



Our Mission is to provide loving, compassionate care for those living with a life-limiting illness.



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**I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.
- Mother Teresa**

Meadowlark Notes

Issue 69

Summer 2015

Footprints on Our Hearts

By Dawn Phelps, RN/LMSW

The dirt road was extremely narrow, made of powdery fine silt without a rock base. My husband Tom and I felt like we were in the middle of nowhere as we crossed cattle guard after cattle guard, and we realized that it would be difficult to ever make it back to a paved road if there were a sudden downpour.

On that last twenty-mile leg of our trip to Chaco Canyon in New Mexico, we never met another car, so we wondered, "Are we the only ones heading to the Canyon?" Our interest in visiting the Chaco

Culture National Historic Park began when we were on our way to Arizona for a few days of warmer weather this past February. A park ranger at Grants, New Mexico, had told us about Chaco Canyon when I asked if there were any Indian ruins nearby.

He gave us a brochure and told us that Chaco Canyon had the best ruins that he knew of anywhere. But he added, "It's too late for you to go today." Then on our way back to Kansas from Arizona, Tom and I stopped at a welcome center in New

Mexico. Andrea, a young Navajo girl, also enthusiastically told us about Chaco Canyon. She said her ancestors passed down stories about the Canyon and said the Navajo believe their roots began there, describing it as "sacred grounds."

Andrea gave us detailed driving instructions to Chaco Canyon and told us we would have "twenty miles of dirt roads" with "ruts and washboards." She said there were no gas stations, no restaurants anywhere near.

Carefully following Andrea's instruc-

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Director Notes

This past year has been a journey for me as I have suffered the loss of many dear loved ones. I was fortunate enough to have them in my life for so many years, but losing them has been exceptionally difficult. The relation-

ship you develop over all of those years is priceless. The memories that you have are what get you through the days. Those same memories can also make you miss them more.

One of my grandpas passed away 17 years ago. I will always remember him sitting in his recliner with a giant smile on his face when I walked in the door for a visit. He called all of his grandkids his "tootsies". Oh how I love

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Footprints on Our Hearts ...cont'd from pg 1

tions, we headed north. When we reached the first turn-off, we saw a run-down, closed welcome center on the right. We turned onto the dirt road with trepidation. We had water with us and gas in our tank, so "Surely we'll be okay," we reassured ourselves.

Our afternoon progressed without incident and we spent a few hours in the canyon, walking the trails and making photos. We were awestruck by the ruins of several Great Houses and marveled at the structures that had been built to a master plan between 800 to 900 A.D.

One of the larger ruins, Pueblo Bonito, covered several acres. A few of the stone walls of the buildings had survived the years and still stood three to four stories high and about a foot thick. Pueblo Bonito, which probably accommodated 1,000 to 2,000 inhabitants during its prime, had been partially unearthed, freed from its grave of rubble, by the National Geographic Society after huge rock cliffs had collapsed on it. Pueblo Bonito consisted of about 500-600 rooms and an enormous sunken, round kiva which is believed to be a place for religious ceremonies.

As the sun began to set over Chaco Canyon, Tom and I began our trip out of the canyon. Again, it took an hour to travel twenty miles over the rutted, dirt roads, but our hours in Chaco Canyon were well worth the rough roads we traveled.

As we *bumpity-bumped* along, unanswered questions about Chaco Canyon swirled in our heads. But we also left with a sense of awe, wonder of what the early inhabitants had left behind in the massive ruins, ruins that still tell their story hundreds of years later.

Archaeologists are still trying to find answers to questions about the Chacoan culture: *Who were these people? Were they from another country or native to the area? What was life like for them? What were their connections to other Indian cultures miles away? Why do roads lead from Chaco Canyon toward the Indian ruins in Mesa Verda National Park almost 150 miles away?*

In their rubble and pictures carved into the massive rock walls of the canyon, the Chacoan people left stories, "footprints" for future generations, such as the Navajo and Hopi Indians who believe Chaco Canyon is the place of their beginnings, their roots, their "sacred grounds."

Without a doubt the early Chacoan people left their mark. Their existence and contributions to society are recorded in pictures called petroglyphs carved into the tall, rock canyon walls and by stories passed down through generations.

We know they had black-and-white pottery because of the pottery shards that have been unearthed. From the design and structures, we know they were master planners and master builders. In a sense, they left behind "footprints in the sands of time" as Henry Wadsworth Longfellow wrote many years ago.

