



Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 90 | Fall 2020



MEADOWLARK HOSPICE

5 Reasons for Hospice Now

1. Quality of Life
2. Symptom Management
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Getting Ready to Fly

by Dawn Phelps, RN/LMSW

Many years ago my late husband and I lived in the country in an old farmhouse on some acreage we called Thornberry Acres. Our place was host to wildlife and birds, including wild turkeys and prairie chickens that lived in the pasture.

It was also the home of smaller birds—barn swallows, robins, cardinals, and blue jays. But our favorites were the barn swallows that reared their babies under the eaves of our house. Each summer passed quickly, and it was soon time for the barn swallows to fly south for the winter.

Our place seemed to be the chosen gathering place for other barn swallows in the area to meet. When they began to congregate, sitting side by side on the long, power line that stretched from our garage to the barn, we knew it was almost time for them to go. I still remember my husband saying, "Well, they are getting ready to fly."

Before leaving, the birds would chatter excitedly as if discussing their upcoming adventure. Even though we never saw them leave, we knew when it was almost time, and suddenly they were gone—it was their season.

Several years ago, I remarried and moved into town, but my love of birds continues.

Instead of watching barn swallows each summer, my husband and I are hosts to orioles and hummingbirds.

We hang out small jars of grape jelly for the orioles, and I make a mixture of sugar water for the hummingbirds. Those black and orange beauties sometime turn upside-down and sip from the hummingbird nectar, but they like the grape jelly the best. Such amazing birds to watch!

Again, my husband and I have learned when it is about time for the hummers to leave us. When the grape jelly goes untouched, and the orioles are gone. When squirrels start gathering walnuts. When the cornstalks are brown and crackly. When the nights are cooler and the days shorter. When the leaves begin to turn.

It is now September, and it is almost time to say goodbye to our tiny hummingbird friends that have been with us since the first week of May. They are about ready to fly to either Mexico or Central America.

Our yard is filled with activity as migrating hummingbirds join the hummers that have been with us all summer. And, oh, the antics and air-shows we have watched!

The migrating birds challenge our once-peaceful birds, and the compe-
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MEADOWLARK HOSPICE

Leadership Team

John Ryan, MD HMDC
Medical Director

Michele Voelker, APRN
Nurse Practitioner

Amy Burr, RN, BSN
Program Director

Audie Hartman, RN
Patient Care Coordinator

Kay Lynn Mead, LMSW
Director of Social Services &
Bereavement

Hospice Staff Nurses

Stacy Behrends, RN, BSN
Debra Champlin, RN
Deb Hedke, RN, BSN
JoAnn Lips, RN
Sharon Ramsey, RN
Erin Shultz, RN
Sherry Wiese, RN

Home Health Aide

Tracy Wallace, CNA, HHA

Social Workers

Kathryn Benson, LBSW
Stephanie Garrison, LBSW
Jen Meier, LMSW

Chaplains

Sr. Janet LeDuc
Rex Fuller
Kathy Ouellette
Al Paredes
Marilyn Sweet

Bereavement

Dawn Phelps, RN, LMSW
Bereavement Writer

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

Darlene Melton
Volunteer Coordinator

Lori Stanley
Community Liaison

tion for the nectar is fierce. I have increased the sugar content of the nectar to help the hummers gain weight—they need to double their weight from about three grams to six grams before their long journey.

They chase, fight, and challenge, flying up and down, back and forth like streaks! We have three feeders in different locations to try to decrease the disagreements, but the hummers still compete.

Sometimes a hummer will self-appoint himself as the boss of a feeder. He will sit quietly, waiting for an unsuspecting, hungry bird to hover at the feeder to eat. Then the “boss” will swoop down, and the chase is on!

When my husband and I watch the hummers dive-bombing and chasing, we wonder if their activity has another purpose. Perhaps they are building their stamina, their physical strength, and confidence before their journey south.

Unlike some birds that migrate in groups, each tiny bird must make the journey totally alone to Mexico or Central America. Many will fly about 500 miles over the Gulf of Mexico (about 20-24 hours) non-stop!

