



Janet Stanek

April 11, 1959 - February 24, 2018

Janet Stanek, 58, a resident of Wenatchee, passed quietly in her home Saturday, February 24, 2018. Born April 11, 1959. Preceded in death by her parents Raymond J. Stanek and Dorothy (Herbeck) Stanek, brother Bernard Stanek, sister Kathy Hynek, nephew Benjamin Stanek. Survived by her husband Charles Hickenbottom, whom she married July 17, 1999. Survived by siblings Ramona (Cal) VanKirk, Michael (Nancy) Stanek, Tony (LaDonna) Stanek and Kris (John) Pastor. Survived by Charlie's mom Patricia Baker and Charlie's brothers, Gary (Kathy Boland) Hickenbottom and Paul (Marianne Baker) Hickenbottom. Survived by sister-in-law Patty Stanek and brother-in-law Randy (Michele) Hynek. Survived by numerous nephews and nieces on both sides of the family.

A potluck celebration of her life will be on May 5, 2018 in the basement of First United Methodist Church, 914 Washington Street, Wenatchee, 2-7 pm. Memorials may be made to the Chelan-Douglas Land Trust <<https://www.cdlandtrust.org/support-us/donate>>, a group for which Janet contributed in trail construction in the Wenatchee Foothills. It was an honor for Janet and I to be part of the work party on April 19, 2008 for a "golden spike" moment, when Horse Lake Mountain trails were connected with Sage Hills trails.

Janet was raised on a dairy farm near Wonewoc, WI. Childhood friend Sharon Jindrick recalls "growing up in the country where we lived not far from each

other. We spent our summers meeting up and riding our bikes around the countryside as well as having sleepovers. We went to County Corners School for our elementary years before transferring to school in Hillsboro." Sister Kris recalled that Janet graduated from Hillsboro High School in 1977 and was Salutatorian of her class.

College chum Ann Schlice remembers Janet attended college in LaCrosse, WI and graduated from Viterbo University with BSN (bachelor of science in Nursing) in 1981. Her first nursing position was at St. Michael's Hospital in Stevens Point, WI.

Work colleague and long-time friend Ginny Heinitz recalls that in 1982, "Janet was one of many 4-year BSN prepared nurses from the Midwest that were recruited by Central Washington Hospital, now known as Confluence Health. Midwest nurses were hired for their Midwest hard work ethic. She had the very best work ethic that was equally complemented with a gentle and determined soul. She believed in finishing a job and finishing it well, for the benefit of the patient. No amount of effort was ever too much."

"Janet first worked on the surgical floor and then transitioned to ICU. In 1987, she transitioned to the Home Health and Hospice department, and there she remained until 2015 when she retired. She was a strong and creative patient advocate, with a specialty focus on wound care as a National Certified Wound Care nurse. The patients who were placed in her care, received exceptional nursing intervention, all while softly, yet steadfastly cared and comforted their needs with the utmost compassionate respect. Her strength to detail, and analyzed research for the patient's needs, exceeded others in the field. As a caveat, she often was acknowledged by the annual review board standards of care in Home Health and Hospice for her exceptional care and attention to detail. She exceeded all expectations in critical and analytical thinking and attention and compassionate care for the patient. Her greatest gift, however,

was not only meeting the rigorous standards, but doing so with a gentle soul and spirit for others. Her long term colleagues in nursing remember her calm demeanor, all while balancing meticulous care and advocacy for the patient. She was the calm waters in the hurricanes at work."

Marc Dilley remembers Janet's early years in Wenatchee, a decade before Charlie showed up in Wenatchee. "Janet, Freeman Keller and I participated in licensed bicycle racing through the United States Cycling Federation (USCF). I was never formally introduced to Janet, but I knew her by reputation: She was one of the young, hot (as in FAST) women racers, new to our club (the Wenatchee Valley Wheelmen) and a force to be reckoned with. I remember quite distinctly what set Janet apart from her female contemporaries. They were mostly loud and raucous, and like us guys, could get pretty mopey after a loss. In contrast, Janet was always of even temperament, keeping her cool, always the good sport, an exemplar for the rest of us. I remember doing a race or two in the Yakima area and in King County somewhere. Janet always did quite well as I recall. Of the three types of bike races "on road" (as opposed to track racing), Janet was best at the Time Trial. This best suits the racers who have very strong legs, whereas road races favor hill climbers and criterions favor bike handling skills. And Janet had by far the strongest legs of any female racer."

