

# Meadowlark Notes

Meadowlark Hospice Newsletter

Issue 107 | Winter 2025



## 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

National Hospice Month  
Quilts of Love  
Our Hospice Team  
Community Events  
Volunteer Coordinator

## Little Snowflake, You Are One of a Kind

by Dawn Phelps, RN/LMSW

In Tennessee where I grew up, snows were infrequent. If it snowed, it was an exciting event! I can remember going outside at recess at school and literally dancing around in the snow, sticking out my tongue to catch the cold, icy snowflakes.

After a new snow, I remember making snow ice cream and getting brain-freeze from eating the snow ice cream too fast. Making snow ice cream still brings back pleasant memories, and it probably took thousands of snowflakes to make one pan of snow ice cream.

I never thought about what a tiny snowflake might look like if magnified. But a young man named Wilson Bentley did. He was born in Jericho, Vermont, in 1865—snow was plentiful in Vermont. When Wilson was fifteen, his mother gave him an old microscope. That's when Wilson became curious about what an enlarged snowflake might look like. After much trial and error, he became the first person to photograph a magnified snowflake. During his lifetime, he photographed over 5,000

snowflakes and became known as "Snowflake Bentley." In December, 1931, Wilson died of pneumonia on his farm after walking six miles in a blizzard to photograph more snowflakes!

He was only sixty-six years old, but he left behind a large collection of photographs of snowflakes.

Because of Wilson Bentley's work, we have learned snowflakes have six sides with an almost infinite number of possible variations.

Snowflakes are formed from moisture droplets from clouds when the air temperature is 32 degrees or colder. Air currents, the moisture content of clouds, and the air temperature influences the size, shape, and what a snowflake will look like. The largest snowflake recorded in the Guinness World Records book fell at Fort Keogh, Montana, on January 28, 1887. It was 15 inches wide and 8 inches thick! A magnifying glass was not needed to view that snowflake! The shapes of snowflakes are delicate and intricate, but they are not always symmetrical. No two

*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, CHPN  
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, CHPN  
Jenny March, RN  
Sharon Ramsey, RN  
Erin Shultz, BSN, RN  
Kim Sixbury, BSN, RN, CHPN  
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

Jenny March, RN, CHPN  
Volunteer Coordinator

Kim Sixbury, BSN, RN  
Medical Records Coordinator

snowflakes are identical in shape and size. Each flake has its own characteristics and beauty—each is totally unique.

It would be difficult to find two people who are exactly alike since people have different personalities and come in different shapes, sizes, and from different nationalities and backgrounds. People have different voice patterns and different DNA. We have different fingerprints that begin forming before we are born. Even twins have different fingerprints, and our fingerprints help identify who we are! We have different talents, different likes and dislikes, unique idiosyncrasies and talents. We have different colored eyes, hair, skin, and facial features. We respond to stress in different ways, sometimes in the same way as our parents, and sometimes differently! We are individuals—we are unique! Snowflakes have similarities,

and so do people, but overall we are more different than similar. People, like snowflakes, are unique.

At some point in our life, we will all experience the death of someone we love. And like snowflakes and people, grief experiences may have some similarities and differences. Our time tables for healing may vary, depending on our relationship with the one who died, the nature of the loss, and the age of the person who died.

If someone seems to move through the grief process faster, slower, or differently from you, that person is probably grieving in ways that are normal for him/her. If you are grieving, remember the snowflakes! You too are a unique, beautiful person in your own right, and your grief journey will be different too. May your grief journey guide you to hope, healing, and a fulfilling life!

## National Hospice Month - Basket Auction

Our team chose to have a basket auction during the month of November to raise funds to donate to non-profit agencies that also support the patients we serve. Different team members joined together to create some awesome baskets. For the kitchen enthusiasts, we had Tea Time and Baking Bonanza. Food lovers enjoyed Simmer & Saver and Charcuterie Celebration. Cozy Christmas offered a delightful basket of holiday goodies. Sports fans were treated to Touchdown Treats and Wildcat Wonderland.