Just as there are tell-tale signs to let us know the hummingbirds are ready to migrate, there are signs that humans are getting ready to leave for heaven. Unlike hummers, humans usually eat and drink less and lose weight. We get tired and sleep more as we prepare for our journeys.

But there is one distinct thing that humans and the tiny little hummingbirds have in common. When it is our “season” to leave, each of us will make our final journey alone. However, I believe God will guide us and give us peace.

Until it is your time to leave, live every moment with kindness and purpose. Then when your seasons comes, you will not have regrets. And you will be ready to fly!

Benefits of Hospice and Palliative Care

Throughout the month of November, Meadowlark Hospice will be joining organizations across the nation to recognize National Hospice and Palliative Care Month.

For more than 40 years, hospice has helped provide comfort and dignity to millions of people, allowing them to spend their final months wherever they call home, surrounded by their loved ones. Hospices ensure that pain management, therapies, and treatments all support a plan of care that is centered on the person’s goals. Hospice care also provides emotional support and advice to help family members become confident caregivers and adjust to the future with grief support for up to a year.

“It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, and it is not reserved for the imminently dying,” said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. “Hospice is a successful model of

person-centered care that brings hope, dignity and compassion when they are most needed.”

Meadowlark Hospice Celebrates November as National Hospice and Palliative Care Month.



In 2018, 1.55 million Medicare beneficiaries received care from hospices in this country, reports NHPACO. Hospice is unique in that it offers an interdisciplinary team approach to treatment. Caring for the whole person allows the team to address each patient’s unique needs and challenges.

Veteran's Day

November 11, 2020

Americans across the country celebrate Veterans Day on November 11, a special day to salute the men and women who have bravely served our country in the military. These fellow Americans have made profound sacrifices in defense of freedom and they deserve our heartfelt thanks and appreciation. Honoring our nation's Veterans includes supporting them throughout their entire lives, especially at the end.

Hospice and palliative care combine the highest level of quality medical care with the emotional and spiritual support that patients and families need most when facing the end of life. At Meadowlark Hospice we are proud to say that we are also committed to providing high quality care for Veterans facing a serious illness.

As a partner in the We Honor Veterans program, we are committed to providing Veteran-centric care that addresses their unique needs. We are committed to providing education to our staff to be able to manage those unique needs and help navigating VA benefits. More information is available at Meadowlark Hospice 785-632-2225.

Honoring Veterans isn't just a once-a-year activity for us. We serve the Veterans in our care and in our community every day. I've been privileged to be part of their stories.

To all our nation's Veterans, thank you.



Kansas Homecare & Hospice Physician Hero of the Year



On September 22, 2020, Dr. Christopher Worthen at Clay Center Family Physicians was awarded the Kansas Homecare and Hospice Association's Physician Hero of the Year award. Due to COVID, our annual meeting this year is being held virtually. Our organization was given the opportunity to do the presentation ourselves at a pop up celebration outside our office. Dr. Worthen was nominated by Meadowlark Hospice for a number of reasons.

We are appreciative of Dr. Worthen and his willingness to refer patients to hospice and to have conversations with patients about why hospice will be of benefit to them. Dr. Worthen likes to remain active in the care of his patients and work with our team to ensure the best decisions are made for the good of his patients. He acknowledges that patients at end of life should be allowed to make decisions for how their journey finishes. We once served a patient whose end of life wish was to have fried chicken and Pepsi.

Dr. Worthen was very much on board that sometimes end of life wishes are not big and grandiose. They are the normal everyday loves that maybe have been taken away from us in the course of our healthcare due to our illness. Dr. Worthen makes himself available to staff for his patients on hospice care. He wishes to speak with us directly so the wishes of his patients are met timely and have the best outcome as possible. He is willing to make home visits in times of extreme need to navigate the best options for his patients. Our team appreciates that Dr. Worthen "gets it".

