



## *6 Ways Grief Can Make You Think You're Going Crazy*

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With the holidays and early winter being statistically the most popular season to die, late winter can be a time of grief for many survivors left to face life without a loved one - an experience that can feel overwhelming, destabilizing, and confusing. We all know that it is normal to feel sad for a while when we lose a loved one, but grief is often much bigger than just sadness, encompassing symptoms that can make it hard to feel like yourself, leaving you to wonder if you are really ok.

You're not crazy if you feel it; grief is real, and grief is suffered. It means you loved someone, deeply. And now, everything is different. More than just being sad, grief can have many different faces, affects everyone differently, and is a process.

Understanding and recognizing some of the surprising aspects of normal grief can help you get a better handle on your experience so that you can take at least one thing off your over-flowing plate: you don't need to worry that you're going crazy.

**1. Tearfulness:** Of course grief is sadness, and the gut-wrenching pain of missing a loved one you weren't ready to let go. We want them back. We want things how they were. We don't want to change and from this the tears seem to keep coming. Sometimes they seem like they won't stop, are real, and can sometimes be unpredictable, and even scary. You might wonder if you will ever stop crying...You will, but for everyone it's different. Luckily, shedding tears are one of the most efficient things you can do to facilitate healing.

*Abilene Office*

*1111 N. Brady*

*(785)263-6630*

*Herington Office*

*11 N. Broadway*

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## Volunteer Spotlight

**Tony Gieger**

Hospice Volunteer  
Since August 2017 - 4+ Years

**Why did you choose to volunteer with Hospice?** *I have always enjoyed visiting with people, had the time, and thought it would be a good thing to do to help support others in the community.*

**Is there anything that you wish people knew or understood better about Hospice?** *Death is a part of life that we will all go through and isn't something to be scared of. As a volunteer I am able to help support others who are dealing with the illness and death of a loved one. While it can be difficult at times I feel that it is a worthwhile challenge.*

**What sort of responsibilities does volunteering include?** *Must have the time to dedicate, be responsive when asked to take on a duty, be a good listener and remain open-minded with people and differing situations.*

**Have you learned any life lessons from volunteering with Hospice?** *Live each day and make good use of the time you have. Also the importance of listening and being there for others.*

## Fun Facts About Tony

**What do you enjoy doing in your free time?** *Volunteering, Travel, watch sports.*

**What is your favorite....**

**Food?** *Fried Chicken*

**Animal?** *Gorilla*

**Color?** *Purple*

**Flower?** *Sunflower*

**Sports Team?** *K-State and Cardinals*

**How do you think your friends and family would describe you?**

*Dedicated, Passionate and Kind*

**What's your guilty pleasure?**  
*Dairy Queen Chocolate Malt*

**What's the best advice you've ever received?** *My grandmother instilled the value of faith and attending church regularly. That guidance has really stuck with me over the years.*

## We're looking for compassionate individuals to join our dedicated team of volunteers.

**New Hospice Volunteer Training**  
**March 11th & 25th**  
**4:00 p.m. - 7:00 p.m.**  
**1111 N. Brady, Abilene**

*There are many ways in which hospice volunteers can lend their time and unique talents. Volunteers DO NOT provide any medical or hands-on care; they simply spend time with the patient and family. Whether helping support patients, caregivers, and families directly, or by assisting with administrative work, there is a special place for you on our team.*

For more information or to sign up for training, contact  
Adrienne Unruh, Volunteer Coordinator  
at (785) 263-6630, [apestinger@mhsks.org](mailto:apestinger@mhsks.org), or on our Facebook Event page;  
*Home Health and Hospice of Dickinson County Kansas;*  
*New Hospice Volunteer - Spring Training*



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**Home Health & Hospice of Dickinson County**  
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**2. Apathy:** Grief can feel like you are walking through quicksand, literally at times. You go through the motions of everyday, but things take longer and everything feels harder. Your energy only goes so far, and it just doesn't feel like you have enough. Worse, you might not care. Grieving is hard work, and it takes a toll on your energy. The good news is that with time, you will regain your interests and your energy again, as you adjust mentally and emotionally to your new reality.

**3. Grumpiness:** Coping with loss can make even the most easy going person irritable - life just isn't right anymore, and it feels like it might never be again. This simmering frustration with a new reality can loom in the background of everything you do, and consume a lot of your precious energy, leaving less energy and patience for others, and yourself. Understanding the physical and emotional causes of your irritability can help you recognize it, and mitigate its prominence by taking better care of yourself and slowing down.