**Thank you to everyone that donated to our basket fun!** We were able to donate \$175 to The Lighthouse for Christ, Habitat for Humanity: Marshall County, Cloud County Food Bank, Golden Bell Haven, Lunch Bunch in Riley, and KSDS.





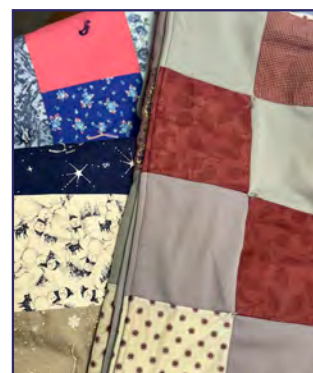
## Quilts of Love

Karla Bohling has found her passion in creating homemade quilts for hospice patients. She loves quilting and sewing, and this journey began when her husband bought her an old sewing machine. Karla decided to gift a quilt to the machine's previous owner, who was in hospice care at the time. Although the owner passed away shortly after, the quilt remained with the family, becoming a cherished heirloom.

The family expressed deep gratitude for Karla's thoughtful gift, which inspired her to focus on making quilts for hospice patients. Each time Karla brings her completed quilts to the office, it is a heartwarming experience filled with stories of her creations and her infectious passion.

Karla has also garnered support from the Heart of the Prairie Quilt Guild in Belleville, KS, and Our Saviors Lutheran Church in Norway. These groups have joined her mission, with Karla preparing quilt packets for them to work on and the church completing tie quilts.

Karla's generosity has touched many hospice families, and her dedication continues to bring comfort and joy to those in need. We are incredibly thankful for her kindness and the opportunity to share in the stories of her quilts and the wonderful groups she collaborates with.



## Our Hospice Team Celebrating with Food and Fun

Our hospice team loves spending time together and sharing some laughs. During our hospice month celebration, we enjoyed a fun team-building exercise with M&M's and candy corn. Each team worked hard to separate the candies by color, racing against the other team. Before the timer started, they were allowed to communicate and devise a plan. It was amusing to see the roles each team member took on and how effectively they communicated to sort the candy. Our kickoff celebration for hospice month occurred on Halloween and our brilliant Thing 1 & Thing 2 dressed up for the occasion.

On November 14th, we celebrated National Pickle Day! Everyone brought a dish featuring pickles or dill, creating a delightful spread of pickly treats. Our Christmas gathering was equally enjoyable. Team members brought their favorite Christmas goodies, and we shared plenty of laughs. We even had a snowball fight game using cotton balls and party noisemakers, adding to the festive fun.



# Hospice Gifts, Grateful Family and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

## Hospice Gifts

American Family Insurance –  
Lacey Kramer & Ella Steinbrock  
LeRoy Bartley  
Allen & Marcia Hahn  
Jesse & Jan Jackson  
Our Saviors Lutheran Church  
Mary Alice Pacey  
Jerry & Pamela Suther  
Douglas Swaim  
Larry & Sandra Wiemers

## Memorial & Grateful Family Gifts

**Carl Affolter**  
Dan & Sue Affolter

**Elaine E. Banahan**  
Nyla J. Banahan Ring

**Naomi Baxter**  
Linda Kane  
Dianne Smith

**K.D. Jack Blackwood**  
Randy & Cathy Hafner

**Lawrence Bouray**  
Republic Women of Faith

**Mina Purling Burkett**  
Sara Randolph  
Nicky & Stacey Rowell  
The Family of Mina Purling  
Burkett

**Tyler Burt**  
Jan Taylor

**John Cory**  
Andrew Asch  
Jo Barclay  
Leland Bray  
Stephanie Garrison  
Jarold & Linda Hayden  
Benson & Judi Keil  
Charles Sjogren  
Chuck & Jennifer Sjogren  
Linden & Julie Snavelly

