



Hynes Hallmark

Volume 2.1 Fall 2023



HARRY HYNES
Memorial Hospice



BURNOUT & COMPASSION FATIGUE

Harry Hynes Memorial Hospice
August 27, 2023
Tom Welk, DMin



Words of Appreciation

Words cannot express the gratitude we have for Harry Hynes Hospice. Jessica was incredible. Her empathy, caring, knowledgeable nature made this terrible situation easier.
- Family of Patient

Thank you for all your compassion and care for our loved one recently. We highly appreciate all you do.
- Family of Patient

To all our friends at Harry Hynes Hospice, my family and I want to thank you for your care and support during the last three weeks of our loved one's life. We especially want to thank Alice who was always there for us from start to finish, and Teresa and others who were also there for us in long term care. I also want to thank you for your concerns for my care since my loved one's death. Thank you for all that you've done for our family and me.
- Family Member of Patient

Thank you so much for your heart and your efforts to comfort patients and families in crisis.
- Loved One of Patient

To all the hospice staff, thank you so much for all that you did for Mom during the last six months. We especially want to thank Theresa, Shayla, Rita, David, and Father Tom for their wonderful care of Mom and our family.
- Child of Patient

To everyone on my Mother's care team, thank you to each and everyone who help Mom and my family through this difficult transition. I am so grateful you made sure she wasn't alone when she passed. Words cannot adequately express how much I loved my Mom. You care for her was exceptional and greatly appreciated.
- Daughter of Patient

Please express my appreciation to all your caregivers/ nursing staff who were involved in taking such good care of my two long time friends who both passed. My dearest friend of 58 years and my choir director/ friend. I will miss them very much, but know that in their last hours, your people were there with them to help them pass.
- Friend of Patient(s)

Our family would like to sincerely thank each and every loving staff member that provided such wonderful support and care for our loved one and our family during this very difficult time!
- Family of Patient



