



April is National Volunteer Month

As a single stone can create a ripple effect, potentially generating waves of power, a single gesture of compassion can set off a chain reaction, generating waves of kindness that resonate far and wide. As we approach the month of April, National Volunteer Month, we stop to recognize those volunteers who themselves have become the wave. These compassionate volunteers bring hope and joy to those nearing the end of life, offering a supportive presence, meaningful connection and behind the scenes support.

This year, we have several volunteers celebrating milestones. Shirlene Simon, who has dedicated 40 years of unwavering service to the patients and families of Harry Hynes and was also the 2024 recipient of the Jiggs Nelson Quality of Life Award. Richard Conley who celebrates 30 years of dedicating nearly every Friday to volunteering in our downtown office. Ray Frederick, who has blessed us with 20 wonderful years of service to patients and their families, as well as being a mentor to many staff members. Mike Palmer, who somehow packed 20 years' worth of volunteering into 15 years. Melissa Siroky who has dedicated 10 years of her time to pharmacy delivery and administrative volunteering, and Nikki Epley who will reach her 5-year anniversary deeply touching the lives of many this year. Many who would have died alone if not for her presence. Collectively, our remarkable staff of 108 volunteers have contributed 531 years of volunteering!

Exemplifying the power of compassion and community, each of our volunteers has a different reason for volunteering with hospice and what it means to them. Like many of us at Harry Hynes, they are bereaved and have walked the hospice journey with a loved one. Some have walked the end-of-life journey without the benefit of hospice, doing their part to ensure others have a better experience. Whatever the reason, it is clear these wonderful people are more than a drop, more than a drip, more than a ripple. They are here to make waves, and we are deeply thankful.

Karen Sherbak, Director of Volunteers



Shirlene Simon



Richard Conley



Ray Frederick



Mike Palmer



Melissa Siroky



Nikki Epley

Thank you to our volunteers for their “heart” work and dedication.

Name (Years volunteered):

Shirlene S. (40)
Richard C. (30)
Juanita H. (19)
Vickie S. (16)
Jamey N. (24)
Marty S. (22)
Jan N. (21)
Ray F. (20)
Shelley C. (19)
Dolores B. (18)
Dave Hi. (17)
Juliet W. (16)
Patsy D. (16)
Mike P. (15)
Aide R. (12)
Ginny S. (12)
Jane Ge. (12)
Corine K. (11)
Melissa S. (10)
Janet B. (9)
Kevin R. (9)
Linda W. (8)
Lynn H. (8)
Glenda L. (7)
Michael S. (7)
Barbara F. (6)
Nikki E. (5)
Edie V. (4)
Lawanda H. (4)
Allen R. (3)

John K. (3)
Mary V. (3)
Lisa S. (3)
Meg R. (3)
Jane Ga. (3)
Deniece M. (3)
Brandi S. (3)
Joy C. (3)
Michelle H. (and Pete) (3)
Brenda R. (3)
Kathy B. (3)
Sharon W. (3)
Greg H. (3)
Sam A. (3)
Joanne B. (3)
Kristi S. (3)
Linda S. (2)
Joia D. (2)
Steven M. (2)
Clare V. (2)
Brylee Y. (2)
Julie S. (2)
John W. (2)
Judy B. (2)
Julie S. (2)
Scott B. (2)
Mike K. (2)
Wanita B. (2)
Kathy S. (2)
Jack M. (and Alice) (2)

Scott W. (2)
Reese V. (2)
Kay Br. (and Aspen) (2)
Eileen P. (2)
Melody P. (2)
Keith R. (1)
Gloria X. (1)
Mike G. (1)
Leonard S. (1)
Shelby B. (1)
Kathy R. (1)
Dale S. (1)
Lucy L. (1)
Patti T. (1)
Dave H. (1)
Jackalyn S. (1)
Salsabila A. (1)
Cindy E. (1)
Jaime K. (1)
Dara V. (1)
Shirley L. (1)
Cheryl M. (1)
Shelby B. (1)

New Volunteers within the past year:

Beth A.
Angela d.
Monica D.
Jessica G.
Kaylee H.
Regina H.
Marilyn H.
Tessa K.
Julie K.
Cheri K.
Ylia L.
Mary M.
Braden M.
Carletta M.
Molly M.
Julia M.
Linda R.
Linda R.
Emily S.
Amy V.
Clyde V.
Linda V.
Janna V.
Corrine W.
Ruth B.
Ginger R.
George M.
Dylan E.
Brenda G. (Groot & Rowdy)



Words from Our Volunteers



Scott Wright - 2 years of Volunteering

In 2019-2020, I first became aware of Harry Hynes Memorial Hospice when a close friend, a second mother, was on hospice for fourteen months. I was very impressed with all the excellent care she was receiving. Then, two years later, I walked the final road with another close friend, also with Harry Hynes.

