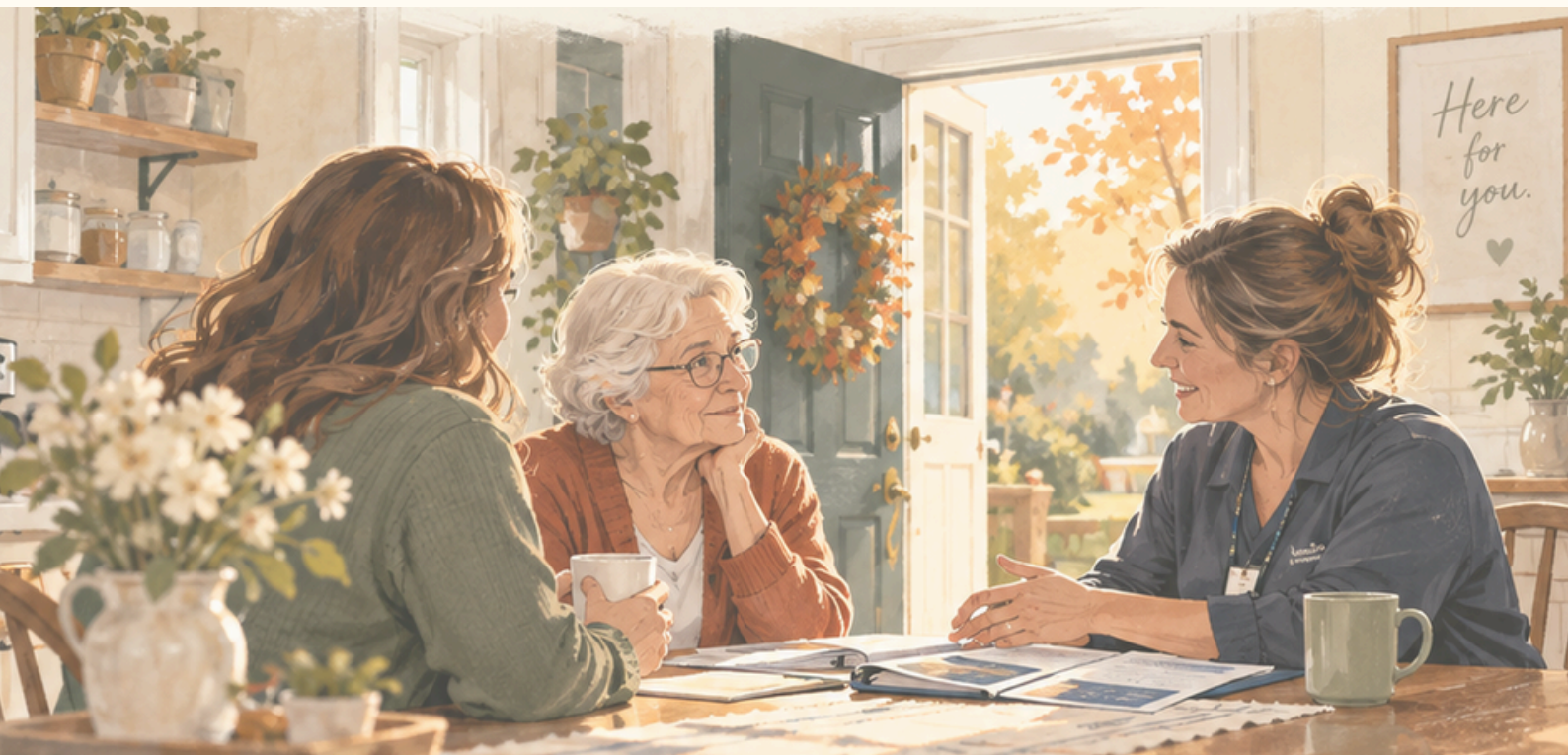




Compassion Quarterly

Connecting Community Through Care

**YOU DON'T HAVE TO WAIT UNTIL THINGS GET HARD.
SOMETIMES THE FIRST STEP IS SIMPLY ASKING FOR HELP.**



It can be difficult to know when it's time to ask for help. Maybe your loved one is still managing most things on their own. Maybe you're helping more than you used to, but you're not sure whether it's enough to warrant additional support.

You don't have to wait for a crisis to start the conversation.

Asking questions early can help families understand what resources and services may be available before things become overwhelming. Our team can help you understand your options, answer questions, and determine whether home health or hospice may be appropriate.

Asking for help doesn't mean giving up independence. It doesn't mean you've made a decision. It simply means you're making sure you have the information you need when you need it.

Sometimes, the right time to ask for help is before you think you need it.

RIGHT CARE. RIGHT TIME. SUPPORT WHEN IT MATTERS MOST.

CELEBRATING EXCELLENCE

Two members of our team. Two statewide honors.

One incredible commitment to home health and hospice.



2026 Kansas Home Care & Hospice Association award recipients, Dr. Megan Brown and Kristen Hajek, RN, pictured at the annual conference during the award ceremony.

We are proud to celebrate two members of our team who were recently recognized by the Kansas Home Care & Hospice Association for their outstanding contributions to the home health and hospice profession.

Kristen Hajek, RN, received the Guiding Light Award, an honor recognizing seasoned professionals who demonstrate outstanding leadership, uplift those around them, and make a lasting impact on the home care and hospice community. Kristen was recognized for her inspiring leadership, commitment to others, and enduring contributions to the field.

Dr. Megan Brown was named Home Care & Hospice Physician of the Year, an award honoring physicians and nurse practitioners who excel in home care and hospice and advocate for these services within the healthcare system. Dr. Brown was recognized for her dedication, compassion, and excellence in home care and hospice medicine. We are grateful for the leadership, compassion, and dedication Kristen and Dr. Brown bring to our patients, families, and colleagues every day. Their recognition is a wonderful reflection of the people who make compassionate care possible throughout our community.