HARRY HYNES
Memorial Hospice

40TH ANNIVERSARY CELEBRATION

WICHITA BOATHOUSE
515 S WICHITA ST.
WICHITA

THURSDAY
OCT • 12 • 2023
5:30 PM - 7:30 PM

PLUS ONE WELCOME
CASUAL DRESS
APPETIZERS

PLEASE RSVP TO
SAMANTHA HACKETT AT
SAMANTHA.HACKETT@HYNESMEMORIAL.ORG
OR 316-265-9441



HARRY HYNES
Memorial Hospice

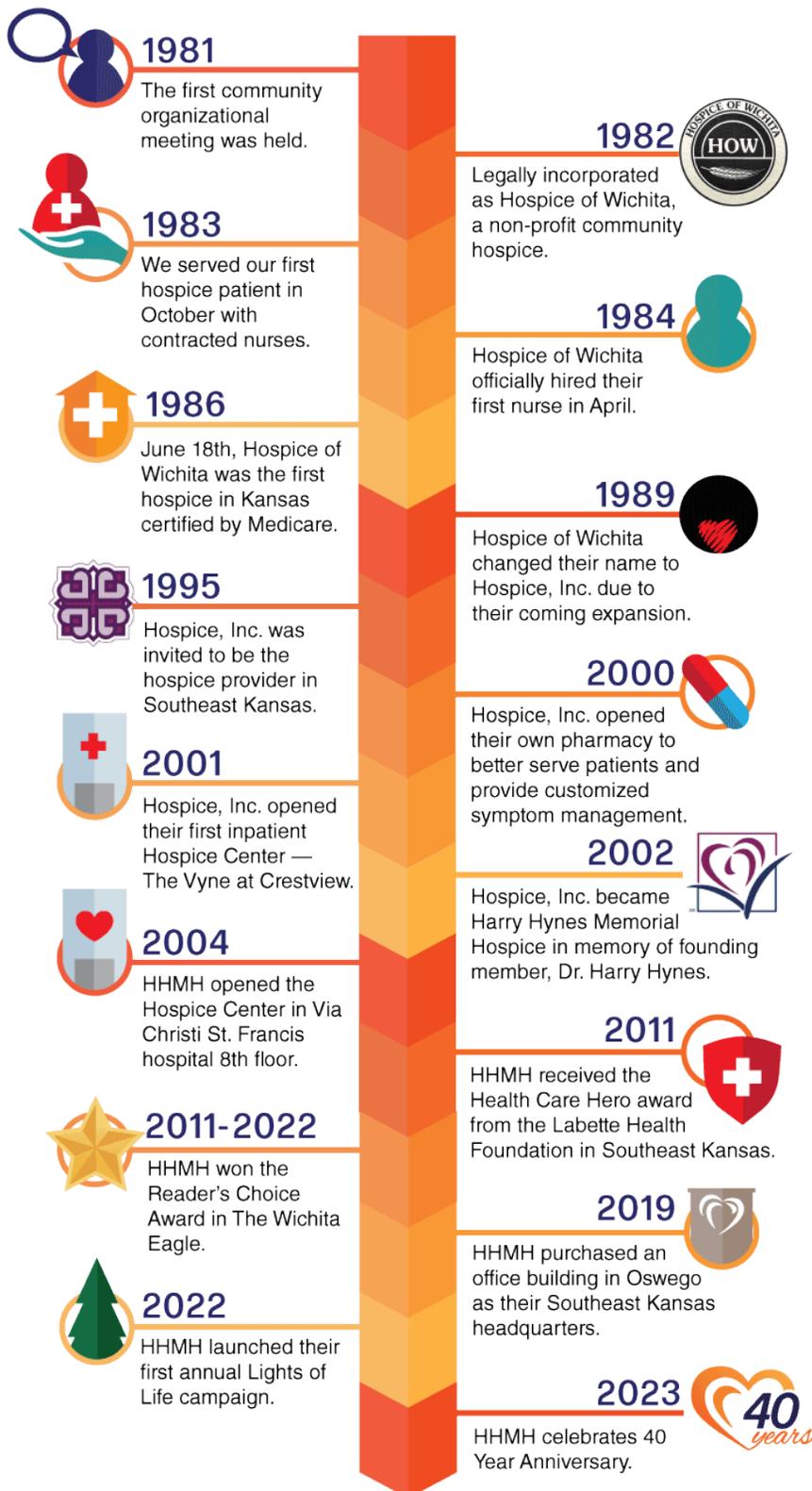
40TH ANNIVERSARY CELEBRATION

CEDAR TREE BARN
1614 18000 RD
PARSONS, KS 67357

THURSDAY
OCT • 19 • 2023
5:30 PM - 7:30 PM

PLUS ONE WELCOME
CASUAL DRESS
APPETIZERS

PLEASE RSVP TO
KATEE CAMUS AT
KATHERINE.CAMUS@HYNESMEMORIAL.ORG
OR 620-281-7030



1981  The first community organizational meeting was held.

1982  Legally incorporated as Hospice of Wichita, a non-profit community hospice.

1983  We served our first hospice patient in October with contracted nurses.

1984  Hospice of Wichita officially hired their first nurse in April.

1986  June 18th, Hospice of Wichita was the first hospice in Kansas certified by Medicare.

1989  Hospice of Wichita changed their name to Hospice, Inc. due to their coming expansion.

1995  Hospice, Inc. was invited to be the hospice provider in Southeast Kansas.

2000  Hospice, Inc. opened their own pharmacy to better serve patients and provide customized symptom management.

2001  Hospice, Inc. opened their first inpatient Hospice Center — The Vyne at Crestview.

2002  Hospice, Inc. became Harry Hynes Memorial Hospice in memory of founding member, Dr. Harry Hynes.

2004  HHMH opened the Hospice Center in Via Christi St. Francis hospital 8th floor.

2011  HHMH received the Health Care Hero award from the Labette Health Foundation in Southeast Kansas.

2011-2022  HHMH won the Reader's Choice Award in The Wichita Eagle.

2019  HHMH purchased an office building in Oswego as their Southeast Kansas headquarters.

2022  HHMH launched their first annual Lights of Life campaign.

2023  HHMH celebrates 40 Year Anniversary.



Tom Welk Celebrates 40th Anniversary

The field of hospice has changed a lot in the 40 years since Rev. Thomas Welk (Tom to everyone), Dr. Harry Hynes, and a team of medical professionals and volunteers started the area's first hospice in 1983. Tom jokes that people didn't even know what hospice meant and how to pronounce the word. They thought that it was a spice shop, Tom says with a chuckle, "I was asked if it was ho-spice."

This year marks the 40th anniversary of Harry Hynes Memorial Hospice (formerly Hospice, Inc. and originally known as Hospice of Wichita) and Tom's time with the agency. Since its inception, Tom says there have been many changes in hospice and healthcare, but the mission of Harry Hynes Memorial Hospice has remained the same. "It's unique that we have never wavered from our mission, **'to enable people to live with dignity and hope while coping with loss and terminal illness.'** Most hospices today are for profit and it's a business, but for us, it's still very much about the mission, patients, and the service we provide to the families in our care."

