

Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 88 | Spring 2020



MEADOWLARK HOSPICE

5 Reasons for Hospice Now

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Dandelions by Dawn Phelps, RN/LMSW

In June of 2008 four of my sisters and our husbands drove to Alaska, traveling the ALCAN Highway through Canada, a 1,700-mile stretch of road from the U.S. to Alaska. We drove long days on mountainous, winding roads, over roads with rough patches from the freezing and thawing of sub-zero winter temperatures.

We drove above timberline. We drove in the rain. It was a long hard trip, but it also had its rewards. We saw mountain goats and mountain sheep up close! What a thrill!

We saw baby bears with their mothers. Once when we stopped to make pictures of a mother bear with her twin cubs from the car, the mother bear threateningly ran toward our car. She was fast! I was afraid and cried out to Tom "Go, go!" as I frantically rolled up my window. The car moved forward just as the mother bear reached the edge of the blacktop.

But one of the most remarkable things about the high country of Canada was the dandelions. If there had been no dandelions there would have been no flowers at all growing in that cool, thin air where springtime had not yet arrived.

At first, we were not sure what we were seeing! The tall, bright yellow flowers resembled dandelions, but they were so tall and so big, close to 12 inches high—growing in such unlikely places! But they were dandelions—the tallest, most beautiful dandelions we had ever seen!

They were growing in patches, above the tree line, surrounded by dry, rocky land where there was little other vegetation—where the winters reach forty below. The dandelions added beauty and color to a still-to-wake-up barren mountaintop!

Right there at the top of the world were splotches of bright yellow color as the dandelions stood proud and strong. The dandelions were a bright sight to see in contrast to the dry, barren mountainside! The dandelions had survived where no other flowers were growing!

After that trip through Canada, I have not looked at dandelions the same. I used to only think of them as pesky weeds that mar the beauty of a freshly mowed lawn as their fluffy heads replace their yellow blooms. But now I have new admiration for the lowly dandelion. They are resilient; they can add beauty!

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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

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

Social Workers

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

Chaplains

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

Bereavement

Dawn Phelps, RN, LMSW
Bereavement Writer

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

Darlene Melton
Volunteer Coordinator

Charlotte Rundell
Administrative Assistant

Lori Stanley
Community Liaison

...Dandelions

They are tenacious. They can grow and survive in a harsh terrain in climates where other flowers cannot. Their bright flowers are pleasing to the eyes of children and adults. They provide intrigue and entertainment for small children who blow away their fuzzy white heads after they have bloomed.

If someone you love has died, you might feel very alone in your new harsh, rocky terrain. Perhaps you have felt there is nothing you can do to contribute to the world. You may have been shaken to the core after your loss. But give yourself some time to heal.

No matter how old we are or what we have gone through, all of us have something to offer. We have learned many life lessons. By experiencing loss, you are probably stronger and wiser than before. Like those dandelions in Canada, there are ways that we can contribute and brighten the world around us.

You have gifts to offer. So be tenacious. Be deliberate as you sink your roots deep into life again in search of moisture and warmth to nourish you. Live each day well—each day is a gift. Like the dandelion, turn your face to the sun, stand tall, and grow!

Volunteer Support

Volunteers for hospice can be an incredible benefit for a family that is facing end of life. Volunteers for hospice can be at the bedside, help run errands, provide a meal, as well as provide support in the office and help with fundraising events. Volunteers are essential part of a hospice program and meeting the needs of patients and families in their hardest times.

If you or someone you know is interested in serving as a volunteer for Meadowlark hospice, I encourage you to make contact with Darlene Melton, our volunteer coordinator. She can be reached at 785-632-2225 or dmelton@ccmcks.org. We are looking for volunteers in all of our counties, but especially need support in Republic county and cities of Riley and Glasco.

Medicare regulations require that at least 5% of patient care hours be provided by volunteers. Meadowlark hospice volunteers made 923 visits to patients or providing office support which was 1100 hours of service in 2019.

There is a lot of flexibility in being a hospice volunteer and the time commitment is really dependent on what you have to offer. The relationships formed with the families are ones that will stay with you for a lifetime.

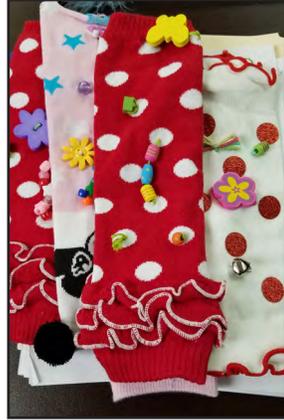
The willing spirit of a hospice volunteer is a beautiful gift to Hospice and those we serve.

