





Hospice Gown Sewing Event a Success

The month of September saw the volunteer department host the 8th Annual Beryl Silkey Hospice Gown Sewing Event. With the Wichita Chapter of the America Sewing Guild taking the lead, along with the Sedgwick County 4-H Fiber Arts Class and Harry Hynes Memorial Hospice Hynes Ambassadors Volunteers, nearly 250 beautiful hospital gowns were made! Over a span of 7 hours, approximately 60 volunteers pieced together lovely fabrics, embroidered pockets, and dainty details to make this yearly event one for the memory books! Months of preparation go into pulling off this event in one day! Our staff takes great pride in being able to donate these special gowns to patients in need, bringing a smile to patients and their loved ones. This year, fabric was donated by many members of the sewing guild chapter, as well as financial support from an anonymous donor. We were also gifted the use of the 4-H hall at the Sedgwick County Extension Service by Fiber Arts Instructor, Julie Crow. The commitment and devotion of these people make us so grateful!



American Sewing Guild Chapter Receives Recognition

Recently, a plaque and certificate of appreciation were presented to the Wichita Chapter of the American Sewing Guild by Director of Volunteers, Karen Sherbak.

The plaque, handmade by our very own, Father Tom Welk, was gifted in honor of the Beryl Silkey Hospice Gown Sewing Event. For over 8 years, this group has made hundreds of handmade hospital gowns for the patients of Harry Hynes.

Pictured are Marilyn Palmer and Theresa Morris of the Wichita Chapter.

Holiday Treat Day Spreads Cheer

December brought us around to one of the staff's favorite times of the year. Holiday Treat Day allows the staff and volunteers in each county Harry Hynes serves to spread cheer to our patients. This year, thanks to over 100 volunteers and Harry Hynes employees, we were able to donate 300 packages of homemade yummy goodness! Holding three separate events, covering the areas of southeast Kansas and Wichita, volunteers baked, frosted, and sugar-coated their favorite holiday treats. These treats were then beautifully packaged with love and delivered to each patient on our service. The hearts of the staff are filled with joy as they hand deliver these treats to their patients. This year, a huge thank you to Pitsco, who again donated over 200 handmade Harry Hynes Christmas ornaments as well as hosted the event at their facility in Pittsburg. In Wichita, community volunteers from Fidelity Bank also lent a hand with baking and providing volunteers to help package the treats. We love partnering with these facilities and appreciate their initiatives in the community!



Lights of Life Changes the Skyline of Wichita

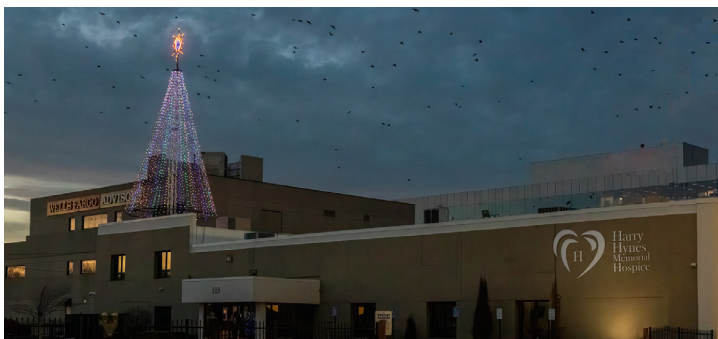
Harry Hynes Memorial Hospice changed the skyline of Wichita for this holiday season. The Lights of Life tree was placed on top of the Harry Hynes downtown headquarters at South 3rd and Market. It stood 80 feet tall and featured over 3,200 bright, colorful, cheery, and festive LED light bulbs.

The tree is part of the Lights of Life celebration where a donation allows a person to “light” a light bulb in memory or honor of their loved one. The name of each dedication was included in our tree lighting ceremony, in the Lights of Life program, on our website, and digital donor wall.

The official tree lighting ceremony took place on Sunday, November 19, 2023. Community members and Harry Hynes supporters joined in the fun and witnessed this special holiday tradition.