Tom has worn many hats during his 40 years of service. From his start as a volunteer and community committee member, to the first Board of Directors, to staff member, to head of volunteers and fundraising, to Director of Pastoral Care, and now in his current role as the Director of Professional Education. He says, "I have served wherever I've been needed. Each role has been a combination of my faith, my interest in medicine and science, and caring for the dying and their family. I feel like hospice is my calling and a ministry no matter what title I have."

Having a calling to serve in hospice is something Tom says is not as unique as one might think. "Growing up on a farm in North Dakota, I have always understood the circle of life in nature. I've never felt uncomfortable or intimidated by it all, and I think that's important. If you are going to provide hospice support, you need to understand the incredible power and sacredness of the moments leading up to death. I often say if you're going to be effective in supporting a hospice patient and their loved ones you better be comfortable yourself about dying and death."



Interested in learning more about Hospice?

Tune in to our 4-part educational series presented by Tom Welk. In this series topics include:

- Dispelling Myths about Hospice
- Facts about Hospice
- End of Life Care and Medical Ethics
- Compassion Fatigue

These videos can be found on our YouTube page @harryhyneshospice1, or by following the link below:
youtube.com/@harryhyneshospice1

Tom still remembers the first patients served under the fledgling hospice program, and even now, 40 years later and thousands of families served, he says he is still grateful families include him in this most holy and sacred time. “While it is obviously a sad time for the family, I appreciate the ability to be part of a person’s celebration of life. Families express gratitude and appreciation, and I always make sure to say, ‘thank you for the honor and privilege of being invited into your home and lives.’ It is a very holy and sacred time and sometimes I tell families, ‘I should take my shoes off when I come in here because we’re walking on holy and sacred ground.’”

Tom receives requests from around the globe to provide end-of-life ethics presentations, lectures, videos, and self-care advocacy for families and hospice staff. He has become a hospice expert and helped develop policies and craft benchmark end-of-life language used in some hospitals and health care facilities today. He says there is still more work to be done, and that is why he does not have plans to retire any time soon. “As long as I’m still needed and wanted, and as long as I still have a calling to this ministry, I will continue to serve. I look forward to seeing what happens in our next 40 years.”



Dr. Morgan Celebrates 10 Years

Harry Hynes Memorial Hospice Medical Director, Dr. Dan Morgan celebrates 10 years with our agency. In the picture above, Tom Welk presents Dr. Morgan with his 10 year clock, thoughtfully hand-crafted by Tom.

Volunteer Donations Help Bring Comfort

Carolyn Penner can't remember exactly when she first started making prayer shawls. Penner had just moved into the Kidron Bethal Village, a retirement community in Newton, when she was approached by community go-getter Mary Goering. "Mary just came up and asked if I knit. I was surprised but happy to find a hobby in common," Penner said. Goering invited Penner to be part of the village knitting club, and that is how it all began years ago.

At first, Penner didn't even know what a prayer shawl was but soon realized the impact the shawls had. Penner said, "Mary always wanted to help others with knitting, and those in hospice are frequently cold. The shawls are meant to keep them warm. We also hope they feel our prayers, not only for them but also their family, and that the shawls bring comfort. We get a lot out of making the shawls, and it makes us feel good knowing we are helping others."

Years later, and hundreds of prayer shawls knitted, Penner now leads the group to produce prayer shawls for the patients at Harry Hynes Memorial Hospice. Along with a regular group of 12-14 people, the knitters meet once a month. Their prayer shawls have been delivered to hospitals, nursing homes, and Harry Hynes Memorial Hospice.

Penner said, "I'm happy to carry on the important work Mary started. We are so glad to know the prayers shawls make a difference for the patients at Harry Hynes Memorial Hospice."

In-kind donations of prayer shawls, food donations to our Hospice Center, or gifts of time and talent, all make a difference to the patients of Harry Hynes Memorial Hospice. For a list of donations needed, go to www.hynesmorial.org/donations or contact the Donor Development department at 316-219-1774.



Hospice Center Makeover

The Harry Hynes Hospice Center is excited to share recent updates to the flooring throughout the center. High-end luxury vinyl flooring was installed to patient rooms, nurses stations, offices, conference rooms, family rooms, the kitchen, and staff offices. The new flooring not only creates a home-like feel, but it is also highly durable and sustainable. Thank you for the donors who contributed to this project!

Thank you to all those who have donated in memory or honor of the following:

Donations were made from July 21 to September 8, 2023.

