

Knowing when it is the right time for hospice care

For some people living with a life-limiting illness, there comes a point when cure is no longer possible. While the possibility of a cure is gone that does not mean a patient and family must abandon all hope. Through hospice care, there is still hope for a peaceful

death; hope to spend final months, weeks or days free of pain; and hope for quality time with loved ones in the familiar surroundings of home.

"While there isn't one specific point in an illness when a person should ask about hospice care,

many hospice professionals would suggest that a person think about hospice long before he or she is in a medical crisis," advises J. Donald Schumacher, president and chief executive officer (CEO) of the National Hospice and Palliative Care Organization. "In fact,

learning about palliative care and hospice as options is something that should happen early in the course of a serious illness and not just in the final days."

Hospices utilize a team of professionals and trained volunteers to provide expert medical care,

and emotional and spiritual support to patients and family caregivers. All care is tailored to the patient's needs and wishes.

Hospice helps patients and families focus on living as fully as possible.

"Hospice professionals can be important resources for patients and families, they can help a person figure out what goals are important and help them get their arms around the fact that their life may be coming to a close," noted Mr. Schumacher.

Considered to be the model for high-quality, compassionate care for people nearing the end of life, hospice offers the services and support that Americans want when coping with life-limiting illness. Last year, hospice cared for more than 1.56 million patients in the United States. National Hospice and Palliative Care Organization (NHPCO) estimates that 41.6 percent of all deaths in the US were under the care of a hospice program last year.

Facts about hospice:
 • Most hospice care is provided in the home. Care is also provided in nursing homes, assisted living facilities, and hospice centers.

• Hospice care is fully covered by Medicare, private insurance, and by Medicaid in most states.

• Hospice care is not just for people with cancer. Hospices serve those with advanced Alzheimer's disease, heart disease, lung disease, human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS), anyone who is facing a life-limiting illness.

• The hospice benefit pays for

medications and medical equipment related to the illness.

• Hospice care is available as long as a doctor believes the patient is eligible.

• Hospice care can include complementary therapies, such as music and art, to bring additional comfort.

• Hospice's offer grief support to the family following the death of a loved one.

"Ideally, an individual would receive hospice care for the final months of life... not just the final days," stated Mr. Schumacher. "One of the most common sentiments from families who have been helped by hospice care is that they wish they had known about hospice or been referred to hospice sooner."

A recent report from the Dartmouth Atlas Project looking at care for patients with advanced cancer at the end of life identified gaps between patient wishes and care received. This highlights the need for people to learn about all options available for care.

Additional research published in the Journal of Pain and Symptom Management found that Medicare beneficiaries who received hospice care lived on average 29 days longer than those who did not opt for hospice near the end of life.

For more information, contact Hospice Services at 800-315-5122 or in Phillipsburg 543-2900 or visit www.hospicewks.net Information is also available from National Hospice and Palliative Care Organization's Caring Connections website at www.caringinfo.org, or call the HelpLine at 1-800-658-8898.

Idalia News

Idalia weather

Idalia weather for April by Tom Mandis: average high, 61.3; average low 34.5; warmest day, 84 on April 3; coolest day, 24 on April 5; precipitation for the month, 1.94 inches; precipitation to date, 3.06.

Hospitalized

Ida Thomas is recovering from surgery in the Good Samaritan society at Goodland and would enjoy hearing from her friends in the area while she is recovering. Her address is: 208 West 2nd Street, Room 302, Goodland, KS 67735.

St. John news

Men's Bible study is weekly on

Thursday mornings from 7 to 7:30 at the St. John Church. All men are welcome.

Spring Music Program

The Spring Music Program will be held at 7 p.m. on Thursday, May 12. Everyone has been practicing very hard all school year for this production. Parents have performers at the school by 6:45 to be ready to perform.

Speaker

Brian Vogt, from Denver Botanic Gardens, will be speaking at the Cornerstone Community Center on May 19. For more information call Linda Langelo at 970-854-

3616 or Betty Moellenberg at (703-354-7343).

