in the air.

"My friends, we have learned a valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumpled and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who do love you. The worth of our lives comes not in what we do or who we know, but by who we are and whose we are."

Lifestyle Changes for a More Relaxed Outlook

1. Avoid Clutter
2. Accept the things you can not change.
3. Look for the learning opportunity in every challenge.
4. Simplify your schedule.
5. Take time for yourself each day.
6. Spend time with positive people.

Meadowlark Hospice has been given a quilt in honor of Marcella Bechard and her dedication to coordinating hospice in Clay County. If you are interested in making a donation towards the quilt, please contact the Meadowlark Hospice Office. A drawing will be held September 25, 2010.



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 and Cutting Edge and Massage in Clifton. Proceeds go toward serving patients with the inability to pay for hospice services.

"Nothing is impossible;
the word itself says "I'm
possible!"

- Audrey Hepburn

Facing Sudden Loss

by Judy Tatelbaum, MSW

Of all the experiences we confront in life, the toughest to face is the sudden, unexpected loss of someone we love. Loss in itself is painful enough, but sudden loss is shocking. The shock doubles our pain and intensifies our grief.

Even if on some level we understand that no one lives forever, actually losing people we love is unimaginable. When we know someone we love has a fatal disease or when we have nursed a loved one who is very ill, we have a chance to begin to prepare for the loss—at least a little. However, the unexpected death of a loved one—regardless of how that loved one dies—can leave us stunned, lost, and overwhelmed with pain. We may not know where to begin to cope.

Sudden loss gives us no chance to prepare. It is not unusual that we feel cheated by a sudden death, cheated of a chance to say the last words we would have liked to say or to do some last act that would have had meaning to us—like a hug, a kiss, a walk hand in hand. Missing out from having a way of saying some kind of good-bye can leave us feeling especially bereft for weeks or even months. Feeling cheated in this way can add to our grief, anguish and despair.

Besides our feeling cheated by it, sudden loss can make the world feel shaky or less safe. This is a natural response to any unexpected and traumatic event. When we feel as if someone we love is suddenly “yanked” out of our lives, we are left feeling that the world isn’t a safe place. We may then become fearful and uncertain, or angry and frustrated. This loss can negatively color our view of life, but hopefully only temporarily.

When we face a sudden loss, all at once we have three overwhelming tasks to deal with: Our grief over the loss of our loved one, the absence of this special person from our daily lives, and the changes in our lives that are caused by this loss. Each is a big task to take on, and each will become a part of our mourning and healing process.

Although it may be hard to imagine at the moment, we must remember that people do recover from sudden losses, and that we too can ultimately move through

this terrible pain and begin to heal. It helps to bear in mind that emotional pain isn’t constant, and that we don’t have to grieve forever. We will love forever, whether our loved ones are with us in body or not, but we do not need to grieve to honor that love. We can just love. In talking to many people who have suffered sudden loss, I have learned that there are several important, possibly universal, ways to help yourself heal:

Love yourself and take special care of yourself through your grief.

Do your mourning now.

Being strong and brave is important, but I always tell those I counsel to never miss an opportunity to cry. That is not self-indulgent, but simply sensible and honest in dealing with your emotions.

Expressing your feelings will help you heal, as feelings expressed disappear.

Feelings repressed don’t. So give vent to your feelings.

Get support from other people-

counselors and support groups like widows groups, bereavement groups, The Compassionate Friends, or suicide survivors. You may find them through a hospice, your church, or a community or social service agency. You will not only help yourself, but you may also help another and that can be a source of strength, joy and recovery. And most of all, trust that the person you loved and lost would want you to recover from losing them, and would want you to remember and honor them by living a fulfilling life.

Taken from HFA’s bereavement newsletter, *Journeys*, April 1996. For more information on grief, please contact HFA at 1-800-854-3402 or www.hospicefoundation.org

“Be faithful in small things because it is them that your faith lies.”

- Mother Teresa of Calcutta

A Year is a Relative Thing

by Ellen Zinner, PsyD

A year is the period of a planet's revolution around the sun; three hundred and sixty five days for the earth, longer for some planets, shorter for others. In the life of a bereaved individual, the time period of a year is a relative thing.

