

Meadowlark Notes



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

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The Good Man Is Gone

By Dawn (Thorn) Phelps

My earliest and only memory of my Papa Rountree is of sitting in his lap when I was a very young child and reaching up to touch his white, stubbly mustache. I remember being intrigued about how it felt to gently touch the underside, and I felt safe in his lap.

My grandpa, John Alexander Rountree, was a gentle-spirited man who died of pneumonia at the age of 72. Right after he died, it was reported that my Grandmother Rountree said, "*The good man is gone.*"

I still remember her words when I think about Papa. People described Papa as gentle, kind, and good—a beloved man who owned a community grocery store "in the Valley"—Water Valley, Tennessee. His store was in operation during the Depression years.

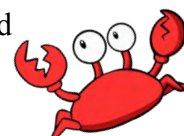
A few miles down the road, my other grandfather who we called "Pappy" owned another grocery store that set right in the middle of a field in front of my grandparents' large, rambling, two-story house. Pappy was once beat up and robbed while he

Director Notes

While on vacation recently, I encountered a visual example of what grief can feel like. My kids and nephews were playing on the beach and discovered several hermit crabs. They were fascinated by these little creatures. At first, they thought they were bringing us empty shells. A menagerie of shells were lined up next to us on the beach while we admired the beauty of each shell. The boys had no idea these beautiful shells had inhabitants. Imagine

the look on their faces when these shells grew legs and scurried away back to the water. It quickly became a game of finding more hermit crabs and gathering them on the beach to watch them race back to the water.

There was one poor little crab that the boys spent a lot of time challenging. It was one of the bigger crabs and it had a beautiful distinctive shell. It would scurry back to the water and just start to dig into



The Good Man Is Gone.....(continued from pg 1)

was at the store. Times were particularly hard during the Depression.

Both grandfathers sold groceries to customers on credit even when they knew their customers did not have the money to pay their debts. Because of their kind hearts, neither of my grandfathers could bear to see children go hungry when there was food in their stores. They both had difficulty making a living because they were too kind. But can a person really be too kind?

Today, both of those stores are still in Water Valley, closed for many years now. Papa Roundtree's old store still stands in its original place, and Pappy's has been moved from the field to a permanent home in Water Valley a few yards down the road and across from Papa's. So when my siblings and I go to Water Valley, we can see their stores that remind us of our family history that included kindness from both sides of the family.

The sentence "*The good man is gone*" can also apply to those who have made monumental impacts on the lives of others. For example, Mother Teresa impacted the lives of thousands in India—lepers, children, the elderly, the poor, and dying. When she died September 5, 1997, in Calcutta, India, someone probably said, "*The good woman is gone.*"

**"Be kind
whenever
possible. It is
always possible "
-Dalia Lama**

On a local level, small acts of kindness count too! For example, a man named Jack continued the tradition of baking and gifting Christmas cookies for seven years after his wife Lulu's death, using the recipe that he and Lulu had used when she was alive. After Jack's death, his family continued the tradition. They passed along the recipes with plates of cookies to brighten others' day.

One teacher friend of mine started a campaign to raise money so a young boy could be evaluated by doctors at Mayo Clinic. With proper evaluation and treatment, the course of the young boy's future was changed.

Many husbands and wives become caregivers when their spouse becomes ill. Caregiving takes dedication, kindness, and hard work. But if you give away kindness, it has a way of coming back around in unexpected ways—the boomerang effect.

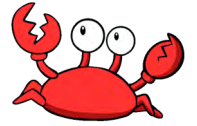
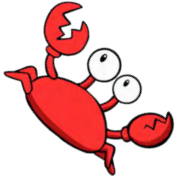
Even if we never gain notoriety or thank yous for the kind acts we do, doing good for others is also good for us—our reward—even if we are never acknowledged! And all good deeds, large or small, matter.

So even if your heart is sad after your loss, try to turn your loss into something that is good for someone else and show kindness. Then someday, when it is your time to leave this earth, you will be remembered. And more than likely someone will say, "*The good man (or woman) is gone!*"



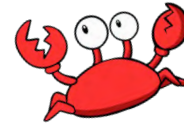
Director Notes.....(continued from pg 1)

the sand when the hands of little boys swept him back to the shore. That poor crab probably felt it was not making any progress. It would retract into its shell on the beach and wait. Then it seemed just as we turned our heads, that little crab would make a dash for the water. Two steps forward, three steps back became the story of this crab's life. What a relief it must have been for that little hermit crab when we moved to another part of the beach.