In July 2023, I became a volunteer. I've had my own physical struggles throughout my life and have been on disability for many years. Yet little did I realize how much my own struggles would help me understand what our patients were going through! I truly believe I've been on a journey preparing me for this time. I have never felt so fulfilled in doing anything as being a volunteer for this wonderful organization!

Friends and acquaintances almost always comment about how hard of work it must be volunteering to be with someone, over and over, who is living their last days. I tell them that this is my calling, and I am energized by doing this work. I'm truly blessed and fortunate to be allowed to do this work. I want to say, "Thank you, Harry Hynes Memorial Hospice, for the personal growth I've had and will continue as long as I'm a part of you."



Molly Murphy - 1 year of Volunteering

I started volunteering for Harry Hynes because I felt driven after they were so instrumental during the loss of my Father in March of 2024 at their Hospice Center at St. Francis. Everyone from Harry Hynes was so comforting, and helped us with things we never thought we would have to do. I still can't believe he is gone, and it doesn't feel like it's been a year since we lost him. You think you have so much time with your loved ones, and don't realize how

much time you have wasted until they are gone. Naturally, you think back and have regrets about things said and not said, and how many times you could have gone to visit but didn't. How many times I thought, I should take Dad to The Oasis and get his favorite burger for lunch, but something came up and we didn't go.

Volunteering with Harry Hynes is my way of honoring his life. He was so proud of his six kids, always bragging to whomever would listen about what we were all doing and our accomplishments. At the end of his life, all six of us were able to say our goodbyes, and be with him as he transitioned to be with our Lord. If I have learned one thing through this experience, it's that grief is a living thing and has no problem waiting for you. You can't schedule it or push it away, because it will randomly be there waiting for you when you least expect it to hit you. I have learned to grieve when I feel it, and go through the feelings whether I want to or not, because the heaviness of letting it build up is just too much. My Mom, and all of my sisters were there by his side, saying the first decade of the Glorious Mysteries (The Resurrection) of the Rosary, as he took his last breath. I am honored to have been able to be at his side as he exited this life, and hope to continue his spirit by giving back to the place that gave us so much comfort and direction at such a dark time in our lives.

Roses for Patients

Each Valentine's Day, Dillon's donates roses to our agency. We then give these roses to our patients for them to enjoy. Our volunteers help prep them to be taken out by our staff. Thank you Dillon's for helping us spread love on Valentine's Day!





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

Donations were made from January 1 to March 12.

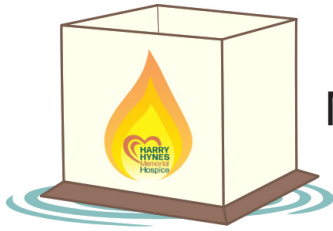
Michelle Marie An
Dennis Anderson
Wilma Jean Anderson
William S "Bill" Arnold
Marsha Bacon
Connie Bales
Dale A. Barnard
Theresa C. Barragree
Linda Anne Batchelder
Edward Baumer
Eldis Beets
Ginger Blair
Norris Blair
Teresa Reibenspies Bomhoff
Mary Jane Breit
Mary Evelyn Burke
Mary Butler
James W. Callahan
Kenneth Cattaneo
Lois Chavez
James "Jim" D. Childs
Anne Marie Clark
Viola M. Clay
Denise Cooley
Larry Coombes
LeRoy Copp
Galan Craig
James A Crane
Samuel Z Davidson
Rick Davis
Tim Davis
Kenneth E. Degenhardt
Karen DeShazo
Ada Dornbush
Theodore Joe Dunham
Joann Ebert
William "Bill" F. Endicott
William Ewertz

Larry J Fasbender
Robert Fields
William (Bill) Fish
Patrica Blair-Fitzwilliam
James R. (Jim) Freeman
Arlen E. Freund
Nancy Frey
Leona Gartner
David Gegen
Kent R. Gleason
Debra Gratz
Harlin Rex Gray
Doug Greenwood
Shirley Griswold
Rudolph Gutierrez
Emma Rita Hartzfeld
Bobby-Robert Haskins
Mikkell Haugen
Karen Marie Hawkins
Robbie Lee Haynes
Kermit Heck
Agnes Henning
Brenda Hess
Wayne Hieger
Jolene Holdaway
Eldon Holle
William Frederick Howard
Roger Hughey
Clayton Hyder
Carl Jaax "Junior"
Gladly Johnson
Betty Jean Johnston
Elizabeth Ann Kasenberg
Pat Keitel
Rusty Kilgore
Joan Klapprott
Robert Klapprott
Jayne Knipp

