



Hynes Hallmark

Volume 2.4 Summer 2024



Harry Hynes Hospice
Memory Garden

Giving In Memory of A Loved One

As your local, independent non-profit hospice, we rely on community support to sustain our mission and provide high-quality care to patients and their families when they need us. Gifts to Harry Hynes Memorial Hospice can be made in memory or honor of a loved one at any time. Birthdays, anniversaries, Mother's and Father's Day, or any time that is special, are great times to donate, and a fitting way to honor their legacy.

Donations to Harry Hynes help ensure patient care and grief programs for those facing critical illness. Gifts can serve as a meaningful and lasting tribute to your loved one that will live on through care and service to others.

We honor all donation designations, but an unrestricted gift to Harry Hynes Hospice, allows us to fill needs as they arise. Unrestricted gifts are directed into the areas of most need in support of the patients and families we serve. Donations can be made one time, or they can be sustained with gifts made in intervals (weekly, monthly, semi-annually or the frequency of your choice).

We are grateful for the tremendous support of our community, and look forward to honoring your loved one with a gift made in their honor or memory. For details, go to hynesmemorial.org/donation or call the Donor Development Department at 316-265-9441. You can also email at chenay.sloan@hynesmemorial.org.

Harry Hynes Memorial Hospice has two new programs to assist families in honoring their loved one while giving back to an agency that helped make a difference in a unique way.

Honor A Hospice Hero is a program that allows a family to pay special tribute to the hospice staff person that made their experience exceptional. Our staff are not able to accept gifts of gratitude directly, but through our Honor A Hospice Hero program, the staff person can be recognized and the family can make an impactful gift to the agency.

Leave A Legacy is an opportunity for families to honor their loved one in a meaningful way that goes beyond a traditional memorial. Families might have the capacity and interest to commemorate their parent/child/grandparent/friend in a way that makes a huge impact on the agency while establishing a semi-permanent tribute.



"I lost my wife Theresa to pancreatic cancer in 2009. We were together as life partners for nearly 25 years sharing in everything. Theresa was insightful, funny, caring and engaging, and was my best friend. Her illness came on unexpectedly, and was unfortunately incurable, leading us to require hospice care in her last few weeks. We discovered Harry Hynes Memorial Hospice and engaged their services to help us through the difficulties of end of life. The nursing teams, social workers and staff were with us all the way providing Theresa with pain relief and comfort. One year later, I became a volunteer and continue to this day as well as being a monthly donor to assist in supporting the organization. I will forever be grateful to Harry Hynes and everyone involved in ongoing care they provide to those in need."

- Mike Palmer



"My 'good wife' Beryl Silkey and I were happily married for 32 years. I speak of her as my 'good wife' in conversation to distinguish her from my ex-wife, my 'not wife' and my 'now wife'.

Beryl had a special relationship with Harry Hynes Memorial Hospice as she created and executed the annual hospice gown event now known as the Beryl Silkey Annual Hospice Gown Event. The first event yielded 84 hospice gowns to be distributed to hospice patients throughout the year. Beryl organized the American Sewing Guild, young women from the 4-H and others. It became an annual event.

Beryl worked throughout the year obtaining donations of fabric and door prizes from local merchants and then preparing the fabric for the event. I was sitting in my doctor's office a couple of years ago and two women were discussing their mutual survival of cancer. I mentioned Beryl's event and one of the women blurted out "I was there!" "My granddaughter and I spent the day ironing bias tape." It is my understanding that the last event yielded over 200 gowns.

Beryl was diagnosed with cancer in February of 2018. She managed the illness and still managed to setup what turned out to be her last event. I had to drive her everywhere because she was on pain medication. She became so exhausted at the last event she had to move her car into the shade and take a nap.

The week before Thanksgiving Beryl made 12 dozen gingerbread Christmas cookies for the grandchildren to decorate. The following week she was advised that her treatments were no longer working and she was referred to hospice.

The providers from Harry Hynes Memorial Hospice were instantly taken with Beryl after learning of her hospice gown events. She received two gowns. I remember one was a black and white checked pattern with "Tweety Bird" embroidered on the pocket. The morning she passed I held her hand, and we listened to the news on KMUW. She could no longer speak. She became agitated and began squeezing my hand. I thought she had heard something upsetting on the radio and turned it off. She continued to rapidly pump my hand. I thought maybe she was having some kind of seizure. I then leaned over and told her that I loved her, and that I knew she loved me. She gave my hand a long squeeze and relaxed. She passed a few hours later.