When someone we love dies, they too leave their footprints behind. Not literal footprints as in the rock walls of Chaco Canyon or fossilized dinosaur tracks that prove dinosaurs once lived. But our loved ones leave their marks, their footprints, nonetheless by *who* they were and through their *relationships* with us—their imprint is forever on our hearts.

If someone you love has died, your relationship, your experiences, your memories, are reminders that our loved one once lived. *"Some people come into our lives and quickly go. Some stay for awhile and leave footprints on our hearts. And we are never, ever the same"* (author unknown). As you move forward after your loss, treasure the footprints of the one you love as you leave behind your own footprints for others to follow.



The great Kiva at Chetro Ketl,
Chaco Culture National Historical Park

Director Notes ...cont'd from pg 1

the footprints he left on my heart, but how my heart aches when I revisit those memories.

My other grandpa passed last July 4th. On the day of his funeral there was a short rain shower as the processional made it to the cemetery. Rain in southwest Kansas is rare in July, especially small gentle showers like that one. Tears flooded my eyes when my aunt spoke up and said "Those are showers of blessings." We all knew who was sprinkling blessings on us at that moment. Those memories still trickle down my cheek every time I hear the hymn "There Will Be Showers of Blessings" and remember that day. His smile and his great big teddy bear hug have left permanent footprints on my heart. One of the things I miss most about my grandpa is listening to him sing church hymns. I still get tears in my eyes when I am sitting in church and hear a hymn that I remember him bellowing out with his gentle voice. My heart melted with excitement a few months ago when I discovered that a CD of songs he sang at funerals had been made. Of course the tears roll down my cheek when I need a little "Grandpa time", but what a precious gift that has been.

My sweet grandma, his wife, passed away in September, just two short months after my grandpa passed. I remember at my grandpa's funeral before the family went into the sanctuary, her saying "my heart hurts". She and my grandpa had spent over 60 years together. There were very few moments they spent apart. As a couple, they left eternal footprints on all of our hearts.

All of my grandparents have been a significant part of my life. The remarkable memories I have of them left some incredible footprints on my heart. Even 17 years later, there are a few tears shed when I walk over some of the footprints those memories left behind. You miss making new memories with loved ones lost, but have an amazing opportunity to share their footprints with others. Always remember that as you go through life you are making footprints on the hearts of those you love.

Amy Burr, RN, BSN
Meadowlark Hospice Program Director



Left to Right: Amy, her son Austin, Grandpa & Grandma Scantlin and her son Callen

*The gentle footprints of
kindness that you leave
behind makes a lifetime
of soft imprints in the
hearts of others that will
never wash away.*

-Author Unknown

Calendar of Events

Jul 9	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Jul 9	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Jul 13	1:00 pm	Concordia Volunteer Continuing Education
Jul 13	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Jul 13	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Jul 16	5:30 pm	Belleville Bereavement Support Group – Library, 1327 19 th Street
Jul 20	11:00 am	Clay Center Volunteer Continuing Education
Jul 21	9:30 am	Washington Volunteer Continuing Education
Jul 21	Noon	Marysville Volunteer Continuing Education
Jul 21	2:00 pm	Frankfort Volunteer Continuing Education
Jul 23	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Aug 10	1:00 pm	Concordia Volunteer Continuing Education
Aug 10	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Aug 10	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Aug 13	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Aug 13	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Aug 17	11:00 am	Clay Center Volunteer Continuing Education
Aug 18	9:30 am	Washington Volunteer Continuing Education
Aug 18	Noon	Marysville Volunteer Continuing Education
Aug 18	2:00 pm	Frankfort Volunteer Continuing Education
Aug 20	5:30 pm	Belleville Bereavement Support Group – Library, 1327 19 th Street
Aug 27	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door
Sep 10	4:30 pm	Clay Center Bereavement Support Group - Group will eat together, place TBA
Sep 10	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Sep 14	1:00 pm	Concordia Volunteer Continuing Education
Sep 14	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Sep 14	6:30 pm	Concordia Bereavement Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th Call Judy Lambert 785-243-4454
Sep 15	9:30 am	Washington Volunteer Continuing Education
Sep 15	Noon	Marysville Volunteer Continuing Education
Sep 15	2:00 pm	Frankfort Volunteer Continuing Education
Sep 17	5:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA
Sep 21	5:30 pm	Clay Center Volunteer Continuing Education
Sep 24	4:30 pm	Marysville Bereavement Support Group – South Plaza of CMH – use N door

