



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

February 2020

Countryside's

32nd Turkey-N-Biscuit Supper
April 2, 2020 from 4:30-7:00 p.m.

Take-Out Available

\$10.00 Adults \$5.00 Children 12 & Under

First United Methodist Church

117 N. Central, Pierre, SD 57501



Through the years we have done most fund raisers known to man, everything from concessions at the Fort Pierre Turkey Races to dumping bright yellow ducks in the river and of course the infamous Cow Pie Bingo. The turkey supper has outlasted them all and we are glad – it is not only a great night of food but also a wonderful time of fellowship. When the tables are full and the noise level rises you know an event is successful. We love seeing familiar faces each year and always hope they will bring their friends along. We look forward to seeing you in April.

The Turkey supper is one way that Countryside raises funds for our community programs. The remainder of funding comes from your donations and proceeds from the thrift store. In the past nine months this is what you have made possible:

\$77,000 for memory screens and support for patients with dementia and their caregivers

2,045 to Pierre Area Referral in vouchers for clothing and household items

99,765 in travel funds for cancer patients through the *Pennies for Robert* program

64,583 to furnish St Benedict's Guest House and funding for overnight stays

83,558 to Avera @ Home Hospice for patient care, supplies, non-emergency ambulance transports & more

\$326,951 directly provided to the community

And this doesn't include the breast cancer support group, the dementia caregivers group or the newly formed stroke support group. It also doesn't include the one on one visits on the phone or in the office with patients and family members who have questions about the memory center screening process.

Thank you for your donations, your support of the thrift store and coming to eat turkey with us...

St. Benedict's Guest House update...

How are things going at the guest house? It is great to smell coffee brewing early in the morning and hear laughter as guests gather in the kitchen to visit. And best of all cancer patients and their caregivers have a quiet, private retreat at the end of their day. Thank you for making it possible.

Countryside Memory Center

Memory is a fickle thing. Last week I went to the grocery store and left my list on the kitchen counter. There were 12 things on the list and I remembered them all. Then the next night I left the oven on for 2 hours after I took the food out and for some reason the pepper shaker was on the end table in the living room. Sound familiar?

I know I try to do too much at once – it's the way I am programmed and it worked when I was younger but now, not so much. So I need to be more intentional in my conversations and activities. Try to be present in the moment and truly listen to what is being said. Finish one task before I start another and consciously try to remember where I place things so they can be retrieved. I've always been a list maker but now I need to be even more diligent about writing things down.

Simply put, I need to take care of my brain. As we age I think all of us want to function as well as possible for as long as possible but for some reason many are resistant to making even small changes that could improve their day to day memory function.

At the memory center we see patients with varying degrees of memory loss. For some it will be a progressive process but for others their memory may actually improve if they make some changes.

For example:

- If you don't sleep well, you snore and toss and turn, you may benefit from a sleep study. If your physician recommends a CPAP at night – use it – if it doesn't fit – try a different kind – be persistent and you may see a difference in how you feel and think.
- Tylenol PM is not your friend. If you have difficulty sleeping there are other options, the Benadryl in many sleep aides can impact your cognition and leave you feeling hungover.
- If you have stopped going to coffee group, church or the movies because you can't understand what is being said it might be time for a hearing evaluation.

It makes sense that you can't remember what you didn't hear in the first place.

- Many people struggle with depression and anxiety on a daily basis – if left untreated it can lead to isolation, lack of concentration and memory concerns. When you are struggling to get out of bed in the morning it's tough to think about keeping your mind and body in tip top shape.

Medication and talking with someone can help – you deserve to feel and think better.

- If you have vascular risks such as high blood pressure, diabetes, smoking, there is much you can do to help your memory – stop smoking and work to keep your blood pressure and blood sugars in normal range with medication, exercise and good nutrition.

If you have concerns about your memory call 945-0827 to make an appointment at the Memory Center for a free screening. All information gathered is confidential, it gives you and a family member the opportunity to talk about what is happening and provides recommendations for medications or lifestyle changes that may make a big difference.

Also, if you have a family history of Alzheimer's or other dementias you may want to schedule a baseline screen even if your memory is intact – this gives you a starting point in case your memory changes down the road .

Since 2011 over 1078 memory screens have been provided for 560 patients by the Countryside memory team.

Countryside Community Programs

Breast Cancer Survivors

February 20, March 5 & 19 at noon - Countryside office 415 S. Crow St

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, February 20 & March 19 - 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, February 18 & March 17 at noon - Countryside office 415 S. Crow Street

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

March 13 at noon (2nd Friday of the month)

Helmsley Center Cafeteria conference room.

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

February 21 & March 20th 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

Edgewood Programs

Parkinson's Support Group

March 19 – noon – 1 pm

Third Thursday of the month

Mabel's Caregiver Support Group

(Alzheimer's Support)

March 4, 2020 - noon to 1pm

1st Wednesday of the month

Thrift Store update

Bathing suits and flip flops

2507 Volunteer hours for December & January! This includes thrift store, board members, newsletter crew, Verna for tallying Dakotamart receipts ...thank you all!!

