



The space between grief and growth

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Abilene Office

1111 N. Brady
(785)263-6630

Herington Office

11 N. Broadway
(785) 258-3611

Grief is an emotion that can change daily, bringing good days and bad, ups and downs. It is not linear nor follows an expected path; rather, it takes more of a spiraling trajectory, spinning back onto itself at times, bringing confusion, distraction and numbness to things that once brought us joy.

In general, our lives are full of constant change that often greets us in ways we don't expect. In grief, there may be many days we feel overwhelmed, distracted, empty and, yet, filled with loneliness. Other days may be a bit brighter, and it may feel possible to grow from grief even though we know that growth may take time.

Growth is rarely easy and almost always brings with it at least some measure of pain. People who are grieving are no strangers to pain. It may be difficult at times to believe that any good, including growth, can come from such pain.

After the death of a loved one, there is an emptiness in our hearts and souls that never can be filled in the same way again. But this deep longing can bring with it the knowledge of the strength and beauty of the relationship we shared with our loved one. It can remind us that the love we enjoyed with them is not bound by time or space, but that it remains forever.

This love and the bonds we form in life are precious, and the time and space we share is sacred. With the constant stress in life of responding to texts, calls and emails, and the presence of violence and tragedy in the news, we may get caught up in those stresses and fail to truly address our own pain and sorrow.

Volunteer Spotlight



Jo Royer

Hospice Volunteer

Since February 1986 - 36 Years

Why did you choose to volunteer with Hospice?

My husband Hank and I attended a meeting where they discussed the needs of Hospice in our area where we both signed up to be volunteers.

What sort of responsibilities does volunteering include?

A good ear. - You really have to listen & not always talk a lot.
Responsibility - as a volunteer you have to follow through with what you say you are going to do.

Have you learned any life lessons from volunteering with Hospice?

I've learned coping skills from the training and have gained knowledge that I can use with my own family.

Do you help with any of the Hospice events throughout the year? If so, what is your favorite event?

I haven't in recent years but I started the Hospice of Dickinson County Candlelight Service in memory of my sister.

Do you have any special memories about either volunteering or a Hospice event?

Lots of them! Some good ones are sneaking 2 dogs into a patients hospital room, drinking ensure with a patient that had been refusing to drink it previously, and the amazing work that the End of Trails Quilters Guild does.

Fun Facts About Jo

What do you enjoy doing in your free time? I like to cook, work in my garden, take care of my family, and play with my 4 cats.

What is your favorite....

Food? Spaghetti

Animal? Cats

Color? Blue

Flower? Hyacinth & Hibiscus

Do you have any hobbies, hidden talents or something you'd like to learn to do? I've always enjoyed singing, taught myself to play the clarinet, and would love to learn to play the piano.

What is your biggest accomplishment?

My marriage of 40 years and my children.

What is your guilty pleasure?

Ice cream



Labor Day Parade
Chapman, KS
September 5th, 2022
(Below)

Tri-County Free Fair and Community Carnival
Herington, KS
July 8th, 2022



Central Kansas Free Fair Parade
Abilene, KS August 4th, 2022



.....Cont'd from pg 1

It can be hard to find time to notice changes that take place in our hearts. It can be hard to open ourselves to the pain we feel as we grieve. To do so requires courage and strength — two attributes we may feel we lack during grief's journey. If you can bring ourselves to face grief — to ride the wave of it and allow it into our lives — we may find that we are not swept away, but instead, are slowly given glimpses of light and peace.

If you are walking the path of grief, I encourage you to find time to spend with your grief, whether through journaling, talking to a family member or a counselor, engaging in some form of expression of your grief through art or music, or simply by sitting quietly in a favorite chair and letting your memories (and tears) flow.

It also can help to take a page from mindfulness exercises and focus on your breathing as you sit. Breathe in for a count of four, hold for a count of four and breathe out for a count of four.

In these ways, you can dip your toe into what might seem like the vast ocean of grief and loss. Working through your grief, in whatever small way you are able, can also give you the opportunity to begin to experience healing, peace and growth.

Source: <https://www.mayoclinichealthsystem.org/hometown-heath/speaking-of-health/the-space-in-between-grief-and-growth>

You're Not Suffering One Loss, You're Suffering Many

Source: <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/what-is-grief/suffering-loss>

Different Losses We May Experience

When someone you love dies, in addition to the primary loss of the loved one, there are often secondary losses that you endure. The personal and social environment changes, often demanding new beginnings. The bereaved person is then left to examine what has been lost and gained as a consequence of the ending.