Alta G. Wells
Angela Renee Wolfe-Hobus
Ann Vuong
Arthur M. Schenk
Barbara Ring
Beryl Silkey
Bobby Oren Fildes
Carol S. Ludwig
Carolyn Fowler
Celeste G. Stuhlsatz
Charlene D. Stine
Charlotte M. Monahan
Clyde Kermit Taverner
Coralou "Corky" Coopriider
Dale A. Barnard
Darryl W. Rhodes
David B. Purdy
Donald R. Wineke
Donna Dianne Creel
Donna L. McClelland
Dora Jean McCullough
Doris L. Weber
Dung L. Nguyen
Edward A. Baumer
George W. Lovell, Jr.
Glen Pendleton
and Marguerite Pendleton
Gloria Nix
Gregory Lee Burkhart
Harvey K. Beal
Hugh K. Charles
J. Rexford Mills
James B. "Jim" O'Reilly, Jr.
James E. Hill
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Janice K. Phillips
Jerica L. Callender
Jimmie L. Springer
Joann Biancarelli
Joann Ebert
John H. "Jack" Terhune
John Robert "Bobby" Takano

Joseph C. Frick
Joyce E. Eaton
Joyce Irene Klingenberg
Juanita "Betsey" Young
Karen Flynn
Karen Jo Maupin
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Nancy L. Lauck
Nicholas M. Mohr
Patricia Coelyn Cost
Patricia J. Rausch
Patrick "Pat" Joseph Reibenspies
Patrick Randall "Randy" Ricke
Ramona D. Hill
Robert "Bob" J. Meyer
Roger Allen Smith
Ruby F. George
Ryan A. Loder
Sabra J. Ludlum
Sam Battles
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Shirley S. Stallard
Sylvia A. Marsolf
Teresa Marie Wren
Theresa A. Palmer
Thomas M. Nuckols
Vivian Pearce
Walter Carl Booth
Wayland Friend
Wiladean R. Savina

Leave A LEGACY

As your local, independent, non-profit hospice, Harry Hynes Memorial Hospice's mission is to enable people to live with dignity and hope while coping with loss and terminal illness.

We strive to provide the highest quality of care for patients and their families. We want to ensure peace, comfort and dignity to anyone facing an end-of-life illness, regardless of their ability to pay. When families want to memorialize their loved ones in lasting ways, Harry Hynes Memorial Hospice is honored to partner with them in this quest.

Harry Hynes Memorial Hospice has identified areas of opportunity for creating memorials in honor of someone special to you:

Harry Hynes Hospice Center, our inpatient unit at Ascension Via Christi St. Francis, is available for patients who need pain or acute symptom management, which can't be managed within the home. We provide 24-hour professional care in a home-like setting by skilled hospice nurses, aides, physicians, and social workers.



Harry Hynes Headquarters, located in downtown Wichita, KS, is the hub of our hospice with offices for clinical staff, grief and loss counseling, supplies and distribution, pain management staff, administrative and finance staff, as well as our volunteer program.



Harry Hynes Memory Garden is a beautiful, serene place, open and accessible to the public. The garden walkways are lined with trees, small gardens and comfortable benches, all surrounding two lakes. A lovely setting to remember loved ones or simply spend time in a place of natural beauty.



Harry Hynes Honor A Hospice Hero program allows patient families to express their gratitude to members of their hospice care team who went above and beyond to serve with integrity, clinical excellence, and compassion.



Create a family legacy by helping us provide high-quality and compassionate care to our community for generations to come.



Family of Patricia Cost, Their Love for “Ya-Ya”

Patricia “Patti” Cost was a beautiful, adored woman who was admitted to our services two years ago. Her illness didn’t define her. She would best be defined as loving wife of 48 years (not near long enough) to Steve, adoring mom to Coby and Caleigh, the most amazing “Ya-Ya” in the world to Eilley, Azlyn, Millie, Keeva, Cora, Zadie and Emmitt, and the centerpiece of their family.

Recognizing the wonderful care she received at the Harry Hynes Hospice Center, Ya-Ya’s granddaughters, who range in age from 6-14, wanted

to do something in return. For over a year, with little assistance from the adults, they participated in yard sales selling their toys, hosted lemonade stands and other fund-raising activities. Recently, these beautiful young ladies donated a check in the amount of \$1300 from their efforts to Monica Dressman, RN, Director of the In-Patient Unit. It is their wish we use the donation to buy “tools and equipment” that will allow people at the end of life to spend more time with their families when they are sick. We are so grateful for this beautiful family and the support they have given us!



“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; Living When A Loved One Has Died*

Gifts with Purpose

Have you thought about the radical notion that grief is a gift? Certainly there are many gifts you would rather receive than to experience the death of a very special loved one. The challenge for each of us is to take the pain and turn it into something positive. To remain in anger as we grieve, may keep us in a negative feeling that prevents us from loving and living. Letting go of anger is a healthy step toward opening up ourselves to growth, love and life.

