



Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 103 | Winter 2024



MEADOWLARK HOSPICE

5 Reasons for Hospice Now

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Some Days Are Diamonds

by Dawn Phelps, RN/LMSW

It was late afternoon in December when my plane landed in Fairbanks—my first trip to Alaska. My little sister Joan met me, and when we headed out of the terminal, a cold blast of air hit my face. She had warned me it would be cold. I had tried to prepare—my warmest coat, layers, a scarf, and gloves—but I was not prepared for the 30-below air that cut through me.

I soon knew I had entered a strange yet beautiful land. There were ice carvings in the downtown, and the streets were icy. It was not long before we saw a moose with her baby. I stayed a distance away to make pictures, but it was so cold my camera lens kept freezing over, making my later-developed photos blurry. There were only four hours of dim daylight each day—totally different from Kansas.

My sister had invited me to spend Christmas with her, knowing it would be hard for me to spend my first Christmas at our old farmhouse without my husband who had died the previous February. So I had gone “*north to Alaska*,” and my sister packed my days with new sights and fun.

On Christmas day there was food galore

at my niece’s cabin in the country. We snow-shoed, I saw mushers with their dogsleds, more ice carvings, and an ice castle. We drove to Chena Hot Springs about 60 miles from Fairbanks—at the end-of-the-road. We swam in a 90-degree indoor pool, then outside in the hot springs that had been cooled to 105, but was originally 150 degrees!

The outside air was 35 degrees below, ideal for turning the trees around the hot spring into a frosty, white winter wonderland. Our hair immediately froze white in the humid air, sub-zero temperatures—we looked like we were wearing white caps to match the landscape!

One afternoon my sister drove us to her cabin about 30 miles away. Again 35 below! No indoor plumbing. No electricity and only a wood stove. It was too cold for the kerosene lanterns to light, so Joan had to first start a fire in a wood stove to heat the room a bit. We slept in our clothes, our coats, and our sleeping bags that night. We were so padded we could hardly move!

I remember December 28th vividly. It would have been our 44th wedding anniversary if my husband had lived.

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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
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, CNA
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

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

As my sister and I were driving back to Fairbanks from her cabin, we could see a gold mine in the distance. It was twilight. I was in a cold, foreign land as the sun dipped below the horizon—a strange sight in a cold harsh land that is not for the faint-hearted!

My heart ached for my husband, and I wished he had been there to experience Alaska with me. But that was not possible. His death had drastically changed my life forever. Emotionally I was also in a strange, cold, foreign land, but life had to go on, just as it has for millions of others who have lost someone.

That Christmas and anniversary were immensely different from anything I could have imagined. As the sun set, I realized I had made it ten months without my husband, and I had also made it through my first Christmas and anniversary. As the last bit of light left the horizon, I realized that life would go on, and I was thankful.

By the time I visited Alaska for the second time, I had remarried, and my husband and I, along with my siblings, drove my sister Joan home to Fairbanks after our family reunion in Tennessee.

It was early June, and the weather was warm and pleasant. We visited Chena Hot Springs which looked different without ice, and when we went to the pipeline at midnight, there was total daylight! We went to a salmon bake, took a riverboat ride down the river, and enjoyed Joan's hospitality—special time together as a family.

Then fast forward twelve years to October, 2021, when Joan died unexpectedly, leaving our family devastated. She could not be buried until the next spring after the snow melted when the cemeteries could be reopened—my third Alaska visit.

This time there were few feelings of joy, just mostly sadness in a land of wonder and beauty. The lyrics from a song sung by John Denver described my opposite feelings while in Alaska that trip—good memories and sad ones.

"Some days are diamonds some days are stones.

Sometimes the hard times won't leave me alone...."

- Written by Dick Feller

Alaska is a land of extremes, beauty and ruggedness, mountains and valleys. It is so far north winter temperatures can reach 80 below zero, and summers can reach 100. Long depressing winters, and short summers with around-the-clock daylight that encourages residents to cram adventures into every moment—diamonds and stones.

If you are grieving, you will have sad times, but hopefully good moments will begin to replace some of your sad ones. So search for ways turn your "stones" into opportunities, something good. And as you grieve, cherish your memories—they are your gems! Life has its extremes, but hang on—"some days are diamonds, some days are stones."