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

HOSPICE GIFTS

Clay Center Country Club
Mens Benefit Golf Tournament

Dorothy Richardson

MEMORIALS

ANN ACKERMAN

The Family of Ann Ackerman

SONDRA ADAMS

Theresa Meyer

LINDA ALLDAY

The Family of Linda Allday

NORA BERK

Brad & Kay Berk

Dale & Linda Berk

Marvin & Nancy Berk

L. & S. Campbell

Tom & Jo Hamel

Robert & Loretta Hill

Jerome & Joan Johnson

Koch CPA, Chartered

Loren & Norine Koester

O.L. Lagasse, D.V.M.

Larry & Patricia LeDuc

David & Jane Magaw

John & Joyce McCall

Marc & Char Riveland

Mary Elizabeth Smith

The Family of Nora Berk

Phyllis Vinson

ARLIE COX

Guy & Javene Geiger

John & Donna Greve

Lois Lahodny

David & Susan Peltier

Bill & Kathi Stenfors

STEVEN DREITH

Bill & Sandy Fox

DANNY EASTERBERG

Robert Heilman

Noel & Joy Deane Pfizenmaier

KEN EHRET

David Ehret

WAYNE FISHER

Patricia & Robert Dailey

Terry & Gail Hileman

Maxine Meyer

Ed & Barbara Popelle

L. Jannine Powers

Arlene Reed

Mike & Missy Scott

Lon & Jackie Silver

Arlan & Carol Sump

JOANNE GARRETT

Gary & Sally Griffiths

MARTHA GERDES

Mae Thomas

LYLE HALLER

Jimmie & Connie Richardson

MARY HAY

Gary & Christine Matteson

Riley & Pamela Rankin

LYLE HENNERBERG

Norma Hennerberg

The Family of Lyle Hennerberg

DOROTHY JOHNSON

B Atwell

Stephen & Rhoda Connors

Mary Ellen Gillard

Jane M. Martin

Ladeana Mullinix

Donald & Nance Simkin

Harold & Barbara Strand

NORMAN JOHNSTON

J. & T. Bird

...NORMAN JOHNSTON

Central National Bank-Concordia

Dave & Glenda Clemons

Steven & Helen Collins

Alvin & Lottie Jo Cook

Angela Danner

Mr. Leslie & Mrs. Janice Dethloff

Friends & Neighbors

Keith Sr. & Pauline Fuller

Craig & Susan Grosser

Rick & Alice Faye Hanson

Dennis & Peggy Jackson

Larry Jackson

Cy & Donna Johnson

Michael & Brenda Johnson

Fred & Phyllis Larsen

Kent & Jennifer Lorenson

Forrest & Loretta Maddy

Howard & Shea McMillan

Wayne & Alberta Neel

Joseph & Jennifer Odette

Winston & Janet Shrader

A.W. Slaughter

Mary Elizabeth Smith

Lois Stone

John Winter

EDNA LERVOLD

Kelly & Maya Colvin

Charolette Deneault

Don & Jeanette Deneault

Marge & Phil Dulaney

Kallen & Julie Hanson

Rodney & Debbie Hoffer

Cy & Donna Johnson

Gerry Johnson

Marilyn Johnston

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...EDNA LERVOLD

Gary, Janet, Erica & Glenn
Lervold

Gerald & Deanna Link

Patrick & Jennifer Sieben

Connie Venzor

CHARLES LOWERS

Lynn & Rosemary Anderson

Margaret C. Barrett

Central National Bank-Concordia

Adolph & Beth Charbonneau

Gerald & Ima Jean Chavey

Dr. Jared & Mrs. Anne Collette

Donald & Johnita Courville

Kenneth & Joyce Dockins

Friends & Neighbors

Stephanie Geis

L.R. Hewitt

Duwayne Johnson

Jerome & Joan Johnson

Tim & Cheri Love

Elden & Anita Nelson

Ron & Nancy Jo Wilcox

CHARLENE MACHEN

Central National Bank-Concordia

George & Nancy Champlin

Gloria Comfort

Lt. Col. Gary D. Cool, USAF Ret.

