



Countryside Hospice Support & Memory Center

415 S. Crow St., Pierre, South Dakota 57501

Phone: (605) 945-0827

December 2019



Thank you to everyone who has helped make the Tree of Lights shine. With each donation we receive through the holiday season we are adding the names of your loved ones to the tree at the thrift store. The tree is not very large so at first glance it looks like we couldn't add many more names – but there is always room – don't ask me how it works, it just does. A space on the tree just for you and your memories... thank you

St. Benedict's Guest House

The winter weather has brought guests to St. Benedict's. Patients with early morning appointments or questionable driving conditions have been able to stay in the comfortable home that you created.

When asked how this space was created we give credit to the community, the thrift store crew, Avera St Mary's and St Mary's foundation for making this possible. We also mention the gentle guiding spirit of the St Benedict Sisters.

That is quite a team that came together in less than 8 months – from first conversation to move in date – to make a dream a reality. We have said it many times before – we are not driving the bus we are simply along for the ride. Thanks for riding with us, keeping the road ahead open and full of possibilities for serving the community.

Pennies for Robert

Speaking of iffy travel conditions, cancer shows no mercy when it comes to winter weather. Every day patients are hitting the road toward appointments and treatments that they do not want to miss. Whether they are coming into Pierre or leaving our community *Pennies for Robert* helps make the trip a little easier by providing funds for gas and lodging. Each check that we write sends a little piece of you along with them on their journey – hopefully toward a healthier 2020. In November we provided \$8,345 for a total of \$81,670 since April - thank you for making this support possible.

In honor of
Claire Peschong
By
Jon & Carol Garry



In honor of the thrift store book lady
Julie Ellingson
By
Gary & Connie Palmer

In honor of
Laurie Allison
By
Lynelle Asher

In honor of the Murray family
Jim Murray
Annella Campbell
Michael Murray
By
Roberta & Penn Williams

Countryside Community Programs

Breast Cancer Survivors

Thursday, January 2 & 16 at noon Countryside office 415 S. Crow St
(no meeting December 19th)

The twice a month meetings are open to all women who have had a breast cancer diagnosis – it is an opportunity to ask questions, share your experience and receive support. Women who have been diagnosed with other cancers are also invited to attend – there is room at the table for everyone. The meetings are informal and last about one hour. Feel free to bring your lunch. For more information call 945-0827.

Dementia Care Partners Support Group

Thursday December 19 & Thursday January 16 - 6pm Countryside office 415 S. Crow Street
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. For more information call 945-0827.

Stroke Support Group – for patients and family members

Tuesday December 17 & January 21 at noon - Countryside office
Newly formed support group for stroke survivors, their spouse &/ caregivers. The format will be group discussion, guest speakers and more. Feel free to bring your lunch. For more information call Cindy M. or Maxine at 945-0827.

Avera Community Programs

Avera St. Mary’s Women’s Cancer Support

January 10th at noon (2nd Friday of the month)
Helmsley Center Cafeteria conference room - This group is open to women of all ages who are dealing with any type of cancer. For more information contact Gloria 224-3100 or gloria.rowen@avera.org

Avera St. Mary’s Men’s Cancer Support

December 20th & January 17th at noon (3rd Friday of the month)
Helmsley Center Cafeteria conference room - for men who have any type of cancer. For more information call Gloria 224-3100 or gloria.rowen@avera.org

Perception....Reality

Have you ever been absolutely sure of something...until someone gives you positive proof that you were wrong? And even then did you shake your head and say something like "I could swear that...."

That happened to me last week; I was certain about a piece of information that I was sharing and then someone said "I don't think that is right". A friendly but spirited discussion followed that went something like this: "yes it is", "no it isn't" until my coworker found the correct information. I was wrong. Dang, you gotta hate it when that happens.

Did I deliberately tell a piece of misinformation? Was I testing my co workers to see if they knew what the real scoop was? Nope, I just remembered it differently. And it was so real to me that I would have placed money on my facts being correct.