Holly Dunham-Wheeler was one of Janet's contemporaries on the bike racing team. Holly remembered "Janet always having a smile on her face & you could tell she enjoyed working out hard on her bike. Janet was quiet, but you would be mistaken if you thought she was shy because she was always ready for a fun bike adventure. I remember her pride when she got a new race bike and how she treated it like her baby!"

Through the 80s and 90s Janet participated several times in Wenatchee

Valley's Ridge to River relay. There was always a team that wanted Janet to ride the bicycle leg of the event.

Charlie arrived in Wenatchee in 1992 and by the mid 1990s Janet and Charlie became a couple. We married July 17, 1999 and remained a strong couple throughout the years. Janet micro-managed her vacation schedule to align with the vacations that Charlie enjoyed with his teaching career. When Janet was at home in the evening completing her paperwork ("charting"), Charlie would work the kitchen duties. We hiked, cross-country skied, scrambled, and climbed rock together. My database was perused and I found that 126 times we had reached high points in the hillsides adjacent to Wenatchee. We skated-skied over 2000 miles together. We did 1,316 rock climbs together. We stayed busy having fun.

Charlie retired in 2011 and within the next couple of years Janet twice nursed Charlie after hip-replacement surgeries done about a year apart. He never in all his imagination would have thought that eventually he would take over the nursing when Janet was the patient. Janet retired in 2015 and we had a memorable month-long road trip to the mid-west. It was the retirement that we had imagined, camping along the way and touring various rock climbing and hiking locales along the I-90 corridor.

But by late in 2015 the retirement bubble burst when Janet started having some urinary issues. At first it was easily put aside as a urinary tract infection, but during the winter Janet was diagnosed with bladder cancer.

Chemotherapy during spring, 2016 proved ineffective. Summer of 2016 Janet underwent a massive surgery, having the cancerous growth excised from her urinary and reproductive organs. An "Indiana pouch" was created from tissue from her digestive system and Janet forged on, with urine drained at her discretion from her abdomen via tubing. By fall, 2016 Janet was back to hiking, but imaging showed metastatic cancer involvement in her lung.

Winter/Spring, 2017 Janet underwent immune therapy with optimism, but the treatments did not shrink any tumors. Summer/fall Janet twice went into the hospital due to empyema infections in her lungs. We wondered if she would ever get a break?

Janet gained strength for a bit and traveled to the Washington D.C. area in mid-October to be part of a cancer research group. She was one of a hundred that participated with all costs born by a research foundation. Janet had become an expert on bladder cancer and probably knew more than most urologists. Janet continued to search for promising clinical trials that might provide a cure to cancer, but meanwhile cancer spread to her cervical spine. Christmas, 2017 was spend in the hospital as Janet underwent surgery to shore-up a neck with plates and rods that was slumping with cancer involvement. Janet's final attempt to enter a clinical trial in mid-January, 2018 included finding out through imaging that cancer had spread to her hips/pelvis and into one leg. Janet declined from there, beginning hospice service in our home in late January, and passing on February 24, 2018.

Mary Jo Bendickson remembers Janet being "true to her Czechoslovakian heritage. She loved crafting. She created beautiful hand stamped cards for friends and relatives, spending hours in the flow of creation to design just the right card for the person who would receive the gift and the occasion it represented. Crafting jewelry became a part time hobby as well. She enjoyed taking classes creating fun wearable art. Her fingers, wrists, earlobes and neckline were adorned with artisan jewelry. Apple Blossom time in Wenatchee meant gathering with friends to visit the craft show. She enjoyed perusing the many wonderful booths and setting in the sun for a relaxing lunch. The common thread through all of her crafts including a long time tradition of a Christmas cookie party. Friends gathered to enjoy each other and the sweet things life has to offer." For those of you that have any of her cards, please consider taking a picture and sending to Janet's webpage on the Jones &

Jones~Betts website.

Margareta Dilley recalls "a lovely memory of Janet is how much all our dogs adored her. Even our super shy cat who was extremely wary of all strangers was won over by Janet's gentle patience and magic touch." Janet touched us all with her kindness and will be sorely missed. Good bye, Janet, I will love you always.