**Wayne Culley**  
Mr. & Mrs. James Bachand  
Lee & Deanna Barleen  
Susan Beck  
Ron & Kathryn Benson  
David Berggren  
Eldon & Candace Boling

John & Carol Bosch  
Braden Financial Services, Inc.  
Alison Bridges  
Warren Buss  
Eric & Geri Carlson  
Kay Culley  
Fred Cairns & Kathleen Ann  
Dawson  
Steven & Mary Farney  
Gene Ferguson  
Bill & Sandy Fox  
Phil & Jean Frigon  
Jim & Mary Garbarino  
George & Janice Gregory  
Max & Tessie Hanson  
Michael & Kelli Hays  
Al & Carolyn Kirtley  
Dixie Koepsel  
Ron Koster  
Bill & Barbara Lenhart  
Wayne & Dee Link  
Laurie Logan  
Mr. & Mrs. Clint Logan  
Larry & Barbara Lyons  
Theresa McKinney  
Gale McMahan  
Mark & Deborah Mohler  
Kathleen Ouellette  
Cheryl Ptacek  
Darell & Linda Ptacek  
Kenneth & Elaine Ptacek  
Larry & Beth Ptacek  
Mr. & Mrs. Douglas Ptacek  
Tim Ptacek  
Don & Twila Reed  
Rolland Reed  
Dianne Rickley  
Jerry & Carolyn Rothfuss  
Lynn Ruthstrom  
Nancy Schwartz  
Randy & Denise Shadle  
Mike & Kim Shannon  
Greg & Wendy Sherbert  
Todd & Koralee Slagle  
Dianne Smith  
C.L. Snodgrass  
Bob Steenbock  
Curtis & Kris Steenbock  
Mr. & Mrs. Mark Swanson  
Tina Webber  
Coleen Weller  
Bruce & Jackie Wingerd  
Nancy Winter  
Donela Zink

**James Davidson**  
Julie Bradshaw

**Fred Elyea**  
Audrey Elyea

**Pauline Emrick**  
Sylvia Wapp

**Wayne Friedrichs**  
Lora Stohs

**Maurice Friedrichs**  
The Family of Maurice  
Friedrichs

**Arlene Frigon**  
Jean & Phil Frigon

**Armond Frigon**  
Jean & Phil Frigon

**Lloyd Frigon**  
Jean & Phil Frigon

**Kenneth Fritz**  
Kathryn J. Fritz

**Kenneth Fritz, Jr.**  
Kathryn J. Fritz

**Hazel Gill**  
Patricia Everhart  
Hazel Gill Memorial  
Ron & Anita Ohlde  
Trudy Reed  
United Bank & Trust-Marysville

**Evelyne Graham**  
Graham Family

**Lawrence Graham**  
Graham Family

**Michael Graham**  
Graham Family  
Blanche Graham

**Gary L. Habluetzel**  
Janet Habluetzel

**Wanda Hafner**  
Randy & Cathy Hafner

**Wayne Hafner**  
Randy & Cathy Hafner

**Dennis Hogan**  
Lora Stohs & family

**Randy Hogan**  
Lora Stohs & family

**Armin Holle**  
Lora Stohs & family

**Helen Holston**  
Randy & Cathy Hafner

**Edgar Huddleston**  
Lora Stohs & family

**Francis "Frank" Johnsen**  
Linda Kane

**Helen Johnson**  
Lora Stohs

**Jim Leseberg**  
Lora and Greg Stohs

**Grace "Evelyn" Love**  
Emma Berggren  
Class of '76 Belleville, KS  
Brian & Diane Freeman  
Gary & Margaret Frint  
Noel & Gloria Hanson  
James & Jean Jensby  
Melva Reinke  
Deanna Reynolds  
Lester & Kay Shoemaker  
Kathryn Simmons  
Doug & Kayleen Wilkinson