Thank you for working with our team to provide end of life care to those you serve. Congratulations on being selected to be the recipient of the Kansas Homecare and Hospice Association Physician Hero award for 2020!

Volunteer News

Meadowlark Hospice Volunteer News: Our 2020 volunteer appreciation was to be held in April, but due to the pandemic it had to be postponed until August.

This year we decided to do a luncheon in each of the counties we serve, to accommodate for the six-foot-apart social distancing guidelines. A total of 23 volunteers attended, in all counties combined. We even had one guest at Frankfort! We enjoyed food, fun and fellowship; gifts and door prizes were also handed out.



We are in need of volunteers especially in Republic and Riley Counties, and also the Wakefield and Glasco areas.

If you would like to join our volunteer team, please email me at Dmelton@ccmcks.org, or you can call 785-632-2225, and ask for Darlene at ext. 3122. Darlene Melton, Volunteer Coordinator

We would love for you to be a part of our team.



Hospice Myths

Myth #1:

Hospice care is only for cancer patients.
Fact: Hospice care is for anyone with a terminal prognosis of 6 months or less. This can include dementia, heart and lung disease, kidney failure, and many other life-limiting diseases.

Myth #2:

Hospice care is only provided in a home.
Fact: Hospice care is provided in the setting that the patient calls home. This can include nursing homes and assisted living facilities.

Myth #3:

Hospice care is expensive.
Fact: Hospice services-including medication and equipment related to the terminal diagnosis-are completely covered under the Medicare/Medicaid Hospice Benefit. Most private insurance carriers also offer a hospice benefit. Medications not related to the terminal diagnosis are the patient's responsibility. Room and board is also the patient's responsibility.

Myth #4:

Hospice is for the last days of life.
Fact: Patients and families benefit most when hospice services are begun as soon as an individual learns of his or her terminal diagnosis. Hospice care, at any stage, but particularly when started early, can significantly lighten the burden of an end of life illness.

Myth #5:

Your doctor will no longer be involved in your care when you begin hospice.
Fact: The hospice team works closely with your primary physician to ensure you receive the best care at end of life. Hospice care is provided by highly specialized professional staff, including a medical director, registered nurses, social workers, home health aides, chaplains, and volunteers.

Myth #6:

You can't contact Meadowlark Hospice until your physician suggests hospice.
Fact: Anyone may call at any time to learn about hospice services at no obligation. A physician's order will be required for admission, but anyone is free to learn about their treatment options. We encourage individuals to contact our office when planning your advanced directives to learn about the hospice benefit before you are facing a crisis. Many families have reported that they just had no idea what hospice could do.

Myth #7:

Hospice means giving up hope.
Fact: Choosing hospice does not mean death is imminent. With Hospice, the miracle isn't the cure, it is in the caring. The Hospice team provides support and symptom management so families can share quality time together doing the things they love.

***IN-SERVICES & BEREAVEMENT GROUPS ARE SUBJECT TO CANCELLATION IF COVID-19 RESTRICTIONS ARE IMPOSED. PLEASE CALL 785-632-2225 IF YOU HAVE ANY QUESTIONS OR CHECK OUR FACEBOOK PAGE.**

Volunteer In-Service October, November & December Meetings

Clay Center

Clay County volunteers meet in Clay Center on the 3rd Monday of the month at 11:00 AM @ Meadowlark Hospice office.

Concordia

Cloud County volunteers meet in Concordia on the 2nd Monday of the month at 1:00 PM @ Sr. Susan's home.

Washington

Washington County volunteers meet on the 3rd Tuesday of the month at 9:30 AM @ Washington County Courthouse basement.

Belleville

Republic County volunteers meet in Belleville on the 2nd Monday of the month at 3:00 PM @ the Belleville United Methodist Church.

Marysville

Marysville volunteers meet on the 3rd Tuesday of the month at 12:00 pm @ First United Methodist Church Marysville.

Frankfort

Frankfort volunteers meet on the 3rd Tuesday of the month at 2:00 PM @ Frankfort Presbyterian Church.