Meadowlark Hospice is thankful for the wonderful volunteers that are currently serving.

It is a tremendous honor to be able to support a family and ease some of the burden they are facing.

Our patients have amazing stories of what our volunteers have been able to provide for them and we are so grateful to have great volunteers providing this service. Our current dilemma is when we have a patient and there is not a volunteer available in their area to serve them. It is heartbreaking to know a patient is in need of a service that we are struggling to find someone to fill that need.

National Volunteer Week is the week of April 19-25. Meadowlark Hospice will recognize all of our volunteers at the volunteer appreciation luncheon which has been postponed. This is a wonderful opportunity to bring our entire team together and thank those that selflessly take some time out of their busy lives to bring hope to families in need.



Fidget Sleeves

Volunteers at Meadowlark Hospice had a fun in-service in February creating "Fidget Sleeves". Colorful socks have been created into sleeves with colorful buttons, bells, beads, and thread. The volunteers had fun taking their own creative liberties with the sleeves and created a unique assortment. The fidget sleeves will be donated to area nursing homes for their residents. The sleeves are to help those with dementia to ease their anxiety and nervousness. Supplies for the sleeves were donated by hospice staff and volunteers.

Volunteer in-services are held monthly.

Cloud County volunteers meet in Concordia on the 2nd Monday of the month at 1:00 PM @ Cloud County Health Center.

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

Clay County volunteers meet in Clay Center on the 3rd Monday of the month at 11:00 AM @ Meadowlark Hospice office. Washington County volunteers meet on the 3rd Tuesday of the month at 9:30 AM @ the Washington County News office (temporarily until the basement of the Courthouse is completed).

Marysville volunteers meet on the 3rd Tuesday of the month at 12:00 pm @ Country Place Assisted Living.

Frankfort volunteers meet on the 3rd Tuesday of the month at 2:00 PM @ Frankfort Community Care Home.

We Honor Veterans by Lori Stanley

It may surprise many people to learn that 25 percent of those who die every year in the U.S. are Veterans. To help provide care and support that reflect the important contributions made by these men and women, Meadowlark Hospice is a national partner of We Honor Veterans, a pioneering campaign developed by National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs.

Meadowlark Hospice is a We Honor Veterans Partner and has achieved Level Two status and will begin Level Three. The specific goals for WHV Partners are to provide Veteran-centric education to staff and volunteers, and identify patients with military experience. Also, to conduct veteran-specific outreach presentations.

Meadowlark Hospice will implement ongoing Veteran-centered education for their staff and volunteers to help improve the care they provide to the Veteran they proudly serve. The nation is seeing many of the Veterans who served in World War II and Korean pass away and the number of deaths of Vietnam Veterans is beginning to rise.

The tiered recognition demonstrates a commitment to improving care for Veterans. By recognizing the unique needs of our nations Veterans who are facing a life-limiting illness, Meadowlark Hospice is better able to accompany and guide Veterans and their families toward a more peaceful ending. The continued skills Meadowlark will acquire will guide them in serving their patients who are veteran with the dignity they deserve.

For more information about the We Honor Veterans program or if you are a veteran and would like to volunteer for Meadowlark Hospice please call 785-632-2225.



WE HONOR VETERANS



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.



Meadowlark Hospice Named National Best Practice Agency

Meadowlark Hospice has placed in the top 25% based on the overall survey results for 3rd year in a row. On a comparative analysis of agencies results for the Overall Satisfaction or Likelihood of Recommending survey questions, Meadowlark Hospice placed in the top 25% of Fazzi's National Hospice CAHPS database for the second year in a row.

This level of success is commendable and deserving of recognition. Fazzi Associates is pleased to present Meadowlark Hospice with the Hospice CAHPS Award of Distinction.

"I am incredibly proud of the quality of care we provide our patients, families, and communities. This is an outstanding

recognition of the staff of Meadowlark Hospice and their dedication to end of life care. We are pleased to partner with Fazzi in one of the most important quality initiatives-patient and family satisfaction" Amy Burr, Director Meadowlark Hospice.

The Hospice CAHPS Family Satisfaction Award of Distinction is presented annually to hospice organizations that have demonstrated superior performance in overall family satisfaction results.

