

# Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 106 | Fall 2024



## MEADOWLARK HOSPICE

### 5 Reasons for Hospice Now

1. Quality of Life
2. Symptom Management
3. Spiritual Care
4. Caregiver Relief
5. Grief Counseling

### Inside this Issue

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## “But, Madam, Don’t You Wish You Could?”

by Dawn Phelps, RN/LMSW

Many years ago I made a visit to the home of an elderly man in another town for a painting lesson. The man’s name was Mr. Nelson; he has since died. During my visit, he told me a story that I have never forgotten.

He said a lady came to his home to look at his paintings. As she looked at one of his outdoor scenes which included grasses by the roadside, the lady critically remarked, *“I have never seen colors like that in the grass!”*

The grasses in his painting included golds, browns, reds, purples, and greens from his palette. To the lady’s remark, Mr. Nelson said he replied, *“But, Madam, don’t you wish you could?”* He said that he felt sorry that she was unable to “see” the colors and beauty.

Sometimes we too miss seeing “the colors” in our lives because of the many demands that take our time and energy. We may have taken life for granted and forgotten to appreciate the small beauties that surround us.

And if we are grieving a loss, we may be overwhelmed and distracted due to our sadness, at least temporarily. But a sad event may turn into “a wakeup call” to help us look for the beauty and recognize what is most important in life.

The first spring after my husband died, I struggled to feel any joy even though spring was bursting out all over—flowers were blooming, and the birds had returned from their long winter away. But it was difficult to welcome spring which had always been my favorite season. After my heart began to heal, I again began to appreciate the small joys around me.

If you have experienced a loss, you too may be struggling and unable to “see” nature’s gifts and many others wonders. But as grief begins to subside a bit, you may gain a new understanding of what really matters. Here are a few of my thoughts.

- Work is not everything.
- Healthy relationships are very important.

*Continued on page 2>>*



## MEADOWLARK HOSPICE

### Leadership Team

John Kelley, MD  
Medical Director

Danielle Rothfuss, APRN, ENP-C  
Nurse Practitioner

Amy Burr, BSN, RN, CHPN  
Program Director

Kami Bolek, BSN, RN  
Patient Care Coordinator

Jen Meier, LMSW  
Director of Social Services

### Hospice Staff Nurses

Shelley Beikmann, LPN  
Abby Bulleigh, BSN, RN, CHPN  
Kyla Clark, RN  
Lenita Glanzer, RN  
Deb Hedke, BSN, RN  
Margaret Kelley, BSN, RN  
Jenny March, RN  
Sharon Ramsey, RN  
Erin Shultz, BSN, RN  
Kim Sixbury, BSN, RN  
Sherry Wiese, RN

### Home Health Aide

Chelsea Davis, HHA  
Petagaye Pearson, HHA  
Tracy Wallace, HHA

### Social Workers

Kathryn Benson, LBSW  
Stephanie Garrison, LBSW

### Bereavement

Dawn Phelps, RN, LMSW  
Bereavement Writer

KayLynn Mead, LMSW  
Bereavement Coordinator

### Chaplains

Larry Brock  
Sr. Janet LeDuc  
Kathy Ouellette  
Al Paredes

### Administrative Staff

Lilly Hitsman  
Administrative Assistant/Billing

Molly Seifert  
Volunteer Coordinator

Kim Sixbury, BSN, RN  
Medical Records Coordinator

- Say “I love you” more often.
- Appreciate my family and friends more.
- Marvel at the simple wonders of nature—the warmth of the sun, a gentle breeze, the sounds of birds.
- Appreciate the majesty and awe of a sunset or a rainbow!
- Explore the delicacy of tiny flowers up close.
- Enjoy birds, especially hummingbirds.
- Appreciate God-made things, big and small—rocks, mountains, prairies.
- Enjoy music—music is always a good idea!
- Thank God for good health.
- Realize the preciousness of each day.

Mr. Nelson’s story about the colors in the grasses reminds me of the little trips I used to make with my mother in the fall. During our outings, she admired the colors of the trees, shrubs, and particularly the colors in the grasses beside the highway.

