

Meadowlark Notes

Meadowlark Hospice (785) 632-2225

Twinkle, Twinkle Little Star

Special Interest
Articles:

Twinkle,
Twinkle Little
Star
A Time to
Mourn
I Thought
About You
Yesterday



Issue Highlights:
Calendar
Our Thoughts
Memorial Gifts



Hospice staff



Our planet Earth is a part of an enormous, spiral galaxy called the Milky Way, a disk-shaped aggregation of stars, an immense rotating whirlpool that is about 100,00 light years across! Our galaxy is one of many galaxies.

The Milky Way is made up of the Earth, our Sun, the Sun's solar system, dust, gas and at least 100 billion stars. Incomprehensible! When we look at the Milky Way on a dark night, we only see about 2,500 twinkling stars. Less than 10% of the Milky Way is visible to the naked eye.

If you live in a big well-lit city, perhaps you have trouble seeing the stars at all. But if you live in the country, on a dark night, perhaps you can identify the Big Dipper or the North Star with ease.

Have you ever gazed at a star-filled sky and wondered just what is out there? Are there other people, other beings like us? What mysteries does the sky hold? Perhaps you have felt very small and insignificant when looking into a sky of such magnitude!

Not only is our Milky Way galaxy made up of stars, planets, and our Sun, but scientists believe the Milky Way contains a super-massive black hole in the center that

swallows up anything passing too close.

Most galaxies have black holes with an unbelievably strong gravitational pull. Scientists believe the black hole in the Milky Way is large enough to hold 40,000 Suns! It is believed that the gravitational pull of a black hole can actually suck stars into it, absorbing all the light, and reflecting nothing back! There is only blackness!

But are you wondering what stars and galaxies and black holes have to do with one who is grieving? Somehow I believe the massive black holes with their gravitational pull could be compared to the pain of losing someone you loved. If you are grieving, you may feel like you have been sucked into a huge black hole. You may feel powerless to move on with your life.

But what would life be like if there was no darkness, no struggles, and nothing but light? For instance, in a huge city like Las Vegas with all its lights and glitter, it may be difficult to see stars at night even though they are up there shining. And Las Vegas has its share of black holes – crime, for instance!

So it takes the nighttime, the blackness of the sky,

for the stars to be illuminated. In other words, the darker the night, the brighter the stars!

Og Mandino, an American essayist and psychologist, penned the following words:

*"I will love the light
for it shows me the way,
Yet I will endure the
darkness*

Because it shows me the stars."

Archibald Rutledge said, "Night brings out stars as sorrow shows us truths." It is through the dark times, the tough times that we learn and grow. We learn empathy and understanding. We are more aware of what we *had* and what we still *have*. I believe that we learn to love better, to speak kinder, and to appreciate the preciousness of every day more fully after a loss.

Without a dark sky, we would never see those mysterious twinkling stars – those little glimmers of hope for the future! Birth and death are normal parts of our existence on Earth. But it is only "When it is dark enough, you can

see the stars” (Charles Austin Beard).

So if you are grieving, look up, even though your sky is dark – look for the twinkling light of a star – that little light of hope – “Twinkle, twinkle, little star, how I wonder what are you are.”

Don’t quit planning for, hoping for, dreaming of good things to come. Look up, for sometime when you “wish upon a star,” those dreams really do come true.

Dawn (Thorn) Phelps, RN/LMSW



Calendar of Events

July	7	5:30 p.m.	Bereavement Support Group- Meadowlark Hospice Office in Clay Center
	11	1:00 p.m.	Concordia Volunteer Continuing Education
		3:00 p.m.	Belleville and Republic Volunteer Continuing Education at Belleville
	14	5:30 p.m.	Bereavement Support Group- Cloud County Health Center Room #106
	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, 1327 19 th St.
	28	4:30 p.m.	Bereavement Support Group- Community Physicians Clinic in Marysville
August	4	5:30 p.m.	Bereavement Support Group- Maury’s Restaurant 521 6 th St. in Clay Center
	8	1:00 p.m.	Concordia Volunteer Continuing Education
		3:00 p.m.	Belleville and Republic Volunteer Continuing Education at Republic
	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
	18	5:30 p.m.	Bereavement Support Group- Library in Belleville, 1327 19 th St.
	25	4:30 p.m.	Bereavement Support Group- Community Physicians Clinic in Marysville
	Sept	1	5:30 p.m.
8		5:30 p.m.	Bereavement Support Group- Cloud County Health Center Room #106
		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, 1327 19 th St.
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

Director's Notes

For many of us whom have lost a loved one, we often feel a large void in our lives. This void often lessens with time, but never seems to go away. Holidays and special events often bring back memories which in turn bring grief.

I always say, bring on the grief if this keeps the memories alive. I would feel that is what keeps that person close to our hearts if the memories are present. As Henry Wadsworth Longfellow stated, "The best thing one can do when it's raining is to let it rain."

There are steps you can take to help bring a new meaning to life. Make sure you are patient and realistic to your self. Make lists and prioritize; and know you can add to your list as you are able. Make sure you spend quiet time and be aware of your needs. Share with others your feelings and remember it is ok to say "no" to some invitations or obligations. Avoid temptations to numb your pain through overindulgence. At the same time, don't deny yourself the pleasures of good food and companionship. Remember our loved ones would want us to go on living and enjoying life. "Our loved ones are still and always will be a part of us. They are threads in our fabric and we cannot lose their love." -Darcie D. Sims.

