



# Hynes Hallmark

Volume 3.4 ..... Fall 2025



# Around the Office

## Front Cover

Top: Karen Sherbak, Director of Volunteers, at Fidelity Bank's "From the Heart" event with our amazing volunteers Nikki and Molly.

Center: Father Tom Welk speaking on "Maintaining Hope in the Midst of a Life-Limiting Illness" for a continuing education session with our volunteers.

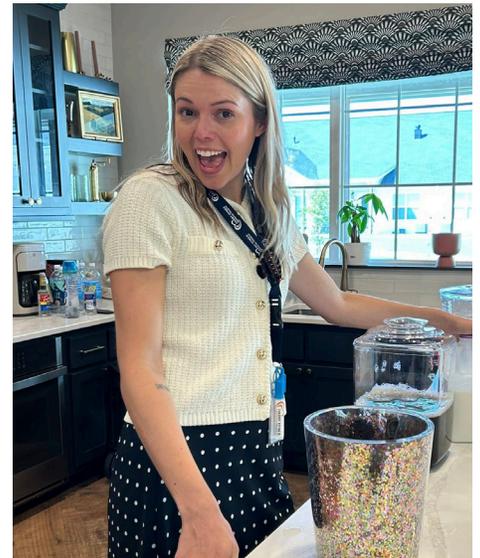
Bottom: Rays of sunshine at the Pittsburg office: back row, left to right, Kerry W., Madison V., Miranda J., Gayle M. Front-center: Tammy S.



Marie graces Mount Saint Mary Sisters of Saint Joseph with her beautiful voice!



Jessica Zenner delivering Dr. Bryan Dennett's handmade clock in recognition of his 10th anniversary with HHMH.



Jayde serves up some treats at Cedarhurst with her soda bar!

## 2025 Lights of Life Sponsorships



We are currently seeking 2025 Lights of Life sponsors and invite your business to support this heartwarming event, lighting up the sky during the holiday season in memory of loved ones that burn brightly in our hearts.

For more information about a sponsorship, please email [chenay.sloan@hynesmemorial.org](mailto:chenay.sloan@hynesmemorial.org)

# A Commitment to Community in SEK

At Harry Hynes Memorial Hospice, we believe that strong communities are built through trust, collaboration, and consistent engagement. Our mission goes beyond providing services, we are committed to being active partners in the communities we serve. We strive to make our resources and services easy to understand and access. Our team is present at local events, health fairs and nursing facilities so that we are available to answer any questions about hospice.



In alignment with these initiatives, we collaborate with numerous local nursing homes to participate in activities for both residents and staff. Our Community Liaisons engage in the enjoyment of the events, simultaneously fostering connections with the residents, their families, and the facility personnel.

We also participate in events with business partners in the communities we serve. One recent example was hosting the Chamber Coffee with the Pittsburg Area Chamber of Commerce. We presented on the benefits of hospice services to over 50 Chamber members and community partners and provided education about our mission and how we serve those in the community. It was an honor to host the Chamber Coffee, and we look forward to continuing to reach as many organizations as possible.



Our goal in participating in these events is to not just serve the community, but to truly be a part of it!



# Harry Hynes Volunteers Shine through Community Engagement



Harry Hynes volunteers come from many backgrounds and walks of life. Each brings a different dynamic to their volunteer role. One thing we have found in common is their love of community and giving of themselves. Whether through church organizations, local non-profits or simply being neighborly, community matters. No matter how they serve, our volunteers remind us that compassion and connection are at the heart of everything we do.

Volunteer Joia continues to inspire with her incredible dedication and athleticism! A living kidney donor, she recently completed yet another triathlon—this time tackling the Olympic distance in her home country of Canada. Joia swam 1,500 meters, biked 25 miles, and ran 6 miles, finishing strong in just 3 hours and 6 minutes! Her determination and drive reflect the same spirit she brings to her volunteer work—resilient, passionate, and always willing to go the extra distance. Way to go, Joia!