My perception was my reality.

Fortunately for me, when the right information was presented I could take it in and recognize my error. The misinformation was gone, replaced with the correct facts.

Unfortunately for patients with memory loss their perception cannot be changed. We know that what they are saying is not accurate but no matter how many times we try to correct or feed them new information it just doesn't stick. They aren't being stubborn it is simply a case that their perception is their reality. Period.

Millions of hours have been spent trying to "re-orientate" patients that appear confused. We have tried verbal cues, written cues, coaxing, positive reinforcement and even punishment to try and bring them into our reality.

The result is often frustration, maybe anger and at times outright combativeness or withdrawal. Trust is broken as the patient views us as someone who doesn't believe them. Self-esteem and confidence takes a nosedive as patients feel they can do nothing right. Hearts are broken and denial is paramount as families are faced with the reality of the situation.

Our new, improved thought process is to simply join the patient in their reality. Instead of trying to force the issue we redirect or pick some piece of their perception to focus on. If they are insisting they are going to have lunch with a long deceased relative we can talk about how wonderful it would be to see that person and what should we have to eat.

Hopefully the result will be a pleasant trip down memory lane during which both the patient and family or caregiver can smile and relax. This doesn't happen easily as it is in our nature to try and coax our loved ones back to us.

Memory loss is indeed a roller coaster of emotions for all involved, but perhaps we can regain some semblance of control by changing our perception – to meet their reality.

Tree of Lights Memorials and Donations...

Tom Adam
Jack Tople
Carrie Mikkonen
Peg Henson
Lester Smith
Grant Gormley
Roger Pries
by
Gerry & Nancy Cutshaw

Don Saylor
Justin Saylor
by
Ardell Saylor

Don Anderson
Maggie Oliva
Beth Flagstad
Irene Caldwell
Priscilla Sommer
Bev Clauson
Marge Olson
Curt Neuharth
Justice Steve Zinter
Jan Larson
Beverly Smith
Ray Henderson
Susan Mollison
Kevin Kusler
Evalin Wall
John J. Lee
Pat Pearson
Albina Stageberg
Bruce Baker
Mike Youngberg
LaVon Lidel
Carrie Mikkonen
JoAnn Klein
Roger Pries
Mary Ann Nielsen
by
Anne Anderson

Maudie & Jim Harding
Venice & Louis Stokstad
by
Lee & Beth Dyer

Roger Pries
by
Joan Trautner
Jerry & Paula Hunsley
Deb Fahey

Joe LaFaive
Larry Nagel
by
Tom & Irma La Faive

Raymond Henderson
Bruce Baker
Marva Parsons
Carrie Mikkonen
Barbara Spears
Georgia Ann McFarland
Richard Repstein
Evalin Wall
Rolf Hope
Kevin Kusler
Wanda Trumble
Phil Ellwein
by
Nadine Henderson

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

Grant Gormley
by
Martha Brost
Jerry & Paula Hunsley

Bruce Baker
June Baker
by
The Verne Baker family

Ron Lawrence
Grant Gormley
Marva Parsons
by
Rosemary Rounds

Grant Gormley
Carrie Mikkonen
Marva Parsons
by
Dick & Rita Wendt

Tim Tobias
Monty Carter
John Stengle
Susan Mollison
Lyle Ebert
Donna Rankin
Wanda Ness-Trimble
by
Paul & Dawn Marso

Kathy Williams Mews
By
Penn & Roberta Williams

Denny Zabel
Ruth Weverstad
by
Connie & John Pohlman

Jim Valnes
Lavon Lidel
by
Bev Badger

Tim Tobias
Roger Lemkuhl
Nellie Kempema
Jim Valnes
Marva Parsons
by
Cathy & Gaylord Sonnenschein