**4. Mental Fog:** Grief can make it hard to sustain attention and concentrate leaving you feeling as mentally tired as you do physically. This might be one of the most distressing aspects of grief: feeling mentally depleted at a time when it can feel like you need everything you've got and more. Not only do life's responsibilities march on, but often death can usher in even more responsibility. Laying a loved one- and their affairs- to rest requires focus, energy, attention to detail, and patience at a time when you simply aren't at your best. Don't worry if everything feels a bit harder than it should, or if you can't accomplish the things you usually can. You're not crazy, you're experiencing grief. Look for places where you can reduce your expectations of yourself for a while, whether cutting corners, or putting off nonessential tasks.

**5. Grief is shared:** Losing a loved one is a family affair, and often occurs in the context of having to care for others while caring for yourself. Moreover, family discord can be fueled by a shared loss, as painful emotions and their typical coping mechanisms, run their course. Remembering that you aren't the only one experiencing grief can help you be more compassionate to your loved ones, and to yourself.

**6. Sleep changes:** Not only is grief emotionally draining, but it can be physically draining too. Sleep can be a victim of grief: it can become increasingly hard to go to and stay asleep, and for some, sleep doesn't even feel restful. Dreams tend to amplify as you try to cope with this new reality and loved ones are often the subject of these wishful dreams, making it harder to wake up to the grim reality of their loss. Try not to get spooked by these dreams - they are your mind's way of processing the loss, and they are helping you learn to adjust to your new reality.

In 1969, Swiss psychiatrist Elisabeth Kubler-Ross developed what she called the five stages of grief that can occur along the path to healing from a loss. In addition to elucidating the various expressions of loss, her model highlights grief as a fluid process, not a static event, that is different for everyone. Remembering that your grief will be your own unique experience can help you accept your process of healing, and be more gentle with yourself.

Grieving takes time, and goes smoothest when it has space, time, and most importantly, love. Yes, love. At its core, grief is about love. The love for your departed loved one that lives on in your heart and mind's eye, and also the love that person had for you that also lives on in you. Showing love to yourself and others is one of the best ways to honor the love you shared with your loved one, and to facilitate your healing.

It will happen - give it love.

Excerpt from <https://www.findapsychologist.org/6-ways-grief-can-make-you-think-youre-going-crazy-by-dr-alicia-h-clark/>

## Recent Memorials

### *General Donations*

The Brown Memorial Foundation  
Trinity Lutheran Church  
The Breakfast Club  
Black and Company  
Stan & Betty Lewis Foundation  
Carol Dunlap  
Richard & Carrie Key  
Geraldine & David Mills Trust  
Christina Warford  
Steven Flynn

### *Pierre Carpentier*

The Brown Memorial Foundation

### *Robert Linder*

Len & Brenda Bogner  
Anita Hummel  
Roy & Lynn Jacobson  
Sandy Abelt Family  
Margaret Dillon  
Dennis Dillon  
Valera Hamm  
Edwina Wendt  
Steve & Bob Stroda  
John & Linda Donnelly

### *George Zieger Sr.*

Rodger Romberger  
Sherri & James Hohensee  
Donna Anderson

### *Mary Louise Doidge*

Steve & Jeannette Blue  
Brian & Leigh Ann Griffis  
Monte & Janet Fink  
Michael & Sherry Tiernan  
Connie Slaight  
Danny Emig  
Monica Junghans  
Earleen Marks  
Lois Shaw

### *Imogene Hutcherson*

Gary & Janice Hines

### *Darlene Schlesener*

American Legion Aux. HGTN  
Janet Steinkirchner  
Caroline McIntosh  
Mike & Debbie Wendt  
MDRS Fort Riley  
Robert & Gail Townsend  
Larry & Sharon Senner  
Roger & Jayne Engle  
Bonnie Hoffman  
Margie Schlesener  
Donna & Dale Koontz  
Ruth Hoffman

### *Russ Wilkins*

Larry & Judith Coup  
John Berger  
Maxine Biggs  
CY & Andrea Taylor  
William & Joan Christner  
Tim & Tammy Sare  
Kristy Engle  
James & Linda Brown  
Zion Brethren in Christ Church

