



**HARRY
HYNES
MEMORIAL
HOSPICE**

Hynes Hallmark

Volume 1.3 Spring 2023





A Special Thanks

By Karen Sherbak, Director of Volunteers

As we enter into April, and the rebirth of life, renewal and hope, we find ourselves presented with an opportunity to thank those who consistently seek out ways to celebrate lives in the face of death; our Hynes Ambassador Volunteers. Observed annually, the third week in April, National Volunteer Week recognizes all who selflessly give of themselves to the benefit of others. Our volunteers' willingness and passion for giving is the cornerstone for what it truly means to be a volunteer. As we struggled with the necessary changes during the pandemic, they never let us forget they wanted to volunteer. They never let us forget how critically important volunteers are as part of hospice care.

In 1983, the founding members of Harry Hynes Memorial Hospice sought to change the way we view death. Bring it out into the light, embrace it, encircle those facing end of life with love and empathy. Providing companionship and caregiver support as well as administrative assistance, volunteers were an integral piece to that puzzle. As we celebrate our 40th year, the spirit remains of true giving and compassion for our fellow humans. On behalf of all members of our team, the patients, and families we care for, we say "thank you" for all you do and all you give to families in the 25 counties we serve.





Below is a list of our active volunteers as of March 1, 2023 and the years they have dedicated to our families at Harry Hynes Memorial Hospice.

- | | |
|------------------|-----------------|
| Shirlene S. (38) | Janet B. (7) |
| Richard C. (28) | Kevin R. (7) |
| Juanita H. (17) | Linda W. (6) |
| Vickie S. (14) | Lisa B. (6) |
| James N. (22) | Lynn H. (6) |
| Marty S. (20) | Glenda L. (5) |
| Ray F. (18) | Adrienne E. (5) |
| Shelley C. (17) | Michael S. (5) |
| Dolores B. (16) | Barbara F. (4) |
| Dave H. (15) | Nikki E. (3) |
| Juliet W. (14) | Patti R. (3) |
| Patsy D. (14) | Edie V. (2) |
| Mike P. (13) | Lawanda H. (2) |
| Jaunita S. (12) | Angela C. (1) |
| Amy B. (12) | KayLynn L. (1) |
| Debbie S. (12) | Allen R. (1) |
| Aide R. (10) | Kari S. (1) |
| Phyllis S. (10) | Tess Z. (1) |
| Ginny S. (10) | John K. (1) |
| Jane G. (10) | Sharla R. (1) |
| Jan N. (9) | Chuck D. (1) |
| Corine K. (9) | Mary V. (1) |
| Charles M. (8) | Lisa S. (1) |
| Ed S. (8) | Meg S. (1) |
| Melissa S. (8) | Jane G. (1) |
| Margaret A. (8) | Pat K. (1) |

New Hynes Ambassadors within the past year:

- | | |
|-------------|-----------|
| Deniece M. | Kay B. |
| Brandi S. | Judy B. |
| Joy C. | Lucy C. |
| Michelle H. | Laura L. |
| Brenda R. | Julie S. |
| Kathy B. | Scott B. |
| Sharon W. | Mike K. |
| Greg H. | Vijaya D. |
| Sam A. | |
| Joanne B. | |
| Kristi S. | |
| Paula S. | |
| Nohemy B. | |
| Orval E. | |
| Arlinda P. | |
| Linda S. | |
| Joia D. | |
| Steve C. | |
| Ashley B. | |
| Steven M. | |
| Clare V. | |
| Brylee Y. | |
| Jacey A. | |
| John W. | |



Donations



Volunteers



Grief Support



Tuck in Call Program

Caring for those facing the end of life and their loved ones require a special touch. At Harry Hynes, we are constantly looking for new ways to provide a comforting touch and meet the needs of those trusting us with their care. One such way is the Tuck In Call Program, implemented in January. Each Thursday, a group of trained Hynes Ambassadors volunteers place weekly calls to all home side patients in the 25 counties we serve, to ensure they have what they need prior to the weekend; thus “tucking them in” for the weekend. Even though the team at Harry Hynes Memorial Hospice is available 24/7, we’ve found that caregivers will at times hesitate to reach out over a weekend for something they deem minor. By being proactive and utilizing volunteers to place these weekly calls we are able to help meet their needs and prevent problems before they occur. Often, the need is simply a reassuring voice and knowing there is someone on the phone who can empathize with their situation.

