

Hospice services say thank you

Dear Editor,

October 21-27 is National Pastoral Care Week and Hospice Services Board of Directors, Staff, Volunteers and, most importantly, patients and families served by hospice want to extend our heartfelt appreciation to the pastors who are a vital part of the Hospice team and a vital part of our communities.

Hospice and palliative care are different than traditional healthcare services. Hospice provides pain management, symptom control, psychosocial support and spiritual care to patients and their families when a cure is not possible. Together, hospice and palliative care combine the highest level of quality medical care with the emotional and spiritual support that are so important for patients and family caregivers coping with serious and life-limiting illness.

The historical roots of the hospice movement are deeply embedded in spiritually motivated service. In Europe, care for the dying sprang from religious faith and was characterized by a sense of calling. When hospice took root in the United States, volunteers and professionals continued to hold their work as a sacred trust. In the years that followed, hospice workers were challenged to be inclusive and to remove cultural barriers to access to hospice care. For spiritual care, this meant practicing unconditional regard for all beliefs, values and ways of giving meaning. Spiritual care practitioners affirmed and facilitated the authentic spiritual traditions of diverse cultures regardless of their differences from any dominant traditions.

The vision of Hospice Services is a world where individuals and families facing serious illness, death, and grief will experience the best that humankind can offer. Spiritual care professionals bring a particular focus to the spiritual care of the team. Pastors bring to the hospice team expertise regarding spirituality and the impact of religion, its meanings, rituals and symbols upon individuals, families and communities. This unique expertise is essential in addressing the sensitive and subtle significance involved as the spiritual becomes manifestly present at the end of life.

Spiritual care in hospice supports the exercise of each person's unique spirituality, with the hope that meaning and love may be found in the presence of suffering and death. Hospice care is just one of the various ways our local ministers improve and care for our community. Thank you for caring!

Sandy Kuhlman, Executive Director
Hospice Services, Inc.

For more information, contact Hospice Services at 800-315-5122 (in Phillipsburg 785-543-2900) or visit www.hospicenwks.net

Dear Editor,

October is National Pharmacists' Month and Hospice Services Board of Directors, Staff, Volunteers and, most importantly, patients and families served by hospice want to extend our heartfelt appreciation to the local pharmacists who are a vital part of the Hospice team.

People served by hospice often experience a multitude of physical and psychological symptoms. Pharmacists along with the rest of the hospice team use their knowledge and skill to address very complex needs.

As new medications become available, the pharmacists help the Hospice team understand the benefits and burdens of these medications. Pharmacists also assist in exploring delivery options to ensure the patient receives the medication as soon as possible.

Hospice Services has provided comfort, compassion and quality end-of-life care for northwest and north-central Kansas since 1982.

Comfort, compassion and quality also characterize our local pharmacists. We see it with our work in hospice care and in the pharmacists' daily assistance to our communities.

Hospice Services is grateful to the local pharmacists for being vital partners in our efforts. We invite the community to join Hospice in acknowledging National Pharmacists' Month held in October!

Sandy Kuhlman, Executive Director
Hospice Services, Inc.

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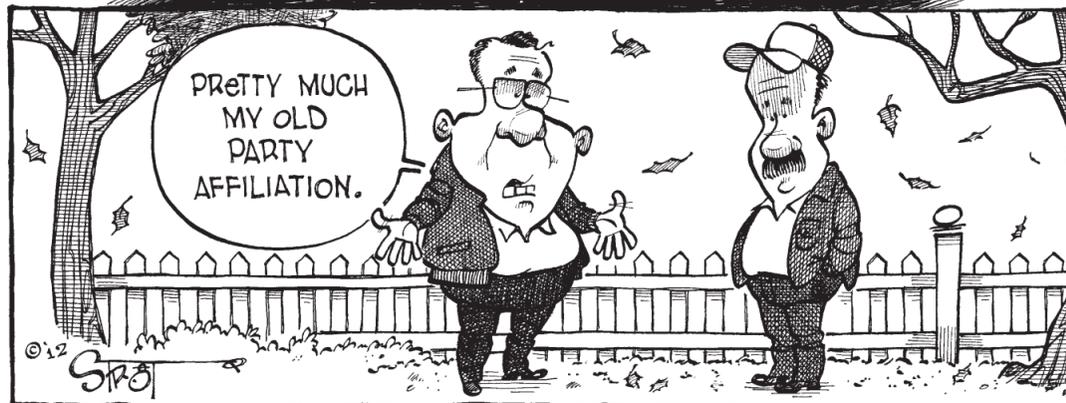
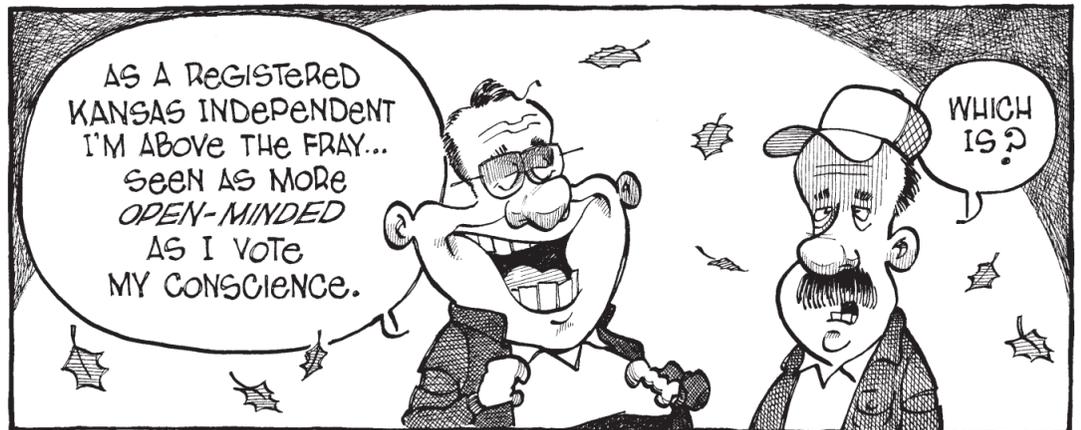
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We have much to be proud of

A Japanese friend of ours, following the Kobe earthquake, expressed anger with her country when they refused help from the United States. We had offered to provide relief for the people in that city.