The Christmas rush is over and we are busy cleaning and rearranging at the store. While we still have plenty of winter items we also have clothing items, accessories and a great selection of books for those who will be traveling or cruising the next few months to escape the cold.

Recycling and sharing

We do our best at the thrift store to recycle, we have a bin for our pop cans and cardboard, cotton t-shirts that we are unable to sell are bagged for cleaning/painting rags, a volunteer cuts buttons off discarded shirts, we sell the buttons and she makes quilts from the shirts, we reuse plastic grocery bags for purchases and newspaper print to wrap breakables. We support local agencies and communities through donations of clothing, shoes, books, toys, kitchen items, linens etc. this includes: The Right Turn*Pierre Indian Learning Center * PARS * Birthright * Eagle Butte * The Gold Program * The Helmsley Cancer Center * Day Care Centers * American Red Cross * Nursing Homes * Avera St. Mary's Hospital* SE Methodist Church * Oahe Child Development Center. Thank you for giving us plenty to sell and to share.



Merry Christmas Countryside! Gifts from the community included:

No Shave November proceeds from FHWA – SD Division; DOT Planning and Engineering – Pennies for Robert fund raiser (top and bottom pictures) and for St Benedict's guest house - supplies from BankWest employees, gift cards from members of Grace Lutheran Church of Hayes, and First National Bank *Caffeine for a Cause* donation.



The Breast Cancer Support Group decorated a white tree with pink feathers in honor of their years of survivorship after diagnosis and Century Link decorated a tree at the capitol in honor of Countryside!



Memorials...

Carol Fiala

by
Gary, Debbie & David Fiala

John & Anne Woods

Burton & Anna Warne

Jack Fifield

by
Maynard & Mary Greenfield

Phylliss Bauske

by
Leonard & Janice Deal
Charlene & Sonny Reed
Lisa Larson

Betty J. Manke

Daisy Mernaugh

Mary Ann Nielsen

Mike Shaw, Sr.

by
Nancy Thomas

Chad Weber

by
Karen & John Storsteen
Roger & Bonnie Hagenlock

Michael H. Shaw

by
Shirley Licht

Dale List

Monty Carter

Ron Lawrence

Don Bollweg

Lyle Ebert

by
Bill & LaVonne Kelly

Ron Lawrence

by
Ken & Twyla Bartholomew

Mike Shaw, Sr.

Jerry Leidholt

Don Bollweg

Grant Gormley

Dennis Zabel

by
Karen Zakahi

Carol Owens

by
Chad & Pamela Collins
Pete & Patty McGee

Kay Wahl

by
Stan Wahl
Family & Friends
Lari & Linda Ott

Paul Inman

by
Charles Kirkpatrick
Andy & Janice Deis

Paul & Nina Volk

Phyllis Hunsley

Phylliss Bauske

by
Jerry & Paula Hunsley

Carol Owens

Mary Morin

by
Neil & Kathy Davis

Marie Tedrow

by
Katherine & Paul Patterson

Bob Hofer

by
The Koch Family
Dick & Rita Wendt
Roberta & Penn Williams
Frank & Martha Brost
Lynn & Jane Metzinger

Clyde Jundt

by
Dale & Donna Gohl
Wahneta Schweigert

Clyde Jundt

Lois Sharp

by
Orville & Mary Jo Gran

Paul Inman

Bob Hofer

Hap Dodge

Clyde Jundt

by
James & Joan Likness

John Irvine

by
Dolores Irvine
Family & Friends

Ben Hart

by
Murray & Nancy Ketteler

Hap Dodge

by
Lynell Asher

Kurt Neyhart

by
Andy & Janice Deis

Paul Inman

Bob Hofer

Clyde Jundt

Chad Weber

by
Norm & Joann Weaver

Lenore Coble

by
Terry & Kay Moore

Lloyd Bren

by
Jackie Marso
Patti Petersen

Mike Shaw, Sr.

Daisy Mernaugh

Kay Wahl

Grant Gormley

Roger Pries

Tom Adam

by
Holly & Pat Hoing

Lloyd Bren

Kurt Neyhart

Clyde Jundt

by
Anne Anderson

Mike Shaw, Sr.

Carrie Mikkonen

Grant Gormley

Steve Zinter

Kevin Kusler

Albina Stageberg

LaVon Lidel

Mary Ann Nielsen

Ron Lawrence

Betty Novak

John Irvine

by
Dr. Richard & Mary Jean Schoessler

Memorials and Donations...

