

# Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 104 | Spring 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

Celebrating Hospice Volunteers  
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Hospice News  
Courageous Conversations

## The Story of Little Bear

*by Dawn Phelps, RN/LMSW*

During our trip to Alaska in the summer of 2009, one of my goals was to see a bear—a black bear, a brown bear, any kind of bear. While traveling through British Columbia, Canada, we did, to my delight, see a bear! The bear was not very large, but his black fur shone in the bright sunlight, literally glistening against a backdrop of spring-green grass intermingled with lush patches of yellow clover beside the highway.

What a delight! My husband Tom pulled the car over, joining others who had already stopped to soak in the view. Camera shutters were clicking. At first, the little black bear stood as he munched the green grass and clover. Bite, bite, munch, munch. Bite, bite, munch, munch.

After a bit, the little bear seemed to tire from standing up, and as we continued to watch, Little Bear sat down on his bottom. He continued to eat the juicy grass and clover, bobbing his head down to the ground for each new bite. Bite, bite, munch, munch. Bite, bite, munch, munch. Little Bear seemed oblivious to his large group of spectators—he was enjoying life.

Then Little Bear laid down in the grass,

paws in front of him, tummy on the ground, and continued his breakfast of grass and clover from a closer vantage point. Bite, bite, munch, munch. He had found his clover, wonderful delicious clover. He still paid no attention to the spectators gawking at him. He was in his clover path. Life was good—Little Bear was content.

After some minutes, we reluctantly left the sight to travel onward toward Alaska, our final destination on the trip. When we left, Little Bear was still flat-down in the clover path, breaking off bites of breakfast with his teeth. Bite, bite, munch, munch.

The lesson from Little Bear hit me! He had found his place in the sun, and nothing seemed to be worrying him on that sunny morning. He truly had found a place of peace, of enjoyment, unmindful of the audience gazing at him. Life was simple, but good. Ahh, contentment.

In our lives, we may find ourselves chasing illusive dreams as we travel toward our final destinations. We may search for contentment and happiness in relationships, in jobs, and in the acquisition of things as we travel along the

*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  
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  
Julie Shields  
Kathy Ouellette  
Al Paredes

### Administrative Staff

Lilly Hitsman  
Administrative Assistant/Billing

Rhys Baker, LBSW  
Volunteer Coordinator

Kim Sixbury, BSN, RN  
Medical Records Coordinator

Road of Life. We may search for money, prestige, fortune and fame—search for something to fill the voids, the holes in our lives.

Sometimes we forget about our Creator and the simple things of life that can bring us real contentment—a new friend, a walk on a cool day, or the smile of a grandchild. Wild flowers growing by the road make take on a new wonder if you take the time to look at the delicacy of their design. How about the song of a mockingbird, holding hands with someone you love, spending time with family.

If you have experienced the loss of a loved one, the “hole” in your heart may feel like a cavern. You may long for the life you used to have with the one you loved, and your heart may ache, perhaps challenging you to find your own new patch of clover.

Your “clover patch” may be in a different location, or you may find red clover in place of the yellow clover you used to have. Even though your clover patch may change, life must go on as you move on to a new and different contentment.

If you take the time to look, you may find your clover patch right under your nose! Or you may have to search a little. It only costs a little time to pause, to enjoy life along the way—to take life in slowly—bite, bite, munch, munch. Contentment!

*“Surely there is something in the unruffled calm of nature that overawes our little anxieties and doubts; the sight of the deep-blue sky and the clustering stars above seem to impart a quiet to the mind.”*

- Jonathan Edwards

## Celebrating Hospice Volunteers

by Rhys Baker, LBSW



Volunteers across the Meadowlark Hospice service area gathered in Clay Center on April 18. Tea and a light lunch were served in appreciation of all volunteers' hard work and dedication. Volunteers from Washington, Clay, and Marshall County attended. Various door prizes and color-changing cups of appreciation were given to each volunteer in attendance.





# Meadowlark Hospice Chaplains

Hospice chaplains are an important member of the Meadowlark Hospice team. Our hospice chaplains provide non-denominational spiritual care to the patients and families that request hospice chaplain support.

Spiritual support is not focused on religious preferences at end of life, but presence and support to aide those we serve trying to find peace and comfort with the end of life journey. Each of our chaplains is focused on meeting those we serve where they are on their spiritual journey.

Spiritual support may be the need for the presence of a calming person, prayer, scripture reading, hymns, devotionals, or just conversation about their end of life journey. We are thankful for our chaplain team members and the compassion and genuine support provided by them.



Pictured (L to R): Sister Janet LeDuc, Larry Brock, and Kathy Ouelette. Not pictured are Al Paredes, Julie Shields.

We are excited to welcome, Larry Brock, to the chaplain team. He joins us as a retired pastor from the United Methodist Church. Larry also served as a hospice chaplain in western Kansas. His path led him back to live in Longford, KS and we are thankful for his continued interest in ministry for hospice patients.