Bereavement Groups

Meadowlark Hospice offers four monthly community bereavement groups for anyone who has recently experienced a loss. During the groups we focus on living with loss, the grief process, and topics that many may be facing after losing someone they love. Previous participants have commented that the group helped them feel normal—giving them hope that better days were ahead. One person stated that it was easier to share her experience since everyone in the group had a similar loss. There is no charge to attend these groups which are open to anyone in the community.

Clay Center

The Living Life after Loss group meets the 2nd Tuesday evening of each month at the Meadowlark Hospice meeting room, 709 Liberty, just east of the hospital, from 4:30-5:30 p.m.

This group is led by KayLynn Mead, social worker.

Washington

This is a newly formed group that meets the 2nd Tuesday of each month from 12:00-1:00 p.m. in the conference room at the Washington County Hospital, 304 E 3rd St.

Stephanie Garrison and KayLynn Mead, social workers, co-lead this group. ***Please call the office for date and time of Nov. and Dec. meetings.***

Belleville

This group generally meets the 3rd Thursday of each month in the Belleville Public Library, 1327 19th Street on the Square. Once a quarter the group eats out together.

The group is led by Stephanie Garrison, social worker. (Call our office for specific times)

Marysville

This group usually meets the 4th Thursday evening of each month from 4:00-5:00 p.m. at Community Memorial Healthcare, in the South Plaza, Marysville.

The group is led by Jennifer Meier, social worker.

Please call the office for date and time of Nov. and Dec. meetings.

We hope you will join us for the group sessions, as group members together learn to live life after loss. If you know of someone else who would benefit from this group, please feel free to bring them along. Group dates and time are subject to change to meet the group needs for the month. Please call our office at 785-632-2225 if you have any questions.

Community-Sponsored Bereavement Groups

Concordia

The bereavement support group meets the 2nd Monday of the month at the Episcopal Parish Hall, 117 W 8th at 6:30 p.m. Contact: Judy Lambert 785-243-4454.

Leonardville

The bereavement support group is currently on hold. Contact: Sandy Ferguson 785-706-1595 if you wish to be notified when group resumes.

**Please call the contact numbers for questions or cancellations.*



Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials. If we have inadvertently omitted a donation from this listing, please accept our apologies.

Memorial Gifts

Duane Boyer

John & Linda Boyer

Corby Brown

Lori Atwood & family
Corby Brown Memorial
Joe & Dee Gerard & Employees
Gerard Tank & Steel
Marsha Hubert
Shannon Lewellyn & family
Ruth Lewellyn
Raymond & Lori Mason
Richard Mason

Mary Janet Brumfield

Donna Eisenbarth

James Buoy

Harley & Darla Adams

Deloris "Dee" Chizek

Dave, Stacey, and Patrick Chizek
Lowell & Linda Herrs
Forrest & Loretta Maddy
The Family of Deloris Chizek
Kim & Ginger Vass

Loun Crawford

Scott Simpson

Patricia "Patty" Cunningham

Franklin Cunningham

Leota Fowles

Eugenia Bonewitz
Karen Bryan
Babette Crimmins
David Fowles
Mary Ann Fowles

Randall & Barbara Friederich
Roy & Leanna Hedman
Brent Hemphill
Judy Hileman
Galen & Mamcy Hofmann
Linda Houston
Doyle & Dixie Jones
Valerie Kasselmann
Leota Fowles Memorial
Robert & Vicky Mall
Richard & Mary Newkirk
S. & B. Robinson
Carroll & Jane Roth
Terri Russell
Vernon & Brenda Schaffer
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Dennis Huber

Charles & Lori Huber

Carolyn Keating

Steve & Jodi Keating

Wilma McNee

Mr. & Mrs. Carroll Adams
Jon Buss & family
Steven Buss & family
Marlene Chartier
Martha Fyfe
Dale & Deanna Hammond
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Charles & Esther Reid & family
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Lowell Meyer

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Fran Sanchez
Nancy Sanchez-Mock

