



Countryside Hospice Support & Memory Center

November 2018

Notes to you....

It really isn't fair – you provide the travel funds for cancer patients and their families and we get the thank you notes.

We also hear the stories, see the tears and feel the sincere appreciation for all of your help. Each patient is humbled as they receive your gift and we are humbled by their journey.

When a newly diagnosed patient sits in our office and a family member kneels by their side we are moved to tears, when a patient struggles with their treatment we are concerned and when they begin their recovery we are so thankful.

Time after time they ask where the funding comes from for their travels and we say from the community – from all who donate, shop at the thrift store, participate in fund raising events and save Dakotamart receipts .

Very simply, a community that is kind and giving. Thank you.

Tree of Memories

The Sully County Courthouse will again display a tree during the holidays honoring the memory of your loved one.

Anyone who has lost a loved one is invited to add their name or picture to the tree at the courthouse. There will be empty 3x5 frames in a basket by the tree for you to use or you may bring your own. They will also have "clouds" for you to write names on.

If you live outside of Sully County and would like a picture or name on the tree, contact Leann Weischedel -258-2846, Brenda Currier-258-2686, or Patty McGee-258-2894 and they will help you. The tree will be displayed at the Sully County Courthouse through the month of December.

Age does not matter, time does not matter, your loved one is in your heart forever with cherished memories not to be forgotten.

Blue Christmas - A Service of Light and Hope

Saturday, December 8 10 a.m. Pierre First United Methodist Church 117 N. Central

A meditative worship sponsored by Lutheran Memorial Church and Pierre First United Methodist Church. This service is for those experiencing difficulty during the Holiday season and a time to honor the memory of loved ones.

Thank you

- Our thanks to Dr. Phil Meyer, Dr. Ellen Pinholt, Sandy Jacobson-Pharmacist, Ron Schreiner-Countryside Board member, and Joe Jaudalso- Avera Respiratory Care for their participation in the community education program on sleep.
- Vicky Tipton will be retiring in December after 30 years of facilitating dementia caregivers support groups. Thank you Vicky for your years of service to the community – your calm manner, knowledge and guidance will be missed.

Pennies for Robert

October 2018 – 92 trip requests - \$12,405 in travel funds provided

Pennies for Robert provides travel funds for patients leaving our community or coming into our community for cancer care. The funds do not take away all the expense of a cancer journey but hopefully helps provide a little breathing room, especially for those long stays. Thank you for making it possible to help .

PS ... did you know a \$45 donation buys a gas card for a cancer patient leaving our community for care, \$225 provides support for a two week radiation stay and \$600 provides additional support for a patient who has 6 weeks of radiation to complete?

We Care

Countryside participates in the *We Care* program sponsored by Lynn's Dakotamart. For every \$10,000 in grocery receipts that we collect Lynn's donates \$100 to Countryside. The receipts add up quickly and can include groceries, alcohol, prescriptions, hunting and fishing equipment, clothing and anything else you can find in the store. Please remember us when you purchase your Thanksgiving meal items, a bottle of wine or a new gun! Receipts can be dropped off at the Countryside office or the Thrift Store.

Your Avera@Home – Hospice & Home Health Team



Front row – Heidi Rich RN, Jen Bertram RN, Jodi Hartmann RN, Shelly Curry RN

Back row – Sherri Shaffer Administrative Assistant, Jennifer Finley RN Agency Manager, Jennifer Mercer RN, and Nancy Volker CNA

This is part of the team that provides direct patient care for hospice and home health patients. The team also includes a physician, spiritual care provider, social worker, physical therapist, pharmacist and volunteers.

