



# Countryside Hospice Support & Memory Center

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October 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.



*This holiday season the Countryside Breast Cancer Survivors group will host a very special tree in the window of the Alley Exchange on Main Street. The tree will be pink and decorated with feathers. It will be in honor of the members of the group with each feather representing one year of survival after their Breast Cancer diagnosis.... A source of hope to those newly diagnosed when they see the many, many feathers on the tree.*



### *Pennies for Robert*

In September \$12,215 was disbursed through the Pennies for Robert program for cancer travel. This includes travel for 18 extended stays, 4 surgeries and 20 weeks of radiation. We anticipate that in the coming months we will be providing travel funds for patients coming to Pierre for cancer care – many of the patients we have helped in the past will no longer be spending hours on the road and will be able to sleep in their own bed at night ... a wonderful gift from the community...

## **Volunteer Hours for September – 1,236 – Thank you!**

### **Speakers...**

If you need a speaker for your organization please give us a call at 945-0827. We are happy to visit with groups of all sizes – from a 6 person coffee group to a 60 member civic organization. We will briefly talk about our programs including the *Pennies for Robert* program and the Memory Center process and answer any questions that you may have.

### **Community Programs**

**Breast Cancer Survivors** November 1 & 15 at noon

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

November 15 speaker: Physical Therapy staff from Avera St Mary's will discuss balance and safety issues.

All Breast Cancer Survivors are invited to attend this twice monthly support group. The meeting lasts just an hour and is an opportunity for survivors to tell their story, ask questions and support each other.

### **Dementia Care Partners Support**

Thursday, November 15 - 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, November 7, 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.

### **Avera St. Mary's Women's Cancer Support Group**

November 9 (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](mailto:teresa.pfahler@avera.org)



Happy Birthday to Sr. Evelyn Sehn

You have been our voice of reason, our cheerleader,  
and our friend. We love you, we miss you and we  
thank you.

Your Countryside family

(you are the best popcorn popper....)

### Thrift Store update...

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

Saturday 10 am – 5 pm

Donations accepted Monday – Saturday 8:30 am – 4:30 pm

When you look at our hours you will see that we are closed on Mondays – this is a restocking and cleaning day for us so there are many cars at the store as staff and volunteers get things ready for Tuesday morning. You will also see cars at the store in the evenings and on Sundays. We have staff, inmates and volunteers at the store for about 14 hours a day during the week and in and out all day Sunday. Last Sunday there were at least three staff working and 4 volunteers....and then another staff member came by to check and see if there were donations in the back that needed to come inside. Why am I telling you this? Probably because it amazes me on a daily basis. The commitment to the mission of Countryside and the community is evident everyday – they take pride in their work, they support and help each other and are always looking for better ways to organize, process and display donations. They are the reason we have the Memory Center, the monthly Hospice donation and Pennies for Robert. I am not sure how we can ever thank them enough...

Christmas is here! While we hate to rush the season we have to get the Christmas “stuff” out. There is just so much glitter and tinsel to share! We are starting with the large inflatables for the yard, lights of all colors and sizes for your indoor and outdoor projects, trees, gift items and kitchen items. New items are added to the sales floor daily so stop by often and remember if you see it and like it – grab it – or it will be gone tomorrow!

## 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\*

Loretta Goehring

by

Neil & Kathy Davis\*

Dale & Todd Knott

by

Chuck & Barb Poches

Galen Gillette

by

Mary Gillette

Bob Friman

by

Bob & Shirlee Miller

Marrietta Catlin

Marge Cordts

Leon Friend

Bob Hartford

Elaine Jundt

Warren May

Don Rounds

Marlene Stewart

by

Karon Schaack

Marlene Stewart

by

Family & Friends

Art & Mary Rezac

Jeff & Connie Pierce

Rex & Marvene Riis

Keith Garber

Bob & Shirlee Miller

Leona Buhler

Peggy Cruse

Orv & Mary Jo Gran

Lynn & Jane Metzinger

Marlene Stewart

Cliff Schweigert

Mildred Wright

by

Bernard Stoesser

Mary Edgar

by

Dale & Donna Gohl

Bob Hartford

by

Eric Schulte

Lois Cowan

by

Gary Palmer Family

Deb Eich

Bob Hartford

Warren May

Lois Thompson

Mildred Wright

by

JoAnne Knight

Kermith & Florence Edge

by

Sharon Stone

Dennis Sharp

by

Nancy Bloom

Bob & Shirley Miller

Herb & Arlene Pitan\*

Karl & Jean Hoepfner

Leon Friend

by

Donovan & Kelly Petersen

Marrietta Catlin

Leon Friend

Bob Hartford

Deb Eich

Don Rounds

Michael Hawkins

Marilyn Nystrom

Mel Chandler

Max Jones

by

Pat & Holly Hoing

Deb Eich

Bob Hartford

Colin Hufford

Jack & Jo Mitchell

by

Monty & Peggy Bechtold

**Memberships:** Sue Burgard, Mary Gillette, Orv & Mary Jo Gran, Marcy Fifield, Glenn E. Kietzmann, Marge Perry, Karon Schaack

**Donations:** Lynn's Dakotamart We Care Program, Don Korkow Family\*\*, Alona Lewellen & Bill Lewellen\*\*

## Avera@Home Hospice

Dennis Sharp

by

Richard & Anna May Masteller

Marlene Stewart

by

Carmen Heyd

Karon Schaack

Rosemary Rounds

Grant & Anne Gormley

Allen & Sharon Garber

Dennis & Shirley Eisnach

Don Rounds

by

Dale & Myrna Hartmann

***In Loving Memory of ...***

**Marcia Burrows**

*John  
Janet – Deb – Susan -  
Dawn*

**Marie McIntire**

*on her birthday  
November 18<sup>th</sup>  
by  
Bruce McIntire*

**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  
my special friend*

**Elaine Jundt**

*Happy Birthday  
October 28<sup>th</sup>  
Marge*

**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 wife,*

**Janet C. Kietzmann**

*October 18, 2017*

*I love and miss you as every day passes.  
Life will never be the same.  
Glenn E. Kietzmann*

*My brother,*

**Eldon Magnuson**

*on his Halloween  
birthday October 31<sup>st</sup>.*

*Miss you.*

*Love,  
Delores Volmer\**

*My husband,*

**Darwin Heyd**

*on his birthday  
October 25<sup>th</sup>*

*by*

*Carmen Heyd*

*In loving memory of  
my parents on their birthdays*

**Marianne Burg, October 6**

*and*

**Jacob H. Burg, October 12**

*Love you and miss you!*

*Patricia Burg\**

**My Jack,**  
*on your birthday*

*October 6<sup>th</sup>*

*Marcy*

*In memory of  
four great hunters...*

**Tom Corcoran**

**Norm Nystrom**

**Rob Loe**

**Bill Engels**

*Florence Corcoran*



*My dad,*  
**Ed Riehle**  
*who died on  
October 19, 1979  
by  
Laurie Allison*

***Death changes everything,  
time changes nothing.***

*I still miss the sound of your voice, the wisdom in your advice,  
the stories of your presence.*

*So no, time changes nothing.  
I miss you just as much today as I did the day you died.  
I just miss you.*

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

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*Thank you to Amanda Alexander, Robyn Hoing and Megan Schaap  
for designating your Facebook birthday fundraisers to Countryside for your July and August  
birthdays! Together you raised \$627.86!*

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

This newsletter contains donations processed through October 10<sup>th</sup>, 2018. The cutoff date for the Nov. newsletter will be Nov. 8<sup>th</sup>.

**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](http://www.countrysidehospicesupport.com)

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