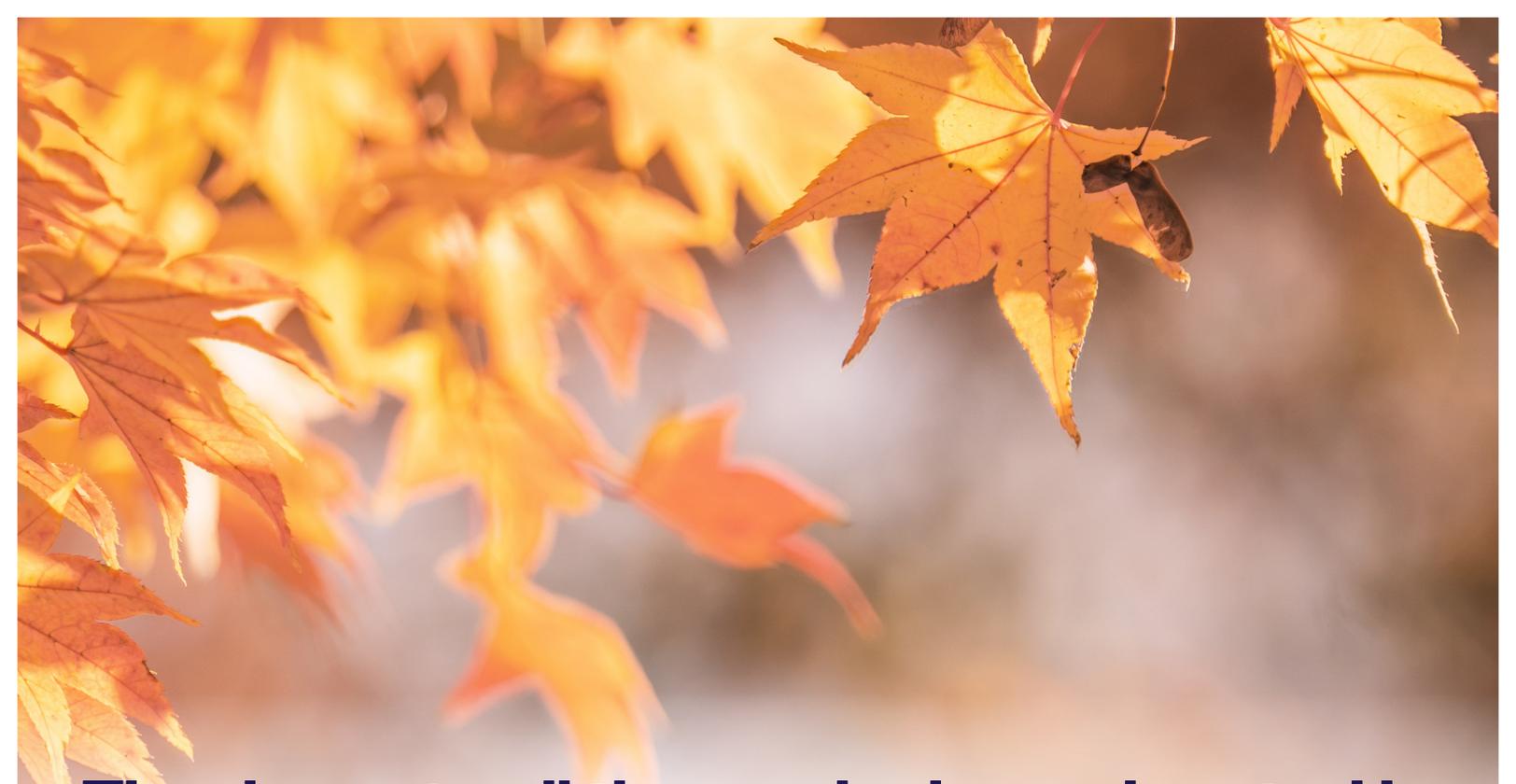


Volunteer Richard is a shining example of dedication and leadership. With over 30 years of volunteer service to HHMH and 48 years as a Special Olympics athlete, his impact reaches far beyond medals. While he proudly holds numerous local and state awards in bowling, swimming, and basketball, Richard's true legacy lies in his role as a mentor and leader—always striving to uplift and inspire fellow athletes.

Volunteer Nikki is truly one of a kind. Her lines of community involvement run deep. Promoting Wichita State athletics, donating blood to the Red Cross, volunteering at the Wichita Open, or participating in the yearly Corporate Challenge with her team from Fidelity Bank, Nikki embodies giving to her community. The recipient of the Terry Brewster Community Volunteer Award, presented at the National Baseball Congress World Series this summer, we aren't the only ones who realize her value!



Volunteer Cheryl has made a remarkable impact through her dedication to serving others in multiple roles within her community. As a coordinator for the Pittsburg Mother to Mother Ministry, she provides vital support to women with minor children, offering guidance through budgeting, bookkeeping, and parenting classes. Her commitment extends to the Pittsburg Kiwanis Club, where she actively participates in service projects, including the Flag Program, and serves as a liaison for the K-Kids program at Lakeside Elementary. Cheryl also volunteers with The Lord's Diner, helping provide meals to those in need. At First Presbyterian Church of Joplin, she plays a key leadership role as a lay leader, committee member, and treasurer for the Presbyterian Women's Group. Additionally, Cheryl has shown profound compassion through her work with RAISE and assisting refugee families. She supported an Afghan family for two years and currently is working with an Iraqi family in resettlement. Her unwavering dedication to service demonstrates her passion for improving lives and building stronger communities.