Grief can make one feel as this little crab did that day. Things can be going along and you feel like you have a handle on your emotions. Out of nowhere something can catch you off guard and remove you from your comfortable place. A memory that catches you when you least expect it can make you feel as though you are starting over in your grief process. You may feel like you want to hide in your shell and wait until it is safe to come out. Those memories are reminders that our loved ones always are with us. When those memories flood you unexpectedly, it is ok to spend some time remembering your loved one. Then you can emerge from your shell again and continue on making new memories and sharing the old memories.

So, the next time you feel like that little hermit crab, take a moment for yourself. Find a way that works for you to make those hard times a little easier. Our memories of our loved ones are our greatest treasures!



Calendar of Events

Jul 8	1:00 pm	Concordia Volunteer Continuing Education
Jul 8	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Jul 8	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Jul 9	4:30 pm	Clay Center Bereavement Support Group - Meadowlark Hospice office
Jul 13	10:00 am	"Mending Hearts at Meadowlark" -Bereavement Support Group for kids ages 6-12- Meadowlark Hospice Office, 10a-2p-Call Meadowlark Hospice office 785-632-2225. One day only event.
Jul 15	11:00 am	Clay Center Volunteer Continuing Education
Jul 16	9:30 am	Washington Volunteer Continuing Education
Jul 16	Noon	Marysville Volunteer Continuing Education
Jul 16	2:00 pm	Frankfort Volunteer Continuing Education
Jul 18	3:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
Jul 25	11:30 am	Leonardville Bereavement Support Group (community-sponsored) - Nelson's Landing, Leonardville - Call Sandy Ferguson 785-706-1595
Jul 25	4:30 pm	Marysville Bereavement Support Group - South Plaza of CMH - use N door
Aug 12	1:00 pm	Concordia Volunteer Continuing Education
Aug 12	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Aug 12	6:30 pm	Concordia Bereavement Support 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 15	3:30 pm	Belleville Bereavement Support Group - Library, 1327 19th Street
Aug 19	11:00 am	Clay Center Volunteer Continuing Education
Aug 20	9:30 am	Washington Volunteer Continuing Education
Aug 20	Noon	Marysville Volunteer Continuing Education
Aug 20	2:00 pm	Frankfort Volunteer Continuing Education
Aug 22	11:30 am	Leonardville Bereavement Support Group (community-sponsored) - Nelson's Landing, Leonardville - Call Sandy Ferguson 785-706-1595
Aug 22	4:30 pm	Marysville Bereavement Support Group - South Plaza of CMH - use N door
Sep 9	1:00 pm	Concordia Volunteer Continuing Education
Sep 9	3:00 pm	Belleville and Republic Volunteer Continuing Education at Belleville
Sep 9	6:30 pm	Concordia Bereavement Support Group (community-sponsored) - Episcopal Parish Hall, 117 W 8th - Call Judy Lambert 785-243-4454
Sep 10	4:30 pm	Clay Center Bereavement Support Group - Group will eat together - Meadowlark Hospice office
Sep 16	11:00 am	Clay Center Volunteer Continuing Education
Sep 17	9:30 am	Washington Volunteer Continuing Education
Sep 17	Noon	Marysville Volunteer Continuing Education
Sep 17	2:00 pm	Frankfort Volunteer Continuing Education
Sep 19	3:30 pm	Belleville Bereavement Support Group - Group will eat together, Place TBA
Sep 26	11:30 am	Leonardville Bereavement Support Group (community-sponsored) - Nelson's Landing, Leonardville - Call Sandy Ferguson 785-706-1595
Sep 26	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 Chapter O.E.S. #180
St Paul's Episcopal Church

MEMORIALS

JOHN "BRUCE" AMES

Esther Ames

REBECCA BALLARD

Rebecca Ballard Memorial
Clifford & Carolyn Williams
Bruce & Jackie Wingerd

NAOMI BARLEEN

Lee & Deanna Barleen
David & Linda Bogart
Central National Bank-Concordia
Brenda Cunningham
Lois Johnston
Jeanne Keazer
Fred & Phyllis Larsen
Gerald & Deanna Link
Howard & Shea McMillan
Susan Melhus
Gwen Miller
Naomi Barleen Memorial
Charles Sjogren
Terry & Loretta White

ALICE BOSCHEK

Jeanne Keazer
Gwen Miller

BERNARD BREAUULT

Bernard Breault Memorial
Donna Breault
James & Kelley Kemmerer
James & Lynn Weaver

WALKER "LYNN" FELDHAUSEN

Virginia Feldhausen
EUVONNE FINCHAM
Harold & Anne Hula
Tony & Ann Mann
Joyce Stryker