Patricia Dwerlkotte

John & Marylu Fellows

S. & R. Gager

Greig, Inc

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Mary Ann Lagemann

Roberta Paulsen

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Lowell & Mary Lisa Thoman

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Jim & Kathie Winter

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Russell & Stacy Behrends

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Rachel Brown

Lois Close

Leota Fowles

Wilbur Fowles

Bill & Sandy Fox

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Pat & Delores Hemphill

Roy & Linda Henry

James & Linda Herman

Derele Knepper

Ronald & Bonnie Locker

Lawrence & Norita Lundgren

Marie Macy

D.D. & L.L. Millard

Dianne Smith

Betty Spellman

Marie & Waldemar Sundet

Gary & Nola Unruh

Matt & Katie Van Allen

Frederick Martin, Mary Martin,
Barbara Walton

John & Alice Wasson

Peggy Weidman

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Sylvia Wohler

Clyde & Rita Wollenberg

Larry & Vernadell Yarrow

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Norma Jean Mason &
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Marilyn Affolter

Marian Ahlberg

Mary Alexander

Wynn & JoAnn Bauer

Shirley Berggren

Keith & Mindy Blake

C.H.E. Inc, Chris Hauserman

Beverly Carlson

Jo Carson

Claire Case

Delores Case

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...LARRY SAVENER

Carolyn Chaffee
 Jerod & Amy Chaffee
 Mike & Trudy Chaffee
 Rick & Marsha Chaffee
 Mr. & Mrs. Warren Charpie
 Arlyn & Jolene Close
 Babette Crimmins
 James & Kim Crimmins
 Ken & Angela Dolezal
 Charles & Janice Dunn
 Gene Ferguson
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 Mike & Nelda Floersch
 Jackie Foster
 Doug & Linda Fowles
 Bill & Sandy Fox
 Marie Franson
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 Reva Grater
 Donald & Patricia Haberer
 Jill & Kurt Haberer
 Lori Ellis & Loretta Hafner
 Randy & Cathy Hafner
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 David & Debra Hammond
 Lavona Harding
 Brian Hemphill
 Pat & Delores Hemphill
 Alice Henderson
 Roy & Linda Henry
 Judy Hileman
 Galen Jackson
 Ray & Vicky Jenkins
 Tyrone Kamphaus
 Reta Knitter

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 Gerald & Susan Laudermilk
 Bill & Terri Lee
 Duane & LaDonna Lippe
 Stan & Alice Lohmeyer
 Lester & Sandra Luthi
 Mary Ann Mall
 Robert & Vicky Mall
 Jolana Marsh
 Bruce & Janice Marshall
 Brian & Lori Martin
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 The Family of Rita Schneider
ALOHA SVOBODA
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 Friends & Neighbors
 Mr. & Mrs. Larry Stock
JOYCE WILLOUGHBY
 Family Friends at Sprint
 The Madison Girls



MEADOWLARK HOSPICE

709 LIBERTY
CLAY CENTER, KS 67432

Ph 785.632.2225

Fax 785.632.3557

Email hospice@ccmcks.org

Web meadowlarkhospice.org

*We are available to present
programs to area organizations!*

MEADOWLARK HOSPICE STAFF

Medical Director – John Ryan, MD

Assistant Medical Director – Randall Brown, MD

Nurse Practitioner - Michele Voelker, APRN

Program Director – Amy Burr, RN, BSN

Patient Care Coordinator – Deb Martin, RN, BSN

Hospice Staff Nurses – Stacy Behrends, RN, BSN; Debrah Bollig, RN;
Sherry Brown, RN; Debra Champlin, RN; Deb Hedke, RN, BSN;
JoAnn Lips, RN; Pam Tremblay, RN; Sherry Wiese, RN;

Director of Social Services – Dawn Phelps, RN/LMSW

Social Workers – Stephanie Garrison, LBSW; Joyce Nelson, LMSW;
Lucy Papes, LASW

Bereavement Services Coordinator – Dawn Phelps, RN/LMSW

Chaplains – Rev. Susan Sawyer; Sr. Marilyn Wall

Volunteer Coordinator – Darlene Melton

Billing/Insurance – Ronna Urban

Administrative Assistant – Lilly Hitsman; Charlotte Rundell;
Lisa Seley



MEADOWLARK HOSPICE

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