Life is like a puzzle. The pieces of the puzzle can be pieced together to form a new picture. It takes faith, time, and courage to carry on through our lives. As Victor Hugo states, "Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace. God is awake."

The bridge between hope and despair is often a prayer and a good night's sleep. Don't forget to count your blessings and not be so quick to list all your troubles.

Time cannot steal the treasures that we carry in our hearts,
Nor ever dim the shining thoughts our cherished past imparts.
For the memories of the ones we loved still cast a gentle glow,
Wherever we may go. - Author Unknown

Debbie Hedke RN BSN

Internet Poem

By Anonymous

Wish heaven had a phone so I could hear your voice again.
I thought of you today, but that is nothing new.
I thought about you yesterday, and the day before that too.

I think of you in silence, I often speak your name.
All I have are memories and your picture in a frame.
Your memory is a keepsake, from which I'll never part.

God has you in His arms. I have you in my heart.

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:

Cecil & Esther Cromwell
House of Treasures, Inc.
Paul & Dolores Jueneman
Bobbi Patterson
Dorothy Richardson

MEMORIALS:

RETA ANDERSON

Mary Alexander
Barbara Anderson
Anderson Brothers
Bruce & Faun Bauer
Brad & Sharon Beems
Keith & Mindy Blake
Barbara Bromby
Bud's Tire Service, Inc.
Dale & Buenta Burger
Doris Callaway
Rene & Denise Charbonneau
Brad & Sonia Cooper
Jerome & Jody Crimmins
Cecil & Esther Cromwell
Darlene Evans
Michael & Jackie Foster
Dorothy Friesen
Gary & Sally Griffiths
Larry & Coralee Griffiths
Gail & Marsha Habluetzel
Randy & Cathy Hafner
Dale & Deanna Hammond
Merle & Delores Henry
Derek & Karra James
Randy & Jeanette Kidwell
Leland & Dixie Koepsel
Bill & Barbara Lenhart
Bob & Jerrie Loader
Robert & Vicky Mall
Brian & Dee Dee Marker
Gary & Christine Matteson
Charlene McMahan
Robert Moore CPO USN (Ret)
Elsie Mugler
Harold Mugler
Don & Shari Muths
Bobbi Patterson
Delmar & Lorene Peterson
Pat & Maureen Pfizenmaier
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Preston Rook
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Jim & Peggy Schulze
Jane Sherbert
Ken & Bev Shivers
Tom & Linda Siebold

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Terry & Barbara Spilker
Stanley & Barbara Springer
Blaine & Cara Spurney
Mary Ann Sullivan
Gail & Susan Thomas
Joe & Phyllis Trautwein
Mike & Patricia Walker
Larry & Helen Wallace
Peggy Weidman
Chester & Carol Wichman
Roger & Alice Wilcoxson
Kathy Wilder
Calvin & Barb Wohler
Clyde & Rita Wollenberg
Steve & Carol Worley

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Kenneth & Mary Ayres
William & Mary Lattin
Olive Miller

ART BENSON

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Jim & Margie Braden
Steve & Jan Ficke
Gary & Sally Griffiths
Sylvia Wohler

ARLETTA BRAMHALL

Bill Bramhall

MEO BRICHALLI

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Louis & Karen Baltazor
Lyle & Doris Bergstrom
Larry Bohling
Victor Bohling
Jim & Brenda Bourne
Harry & Janice Brownell
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Clifton-Clyde High School
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Mark & Mary Coss
Linda Davenport
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Joseph & Sandra Detrixhe
Darlene Empson
Harry & Shirley Forshee
Terry & Monica Grant

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James & Carolyn Ibach
Kelly Jackson
Phyllis Kline
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Mario & Connie Rehbein
Patricia Shubert
Marvin & Barbara Shunn
SouthWestern Association
Betty Strait
Gertrude West

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JoAnne Balthazor
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Physicians
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Mary Smith

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Gail & Karen Hauserman
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Joseph Horsfall
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Dana & Laura Trumpp
Larry & Helen Wallace
William & Terry Wehmueller
Neil & Lynda Wickstrum

FRANCIS ISTAS

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SONJA HERBIN MEIS

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HELEN MEYERHOFF

St. John Lutheran Church

GEORGE MOSHER

Shirley Benteman
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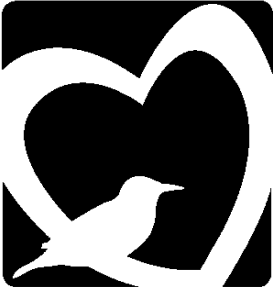
Meadowlark Hospice

709 Liberty
Clay Center, KS 67432

PHONE:
(785) 632-2225

FAX:
(785) 632-3557

E-MAIL:
mhospice@ccmcks.org



**MEADOWLARK
HOSPICE**

MEADOWLARK HOSPICE STAFF

Medical Director

Susan Thompson, MD

Assistant Medical Director

Elizabeth Koerner, MD

Program Director

Debbie Hedke, RN BSN

Patient Care Coordinator

Deb Martin, RN BSN

Hospice Staff Nurses

Rita Wollenberg, RN

Christine Smith, RN MS

Stacy Behrends, RN BSN

JoAnn Lips, RN

Lanica Millsap, RN

Director of Social Services

Tina Walsh, LSCSW

Social Workers

Stephanie Garrison, LBSW

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Sherry Brown, RN

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Personnel are available to present programs to area organizations.

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709 Liberty St.
Clay Center, KS 67432

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