CONNECTED & CONTINUING TO LEARN

SERVING OUR COMMUNITY STARTS WITH STAYING CONNECTED.

This summer, our team continued finding ways to connect with the communities we serve. From the Tri-County Parade in Herington and the CKFF Parade in Abilene to the Sunflower Fair and outreach in the hospital lobby, we had opportunities to meet with community members, answer questions, and share information about home health and hospice care. We also continued reaching out to area healthcare providers with referral resources and information about our Right Care. Right Time. campaign and shared the campaign with the Patient and Family Advisory Council.



Continuing education helps our team stay informed, connected, and ready to provide the best possible care. This quarter, Melissa Peterson, Kristen Hajek, and Ashley Burleson, RNs, and Leslie Welsh, PT, attended the Kansas Home Care & Hospice Association annual conference, while Taylor Knauss, Volunteer Coordinator represented our agency at the Kansas Hospital Association annual convention.

These conferences provide opportunities to learn about developments in healthcare, connect with colleagues from across Kansas, and bring new ideas back to our team and the patients and families we serve.



Making Room for Caregiving During the Holidays

The holidays don't have to look the same to still feel special.

The holiday season often comes with traditions, gatherings, and expectations, and caregiving can make those traditions look a little different. When a loved one's health or energy changes, families may find themselves wondering how to celebrate while also making sure everyone is comfortable and cared for.

Give yourself permission to simplify. You don't have to do everything you've always done. A smaller gathering, a shorter visit, or a favorite tradition enjoyed at home can be just as meaningful.

Let others help. Family members and friends may want to contribute but aren't sure how. Give them something specific: preparing a dish, decorating, picking up groceries, or spending time with your loved one while you take a break.

Follow your loved one's lead. Some days they may have the energy to participate, while other days they may need more rest. Flexibility can help everyone enjoy the moments that matter without turning the holiday into another source of stress.

Create new traditions. If an old tradition no longer works, that doesn't mean you have to give it up completely. Find a smaller or simpler way to keep the part that matters most.

Most importantly, remember that the goal isn't a perfect holiday. It's meaningful time together. Give yourself, and your family, permission to celebrate in a way that works for you this year.



A few ways to make the season easier

- Keep gatherings smaller or shorter.
- Build in time for rest.
- Ask family members to take on specific tasks.
- Keep favorite traditions, even if you have to simplify them.
- Don't be afraid to say no.
- Focus on meaningful moments rather than doing everything.

BE PART OF THE LEGACY

Help us build a place to remember, honor, and celebrate the lives of those we've cared for.

Our Memorial Garden is coming this spring.

Memorial bricks offer a lasting way to honor a loved one, celebrate a life, or remember someone special. Each brick becomes a permanent part of the garden, a place for families and our community to pause, reflect, and remember.

We're preparing for construction this spring, and we'd love to fill the garden with bricks before we begin.

Your brick becomes part of the story.



PURCHASE YOUR MEMORIAL BRICK

Scan to order yours today.



A mock up of Legacy Lane

With Heartfelt Gratitude

Thank you to the following individuals, families, businesses, and organizations whose generosity supported Home Health & Hospice of Dickinson County during the third quarter of 2026. Your kindness makes compassionate care possible.

Jim Adee
Agri Trails Coop
Mary Amess
David & Carolyn Andres
Mary Bauman
Bayer Construction Co, Inc
Gregg and Joleen Beemer
Cheryl Bennett
Barbara Bish
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Elvin Bombadier
M A Bond
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Tamara Sheaffer
Vicki Simenson
Katie Simmons
Connie Smith
Larry & Judy Sorenson
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James & Becky Stout
Kenneth & Norma Stringer
Joan Taylor
The Brown Memorial Foundation
The Cutting Edge
Ron & Karen Timm
Trinity Lutheran Church
David Walker
Tina Warford
George Welborn
Carol Whitehair
Mary Zimmerman



MEMORIAL HEALTH SYSTEM

Home Health & Hospice of Dickinson County

ABILENE  Salina Regional Health Center

HOME HEALTH & HOSPICE OF DICKINSON COUNTY
PRESENTS

Caregiver Connections

"A circle of understanding, strength, and renewal."

Join us for a welcoming space where caregivers can connect, share experiences, and find support. Each session offers encouragement, practical tips, and resources to help you navigate the challenges of caregiving.

**Join our Caregiver Support Group
sessions on the first and third
Tuesday of every month.**

Time: 3:00 pm – 5:00 pm

Location: 1111 N Brady St., Abilene

Caring for you.

**The holidays are
challenging when
you're grieving a loss.**

GriefShare®



Surviving the Holidays

provides encouragement, support, and
valuable tools to navigate the season.

Join us for this 2-hour seminar

Location

Home Health and
Hospice office
1111 N Brady
Abilene, KS 67410

Date & time

Sunday
November 8th, 2026
2pm-4pm

Contact info

Linda or Anita
785-263-6630

GriefShare®

Grief Support Group



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

Help and encouragement after the death of a loved one

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 13-week group, you'll receive valuable guidance and tips, leading you to relief, comfort, and peace of mind.

Contact Us Today

Wednesdays 2-4pm

Aug 5-Oct 28 2026

Hospice of Dickinson County

1111 N. Brady St. Abilene, KS

Questions?

Contact Anita 785-263-6641

griefshare.org

Make a DIFFERENCE

BECOME A HOSPICE VOLUNTEER

Your time can bring comfort,
companionship, and connection
to a hospice patient or family.

*No medical experience required.
Training is provided.*



Interested in volunteering?

**Contact Taylor
785-263-6630**