Phyliss Bauske
Bob Hofer
by
Craig & Dorothy Smith

Karla Abernathy
Roger Lehmkuhl
Dale List
by
Kathleen Gengler

Larry Alexander
Kirk Barth
Lanny Blake
Ray & Faye Brooks
Bruce Fuller
Sharla Garrett
Paul Inman
John Irvine
Tony Klein
Charles Kohler
Ron Lawrence
Burt Lounsbury
Carrie Mikkonen
Curt Neuharth
Dan & Mary Parker
Marva Parsons
Roger & Suzanne Pries
Don Rounds
Amanda Sprenkle
Steve Zinter
by
Roger & Marla Fuller

Kay Wahl
Bob Hofer
Suzanne Pries
Tony Klein
by
Dennis & Shirley Eisanach

Tony Klein
by
Bob & Shirlee Miller

Kay Wahl
Suzanne Pries
by
Larry & Barb Joy

Clyde Jundt
Tony Klein
by
Verne & Frieda Baker

Tony Klein
Suzanne Pries
by
Andy & Janice Deis
Anne Anderson

Galen B. Gillette
by
Mary Gillette

Clyde & Elaine Jundt
by
Dean & Cookie Hyde

Paul Inman
Clyde Jundt
Bob Hofer
Tony Klein
by
Dale & Joyce Tipton

Lloyd Bren
Clyde Jundt
by
Mabel & Myron Kusler

Suzanne Pries
by
Dale & Donna Gohl

Pauline Severin
by
Herb & Arlene Pitan

Paul Inman
Clyde Jundt
by
Karen Zakahi

Bob Hofer
Paul Inman
by
Art & Mary Rezac

Grant Gormley
Bob Hofer
by
Connie Colwill

Roger & Suzanne Pries
by
Family & Friends
Kelly Kruse
Mack & Karen Wylly
Diana & Gordon Hettinger
Vernon & Jacqueline Miller
Jim & Annie Mehlhaff
John & Kristi Berheim
Dale & Eileen Bertsch
Bob & Janet Judson
Randy & Alice Wright
Don & Shirley Sandal
Maxine Tessier

Beverly Smith
by
Lloyd & Alvena Thompson

Bob Hofer
Suzanne Pries
David Hand
by
Bernard Stoesser

Tony Klein
Paul Inman
Evalin Wall
by
Tom & Nancy Scheinost

Memberships: Mary Jo Askew, Mary Gillette, Beverly Jennings, Larry & Gail Lyngstad, Lynn & Jane Metzinger, Bob & Shirlee Miller, Patti Petersen, Art & Mary Rezac, Dr. Richard & Mary Jean Schoessler, Len & Sandy Sheppard

Donations: Anonymous, Kate & Don Boyd, Kenny Caldwell, Larry & Anna Cvach, Dept. of Social Services Jeans Day donations, Gateway Ford Lincoln Toyota, Jefferson Elementary School Staff, Jane Metzinger, Oahe Foundation-Wallace R. Halverson Irrevocable Trust, Dwight Pogany, Don & Pam Templeton, Randy & Alice Wright

In Honor of a 39 year
Friendship – Jerre Willis
by
Dorinda Timmons

In Honor of
Mr. & Mrs. David Timmons
by
Jerre Willis

In Loving Memory of ...

Marcia Burrows
John
Janet – Deb – Susan -
Dawn

*In memory of
our brother*
Jack
*on his January 27th
birthday.*
Love, Sonny & Charlene

Carol Fiala

*We miss you -
Mark & Deb Wixon*

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

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

Rol Kebach
on his birthday
January 14th
by
Ruth L. Downs

Thomas Corcoran, Jr.
Viola & Thomas Corcoran, Sr.
Miss all you guys SO much for Christmas traditions.
Love,
Carmen & Josh

In memory of
Mother Jean
and
Uncle Bob
who lost their
battle to cancer
in 2019
by
David & Dorinda Timmons

In memory of
Lee Roy Eisenbeisz
Happy Valentine's
Day
Love, Irene

In memory of
Amanda Weaver Sprenkle
and her uncle, Gordon Baumgart
with love from
Deloris Baumgart

In memory of
Jim & Lenore Coble
Special Friends
by
Avys Johnson

Don Rounds
Remembering you on your
2nd anniversary in Heaven.
I miss you.
Rosemary

Pat Stoeser
Happy Birthday
February 5th
Love & miss you.
Bernard Stoeser & families



Thank you to
Gateway Ford Lincoln Toyota
for your recent donation!.

Pictured left to right:

Gateway General Manager Chris Kelly,
Countryside staff members
Brandee Long and Holly Hoing



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415 S. Crow St.
Pierre, SD 57501

Return Service Requested

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

We Care Program – Lynn’s Dakotamart

Thank you to Lynn’s Dakotamart for this wonderful community program. For every \$10,000 we collect in receipts Lynn’s donates \$100 to Countryside. Please save all your receipts – every department counts including gas, pharmacy, food, clothing, and sporting goods. Receipts can be dropped off at the Thrift Store or the Countryside office.

*****Please note our new address when sending in your donations – 415 S. Crow Street, Pierre, SD 57501*****

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

MY GIFT IS:

In Memory/Honor of _____

Please Notify (include address if possible) _____

We Accept Credit Cards...Please call us at 605-945-0827 and we will process your information over the phone!

www.countrysidehospicesupport.com

This newsletter contains donations processed through February 6th. The cutoff date for the March newsletter will be March 5th.