In October, two members of the team, Jodi Hartmann and Nancy Volker, attended the Countryside board meeting and shared information about their role on the hospice team. These are some of the reactions to their presentation:

- *I sat, almost motionless, as I listened to them talk about their genuine care for not just the patient, but also the family, but the emphasis being always on doing what was right for the patient.*
- *To watch those two ladies become very emotional when talking about their patients, convinced me that they, and other staff like them, are perfect for the job (life's work).*
- *I will say that I came away from that meeting completely humbled by the level of care and personal touch they provide. Acting from medical professionals, to caregivers, to counselors/mediators to really whatever role is needed at the time to provide that patient what they need at that moment.*
- *They are providing a service that is truly a gift to those patients and families.*
- *I could have listened to them speak for much longer, they did a wonderful job.*
- *I was in awe of how much passion and compassion they have.*

The Holidays

If a member of your family struggles with Alzheimer's or other dementias, the holidays may pose a special challenge. While you want to involve them in the festivities you may find that the extra people, erratic hours and possibly even Christmas lights and decorations can cause increased difficulty with memory, mood and behavior.

There are a few steps you can take to minimize these difficulties. First, be willing to make some changes in your holiday routine. It may mean moving a large gathering to another setting, delegating more responsibilities and generally downsizing. For someone with early memory loss, the traditional large family dinner may become a potluck to minimize the stress of remembering recipes and the logistics of getting everything done on time. Be sure someone keeps their eye on the person with memory loss, if they become restless or anxious they may need to be away from the group or it might be time for company to leave. Prepare family members coming from out of town so they know what to expect and understand the game plan. Flashing lights and animated stuffed animals may need to be packed away. Keep the environment clean and free of clutter. Keep the daily routine as much the same as possible. Plan regular rest periods. Do not have alcohol readily available. Most importantly, remember to include your family member in the reminiscing, the familiar carols, the delicious food and the hugs. By doing a little pre-planning you can help decrease the holiday stress for everyone.

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**

Norman & Marilyn Nystrom

Warren May

Clark Alleman

Marge Cordts

Bonnie Korkow

by

Jerry & Sheryl Hawkins

Ken Beck

Bridget Miller

Josephine Roen

by

Deborah Gates

Nancy Hunsley

by

Odean & Donna Solberg

Imelda Salnoske

by

Mary & Dick Carter**

Earl Briggs

by

Fred & Mary Mathews

Steve Zinter

Curt Neuharth

by

Pat & Homer Harding

Lois A. Cowen

(Memory Center)

by

Family & Friends

Gary & Connie Palmer

Dave & Sherry March

Coralea Samson

Don & Barbara Wagner

Ilene Johnson

Kerry & Tom Bowers

Marilee Johnson-Geary

Patty Gall

Diane & Marlowe DePauw

Keith & Candy Randen

Jack & Mary Ann Wells

Kathy & James Ellenbecker

Maynard & Mary Greenfield

Richard & Joy Christoffer

Mary Rae (McInnis) Anson

Lloyd & Judith McLaughlin

Susan LeDuc

Hanna Iversen

Carol Cressy

by

Katherine & Paul Patterson

Gail Miller

by

Leonard & Janice Deal**

Gail Miller

Curtis Neuharth

by

Karen Day

Curtis Neuharth

by

Marge Perry

Carol Barge

Dave & Karen Gerdes

Bob & Shirlee Miller

Dale & Donna Gohl

Anne Anderson

Elda Obenauer

Nancy Thomas

Janice Deis

Art & Mary Rezac

Brenda Vetter

Craig & Dorothy Smith

Gloria Hosman

Curt Neuharth

Mohammed Hattum

by

James & Joan Likness

Jean & Clayton Coull

by

Pat Engebretson**

Steven Zinter

by

TJ & Sarah Gallagher*

John & Margaret Ellefson

Bernie & Julie Linn

Nancy Thomas

Greg & Anita Jung

Lynell Asher

Art & Mary Rezac

Craig & Dorothy Smith

Gail Miller

Steve Zinter

Clellen "Buzz" Bechtold

by

Dave & Karen Gerdes

Steve Zinter

Nancy Hunsley

Dennis Sharp

Deb Eich

by

Geraldine Ray**

Steve Zinter

Michael O'Connor

by

Dennis & Shirley Eisnach

Lois Thompson

Ken Beck

Bridget Miller

by

Jeri & Bob Wilcox

Steve Zinter

Buzz Bechtold

Leonda Beastrom

Kay Reuer

by

Norm & Joann Weaver

Martha Vance

by

Sharon Gienger**

Linda & Daryl Johnson



In Loving Memory of ...