### *Archie Janzen*

Eileen Janzen  
Dorothy Ensz  
Charles & Rita Quinn  
Abilene USD 435

### *Naverta Elliott*

Rural Vista USD 481

### *Robert "Joe" Foltz*

Mitchell & Jennifer Green

### *Susan Green*

Mitchell & Jennifer Green

### *Sherri Kohman*

Galen & Kathy Payne  
Steve & Janet West  
Carole Boyce

Dennis & Mary Avery  
Dale Holt  
Nancy & Ann Bush  
Ken & Judith King  
Dwight & Sharolyn Greenough  
John & Gale Whitehair  
Douglas & Charlotte Pryor  
Mary Ann Bond  
Brad & Jenell Hartman  
Neal & Angela Barten  
Timothy & Dawn Wolf  
Cindy Rempe  
Thomas & Georgia Plum  
Steven Lang  
K-MAR-105 Association  
Alice Sinclair  
Jean Ann Aker  
Vicki Tebo  
Rodney & Paula Hopkins  
Mary Tiede  
Danny & Marla Reiff  
Theresa Brierton  
Ron & Karen Cherry  
Walter & Deborah Holt  
Bizz & Kathi Stenfors  
Earlene Dupree  
Strunk Farms, Inc.  
Kenneth & Anita Rogers  
Rodger Romberger  
Dee & Wes Watson  
Dennis & Jean McKinney  
Robert & Patricia Murray  
Robin Sullivan  
Kirk & Carol Whitehair  
Joshua & Kari Gordon  
Stan Foltz  
Daniel & Laurie Davis  
Eldon & Ardis Holt  
Margaret Hutchison & Kathy Mills  
Kevin & Tara Tiernan  
Ray & Sharon Darling  
Aubrey & Delores Ruhnke  
Don & Betty Nebelsick  
Sonnie & Marge Collins  
Memorial Health System  
Peggy Janke

## Recent Memorials

### *Dixie Kracke*

Delores Rodda  
C.L. Wenger  
Dorothy Holmstrom  
Kyle & Jill Wood  
Marshall & Joette Payton  
Rodger Romberger  
Sally Nelson  
Bill & Terrie Reiff  
John & Marry McDonald  
Joyce Orebaugh  
Joyce Abeldt  
Maxine Kauffman

### *Richard Worley*

Douglas & Becky Medlock  
Betty Cox  
McGrath Publishing Co.  
Bill & Nancy Marston

### *Margaret Martinitz*

Dennis Lilly  
Kenneth & Sherri Kohman  
Aubrey & Dolores Ruhnke  
Margaret & Kathy Hutchison  
Sally Nelson  
Paul & Joyce Brown  
Laura & Steve Cox  
Michael Whitehair

### *Betty Chindamo*

Mary Ann & Leslie Stessel  
David Riordan

### *Marsha Weaver*

Peggy Houser

### *Margie Zelaya*

Rigoberto "RJ" Zelaya

### *Carol Redger*

Katie Simmons  
Arden & Carol Peterson  
Laveta Wingerd  
Heritage Enterprises, Inc.  
Douglas & Debbie Smart  
Steven & Noma McConkey  
Harlow & Jane Haney  
Gary Feigley  
Tom & Janet Whitehair  
Karen Timm & Shirley Anguiano  
Gale Rock  
Rev. Phyllis J. Garrett

### *Elizabeth Small*

Francis Small  
Gerald Small  
Memorial Health System  
Doug & Cathy Hogan  
Ethel Jacobson  
Aubrey & Patricia Small  
Michael & Cynthia Stover  
Scott Ausherman Agency Inc.  
Martin & Kathy Nash  
Scott & Jessica Doering  
R.A. & R.E. Shupe  
Cindy Taylor  
Carolyn Kay  
Edward Wright  
Ronald & Barbara Jones  
Jeanne Livingston  
Garry & Mary Stover  
Martin & Carrie Smith

### *Leona Brandt*

Katie Simmons  
Mitch & Nancy Brandt  
Brenda Weaver  
Dennis & Debra Boller  
Hirsch Real Estate  
Dee & Wes Watson  
Memorial Health System  
Vivian Lake

### *Patrick Tajchman*

Charles & Kay Tajchman  
Tom & Mary Gospodarczyk

### *Robert Bell*

Herington Wrestling Club  
Fred Herpich  
Peggy & James Hilliard  
Gloria's Hair Fashion  
Mike & Chris Trapp  
Corkie Dunlap

### *Bob Hartenstein*

Douglas & Margaret Kugler

### *Robert Foltz*

Debra & John Barbur

### *Dennis Boyce*

Carole Boyce

### *Kenny Strauss*

The Brown Memorial Foundation

Herington Staff joined in the Christmas fun as the 2021 Herington Christmas Parade and Bazaar dressed as the "Remember Me Tree" and Angels.