The following is a list of the different losses that one may experience after the death of a loved one.

1. **Loss of the loved one:** Many people make the mistake of thinking that this is the only loss.
2. **Loss of self:** This is the part of the self that was given to the other person in love. At death, a bereaved person often feels this part of their self has been "ripped away."
3. **Loss of identity:** Often, an individual identifies with the role they occupied in a relationship. When the other person is no longer present and the role no longer played, the individual often loses a feeling of wholeness.
4. **Loss of self-confidence:** Grieving persons often feel inadequate. They may feel they are not grieving appropriately, or that they should be feeling better, or that they could have done something to prevent the death.
5. **Loss of chosen lifestyle:** Death of a loved one forces a person to begin a new way of life. The bereaved spouse, for instance, is forced to be single again.
6. **Loss of security:** Grieving individuals often describe the uncertainty in not knowing what will happen next or how they will respond or react. Their routine and their reality change, increasing insecurity.
7. **Loss of feeling safe:** One grieving spouse concluded, "I feel exposed to the cold winds of life without my loved one. It makes me feel very vulnerable."
8. **Loss of known family structure:** Death instantly changes the composition of a person's family, creating another level of adjustment that must be faced.
9. **Loss of the familiar manner of relating to family and friends:** Family and friends frequently do not know how to respond to the sadness, anger, fear and other emotions of the bereaved person, so they might avoid or feel awkward around him or her.
10. **Loss of the past:** New acquaintances and new friends can be very supportive and accepting, but they do not share the bereaved person's history.
11. **Loss of the future:** It can be frightening for a grieving person to think ahead—to think of next year or next month or next week without their loved one. There is fear that whatever future there is will be as painful as the present moment.

Recent Memorials

General Donations

Susan Muller
End of Trail Quilters Guild
Christina Warford
Steven Flynn

Verl Eckman

Clyde & D'Anne Gugler
Merrie Bruns

Ardella Kasten

Galen Laudemann
Craig & Cynthia Worrell
Stilwell Ranch

Anne Roboson

Keith & Julie Sprengle
Doug Londene
Leon & Mary Boor
Hank & Jo Royer

Michael Robson

Keith & Julie Sprengle

Dolly Krisher

John Krisher

Steve Anguiano

Phyllis Budden
Casey & Kami Poell
Galen Laudemann
Monty & Kimberly Stilwell
Thad & Jodi Reynolds
Al & Mary Jones
Debra Else
Virginia Keesling
Ray & Sharon Darling
Dennis & Teresa Weishaar
Pinnacle Bank
Kenneth & Orrene Wetzel
Phyllis Schultz

Frances Otis

Roger & Carol Diekmann
Pamela Molz
Keith & Julie Sprengle

Roy Jacobson

Stilwell Ranch
Amanda Rhyne
Darel & Bobbi Anderson
Carol Rock
KanEquip, Inc.
James & Johanna Anderes
Robert & Roberta Swanson
Jim & Barbara Lorson
Jerry & Sheryl Rasette
Rick & Barbara Hanschu
CJ & Sharon Gross
Jack & Stella Fisher
Yvonne Lee
Mrs. Dan Coup
Harold & Susan Martin
Marvin & Mary Vidricksen
Mitch & Kara Cromwell
Linda Riedy
Steve & Barbara Stroda
James & Gail Pilcher
Erick Rumold
Jayce & Jan Krause
Lynn & Anna Jacobson
Redella Lay
Jerry & Ethel Jacobson
Kenneth Waldman
Mary Jane Rohrer
Ryan Stirtz
Dale Davidson
Dan & Marcia Falen
Vicki Gruber
Glen & Nancy Brockmeier
Tyler & Shauna Smith
Arch & Michelle Frink
Jon & Sharlene Ramsey
Bobbie Pray
Exline, Inc.
Agri Trails Coop
Diane Thomas
Alan & Janet Schlesener