Alice Lawson
Thu Thi Le
Dennis Lindeman
Dr. Carol Ludwig M.D.
John Madden III
Richard Malcom
Robert Malicoat
Patricia Malone
Wilburn Ward Marrs
Ron Mathis
Jeanette M. McAdam
D'Vonne McBeth
Judy McClard
Dora Jean McCullough
Herschel Leroy Mckinley
Shirley Miner
LaTricia Mingle
Judy Ellen Mitchell
Graham M. Montgomery
Milissa Lou Moore
Michael Morris
Michael Van Ness Murrow
Phil Neff
Albert Nelson
Kathleen Kay Neukirch
Daniel Northrup
Theresa A. Palmer
Mary E. Payne
Sondra K Pearson
Betty Peterson
Mike Phipps
Mike Plumer
Julia Pray
Juanita Purkey
Marceleno Raigosa
Harold Ridder
Floyd Edwin Robison
Elsie Sanborn

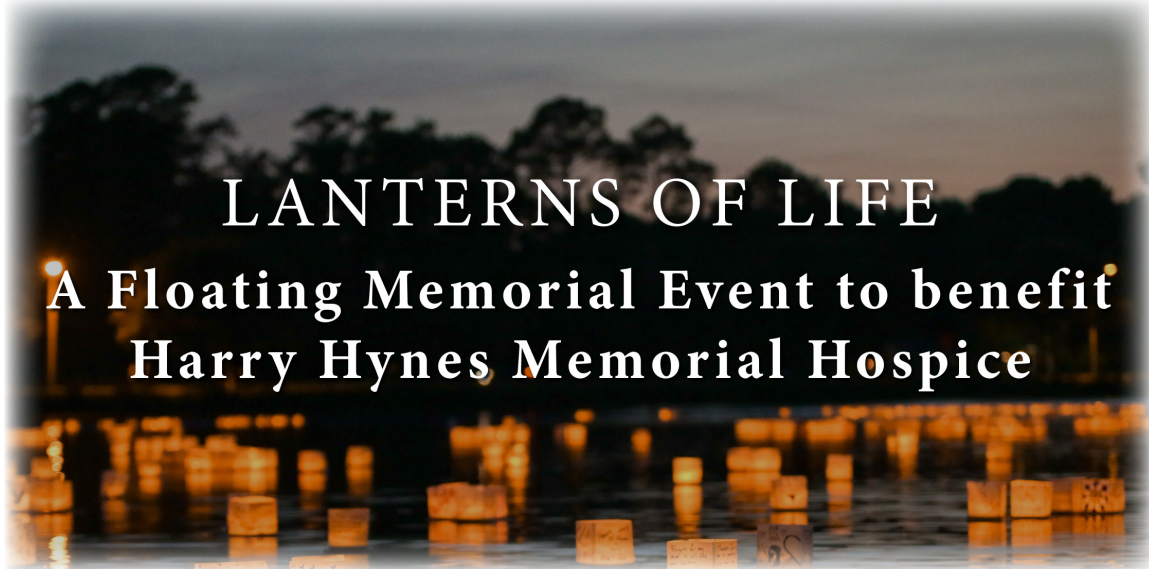
Karen Schifferdecker
Martin Schoonover
William Joseph Schreck
Carl Schultz
Steven LeRoy Seimears
Jacquie Seymore
Andrew R. Shelly
Viola R. Shelly
Christopher T. Smith
Peggy Smith
Donna Sue Smithhisler
Marsha Ann Snyder
Thomas F. Sparks
Patsy Spatz
RL Spurgeon
Harold Stafford
Patricia Steeg
Patricia Marie Steven
Betty Stradford
Don Stucky
Connie Terrell
Willard (Bill) Brooks
Thompson
Bill (Willard) Thompson
Robert "Bob" Thurman
Thomas Vernon
Phouvieng Vilaythong
Betty Voegeli
Curtis D. Weaver
Glenda L. Weaver
Norma J. Wegerle
Fred Wiedower
Bobbi Williams
Jo O Williams
Emily Jane Winslow
Philip Wohlford
James Leroy Wolfe Sr.
Jerry Ziegler

Lanterns of Life Festival



Memorial Day, Monday, May 26, 2025
Memory Garden at the Collective, 5-8 pm
21st and K-96, Wichita

Join us to celebrate the lives of loved ones who have gone before us.