Lester Smith
by
Judy Ramler

Ann Hasek
Michael Hasek
by
Harry Hasek
Karen Hasek

Bonnie Korkow
by
Don Korkow

Philip & Alvena Eckert
Ted & Marie Schmitgen
Brenda & Mark Traut
Lloyd Oldenkamp
Roy Quatier
Olin Peters
Marsha Sander
Harold Foote
Donna Eckert
by
Gary & Grace Schmitgen

Our family & friends
by
Jan & Dusty Kracht

M.E. (Red) Hullinger
Larry Harvey
Millard Harvey
Henrietta Harvey
Jackson Hullinger
by
Audrey Hullinger

Tree of Lights

Kermith & Florence Edge

by
Sharon Stone

Joe & Catherine Cholik
Bud & Thelma Beastron

Jack & Pat Lehecka
Kevin Cholik
by
Clare & Darin Charlson

Benjamin Gienger

Mary Gienger
Steve Anderson

Marie McIntire
by
Sharon Gienger

Jim Stukel

by
Don & Shirley Sandal

Roger Pries

Bruce Baker

Grant Gormley

Shirley Fanger

Lester Smith

Charles Kohler

Betty Novak

Ruth Kilber

by
Frank & Carol Newcomb

Lowell Glover

by
Bonnie Glover

Mearl & Gertie Hullinger

Harold & Mary Kaiser

Allen Feddersen

Cliff & Viola Shroyer

by
Delvin & Cleo Shroyer

Shirley Iversen

by
Freda Peters

Chet Hiller

Lisa Hiller

Herbert & Kathryn Auch

by
Mary Hiller

Ron Lawrence

by
Fred & Julie Waxler

Mary Ann Nielsen

by
Family & friends
Olivia Johnson
Kevin & Mary Jensen
Bob & Noreen Jensen
Nancee & Tom Johnson
Galen & Linda Theobald
Diane & Jeff Rausch

JJ & Jill Linn
Lois Byrum
Frances Welch
Brad & Susan Urbach
Nance Orsbon
Bruce & Luann Johnson
Emily Steber
Fern Barnett
Gary & Susan Shepherd
Bill & Carol Klapperich
Marlys Frederick
Susie & Todd Oligmueller
Karen & Billy McCue

Odean & Donna Solberg
Sue Ziegler & Jim Reeves
Lisa Larson
Daryl & Sherry Theobald
Betty Windschill
Shari Forney
Helen Zander
Class of '77
Stacy Larson
Shirley Hinzman

Karl & Jean Hoepfner
Jim & Marilyn Vietor
Jeri & Bob Wilcox
Tom & Peggy Huber
Nancy & Jon Gonsor
Jim & Janice Minder
Julie & Tim Paluch
Curt & Mary Lou Goehring
Elwin & Velma Becker
Buddy & Danette Cronin
Sandra Kangas
Donna Park
Jayne & Ted Parsons
Doug & Karen Sorensen
Lisa Larson

Dale List

by
Dale & Donna Gohl

Rubien Brandon

by
Michael & Nola Rae Ambur

Dennis Zabel

by
Betty Garrett

Donald L. Rollie

by
Pat, Mark, Paul
Diane & Dean Rollie

John Irvine

Jerry Tibbs
Roger Lehmkuhl

Carrie Mikkonen
by
Dale & Joyce Tipton

Joe F. Cholik

Catherine Cholik

Kevin Cholik

Pam Templeton

Elsie Haddock

by
Rob & Shelia Haddock

Steven Russell

Bill & Marj Russell

Marvin & Lyndal Wilson

Eldon Russell and Kevin,

Shannon & Shelly

by
Sondra Russell

Jean Lahman

Tom Adam

Norman Butzman

Betty Novak

Wanda Hall

Shirley Fanger

John Irvine

Don Bollweg

by
Sondra Russell

Olive & Dayton Canaday

by
Sid & Dennis Gran

Don & Beverly Kritz

by
Kandace Kritz

Janie Downs

Jackie Downs

Mike Downs

by
Ruth Downs

In Loving Memory of ...