On the one hand, survivors often are amazed that so much time has passed since the death. Four seasons weathered; the holiday periods endured. It seems impossible that they have borne the pain for a full twelve months. On the other hand, it may seem that time has not moved at all. Emotions and memories seem fresh.

The news of the death and the ensuing days of confusion and painful decision making seem like only yesterday. And with this perspective, comes a fear that little recovery has taken place at all.

Are you caught in a similar time warp? Has the passage of time been too quick and too slow? And what is to be done with this first anniversary of the death? If you are approaching this marker in your bereavement, it is time to take stock of where you have been and where you are heading.

The first death anniversary is a special day for recognizing the loss. I have no doubt that you have been thinking daily about the loss and the change in your life. But this day looms larger than most. It brings back the sadness of the death itself with renewed force sustained by a year of experiencing the full import of the loss.

But the day can also be used a special day for celebrating the life of the deceased. Grieving stems not from the death itself but from the loss of the person. It is the loss of the laughter, the love, and connections past, present, and future which we mourn. How can you celebrate the life of your loved one? This is the challenge of the death anniversary. One family I know takes gold balloons to the high school track where their son had competed and lets float the personal message that each had written to him on the balloons. One widow picnics by the lake where she sprinkled her husband's ashes. Another family "celebrates" annually by having dinner together in a new restaurant that the daughter would have enjoyed. Creating a positive ritual that can be either fulfilled alone or shared adds powerful and supportive meaning to the death anniversary.

The death anniversary is also a day for acknowledging the living. This certainly includes you! The last twelve months have been demanding. You have handled your loss in the way you have needed to survive. You deserve to recognize yourself as one who has endured great hardship and to take care of yourself in a way that will ensure your ability to make a new life for yourself.

** Taken from HFA's bereavement newsletter, Journeys, the Anniversary Issue.*

Calendar of Events



**MEADOWLARK
HOSPICE**

- July 01** 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center
08 5:30 p.m. Bereavement Support Group- Cloud County Health Center in Concordia
12 1:00 p.m. Concordia Volunteer Continuing Education
3:00 p.m. Belleville and Republic Volunteer Continuing Education at Belleville
15 5:30 p.m. Bereavement Support Group- Library in Belleville
19 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
22 4:30 p.m. Bereavement Support Group- *Community Physicians Clinic* in Marysville
- Aug 05** 5:30 p.m. Bereavement Support Group- Meadowlark Hospice Office in Clay Center
09 1:00 p.m. Concordia Volunteer Continuing Education
3:00 p.m. Belleville and Republic Volunteer Continuing Education at Republic
12 5:30 p.m. Bereavement Support Group- Cloud County Health Center in Concordia
16 Noon Clay Center Volunteer Continuing Education
17 9:30 a.m. Washington Volunteer Continuing Education
Noon Marysville Volunteer Continuing Education
2:00 p.m. Frankfort Volunteer Continuing Education
19 5:30 p.m. Bereavement Support Group- Library in Belleville
26 4:30 p.m. Bereavement Support Group- *Community Physicians Clinic* in Marysville
- Sept 02:** 5:30 p.m. Bereavement Support Group- *Maury's Restaurant* in Clay Center
09 5:30 p.m. Bereavement Support Group- Cloud County Health Center in Concordia
13 1:00 p.m. Concordia Volunteer Continuing Education
3:00 p.m. Belleville and Republic Volunteer Continuing Education at Belleville
16 5:30 p.m. Bereavement Support Group- Library in Belleville
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
***30** 4:30 p.m. Bereavement Support Group- *Community Physicians Clinic* in Marysville

*"Nothing worth doing is completed in our lifetime,
Therefore, we are saved by hope.*

*Nothing true or beautiful or good makes complete sense in any immediate context of history;
Therefore, we are saved by faith.*

*Nothing we do, however virtuous, can be accomplished alone.
Therefore, we are saved by love.*

*No virtuous act is quite as virtuous from the standpoint of our friend or foe as from our own;
Therefore, we are saved by the final form of love, which is forgiveness."*