On March 25th, I had the pleasure of spending a couple of hours with our chaplains for our annual in-service. We had great conversations about care provided and what spiritual care looks like for our patients. Discussions of providing prayers on wheels. Thankful for technology to be able to provide the support needed in the moments that it is needed. We ended our time together with lunch and laughter. Al managed to sneak away before we got a full group photo.

*Thank you to the chaplains of Meadowlark Hospice! We appreciate you!*

## Meadowlark Hospice News

### Welcome to our Team



Our team would like to welcome Chelsea Davis to our team. She joins us as a CNA and then completed the HHA course and is now HHA certified as well. Chelsea lives in Concordia and will be mostly serving our patients on the west side of our territory. Welcome Chelsea!

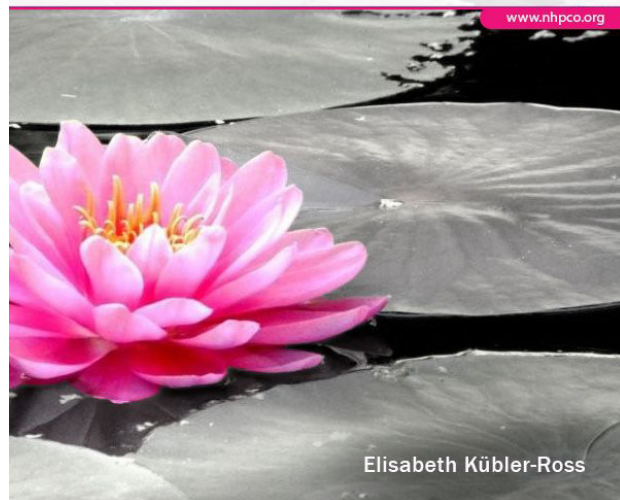
### Congratulations on CHPN Certification



We would like to congratulate Jenny March on her successful passing of the CHPN exam to be CHPN certified! Congrats Jenny! This brings our number to six nurses on our team that are CHPN.

"The most beautiful people I've known are those who have known trials, have known struggles, have known loss, and have found their way out of the depths."

[www.nhpco.org](http://www.nhpco.org)



Elisabeth Kübler-Ross

# Hospice Gifts and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

## Hospice Gift

**Jesse & Jan Jackson**  
Our Saviors Lutheran Church

## Memorial Gifts

**Rita Alexander**  
William & Louella Kern  
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Janice Nelson  
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Tim & Lisa Zenger

# Meadowlark Hospice Encourages Courageous Conversations

*If you were in a car accident this afternoon, were unable to communicate with your loved ones, and medical personnel needed decisions to be made.*

**Who would make those decisions for you?**

**Have you considered the burden that would place on your friends and family?**

**Would there be arguments over your care?**

**Would medical providers that don't know you ultimately be making decisions for you?**



**No matter your age, health, or family relationships, end of life and advance care planning conversations are hard conversations for families to have.** Most conversations are happening in crisis situations, leaving decision-makers unsure if they are making the right choices. This is especially true when the decisions involve continued care to increase the quantity of life, but adds no value to quality of life. The “need an answer now” decisions end up being made without an understanding of the patient’s healthcare wishes. Many families are left saying “I wish I knew what he/she would’ve wanted.” On April 16th, we observed National Directive Day, aiming to raise awareness within our communities about advance directives and their critical importance.

It’s time to get courageous and start talking with your loved ones about the things that can make a difference in your health care and their peace of mind. Conversations about advanced directives and end of life care are at the top of the list of uncomfortable conversations we avoid. The problem with this avoidance is that it leaves loved ones feeling as if they are playing roulette, gambling that their decisions regarding your healthcare align with what you would have wanted. “While 92% of Americans say it’s important to discuss their wishes for end-of-life care, only 32% have had such a conversation. 95% of Americans say they would be willing to talk about their wishes, and 53% even say they’d be relieved to discuss it (The Conversation Project National Survey, 2018).” The time is now to take a step forward to have and encourage these conversations with your friends and loved ones. Be Courageous!

In order to have these conversations, it’s important to know what is meant when someone says “advanced directives.” Even among healthcare professionals, there is a lack of knowledge about exactly what advanced directives include, and when they can or will be used. Advanced directives in the medical community include a “Durable Power of Attorney for Healthcare”, a “Living Will,” and a “Do Not Resuscitate” declaration. (At the very least, please make sure to receive education about “Durable Powers of Attorney for Health Care.”)

## **Durable Power of Attorney for Health Care Decisions (DPOA-HC)**

Durable Power of Attorney for Health Care Decisions (DPOA-HC) allows you the opportunity to choose whom you want to make medical decisions for you. This designated person makes medical decision on your behalf only when you are unable to do so. This is a written document in which you specify your wishes regarding medical care. The DPOA-HC does not cover legal and/or financial matters.

## **Do Not Resuscitate (DNR) Order**

Do Not Resuscitate (DNR) order is written when a person wishes to have a natural death. A DNR order does not mean you no longer receive care; it means you continue to receive care, but when your heart stops beating or respirations cease, you are allowed to pass without interventions. A DNR order is not required to begin hospice care, but education will be provided upon admission to hospice regarding a DNR. If you do not want resuscitation started, ask your doctor to write a DNR order for you to keep in your home.