As we drove along, she would exclaim, *“Look at the grasses! Aren’t they beautiful? Look at the golds, the purples, the oranges....”* Even though my mother has been gone for twenty-three years, each

autumn I still think about how she saw “the colors” in the grasses.

If you are struggling to “see” the small wonders around you, I challenge you to slow down, take a little time to look, really look. If you focus, you might realize this world has some beautiful “colors” and enjoyable experiences you can add to your life.

Other little pleasures which might help bring you joy—music, books, flowers, tasty fruits, dark chocolate, spending time with someone you love, or sitting in your own backyard!

Life is a precious gift which can quickly be taken away. So use your time to see and experience as much as you can while you are on this planet. And look for the reds and golds that are there to be enjoyed. If you do not see them yet, perhaps in time you will.

If you, like the lady in this story are unable to “see the colors,” I say to you, like Mr. Nelson, *“But, Madam or Sir, don’t you wish you could?”*



## Welcome Our New Volunteer Coordinator

Join us in welcoming Molly Seifert to the Meadowlark Hospice team! As our new volunteer coordinator, Molly has already hit the ground running. She is brimming with ideas and is passionate about ensuring our volunteers have the best experience possible. If you’re interested in joining our volunteer team, please contact our office to speak with Molly!





# Finding Peace During The Holidays After A Loss

We thank you for the opportunity to join your family in your loved ones final journey in life. We want to take time to remember your loved ones during the holiday season. The Tree of Light ceremony was a touching way to speak our loved one's names that we are missing during this season. An opportunity to remember they will never be forgotten.

Although we will not be having Tree of Light ceremonies this year, we encourage you to take those moments to remember your loved ones. Light a candle and say their name out loud. Share a favorite memory of your loved one. Start a new tradition to honor their influence they had on your life.

## **A quote by Scribbles & Crumbs reminds us why it is important:**

We talk about them because we're proud. We talk about them, because they deserve to be remembered. We talk about them, because even though they are not physically with us, they are never far from our mind. We talk about them, because they are part of us, a part that we can never ignore or disown. We talk about them because we love them still and always will. Forever. Nothing will ever change that.

Memories are a precious thing. They are the one thing we carry with us all the time. At times, those memories are easy to carry because they bring smiles and joy. Sometimes, the memories are hard to carry because they remind us of our loss.

Memories help us hold on to the things that matter the most when our loved ones are no longer with us.



The grief journey can be different for each of us. There is no doubt that we face lessons daily on how to cope with our grief and then how to integrate the grief into our lives now. Losing a loved one does not mean we have to let go of them forever. Hold on to memories and the love you have for your loved one. Find healthy ways to process the grief and carry those memories with you. Our lives continue after a death, but we are different after we suffer a loss. Find who you are now, explore what your purpose is and what brings meaning to you. Happiness can be a part of your days ahead, and you deserve to find joy tomorrow. Focus on the best memories. Let them comfort you, bring energy to your day, lead you forward in your grief, and bring you peace.

As the holidays begin, we seek hope for those who are sad, consoling for those who miss someone special, and peace for those who are angry. May there be comfort for the sorrows carried and strength to face the challenges and opportunities of tomorrow.

It is an honor to provide hospice care for our communities and we thank you for asking us into your homes to provide support during your loved ones final moments. If you find that you could use additional support during the holidays, please contact our office at 785-632-2225.

## **Memorial Remembrance for Meadowlark Hospice Patients**

In honor of the patients we served, we will be hand delivering or mailing an ornament in memory of the Meadowlark Hospice patients that passed from November 1, 2023, thru October 31, 2024. One ornament will be provided for each patient, and we encourage you as a family to determine how to use that ornament to remember your loved one. If you are the family member that receives the ornament, please share the treasure with your family in the way that best suits your families' holiday traditions.





# Introducing the Grateful Family Program: Enhancing Hospice Care through Gratitude

In our last newsletter, we announced the decision to transition away from our in-person Tree of Light ceremonies. After much consideration, we are excited to introduce a new initiative: the Grateful Family Program.