Her comment was, "That's what the United States does. They know how to do this. Our country doesn't." Consequently, she wasn't surprised when a year later the people of Kobe were still struggling to put their lives back in order.

During the recent superstorm, Sandy, we witnessed the best of our country. All too often, in the course of our daily lives, and, most especially in the course of an election, we forget who we are. When we watch a disaster unfold, as it did last week, we are reminded of the fact we are fixers, comforters and rescuers.

Phase II Mary Kay Woodyard



A reporter following the devastation of the tsunami in Japan in 2011, noted the criticism of the government's response and the absence of an overall plan. In contrast, within 24 hours of when Sandy began her path of destruction, heavy equipment was already clearing debris, companies were inspecting transportation systems and rescuing people. We have much to be proud of in this country.

Let's not forget who we are. We are the people, who, once the campaign is

over, will pat each other on the back, remind ourselves of the incredible insight of our forefathers when planning a government. Little did they know the country, local, state and federal, would eventually be capable of moving heavy equipment as well as deciding weighty matters in the face of a national disaster.

The most important thing we have to retain is the belief in our system of government, even if we don't share similar beliefs on individuals or issues. The incredible honor, responsibility, and definitely duty to vote should never be taken for granted. Stand up for what you believe, support the candidates and issues of your choice, but never, ever forget who we are as a nation. After all remember, "We are the land of the free and the home of the brave." Mail to: mkwoodyard@ruraltel.net

The joy of the computer age and technology

Last week, The Telegram was swamped with letters, thus there was no room for my words of wisdom about the election.

That's okay the wisest words I've read on the subject come from founding father, Thomas Jefferson: "I never considered a difference of opinion in politics, in religion, in philosophy, as a cause for withdrawing from a friend!"

I did have one worry when the column did not run. It might have been the last! It's not my heart that's failing! It's the computer

Last week, it went completely berserk. I shut things down and restarted; two or three times.

I pulled out the tower. My skill set is not great but it looked like one had not dusted back there since the computer was new (10 or 11 years). And that's odd, because it's only been installed in this location for about 6 or 7!

Something appeared to be disconnected. I found a place it would fit and restarted the computer. The internet worked but not Quick Books.

I tried different combinations of restarts and jiggling connections. Sometimes nothing worked, sometimes the speakers worked, sometimes they didn't. Sometimes it appeared everything was working for about 45 seconds and then it all froze!

This Too Shall Pass Nancy Hagman



Not only that, the modem began to growl at me! Or maybe it was coming from what ever lives back there in the dust.

Both Kate and Tricia are pretty good techs. I talked to Kate. But talk is a poor substitute for hands on help. I mentioned that I shut everything down over night because I thought the computer needed time to clear its mind. She scoffed.

We visited a mega-store with Tricia. They have lots of electronics. We want a desktop computer. Did you know the new ones have everything in the screen? So cool! However the thought of setting the thing up caused me to hyperventilate.

I complained to an associate about the poor sound quality on a TV we recently purchased. He explained we needed this "sound bar" thingy. They cost upwards of \$299, more than we paid for the TV. I expressed my frustration. The associate pointed out the "cheap"

version: \$99, hidden on a low shelf.

I asked him what you do with the sound bar. He suggested we set it in front of the TV. Ours is a wall mount. I guess you can hang it somehow. I started hyperventilating again.

We walked away. I best buy locally; I need tech support way closer than Lincoln, NE or Garden City, Ks.

Back home I shut off the power strip. Kate may scoff---everything (except for the sound) worked great for about 48 hours.

I decided to work on my column. More problems. Back to restarts and checking connections.

The printer was disconnected. Why would the screen freeze because the printer was disconnected?

Who disconnected it?

Why don't the speakers work?

Imagine if Thomas Jefferson had possessed a computer! The rewrites would have been easier but what would he have tweeted or posted on Facebook?

Is it possible the Revolution would have been thwarted by blue screen of death???

Questions I'm leaving for another time. Right now all seems to be working in my little corner of cyberspace. I must take advantage.

Till next week, MAYBE!



A thumbs up to Missy Schoen for stating so succinctly in her letter the reasons to vote no on the swimming pool. A no vote is not necessarily a vote against the pool, but an objection to the matter of financing. Email in.

Thumbs up to the staff at Cole Family Eyecare for doing such a great job in helping out in an eye glass emergency. You did a great job and very quickly so that I could get to where I needed to be on time. Called in.

Thumbs Up to R.W. Yeager for the outstanding office supply delivery service that he provides to Natoma Corporation!

Remember there is no charge for rendering a Thumbs Up. Thumbs Up are meant to give recognition for a positive person or event in the community. Also remember all Letters to the Editor must be signed.