## **A Living Will**

A Living Will allows a person to state in advance what their medical wishes are about artificially prolonging life when they have a terminal condition. It only applies when the person has been diagnosed and certified as terminally ill by two doctors. It does not direct care during an emergency situation.

*Continued on next page>>*



### ...Meadowlark Hospice Encourages Courageous Conversations

Parents of teens that have turned 18, did you know that you are no longer able to make their healthcare decisions? If something were to occur where they are not able to make healthcare decisions, you will have to go through the tedious and costly process of obtaining guardianship through the court system. A DPOA-HC can be completed for free. Please take the time to have them complete a DPOA-HC.


Advanced directives are living documents that you can adjust as your life situations change. The document review should follow the D's: Decade, Diagnosis, Decline, Divorce, Death, and Destination. Decade is when you enter a new decade of life. Diagnosis means when you receive a new diagnosis that at some point will impact your health care needs. Decline is when your health condition starts to change and you begin the transition to requiring more assistance. Divorce is just that- whether yours, or anyone else involved in your advanced directive needs. Death is when you have appointed a DPOA-HC that has passed before you. Destination is something to consider if you travel or relocate elsewhere for a season.

There are many options available to help you initiate a conversation with your chosen DPOA-HC. It's important to discuss with your chosen DPOA-HC your final wishes, so they can carry out your healthcare decisions.

The Meadowlark Hospice team would like to open our doors to you to engage in conversations about advanced directives. We can discuss what the different directives are, and provide resources for you to take steps to complete your directives. Appointments are available to meet in our office, or at your home to begin the greatest gift you can give your loved ones, peace of mind. Please call our office at 785-632-2225 to arrange a time that we can help you begin your courageous conversation. Remember, National Directive Day serves as a reminder to prioritize these important conversations and ensure that your healthcare decisions reflect your values and desires.

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## Meadowlark Hospice Volunteer Education In-Service



STARTING JANUARY

2024

<b>SECOND Monday of each month</b>	<b>11 am Republic County Courtland</b> <small>Pivotal Wellness - 314 Main Street</small>
<b>SECOND Monday of each month</b>	<b>1pm Cloud County Concordia</b> <small>Sister Susan Stoeber's Home - 443 W 18th Street</small>
<b>THIRD Monday of each month</b>	<b>11 am Clay County Clay Center</b> <small>Meadowlark Hospice Office - 709 Liberty Street</small>
<b>THIRD Tuesday of each month</b>	<b>9:30 am Washington County Washington</b> <small>Washington County Courthouse - 214 C Street</small>
<b>THIRD Tuesday of each month</b>	<b>Noon - Marshall County Marysville</b> <small>Marysville Methodist Church - 1500 North Street</small>
<b>FOURTH Monday of each month</b>	<b>7pm Online - via Zoom</b> <small>We will meet via zoom - send an email to rbaker@ccmcks.org for a link</small>

**Questions?**  
**Call 785.632.2225 or email**  
**rbaker@ccmcks.org**

## Bereavement Groups

Serving Northeast Kansas

## Join us for one of our bereavement groups.

Learn to Live  
Life After Loss



<b>Washington</b> <b>2nd Tuesday</b> <b>12:00 pm</b>	<small>This group meets at Gambino's Pizza. This group is led by KayLynn Mead, social worker.</small>
<b>Clay Center</b> <b>2nd Tuesday</b> <b>4:30 pm</b>	<small>This group meets at Meadowlark Hospice. This group is led by KayLynn Mead, social worker.</small>
<b>Belleville</b> <b>3rd Thursday</b> <b>Call For Time</b>	<small>This group meets at the Belleville United Methodist Church. This group is led by Stephanie Garrison, social worker.</small>
<b>Marysville</b> <b>4th Thursday</b> <b>4:00 pm</b>	<small>This group meets at Community Memorial Healthcare in the South Plaza. This group is led by Jennifer Meier, social worker.</small>

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



Please call our office at  
**785-632-2225**  
 for more information!

NATIONAL HOSPICE AND PALLIATIVE CARE

# Courageous Conversations

## More on Courageous Conversations

In a culture that often teaches us to resist mortality, the seemingly simple act of having a conversation about dying can have a profound impact. *What does death mean in my life? If I am faced with a terminal diagnosis, how would my values shape my end-of-life journey? How do I want my loved ones to engage with me toward the end of my life?* It's difficult to think about these questions, but having courageous conversations can mean the difference between the type of death we want, and one that doesn't allow us a say in our end-of-life journey.



MEADOWLARK  
HOSPICE

To learn more, contact your local hospice or visit

[CaringInfo.org](https://www.CaringInfo.org)







Phone: 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!



# Thank You for Your Gift

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☐ Include the donation amount. ☐ Do not include the donation amount.  
☐ Include my name in the notification.  
☐ Enclosed is my check payable to Meadowlark Hospice.  
☐ I donated online at: [www.ccmcks.org/meadowlarkhospice/giving.php](http://www.ccmcks.org/meadowlarkhospice/giving.php)

## 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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