- Reinhold Niebuhr

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



HOSPICE GIFTS:

Ann Appleton
Richard Blackwell
Donita Cohorst
Loun Crawford & family
Fraternal Order of Eagles
#3650
Arlene & Dale Hiesterman
Jay & Marion Mellies
Dorothy Richardson
The Leva & Frank Duclos
Foundation
John & Ronna Urban
Sylvia Wohler

MEMORIALS:

JEAANE ARBUTHNOT

Rod & Barbara Arbuthnot
Barbara Fisher
Joe Kongs
Jean & Roger Novak
Mary Alice Pacey
Anthony & Carol Scheer
Bill & Vicki Slater
Terry & Mary Janis Taylor

JESSIE BERTSCH

Mary Alexander

ELRIC "RICK" BREault

Max & Suzanne Abercrombie
Richard & Tanya Bachamp
Wilma Breault Bernard
Brad & Christi Breault
Jeri & Harriet Brown
Adolph & Beth Charbonneau
Donald & Naomi Chisam
Dave & Glenda Clemons
Don & Pauline Collins
Collins Racing
Larry & Dory Cottam
Dennis & Judy Erkenbrack

ELRIC "RICK" BREault (cont.)

Dennis & Lisa Fleming
Joe & Delores Gerard
Richard & Jane Gibbs
John & Judy Johannsen
Kenneth Johnson
Larry & Delores Judd & family
Mary Kellogg
Marvin & Annabell Kogler
Larry & Lana Lagasse
Keith & Joanne McKee
Tony & Kathleen Miller
Sandra Parnell
Max & LaDonna Peltier
Wayne Ruud
Mary Smith & family
Terry & Modene Smith
Armand & Jane Snaveley
Gerald & Marcia Sorell
Wes & Kristi Stucky
Pat & Lois Sumner
Ted & Mary Jane Tiekling
Garry & LaRae Tremblay
J. Trost
James & Jane Valcoure
Mr. & Mrs. William Weishaar

RUSSELL BURTON

Marilyn Burton

NORMA CARLSON

Darrell & Kay Denton
Jack & Maxine Haller
Walt, Janet & Dylan Harms
Ginny Jenkins
Helen Johnston
Dora Jones
Howard & Sharon Kessinger
Bob & Georgena Lindquist
Janice Smith
State Bank of Blue Rapids

ALBERT "BERT" D. CHAPIN

Mark Chapin & family

NETTIE CLASSON

Rabern & Aneta Hagenmaier

KENNETH FISCHER

Carol Chatfield
Sue Fischer

MAXINE HABLUETZEL

Terry & Barbara Spilker

NEIL KALIVODA

Deb Martin

GEORGIA KERR

Margaret Balch
Barbara Ballard
Terry Bennett
Gino & Connie Brichalli
Central National Bank
George & Nancy Champlin
Gloria Comfort
Judy Condray
Dennis & Linda Crossland
Jim & Anita Cyphers
Melba Erhart
Betty Everett
Fleet 4 Inc.
Ron & Carolyn Gendre
Heartland Auto Club
John & Edith Herbin
Jerry Hocker
Hershel & Karen Huffman
Donald Kerr
Eugene & Jean Leon
James & Judith Life
Joseph Mayers
Paul Mcnutt
Joseph & Jennifer Odette
Steven & Artis Perret
Ray & Barbara Rairden
Lavern & Joyce Robbins
Harold & Delores Schwinn
Keith & Anita Sherwood
Dennis & Cynthia Tholstrup
Ronald Walker
Greg & Debbie White

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

Your memorial gifts honor your loved ones and help others

LILA KOSSOW

Jay & Kate Longabach

ROBERT "BOB" LYNE

Richard & Mary Boman
John & Brenda Britt
Class of 1968
Emery & Juanita Eklund
Friends & Neighbors
Brent & Deborah Halepeska
Gloria Halepeska
Patricia Halstead
Irvine's Floor Covering, LLC
Rex & Carrie Kleiner
Billy Ray & Ginny Koster
Henry & Iris Kuhlman
Donald Lyne
Geo. Dennis & Jean Lyne
Jessica Lyne
Myron McNeil
Kenny & Colleen Paillet
Shirley Rothfuss
Marvin & Gloria Schoen
Karen Stevenson
Carroll & Sharalyn Tiers
Meta Wendelken
G. Kathleen Wolfe
Roger & Dorothy Zellers