CHPN Certified: Certified Hospice and Palliative Care Nurse

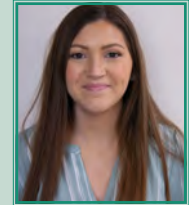
Why is Certification important for a hospice agency? Certification provides recognition of our expertise in end of life care. Licensure as a nurse assures competency in the field of nursing, but certification validates and evaluates expertise in hospice and palliative care.

Preparing for the certification sharpened the skills of our nurses and provided new insights on how to best manage the patients we serve. It opened the gates to review our own practices and begin to supplement them with other interventions we learned from the course and other colleagues in hospice and palliative care.

Meadowlark Hospice is proud to announce that in 2023, five of our nursing staff became CHPN certified. We would like to congratulate Kami Bolek, Abby Bulleigh, Margaret Kelley, Kim Sixbury, and Amy Burr on their success in completing the requirements to become certified.



Kami Bolek



Abby Bulleigh



Margaret Kelley



Kim Sixbury



Amy Burr

NHPCO Quality and Standards Committee

by Lilly Hitsman

Meadowlark Hospice Program Director, Amy Burr, was recently selected to serve a two-year term on the National Hospice and Palliative Care Organization (NHPCO) Quality and Standards Committee. She will join 29 other NHPCO members on this committee. Their responsibilities will include promoting quality hospice and community-based palliative care through NHPCO programmatic initiatives. In addition, they are responsible for updating the NHPCO Standards of Practice for Hospice Programs, as well as assisting with development of NHPCO quality resources.

Founded in 1978, the National Hospice and Palliative Care Organization is the nation's largest membership organization for providers and professionals who care for people affected by serious and life-limiting illness. Its broad community of members includes local hospice and palliative care providers, networks serving large regions of the United States, and individual professionals.



The Meadowlark Hospice Team is very proud of Amy for being selected for this leadership role.

Congratulations, Amy!

Holiday Committee Elves

by Rhys Baker, LBSW

This year, the Meadowlark Hospice Holiday Committee decided to adopt five area kids in need from the Operation Elf tree at the Clay Center Farm Bureau Insurance office. Operation Elf is a project of giving needs and wants to kids, so every kid has a present on Christmas morning. Kids fill out a wish list of their favorite colors, snacks, needs, wants, sizes, etc. Businesses and community members are able to adopt a child or children to purchase items from their list.



The Holiday Committee collected donations during our staff Christmas Party. Meadowlark Hospice staff collected a total of \$212. Along with some additional donations, the committee was able to purchase necessities like warm socks, sweat pants, sweat shirts and hoodies. We also purchased fun items like

Legos, Hot Wheels, footballs, building activities, and headphones. Snacks were also listed on the applications, so some of our special elves purchased food ranging from popcorn and Cheez-Its to Kit-Kats and beef jerky. The Holiday Committee then wrapped the gifts, and took them to the Farm Bureau Office where elves distributed the gifts to families.

Hospice Gifts and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Hospice Gift

Allen & Marcia Hahn

Memorial Gifts

James Anderson

The Family of James Anderson

Mildred “Faye” Frazier

Wayne & Kelly Schwartz

Delores Germann

Jim & Mary Garbarino

Sondra Hedberg

Bonnie Branfort
Kim & Sandy Carpenter
Shirley Hager
Carol Michaud
Robert & Kennie Smith

Charles Herman

The Family of Charles Herman

Lawrence Herrs

Cara Herrs

E. Joyce Johnson

Marc & Sheri Edwards
The Family of E. Joyce Johnson

Robert “Bob” Jones

Bryce & Kim Jones

Douglas Kruse

Jeff & Regina “Rigs” Brabec
Douglas Kruse Memorial Fund
Tom & Denise Dragastin
John & Ursula Hewitt
Colleen Hillyer
Robert & Judy Krause
Idana Perkins
Clinton & Eleanor Ritchie
David & Tina Savage
Troy & Zona Siebold
Neil & Melodie Woerman
Lee & Karen Yarrow