Cam Cowan
Arlene Schaefer
by
Mike & Cheryl Cowan

Harold & Margaret Rankin
Dorothy & Oris Authier
Karla Abernathy
Susie Rankin
by
Karen Authier

Barb McQuiston
Grant Gormley
Roger Pries
by
Geraldine Ray

Raymond Hinsey
Mazen Hinsey
Glen Garrett
by
Sharon & Jim Menzel

Eleanor & Bert Hunsley
Don & Nancy Hunsley
by
Lilla May Hunsley

Avera @ Home Hospice

Dr. B.O. Lindbloom
by
Karen Lindbloom

Ron Lawrence
by
Bob & Shirlee Miller

Marva Parsons
by
Bev Badger

Roger Pries
Tyler Wilcox
J.D. Weischedel
by
Brent & Mona Pries

Ron Walgamuth
by
Grace Fields

Frank Droz
by
Vern & Jeanne Olson

Jim & Rita Benham
Ken Beck
Marva Parsons
Carrie Mikkonen
Dalton Williams
Roger Pries
by
Jamie & Steve Beck

Florence & Lawrence Koupal
Bernie Heermann
by
Meredith & Duane Heermann

Chris & Gert Christensen
John & Margaret Hostler
Rolland & Louise Hostler
Ida & Robert Broberg
by
John & Judi Hostler

Verly & Louise Wosepka
by
Jim & Nora Wosepka

Rev. Edward Crowson
Rev. Barbara Crowson
by
Tom & Anne Plooster

Elvin Hoffman
Betty Kramer
Brenda Hoffman
by
LaVina Hoffman

Mearl & Arlie Stolley
by
Kenneth Stolley

Glen Ramser
Roy Ramser
Linda Hook
Darwin Hook
by
Rocky & Ronelle Hook

Carol Anderson
Roger Pries
Tom Adam
Grant Gormley
Marva Parsons
Dixie Lindsley
Eric Robinson
John Irvine
by
Dennis & Shirley Eisnach

Clifford Fravel
On your 13th birthday in heaven
It would have been your 100th
birthday December 17 on earth
Still missing you everyday
Love, Randy & Linda Vevig

Norman & Doris Neilan
You are especially missed during
the holidays!
Colleen, Cindy & Candy

Craig Thompson – *my dad*
whose birthday was Christmas
Day

Dr. B.O. Lindbloom
Our family doctor and friend

Marlin McKenney
Gone for a year now but not
forgotten

M.C. & Mary Jean Lomheim

Faye Vevig
On her birthday Christmas Day
Love and miss you mom,
Randy & Linda Vevig

Harold Obenauer
On his birthday December 27
Elda Obenauer

In Loving Memory of ...

**Norm & Margo
Merriweather
Nova & Irene Palmer**
Still miss you so...
Gary & Connie Palmer

Deb Bowman
by
Randy Bowman

Carol Fiala

We miss you -
Mark & Deb Wixon

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

Marie Lamm
Bob & Beth McInnis
Susan & Bob
Marrington
Ralph Dirksen
Joe & Kathy Gittings

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

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

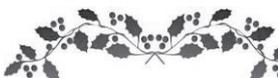
John McInnis
Joe & Kathy Gittings,
Susan & Bob Marrington,
Bob & Beth McInnis,
Sam Treib,
& Ralph Dirksen

In loving memory
of
Roger Lehmkuhl
with love,
Frank Turner
Jasmin Fosheim

In loving memory of our grampa,
Bob Hartford
Watch over us in 2020!
Hannah Westall, Clara, & Nick Buchal, Lucy Westall
Sophie Hartford, Grace Johnson, Ellie Johnson,
Colton Hartford & Addie Johnson

Thinking of my
parents
this holiday season
Emil & Peggy Koth
by
Janice & George Wang

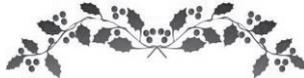
In honor of
the November
birthdays
of
Art Ramsey
Crystal Glasshoff
By Bill & Phyllis
Zimmerman



