



Countryside Hospice Support & Memory Center

April 2018

In one short year . . . services provided

The Memory Center - \$90,000 in services provided

120 memory screens were completed in the past year

Patients and families also scheduled additional visits with the memory team for resource information and support

853 screens have been done since 2011

The Care Partner Support Group meets monthly – new members are always welcome

The Memory Center is staffed by RNs, Social Workers and our consulting physician Dr. Ellen Pinholt

There is no charge from Countryside for any services provided

Caring for the community – through the Thrift Store

18 requests for emergency clothing

48 requests from PARS for clothing and household items

76 requests for clothing from the Women's Prison

\$1590 in donations to individuals in community from Volunteer Council

Donations of time

Over 13,000 volunteer hours were logged including: board members, newsletter crew, fundraising, thrift store volunteers and special projects.

Pennies for Robert – \$87,335 provided in travel funds

139 patients requested travel funds

649 total trips were funded including:

18 trips for surgery

110 weeks of radiation (33 requests)

104 chemotherapy trips

2 clinical trials

492 initial consult or follow up visits

Patients can request funds as often as needed

No income guidelines – no paperwork to fill out

Funds are available for patients within a 60 mile radius of Pierre who are leaving the area for cancer care. Patients from surrounding communities who are traveling to Pierre may also request funds.

Keeping in touch

45,600 newsletters were mailed across the US

And 2000 received the newsletter by email

Our webpage is

www.countrysidehospicesupport.com

You can also follow us on Facebook!

All of this is made possible through your memberships and memorial donations and the thrift store. We do not have any state or federal grant monies – actually we never have, it has

always come from you. All donations remain in our community. When we were caring for hospice patients we always said that you were there at the bedside with us – as our mission has changed you continue to be with each cancer patient that receives travel funds and each family who is faced with memory loss. Thank you.

P.S. Thank you for renewing your membership today...

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Melody Beattie

Celebrating Volunteers...

We are going through old files in our office and came across the first volunteer training sessions that Countryside did in 1982 - 86. As I thought about the Turkey Supper a few weeks ago I realized that many of the people who had helped throughout the day and evening had been part of Countryside for over 30 years. Through the years they have worked with patients and families, served on the board, participated in more fund raisers than you could count and helped establish the thrift store. Along the way we have continued to add new volunteers who have donated thousands of hours to support the mission. How could we be so lucky.

We hope that we show our gratitude every day... to everyone ... who makes Countryside possible. Thank you.

Lynn's Dakotamart – We Care program

Thank you for bringing your Dakotamart receipts to the Countryside office or thrift store. Through the **We Care** program, Countryside receives \$100 for every \$10,000 of receipts collected. This includes all purchases in the store – everything from groceries, to hunting supplies and wine! The receipts add up quickly so save them all! Thank you to Lynn's...

Community Programs

Dementia Care Partners Support Thursday, May 17 6pm – Countryside Office 200 E. Dakota

A confidential group for anyone who cares for a loved one with dementia including the primary caregiver, family members and friends. This group provides support, education and resource information and is open to new participants at any time. Vicky Tipton and Denise Richards lead this group. For more information call Denise at 945-0827.

Mabel's Family Support Group Wednesday, May 2 from noon – 1:00. Prairie Room at **Edgewood**, 1950 East 4th

Whether you have been caregiving for years or just starting out, support groups offer an opportunity to learn, share your knowledge, plan for the future and support one another. Cindy Roberts facilitates this group.

Lunch available for \$7 (feel free to bring your own) – please RSVP if you would like lunch 494-3400

Breast Cancer Survivors Meeting the first and third Thursday of the month – Countryside office – 945-0827

May 3 & 17 at noon - This informal group is open to all breast cancer survivors and focuses on support and education. General meeting with a chance for participants to update the group, ask any questions and discuss speakers for future meetings.

Avera St. Mary's Women's Cancer Support Group - Meetings are the second Friday of the month (May 11) in the hospital cafeteria conference room at noon. This group is open to women of all ages who are dealing with any type of cancer. For more information contact Terry Pfahler 224-3100 or teresa.pfahler@avera.org.

Thrift Store update - 1130 Thrift Store Volunteer Hours for March

Store Hours: Tuesday – Friday 10am to 5:30pm Saturday 10am to 5pm

Donation hours: Monday – Saturday 8:30 – 4:30

Staff is available to help you unload your donations – if you have large items and are not sure if we can accept them, have a staff member take a look before you unload. Remember we are unable to take mattresses or sleeper sofas. We also cannot accept anything with gas or other fuels, older tvs and some exercise equipment. Thank you.

Watch for Sunday donation hours coming in June!