The Tree of Light ceremonies have been a cherished tradition, providing a space for remembrance and reflection. However, we believe it's time to evolve and focus on celebrating the present and fostering gratitude within our families. The Grateful Family Program aims to bring families closer, encourage expressions of gratitude, and create lasting memories.

In the world of hospice care, the focus is often on providing comfort and support to patients during their final stages of life. However, the journey is equally significant for the families who accompany their loved ones through this process. Recognizing the importance of the holistic care of hospice, we are excited to introduce the Grateful Family Program, designed to foster a culture of gratitude and support within our hospice community.

There continues to be many misconceptions about hospice care. Often, it is seen as a last resort, a door that encourages death rather than a compassionate choice that enhances the quality of life. We want to change this narrative by sharing real stories and testimonials from families who have experienced the profound benefits of hospice care.

Our Grateful Family Program provides a meaningful way for you to say 'thank you' by sharing your personal experience with Meadowlark Hospice. In addition to sharing your story, you can help other families create lasting memories by making a gift in honor of your experience. Your contribution ensures that we can continue offering end of life care to patients and their families.

We believe that sharing personal stories can bring comfort and inspire others. Whether it's a cherished memory, a lesson learned, or a moment of joy, your stories can help us celebrate the lives of those you hold dear. All stories will be shared with our hospice team. Stories may also be highlighted in our newsletter and on our media sites. We are

incredibly grateful for your generous support and commitment to our hospice care program.

In addition to sharing stories, you can also make a donation in honor of your loved one. Your generous contributions will support our Grateful Family Program and other hospice services, ensuring that we can continue to provide compassionate care and support to those in need. Donations will be acknowledged in our quarterly newsletter. During the holiday season, names of those being remembered with donations will also be written on an angel to place on our angel tree in the Clay Center Courthouse Square.

As we approach the holiday season, we invite you to join us in a special initiative to honor and remember our loved ones. This year, we are kicking off the season with an opportunity to share stories or make donations in their memory. Whether through sharing your stories, attending support groups, or making a donation in honor of your loved one, your involvement will help us continue to thrive as a compassionate hospice community.

## How You Can Support

- **Submit Your Story:**  
Send your stories to [mhospice@ccmcks.org](mailto:mhospice@ccmcks.org). Please include a photo if you wish.
- **Make a Donation:**  
Visit our website at <https://www.ccmcks.org/meadowlarkhospice/giving.php> to make a secure online donation or scan QR code below to make a donation on our website.



Stories and donations may also be mailed to 709 Liberty, Clay Center, KS 67432. Please call 785-632-2225 with any questions.



## Grateful Family Program DONATION FORM

Our Grateful Family Program provides a meaningful way for you to say 'thank you' by sharing your personal experience with Meadowlark Hospice. In addition to sharing your story, you can help other families create lasting memories by making a gift in honor of your experience. Your contribution ensures that we can continue offering end of life care to patients and their families.

### GIFT INFORMATION

Donation Amount (US\$) \_\_\_\_\_

Name \_\_\_\_\_ (OPTIONAL) Business Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Email Address \_\_\_\_\_

☐ My donation is enclosed. (Please make checks payable to Meadowlark Hospice)

☐ My donation was completed online @ <https://www.ccmcks.org/meadowlarkhospice/giving.php>

### HONOR OR MEMORIAL GIFT INFORMATION (OPTIONAL)

This gift is: ☐ in honor of ☐ in memory of \_\_\_\_\_

Please complete the following if you would like an acknowledgement card sent to the honoree or family:

Recipient Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

☐ Please acknowledge the gift in the quarterly newsletter with our names

☐ Please acknowledge only as an anonymous gift

### TESTIMONIAL STORY

Please check if you have a testimonial or story to share

☐ I would like to be contacted to share my hospice story

Name \_\_\_\_\_

PH# \_\_\_\_\_

☐ I am enclosing my story to be shared to support hospice care and encourage others

☐ I am enclosing my story to be shared only with the hospice team

MEADOWLARK HOSPICE is exempt under Section 501(c)(3) of the IRS and this gift is tax deductible.