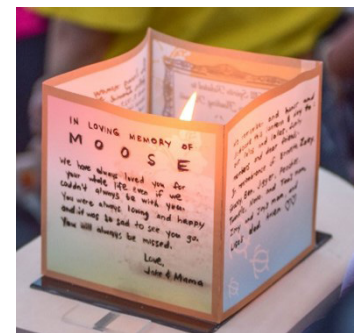


LANTERNS OF LIFE A Floating Memorial Event to benefit Harry Hynes Memorial Hospice

The Harry Hynes Memorial Hospice Lanterns of Life Festival is a celebration of life offering lantern decorating, activity stations, food trucks, and live music, concluding with a lantern launch in the serene ponds of the Memory Garden at the Collective. Lanterns can be purchased in advance for \$25 each, with a limited quantity available at the event.

Lanterns can be decorated with your loved one's name, image, colorful graphics or other remembrance. Be as creative as you want as it is meant to be specific and special to you. Each comes with a battery-operated candle, vellum lantern and wooden platform.

Festival admission is free and open to the public. Food and drinks will be available for purchase. Free parking is available at the Collective on East 21st and K-96 in Wichita. Bring your own lawn chairs or blankets to sit on as seating is very limited, and proper sun protection is recommended. Purchased lanterns are the only items that can be launched and are not able to be returned. All lanterns will be collected after the float and ceremoniously burned.



The Lanterns of Life Festival will light up the night in remembrance of those no longer with us but burn brightly in our hearts. A soft, warm, golden hue glows brightly over the Memory Garden ponds, honoring loved ones not only for the lives they lived but the lives they touched. It says they will never be forgotten.

Event Timeline For Lanterns of Life Festival

5 pm: Festival opens with food trucks, live music, lantern decorating

7 pm: Reflection and lantern launch

8 pm: Festival concludes



Lantern Reservation Form

Light a Lantern in Memory of a Loved One (Please Print Clearly):

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

1st Person (1st Lantern) Name — one letter per square

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

2nd Person (2nd Lantern) Name — one letter per square

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

3rd Person (3rd Lantern) Name — one letter per square

\$25 x _____ = Total for Lanterns: \$ _____
of Lanterns Purchased

I would like to make an additional donation of \$ _____
Optional

Lanterns (+ Add. Donation
+ Shipping if applicable) =

Total Amount Donated

- I plan to attend the event and would like my lantern(s) shipped to me to decorate. (\$5 additional charge for shipping)
- I plan to attend the event and will decorate my own lantern(s). Lanterns can be picked up in advance at the Harry Hynes Downtown office, 313 S. Market St, Mon-Fri 8am - 5pm or at the event.
- I am unable to attend the event, please have Harry Hynes launch my lantern(s) for me with the name(s) listed above.

Donor Information

Donor's Name (Print)	() -	/ /
----------------------	-------	-----

Email Address (Print)

Address	City	State	Zip Code
---------	------	-------	----------

Payment can be made by debit or credit card, check, or online at hynesmemorial.org

Mastercard Visa AMEX Discover		
-------------------------------	--	--

Type of Card (Circle One) Name on Card (Print) Card Number

/		
---	--	--

Expiration Date (MM/YYYY) CVV Number Signature

Select any that apply:

- My business is interested in corporate sponsorship. Please contact me with more details.
- I want more information about adding Harry Hynes Memorial Hospice to my will.
- I want more information about volunteer opportunities for Harry Hynes Memorial Hospice.
- I want more information about Grief and Loss Support/Counseling.



Make check payable to: Harry Hynes Memorial Hospice

Please return this form to:

Harry Hynes Memorial Hospice • Attention: Lanterns of Life
313 S Market St • Wichita, KS 67202



Although its never expected, these words of gratitude to the staff and volunteers of Harry Hynes Memorial Hospice are so appreciated! It's our honor to be a part of your journey. It's not always easy, so this recognition means so much!

**In moments of *Sorrow,*
it's Family & Friends
who bring
Love & Peace.
Thank You Sincerely.**

Dear Caregivers,

Thanks so much for your loving care for my husband. You helped our family during our time of need. God bless you in your good work.

Wife of Patient Served

A note, and a remembrance, for our loved one that passed while on your services. We know you worked with him for a short time. However, you also helped his wife for a long while, and we appreciate all your did for her and her family.

Dearest HHMH Friends,

How does one put into words how much you ALL have blessed our life?!

I am reading a book, "B·L·E·S·S" by Dave Ferguson and Jan Ferguson.