I do not know if there is an afterlife, heaven and hell, etc. I do truly believe that we are made immortal by those that remember us and by the good things we have accomplished while we were living. I donate to Harry Hynes Memorial Hospice to make Beryl immortal."

- Patrick Butler



Memory Garden Volunteer Day

Many thanks to some of the students and staff at the Kansas College of Osteopathic Medicine for volunteering at the Harry Hynes Memory Garden. The students walked around the gardens to catalog the names of the memorials and honorariums in the bricks and pavers. This effort will allow families to have a map of who's bricks and pavers are where. Thanks to our awesome volunteers - Jami, Mannat, Tristen, Sarah and Becky.

For more information on the Memory Garden or to order a brick/paver, please visit hynesmemorial.org/ways-to-donate/.

For more information on volunteering for Harry Hynes, please visit hynesmemorial.org/volunteer/.





You Make a World of Difference

You Make a World of Difference was the theme of this year's Volunteer Appreciation Event in honor of National Volunteer Week. The volunteer department set the perfect scene for the events in Wichita and SEK. For the event in Wichita, Karen Sherbak, Ashley Basinger, and Jessica Atherton dressed as flight attendants. The decor was vintage "old world" complete with world globes, maps, suitcases, luggage tags, and backpacks, just to name a few. An Italian meal of spaghetti, bread sticks, and salad was catered and staff provided a variety of international desserts. Volunteers thoroughly enjoyed the evening and each one went home with goodies and a door prize.






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

Donations were made from March 8 to July 22, 2024.

Mary Ann Aafedt
David L. Adams
Howard E. Atwood
Abby Baker
Theresa Barragree
Mabel Bartley
Sam Battles
Edward A. Baumer
Pamela K. Berenson
Rose Ann Bolinger
Agnes P. Borofsky
Daryl D. Bowser
Bill Box
Mary Jo Brady
Joyce W. Breiner
Felix Briggs
Kenneth (Kenny) Murle Brown
Margaret Butler
Margaret Ann Cantrell
George Franklin Carlisle
Ramon K. Carlson
Naida F. Carpenter
Jack D. Chism, Jr.
Anne Marie Clark
Nadine Clingerman
Robert D. Coffman
Patricia "Pat" Collins

L. Jean Copple
Edward A. Crader
Donna Dianne Creel
Calvin W. Crittenden
Jory Currier
Lila Marie Daniels
Robert D. Daniels, Sr.
Farris G. DeGraff
Robert L. Elliott
Joel T. Feiock
Pauline M. Ferguson
Patricia L. Fitzwilliam
Jack O. Flippo
Patrick Fowler
Wayland Friend
Harriett K. Fritz
Rita J. Fugarino
Kevin M. Gaughan
David Joseph Gegen
Philip E. Giovanni
Shelley R. Glenn
John G. Green
Dr. Dale George Griswold
Bonnie Guerrero
Kenneth Leon Gurley
Jerry O. Harris
Adryan L. Hauck

Carl L. "Leon" Haviland
John W. Henderson
Wanda L. Hewitt
Sam G Hewlett
Ramona D. Hill
Angela Renee Wolfe-Hobus
Jonathan P. Hochstetler
Charles Jacob Hoffman
Margaret M. "Peggy" Holman
Carolyn Ann (Kretz) Hopkins
Shirley Marguerite Horn
Alan R. Horsch
Lisa Joan Horton
Raymond E. Houston
Carl T. Jaax, Jr.
Margaret J. Jacobs
James M Jerome
Earl D. "Pat" Johnson
Harry "Dean" Johnson
Michael Shane Jones
Norma J. Jurgensen
Nana Lewis
Doris M. Liggett
Salvador Limon
Pauline M. Litherland
Clyde Longan
Carol S. Ludwig



"Your life was a blessing, your memory a treasure, you are loved beyond words and missed beyond measure."