Robin Macy

John Macy

Kari McCall

Jim & Kathie Winter

Henrietta Mounts

The Family of Henrietta Mounts

Judith Olsen

Chuck, Jennifer & Ruby Sjogren

Nolan Patterson

Jim & Mary Garbarino

David Scriptor

Dail & Kathy Smith

John Starwalt

Valerie Starwalt

Mike & Betty Swaim

Douglas Swaim

Richard Wilson

Debra Andersen
Barbara Hunter Ward
Rose Michel
Richard E. Wilson Memorial

Elizabeth “Ann” Worley

David & Catherine Affolter

Marvin Yarrow

Marvin Yarrow Memorial

Tree Of Light Clay and Riley Counties

Dewey Adams

Carol Adams & family

Carl Affolter

Dan & Sue Affolter

Trace Alan

Eleanor A. Kieffer

Betty Bartley

The Bartleys

Evelyn Billera

Leon & Verna Lee Musselman

Kenneth Blackwood

Randy & Cathy Hafner

Bernard Cyre

Loretta Cyre

Thomas Cyre

Loretta Cyre

Leo & Louise Dieker

Clyde & Rita Wollenberg

Armond & Arlene Frigon

Jean & Phil Frigon

...Clay and Riley Counties

Maxine Greenlee

Lynn & Mary Greenlee

Gary L. Habluetzel

Janet L. Habluetzel

Wayne & Wanda Hafner

Randy & Cathy Hafner

Tillie Hass

Ron & Noreen Goss

Rita Henry

Larry Henry

Helen Holston

Randy & Cathy Hafner

Douglas A. Kieffer

Eleanor A. Kieffer

Francis & Josephine Kieffer

Eleanor A. Kieffer

Tony & Marguerite Kieffer

Eleanor A. Kieffer

Pat Kolterman

Jenne Barley

Doug Martin

Randy & Cathy Hafner
Deb Martin

Gene Martin

Deb Martin

J. Evan Neaderhiser

Myrna, Scott & Neil Neaderhiser & Families

Walter Peter

Jean & Phil Frigon

Anne Peter

Jean & Phil Frigon

Polly Ann Schwab

Eleanor A. Kieffer

Charles L. Sorell

Eleanor A. Kieffer

Everett F. Sorell

Eleanor A. Kieffer

Francis & Dorothy Sorell

Eleanor A. Kieffer

Hospice Gifts and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

...Clay and Riley Counties

Jr. & Peg Weidman
Randy & Cathy Hafner
Deb Martin

Chris Weidman
Randy & Cathy Hafner
Deb Martin

Oscar & Ella Wollenberg
Clyde & Rita Wollenberg

Lenore Yost
Randy & Cathy Hafner

Tree Of Light Cloud County

Peg Applebee
Kent & Sharon Applebee

Bob Applebee
Kent & Sharon Applebee

Thomas Cyre
Loretta Cyre

Bob Demanett
Audrey Elyea

Betty Miller
Gwen & Judi Miller

Marion Miller
Gwen & Judi Miller

Arlinda Worthen
Dr. Chris & Kendra Worthen

Tree Of Light Marshall County

Connie Ackerman
Lora and family

Linda Armstrong
Lora Stohs and family

Fred Behrens
Lora Stohs and family

Verda Drinkgern
Lora and family

LaVerle Duever
Lora Stohs

Buena Ellenbecker
Janet Duever
Pat & Jim Ellenbecker

...Marshall County

David Ellenbecker
Janet Duever
Pat & Jim Ellenbecker

Joe Ellenbecker
Janet Duever
Pat & Jim Ellenbecker

Pauline Emrick
Sylvia Wapp

George & Betty Feldhausen
Dan & Fran Feldhausen

Frank Feldhausen
Lora and family

Dennis Habig
Dan & Fran Feldhausen
Lora Stohs and family

Susan Hagedorn
Lora and Greg Stohs

Clarita "Edie" Hona
Lora Stohs

Jesse Hormann
Wilbur & Lynette Hormann Family

John "Jack" Kirkland
Lora Stohs and family

Teresa Burton Kuckelman
Lora Stohs

Luetta Moehlenbrink
Lora Stohs and family

Dean Wesley Nelson
Brenda Kane
Marilyn Nelson

Omia & Henry Owens
Lora Stohs and family

Dorothy Rombeck
Lora and Greg Stohs

Kenneth Sells
Doane Sells

Carol Slupianek
Wilbur & Lynette Hormann Family

...Marshall County

Edith Stoeger
Sylvia Wapp

Brian Stohs
Lora, Bradon, Austin, Greg and family

Inez Swanson
Lora Stohs

Francis Vering
Lora and family

Joe M. Wapp
Sylvia Wapp

Evelyn Weyer
Lora Stohs

Lorena Wilcox
Lora Stohs

Rick Wilson
Dan & Fran Feldhausen

Doris Wright
Lora Stohs and family

Tree Of Light Republic County

Frank Berggren
Emma Berggren

Doris Bergstrom
Loretta Cyre

Bonnie Elliott
Republic Community Church Women of Faith

Fred Elyea
Audrey Elyea

Orpha Fallis
John & Donna Fogo

Verlyn Farlee
Republic Community Church Women of Faith

Fred Mikesell
Republic Community Church Women of Faith

James "Jim" Stehno
