



Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 105 | Summer 2024



**MEADOWLARK
HOSPICE**

5 Reasons for Hospice Now

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4. Caregiver Relief
5. Grief Counseling

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Laying It By

by Dawn Phelps, RN/LMSW

"Pappy," my grandfather, trudged along behind a plow pulled by two mules in the beating-down sun in Tennessee, readying the soil for the tobacco plants that he would soon plant. He wore faded overalls as he and his mules worked the field.

He owned six mules total. There was Mandy, Bill, and Bell, and the names of his other three are long forgotten. Even though Pappy's neighbors were driving shiny new tractors, Pappy preferred his mules and doggedly clung to the old ways.

A large tobacco barn lay to the left side of the long lane leading to my grandparents' large two-story house with its wrap-around porch. By fall I knew the barn would hold the upside-down stalks of tobacco that had been cut, strung onto tobacco sticks, and hung in the barn to dry.

After curing to a yellow-brown color, the tobacco would be hand-stripped from each stalk, leaf-by-leaf, and sent to market. But I am getting ahead of the story.

I grew up in a time in Tennessee when growing tobacco was a good cash

crop, before research proved the correlation between tobacco and cancer, before the danger of the pesticides used on tobacco plants was known.

During my childhood, even children helped dust the white poison onto the tobacco plants to kill the huge creepy tobacco hornworms that chomped away at the tobacco leaves. Children and adults worked in the tobacco fields, hand-picking the worms off.

But that too is ahead of the main point of this story. To begin with, tiny tobacco seeds were planted into a long seed bed, usually in February. The bed was covered with strips of long, white fabric, usually cheesecloth, to protect the young plants from the cold. After the threat of frost, Pappy planted the young plants called "tobacco slips" in the ground that he had tilled with his mules.

As the plants grew, the rows were hoed to rid the tobacco plants from weeds, and a cultivator on wheels pulled by mules turned under the weeds in the middles of the rows. Hoeing and plowing also helped destroy some of the tobacco worms.

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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
Julie Shields
Kathy Ouellette
Al Paredes

Administrative Staff

Lilly Hitsman
Administrative Assistant/Billing

Kim Sixbury, BSN, RN
Medical Records Coordinator

Later the plants would bloom, showing off beautiful pink or white flowers. But the blossoms were not allowed to stay long—they had to be “topped” to remove the flowers and re-route the nutrients into the tobacco leaves.

At just the right time, Pappy did his final plowing of the field before the plants were too high and before the leaves spread out in the middles of the rows too far. That final plowing had to be done while it was still beneficial, not detrimental, to the plants. When he did the last plowing for that summer, he called it “laying it by.”

All the many steps for cultivating Pappy’s tobacco crop were done, finished, complete, even though other steps were needed before the crop made its final trip to market. But when Pappy and the other farmers “laid it by,” the plowing phase of their work was out of their hands. Any further plowing would only harm the crop. From then on, the plants must survive the weeds on their own.

Even though I have not heard the term “laying it by” used by farmers since moving to Kansas many years ago, I believe that Kansas farmers, like Tennessee farmers, must, at some point, be finished with plowing their crops before their corn or milo is too tall for cultivation.

They must trust Mother Nature to provide the essential sun and rain for the plants to grow to maturity. The farmers’ final plowing is done, finished,

completed, and it is time to “lay it by” and try not to fret.

There are other times in life when we must “lay it by” and let things go—a time to say “I have done all that I can do with this situation and to do more might bring harm to myself or someone else.” Some situations or people cannot be changed, and we must leave things in the hands of Someone higher than we.

Especially after the death of someone we loved, it is easy to second guess how we have lived our lives—to have regrets about working too much, for not taking enough time, or regrets about things we have said.

But some things can never be changed. They are done, over, and the only direction left to go is forward, not backward; toward the future, not the past.