It describes a true friend. I share this because you all have truly displayed these qualities as you interact with us.

Friend: a person whom one knows and with whom one has a bond of affection.

Research confirms it. What else would you call someone who listens without judgement, offers you wise counsel but helps you make our own decisions, and loves you no matter what?

I donate this check in honor of: The voices at the end of the phone line or text. Nurse Brittany, Social Workers Gretchen and Rita, Compassion Care Cheri and any others I have failed to mention. I pray for you. I thank god that you have "Bloomed where he planted you!"

Dear Dr. Morgan and all the fantastic nurses, aides, and caregivers,

We can't thank you enough for how you all ministered to my brother, myself, and the tender care of our mother. You were the hands and feet of Jesus to.

Family of Patient Served

Thank you to the staff for the wonderful care you provided to my brother and his wife. It takes special people like all of you to care for our loved ones. She was so appreciative of so many kinds moments from all of you. Thank you for all you do during precious times with families who need your support. Many thanks. God bless you.



Regrets Only

Have you ever received an invitation that read RSVP Regrets Only? Persons who are grieving the death of a loved one often express regret. Regrets are the things we wish we had done or said. The widow who had planned on doing extensive traveling with her husband after he retired from work, and then was unable to fulfill their dream as he was suddenly diagnosed with a terminal illness. Or the regret of not being with a person at the time of death. Perhaps you regret expressing frustration at the amount of care your loved one needed. Or wish you had expressed your love and how much you would miss him.

Feeling regretful is not the same as feeling guilty. Guilt is feeling like you did something wrong. People with certain religious beliefs may feel guilty about being angry with God. Helen Fitzgerald in *The Mourning Handbook: A Complete Guide for the Bereaved* offers several suggestions for dealing with regrets and guilt.

1. Begin by identifying what is causing you to feel regretful or guilty. Make a list and determine what causes you to feel guilty and what causes you to feel regretful. Writing the list may in itself be beneficial. Look at your list. Think about what you could do to reduce the regrets.

2. Be careful not to second-guess yourself. Don't be overly critical of your behavior. People are generally doing the very best they can during a stressful time. Fitzgerald says "don't assign greater strength to yourself now than those circumstances would have allowed." We are not super human beings.

3. Try to be objective. If the guilt is real you may need professional help to deal with it. But if the guilt is more your own way of looking at the situation, talk about it with a trusted friend. Perhaps another person can help you look at the situation differently.

4. Plan to do something to eliminate your guilt. Maybe there's a task you've been putting off doing or something you could do for someone else. You need to decide how much you should do in order to let go of your feelings of guilt.

5. Be ready to forgive yourself. If that seems hard to do; then think about why it is difficult.

6. Think about what you have learned. Ask yourself what you could do to prevent having similar feelings in the future. If you wish you had expressed your feelings of love then resolve to do it now to people you care about.

7. Finally, don't forget the many good things you did for that person. Remember those good things when you start feeling bad about yourself. Writing them down may be helpful.

“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

Remembering Loved Ones

Remembering in its literal sense means putting the “members back together.” While grieving, remembering is important for those who are left behind. The power of memory can never be minimized. Remembering enables us to reach beyond the limits time and space impose on us. This makes it possible to connect with loved ones who are no longer physically present to us.

Sources for remembering a loved one can take many forms such as pictures and other objects; letters and other writings carefully kept; visiting the place where the remains are preserved or having a place of memorial in the home. These are all reminders of those prior times when a loved one was present.

Some people “talk” with deceased loved ones, telling them “Good morning” or “Good night”, finding comfort in talking with them as they did in the past. For some engaging in this

“conversation” may seem weird, and therefore feel reluctant to acknowledge this to others, fearing criticism.

Talking with a loved one can be a normal part of grieving. These “imaginary” conversations are another way of remembering. Such conversations with deceased loved ones help to facilitate the journey toward healing after saying “goodbye.”

Harry Hynes Hospice is available to help with grief and loss counseling. To contact a grief counselor, visit hynesmemorial.org under Care Services / Grief and Loss Support tab, or call (316) 265-9441.



Hynes Hallmark



313 S Market
Wichita KS 67202

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Wichita, Kan.
Permit No. 162

Recognition for Mary Blake

Mary Blake was recently honored at the Harry Hynes office in Winfield for her 15 years of dedication, during which she has donated numerous custom, handmade quilts valued at over \$1,000 each to support the agency's fundraising efforts. Mary and her husband Eugene were recognized for their selfless contributions with remarks, a plaque, flowers, and lunch. We are grateful for their efforts, as well as the continued support of all volunteers and donors.