NELLIE "FAYE" MOORE

Patricia Wolf

JUNE MOSHER

Gary & Janice Beneda

FERN ODETTTE

Steven & Sherry Anderson
Maxine Caron
Janice Doherty
Bobbie & Norma Hodge
David & Genevieve Jones
Marcia Lanoue
Dona Welborn

KABERT ROSS

American Legion Post 227
Friends & Neighbors
William & Ione Gilbert
Orcena Jurey
Donald Lehman
Craig & Terri Lee Parry
Robert & Jane Ross

BETTY SHARP

American Legion Auxiliary 101
Pauline Anderson
Robert & Deborah Anderson
Avery Auto Parts, Inc.
Colleen Beems
BD & Marie Bolejack
Barbara Booth
June Campbell
Rick & Marsha Chaffee
Chisholm Trail Bible Church
Steve Cooper
Wilbur & Patty Fowles
Gary Gurney
Robert & Sally Heilman
Lorna Heitman
Bill Hobaugh & Wilma Oakley
Denny & Karen Langvardt
Latham Community Church
Glenn & Elva Lewis
Shirley Mackender
Roger & Patricia Marshall
Larry & Kay Osthoff

BETTY SHARP (cont.)

Steve & Jan Peterson
Melvin & Lori Porter
Ernest & Irene Sharp
Norma Sharp
Vonda Sharp
Paul & Janelle Shaver
Ned, Dixie & Brenda Sortor
Scott & Pam Sump
Vernon & Lucille Tomlinson
Don & Larry Wilson
Lois Winter

LYLE SPROUL

Julia Knapp Albertalli
Jack & Karen Chaney
Gail Cook
Lyle & Jane Ross
Timothy Shu-Tien & Connie Pang Yu

IRENE TOBUREN

Ron & Alice Garrett
Arlyn & Charlotte Peterson

WANDA WEISHAPL

Ron & Janet Horinek
Claude & Lois Sieck
Brenda Tankersly & family

PATRICIA WEST

Mark & Anita Droll
Dwayne West

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 & available
- ❖ Be a good, nonjudgmental listener
- ❖ Be very patient
- ❖ Let the person cry
- ❖ Respect the pain of loss
- ❖ Continue to provide support after the initial shock has worn off

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

- Marianne Williamson

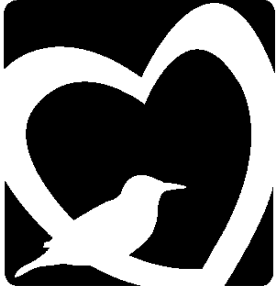
Meadowlark Hospice

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

Elizabeth Koerner, MD

Assistant Medical Director

Susan Thompson, MD

Patient Care Coordinator

Deb Martin, RN BSN

Hospice Staff Nurses

Rita Wollenberg, RN

Sherry Wiese, RN

Stacy Behrends, RN BSN

Sherry Brown, RN

Faye Jones, RN

Debbie Hedke, RN BSN

Christine Smith, RN MS

JoAnn Lips, RN

Lanica Millsap, RN

Director of Social Services

Tina Walsh, LCSW

Social Workers

Joyce Nelson, LMSW

Kay Lynn Mead, LMSW

Stephanie Garrison, LBSW

Lucy Papes, LASW

Donna Coufal, LBSW

Bereavement Coordinator

Dawn Phelps, RN/LMSW

Chaplain

Rev. Susan Sawyer

Volunteer Coordinator

Brett Bauer

Billing/Insurance

Ronna Urban

Administrative Assistants

Linda Siebold

Charlotte Rundell

Lisa Seley

Personnel are available to present programs to area organizations.

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709 Liberty
Clay Center, KS 67432