Donations to the Lights of Life tree enable Harry Hynes Memorial Hospice to continue providing care, education, resources, and support to those facing life-threatening illnesses.

Special thanks to the team of “tree elves”, led by Ed and Easton Griswold (yes like Clark Griswold), who designed and installed the tree. Also thanks to our sponsors- Allied Cranes, Commerce Bank, the DeVore Foundation, Downey and Lahey Mortuaries, Fidelity Bank, and the Murdock Companies.



For a list of the Lights of Life dedications, visit www.hynesModule.org/fundraising-events/#lights-of-life.

Lights of Life Glows in Southeast Kansas

Harry Hynes Memorial Hospice expanded the Lights of Life to Southeast Kansas with holiday trees in Coffeyville, Oswego, Parsons, and Pittsburg. Each community had a bright, beautiful, illuminated tree that was lit throughout the holiday season. This new tradition was to celebrate the holidays and the remembrance of family, friends, and members of our community whose memory shines brightly in our hearts. For each donation, a tree light was dedicated in memory or honor of someone special in the location of choice.

Official tree lighting ceremonies took place in each city with community members and Harry Hynes supporters joining in the fun and witnessing the moment the tree was lit for the first time as part of this special, new holiday tradition.

The name of each dedication was included in the tree lighting ceremony, in the Lights of Life program, on our website, and digital donor wall. Support for the Lights of Life assists us in our mission enabling people to live with dignity and hope while coping with loss and terminal illness. Special thanks to our event sponsors: Forbes Hoffman Funeral Homes, Labette Health, Pitsco Education, and The Engineering Shedd.

For a list of the Lights of Life dedications, visit www.hyneshmemorial.org/fundraising-events/#lights-of-life.





Putting the Fun Back in Fundraising

On Tuesday, November 28, annual donors, volunteers, and staff of Harry Hynes Memorial Hospice were invited to the Wichita Botanica for an evening of delicious treats, hot drinks, and the bright lights of Illuminations. A hot cocoa bar served over 20 different toppings, along with apple cider and a variety of sweet treats. Donors were thanked for their year-over-year support of the mission of Harry Hynes. A fun time was had by all!



Thank You for 25 Years of Service!

After 25 years of service, Rita Haynes-Newton, LSCSW, retired at the end of 2023. Rita has worn several hats during her time at Harry Hynes Memorial Hospice, but for the past 15, has been a member of the Bereavement team offering social and emotional support to grieving families. Rita has assisted thousands of individuals over her tenure. As a small token of our appreciation, an engraved paver was placed in the Harry Hynes Memorial Garden in honor of Rita's dedication and service. Her team assisted in the installation with thankful remarks and good wishes shared by all. Thank you, Rita, for all your service, and happy retirement!



One Mission. Compassionate Hospice Care.



Donor Development 2023 Review

Thank you, thank you, thank you! 2023 has been a great year for the Donor Development department with so many generous individuals, companies, and community groups helping us fulfill our mission by donating resources to this important cause.

It's such a moving tribute when a family selects Harry Hynes Memorial Hospice for their loved one's memorial or estate gift. It's a testament to this important work that various groups donate time, talent, and treasure to support our mission-critical work.

Many are still surprised to learn that Harry Hynes Memorial Hospice is the only true non-profit hospice service in our area, where we provide hospice care for those at the end of life regardless of their ability to pay or the level of care needed. Many hospices choose to turn away patients based on their level of care needed or their ability to pay. From our inception, Harry Hynes Memorial Hospice has put patient care over profit. We strive to provide the highest quality of care and be experts in hospice care because we believe that every life is precious.

Over \$400,000 was raised to serve the families of Harry Hynes Memorial Hospice. Every single donation makes a huge difference to our patients.

Thank you again for all the incredible support we've received this year, and we are excited for the year to come. To learn how you can support Harry Hynes mission, please call the Director of Donor Development at 316-265-9441 or visit www.hynesModule.org/ways-to-donate/.