- Renee Wood, *Your Life Was a Blessing*

Geraldine Ann Marsh
T.J. Martin
J.F. (Bud) Masterson, Virginia
Masterson, Denise Masterson
Patricia I. Matlock
Lonnie J. May
Dora Jean McCullough
Bobbie Lynn McKinley
Larry H. McNickle
Don Mecklenburg
Jonathan L. Melugin
Robert H. Melzer
Elma Joan Miller
Sandra Sue Miller
Jennifer J Mitchell
Anita Mendiola Moore
Michael Morris
Teresa Naramore
Jon L. Nicolet
Virginia R. Nicolet
Thomas M. Nuckols
Una M. O'Farrell
Michael G. Olson
William M. "Bill" Orender
Barbara M. Owens
Maxine F. Palmer
Theresa A. Palmer

Larry Peak
Josie Peggs
Charles W. Peltzer
Glen Pendleton and
Marguerite Pendleton
John Charles Peters
John M. Phillips
Richard R. Potter
Joyce M. Price
Marceleno Raigosa
David J. Reichenberger
Loy D. Reinhardt
Jeanette C. Robben
Floyd E Robinson
David L. Ross
Shelia K. Scales
Brian Scheideman
James L. Schroeder
Tamara R. Shattuck
Jackie Joe Earl "Jack" Shryock
Beryl Silkey
Jon L. Smith
Harriet Hazel Snyder
Marsha A. Snyder
Patricia Marie Steven
Donna J. Stigall
Helen M. Stine

Mark Stone
Glen O. Sutton
Clyde Kermit Taverner
William "Bill" E. Taylor
Judith A. Treiber
Donald V. Urban
Betty Jane (Rogers) VanDyne
Sonja Marie Vogel
Vicki L. Wages
Sandra Kay Walton
Curtis Weaver, Glenda Weaver
and Randy Weaver
Gary F. Wheaton
Melissa M. Wiens
Judy Ann Williams
William R. Wilson
Donald R. Wineke
Evon "Cookie" Wishall
Margaret JoAnn Wood
Bradley J. Woydziak
Mary A. Wulf
Gerald "Jerry" Younger
Richard J. Zarich
Dennis J. Zimmerman
Elroy J. Zoglman

Community Partners

Harry Hynes Memorial Hospice partners with many agencies to provide heartfelt items to our patients and their families. Smith Orthodontics, American Baptist Church, the members of Theta Chi Delta, and others provide much needed blankets, pressure pillows, wheelchair and walker totes and fidget blankets, all handmade with love for our patients' benefit.

The largest event is the annual Beryl Silkey Hospice Gown Sewing Event. Now in its 8th year, members of the Wichita chapter of The American Sewing Guild culminate a year's worth of preparation in one day of assembly line sewing to put together colorful, handmade hospital gowns for our patients in Wichita and Southeast Kansas. This past September, 80 volunteers, including 21 youths and adults from the Sedgwick County 4-H, brought in 16 sewing machines, countless ironing boards and miles of thread to work selflessly over 9 hours creating a record 238 hospital gowns. Kay Cass, Special Events Coordinator for the Wichita Chapter of the ASG states, "We have a great bunch of people getting together to make a difference for someone facing end of life challenge." We are forever grateful to this group and look forward to a continued relationship for years to come.



Fidelity Bank Partnership

Encouraging their employees to volunteer is a priority for Fidelity Bank. For the past 5 years, they have placed a high priority on supporting HHMH through their employee volunteer program. HHMH has been fortunate enough to be on the receiving end of their generosity.

Quarterly, the employees at Fidelity deliver beautiful, warm handmade blankets for us to distribute a warm hug to our patients. Alternately, hearing HHMH needed food items for underserved patients and their families, Fidelity employees stepped up and spend hours in their kitchens preparing delicious casseroles. These are kept frozen in our office until the need arises to provide a wholesome meal to a patient who can no longer cook for themselves or don't have the means to purchase food for their family. Lauren Vardiman, AVP, Program Manager, Corporate Social Responsibility states, "This is our people's FAVORITE volunteer initiatives of the year! We love partnering with you all and appreciate the opportunity to serve your patients and their families."



Our MISSION propels us forward.

**Our mission is to enable people
to live with dignity and hope while
coping with loss and terminal illness.**

98

Current number of volunteers,
30 volunteers have a longevity
ranging from 5-39 years.

4698

Total Hynes Ambassador Volunteer
direct patient hours.

709

709 hours were spent delivering
prescriptions and supplies.

354

Vigil hours in the last days of life to
lessen the chance patients die alone.

333

Hours providing companionship to
patients and families at the
Hospice Center.

2086

Hours spent by community volunteers
providing meals and handmade items
for patients and families.