**Doug Martin**  
Randy & Cathy Hafner  
Deb Martin

**Jack McChesney**  
Darren & Karen Adams  
David & Catherine Affolter  
Durwin & Michelle Beauchamp  
Doris Beck  
Nancy Berggren  
Bob & Beverly Caley  
Maury & Beth Catlin  
Roger & Valerie Coberly  
Richard & Jody Cott  
Sherrie Dennis  
Steven & Patricia Deutscher  
Bill & Sandy Fox  
Kenneth & Donna Fry  
Linda Henningsen  
Jack McChesney Memorial  
David & Kathy Kadavy  
Deb Martin  
D. & K. McChesney  
David & Jan McChesney  
James & Kathryn McChesney  
John & April McChesney  
Gale McMahan  
Carol Michaud  
Carol J. Moon  
Dan Peterson & Susan Omli  
Rolland Reed  
Maurice Sharp  
Jane Sherbert



# Hospice Gifts, Grateful Family and Memorial Gifts

Meadowlark Hospice gratefully acknowledges the hospice gifts and memorials.

C.L. Snodgrass  
Philip & Sally Splichal  
David & Vicki Streit  
Steve & Stephanie Tharman  
Harvey & Michaela Williams

**Betty Miller**  
Gwen Miller  
Judi Miller

**Marion Miller**  
Gwen Miller  
Judi Miller

**Retta Mounts**  
Valerie Coberly

**J. Evan Neaderhiser**  
Myrna, Scott, & Neil  
Neaderhiser & families

**Dean Wesley Nelson**  
Brenda Kane  
Marilyn Nelson

**Evelyn Novak**  
Carol Adams  
Avery Auto Parts, Inc.-  
Lawrence & Stephanie Avery  
Buena Burger  
Everett Burt  
Evelyn Novak Memorial  
Gene Ferguson  
Jody Gonser  
Maggie Gonser  
Jeffrey Hixon  
Donald & Suzanne Jordan  
Linda Kane  
Michael Kidwell  
Gary & Christine Matteson  
Mark & Susan Meier  
Craig & Terri Parry  
Rita Siebold  
Dianne Smith  
Clyde & Rita Wollenberg

**Henry Owens**  
Lora, Greg & family

**Omia Owens**  
Lora, Greg & family

**Anne Peter**  
Jean & Phil Frigon

**Walter Peter**  
Jean & Phil Frigon

**Vonda Pumarlo**  
Gayle Smith

**Gary Quillin**  
Carol Adams  
Darren & Karen Adams  
Karen Bryan  
Monte & Jane Cales  
Dorothy Debenham  
Harvey & Connie Frigon  
Jim & Rhonda Gierhan  
Max & Tessie Hanson  
Arnie & Kathy Knoettgen  
Michael & Carmen LaBarge  
Deb Martin  
Marlene Quillin  
Donald Reed  
Clyde & Rita Wollenberg  
Lee & Karen Yarrow

**Twila Reed**  
Doug & Patti Adams  
David & Catherine Affolter  
Scott & Monica Anderson  
Anonymous Donor  
Doris Beck  
Keith & Mindy Blake  
Kay Culley  
Larry & Kayla Ernsting  
Jim & Mary Garbarino  
Gary & Christine Matteson  
Carol Michaud  
Don & Shari Muths  
Ron & Joan Reed  
Jerry & Carolyn Rothfuss

Lauren & Deanna Rundle  
Douglas & Bonnie Sanneman  
Scott Simpson  
Twila Reed Memorial  
Mike & Patricia Walker  
Donna Wichman  
Calvin & Barb Wohler

