



Countryside Hospice Support & Memory Center

September 2018



Everything you always wanted to know.....about sleep

A panel discussion featuring Dr. Phil Meyer, Dr. Ellen Pinholt,
Pharmacist Sandy Jacobson and Avera St Mary's Respiratory Therapy staff

Thursday October 25 – 7 pm Countryside Conference Room 200 E. Dakota Suite 1

Have you ever wondered how sleep – or the lack of sleep – impacts your daily life? Did you know there is a connection between heart health and your sleep pattern? Does your partner snore like a freight train and then suddenly stop breathing in the middle of the night? Did you know that many of the medications that promote good sleep may also dull your memory and slow your thought process? Have you ever wondered what it is like to do a “sleep study”?

Join us on October 25 as we discuss these questions and more – there is no charge to attend but seating is limited, please call 945-0827 to register.

Just a few numbers

- Since 2011 the Countryside Memory Center has provided over **900 free** screens for individuals with memory loss. Some patients complete one screen while others may return for additional testing as their memory loss progresses. Family members receive support and resource information through visits with a social worker and there is a monthly support group for caregivers.
- The *Pennies for Robert* program provides travel funds for patients who need to leave our community for cancer care or those who will be coming to the Helmsley Center from outlying towns. Patients simply need to call our office 945-0827 and provide their name, address, phone number and the dates they are going to travel. There is no limit to the number of times they can request funds. Since the program started in 2004 **over \$600,000** in cash and gas cards have been provided.
- Hospice care is a priority for Countryside. While we have not provided direct patient care since 2003, we actively support Avera@Home Hospice. Countryside is providing a monthly donation for hospice care in the amount of **\$6,000**. This donation will help the program increase their nursing and home health aide visits, provide special equipment and supplies and education for staff.

This means each month Countryside is providing about \$25,000 in community support. If in the past month you have written a check for a membership, made a memorial donation, brought in your Dakotamart receipts, participated in the motorcycle dice run, or purchased a new shirt at the thrift store you have helped make all of this possible... Thank you.



Pennies for Robert

In August 107 trips were funded for cancer care for a total of \$12,110 – our largest month ever – we received calls from 23 newly diagnosed patients in just one month – while we are glad the funds are being used we hope there comes a time when our phone never rings...

Community Programs

October is Breast Cancer Awareness Month – Countryside has hosted a Breast Cancer Survivors group for over 15 years – new members are welcome at any time – if you have been recently diagnosed we hope you will attend a meeting – it is a great place to ask any questions and to tell your story – if you would like more information call Holly at 945-0827.

Breast Cancer Survivors October 4 & 18 at noon

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

Dementia Care Partners Support

Thursday, October 18 - 6 pm – 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.

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

Mabel's Family Support Group Wednesday October 3 – noon -1 pm

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

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 October 12 (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

Thrift Store Update

Business hours: Tuesday – Friday 10am -5:30pm Saturdays 10am – 5pm Closed Sundays and Mondays

Donation hours: Monday – Saturday 8:30am to 4:30pm

Q. Why are you closed on Mondays? Monday is a workday for us – the shelves are restocked, new donations are sorted, and we are able to clean and reorganize without bothering the customers. We are open for donations.

Q. Are there weekly sales? Yes, each week a different colored clothing tag is on sale for 25¢ – the sale runs Thursday thru Saturday. Watch our Facebook page for additional specials throughout the week.

Halloween merchandise is out and Christmas is coming October 2! We know it is early but we have so much for you to see!



Riding for Robert

Pictured above: Sharon Hoelscher, Sarah Gallagher, Marc Hoelscher and Dawn Kalinay De Lorme, quilt winner **and** sister to Shawn Kalinay a Countryside staff member who died from cancer in 2014, smiles and tears from all...

Many thanks to all who made the *Riding for Robert* dice run such a success. Over \$5,000 was raised to provide travel funds for cancer patients in our community. It was a fun day and most importantly everyone on the ride made it back safe and sound, if not a little battered by the gentle South Dakota breeze! Thank you to Marc and Sharon Hoelscher for coordinating this event, Sarah Gallagher for the wonderful quilt and the staff and volunteers who made the day go so well. A special thank you to Roy Larson for blessing the pennies and the riders! Thank you to Gettysburg for over \$200 in pennies and all who donated silent auction and door prizes:

Burger King
McDonald's
Guadalajara's
Cattleman's Club Steakhouse
Red Rossa - Italian Grille
The Alley Exchange
Rapid City Scheels
Sioux Falls Scheels
Deadwood Gulch Gaming Resort
Chops - Fine Meats & Fare
Hospice Thrift Store
Vivian Coffee Cup
WW Tire - Pierre
LaMinestra

John Deere
American Legion Post 8
Runnings
Coca - Cola
Big Tom's Diner
Indian Motorcycle of Sturgis
Great Bear Recreation Park
J & L Harley-Davidson
Gold Dust Hotel & Casino
Zesto
Cabelas of Mitchell
Silpada - Tina Freeman
Roughrider Harley Davidson
Mandan, ND

Marc & Sharon Hoelscher
Taco Johns
Cowboy Country Store
Jake's Good Time Place
Black Hills Harley-Davidson
Judene Holan
Martha Nystrom & Family
Leo & Terry Disburg
Noel Henriksen
Petersen Motors
Sarah Gallagher
Phil & Cindy Meyer
Mug's Bar & Grill
Carl & Chris Hawkinson

