

# Meadowlark Notes



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

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## Words, Sweet and Tender By Dawn (Thorn) Phelps

Many years have passed, but I have never forgotten an in-service I attended that was presented by Ron Willis from Jewell, Kansas. I had met Ron previously when he was the psychologist at the Youth Center of Beloit where I did a practicum while in graduate school.

Ron is a wise, respected man, a man of compassion and integrity, laced with a super-sized dose of kindness. He is the founder of Green Porch Swings Productions, so named because Ron says he learned most of his les-

sons about how to treat others from his grandfather while they sat in an old green porch swing when he was a young boy.

His grandfather also believed that "what you have living in your heart is more important than any diploma on a wall."

The words Ron spoke at the in-service have stayed with me. He spoke of the power of our words and actions and how they affect the lives of those we touch. He told the story of his young adult daughter who died suddenly of an aneurysm, of how he was glad he had chosen to spend time with her shortly before her death even though

## Director Notes

### The Long Overdue Hug

People need closure in different ways after they have lost a loved one. The important thing is that you need to do what works best for you to bring peace to your heart. I am one that finds comfort in visiting with others who were close to the one who passed. A simple hug from them is so comforting and brings me a little peace when someone close to me has passed. I have had a couple of situations in my life where I was not able to have that con-

nection with the family or other loved ones. Unfortunately, I wasn't able to get that much needed hug. I was able to make peace with the loss in different ways, but always longed for that hug.

One of those losses was a very good friend from high school. After we graduated, his family moved to Louisiana. He came back to visit during Christmas of our freshman year of college. It was the best visit I had with him in a long time and it in-

**Words, Sweet and Tender.....(continued from pg 1)**

his life was filled to the brim with other obligations.

Ron said our words for those around us should always be “sweet and tender”—for family members, friends, co-workers, or anyone with whom we have contact.

Words are powerful. They can harm or heal, humiliate or inspire. Words can help pull a person out of despair and help them reach for a dream.

The words of one music teacher prevented a student from killing himself even though she had no idea about the young man’s plan when she talked to him. Her student went on to live a very productive life.

My fifth grade teacher told our class that we could have a dream. I was a little country girl from a family of seven children. Until then, I had never thought about the possibility that I could actually have a dream and accomplish it!

After my younger sister Hope graduated from high school, her former teacher, Mrs. Ross, asked her why none of the seven children in our family ever attended college. She told Hope that we were “all smart kids.”

**“Kind words can be short and easy to speak, but their echoes are truly endless.”**

**-Mother Teresa**

Mrs. Ross’ word started Hope thinking about the possibilities, and she graduated from college before I did. No, it was not easy for Hope—she had to work her way through school as the rest of my siblings and I did.

No matter what our circumstances in life are, we will undoubtedly encounter difficulties. At times, life will not seem fair. We may never know why things happen the way they do. That’s what life is like.

We will experience joys and sorrows—births and deaths, including the deaths those we love. In our grief, we will have to make choices. To move forward toward a new life or get stuck where we are.

So choose well. Choose to spend your time associating with people whose words are “sweet and tender,” as Ron Willis advises. Even though life may not be easy, try to not become *bitter* but instead make things *better* for yourself and others around you.

Another one of Ron Willis’ quotes: “We must live our lives looking forward, yet *meaning* often comes as we look back over our shoulder” at our past. Your life will never be the same after a loss, but life can still be fulfilling as you live life looking forward.

Words are powerful! Like Ron Willis said, “*Make your words sweet and tender,*” and good things will come to you.



**Director Notes.....(continued from pg 1)**

fluenced the direction my life went afterward. Tragically, he was killed in a terrible incident in Louisiana the following May. I was unable to attend his funeral and never had the opportunity to hug his parents and family and find my normal comfort for that loss. This was in May of 1996.

In August of 1997, I saw his little sister at a wedding we were both attending. It was a blessing to be able to see her as I was able to get that hug I needed. That hug just let us both know that we were missing her brother and still hurting. In later years, I was able to connect with her on Facebook. Thru that, I learned that his dad had also passed. In March of 2018, I was able to connect with his mom on Facebook. It was great to connect with her, but I was still that missing hug.