We have battled the “weeds,” fought the obstacles, and plowed our “field” for the final time. Sometimes there is nothing else we can do but forgive ourselves and move forward, even though self-forgiveness can be difficult. Beating ourselves up for things that cannot be changed can be harmful to ourselves and to others.

So if you have regrets, think of my Pappy cultivating his field that final time, of turning his crop over to Nature and to God. Lay your regrets aside. Forgive yourself and determine to live well in the future. “Lay it by,” and move on.



The DAISY Award and The CARE Award

Congratulations to Sherry Wiese for being the recipient of the Daisy Award on June 25, 2024. We would also like to congratulate Jen Meier and Petagaye Pearson on being nominated for the CARE Award. Great job to excellent employees! Our team is proud of you!

The DAISY Award is an international recognition program that honors and celebrates the skillful, compassionate care nurse provide every day. The DAISY Award was established by the DAISY Foundation in memory of J. Patrick Barnes who died at 33 of ITP, an auto-immune disease. The Barnes Family was awestruck by the clinical skills, caring and compassion of the nurses who cared for Patrick, so they created this national award to say thank you to nurses everywhere.

The CARE Award is designed to recognize an extraordinary employee who exemplifies our organization's mission and vision. Additionally, those nominated exemplify our values of compassion, respect, integrity, quality, and service in every encounter. The award serves as a way to acknowledge the great work and contribution of our non-nurse team members and sets the standard for others to emulate.

Staff members are nominated for these awards based on the following criteria:

- Models empathy and demonstrates a caring attitude in all situations.
- Demonstrates extraordinary skills in the delivery of compassionate patient care and attitude to everyone, every time.
- Has a positive attitude and demonstrates professionalism in the work environment.
- Exemplifies the mission, vision, and values
- Establishes a special connection with the patients and families, peers, or co-workers.

If you would like to nominate an employee of Meadowlark Hospice for one of the above awards, please call our office at 785-632-2225 so we can send a form to you to complete the nomination. Employees can receive multiple nominations for the awards. Please let us know if one of them has provided excellent care to you.



Sherry Wiese, RN



Jen Meier, LMSW and Petagaye Pearson, HHA



Hospice Gifts and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Hospice Gift

Clay Center Chapter O.E.S. #180
Larry & Sandi Wiemers

Memorial Gifts

Arlene Boutz

Donald & Sandy Abbott
Arlene Boutz Memorial

Craig Bradford

Scott & Monica Anderson
Thomas & Judy Conklin
Gale & Lorrie Lloyd
Donna Maxwell
Larry & Darlene Melton
Mitch & Lisa Minnis
Jill Neidig
Todd & Gina Roberts
Larry, Jr. & Tracy Wallace

William "Bill" Burgess

Donna Burgess

Rosae Lee Crow

Bruce & Tami Akin
Ivan & Sharon Bartels
Tim & LaDonna Putnam

Patricia Dwerlkotte

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Brandon & Sally Lee
Russ & Paige Taddiken
Russell & Kayla Wang
Clyde & Rita Wollenberg
Sue Ann Young

Betty Graves

Dana & Mary Herrs
Mary Taylor
The Family of Betty Graves

Jim Jueneman

Harold & Delilah Metz

Barbara Moore

Dianne Smith

Dwayne Roepke

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Kayla Dinkel
Gene & Sandy Harding
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Altamae Sloan
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Steven & Toni Wohler

Bonnie Sjogren

Harley & Darla Adams
Johnny & Ann Adams
All Staff Cht'd
Dean & Kathy Anderson
AVE-PLP, LLC dba PrairieLand Partners, LLC
Lee & Deanna Barleen
Johnny & Rita Barnes
Dave & Debra Beems
Bruce & Marilyn Benyshek
Larry & Jan Blochlinger
Bonnie Sjogren Memorial
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Danny & Annetta Patton
Lon & Janyth Pishny
Norman Pishny
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Paula & Larry Ray
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Chuck & Jennifer Sjogren
Marcia Sjogren
Karl & Maureen Smith
Jane Snavelly
Linden & Julie Snavelly
Katrina Sorell
Loren & Joyce Swenson
The Family of Tammera and John Bird
J. Trost
Terri & Randy Williams
Kimba Sjogren & Alan Young