While the program has been in place for only a few short weeks, it’s clear the benefits have far exceeded what we expected. The volunteers placing the calls have been able to form a bond with the patients and families they contact each week. Tuck in call Volunteer Meg, whose mother passed away with Harry Hynes in 2017 says “Connecting is what this role is all about for me. To know what they are feeling as a caregiver and being able to relate is why I’m here”.

If you’ve ever considered giving us your gift of time but have been uneasy with direct patient contact, participating in one of our programs such as this is beautiful way to participate. For more information, please contact Karen Sherbak, Director of Volunteers at 316-217-0084.



Making it Official

For Christmas this past year, Hynes Ambassador Volunteers were gifted their choice of a monogrammed Harry Hynes Memorial Hospice shirt. Having the hospice heart is one of the many endearing qualities our volunteers have, as well as being a champion for Harry Hynes in the communities we serve. Wearing these quality garments not only helps create visibility for our agency, but highlights the integral part our volunteers play in the hospice team! Feedback from the volunteers regarding their gift has been phenomenal and it’s sure to become an ongoing tradition!

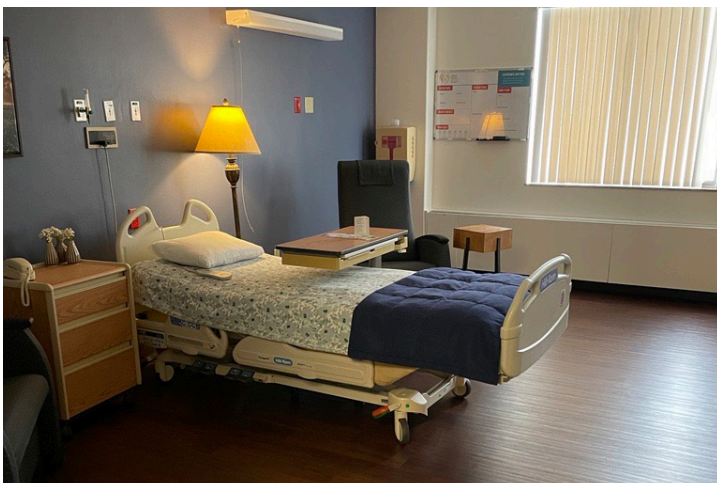
Hospice Center Refresh

Harry Hynes Memorial Hospice offers an in-patient unit at Ascension Via Christi St Francis, called the Hospice Center, for patients to receive acute care for symptoms that cannot be managed in the home. While the patient's family is visiting their loved one, it is our hope to make their visit as comfortable as possible. Like any home, from time to time, updates need to be made to replace worn out areas. One such need is the flooring throughout the Hospice Center. After years of use and thousands of footsteps later, it's time for a Hospice Center Refresh.

Starting in April, donations will be requested to assist us in covering the cost of the flooring at the Hospice Center. The project budget is currently \$70,000. We will be replacing carpet with high impact vinyl in all the hallways spaces and nurse's stations. This will be a continuation to the patient room refresh that has already been completed (shown in the photo). Not only will this type of flooring be more durable, but it will warm up the aesthetics of the Hospice Center.

Donations to the Hospice Center Refresh can be designated in memory or honor of someone, and gifts levels have been established to offer naming opportunities for rooms and stations.

For more information, please contact Chenay Sloan, Director of Donor Development, at 316-219-1774 or chenay.sloan@hynesmemorial.org.