## Learn What Hospice Care Really Means To Patients And Their Families

What makes a good death? This is a question that many people prefer not to think about in their day-to-day lives. However, for patients facing an uncertain future, it is an extremely relevant reality. The answer can vary from person to person, depending on individual personalities, interests and desires. However, for most people, a good death is quite simple. It means being physically comfortable, at peace in your own home, surrounded by your loved ones doing the things you love to do up until the very end. These essential details are made possible by hospice care. Hospice, by definition, is a team-oriented approach to providing specialized care for people facing a life-limiting illness or injury. It includes expert medical care, pain management and emotional support for patients and their families. But more simply, hospice care supports living one's life to the fullest with dignity regardless of how much time remains.

Seven in 10 Americans said they would prefer to die at home according to a Time/CNN Poll. Statistics show that 25 percent actually do according to the Centers for Disease Control and Prevention. In a recent national survey, the overwhelming majority of respondents agreed that expertise in keeping a terminally-ill patient as comfortable and as pain-free as possible is the single most important service to consider when caring for a loved one and the end-of-life experience. This is the essence of hospice care. One of the great myths of hospice, for many who have not experienced it, is that hospice patients are merely lying in a bed, barely conscious. This is not the case. When

a patient is admitted at an appropriate time, hospice care can improve his or her quality of life. Research shows that health care providers feel responsible to discuss hospice with their patients when the time is right, as it provides a kind of care that they are unable to give. Nearly three-fourths of family caregivers agree that hospice care is a better choice for a terminally ill patient. Of this group, 69 percent believe that involvement in hospice makes a better impact on the patient's family as well.

Another hospice myth is that families lose control over what happens to their loved ones. The facts are that a family is generally able to choose their preferred hospice provider for a loved one, and can be trained to serve as a primary caregiver, with a specialist to provide support when needed. It is the unique nature of hospice that allows for the feeling of family and comfort to become embedded and vital in the patient's care. This concept of more family interaction explains the overall goal of hospice - creating more moments of life before a life is over.

Hospice enables moments and memories that would otherwise not occur. It is the quality of these final moments, after all, that can define a "good death."

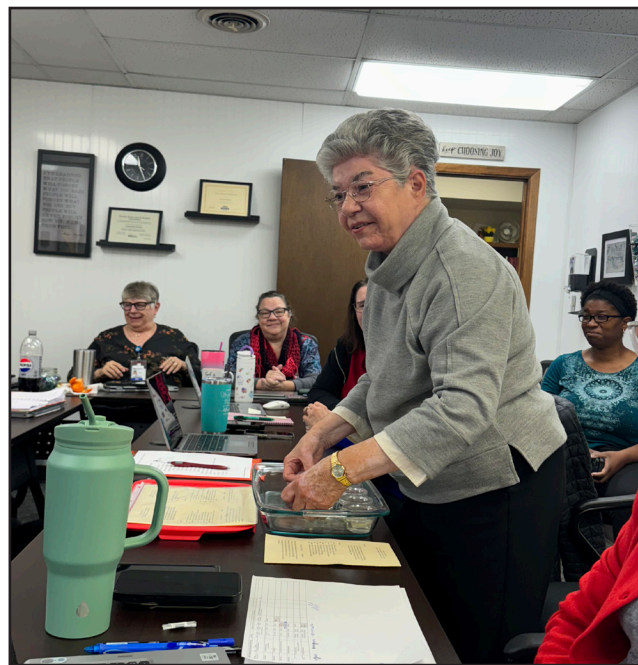
It's never too soon to explore your end-of-life options. Please contact Meadowlark Hospice to answer your questions about hospice care @ 785-632-2225

## Chaplain Appreciation Month



October was a month dedicated to celebrating the service our chaplains provide to our hospice patients. We are thankful for Sister Janet LeDuc, Larry Brock, Al Paredes, and Kathy Ouellette for the spiritual care they provide to our families and our team.

Chaplain Sister Janet LeDuc guided our team through a beautiful blessing of the hands ceremony. The ceremony was in recognition of those whom God applies His healing touch to those in need. Sister Janet led us through the ritual, closing with the application of oil to each other's hands, symbolizing the sacred work we do. We are deeply grateful for moments like these, where our chaplains bring peace to the hearts of those caring for families on their end-of-life journeys.