In June of 2018, we vacationed in the Smoky Mountains of Tennessee with my family. **My husband happened to check Facebook and saw that my friend's mom**, who still lives in Louisiana, was vacationing with her family in the same town at the same time we were. Really? Was this happening? We were communicating through Facebook that we would love to catch a hug from each other. She posted a picture on Facebook of their cabin which looked strikingly similar to the cabin we were staying in. Could they be staying at the same resort as we were? The next day, we took a walk down to the pool and on the way back I heard my name being called. Sure enough, there was his sister calling my name. She called me over to their cabin to take me to her mom. Twenty-two years later, I was able to hug this sweet woman I thought I would never see again.

It was UNBELIEVABLE. How wild that we just became Facebook friends in March and that is what gave us the link to find each other. Occasionally Facebook can be the cause of something great! Our worlds collided and put us less than 1/10<sup>th</sup> of a mile away from each other. **We all believe it was my friend's way of letting us** know he is watching over us. His sister posted that it gave her comfort and hope that she will see him again in heaven. It was a great reminder to me to always have faith. Things may take longer than we think they should, but when they do, it is surreal.

Losing someone is one of the hardest situations we face. We will always miss the one we lose. We do have to find ways to find peace after a loss. As with the loss I faced, the usual comforts that bring us peace may not come right away. May you be able to find what comforts your heart. Be open to needing to find peace in other ways. I also pray that you have the blessing that I was able to find so many years later.

**“May you be able to find what comforts your heart. Be open to needing to find peace...”**



**Hugs  
were invented  
to let people know  
you love them  
without  
having to  
say anything.**

## Calendar of Events

Jul 9	1:00 pm	Concordia Volunteer Continuing Education
Jul 9	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Jul 9	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Jul 10	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Jul 12	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Jul 16	11:00 am	Clay Center Volunteer Continuing Education
Jul 17	9:30 am	Washington Volunteer Continuing Education
Jul 17	Noon	Marysville Volunteer Continuing Education
Jul 17	2:00 pm	Frankfort Volunteer Continuing Education
Jul 19	5:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
Aug 9	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Aug 13	1:00 pm	Concordia Volunteer Continuing Education
Aug 13	3:00 pm	Belleville and Republic Volunteer Continuing Education at Republic
Aug 13	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Aug 14	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Aug 16	5:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
Aug 20	11:00 am	Clay Center Volunteer Continuing Education
Aug 21	9:30 am	Washington Volunteer Continuing Education
Aug 21	Noon	Marysville Volunteer Continuing Education
Aug 21	2:00 pm	Frankfort Volunteer Continuing Education
Aug 23	4:30 pm	Marysville Bereavement Support Group - South Plaza of CMH - use N door
Sep 10	1:00 pm	Concordia Volunteer Continuing Education
Sep 10	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Sep 10	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Sep 11	4:30 pm	Clay Center Bereavement Support Group - Group will eat together - Meadowlark Hospice office
Sep 13	7:00 pm	The Grief Support Group (community-sponsored) - 214 W 2nd, Washington - Call Terri Clark 785-325-3200
Sep 17	11:00 am	Clay Center Volunteer Continuing Education
Sep 18	9:30 am	Washington Volunteer Continuing Education
Sep 18	Noon	Marysville Volunteer Continuing Education
Sep 18	2:00 pm	Frankfort Volunteer Continuing Education
Sep 20	5:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA
Sep 27	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

Alpha Omicron Master Chapter  
Clay Center Chapter O.E.S. #180  
Mens Benefit Golf Tournament,  
Clay Center Country Club  
Harold & Delila Metz  
Dolores Wassenberg

### MEMORIALS

#### IRENE BARTON

Jonathan & Heidi Brott  
Michael & Michelle Dunn  
Irene Barton Memorial  
Nancy Beren & Larry Jefferson  
Rosemary Joslyn  
Estelle Schuster  
The Family of Irene Barton

Roger & Cheryl Thull

#### CATHRINE BIEKER

Concordia Auto Mart, Inc  
J.B. & K.M. Nelson

#### ROGER COLBY

Dave & Nancy Dugas  
Friends & Neighbors  
Kimberly Gerard  
Everett & Marlene Miller