Pete the Pup

Meet Pete, our newest volunteer on the "paw-roll!" He is a one-year-old, miniature golden doodle Pete's mom, Master Sergeant Michelle Horter, USAF, stationed with the 184th Wing at McConnell AFB, began volunteering with HHMH in June 2022. Feeling compelled to volunteer for hospice following the death of a family member, Michelle said it was a beautiful honor to be able to provide comfort as that family member passed to the other side.

After enrolling in a dog obedience training program at Chisholm Creek in Wichita, Pete began tagging along on visits and quickly became a favorite of patients and facility staff. He's especially welcome on Comfort Crossing vigil visits in the final few hours of life, providing a calming presence to those around him. He enjoys meeting people and getting all the love!

A few personal details about Pete:

Likes: walks, treats, balls, treats, training, treats, laying like a cat on the back of the couch (I pretend to be the King up there!), and people!

Dislikes: car rides and fireworks



Wish List

As your local, independent non-profit hospice, Harry Hynes Memorial Hospice relies on community support to sustain our mission and provide high-quality care to patients and their families when they need us. We've identified some ways that the community can assist us by providing one or more much-needed wish list items. Some examples of wish list items include:

- Weighted Blankets - Weighted blankets provide pressure and sensory input for individuals with dementia and can be used as a calming tool for sleep
- Locked boxes - For medication safety/storage
- Pocket Talkers - Assists patients who have difficulty hearing
- Crossword Puzzle or Word Search Books
- Word Search Books
- Adult Coloring Books with Colored Pencils
- Sensory/Fidget Aids for Adults
- Aftershave and shaving supplies
- Hand towels and washcloths (no white or cream colors) for our Hospice Center
- Garden center/nursery gift certificates (to be used for the Memory Garden)
- Hospital twin-sized cotton sheets for the Hospice Center
- Kitchen towels for the Hospice Center
- Soft blankets (twin or full) for our Hospice Center patients
- Men's flannel shirts in M-L-XL for Hospice Center patients

Harry Hynes Memorial Hospice offers an inpatient unit at Ascension Via Christi St Francis, for families who would prefer to receive our services outside the home. While the patient's family is visiting their loved one, it is our hope to make their visit as comfortable as possible. While compassion, understanding and support are our main focuses, in an act of hospitality, we also provide snacks for visitors. This small act of generosity can make a big impact on a grieving family.

To learn more about donating to our Wish List, providing snacks for the inpatient unit, go to hyneshmemorial.org under Donate / Ways To Give / Wish List or call Chenay at 316-265-9441 or send an email to chenay.sloan@hyneshmemorial.org.



Thank you to those who donated in honor of the following:

Agnes Henning
Agnes J. Keiss
Allen G. Crowl
Andrew and Viola Shelly
Ann Vuong
Anna Marie Darbro
Arleta M. Bollinger
Arthur Craig Mundt
Barbara Jabben
Beryl Silkey
Betty M. Voegeli
Beverly Cole
Billy Gene Gordon
Blanche F. Brown
Bruce and Connie Terrell
Carol S. Ludwig
Charles T. Bredehoft
Charles T. Kemp
Christine "Cookie" Lee Nonken
Clyde Kermit Taverner
Corrinne Young
Daleen J. Steele
David Bruce Barg
David L. Harlan
Donna D. Payne
Donna Diane Creel
Donna Dolores Payne &
Mary Hamilton
Donna E. Bridges
Donna Wells
Dora Jean McCullough
Dorothy "Jeanne" McDaniel
Dorothy L. Garfield
Edwin L. Collins
Eleanor M. Miller
Elva J. Jellison
Emily Jane Winslow
Emma R. Hartzfeld
Eustace St. Pierre "Bell" Bell-
inger
Everett E. Carr
Francis "Frank" Felts
Freda M. Schaich
Gary L. Stamm
George Rethorst, Jr.