Volunteer positions open:

Cashiers/baggers – 2 1/2 hour shifts once a week. Fill in shifts also available. No cashiering experience needed, we will train. Managers are available at all times if there are questions and the cash register is very easy to use - stop down on a Monday and we will let you try it out. If you aren't sure about cashiering you may want to start out as a bagger until comfortable with the process. For more information call Rose or Marie - 945-0150.

When donations come in the back door of the thrift store they are sorted and sent to another work area for cleaning and pricing. In these separate work areas (clothing, kitchen, shoes, crafts, toys, office, etc) staff and volunteers make sure the items are in good repair and ready for the sales floor. Staffing behind the scenes is critical to keep the donations moving and give the customers the best selection possible. It is fun to be in the back – as you work, there is always someone to visit with and there are mandatory coffee breaks. Currently we have openings for volunteers in these departments:

Washing dishes for the kitchen and collectible area. Items are checked for cracks, chips etc. washed and boxed for the evening crew to price and place on the sales floor. Some morning and afternoon shifts are open.

The linen department needs additional help with sheets. Volunteers take home a basket of sheets and return them measured and bundled. Occasional washing needed.

Testing and cleaning small appliances. We have several volunteers who help with this task but the inventory piles up quickly. Times for this task must be scheduled as work space is limited.

If you are interested in any of these positions please stop by the store (Mondays are best) or call Rose or Marie 945-0827 for more information.

Donations

I know we say this every month – if possible please bring your donations to the store during regular hours – we currently have someone stopping by in the middle of the night, tearing into the donation bags and helping themselves – hard to believe, I know, but it happens. We appreciate your donations and want to make sure they are used as you intended. Proceeds from the store return to the community through Pennies for Robert and the Memory Center...thank you for thinking of us.

Talking Turkey

When you are doing a fund raiser – even if it's the 30th time - you worry about every possible glitch. However, there was no need for worry as the Turkey Biscuit supper went off with nary a snag. The turkeys were perfectly baked, the pies and salads plentiful and delicious and the new space worked beautifully. Each crew that worked throughout the day brought new energy, commitment and laughter. By 4:30 the first dinner was served and for the next two hours it was a sea of familiar faces with more laughter and conversation.

It couldn't have been better.

Our thanks to:

- First United Methodist Church and Lutheran Memorial for their hospitality.
- The many volunteers who helped in a variety of ways to make the day come together ... we hope to see you next year!
- The biscuit crew for their prep work and afternoon of baking.
- Lynn's Dakota Mart in Fort Pierre and the Ramkota for co ordinating the turkeys.
- The turkey sponsors – Anderson, Nill & Assoc., Inc., Audiology Associates, Carla & Paul Bachand, Anita Baker Beck Motor Company, Cathy Sonnenschein Properties, Scott & Jean Collison, DeGrey Helping Hand Club Delta Dental, First Dakota National Bank, First National Bank, Judene Holan, Kara & Todd Hughes, Fee & Jerry Jacobsen, Keller Electric, Karla & Doug Kuiper, Jackie Marso, Richard & Sharon McEntaffer, Microfix, Inc. Jim & Susan Mollison, Nystrom Electrical Contracting, Inc., Oahe Federal Credit Union, Rosemary Rounds Marc & Jill Schmitz, Kara & Aaron Semmler, Short Grass Arts Council, Ben & Wendy Smith, Smith Plumbing, State Farm-Becki Potrzeba, The Paint Store, Inc., Dale & Joyce Tipton, Travel Leaders, David & Marlene Werner Red & Bea Westall and Linda Foss.

And to everyone who attended – you made our day....

Is it Memory Loss?

Many of us fear, as we age, we will struggle with memory loss. And on a daily basis, for some of us, it seems like our fear is becoming a reality. But for many it may not be a matter of poor memory but more a matter of not paying attention or trying to multitask.

I think as we age, and I'm including myself in this category, we have to be more intentional about our actions and our movements. We need to slow down and think about what we are doing and where we are placing things – including our feet when we walk! Keeping your keys in the same bowl or on the same hook in the house frees you from searching the pockets of 6 coats, a medication tray provides a visual reminder of when medications should be taken, a calendar for appointments and a list for errands or groceries frees up your mind to think of other things. Establishing a routine can decrease stress and provide a sense of control. Allowing family members to help with day to day activities can greatly improve how you function.

If you put all of these things into place and you still feel that you are struggling with your memory – or if others who see you on a regular basis are seeing evidence of memory loss, please visit with your physician. Sometimes simply tweaking your medications, treating depression, improving your sleep pattern, regulating your blood sugars or blood pressure can make a world of difference.

Countryside Memorials ...