Alcohol Use During Grief

Alcohol use for some individuals increases after the death of a loved one. Several factors illustrate why this increase occurs. Generally, in our American culture statistics show that people will do whatever it takes to avoid pain. The avoidance of pain is one of the primary reasons for alcohol addiction.

For many, alcohol is socially acceptable to use. It is legal and easy to obtain, and initially seems effective in reducing pain. Because it is socially acceptable, and because of the pain due to the loss of a loved one, friends and family may find it harder to ask about a person's drinking.

Some individuals may feel as though they deserve to drink excessively. They may feel that they have a big void in their life, and they have a right to comfort themselves.

They may also think that the feelings they are experiencing are difficult to tolerate and they want to get rid of them quickly. For some people, increased alcohol use has become a way to protect oneself.

What are the effects of alcohol? Alcohol is a central nervous system depressant. It depresses the areas of the brain that are used in complex and rational thinking, and voluntary control of behavior. Over extended periods alcohol can cause cardiac arrest and cirrhosis.

If individuals feel depressed before the use of alcohol, they may initially receive a kind of "self-medication" relief while drinking. This feeling is short-lived, and always leads to greater feelings of depression when alcohol is not used. The cycle of use: feel better – depression – repeat alcohol use, begins. Prolonged use and alcoholism will lead to longer periods of depression making the cycle even harder to break. Alcohol gives a false sense of mastery and control. Increased alcohol use interrupts the mourning process.

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.



*"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*

"We bereaved are not alone. We belong to the largest company in all the world – the company of those who have known suffering"
– Helen Keller

Faith and Grief

How does grief affect faith? Perhaps a more useful question is how does faith affect grief? Losing a loved one in death is not easy. The experience can shake you mentally, physically, and spiritually. During the mourning process, it is not uncommon to rethink your beliefs about God and your relationship with a Higher Power.

Part of this rethinking process includes adjustment to the loss of what has seemed to be an "absolute relationship." Most people do not plan for those who are close to them to die. Married couples, for example, tend to plan for their future together. Depending on their age, couples normally plan on raising children, buying a house, retiring, etc. In this sense, a close relationship may seem to most of us to be something that will never end. When these relationships do come to an end it can be a struggle to adjust to life without the one who was supposed to be there forever.

Part of this experience can be the concern about whether another absolute relationship,

our relationship with God, might also end. For some people this concern may not be put into words or even fully understood. Yet this feeling causes a real faith crisis for the bereaved person. Fear of abandonment by God may become a serious concern.

Faith does not have to be destroyed through the grief experience. In fact, faith can actually become stronger. People dealing with grief often report they find themselves feeling closer to God as they process their grief. In order for positive spiritual growth to occur, it may be necessary to seek some assistance in processing what has taken place and how your faith has been impacted by the grief experience. A hospice grief counselor or your local faith community can help with processing faith and grief.



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

Donations were made from September 8 to December 31, 2023.

This list excludes the Lights of Life dedications. To view the Lights of Life dedications, visit
www.hynesmemorial.org/fundraising-events/#lights-of-life

Lorestine R. Hemberger
Ramona D. Hill
Randal D. Holley
Mary L. Holt
Ko Hong
Sherman L. Houston
Dr. Harry & Madeline Hynes
Reita C. Jewah
Karen L. Johnston
Patricia Jordan
Graciela I. Juarez
Herbie Julian
Dolores Kennard
Josh Kerschen
Joe Killion
Katherine E Kincheloe
Harry J. Klein
James A. Klein
Gene and Jeannette Koehn
Laura Kristek
Mary Ellen Langenegger
Darlene M. Larson
Isabel Marie Laymon
Sherry Leaf
Luella M. Linnebur
Emma Mae Litton
Ryan A. Loder
Gary D. Long
Robert "Bob" Earl Loop