Marcella McMahan

Sandra Bolliger
Theresa Brierton
Kendall & Ann Manning

Velma Becker

Delmar & Rose Curran
Martin Becker Carlson Funeral Home
Solomon State Bank
Theresa Brierton
Steve & Toni Schwarting
Mark & Holly Bethe
Gregg & Joleen Beemer
Phyllis Budden
Susan Keim
Richard & Elaine Walters
Bruce & Susan Taylor
Lynn & Linda Barten
Carolyn Beetch
L.J. & Janie VanWalleghem
K.W. & LaVetta Brown
Betty Krenger
Bielefeld Insurance, Inc.
Donald & Mary Rickley
Richard Carlson
James & Charlotte Barten
W. Paul & Connie Burket
Neal & Angela Barten
Samuel & Carol Corker
John & Kathy Gruber
Douglas & Tina Lyne
Robert & Rhoda Frasier
Kenneth & Janet Chamberlin
Brian & Meg Adams
Robert & Janet Meyer
Harlow & Jane Haney
Francis & Clema Anderson
Deanna Dunkel
Wayne & Diane Miller
Morris & Janet Edwards
Larry & Tina Rankin
Paul Martin
Carl & Barb Funston
Tony & Sara Geiger
Michael Brown
Larry & Janis Haugh
Peggy Whitworth
Tom & Judith Bowser
Martha Koelling
Kendall & Ann Manning
Ron & Margaret Shouse
Margaret Kilgore

Recent Memorials

Paul Brown

Janice Hoffman
 Timothy & Barbara Cline
 Dennis & Gwyneth Throne
 Tom & Janet Whitehair
 Mark & Kathleen Struss
 Stew Etherington
 Ray & Sharon Darling
 Kaye Eveleth
 Byron & Patricia Nienstedt
 Mark & Cindy Sheern
 Jean Britt
 Dale & Jackie Foster
 Mary Amess
 Brian & Joyce Lady
 Larry & Deanna Kolling
 Alfred & Wilma Howie
 Sally Nelson
 Karyl Ford
 Kenneth & Judith King
 Carol Fick

Catherine Patton

Stacey & Mary Erker
 Kevin Mickey
 Mary Jane Rohrer
 David & Ashley Shively

Dwight Greenough

Sharolyn Greenough
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 Carol Wenger
 Karyl Ford
 Sandra Messenger
 Steven & Cynthia Sprengle
 Douglas & Tina Lyne
 Stanley Schmidt
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 Willa Danner
 Wade Needham
 Kenny Cain
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 Ivan & Merle Lantz
 James & Sherri Hohensee
 Twila Jackson
 Joe & Naoma Foltz
 Mary Jane Amess
 Sandra Bolliger
 Ray & Sharon Darling
 Holm Automotive Center
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Margie Zelaya

Rigoberto Zelaya

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 Nellie Barrett
 Alexander & Jody Sanchez
 Fran Sanchez
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 James & Maria Nuss
 Nancy Sanchez
 Michell & Jess Murphy
 Doug Nagly
 Wally Wolfe
 Audrey Griffis
 Brierton Engineering, Inc.
 Roman Sanchez & Colleen Dauphinee
 Steve & Janet Adams
 Holm Automotive Center

Fun Run Donations

Kay's Pharmacy
 Iserve Inc.
 Patricia Krambeck & Gary Parks Jr.
 Shelly Wirtz
 Robert & Carol Makovec
 Chrystal Brunner
 Kristi Meyer
 Roxann Price
 Kenny Walters
 Chardy Magnett

Michelle Hajeck
 Tiffany Schlesner
 Mary Anna Granzow
 Ruth Hailey
 Laura Newberry
 Robyn Heitfield
 Claudia Williams
 Melissa Thiel
 Dale & Edna Hanzlicek



Shannon Walters, RN and Kristen Hajek, RN (Herington Home Health & Hospice nurses) participated in the 2022 Fun Run in Herington, KS in honor of Hospice of DCKS!