Rosemary Burtts
Katherine Burtts
David Wire
Daniel Wire
Donald Wire
Harold Burtts
Robert Burtts
Debbie Burtts
by
Ron & Mary (Burtts) Wire

Carol Fiala
by
Gary, Debbie & David Fiala

Cal & Joan Pottratz
by
Bob & Mary Pottratz

John & Anne Woods
Burton & Anna Warne
Jack Fifield
by
Maynard & Mary Greenfield**

Don Rounds
by
The Corcoran Family
Penn & Roberta Williams
Mabel & Myron Kusler*
Melissa & Travis Shaffer**
Dick & Rita Wendt**
Gerald & Marie Sylva
Bob & Mary Pottratz
Jill & John Wellhouse**

Elda Olson
by
Shirley Varilek
Nancy Bloom

Thelma Beastrom
Jenny Wegner
Clifford Jansen
by
Dale & Joyce Tipton

Marie Lamm
Jake Weischedel
Thelma Beastrom
by
Wayne & Astrid Farries

Beryle Bessert
by
Sonja Booth

Jenny Wegner
Ida Bartels
by
Mark & Denise Venner

Marilyn Nystrom
by
Wayne & Nancy Kirkpatrick
Carmen Heyd
Lynn & Jane Metzinger**
Jerry & Beth Miller
Jean Morris
Mike & Judy Weisgram
Russell & Janice Westall
Lois Byrum
Brad Rathbun
David & Patty Hanson
Joe & Dorothy Lamb
Tom & Ellen Lee
Bob & Cindy Clair**
Mark & Denise Venner**
Betty Garrett
Steve & Sue Ahlers
Tom Rounds
Steve Nelson
Austin & Mary Rounds
Norm & Joann Weaver
Gary & Grace Schmitgen
Lynn & Karen Hammond
Robert & Danette Cronin
Dorothy Bierwagen
Jim & Charlene Schumacher
Tracy & Marvin Beidler
Harvey & Andrea Sheehan

Don Rounds
Sherman Rausch
Tom Roth
Dennis Lindbloom
by
Steve & Peggy Stout

Janice Bronemann
by
Jay Schmitz***

Helen Libner
by
John & Brenda Weber**
Frank & Martha Brost

Calvin Nelson
by
Pat & Homer Harding

Whitney Barnett
Roger Weaver
by
Dennis & Shirley Eismach

Norman & Marilyn Nystrom
by
The Corcoran Family
Thomas Tveit
Dwight & Bev Peters
Joann Ellis

Elda Olson
Cliff Jansen
by
Verne & Frieda Baker

Clarence Mortenson
by
Nancy Bloom

Steve Gomez
Clarence Mortenson
Cliff Jansen
Roger Weaver
Ethel Brown
by
Rosemary Rounds

Thelma Beastrom
Jenny Wegner
Timer Allison
Dennis Lindbloom
Don Rounds
by
Jerry & Sheryl Hawkins

Jake Weischedel
Nina Volk
Jeannette Protexter
Elda Olson
by
Nancy Thomas

Don Rounds
Clifford Jansen
Elda Olson
by
Nancy & Gerry Cutshaw

Marilyn Nystrom
Clarence Mortenson
by
Carla Sahr

Countryside Memorials and Donations ...

Lyle Hunsley

by
David Pitlick
Jerry & Linda Fischer

Arlo Mortimer

by
Greg & Jill Dean

Ethel Brown

by
Larry Ice

Shane Cronin

Marilyn Nystrom
by
Danny & Janice Bergeson

Arlo Mortimer

Don Hosman

Nina Volk

Timer Allison

Cliff Jansen

by
Frank & Carol Newcomb

Jenny Wegner

Don Rounds

Whitney Barnett

Cliff Jansen

Mel Chandler

by
Dennis & Dorothy Gibbs

Justin Saylor

by
Ardell E. Saylor*

Clara Hyde

by
Anonymous

Norbert Ham

Don Rounds

Rich Zoller

by
Mary & Dick Carter

Henry Sherman

by
Mark & Denise Venner**

Don Rounds

Jenny Wegner

Grace Duncan

Steve Gomez

Arlo Mortimer

Jim Smith

by
Ray & Betty McDorman

Gladys Becker

by
Gary & Connie Palmer

Jenny Wegner

Chuck Meyer

by
Terry & Mary Varilek

Eunice Hullinger

by
Kay & Terry Moore**
Nancy Bloom

Whitney Barnett

by
Dr. Mark & Sheryl Nielsen

Mel Chandler

by
Rosemary Rounds
Pat & Homer Harding**
Bob & Shirlee Miller

Ida Bartels

Mel Chandler

by
Steve & Peggy Stout

Lyle Hunsley

by
Darrell McTighe

Mel Chandler

Beth Belkonen

by
Dennis & Shirley Eisnach

Arliss Hapney

Cliff Jansen

by
Geraldine Ray

Memberships:

Anonymous, Pat Bernstein, Mary & Dick Carter, Willis & Della McLaughlin, Darrell McTighe, Gerry & Lisa Saylor, Leonard & Sandra Sheppard, Gerald & Marie Sylva, Donna Welch

Donations:

Anonymous, Anonymous**, Leon & Nancy Friend**, Lynn's Dakotamart-We Care Program, Glenn Moravek, Elvyn Hansen, Lutheran Memorial Church-Men in Mission*, Uncle Matt*, Capital City Florist

In Honor of:

All Caregivers by Jim & Betsy Pollock



In Loving Memory of ...

Marcia Burrows

*John
Janet – Deb – Susan -
Dawn*

In Loving Memory of

Marie Lamm

*from
Wayne & Astrid Farries*

Grandma Carol Fiala

*We love you!
Mark, Deb,
Moriah & Levi Wixon**

My dad,

Ken Baenen

*on his birthday
April 29th
Melissa***

Tom Corcoran

*on his birthday
April 29th
From
The Corcoran Family*

Marie Lamm

*Bob & Beth McInnis
Susan & Bob Marrington
Ralph Dirksen
Joe & Kathy Gittings*

Orma E. McInnis

*Bob & Beth McInnis,
Sam Treib,
Susan & Bob Marrington,
Kathy & Joe Gittings
& Ralph Dirksen*

John McInnis

*Joe & Kathy Gittings,
Susan & Bob Marrington,
Bob & Beth McInnis,
Sam Treib,
& Ralph Dirksen*

Patrick McInnis

*Bob & Beth McInnis,
Sam Treib,
Susan & Bob
Marrington,
Kathy & Joe Gittings
& Ralph Dirksen*

Lyle E. Sutton

*on his birthday, April 20.
We can't tell you how much you are missed.
FOREVER IN OUR HEARTS*

Deanna, Scott, Tammy, Tim & Trent

Heather Kinsella

*on your birthday
April 7th
We miss you every day.
Love you,
Kids, Grandkids &
Great Grandkids*

Duane Bernstein

*Happy Birthday
March 30th
Miss & love you.
Pat Bernstein*

Todd Ramsey

*on your birthday
April 2nd
We love & miss you very much
You are forever in our hearts
Pandora, Trista, Mike, Cody & Julie*

Lyle Perry

*who passed away
4-7-05
by
Marge Perry*



Tom Corcoran

*on his birthday
April 29th
by
Celeste Gageby*

Todd Ramsey

*on your birthday
April 2nd
We love & miss you Papa.
Gage, Berkley, Cort, Jasper & Josie*

Hey Tommy,

*everyone really
missed you on
St. Patty's Day.
Also, everyone will be
missing you on your
would have been
91st birthday,
April 29th.
Forever missing you,
Carmen & Josh*

Sylvia McTighe

*on our anniversary
Married April 5, 1969
by
Darrell McTighe*

Douglas Keller

*on his birthday April 2nd
What wonderful memories of you, Son.
Love & miss you every day.
Mom & Don***

Justin Sayler

*our blessed son and brother,
on the April 22nd anniversary of his passing
and his 28th birthday on May 14th.
We miss you so much!!
Gerry, Lisa, Jacob & Joshua Sayler*



Donald Sayler

*dear father and grandfather,
on his May 9th birthday!
We love and miss you!
Gerry, Lisa, Jacob & Joshua Sayler*

Countryside Hospice Support & Memory Center
200 East Dakota Suite 1
Pierre, SD 57501

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Thank you for renewing your membership...

For many years memberships in Countryside have been a base of our support. We do not have levels of members, we don't give out t-shirts or other prizes and I have to be honest and say the only difference between a \$100 membership and a \$5 membership is \$95...

It is our belief that you will support us however you are able and that a t-shirt or gold star beside your name is not your motivation for a gift. You give to help the community, our responsibility is to use your gift wisely. Together we are a great team. *Thank you.*

* Pennies for Robert / ** Memory Center / ***Avera@Home

This newsletter contains donations processed through April 13th, 2018. The cutoff date for the May newsletter will be May 11th.

THIS GIFT IS FROM:

Name _____

Address _____ Phone _____

PLEASE USE MY GIFT FOR:

- Memorial Memory Center Membership Avera@Home Pennies for Robert
(Cancer patients' travel fund)

MY GIFT IS:

In Memory/Honor of _____

Please Notify _____