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

Donations were made from June 18 to September 16.

Abby Baker  
Ann and Chanh Vuong  
Arlen E. Freund  
Beryl Silkey  
Carol S. Ludwig  
Carolyn R. Trow  
Cheryl K. Kunkel  
Christopher Allen  
Sumner  
Clyde Kermit Taverner  
Daniel F. Morrow  
Donald E. Hayes  
Dora Jean McCullough  
D'Vonnie A. McBeth  
Edith M. Dilsaver  
Frank J. Vassio Sr.

Gary L. Dirks  
Gary L. Henderson  
Gary Thudium  
Jack Hamilton  
James Robert "Bob" Graham  
James W. Dennis  
Jeanne Andra  
Jo Lynn Blood  
John W. Smith  
Jon L. Smith  
Judith Ann (Klein) Simpson  
Kenneth Martin  
Peggy L. New  
Robin Carmichael  
Roger W. Austin  
Ronald Higgins

Sabra J. Ludlum  
Sandra "Sandy" J. El-Chami  
Terry J. Bally  
Theresa A. Palmer  
William "Bill" Mainz

For details about setting  
up a memorial, or to report  
any errors or accidental  
omissions, please contact  
[chenay.sloan@hynesmemorial.org](mailto:chenay.sloan@hynesmemorial.org)



# Donating to Harry Hynes Memorial Hospice: A Gift of Compassion With Tax Benefits

When you make a donation to a non-profit hospice organization like Harry Hynes Memorial Hospice, you are doing far more than writing a check—you are giving the gift of dignity, comfort, and peace to patients and families facing the final stages of life. Hospice programs provide specialized medical care, emotional support, and spiritual guidance during one of life's most difficult transitions. These services often go beyond what insurance covers, and community donations help ensure that no patient is ever turned away due to financial hardship.

But in addition to the profound personal impact of your generosity, donating to a qualified hospice non-profit like Harry Hynes Memorial Hospice can also provide financial benefits for you in the form of tax deductions.



## How Hospice Donations Make a Difference

Harry Hynes relies on community contributions to:

- Cover care for patients who are uninsured or underinsured.
- Provide bereavement counseling for families, often at no cost.
- Fund volunteer programs that bring companionship and support to patients.
- Offer specialized therapies—such as music or massage—that bring comfort and improve quality of life.

## Tax Benefits of Donating

Since Harry Hynes Memorial Hospice is a 501(c)(3) non-profit, contributions are tax-deductible to the extent of the law. Here's how it works:

1. Cash Donations – Gifts of cash, checks, or credit card payments can usually be deducted up to 60% of your adjusted gross income (AGI).
2. Non-Cash Donations – Items such as vehicles, equipment, or property may also qualify for deductions at fair market value.
3. IRA Charitable Distributions – If you are 70½ or older, you may donate directly from your IRA to a hospice organization, which can count toward your required minimum distribution (RMD) without being taxed as income.

## What You'll Need

To claim your deduction:

- Keep a receipt or written acknowledgment from the hospice for any donation of \$250 or more.
- For non-cash donations, you may need an appraisal if the value exceeds IRS thresholds.
- File the appropriate IRS form (such as Schedule A with Form 1040) if you itemize deductions.

## A Legacy of Care and Compassion

Donating to Harry Hynes Memorial Hospice is a powerful way to support families in need while also making smart financial decisions for yourself. By combining compassion with the advantages of charitable giving, your contribution can create a lasting legacy of care and comfort for your community.

# 2025 Lights of Life Celebration

**Celebrate the life  
of someone you love  
this holiday season!**



**Lights  
of Life**

Harry Hynes Memorial Hospice is excited to bring something new and bright to the community - the Lights of Life! Starting in November, we will have holiday trees located in Wichita, Coffeyville, Oswego, Parsons and Pittsburg, that will stand brightly and illuminate throughout the holiday season! We are starting this new tradition to celebrate the holidays and for the remembrance of family, friends, and members of our community whose memory shines brightly in our hearts.

For each \$15 donation, a tree light will be dedicated in memory or honor of someone special to you in the area of your choice. The name of your dedication will be included in our 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.

Join us for the official tree lighting ceremonies in Wichita, Coffeyville, Pittsburg, Parsons and Oswego. These outdoor events 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.

The Lights of Life will glow all holiday season so our community can drive by and visit at any time.



For more information, please contact the Donor Development Department at 316-265-9441 or 800-767-4965, email us at [donations@hynesmemorial.org](mailto:donations@hynesmemorial.org), or visit the website [hynesmemorial.org/lights-of-life](http://hynesmemorial.org/lights-of-life).





“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



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## In this Issue



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in SEK



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