



Countryside Hospice Support & Memory Center

August 2018

Pennies for Robert Fundraiser



Riding for Robert *Motorcycle Dice Run* ***No One Rides Alone***



Saturday – September 8, 2018

Pierre American Legion (First and Sixth Stop)

Register 11:00 AM - Depart 12:00 PM

Silent Auction ** Door Prizes **50/50 raffle **Meal following the ride (free will donation)
Everyone welcome after the ride for food, fellowship and fund raising for *Pennies for Robert*



For ride information call Marc – 222-6727

Harley Quilt Raffle

Tickets \$5.00 each or 5 for \$20

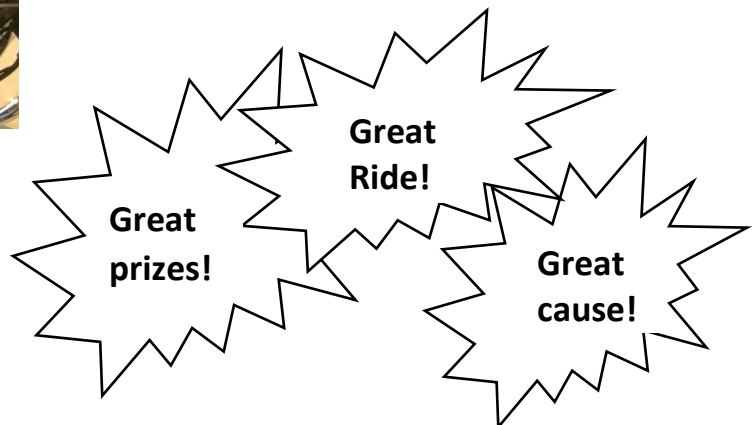
(Quilt is 84"x103")

Drawing Sept 8th following the ride

You do not have to be present to win

Tickets available at the Countryside office
200 E. Dakota Suite 1

...dog and bike not included...



Community Programs

Dementia Care Partners Support

Thursday, September 20, 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.

Breast Cancer Survivors September 6 & 20 at noon

Meeting the first and third Thursday of the month in the Countryside classroom.

This group is open to women of all ages who have been diagnosed with breast cancer – both those recently diagnosed and undergoing active treatment / recovering from surgery and those who are many years post diagnosis. It is an informal group that allows ample opportunity for questions and discussion. If you are unable to attend and would like to visit with someone one on one please give the office a call and ask for Holly 945-0827.

Programs available at Edgewood Senior Living – 1950 E. Fourth St

Mabel's Family Support Group Wednesday September 5 – noon -1pm

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.

Brown bag lunch, or call ahead and request an Edgewood lunch for \$7. The current facilitator of the group is Katie Nagle. Please RSVP if you would like lunch 494-3400.

Living with Alzheimer's Series

Lunch & Learn at Edgewood – presented by the Alzheimer's Association

September 11 – noon – 1pm Topic: The middle stages of Alzheimer's

Pre-registration due by 9/7 – call 494-3400 to register

October 23 –The Middle Stages of Alzheimer's

Pre-registration due by 10/19 - call 494-3400

Avera St. Mary's Women's Cancer Support Group September 14 (second Friday of the month) 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.

Volunteer Hours for July 2018 –

These hours are a reflection of the time spent at the thrift store and working at home on thrift store projects, tallying the DakotaMart receipts, serving on the Volunteer Council and Board of Directors, support group facilitators and helping with the monthly newsletter mailing. This does not count our "verbal volunteers" who spread the word in the community about the programs we provide and share our information on Facebook. Volunteers are the very heart of Countryside – without them we would not exist. Our thanks.

Almost 40 years...

September is another anniversary month for Countryside. In September 1980 the first planning committee met to discuss hospice care for our community. It was a grassroots effort, starting out as all volunteer with a small office at the hospital. For two years the groundwork was laid and finally in September 1982 we served the first patient.

Much has happened at Countryside since those early days. For over 20 years we lived at St Mary's and served hospice patients and their families. It was an incredible experience.