Memberships: Glen Brown, Shirley Jenssen, Rhonda Kirsch

Donations: Anonymous***, Chris & Penny Nelson

In Honor of Douglas Emme
by Nancy Thomas**

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

Jim Tinker

by

Dale & Donna Gohl

Nancy Bloom

Pat & Homer Harding

Anne Anderson

Verne & Frieda Baker

Nancy A. Thomas

Art & Mary Rezac

Bob & Shirlee Miller

Carol Barge

Gloria Hosman

Merry Emme

Priscilla Sommer

Warren May

Alverde Daniel

Mildred Wright

by

Nancy Thomas

Colin Hufford

by

Todd, Kara, Ben & Emily Hughes

Lois Thompson

Marjorie Briggs

Joyce Brunskill

Warren May

by

Barbara K. Spears

Marrietta Catlin

Fern Lyngstad

Bob Hartford

Alverde Daniel

by

Geraldine Ray */**

Ken Beck

by

Peggy Cruse

John & Deann Nystrom

Charlie Walker

by

Dennis & Shirley Eisnach

Uncle Matt

Bob Hartford

by

Roger Novotny

Chuck & Bonny Schroyer

Bob Hartford

Leon Friend

Charles Walker

Mildred Wright

Ken Beck

by

Bob & Shirlee Miller

Marge Cordts

by

Larry & Buzz Schoenhard

Mildred Wright

by

David & Karen Gerdes

William A. "Bill" Johnson

(Memory Center)

by

Family & Friends

Jeff & Dona Mae Johnson

Chad & Suzette Hohwieler

Avera St. Mary's OR Department

Ray & Nadine Henderson

Richard & Kay Parker

Don & Shirley Sandal

John & Sandy Zimmerman

BankWest Home Team

Dan & Shelley Bacastow

Shirley Varilek

Leon Friend

by

Odean & Donna Solberg

Jay & Bev Mickelson

Bill Johnson

Deb Eich

by

Jon & Kathy Meyer

Marjorie Briggs

Deb Eich

by

Rosemary Rounds

Mary Jo Gaetze

by

Don & Donna Gallimore*

Deb Eich

Delvin Brosz

Leon Friend

Jack & Jo Mitchell

Ken Beck

Marrietta Catlin

Charlie Walker

by

Terry & Mary Varilek*

Deb Eich

by

Craig & Dorothy Smith

Maxine Tessier*

Andy & Sharon Anderson

Jay & Bev Mickelson

Mike & Jean Denton*

Craig & Peggy Urquhart*

Jim Janssen

Florence & Kermith Edge

by

Shirley Janssen

Lois Thompson

Marrietta Catlin

Jack & Jo Mitchell

Fern Lyngstad

Robert Hartford

Leon Friend

Ken Beck

Marge Olson

Clark Alleman

Charles Walker

Warren May

Alverde Daniel

by

Gerry & Nancy Cutshaw

Marge Olson

Charlie Walker

by

Joann Ellis

In Loving Memory of ...

Marcia Burrows
John
Janet – Deb – Susan -
Dawn

In remembrance
of
Robert Disburg
on his birthday
September 14th

Carol Fiala
We miss you!
Mark, Deb,
Moriah & Levi Wixon*

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

In memory of our
family members
affected with
memory loss.
**John & Claudia
Anderson****

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

Clifford Schweigert
Happy 90th birthday,
September 28th
to you now in Heaven.
You were the best!
We love and miss you so much.
Wahnetta, Charlene, Stuart & Angela & families

Kevin Disburg
In honor of his golden
birthday
in Heaven August 19, 1959
by
Martha Nystrom*

Remembering my dad,
Robert A. Ryland
on his September 30th
birthday
by
Jody Ryland

In Memory of **JD Weischedel**
9/21/2006
One Life . . . so many memories
There are moments in life when
You miss someone so much that
You just want to pick them from
Your dreams and hug them for real.
Love, Mom, Dad, Lyndsey and Shane
PS . . . You are going to be an uncle!!

Verna Zimmerman
on her birthday
August 24th
by
Bill & Phyllis Zimmerman

Larry Beck
Love you & miss you
on your birthday
September 7th
Your family

Christine Swan
December 8, 1906 - September 24, 2007
At the beauty of Autumn,
we remember. . .
Aaron Swan

Jim Ramsey
on his birthday
August 25th
by
Bill & Phyllis Zimmerman

Memorials . . .

Mike Fahey
Mary Jo Gaetze
Alverde Daniel
Bridget Miller
Deb Eich
by
Deb Fahey

Leon Friend
by
Nancy Friend
Family & Friends
Wanda Breeschoten



Jordan Thomas
Ken Emme
Glenn Waller
by
Nancy Thomas**

Bob Hartford
Deborah Eich
by
Rick & Twila Dockter

Diane McCaughey
by
John & Kristi Berheim



Ken Beck
Bob Hartford
Bridget Miller
Rita & Jim Benham
Dalton Williams
by
Steve & Jami Beck***

Robert Disburg
by
Johannes Van Dijk*

Linda Pease
by
Nancy Bloom**

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

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Permit No. 76

Volunteer Hours for August 2018 : 1344 - this includes the board of directors, thrift store volunteers, newsletter mailing crew, support group facilitators and Verna who tallies up the Dakotamart receipts!
Thank you everyone.

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

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

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 _____

Website: www.countrysidehospicesupport.com

Our website has a link to our Facebook page, Board of Directors, all current year newsletters, calendar of events, and more!