Gwen Miller

#### BERNARD CYRE

**St Paul's Episcopal Church**

#### ROBERT DOUGLAS

Joyce Dockins

#### GERALDINE DYSON

Rita Callaway  
David & Kim Criswell & family  
Charles & Denise Cyr

#### ...GERALDINE DYSON

Lyle Dyson  
William & Darla Fraley  
Friends & Neighbors  
Bill & Fran Garrison  
Geraldine Dyson Memorial  
Catherine Lowers  
Blaine & Becky Murphy

#### ROSALEE FARMER OLSON

Mr. & Mrs. Larry Avery  
Charles & Elaine Bowers  
Adolph & Beth Charbonneau  
David & Brenda Cunningham  
Neva Demanett  
Robert Demanett  
Jane Demanette  
Mr. & Mrs. Dick Edwards  
John & Edith Herbin  
Daryl & Jayne Holechek  
Darrel & Margo Hosie  
Willis James & Debra Istas  
Larry & Patricia LeDuc  
Martin, Inc. DBA Ecowater of  
N.C.K.

Max & LaDonna Peltier  
Rick & Sherrie Radcliffe

Leroy & Diane Seiler

Eleanor Sharp

Spencer Stein

Mike & Susan Vint

Jim & Jane Wahlmeier

Melvin & Mary Waite

#### JAMES FORSHEE

James Valcoure & Chelle Fleming  
Friends & Neighbors  
Loren & Norine Koester  
Gwen Miller

#### PATRICIA GERARD

Harley & Darla Adams  
Dale & Linda Berk  
George & Nancy Champlin  
Jimmy & Deanna Conn  
John & Marylu Fellows  
Dale & Ina Garrison  
Annette Gopalan  
Deborah Honeycutt  
Lucille M. Johnson  
James & Ann Lanoue  
Armand & Esther Naillieux  
Patricia Gerard Memorial  
Tom & Machelie Raleigh  
Jerry & Judy Shaffer  
Sally Townsend  
Jack & Michelle Widen

#### LYLE GODBOUT

Robert & Jeanette Bergquist  
Rod & Melinda Christie  
Crystal Gordon

Donald & Rhonda Joseph  
State Bank of Blue Rapids

#### FORREST HARTNER

Betty R. Jones

#### ALBERTA HOFFMAN

Raymond & Lyleen Adams  
William Alexander  
Alvin & Claryce Anderson  
Bryan & Konnie Evans  
Faith Lutheran MOPS  
Friends & Neighbors  
Margaret Gonser  
Doyle & Dixie Jones  
Erma Leuthold  
Delbert & Lu Ann Lund

## Hospice Gifts & Memorials

*Your memorial gifts honor your loved ones and help others!*

...ALBERTA HOFFMAN

Evelyn Mugler  
Timothy & Lori Penner  
Dennis & Donise Peterson  
Noel & Joy Deane Pfizenmaier  
Ronald & Annette Reilly  
Riley County Farm Bureau  
Association

Lowell Scriptor

Gary & Nola Unruh

MARIESTHER HOLBERT

Karl & Sue Ware

DAN KANE

James & Christine Brinkman

Devin & Amy Burr

John & Alaina Call

Al & Carolyn Kirtley

Derele Knepper

Buzz & Kay Lohmiller

Donald & Gale Nebelung

Pat & Maureen Pfizenmaier

Grant & Sue Anne Sager

Todd & Koralee Slagle

IRMA LUPHER

Cindy Jo Alldredge

Daryl & Annette Bott

Howard & Marcia Brun

Beverly & Terre Carter

Dwain & Mary Dankenbring

Mark & Evelyn Diederich

Mary Lisa Diederich

Friends & Neighbors

Mark & Sherrill Goeckel

Margaret Gonser

Gene & Sandy Harding

James & Maria Martin

...IRMA LUPHER

Pat & Betty McGatlin

Norma & Francis Megenity

Donald & Roberta Osborne

Todd & Tammy Parker

Idana Perkins

Todd Perkins

Walter & Phoebe Pitney

Ronnie & Sheryl Richter

John & Neva Ridgeway

State Bank of Blue Rapids

Titan Trailer Mfg. Inc.