Gloria R. Curran
Gordon G. Beehler
Gregory Andrews
Harold Lloyd Beasley
Jack B. Talbott
Jack R. Ragan
James "Dick" Wells
Jared William Nave
Jaunita Williams
Jeffrey D. "Jeff" Neblett
Jerry P. Morris
Joan Shoemaker
Juanita "Nita" V. Romans
Judith Ann (Klein) Simpson
Julie Lukic
June B. Madison
Larry Peak
Larry R. Powell
Leona M. Gartner
Linda Lou (Walker) Wittner
Lloyd C. Sperry
Lois A. Triplett
Margaret Fisher
Marvin L. Terry
Mary Ellen Langenegger
Mary Irene Sims
Mary Sweet and Gary Long
Melda June Hoyt
Mike Ceranic
Mitchel A. Weesner
Neva J. Reedy
Norma Ackerman Brockert
Norma Fulbright &
Harry L. Wheeler
Pamella B. Lee
Patricia A. Lindell
Patricia Ann Hyatt
Patricia Z. Wilhelm
Phyllis J. Hobson
Poul and Gerda Jensen
Ramona D. Hill
Ray Springer
Richard Myres
Richard Simon
Robert & Dorothy Boggs

Robert A. Owen
Robert Bush Stevens
Robert D. McKee
Robert E. Prah &
Steve B. Prah
Robert Stephen Beckham
Roger Olin Burks, Sr.
Roland M. Kuhn
Ronald J. Leis
Ronnie D. Comstock
Roscoe Gordon Burrows
Ross Edward Ailsieger
Roy Klem Nace
Ryan A. Loder
Sabra J. Ludlum
Sarah M. Ferraro
Sharon A. Callaway
Shirley Adams
Shirley Jean Howe
Shirley Jean McClure
Stephen F. Snow
Steve Mertins
Steven R. Rusco
Stuart E. Lane &
H. Catherine Lane
Sue E. Goates
Tamara R. Shattuck
Teresa L. Strecker
Teresa Marie Wren
Terry Bever
Theodore J. Dunham
Thelma Mae Layton
Theresa A. Palmer
Theresa Barragree
Thu T. Le
Velma and Al Kuch
Vera Parrish
Verna M. Lowe
Victoria R. Moffett
Viola E. Bowman
Virginia Mortimer
Walter Pauly
Wayland Friend
Willard A. Bright
William J. Ewertz



Regrets Only

Have you ever received an invitation that read RSVP Regrets Only? Persons who are grieving the death of a loved one often express regret. Regrets are the things we wish we had done or said. The widow who had planned on doing extensive traveling with her husband after he retired from work, and then was unable to fulfill their dream as he was suddenly diagnosed with a terminal illness. Or the regret of not being with a person at the time of death. Perhaps you regret expressing frustration at the amount of care your loved one needed. Or wish you had expressed your love and how much you would miss him.

Feeling regretful is not the same as feeling guilty. Guilt is feeling like you did something wrong. People with certain religious beliefs may feel guilty about being angry with God. Helen Fitzgerald in *The Mourning Handbook: A Complete Guide for the Bereaved* offers several suggestions for dealing with regrets and guilt.

1. Begin by identifying what is causing you to feel regretful or guilty. Make a list and determine what causes you to feel guilty and what causes you to feel regretful. Writing the list may in itself be beneficial. Look at your list. Think about what you could do to reduce the regrets.

2. Be careful not to second-guess yourself. Don't be overly critical of your behavior. People are generally doing the very best they can during a stressful time. Fitzgerald says "don't assign greater strength to yourself now than those circumstances would have allowed." We are not super human beings.

3. Try to be objective. If the guilt is real you may need professional help to deal with it. But if the guilt is more your own way of looking at the situation, talk about it with a trusted friend. Perhaps another person can help you look at the situation differently.