## Welcome Our New Volunteers

We are delighted to welcome new volunteers to our hospice team. Volunteers are essential to the care we provide to families, and we deeply appreciate having a dedicated volunteer base to support this aspect of our service.

Volunteers may write cards, make phone calls, visit patients, or engage in various other activities to support Meadowlark Hospice and the families we serve.

We warmly welcome Barbara Langston, Mary Tate, Suzi Carlson, and Dianne Smith to our team.

If you are interested in joining our team of volunteers, please contact our new volunteer coordinator, Molly Seifert.





# Hospice Gifts and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

## Hospice Gift

Carol Adams  
Susan Casne

## Memorial Gifts

### Mina Purling Burkett

Craig & Christina Beardsley  
Nancy Berggren  
Maury & Beth Catlin  
Phil & Jean Frigon  
Jeffrey Hixon  
Mina Purling Burkett Memorial  
Ernest & Connie Purling  
Rolland Reed  
Friends of St. Luke, Don Purling  
and Rob Rowell (Friday dinner group)  
Jim & Lisa Seley  
Karen Stevenson  
Fred & Dee Wait

### Grace Harris

Lora Watson

### Helen Johnson

Lori Snelling

### Taylor Meek

Dail & Kathy Smith

### Vonda Pumarlo

David & Martina Gieber  
Edna Gonser  
P. & M. Meenen  
Julie Richmeier  
Cherry Ann Rosenberry

### Rosae Lee Crow

Anita Abbott  
Landoll Company, LLC

### Hannalesa Roney

Susan Casne

### Lloyd Frigon

Mr. & Mrs. John Budke  
Shawn & Nicole Duloherly  
James & Kalen Haun

### Jack Roney

Susan Casne

Bonnie Sjogren

Mr. & Mrs. Glen D. Owen

### Harold "Gene" Hammer

David & Retha Blecha  
Linda Hammer  
Kevin & Claudette Noble



Call 785.632.2225 or  
Email: mseifert@ccmcks.org

MAKE A  
DIFFERENCE

## Volunteer Education In-Service

<b>SECOND Monday of each month</b>	<b>11:00 a.m.</b> <b>Republic County - Courtland</b> Pivotal Wellness - 314 Main St
<b>SECOND Monday of each month</b>	<b>1:00 p.m.</b> <b>Cloud County - Concordia</b> Sister Susan Stoeber's Home - 443 W 18th St
<b>THIRD Monday of each month</b>	<b>11:00 a.m.</b> <b>Clay County - Clay Center</b> Meadowlark Hospice - 709 Liberty St
<b>THIRD Tuesday of each month</b>	<b>9:30 a.m.</b> <b>Washington County - Washington</b> Washington County Courthouse - 214 C St
<b>THIRD Tuesday of each month</b>	<b>Noon</b> <b>Marshall County - Marysville</b> Marysville Methodist Church - 1500 N St
<b>FOURTH Monday of each month</b>	<b>7:00 p.m.</b> <b>Online - Meet Via Zoom</b> Send an email to: mseifert@ccmcks.org to join!

## Bereavement Groups

Serving Northeast Kansas

Join us for one of our  
bereavement groups.

Learn to Live  
Life After Loss

**Washington**  
**2nd Tuesday**  
**12:00 pm**

This group meets at the KSDS office.  
We share a pizza together or you may bring your  
own lunch to eat while we meet.  
This group is led by KayLynn Mead, social worker.

**Clay Center**  
**2nd Tuesday**  
**4:30 pm**

This group meets at Meadowlark Hospice.  
This group is led by KayLynn Mead, social worker.

**Belleville**  
**3rd Thursday**  
**Call For Time**

This group meets at the Belleville United  
Methodist Church.  
This group is led by Stephanie Garrison, social worker.

**Marysville**  
**4th Thursday**  
**4:00 pm**

This group meets at Community Memorial  
Healthcare in the South Plaza.  
This group is led by Jennifer Meier, social worker.

\*Call about community bereavement groups in  
Concordia 785-243-4454



Please call our office at  
785-632-2225 to confirm dates  
or for more information!