Judy Tatelbaum in her book *The Courage to Grieve* uses the analogy of comparing grief to manure. Both are useless unless you know how to use them. Manure is messy and smells awful. People try to stay away from it. Yet it is very useful in gardens and on crops where it becomes fertilizer. Grief can certainly feel like manure but it too can be transformed. Grief can become the motivator for personal change and actualization.

Elisabeth Kübler-Ross eloquently states:
“All the hardships that you face in life, all the tests and tribulations, all the nightmares, and all

the losses, most people still view as curses, as punishments by God, as something negative. If you would only know that nothing that comes to you is negative. I mean nothing. All the trials and tribulations, and the biggest losses that you ever experience, things that make you say, ‘If I had known about this, I would never have been able to make it through,’ are gifts to you. It’s like somebody had to - what do you call that when you make the hot iron into a tool? - you have to temper the iron. It is an opportunity that you are given to grow. That is the sole purpose of existence on this planet Earth. You will not grow if you sit in a beautiful flower garden, and somebody brings you gorgeous food on a silver platter. But you will grow if you are sick, if you are in pain, if you experience losses, and if you do not put your head in the sand, but take the pain and learn to accept it, not as a curse or a punishment, but as a gift to you with a very, very specific purpose.”

May you open up to yourself to find the meaning in your gift.



STUG Reactions

Have you ever felt you were doing okay in dealing with your grief and then suddenly felt you were hit by a ton of bricks? Maybe it's hearing a certain song on the radio or knowing you would have celebrated your wedding anniversary this month. Therese A. Rando, clinical psychologist and author, says you were experiencing a STUG reaction. STUG stands for "subsequent temporary upsurges of grief." People who are dealing with the death of a loved one experience STUG reactions after the period of acute grief has passed.

Rando identifies three primary kinds of occurrences that cause STUG reactions. The first kind is a cyclic precipitant. Cyclic means any kind of precipitant occurring on a regular basis whether it is each year, each month, or even every day. Obvious examples would be a yearly anniversary of a death or a wedding anniversary. Another example might be a ritual the two of you had each morning before going about your daily routine. Often the anticipation of an event may be more stressful than the actual event. An anniversary one year may be more difficult than another year because of other issues happening in your life at that time.

STUG reactions can also be precipitated by one-time occurrences. Rando calls them linear because they involve the passage of time.

Something in your current life triggers a STUG reaction because you realize in a new way how much you miss your loved one. Perhaps a new baby has been born or a grandchild graduates from college and you wish your deceased loved one could share this experience. You may not have been directly impacted by the death of Princess Diana but it may have triggered grief in you for your own family members who have died.

The third kind of STUG reaction is precipitated by specific stimuli. These stimuli can occur anytime. You may be driving and hear a song on the radio reminding you of your loved one. Or you may be watching a movie in which the story deals with loss or families getting together and you experience a STUG reaction.

There may be times when you welcome having a STUG reaction because it is a reminder you haven't forgotten your loved one or there may be times when you dread it and even try to avoid having one. Perhaps you thought you were doing better and now wonder if you are regressing because of these STUG reactions.

Having STUG reactions is to be expected. You will have many ups and downs. Sometimes you may have questioned your own ability to survive. To paraphrase the words of Earl A. Grollman, "If there is darkness (when you experience a STUG reaction) there is still enough light to go forward."

Hynes Hallmark



313 S Market
Wichita KS 67202

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THANK YOU
DESSERTS AND HOT DRINKS IN YOUR HONOR
TO CELEBRATE OUR 40TH ANNIVERSARY, JOIN US FOR

Grateful
Is So Very
For You!

Harry Hynes Memorial Hospice

28 NOV TUESDAY
6:30 pm

Botanica Gardens
701 AMIDON ST.
WICHITA, KS 67202

After a brief program and refreshments, guests are invited to enjoy the lights of illuminations as a thank you for your support. Please RSVP by November 24 to chenay.sloan@hynesmemorial.org

Tree Lighting
Lights of Life

SUN NOV 19TH
6:00 PM
313 S Market
Wichita, KS

This outdoor event will include festive holiday music, refreshments, a brief welcome, a reflection in memory of each light that shines in memory of a loved one, and of course, the impressive moment when the tree is lit for the first time this season.

For more information, please contact chenay.sloan@hynesmemorial.org

40th Anniversary
HARRY HYNES
MEMORIAL HOSPICE

Lights of Life