Proceeds from the Remember Me Tree help to support Dickinson County Hospice patients and programs.





Our Annual Candlelight Ceremony was held in person this year. While the pandemic kept our numbers low, the smaller groups gave both ceremonies an intimate, personalized atmosphere.

Thank you to all in attendance, to everyone that helped organize each ceremony, Hospice Chaplin Lindsey Brummer, Community Bible Church in Abilene, Pastor Bill and St. Paul's Lutheran in Herington



### Employee Spotlight



**Melissa Peterson, RN BSN**  
Clinical Manager  
Since 2016 - 6 Years

**What let you to a career in the medical field?** *I really enjoyed Anatomy class in high school and decided to pursue an education in the nursing field.*

**What responsibilities does your job include?** *Coordinate & educate the nursing staff, ensure that patients receive the proper care, and preform nursing duties as needed.*

**What is the most exciting/rewarding part of your job?** *Visiting with patients, getting to know them and their families.*

**What is the most challenging part of your job?** *Advocating for the patients through education and communication with healthcare providers.*

**What life lessons have you learned from working at HH&H?** *Appreciate being young and if there is something you want to do, DO IT while you can! Live in the moment, life passes to quickly.*

**What do you wish people knew or understood about Hospice?** *Having patients begin Hospice services sooner helps provide support and comfort to the patient and their families as they transition.*

**Words of Appreciation:**  
*Volunteers are such a valuable part of our team. We greatly appreciate all for the help they provide to support and comfort to patient and families at no cost.*

### Fun Facts About Melissa

**How do you spend your free time?**  
*Hanging out with my kids, gardening, anything outside.*

**What is your favorite....**  
**Food?** *Chicken Fried Steak & Potatoes*  
**Animal?** *Dog*

**Color?** *Blue*  
**Flower/Plant?** *Daisy*  
**Sports Team?** *Nebraska Huskers*

**What is your guilty pleasure?**  
*Coffee and Chocolate.*

**What three words would your family/friends use to describe you?**  
*Honest, Stubborn, and Compassionate*

**What is your biggest accomplishment?**  
*Being a Mom!*

**What is your biggest pet peeve?**  
*People not applying themselves.*

# Coming up...

## February

- 10th** - Hospice Advisory Board - 12:00 p.m., Abilene HH&H Conference Rm
- 15th** - Herington Bereavement Group - 6:00 p.m., Herington HH&H Conference Rm
- 22nd** - Abilene Bereavement Group - 6:30 p.m., Abilene HH&H Conference Rm

## March

- 10th** - Hospice Advisory Board - 12:00 p.m., Abilene HH&H Conference Rm
- 11th** - New Hospice Volunteer Training - 4:00-7:00 p.m., Abilene HH&H Conference Rm
- 15th** - Volunteer Meeting Herington - 2:00 p.m., Herington HH&H Conference Rm
- 15th** - Herington Bereavement Group - 6:00 p.m., Herington HH&H Conference Rm
- 15th** - Volunteer Meeting Abilene - 6:00 p.m., Abilene HH&H Conference Rm
- 22nd** - Abilene Bereavement Group - 6:30 p.m., Abilene HH&H Conference Rm
- 25th** - New Hospice Volunteer Training - 4:00-7:00 p.m., Abilene HH&H Conference Rm

## April

- 12th** - Caregivers Group - TBA
- 14th** - Hospice Advisory Board - 12:00 p.m., Abilene HH&H Conference Rm
- 19th** - Herington Bereavement Group - 6:00 p.m., Herington HH&H Conference Rm
- 20th** - Volunteer Appreciation BINGO w/MHS - 1:30 p.m., Nichols Center - Basement
- 26th** - Abilene Bereavement Group - 6:30 p.m., Abilene HH&H Conference Rm



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

# Bereavement Support Group

**Herington**  
 3rd Tuesday of each month, 6:00 p.m.  
 Home Health & Hospice  
 Conference Room  
 11 N Broadway

**Abilene**  
 4th Tuesday of each month, 6:30 p.m.  
 Home Health & Hospice  
 Conference Room  
 1111 N Brady

**Led by Lindsey Brummer**  
**For more information call (785) 263-6630**



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Home Health & Hospice of Dickinson County

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*Like snowflakes,  
your words fall silent.  
But my heart still hears your voice.  
~ Angie Weiland-Crosby*

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