Marcia Burrows

John
Janet – Deb – Susan –
Dawn

Betty Smith

on her birthday
November 21st
by
her children

Carol Fiala

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

Linda Obermeier

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

Mark Petersen

on his heavenly birthday,
December 3rd
We miss you every day.
Lana & Rob Laurenz*

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

Crystal Ann Glasshoff

Our niece,
on her birthday
November 19th
by
Bill & Phyllis
Zimmerman

John Miller

Nearly a year has passed since the fatal accident –
we love you and miss you daily. It has not gotten easier.
Our love, Marge
Adrienne, Jeff, Maple & Cade
Erica, Tim, Treighton & Zane
Erin, Mike & Vander

In loving memory of

Les & Peg Thorpe
Remembering their
November birthdays
by
Bryan & Gayle Sennett

Parents & Siblings

Our
who have passed away
by
Roy & Charlotte Hiller*

Lyle E. Sutton

You went to your Heavenly home November 12, 2017.
It is a year but seems forever!
Always on our minds and in our hearts.
Love,
Deanna, Scott, Tammy, Tim & Trent

Remembering my mother,

Evelyn Riehle
on her birthday
Born November 7, 1918
Sharon Taft

Arthur Ramsey

(Phyllis' dad)
on his birthday
November 4th
by
Bill & Phyllis Zimmerman

Douglas Keller

on the 5th anniversary of your passing
October 20, 2013
You are missed every day.
Our love, always.
Don & Shirley Sandal**

Patrick McInnis

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

**Tyler Wilcox**

on his heavenly birthday, November 21st
We love and miss you!
Mom, Dad & Kirsten



Avera@Home Hospice

Elaine Jundt

Remembering my friend and
neighbor of 40 plus years
on her birthday
October 28th
Elda Obenauer

Our Parents & Siblings

who have passed away
by
Roy & Charlotte Hiller

Harold Obenauer

In memory of the 25th
anniversary of his death
November 9, 1993
Rest in Peace
Elda

Steve Zinter
Nancy Hunsley
Dennis Sharp
Deb Eich
by
Geraldine Ray

Curt Neuharth
by
Dennis & Shirley Eisnach
Gail Miller
by
Joseph & Shirley Fanger

Dimp Olson
Curt Neuharth
Steve Zinter
by
Rosemary Rounds



This holiday season the Countryside Breast Cancer Survivors (BCS) group will host a very special tree in the window of ***The Alley Exchange*** on Main Street. The tree will be white and decorated with pink lights and white feathers tipped in pink glitter - it will be in honor of the BCS members and each feather will represent one year of survival after their diagnosis.... also on the tree will be solid pink feathers that will represent those newly diagnosed.

There will be over 200 years of survivorship on the tree just from our small support group – imagine how many there are community wide.

We hope this serves as a source of hope and encouragement to all those newly diagnosed with any cancer.

Community Programs

Breast Cancer Survivors (BCS)

There will only be one meeting in December - Thursday **December 6 @ noon**. This will be a Christmas pizza party (please bring \$5 for pizza). If you plan to attend please let us know so we can be sure to have enough for everyone.

The BCS group is a wonderful mix of those newly diagnosed and those who have been survivors for 15 plus years. New members are always welcome. While the treatment options and plans have changed greatly over the years, some of the basic questions and discussion remain the same – everyone’s journey a little different and at the same time everyone’s journey very much the same.

New books in the lending library:

The Breast Cancer Survival Manual – 6th Edition – by John Link, M.D.