In 2003 Countryside moved to the community and hospice care remained at St Mary's, initially as St Mary's Hospice and now as Avera @ Home Hospice. Hospice care continues to be made available in the patient's home, a nursing home or other settings. The team is comprised of nurses, social workers, home health aides, spiritual care, dietary, physical therapy, volunteers and a medical director. Representatives of the team meet on a regular basis and discuss the patient's plan of care, a nurse is on call 24/7 and there is follow up after the patient's death.

Our mission has changed over the years but our commitment to the community remains the same. All monies that we raise –through memberships, memorials, donations, fund raisers and the thrift store stays in our community. Whether it is supporting hospice patients and their families, providing money for gas and lodging for a cancer patient or a social work visit for a family struggling with dementia, it all is helping your family, friends and neighbors.

We have said it many times before – you make this possible – how do we ever thank you...

Hospice Thrift Store

Open Tuesday – Friday 10am -5:30pm Saturday 10am - 5pm

Donations accepted Monday – Saturday 8am – 4:30pm Sunday noon – 4pm (through Labor Day)

Fall items available: school clothing and supplies, dorm furniture, small appliances, dishes and linens. Canning jars, warm blankets and socks. Clothing for hunting, chilly football games and homecoming events. Fall decorations, good books, fuzzy sweaters and cute shoes. Be sure and shop often, new items are added to the sales floor daily. If you see it – need it – like it – grab it! Tomorrow it will be gone.

Thank you to all our donors. We will continue our Sunday donation hours until the Labor Day weekend. We appreciate your garage sale leftovers as well as the items from your cleaning and downsizing projects. We strive to maintain a varied inventory on the sales floor and keep our prices reasonable.

With our voucher program and weekly clothing sales it is possible to clothe a family and secure the basics for a home at a very reasonable price. If you know of someone in need of a voucher please encourage them to go to PARs or their church for assistance.

The thrift store plays a huge role in the programs we can provide to the community. The *Pennies for Robert* Bed & Breakfast program and the Countryside Memory Center would not be possible without the store. All funds raised stay in our community. Thank you for making this possible.

Survey.... If you have participated in the Memory Center screening process you may be one of 100 randomly selected to receive a brief survey in the mail. The survey is only a few questions with space to add additional comments and suggestions. Our goal at the Memory Center is not only to provide a comprehensive memory screen but also to be sure the process is welcoming and comfortable for patients and families. We appreciate your time in helping with this survey process. (If you have a comment or suggestion and do not receive a survey please give us a call 945-0827)

Dementia is a disease that causes changes in memory, personality, judgement and decision making. Here is a breakdown of the brain and the parts affected by Alzheimer's and other dementias.

Hippocampus- Short term memory

The hippocampus is the seat of our short term memory system and is the first area of the brain to be affected by Alzheimer's. The hippocampus sends out and sorts information that it wants to use later .When it malfunctions it is like a tape recorder that erases itself. The data is lost in just a few moments and it is as though it never existed. It makes it difficult to learn new things or retain short term memories. Long term memories such as childhood, getting married and raising children are often well preserved.

Temporal lobe -Word finding

The temporal lobe is where our dictionary is stored. The front part of our brain decides what it wants to say and sends messages to the temporal lobe to find the words. In Alzheimer's the damage often moves from the hippocampus to the temporal lobe and this causes word finding difficulty. A person with dementia may not be able to think of the word "cup" but may be able to describe it, tell you where it is stored etc.

Parietal lobe - Numbers, dates, way-finding, visual-spatial skills

The parietal lobe helps us work with numbers, put things into patterns, helps us find our way, read a map, and learn what buttons to push on a new TV remote. People with Alzheimer's may have difficulty knowing the day and date or time. They may become lost in familiar or unfamiliar places. They may have difficulty following patterns, using tools or silverware. In later stages they cannot sequence and may do things like put their underwear on outside their pants.

Frontal Lobe -Judgment and planning

Our frontal lobe is responsible for making plans and carrying them out, making good decisions and knowing what is appropriate to do in social settings. It is often called the seat of our personality. Alzheimer's patients with frontal lobe damage may be apathetic and sit most of the day, they may "forget that they have forgotten" and deny they have a memory problem. They may become irritable, do things that are socially unacceptable and be vulnerable to solicitors.