Obituary by Charlie Hickenbottom and friends

Tribute Wall



“ 2 files added to the album *Hand Stamped Cards*



Jones & Jones~Betts Funeral Home - March 19, 2018 at 12:45 PM

KF

“ *Kyle Flick lit a candle in memory of Janet Stanek*



Kyle Flick - March 09, 2018 at 01:24 PM

CD

“ *Charlie, There are NO WORDS to convey the loss of your beautiful wife and my “birthday buddy” Janet. I recall her quietness in the office; arriving early in order to get her schedule arranged so she could be “on the road” by the time the rest of the nurses arrived to begin their day. Then there was the other Janet: the one who lived for adventure. Hiking, camping, biking pushing herself to her limits and crafting. Her eyes just lit up when she was being creative. And because we were both born on April 11, I think we felt a special bond. Knowing Janet is no longer in pain and no longer confined to her bed makes my heart soar.*

Carol Draggoo

Carol Draggoo - March 08, 2018 at 10:19 PM

MJ

“ Janet and I were introduced in 1991. We were on the same soccer team and the same Ridge to River team. We down hill skied, skate skied, hiked and roller bladed. One beautiful early fall day we hiked through the Spider Meadow area. We crested the glacier and peaked over the top into Lyman Lakes. It was a thrill to glissaded down the glacier on our return trip to the car. I always enjoyed Janet's company. This memory with Janet and many others will be my gift from her. She will sorely be missed.

Mary Jo - March 04, 2018 at 06:31 PM

MJ

“ 4 files added to the album Hand Stamped Cards



Mary Jo - March 04, 2018 at 05:13 PM

JG

“ Janet was a special friend. She enjoyed cooking her favorite recipes. Donning her apron, she prepared and presented her meals on lovely heirloom china dishes.

Whether for breakfast or dinner she served up plenty of love with every portion. A sign of true country hospitality, as Janet was raised on a dairy farm.

Janet had faith in God. She courageously carried "The Cross" that was placed upon her.

She had great determination and an inner strength that we so admired about her. Most of all Janet had "hope" through all she endured with her treatments. She told us that she "still had alot of things she wanted to do in her life". Our hearts are saddened that she was unable to continue her life quests. Her husband Charlie was a strong anchor for Janet .

Rest in Christ's peace, dear friend.

Joanne and George Gilhuly - March 04, 2018 at 03:38 PM

JG

“ Joanne And George Gilhuly lit a candle in memory of Janet Stanek



Joanne and George Gilhuly - March 04, 2018 at 03:04 PM

MB

“ *Mary Jo Bendickson lit a candle in memory of Janet Stanek*



Mary Jo Bendickson - March 04, 2018 at 01:23 PM

MB

Green is for heart. Janet had a most giving heart.

MaryJo Bendickson - March 04, 2018 at 01:26 PM



“ *So sorry to hear of the passing of such a sweet and gentle spirit.*

Joni wishes that she could see herself the way Janet saw her. Only love.

Joni fondly remembers bicycle riding with Janet and the bicycle ride up Mt. Constitution in the San Juan's

Charles Steinberg - March 02, 2018 at 04:55 PM



“ *I'd like to extend my heartfelt sympathies to Charlie, Janet's siblings, and Janet's friends. I met Janet in 1982 when she started at C.W.H. We Midwest nurses all knew each other and helped each other gain Wenatchee friends and connections. I have fun memories of outings with Janet back in the 1980's, including evenings out to go swing dancing with other young Wenatchee singles. Blessings to all of those who extended comfort and care to Janet over these difficult past couple of years.*

*My condolences,
Kate Bratrude*

Kate Bratrude - March 02, 2018 at 03:27 PM

LM

“ My deep heartfelt condolences to Charlie and Janet's families and friends. This is such a sad time. Keep those special memories in your hearts forever. Janet was a very giving, loving woman and will be missed by all who knew her. May God watch over you and comfort you during this time of loss and healing.
Sincerely, Linda Mathis

Linda Mathis - March 02, 2018 at 10:46 AM

KS

“ Heartfelt sympathies to Charlie, and to all family and friends of Janet. She was a sweet person and will be sadly missed by all. She will live in our hearts forever.....
Tom & Kathy Stanek- Hillsboro, WI

Kathy Stanek - February 28, 2018 at 10:38 PM

SJ

“ My deepest sympathies to the family and friends of Janet Stanek. Upon hearing of her passing memories flooded back to me of growing up in the country outside of Hillsboro where we lived not far from each other. We spent our summers meeting up and riding our bikes around the countryside as well as having sleepovers. We went to County Corners School for our elementary years before transferring to school in Hillsboro. Janet was a very kind and smart woman who passed way too soon. God Bless and Rest in Peace.
In sympathy and love,
Sharon Jindrick



SHARON A JINDRICK - February 27, 2018 at 06:16 PM