Lois O'Neil

Greg & Susan Brantman
Dennis & Cathy Cashier
William & Billee Douglass
Kevin & Sheri Harmer
Gregory & Sam Hartman
Joe & Penny Howell
Lynette Locke
Lois O'Neil Memorial
Norman & Joy Manley

Randy & Julia Newcomer
Phillip & Linda Olsen
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Russell & Nancy Reinert
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Elaine Scheele
James & Patricia Schramm
Alan Dorrance & Theresa Smith
Janice Smith
Union Pacific Railroad Employees of
Marysville, KS

Caroline Peterson

Ann & Tracy Caine
Mona Leng Chia

Terry Taylor

Sharon Pierce
Terry Taylor Memorial

Beulah Turner

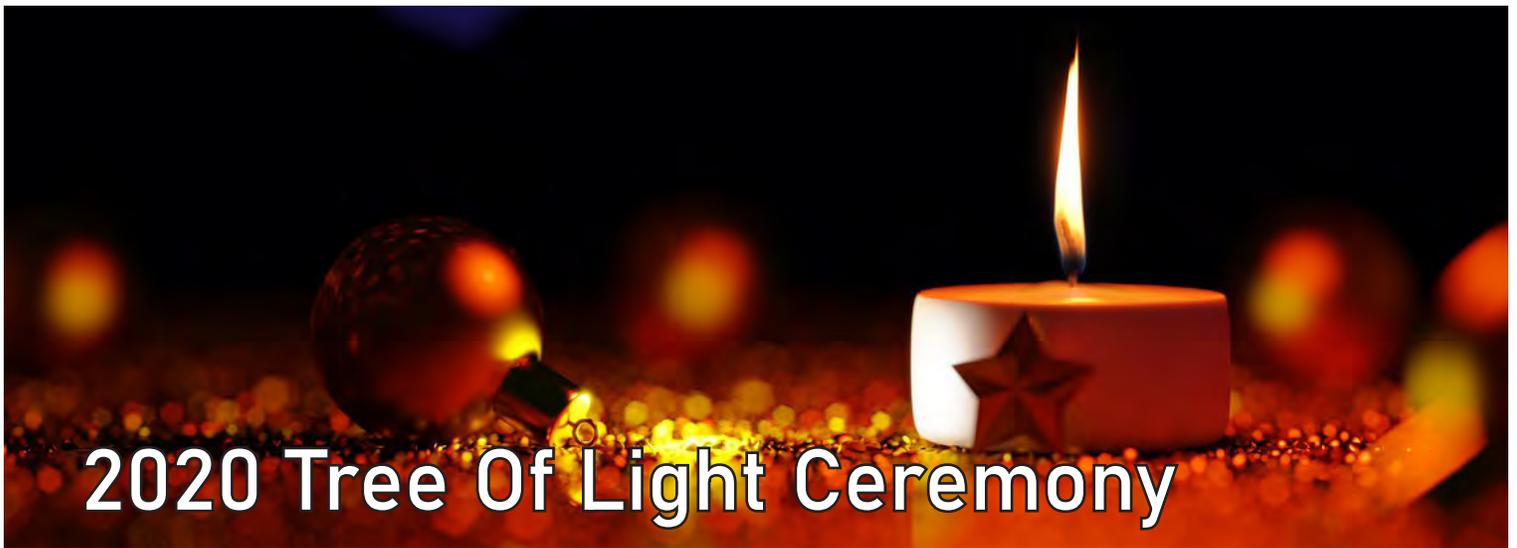
Mizpah United Methodist Church
Marc & Kristy Reith
Henry Thomas

Mary Weber

Martin Weber

Lee Wohler

LaVerna Arganbright
Jeannette Bergquist
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Shirley Wohler



2020 Tree Of Light Ceremony

The year 2020 has been an unexpected year. COVID-19 has led to many unprecedented situations for our nation. Our year has been burdened with illness, quarantines, regulations, and frequent changes in the best laid plans.