\$211,770

Total cost savings provided by
volunteers.

51,268

Volunteer miles traveled on
behalf of HHMH.



"At the blueness
of the skies and in
the warmth of
summer, we
remember them."
- Sylvan Kamens & Rabbi
Jack Reimer

Understanding Children and Grief

Death is a real part of a child's life. Even a very young child has seen a dead animal or insect. They may have watched Mufasa fall to his death in the movie *The Lion King* or watched the movie *Frozen* and learned that Anna and Elsa's parent's have died. All children grieve but there are important distinctions between the grief of a child versus the grief of an adult.

Immature cognitive development

Children's immature cognitive development limits their understanding of death. Generally, a child needs to be about ten or eleven before the abstract nature of death can be fully understood. For example, death should not be referred to as a person sleeping because a young child might believe they would wake up in the morning.

Ability to tolerate sadness

Children have a limited ability to tolerate emotional pain. They may express sadness one minute and then the next minute are ready to play. Play is a way to escape the pain of all the confusing feelings they are experiencing. Adults sometimes misinterpret this behavior as not feeling the loss as deeply as they are.

Ability to verbalize feelings

The ability to talk about how they feel is limited and talking about feelings may be avoided. Grief

may be expressed more by changes in behavior. Reactions may include depression, low energy level, anger, fear, disorganization, low self-esteem, hyperactivity, aggression, and regression. Parents and other significant adults can help children learn to identify their feelings. Children need to be given a honest explanation of the death in words they can understand.

Sensitive about being different from other children

The peer group is very important to a school aged child. Children who have experienced the death of a close family member may not want to be seen as being different. Friends may be uncomfortable talking to a peer who is grieving.

The biggest hurdle for adults in talking with children is their own uncomfortableness or uncertainty about death. Elisabeth Kübler-Ross says, "You cannot be a phony-baloney" with children. Children may interpret adult uncomfortableness as meaning that talking and feeling is not okay. They may fill in the gaps in their understanding of what has occurred with their own interpretation.

How children learn to deal with death will impact their ability to deal with loss for the rest of their lives. If you are concerned about your children or grandchildren, ask your grief counselor or other medical professional.

Are You Grieving or Depressed?

Sometimes when you are grieving it may be difficult to determine if you are grieving only, or experiencing depression as well.

John M. Schneider Ph.D. (author of Finding My Way and Transforming Loss) has identified key differences between grief and depression.

You Are Grieving When You are Experiencing the following:

- Sometimes find yourself obsessed with thinking about the person who died, but at other times are able to think of other things
- Experience vivid, clear dreams, which can be very comforting
- May have gained or lost weight
- Exercise often or not at all
- Find getting to sleep difficult
- Feel tired frequently
- Have a connection to something greater than yourself
- Are able to have pleasurable experiences as long as it isn't something that only came from the person who died
- Like to have close friends or someone who will listen to your story
- Miss being loved or the ability to love others

You may be Depressed When:

- Are often obsessed with yourself and how the death is unfair or see it as a punishment
- Experience flashbacks, nightmares, or the same disturbing dreams over and over
- Have had extreme weight change
- Experience difficulty waking up and then awoken with disturbing dreams
- Find yourself always restless or sleepy
- Are unable to find meaning and have an ongoing focus on "why me" and the unfairness of the death
- Tend to discard previously held beliefs
- Cry all the time or not at all or are angry all the time or not at all
- Rarely feel good
- Can't stand being with people or can't be without them
- Feel abandoned and unloved when alone
- Have had an extreme reaction to "eat, drink and be merry" or have experienced no pleasure at all
- Feel unloved and incapable of loving
- Distance yourself from others

If you have any questions or concerns about what you are experiencing, please contact your grief counselor or other medical professional.



Hynes Hallmark



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Generous Donors for Our Patients

Harry Hynes Hospice has many generous donors, including those that donate their time and talents for our patients. One of our community volunteers donated zinnias from her garden and arranged them in a beautiful bouquet (bottom left photo) to donate to the Hospice Center for our patients to enjoy. Volunteers also make baked goods to share with patients, such as a personalized homemade apple crumble pie (bottom right photo) for the Fourth of July. Our local Dillon's store donates flowers to share with our patients, which we arrange so that they can enjoy them for as long as possible (top right photo). We want to thank everyone who put their time and effort into making our patients day.