Preschool graduation

Thursday, May 19, at 5 p.m. will be the Idalia-Preschool Graduation for the class of 2024. There are a total of 15 kindergartners.

Scholastic Book Fair

The Scholastic Book Fair will be held from 9 a.m. to 4:30 p.m. May 2-6 at the Idalia School Library.

Sports schedule

Idalia Track and Field Day is May 6 at the Idalia football field for grades kindergarten through fifth grade. For more information

By
Angela
DeLeon



call (970) 354-7298.

Idalia Days

Idalia Days are scheduled for June 10, 11 and 12. Many activities are planned.

News items

If you have a news item to include in the Idalia news give Angela DeLeon a call at (970) 354-7204 or cell (719) 343-5435. If she is not there leave a message. Also you may e-mail jadd_delmire2006@yahoo.com

Beecher Island News

There were 62 at Sunday school. Cindy Stroh had the special number and Parmalee Stroh gave her birthday offering.

The Beecher Island Helping Hand Club met with Mary E. Allen.

Violet Brown spent last Monday and Tuesday visiting the Mark Bragg family in Brownsville, Texas.

Mr. and Mrs. Steve Goodman were Sunday overnight guests of Mr. and Mrs. Bill Mansfield. Monte Mansfield visited in the afternoon. Mr. and Mrs. Doug Zuellner

of Campbell, Neb., were Friday night visitors of Mr. and Mrs. Bill Strangways.

Mr. and Mrs. Pete Osmus spent a few days with Matt and Molly Osmus and Addy in Texas.

Craig Macintosh visited Harry Ekberg Sunday evening.

David Welton and James Worthen spent Friday and Saturday with Nettie May Welton.

Mr. and Mrs. John Osmus and Jacob were Sunday dinner guests of Eric and Cindy Jones.

Mr. and Mrs. Walt Smith had dinner Sunday with Mr. and Mrs.

Dave Smith.

Mr. and Mrs. Rowe Shively were among the guests of Mr. and Mrs. Kevin Shively Sunday.

Rose Wagner and June Yost visited Bessie Dent Wednesday morning.

Marilyn Bruffett spent a few days with family and friends this past week.

Helen Meek and Bessie Dent spent last Tuesday with Mr. and Mrs. Clifford Homm. George Homm joined them for dinner. Ron, Joyce and Riley took Bessie out for supper ending a special

By
Bessie
Dent



birthday.

Mr. and Mrs. Richard Brown hosted Easter dinner for Violet Brown, Jeff and Tina Larkins, Travis and Kelsey, Dianna and LeRoy Bowker and Amanda Fisher.

Easter dinner guests of Mr. and Mrs. Larry Allen were Dave and Mary Ann Harwood, Norma Jo Allen, Greg, Teresa and Tylur Allen.

Mr. and Mrs. Harvey Allen spent Easter with Mr. and Mrs. Jim Mertens in New Raymer.

Haigler News

The Collicott sisters, LaNeta, Myrna, and Galena, returned home late Friday evening. They had spent several days in Estes Park, Colo., closing up the winter cabin. There was still lots of snow in the mountains, and it snowed big, fluffy flakes on Friday before their return home. They were also entertained by guests at the cabin on Thursday - elk at their back door!

On Wednesday the 27th of April, three of the Faylor girls, Sherri Morabito, Yvonne Clemans and Daneen Hilger drove to Estes Park, the occasion being to celebrate Yvonne's birthday early. On Friday they returned - Yvonne

dropping Sherri and Daneen off in Wray where Daneen had left her car. Yvonne went on to her home in Burlington, Colo. Sherri and Daneen went to the home of their parents, Dale and Dode Faylor at the Faylor Ranch.

On Saturday morning Yvonne and her foster son drove to Faylor ranch. Dode's four girls took her to Wray for a belated birthday dinner and some shopping. Sherri, Yvonne and Anthony returned to their home in Burlington. Kim, Daneen and Dode drove back to the Faylor Ranch. Daneen returned to her home near LeCompton on Monday. Dode said, "Receiving so much love and attention made

turning a year older hurt not one bit".