Page Ann Alexander
Virginia M. Allen
Ivy Arnett
Leon C. Bailey
Linda S. Baker
Sam Battles
Laurel Anne Becker
Michelle Bennett
Susan E. Berg
Mable Juanita Binford
Gerald Dean Blomstedt
Kevin Bomhoff
Gladys M. Brack
Wilma May Brock
Norma Ackerman Brockert
Barb Brooslin
Dennis R. Buck
James W. Callahan
Marilyn L. Campbell
Gaile D. Canoles
George Cantrell
L. Wayne Carlisle
Nadine Clingerman
Mary Lou Cochran
Edwin L. Collins
Donald Eugene Cooke
LeRoy L. Copp
Gerald Cox
Edward A. Crader

Donna Dianne Creel
Gloria R. Curran
Thelma Dameron
Karen D. Davidson
Richard "Rick" Davis
Michael T. Decker
Richard L. "Ricky" Dudley
Carolyn (Miller) Dugan
Mary Jane and F. Doyle Fair
Mark W Fenimore
James (Jim) Robert Findley
William L. Fish
Carolyn K. Forbes
Larry Gene Foster
Ellis and Thelma Frakes
Nancy Frey
Joseph C. Frick
Wayland Friend
Harriett K. Fritz
Darlene J. Galloway
Mark Gegen
James A Gerdes
Lee Gibson
Shirley Giroux
Richard Goering
Victoria Grow
Glenda M. Gulick
Kurt Gumrukcu
Lois Harrington



Sherry A. Lozano
Carol S. Ludwig
Joe Wayne Luinstra
Julie Lukic
Kathryn Irena Madison
Stanley G. Marcotte
Betty J. Martin
Patricia I. Matlock
Marvin Matz
Karen Jo Maupin
Kenneth L. McCartney
James McClanahan
Dora Jean McCullough
Robert "Bob" McCurdy
Robert McFall
Gerald L. "Jerry" McMillen
Kristi Meier
Robin's Memorial
Doris Elizabeth Merrick
Revah Karen Merrick
Don Meyer
Joseph Miller
Shirley Ann Miner
Judy E. Mitchell
Nicholas M. Mohr
Lisa Ann (Armstrong) Mooney
Thomas (Tom) Fred Murphy
Dung L. Nguyen
Betty O'Dell

Jesse O'Dell
Angela S. Ojile
James B. "Jim" O'Reilly, Jr.
Steven Palacioz
Theresa A. Palmer
Nadine Parrott
Larry Peak
Leo V. Peak
Chuck Peltzer
Glen Pendleton
Marguerite Pendleton
Angie Plummer
Paul D. (David) Pyles
Rogena A Rhodes
Sally Ann Robison
Larry J. Schirf
Lola F. Schmidt
Lorene Scott
Maurice M. Scott
Barbara J See
Joan V. Shepherd
Leo S. "Steve" Shepherd
Beryl Silkey
Richard Simon
Judith Ann (Klein) Simpson
Mary Irene Sims
Pansy Pearl Small
Thomas F. Sparks
Byron K. Spore

Jimmie L. Springer
Ray Springer
Richard Lee Spurgeon
Shirley S. Stallard
Gary L. Stamm
Patricia Steeg
Arlene Stelting
Robert "Bob" L. Stenz
Aloha M. Sterling
John P. Stinson, Sr.
Mary Frances Stuever
Clyde Kermit Taverner
Charles & Nadine Tholen
Warren R. Viney
Warren Viney
Allan Dean Waits
William L. Wales
Dorothy L. Wallace
Lloyd Elvin Weishaar
Julia E. Welch
Cherryll A. Whitney
Marilyn Wiles
Ann Williams
Jo O. Williams
Doris Wilson
Marjorie A. Wilson
John Winslow
Jesse L. Wren
Gerald "Jerry" Younger



Harry Hynes Hospice has celebrated its 40th anniversary since the beginning of 2023, which has now come to a close.

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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Wichita KS 67202



Hynes Hallmark