Amygdala - Emotional brain

The amygdala is the part of our brain that never sleeps. It is alert to sense danger and reacts quickly to protect us. It also gives our life emotional content- joy, sadness, anger and so forth. When not functioning properly a person may become angry or agitated over the smallest thing. It is close to the hippocampus and often affected by Alzheimer's.

Pre-frontal cortex

Located between the emotional part of the brain and the reasoning part, the pre-frontal cortex acts as a damper switch for the amygdala. It slows down the immediate strong emotional reaction and allows our reasoning ability to decide how we should react. The two year old you see having a temper tantrum is an example of the frontal cortex not being fully developed. When a person has dementia the pre-frontal cortex may free wheel without any brakes.

(Adapted from Elder Advocates, Inc. 2000)

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**

Leonard Anker

Mike Kerns

by

Paul & Katherine Patterson

Fern Lyngstad

Marrietta Catlin

by

Doris Powell

Fern Lyngstad

Marrietta Catlin

by

Bev Badger

Jack & Jo Mitchell

by

Martin & Sally Maca*

Arthur & Gayle Donovan*

Marrietta Catlin

by

Rev. Roger & Jean Easland

Rena Wolf

Ruth & "Harney" Hohnman**

Marrietta Catlin

Larry Nagel

by

Charles & Barb Poches

Marjorie Cordts

by

Bob & Shirlee Miller

Seb & Carol Axtman

Delvin Brosz

by

Art & Mary Rezac

Fern Lyngstad

by

Larry & Gail Lyngstad

Tom & Janet Withers

Cora Hunsley

Bernice Lyngstad

Francis & Sarah Gourneau

Linda Huft

Taunya & Bill O'Conner

Curt & Onie Neuharth

Dana & Phyllis Petersen

Ken & Lavonne Pickering

Lowell & Luann Noeske

Patty Gall

Lynn & Joyce Goehring

James & Susan Mollison

JoAnn Cummings

Ann DeVany

Marrietta Catlin

Robert Ellwanger

by

Karen Authier

Delvin Brosz

Jack Fifield

Patricia Wullweber

Jim Jenssen

Roger Parrott

Bill & Odette Voss

Sylvia McTighe

by

Larry & Louween Schoenhard

Marrietta Catlin

Don Rounds

by

Gaytha & Robert Ten Eyck

Delvin Brosz

by

Kathleen Brosz

Willard "Bill" Dodge

by

Lynell Asher**

Bob Hartford

by

Sara Hartford

Sue & Don Specker

Devrah Hart

Nina & Todd Bucher

Susan A. Mealy

John T. Mealy

Steven & Susan Stoneback

Dave & Karen Gerdes

Karen & Mike Barkl

Frank & Martha Brost

Ken Thaler

Judene Holan*

Peg Bouska

Rich & Lori Shangreaux

Dean & Judy Gretschnann

Tom Barnett

Debra & Scott Shephard

Curtis & Roxann Everson

Dan & Pamela Cronin

James & Susan Mollison

Robert & Michele Miller

Dennis & Dorothy Gibbs

Kathy Simon

Pat & Billie Kuck

Evelyn Sorensen

Peggy Hanafin

Bob Hartford

Ken Beck

by

Homer & Pat Harding

Timer Allison

by

Betty Garrett**

Marge Cordts

Marrietta Catlin

by

Juanita McKeever

Larry Nagel

by

Pete & Patty McGee

Marge Olson

Bob Hartford

by

Mabel & Myron Kusler*

Bonnie Korkow

Mike Hawkins

Jack & Jo Mitchell

by

Cindy Arch

Countryside Donations & Memorials ...

Shannon E. Russell

By
Stan Schwellenbach

Marrietta Catlin

Alvin Millard
by
Sharon Roseland

Leon Friend

by
Dale & Donna Gohl
Dean Hoelscher
Marc & Sharon Hoelscher
Craig & Dorothy Smith
David & Mary Blackmun