**Dean Richard**  
Lora Stohs

**Ellen Scofield**  
Gary Scofield

**Louise Sedlacek**  
Lora Stohs

**Edith Stoeger**  
Sylvia Wapp

**Brian Stohs**  
Lora, Greg, Bradon, Austin,  
Broderick & Grace

**Herb Stohs**  
Lora, Greg & family

**Terry N. Taylor**  
Jan Taylor

**Joe M. Wapp**  
Sylvia Wapp

**Dolores Wassenberg**  
Lora Stohs

**Chris Weidman**  
Randy & Cathy Hafner  
Deb Martin

**Jr. Weidman**  
Randy & Cathy Hafner  
Deb Martin

**Peg Weidman**  
Randy & Cathy Hafner  
Deb Martin

**Meta Wendelken**  
Carol Adams  
Avery Auto Parts, Inc.-  
Lawrence & Stephanie Avery  
LeRoy Bartley  
Bevin & Susan Bebermeyer  
Pauline Cassel  
Richard & Jody Cott  
Derrick Cranmer  
Dixie Koepsel  
Billy Ray & Ginny Koster  
Michael S. & Julie L. Liby  
Gale & Lorrie Lloyd  
Lonnie & Carol Parker  
Rose Anne Reed  
Michael & Nichole Schwartz  
Scott Farm, LLC  
Mickey & Lana Stoddard  
Terry & Sherie Turner  
Greg & Cathy White  
Donna Wichman  
Dwight Yarrow  
Kathy Yarrow

**G. Lawrence Yarrow**  
Kathy Yarrow

**Helen Yarrow**  
Kathy Yarrow

**Lenore Yost**  
Randy & Cathy Hafner

*Thank You*



**MEADOWLARK  
HOSPICE**



## 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.

## Community Events

### Belleville Veteran's Day Parade

This year, some of our team proudly joined the community of Belleville, KS, to participate in the annual Veteran's Day parade. It was a fantastic opportunity to honor and thank the veterans for their service. The heartwarming smiles from the veterans as we stopped to express our gratitude were truly incredible. Thank you to all Veterans for your service.

### Clay Center Christmas Parade

The Clay Center Christmas Parade was truly a delight and our team had an amazing time participating in kicking off the Christmas Season. Our theme was "Memories are more than movies". Choose Meadowlark Hospice because you deserve to have your last journey in life filled with making memories as special as Christmas movies. Our banner was from "The Grinch" with a little wording adjustment to say *"Maybe Hospice he thought isn't just about dying, Maybe Hospice... perhaps...means a little bit more!"*



We had special appearances by Thing 1, Thing 2, and Rudolph to round out our celebrity crew.



### Angel Tree - Clay Center Christmas Festival

Our Angel Tree in downtown Clay Center stands as a heartfelt tribute. We extend our deepest gratitude to those who donated in memory of their loved ones.

Your generosity allows us to continue providing compassionate hospice care to all who seek support on their end-of-life journey.



Call 785.632.2225 or  
Email: JMarch@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: JMarch@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!



Phone: 785-632-2225

Fax: 785-632-3557

Email: [mhospice@ccmcks.org](mailto:mhospice@ccmcks.org)

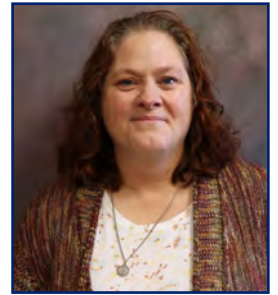
Web: [meadowlarkhospice.org](http://meadowlarkhospice.org)

We are available to present programs to area organizations!



## Welcome Our New Volunteer Coordinator

Please join us in welcoming Jenny March as our new Volunteer Coordinator. Jenny is already a familiar face to our team, having served as a field nurse for the past couple of years. She is excited to work with our volunteers and expand our program. Jenny is actively seeking ideas to recruit and engage volunteers who are passionate about our mission. She is also deeply committed to our We Honor Veterans program and aims to recruit more veteran volunteers to support our patients.



If you feel inspired to volunteer for Meadowlark Hospice, please call our office. Whether you have a special talent in music, reading, art, or any other skill, your contribution can significantly enhance the quality of life for our patients.

### 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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