Carol Flaming had surgery in Greeley on April 27. She was dismissed and was able to return her home on May 1, to help her grandson celebrate his 11th birthday.

Logan Brent Klein celebrated his 11th birthday on May 1, at the home of his grandparents, Jay and Carol Flaming in Yuma. His parents, Greg and Heather, brother, Noel and great-grandmother, Laura Pearl Wall attended the family dinner hosted by Carol and Jay.

Several of Violet Relph's family met in her home to honor her birthday last Sunday. They enjoyed a good dinner together and

By
Floy
Fisher



then some of the group worked on the lawn and in the yard planting flowers, etc. Lavern was in the hospital so could not be with them at the time but was able to go home on Monday, after being in the hospital about eight days.

Spring seems to have been slow getting here but blossoms, flowers and tree leaves are popping open at last and warmer weather is promised for the latter part of the week and weekend.

Report news items to ffisher@bwtel.com.net, Phone <tel:308-297-3605>308-297-3605, or drop by mailbox or home at 338 Washington Avenue. Your items are very much appreciated by the readers as well as the correspondent.

By Robert C. Schiffner
Natural Resources Conservation Service

There are an estimated 1.2 million farms with livestock and poultry in the United States, according to the U.S. Department of Agriculture's 1997 Census of Agriculture. This number includes all operations that raise beef or dairy cattle, hogs, and poultry and includes both confinement and non-confinement (grazing and range fed) production.

Of these, about 238,000 are defined as animal feeding operations, where livestock and poultry are confined, reared, and fed. An estimated 95 percent of these are small operations: most feeding small numbers of animals (fewer than 300).

Animal waste and the environment

Animal waste, if not properly managed, can be transported over the surface of agricultural land to nearby lakes and streams. According to Environmental Protection Agency, the release of waste from animal feedlots to surface water, groundwater, soil, and air is associated with a wide range of human health and ecological impacts and contributes to the degradation of the nation's surface waters.

Good management practices for small open feedlots and winter feeding areas can minimize the potential for non-point pollution. The key factor in controlling non-point pollution is controlling runoff and leaching. Many of the standard practices for erosion and sediment control will reduce losses of animal waste pollutants to surface water systems.

Reducing animal waste contamination

Best Management Practices are measures or methods that have been determined to be the most effective, practical means of preventing or reducing pollution from non-point sources. They include measures such as specified setbacks from streams, vegetated buffers, and diversion of clean water.

Clear water diversion

Diverting clear water reduces the volume of runoff water impacted by livestock waste. Terraces, diversions, and service road ditches installed on a slope above the livestock yard or winter feeding areas can intercept and redirect clear wa-

ter so it does not flow through the livestock yard or winter feeding areas.

Filter or vegetative strip

Filter strips are very effective in treating animal waste runoff in most regions of the United States. Filter strips can reduce the nitrogen, phosphorus, and organic matter in animal waste runoff by as much as 77 percent, 94 percent, and 96 percent, respectively.

Vegetative filters may be areas such as pastures, grassed waterways, or even cropland, which intercept and slow runoff water following a rainstorm. Vegetative filters are useful for treating feedlot and winter feeding area runoff.

These filters may have either channelized or overland flow. Channelized flow systems such as graded terrace channels or grassed waterways concentrate the flow to a relatively narrow channel. Overland flow systems allow flow of uniform depth over the disposal area.

Restriction of animals

In addition to causing direct pollution, animals destabilize stream banks making them more susceptible to erosion. They also open areas for direct discharge to streams by destroying riparian (stream-side) vegetation that normally absorbs nutrients and traps pollutants before they can enter the stream.

Animals should be restricted from critical areas such as highly erodible areas, streams, or ponds. Winter feeding areas should be as far removed from water courses as possible and should be periodically rotated in order to allow the denuded areas around the feed bunk to recover.

Salt licks, water sources, and windbreaks should also be located away from water courses. Watering systems can be designed and built to supply water from streams or ponds without animals having direct access to the water.