Robert "Bob" Speltz

Dail & Kathy Smith

Bolivia Thompson

Larry & Jan Blochlinger
Anita Cyphers
Roger & Jane Demanette
Ed & Mari Detrixhe
Joseph & Sandra Detrixhe
Robert & Jill Halberg
Charles & Karen McNally
Lori Snow & Mark Peterson

Willis "Ray" Vizner

John & Christa Vizner

Darlene Walden

Anita Cyphers
The Family of Darlene Walden

Mabel "Lucille" Wohler

Avery Auto Parts, Inc.
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Lucille Wohler Memorial
Leland & Bernadetta McCollum
Gary Reed
Scott & Kris Rickley
Suther Feeds, Inc.
Larry & Linda Wohler



JOIN OUR TEAM AS A VOLUNTEER

As this newsletter is being developed, we are in the process of hiring a new volunteer coordinator. Rhys Baker has served our team for almost 4 years and has made the next step in her professional journey. We are excited for her and her family! In the meantime, we have begun the search for her replacement.

Amy Burr will be managing the volunteer needs in the interim. We are grateful for the dedication and participation of the volunteers of Meadowlark Hospice. Our patients and their loved ones benefit greatly from the support they provide.

Our volunteer program is important to the sustainability of our organization. If you or anyone you know has interest in joining our team as a volunteer, feel free to invite them to join one of our in-service meetings or call us at the office.

NEW EMPLOYEE SPOTLIGHT



We are excited to welcome Kyla Clark, RN to our hospice team. She started as a PRN nurse for us and now has accepted a part time position. She comes with experience in hospice and had recently been working as a school nurse. She found she was missing taking care of those in their final journey and is thankful to be back at the

bedside. She has been a caring, compassionate addition to our team! Welcome, Kyla!

ENGINEERING TEAM HIGHLIGHT

The summer has kept our engineering team busy with more than equipment deliveries. The guys have been laying new carpet in our office building. It has not been an easy job, but the final product is turning out so well.

We are thankful for this department and the endless ways they support Meadowlark Hospice. The team is comprised of Justin Urban, Brett Lehman, and Bryan Wohler and we appreciate all they do to help provide great support to those we serve.

Thank-you!



Call 785.632.2225 or
Email: aBurr@ccmcks.org

**MAKE A
DIFFERENCE**

Volunteer Education In-Service

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



**MEADOWLARK
HOSPICE**

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



Phone: 785-632-2225
Fax: 785-632-3557
Email: mhospice@ccmcks.org
Web: meadowlarkhospice.org

We are available to present
programs to area organizations!



Upcoming Annual Tree of Light Changes

Our annual Tree of Light season is going to look different this year. Traditionally, the ceremonies were a meaningful way to remember loved ones during the holiday season. However, the holiday season has become very busy with other activities, community events, church services, and holiday concerts. Our ceremonies continue to decline in attendance as they compete with the many other events (and weather) during this season.

In an effort to encourage supporting attendance at your community's events, we are going to transition away from the in-person Tree of Light ceremonies this year. We will continue to accept Tree of Light memorial donations during the holidays, but instead of the ceremonies, we will display your loved ones' names on our angel tree outside of our office in Clay Center. In addition, families of hospice patients whose loved ones passed between November 1, 2023 and October 31, 2024 will be provided with a memorial keepsake. Further details about these changes will be released in our next newsletter. The newsletter will also include ways to remember loved ones during the holidays, as well as tips for coping with your loss during this season. We are grateful for the support that has been provided to Meadowlark Hospice over the years for our Tree of Light ceremonies.

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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