Meadowlark Hospice offers a "Special Kind of Caring" for those in the communities of Clay, Cloud, Marshall, Republic, Wester Riley and Washington.

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.

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.

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.

Leonardville

The bereavement support group meets the 4th Thursday of the month at Nelson's Landing in Leonardville, KS at 11:30 AM. Contact: Sandy Ferguson 785-706-1595.

**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.

Hospice Gifts

C&R Credit Union

Clay Center Chapter O.E.S. #180

Memorial Gifts

Kathryn Adkins

Local 959 IBEW

Betty Anderson

Brian & Anne Grace

Clarence "Lee" Adolph

Randall & Sherry Brown

Clarence "Lee" Adolph Memorial

Marysville High School Class of 1984

Janice Smith

Walter & Charlotte Zimmerling

Mona Anderson

Dale & Marsha Grunewald

Jerry & Beverly Hedke

Marysville Livestock, Inc.

Noel & Joy Deane Pfizenmaier

Richard & Linda Siebert

Joyce Stryker

Cynthia Whitney & family

Rosalie Whitney

Bob Black

Charles & Connie Busch

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George & Janice Gregory

Bob & Jerrie Loader

Ken & Bev Shivers

Evan Booth

David & Jenna Carver

CCCHS Class of 1975

Dwight & Doris Ferguson

Gary & Margaret Frint

Randy & Cathy Hafner

Janelle Magnuson

Diane McKain

Southern Cloud USD #334

Glasco-Miltonvale

Betty Spellman

Gary & Nola Unruh

Clyde & Rita Wollenberg

Gearld Breault

Max & Suzanne Abercrombie

Angela Christine Anderson

Rosemary Anderson

Sharon Applebee

Marilouise Breault

Maxine Caron

Don & Pauline Collins

Don & Kay Cummins

Gearld Breault Memorial

Jim & Susan LeDuc

Kenneth & Leanne Lewis

Gwen Miller

Lori Peltier

Max & LaDonna Peltier

Garry & LaRae Tremblay

Jeff & Lisa Widen

Jim & Kathie Winter

Gerald & Cynthia Wurtz

Grace Christians

Grace Christians Memorial

Jay & Rita Rowh

Vivian Erickson

Brian & Anne Grace

Leroy "Roy" Heiman

Tim & Agnes Heiman

Harlin Henton

Laura Clifton

Alvin & Linda King

Thomas Link & Peggy Peterson-Link

Lori Stanley

Elbert Dean Hinson

Helen Danielson

Charles "Edward" Lilley

The Family of Edward Lilley

Walter Lips

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Clay County Medical Center

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Deb Martin

Marabeth Morton

Merna Siebold & Tom Nelson

Phil & Brenda Pfizenmaier

Rod & Jana Proctor

Carroll & Jane Roth

Marvin & Polly Schwab

Paul & Michelle Tessaro

The Family of Herman Lippert

Nick & Tammy Thompson

Clyde & Rita Wollenberg

Arnold Lohmeyer

AGI Hutchinson Mayrath

Arnold Lohmeyer Memorial

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Joyce Trumble
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Clyde & Rita Wollenberg
Mark & Patti Woodruff
Robert Young

Bonnie Mellies

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Nancy Jo Doberer
Gene Ferguson
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Barbara Nordhus

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Douglas & Jacque Griswold
Bruce & Theresa Leonard
Donald & Deborah Michalski
David & Judy Nordhus
The Family of Barbara Nordhus

Donald Obenland

Don Obenland Memorial
Lavonne Hartner
Harvey & Jamalee Humphrey
Mark & Susan Meier
Dallas & Rebecca Obenland
Clyde & Rita Wollenberg

Raymond O'Neil

Marilyn O'Neil

Donna Pacha

Donna Pacha Memorial
Daniel & Haley Schell

Patty Rahe

The Children of Patty Rahe

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David Trecek Memorial

Mary Weber

Martin Weber



MEADOWLARK HOSPICE

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

We are available to present programs to area organizations!



Celebrating 35 Years



Volunteer Rita Dockter, left,
and Hospice coordinator Marcella Bechard

Hospice services in Clay Center began in May of 1985. What started as a dream and vision became a reality.

A team of professionals-doctors, nurses, clergy, social workers and volunteers all working together with one goal-to provide care and support for a person in the final phases of disease so that could live as fully and comfortably as possible.

Hospice is as important today as it was 35 years ago. Patient and families do not have to go thru this time alone. The hospice professionals will be there every step of the way!

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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