Surviving Triple Negative Breast Cancer – Hope, Treatment and Recovery by Patricia Prijatel

After Cancer Care – The Definitive Self-Care Guide to Getting and Staying Well for Patients after Cancer
by Gerald M. LeMole, M.D., Pallav K. Mehta, M.D., and Dwight CKee, M.D.

Detecting & Living with Breast Cancer - for dummies

Please stop by the Countryside office at 200 E. Dakota if you would like to borrow any of these new books.

Dementia Care Partners Support Group

Thursday, December 20, 6 p.m. at the 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.

Avera St. Mary’s Women’s Cancer Support Group

December 14 (second Friday of the month). This group is open to women of all ages who are dealing with any type of cancer. For more information contact Terry Pfahler at 224-3100 or teresa.pfahler@avera.org

2018 Tree of Lights

Through the holiday season for each donation, memorial, birthday or holiday wish we receive we will attach a name to an ornament and place it on the tree at the Thrift Store.

The ornaments aren't fancy and the name is on a small piece of paper ... but somehow it feels like a direct Christmas wish from the donor to their loved one. We will handle it with care.

A simple tree, covered with bright lights, colorful ornaments and most importantly, memories of your loved ones.

Thank you for your support...



THIS GIFT IS FROM:

Name _____

Address _____ Phone _____

PLEASE USE MY GIFT FOR:

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

MY GIFT IS:

In Memory/Honor of _____

Please Notify _____

In Memory/Honor of _____

Please Notify _____

I would like to charge my gift to my credit card: Mastercard Visa Discover American Express

Card Number _____ Expiration Date: _____ CVV: _____ (3 digit code on back of card)
(or 4 digit code on front of AMEX)

(If the above name and address is not the same as your credit card billing, please provide the information from the card you are using.) Thank you!

All donations will be placed on the Tree of Lights and will be in our December 2018 and January 2019 newsletters.

For your convenience we are now able to process credit card donations. Please rest assured that your donations will be processed promptly and your credit card information will be shredded. Donations may also be made on our website.

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

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ORG.
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Permit No. 76

Return Service Requested

Thrift Store Update

Hours

Tuesday – Friday 10 am – 5:30 pm
Saturday – 10 am – 5 pm
Donations Mon – Sat 8:30 – 4:30 pm

Christmas has arrived!!

Stop by and get your inside and outside Christmas lights, cards, trees, ornaments, tins for those homemade cookies, dishes, tablecloths, decorations of all sizes, gift items, wreaths, clothing and more. Company coming? Don't forget that we have games, books and puzzles for all ages. Need a gift box or bag? We have those. We also have baskets in every size and shape. Check us out on Facebook for sales and special items.

The sales floor is stocked several times a day and we have a crew that works in the evening, so even if you are there at 5:00 pm you might want to swing by the next morning. Just in case.

Volunteers

Volunteer positions are available at the store. If you have a few hours to spare during the week give us a call at 945-0150 and see if we have a volunteer position available that would be of interest. Volunteers receive discounts on clothing and other items but more importantly, there are mandatory coffee breaks and the opportunity to meet some wonderful people. We have seen many new friendships develop at the thrift store.

Without volunteers Countryside would not be able to provide services to the community including the Memory Center, Pennies for Robert and the monthly Hospice donation. We are so grateful for the volunteers who spend time at the thrift store, help with fundraisers, serve on the board of directors, mail the newsletter and tally the Dakotamart receipts – all working together to provide care for the community – our thanks.

Memberships: Leonard & Janice Deal, Leticia Gilmore, Jeri & Bob Wilcox

Donations: Anonymous, Leticia Gilmore (Breast Cancer Support Group Donation), Leonard & Cheryl Chick**, Robert & Joann Barden**, Ralph Bush*, Vernon & Gloria Bump**

* Pennies for Robert / ** Memory Center / ***Avera@Home Hospice
This newsletter contains donations processed through November 9th, 2018.
The cutoff date for the December newsletter will be December 7th.