Ken Beck

by
Seb & Carol Axtman

Ken Beck

Clark Alleman
by
Ray & Maureen Shepherd*

Marge Olson

Bob Hartford
Charlie Walker
Alverde Daniel
by
James & Joan Likness**

Leon Friend

Marrietta Catlin
by
Pat Weeldreyer

Clark Alleman

by
Richard & Anna May Masteller*
Herb & Arlene Pitan

Marge Cordts

Marge Olson
Ken Beck
by
Rosemary Rounds**

Bob Hartford

Leon Friend
Ken Beck
Warren May
Bridget Miller
by
Dennis & Shirley Eismach

Charlie Walker

by
Nancy Bloom

Larry Nagel

by
Larry's Friends
Bill Welch
Pat & Colleen Thompson
Mary Welsh
Lois Mancuso
Thomas & Irma LeFaive

Memberships: Jim & Connie Carlisle, Carmen Heyd, Dick & Cheryl Hyde, Don & Gladys Irion, Alvin & Arlene Truax, Dave & Marlene Werner, Alan & Pat Winters

Donations: Michael Defea*, Jane Metzinger**, Lynn's Dakotamart We Care Program, Stanley Grain, Inc.

Avera @ Home Memorials & Donations

Donations: Jim & Connie Carlisle

Fern Lyngstad Memorial

by
Fern's Family & Friends



Marge Olson

by
Charles Kirkpatrick

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...

Pennies for Robert

In July 2018 we provided \$10,996 for gas and lodging for cancer patients who had to travel for care. These funds come from individuals, groups and businesses, the Snoopy donation jar at the Thrift Store, and The Corner Station that donates many, many gas cards....a community coming together to help, one penny at a time.

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 miss you!
Moriah & Levi Wixon**

Linda Obermeier

*We miss you pretty girl!
Pete, Tammy, Aimee,
Joey, Amanda, Sawyer,
Axton & Jermey*

*Remembering the
August birthdays of*

**Don Rounds
& Marlin Scarborough**
*I'll love you forever.
Rosemary*

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*

*In loving memory of
my parents*

**Marianne Burg (August 21, 2014)
Jacob H. Burg (August 21, 2009)**
*Love you and miss you every day.
Patricia Burg**

Elaine Cunningham

*We love and miss you
so very much.
You are in our hearts
forever.
Mel, Keith, Pat & Sherrie*

*In memory of
our darling*

Kelly Ann
*August 16, 1960
by
Don & Gladys Irion***

Thomas Corcoran, Jr.

*Fishing season, everyone missing the
free advice & chow.
Everyone missing you.
Love, Carmen & Josh**



*Our parents,
sister & brother
by*

Alan & Pat Winters

In memory of my dad,

William Valburg
*Love from your
daughter,
Darline Fuoss*

-Remembering my Jack-

*August 9, 2014
You didn't tell me how to live.
You lived and let me watch.
I remembered and today look at life for both of us.
Marcy*

*My mother,
Henrietta Magnuson*

*on her birthday
August 30th
Love,
Delores Volmer*

*Remembering the
love of my family...*

*Dad & Mom
Gus & Marie Wendt
Brother
Robert G. Wendt
by William Wendt*

Happy 38th Birthday on July 30th

Brianne
*Keep watching over us.
Love you,
Dad, Mom, Kelley, Cori, Bailey
& families*

*In loving memory of our
fathers on their
August birthdays*

**Bernard Metzinger
Toby Tyler**
*by
Lynn & Jane Metzinger*

Mark Eric Petersen

*Always in our hearts,
we miss you every day.
Love,
Dick & Cheryl Hyde
Amy Petersen-Kolb
Garrett & Griffin
Petersen*

In Loving Memory of

Chadwick James Ryland

*Loving son, brother & uncle
on your August 26th birthday
Meg, Jody, Christy,
Austin, Casey & Cassidy Ryland*

Marrietta Catlin

*on our 56th anniversary
August 29th
I love you and miss you
every day.
Ron Catlin*

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

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Riding for Robert

A 130 mile Motorcycle Dice Run – September 8, 2018

All proceeds will support Pennies for Robert – A program of Countryside Hospice Support & Memory Center that provides travel funds for cancer patients in Central South Dakota. Call 945-0827 for more information.

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

This newsletter contains donations processed through August 10th, 2018. The cutoff date for the Sept. newsletter will be Sept. 13th.

THIS GIFT IS FROM:

Name _____

Address _____ Phone _____

PLEASE USE MY GIFT FOR:

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

MY GIFT IS:

In Memory/Honor of _____

Please Notify _____