Due to the nature of the events we have faced and the unknown of upcoming months, our organization has made the decision to make some changes to our Annual Tree of Light event. This remembrance event is typically held the week after Thanksgiving in the communities we serve. It is with the best interest of those we care about that we have made this change. We have decided to host a virtual event at that time and postpone the in person remembrance event to a spring date. We value the importance of face to face time to remember those we love and feel in the spring we would be able to host the event indoors or outdoors depending on COVID-19 at that time.

Details regarding the spring event and how to make donations in memory or in honor of a loved one will be available after the first of the year when decisions have been formalized. Donations are accepted at any time, but we will not have specific donations for the Tree of Light in December as we have done in the past. We will plan for those remembrance donations to be accepted for the spring event and to read the names of those loved ones during that time.

In December, we will have our Tree of Light decorated with angels outside of our office building. This Tree of Light will be outside our office for the holiday season. We invite you to drive by, walk by, or stop by the office to take some time to remember your loved one. On Sunday, December 6, 2020, we will have a Facebook Live event @ 2:00 PM at which we will read the names of the angels we have received and tie them on the tree.

Details and angels will be mailed out the first part of November for the event. Angels will also be available at our office. Please call our office if you would like a name put on an angel or to have an angel mailed to you. We will share pictures of the angel tree on our Facebook page as well, so we encourage you to like our page and join us for this time of remembrance during this holiday season.

We will also be hosting an online holiday remembrance for those that wish to participate. We will be posting a remembrance video on our Facebook page. This will be posted on Sunday, December 13th @ 2:00 pm. It will be a candlelight remembrance service and we invite you to join us in remembering your loved ones.

The holiday season can be a hard time for many people. The isolation and losses we have felt during this pandemic may also have an impact on how the holidays affect you. Our team is here to support anyone that would benefit from additional support at this time.

Whether you need a phone call, a scheduled visit, or some additional resources, please call our office at any time so we may assist you at 785-632-2225.





Phone: 785-632-2225
Fax: 785-632-3557
Email: mhospice@ccmcks.org
Web: meadowlarkhospice.org

We are available to present programs to area organizations!

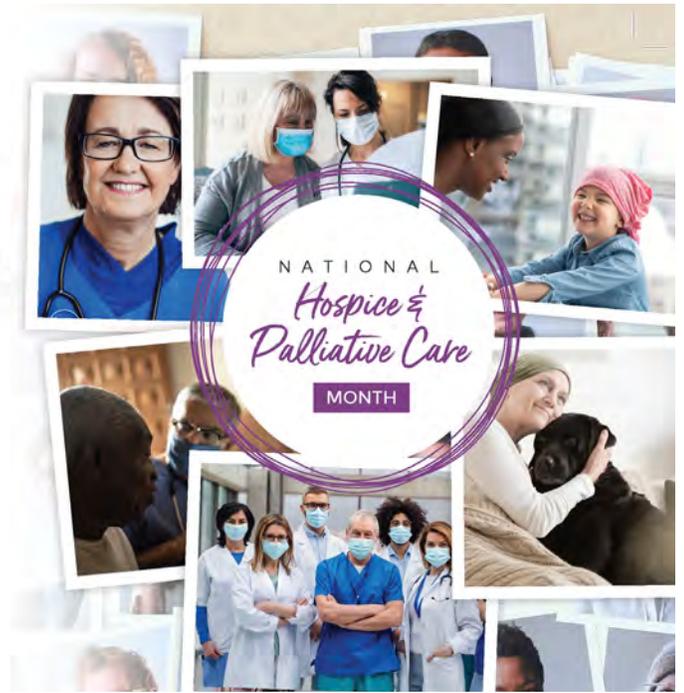


Hospice Care

We are committed to serve and deliver high-quality person-centered care to anyone who is facing a serious or life-limiting illness. We will provide physical, emotional, and spiritual support all while supporting your wishes and plan of care.

We are here for you.

CaringInfo.org



Mission

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

Serving

Clay, Cloud, Marshall, Republic, Western Riley, and Washington Counties.

Meadowlark Notes



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