BEN GROSSE

Merl & Jacqueline Ramsey

ROLAN DALE HARRIS

Dorothy Hula & family

EVELYN IRWIN

Dee & Jan Bergstrom
Robert & Neva Demanett
The Family of Evelyn Irwin

ROBERTA "GERRY" JOHNSON

Ron & Marilyn Ames
Larry & Jan Blochlinger
Dennis & Lynette Blomberg
Dana & Tina Brewer
Mr. & Mrs Richard Campbell
Christopher & Kathryn Cox
Dennis & Peggy Jackson
John & Patricia Jacobs
Melvin & Ora Lee Jeardoe
Kevin & Sheri Johnson
G. Kent & Kimberly Larson
Genevieve Melby
Gwen Miller
Randall & Robyn Nelson
Mark & JoDee Rothfuss
Randy & Mary Beth Smith
Spur Feeders, Inc.
Warren & Eileen Sutton
Robert & Sara Thompson
Roger & Sandra Weis
Patricia & Kurt Zimmer

LONNIE LEIDIG

Tom & Denise Dragastin
Beverly Fritz
Peggy Leidig
Lonnie Leidig Memorial
Darcy & Donna Ramsey
Calvin & Merry Roop
Daren & Ruth Sanders
Peter & Mary Kay Sherlock
Robert & Carol Shorman
Wehling Family LP
Carol Wolf
Helen Wolf
Wayne Wolf
Ronald & Barbara Wurtz
Ruth Ann Zenger
SUSAN MARTIN
Sarah Buechel
EDGAR NIEMEIER
Richard & Barbara Doyle
LOIS NOVOTNY
Dana Gerhard
Landoll Corporation
Lois Novotny Memorial
Linda Schmitz
JANET OVERBECK
Mary Alice Pacey
Terry & Jan Taylor
LAURETZ "LN" RASMUSSEN
Lauretz N Rasmussen Trust
WILLIAM "BILL" SMOOT
Bill Smoot Memorial
Clay Center Auto Parts
Bill & Fran Garrison
Neal & Christine Neaderhiser
Karen Stevenson

Hospice Gifts & Memorials

Your memorial gifts honor your loved ones and help others!

...WILLIAM "BILL" SMOOT

Meta Wendelken

LINDA STITT

Sedlacek 1879 LLC:

Ann Hoelting, David Seidl,

Wesley Seidl

Kathy Shum

BURTON STUDDT

Ida Studdt

CALVIN WILGERS

Kenny & Jayne Wurtz



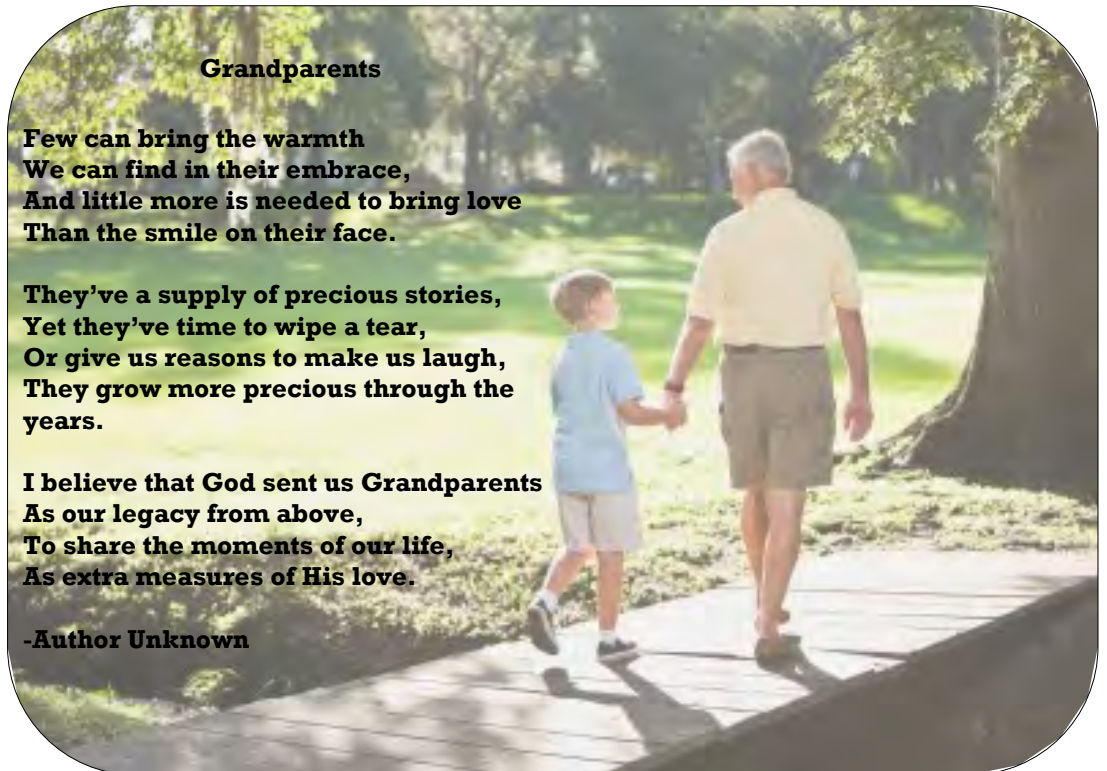
Grandparents

**Few can bring the warmth
We can find in their embrace,
And little more is needed to bring love
Than the smile on their face.**

**They've a supply of precious stories,
Yet they've time to wipe a tear,
Or give us reasons to make us laugh,
They grow more precious through the
years.**

**I believe that God sent us Grandparents
As our legacy from above,
To share the moments of our life,
As extra measures of His love.**

-Author Unknown



25 Reasons Kids Love Grandparents

(source: Considerable.com/Grandparents.com Staff)

1. They're always up for an adventure. Whether it's a nature hike , a day of kayaking, or a weekend of camping grandparents like to get outside as much as kids do.
2. They know lots of stories-and some of them are even true.
3. They can grow things. Maybe it's a garden of tomatoes and zucchini. Maybe it's just a potted plant. And if kids help, grandparents will let them get their hands dirty.
4. They know their way around libraries and book stores. Where are the picture books? Where can kids find something for tomorrow's report on Conestoga wagons? Grandparents are great guides.
5. They're not afraid to be silly. Did a grandchild make a mask or a funny hat? They know who will try it on. Is no one at home willing to listen to kids' knock-knock jokes? Guess whom they should call.
6. They let grandchildren take their time. When kids stay with grandparents, they don't need to rush to get dressed in the morning. They know grandparents will wait for them.
7. They make the best audience. When grandchildren learn a new poem, some fancy dance moves, or their first violin piece, they count on grandparents to watch, listen-and applaud.
8. They have the coolest pets. Whether it's a cocker spaniel or a real, live, talking parrot, grandparents share their animals with kids. What's more, they let grandchildren help take care of the animals.
9. They love to travel. They're up for a week in Yellowstone, a vacation at Disney, or a family cruise.
10. They knew their grandchildren's parents when they were kids, and they have the pictures to prove it. They can tell kids stories about their parents that their moms and dads would never tell children themselves.
11. They make great popcorn, not to mention brownies and sundaes. And they always let kids help, even if it gets messy.
12. They know tons of good songs, especially the ones kids learn in nursery school and kindergarten, and they love to sing along.
13. They're always thrilled to hear from grandchildren, especially when they have something special to report.
14. They're walking history books. Most grandparents can remember when televisions had antennas, cars had fins, and phones had cords. When they take kids to a science or history museum, they make exhibits come to life.
15. They collect and display their grandchildren's art like museum curators, and they wouldn't trade a grandchild's first sunny-day scene for the *Mona Lisa*.
16. They send kids the coolest care packages when they go away to camp, to college, or just for the fun of it.
17. They pay grandchildren to help out around the house, and sometimes they even beat minimum wage.
18. They believe whatever stories grandchildren want them to believe, even when neither of them can stop laughing as kids tell them.
19. They have skills to teach that grandchildren can't learn in school, like patching a tire, catching a fish, and sewing a hole in a favorite pair of jeans.
20. When kids aren't feeling well, grandparents will snuggle up on the couch and watch cartoons with them, even *Spongebob*.
21. They'll read their grandchildren's favorite books to them, over and over again. Then they'll go out and get new books that are even better.
22. Even if they live far away, grandparents stay in touch and make sure grandchildren know that they're thinking about them.
23. Grandparents let their grandchildren teach them things, like how to use a cell phone and share photos online.
24. They want to make every day they spend with their grandchildren special. And when they're not with the kids, grandparents go online to find more things to do with them.
25. They love their grandchildren unconditionally. Now, what could be better than that?



MEADOWLARK HOSPICE

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Meadowlark Hospice

709 Liberty St
Clay Center, KS 67432

Ph 785.632.2225
Fax 888.843.1020
email mhospice@ccmcks.org
Web 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;
Audie Hartman, RN; Deb Hedke, RN, BSN; JoAnn Lips, RN; Sherry
Wiese, RN

Hospice Aide - Tracy Wallace

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/Administrative Assistant – Lilly Hitsman

Administrative Assistant – Charlotte Rundell