4. Plan to do something to eliminate your guilt. Maybe there's a task you've been putting off doing or something you could do for someone else. You need to decide how much you should do in order to let go of your feelings of guilt.

5. Be ready to forgive yourself. If that seems hard to do; then think about why it is difficult.

6. Think about what you have learned. Ask yourself what you could do to prevent having similar feelings in the future. If you wish you had expressed your feelings of love then resolve to do it now to people you care about.

7. Finally, don't forget the many good things you did for that person. Remember those good things when you start feeling bad about yourself. Writing them down may be helpful.

"Journey one day at a time. Don't try to solve all the problems of your life at once. Each day's survival is a triumph."
- Earl A. Grollman

Remembering Loved Ones

Remembering in its literal sense means putting the "members back together." While grieving, remembering is important for those who are left behind. The power of memory can never be minimized. Remembering enables us to reach beyond the limits time and space impose on us. This makes it possible to connect with loved ones who are no longer physically present to us.

Sources for remembering a loved one can take many forms such as pictures and other objects; letters and other writings carefully kept; visiting the place where the remains are preserved or having a place of memorial in the home. These are all reminders of those prior times when a loved one was present.

Some people "talk" with deceased loved ones, telling them "Good morning" or "Good night", finding comfort in talking with them as they did in the past. For some engaging in this

"conversation" may seem weird, and therefore feel reluctant to acknowledge this to others, fearing criticism.

Talking with a loved one can be a normal part of grieving. These "imaginary" conversations are another way of remembering. Such conversations with deceased loved ones help to facilitate the journey toward healing after saying "goodbye."

Harry Hynes Hospice is available to help with grief and loss counseling. To contact a grief counselor, visit hyneshospice.org under Care Services / Grief and Loss Support tab, or call (316) 265-9441.





The kick-off of a New Year can be exciting and perhaps indicate a fresh start for some. For Harry Hynes Memorial Hospice, 2023 marks our 40-year anniversary.

Our story began in February 1981 when a group of civic-minded Wichita area community members held their first meeting to discuss a vital need for specialized care for the terminally ill. In March of 1982 the initial planning committee meeting was held, and the following June, Wichita Hospice Inc., the area's first and only non-profit hospice, was incorporated. In October, the

decision was made to change our name to Hospice of Wichita. Area oncologists were involved and representatives from local hospitals were on the board of directors. In October of 1983, we cared for our first patient.

In June 1986, Hospice of Wichita - the first certified hospice in Kansas - received certification as a provider of the Medicare Hospice Benefit. In the same year, Friends of Hospice was established by dedicated volunteers who kicked off the inaugural Tree of Life campaign to raise funds for our agency.

In 1989 our name was changed to Hospice Inc., and we began to expand; we merged with Butler County Hospice; were invited by Cowley County Hospice and Sumner County Hospice to be the hospice provider in their counties; started serving patients in Kingman and Harper Counties; invited by Coffeyville Hospice and Mt. Carmel Hospice in Pittsburg to become the hospice provider in their area; also began serving other counties in Southeast Kansas.

In 2002 we changed our name to Harry Hynes Memorial Hospice to honor one of our founders, Harry E. Hynes, M.D., (who passed away in December 2000). In 2004 we opened the Hospice Center at Via Christi - St. Francis in Wichita, the first hospital-based hospice.

In 2011 our agency received the "Health Care Hero" award from Labette Health Foundation in Southeast Kansas. In 2011, we were voted the "Readers' Choice" for Hospice from the Wichita Eagle, as well as every year following, becoming the recipient of the honor 12 years in a row.

Harry Hynes Memorial Hospice has grown from its humble beginnings to a preferred hospice provider and our service area's only non-profit hospice (medicare.gov) serving 25 counties in South Central and Southeast Kansas.

For more information about our history and our services, please visit hyneshmemorial.org or call 800-767-4965.

ADDRESS SERVICE REQUESTED

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Hynes Hallmark