Melanie Stehno
Rita Stehno

Hospice Gifts and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

Tree Of Light Washington County

Elaine Banahan

Nyla J. Banahan Ring

Jack Barley

Jenne Barley

Pete Becker

Ron & Mary Steuer

Grace Bruna

Keith Bruna

Mike Bruna

Keith Bruna

Frances Brungardt

Kathryn Fritz

Tyler Burt

Jan Taylor

Margery Doebele

Blanche Graham

Kenneth J. Fritz

Kathryn Fritz

Kenneth J. Fritz, Jr.

Kathryn Fritz

Evelyne Graham

Blanche Graham

Graham Family

Lawrence Graham

Blanche Graham

Graham Family

Michael Graham

Blanche Graham

Graham Family

Kathy Gross

Idana Perkins

George Herda

Blanche Graham

Jerry Heuer

Wilbur & Lynette Hormann Family

Marie Hoover

Jeff & Rigs Brabec

Lonnie Leidig

Peggy Leidig

James & Donna McVean

Jeff & Rigs Brabec

Carolyn Moore

Idana Perkins

Francis R. Nutsch

Nyla & Clyde Poser

Shirley E. Nutsch

Nyla & Clyde Poser

Dean Perkins

Idana Perkins

Rosemary Steuer

Ron & Mary Steuer

Terry Taylor

Jan Taylor

Socks For Seniors!!

Thank you to all of our communities for your donations of socks to our Socks for Seniors drive in November. We collected well over 1500 pairs of socks to distribute. The youth of SS Peter and Paul Catholic Church assisted with bagging some of the socks for our team. Meals on wheels, Friendship meals, Home health agencies, and senior centers distributed the socks to provide a "Toesty" surprise during the holiday season! Thank you to the agencies that made the delivery of the socks. Thank you for supporting this much appreciated gift for our communities. There were so many different types of socks that showed up in the boxes. Our only regret is that we didn't get to see the faces of the recipients of all of the fun socks!



HOSPICE HOLIDAY FUN!



Thank you to The Nicol Home for the invitation to serve the holiday meal to your residents and families. Margaret and Steph joined their team and had a wonderful time fellowshiping with all that attended.

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 Gambino's Pizza.
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
for more information!**

Meadowlark Hospice Volunteer Education In-Service



STARTING JANUARY

2024

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

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



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

We are available to present programs to area organizations!



Please join us in congratulating Meadowlark Hospice for receiving the WellSky Hospice CAHPS 2023 Award of Distinction, and ranking as a Top 25 Hospice organization in the United States!

Based on overall survey results, Meadowlark Hospice has been named a National Best Practice Agency. Agencies named as national best practice agencies are proven leaders and have excelled in one of the most important measures of an agency's quality program— caregiver experience. This is a significant accomplishment, and one we are incredibly proud of. *"This is the seventh year in a row we have received this recognition" said Amy Burr, Director of Meadowlark Hospice. "I am so proud of the quality of care our patients receive, from this phenomenal team, every day."*

Additionally, based on a comparative analysis of agencies involved in WellSky's Hospice CAHPS system for results in the area of "Overall Satisfaction or Likelihood of Recommending" survey questions, Meadowlark Hospice is in the Top 25% of Hospice organizations in the US. Meadowlark Hospice has been Medicare Certified for over 30 years, and serves Clay, Cloud, Marshall, Republic, Western Riley, and Washington counties. With nurses based in your community, they are ready and available to provide support when you need them.



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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