Fencing will prevent farm animals from entering streams and eliminate any bacterial contamination threat through direct waste contamination of a waterway.

For more information on reducing animal waste contaminations, contact the Natural Resources Conservation Service office or conservation district office located at west U.S. 36, St. Francis.

Catching a Snooze

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American Profile Hometown Content 5/1/2011

ACROSS

- Buffalo hockey player
- Middle of Flintstone's yell
- Early hrs.
- For the birds?
- Shoreline recess
- "Can't Help Lovin' ___ Man"
- Headline announcing a sax player's retirement?
- Nada
- ___ y Plata (Montana's motto)
- Patricia of "Hud"
- Windy City el initials
- Knot art
- Rod, Martha, or Jon
- Claro residue
- Full of chutzpah
- Hefty volumes
- Dish out whoppers
- The Andrews Sisters, e.g.
- Quarterback-turned-politico Jack
- Veg out
- Grant's side
- Belfry critters
- "___ Torino" (Eastwood movie)
- Sign on a staff
- Dander
- Eskimo people
- "Love Story" author Erich
- Big Bertha, for one
- Most resembling Caspar Milquetoast
- Decked out
- Ullmann or Tyler
- Deck quartet
- Bard's before
- Doc's org.

DOWN

- Get droopy
- NYC's Park or Lex
- Half a quarter
- Stropped item
- Application filler
- SW or NE
- Author unknown: Abbr.
- Like Muddy Waters's music
- Sired, biblically
- Jock
- Commercials for an ax?
- ___ d'hôtel
- March festive date, for short
- Big hit in "The Natural"
- Shopaholic's hangout
- Home to most of Turkey
- Latin revolutionary's French home?
- Land of the leprechauns
- Where life begins
- ___-over (narrator's job)
- Did a pizzeria chore
- Estrada or Satie
- Gymnast Korbut
- Like Annie Oakley's aim
- Fax, say
- Eroded, as with acid
- Site of the legendary Fountain of Youth
- White Rabbit's lament
- ___ Marcus (retail chain)
- ___ by Starlight"
- Butcher-shop sight
- "Jurassic Park" bug trapper
- Tend to the sauce
- Meditative sect
- Rebellious Turner
- Ending with ethyl or methyl
- Marv Albert catchword

The Crossword Puzzle brought to you by:

UPCOMING EVENTS in Kansas

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Kansas Relays
 April 20-23, Lawrence
 Annual Track and Field events for more than 5,000 regional college, high school and Olympic-level athletes. (785) 864-3141, kuathletics.com

Kansas Storytelling Festival
 April 29-30, Downs
 Professional storytellers delight audiences with everything from tall tales, folk tales and yarn spinning to dramatic characterizations. (785) 454-3808, kansastorytelling.com

Safari Film Fest
 April 29-30, Chanute
 Cinematic Thrills in Chanute, Kansas. Free film showings & city-wide adventures. For schedule and updates: SafariMuseum.com

50th Annual Art in the Park
 May 1, Lawrence
 This annual festival features over 150 artists, musical performances and children's activities. (785) 979-7039

3i Show
 May 4-6, Garden City, Finney County Fairgrounds
 Wed.-Fri. 9am-5pm. Over 500 agri-business exhibits, consumer programs and much more. (877) 405-2883, 3ishow.com

Brew, Blues, & Bar-B-Q/Lansing DAZE
 May 6-7, Lansing
 Annual Bar-B-Q Cook-off includes live entertainment, activities for children, crafts, car show & great food. (913) 727-5488

Th' Gatherin' Festival O' Beltane
 May 6-8, WaKeeney
 Celebration of May Days in a gorgeous setting. Warrior competitions, Celtic musicians and artists, carriage and wagon rides & more! (800) 743-8886, thgatherin.com

All Schools Day
 May 9-14, McPherson
 98th annual celebration with a parade, carnival and May Fete with a May pole dance and talent contest & much more! allschoolsday.com

KANSAS TravelKS.com

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