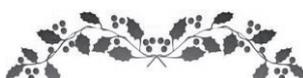
In loving memory of
My husband
Tom Clack
on his birthday
December 2
by
Sigrid Clack



In honor of all our
friends & relatives who
have passed away
by
Roy & Charlotte Hiller



Roger Lehmkuhl
from
The Schumacher family
The McLaughlin family
The Schmitz family



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, fuel, alcohol, prescriptions, hunting and fishing equipment, clothing and anything else you can find in the store - at any of their locations. Please remember us when you purchase your Christmas meal items, a bottle of wine or a new gun! Receipts can be dropped off at the Countryside office or the thrift store.

Thrift Store update...

Have you ever wondered who is responsible for stocking and pricing all the Christmas "stuff" at the thrift store? Well it starts with our inmate crew who accepts and sorts the incoming donations throughout the year. Then Bill schleps them to the storage unit - meticulously arranging and stacking boxes so they can come back to the store in a timely manner - and in the right order - roughly 2000 boxes plus trees total. In October the boxes start returning to the store and they are priced and stocked by thrift store staff and a group of volunteers (who work mostly evenings and weekends) Everything in the store gets shifted to make room for the decorations and a prayer goes up that it will all sell by the new year. In January it starts all over again. What a great team - our thanks.

Countryside Hospice Support & Memory Center
415 S. Crow St.
Pierre, SD 57501

Return Service Requested

NON-PROFIT ORG.
U.S. Postage
PAID
Pierre, SD 57501
Permit No. 76

St. Benedict's Guest House donations: Cleo & Delvin Shroyer, Freda Baker, Avera St Mary's Foundation, Randy & Deb Olson
Allen & DeVandolyn Gibson, Mary & Wilbert Fenger, Leticia Gilmore, Nancy & Marc Hoines, Judene Holan, John & Karen Palmer,
Barbara Anderson, Gwen Candee, Penn & REoberta Williams, Rob & Shelia Haddock, M.C. & Mary Jean Lomheim, da Obenauer,
Randy * & Linda Vevig, Larry & Anna Cvach, Mike & Cheryl Cowan, Karen Authier, Fritz Rasmussen

Pennies for Robert: Mary Hiller, Fred & Julie Waxler, Richard Ivey, Bureau of Information & Telecommunications, Barbara Anderson,
Geraldine Ray

Memory Center donations: George & Janice Wang, Dennis & Sid Gran, Gail & Larry Lyngstad

Memberships- Fred & Julie Waxler, Boyd Roseland, Kay Johnson, Joan Sterling, Irma & Tom LaFaive, Gary & Grace Schmitgen,
Florence Christian, Jan & Dusty Kracht, Sharon Gienger, Robert & Jean Ricketts, Dick & Rita Wendt, Violet Hines, Dennis & Sid Gran,
Ruth Downs, Fritz Rasmussen

Donations- Kay Johnson, Leonard & Cheryl Chick, Florence Christian, Violet Hines, Dakotamart *We Care Program*

THIS GIFT IS FROM:

Name _____

Address _____ Phone _____

PLEASE USE MY GIFT FOR:

- Memorial Memory Center Membership Avera@Home Pennies for Robert St. Benedict's Guest House
hospice care Cancer patients' travel Lodging for cancer patients

<i>In Memory /Honor of</i>	<i>Please notify (address if possible)</i>
<i>Memory/honor</i> _____	_____
<i>Memory/honor</i> _____	_____
<i>Memory/honor</i> _____	_____
<i>Please charge my credit card \$</i> _____ <input type="checkbox"/> <i>MasterCard</i> <input type="checkbox"/> <i>Visa</i> <input type="checkbox"/> <i>Discover</i> <input type="checkbox"/> <i>American Express</i>	
<i>Card Number</i> _____ <i>Expiration Date:</i> _____ <i>CVV:</i> _____ <i>(3 digit code on back of card)</i> <i>(or 4 digit code on front of AMEX)</i>	
<i>(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!</i>	