Dennis & Mary Waite

Marilyn Waterman

Melvin & Sheryl Watters

Verina Weis

EDNA ROOD

Gary Francis

Friends & Neighbors

Kevin Larson

Gerald & Barbara Jo Meier

Larry & Sonya Meier

Judy Ricketts

Herbert & Polly Wacker

Mike & Carol Wendland

Ronald & Mary White

RUSSELL SEARCEY

Russell Searcey Memorial

BENNY SIEBOLD

Doug & Patti Adams

Benny Siebold Memorial

Rene & Denise Charbonneau

Bill & Anne Clark

Patti & Roger Clark

Clay County Medical Center

Clay County National Bank

...BENNY SIEBOLD

Jerry & Greta Frank

Greg & Mary Jensen

Rosemary Moser

Harold Mugler

Jo Oberg Ministries

Mike & Vicki Peterson

Noel & Joy Deane Pfizenmaier

Rose Anne Reed

Marjorie Sanneman

Jim & Lisa Seley

Leora Simnitt

Dianne Smith

Henry Thomas

Clyde & Rita Wollenberg

LEON STANGE

Cathy & Mark LeSage

**Dan & Juanita O'Neil**

**Doug & Pam O'Neil**

**Lois O'Neil**

BASIL TATE

Myron & Sharon Cailteux

Larry & Joan Dobson

Friends & Neighbors

Marcia Roets & Robert Hoefler

Kenton & Stephanie LeBlanc

Shirley LeBlanc

Donald & Terry Olson

Michael & Cheryl Philippi

Bob Pierce

Brian & Kristi Riney

Ronald & Julianne Salberg

Mike & Penny Walker

Daniel Francke & Karen Wells

Darlene Wernette



## Hospice Gifts & Memorials

*Your memorial gifts honor your loved ones and help others!*

DONALD VANSCOYOC

Lee & Kathleen Thompson

VELMA WILDER

Dr. Chris & Kendra Worthen

PEGGY ZACHARY

Arnold & Donna Barleen

Dale & Linda Berk

Adolph & Beth Charbonneau

Patricia Cline

Concordia Auto Mart, Inc

Charolette Deneault

...PEGGY ZACHARY

Ted & Janet Easter

F & A Food Sales

Fredheim Farm

Friends & Neighbors

M. Gallagher

Jason Hall

Loren & Norine Koester

Robert & Sherri LeDuc

...PEGGY ZACHARY

Larry Merrill & Christy Million

Bonnie Sjogren

Bradly & Rhonda Smith

Armand & Jane Snavelly

Bud & Dixie Trost



*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around”*

*-Leo Buscaglia*





# MEADOWLARK HOSPICE

709 LIBERTY  
CLAY CENTER, KS 67432  
RETURN SERVICE REQUESTED

NONPROFIT ORG  
US POSTAGE  
**PAID**  
CLAY CENTER, KS  
PERMIT NO. 410

## Meadowlark Hospice

709 Liberty St  
Clay Center, KS 67432

Ph 785.632.2225  
Fax 785.632.3557  
email [mhospice@ccmcks.org](mailto:mhospice@ccmcks.org)  
Web [meadowlarkhospice.org](http://meadowlarkhospice.org)



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

Medical Director – John Ryan, 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; Debra Champlin, RN;  
Denise Gilges, RN; Deb Hedke, RN, BSN; Nedra Kisby, RN;  
Kristin Kruse, RN, BSN; JoAnn Lips, RN; Maria Seematter, RN;  
Sherry Wiese, RN

Director of Social Services – Kay Lynn Mead, LMSW

Social Workers – Kathryn Benson, LBSW; Stephanie Garrison, LBSW;  
Jen Meier, LMSW

Bereavement Writer – Dawn Phelps, RN, LMSW

Bereavement Services Coordinator – Kay Lynn Mead, LMSW

Chaplains – Greg Doll; Rex Fuller; Kathy Ouellette; Al Paredes; Gerry  
Sharp; Marilyn Sweet; Sr. Marilyn Wall

Volunteer Coordinator – Darlene Melton

Billing/Insurance – Ronna Urban

Administrative Assistant – Lilly Hitsman; Charlotte Rundell