.....Cont'd from pg 3

12. Loss of direction: As one grieving man put it, "Since my wife died, I don't seem to have a purpose in life any more; nothing seems to matter."
13. Loss of dreams: Many bereaved persons lament that the dreams they had for the future won't be realized.
14. Loss of trust: Bereaved persons often feel insecure about loving another as deeply after a significant loss. They may fear the pain of another loss. Many bereaved persons state they also have difficulty trusting themselves again because of deep feelings of insecurity.
15. Loss of sharing with a loved one: Many bereaved persons lament the loss of that constant companion to share the little things in life. They lament the loss of a best friend, a confidante. Parents whose child has died often report feeling excluded from experiencing the "growing up years."
16. Loss of ability to focus: The grieving person's entire being is so affected by the loss that it becomes difficult to focus on anything but the essentials of getting through the day.
17. Loss of ability to see choices: Since the lifestyle changes brought on by the loss was not a choice, many grieving persons have a subconscious feeling that they have no control over their life.
18. Loss of ability to make decisions: Because of insecurity and lack of self-trust, the bereaved person may experience difficulty making decisions. They also may become confused as they get different advice from others.
19. Loss of a sense of humor: It is sometimes hard to see anything as humorous when one of the most important people in one's life is no longer alive.
20. Loss of health: The strain of the emotional and psychological grief work often causes physical problems such as nausea, migraine headaches, muscle tension, back problems, etc.
21. Loss of inner happiness and joy: It is hard to feel happiness and joy when your life feels shattered after the loss of someone significant.
22. Loss of patience with self: Often, grieving persons want relief from their pain; they want to feel better now and may feel inadequate when the feelings of grief last longer than they expected.

It is often difficult for family and friends of an individual who has experienced the loss of a loved one to understand why the grieving process lasts so long. We all want to see our loved one be happy and "get on with life." It is important that family and friends become aware of the many levels of loss. This awareness may help those who care about the grieving person be more patient and understanding.

Employee Spotlight



Stephanie Haws
Registered Nurse
Since 2008 -14 Years

What lead you to a career in the medical field?

As far back as I can remember I've always wanted to be a nurse. My mother and grandmother were nurses so I guess it's kind of a family tradition.

What responsibilities does your job include?

Patient assessment, planning, education and treatment.

People often assume that working in hospice must be so sad/hard. Do you agree/disagree? Why?

I can see it both ways. This type of work is not for everyone but there are worse things than death like not having quality of life.

What life lessons have you learned from working at HH&H?

Tell people that you love them and don't hold grudges.

What is the most rewarding part of your job?

Seeing a family thriving after I've worked with them.

What is the most challenging part of your job?

Not being able to do more.

What's the best advice you've ever received?

Don't come on hot; you'll burn out fast. Meaning, Don't try to do everything all at once.

Fun Facts About Stephanie

What do you enjoy doing in your free time?

Being at home with my family, floating in my pool and playing board games with my kids.

What is your favorite....

Food? *Sushi*

Animal? *Dog*

Color? *Purple*

Flower/Plant? *Daisy*

Sports Team? *Herington Railers*

Do you have any hidden talents?

I'm kind of a "Jack of all Trades" but I have made the flower arrangements and center pieces for several weddings; and diaper cakes for baby showers.

What three words would your family/friends use to describe you?

Free-Spirited, Strong-Willed, and Loyal

Coming up...

GRIEF SUPPORT GROUP

GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

We know it hurts, and we want to help.

Contact Us Today

Wednesdays 6:30pm – 8:30pm
August 10th - November 2nd
Home Health & Hospice, 263-6630
1111 N Brady, Abilene
for questions or to register visit
http://mhsk.org/home_health_hospice/



Congratulations to Kalynn Davis for receiving her Home Health Aide license!

September

- 7th** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 9th** - Celebrate Seniors Event - 9:00 a.m.-3:00 p.m. Community Center; 1020 NW 8th St., Abilene
- 14th** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 15th** - Hospice Advisory Board - 12:00 p.m. Abilene HH&H Conference Rm
- 21st** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 27th** - Celebration of Life Picnic - 6:00 p.m. Eisenhower Park (Covered tables by volleyball courts)
- 28th** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm

October

- 5th** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 12th** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 13th** - Hospice Advisory Board - 12:00 p.m. Abilene HH&H Conference Rm
- 19th** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 20th** - Volunteer Meeting Abilene - 6:00 p.m. Abilene HH&H Conference Rm
- 26th** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 27th** - Volunteer Meeting Herington - 2:00 p.m. Herington HH&H Conference Rm

November

National Hospice Month

- 2nd** - GriefShare Group - 6:30-8:30 p.m. Abilene HH&H Conference Rm
- 10th** - Hospice Advisory Board - 12:00 p.m. Abilene HH&H Conference Rm
- 17th** - Volunteer Banquet - 6:00 p.m. Location TBA



MEMORIAL HEALTH SYSTEM
Home Health & Hospice of Dickinson County
ABILENE Salina Regional Health Center

Let life be as beautiful as summer flowers and death as beautiful as autumn leaves..
~ Rabindranath Tagore

MEMORIAL HEALTH SYSTEM
Home Health & Hospice of Dickinson County
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