



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

March 2020



32nd Turkey - N - Biscuit Supper

April 2, 2020 from 4:30 -7pm

First United Methodist Church – 117 N. Central

\$10 Adults

\$5 Children 12 & under

Take out available

The Turkey Supper is rapidly approaching and hopefully so is spring! We look forward to this annual event, not only as a fundraiser but as a chance to connect with the community after a long winter. We see many familiar faces throughout the day as volunteers gather to make gravy, bake biscuits, set and bus tables, cut pies, sell tickets and clean up. We couldn't do it without this team, many who have been present for all 32 dinners, oh the stories they could tell!

Last year we set up extra tables in the dining room – it provided great space not only for the meal but also time for visiting and catching up. We hope you will join us this year – come hungry and don't forget to snag your favorite piece of pie before you eat!

If you would like to help with this event we still need volunteers, please call Laurie at 945-0827 for information on work slots that are available. We also need a variety of salads - mixed greens, fruit, macaroni etc. - we will have coleslaw available. Pies are always appreciated. Pies and salads may be dropped off at the church anytime on April 2.



This is a picture of a cowboy hat on a stool in the entryway of St. Benedict's Guest House... a great example of the little things that make a house a home.

St. Benedict's Guest House Update

January was our busiest month as we had 7 guests for a total of 84 nights! We had 2 guests that stayed during their 6 weeks of radiation and others who were here for a night or two. We wish you could have been here as the guests gathered in the kitchen to share a meal and get to know each other – there was storytelling and much laughter – just as we had hoped.

A special highlight was a meal delivered by the NPP's (non physician providers – PAs, Nurse Practitioners) from Avera Medical Associates Clinic. The days get long for guests who are doing radiation – their appointments take 15 minutes or less a day and that leaves a lot of down time so the arrival of a meal, complete with smiling faces and a baby was a welcome respite!

Thank you to everyone who has helped stock the kitchen – we are happy to report that there has been some very tasty stew, soup and desserts prepared in what will always be Sr. Sandra's kitchen.

Pennies for Robert

In the past month **Pennies for Robert** has provided \$9,190 for 70 trips for cancer care

Loose change adds up quickly. Recently a St. Benedict's guest saved her change while staying at the house. When she left there was a jar filled with pennies, dimes, nickels and quarters. The end result was \$37 in travel funds for a fellow cancer patient. Paying it forward, one penny at a time.

Countryside Community Programs

Breast Cancer Survivors

March 19 at noon - Countryside office, 415 S. Crow Street

Please check our website for the first April meeting date - www.countrysidehospicesupport.com

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, March 19 - 6pm (third Thursday of the month) 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, March 17 at noon (third Tuesday of the month) Countryside office, 415 S. Crow Street

Newly formed support group for stroke survivors, their spouse &/or 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

April 10 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

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

Thrift Store

Spring Easter is all over the Thrift Store – there are frilly dresses for little girls, pastel sweaters and dresses for mom, fuzzy bunnies and Easter baskets of all sizes. Speaking of Easter baskets remember they aren't just for kids! They make great gifts for someone in the nursing home, a hostess gift or a thank you – we have all sorts of ideas to fill them - a little piece of jewelry, a belt buckle, a funky pair of socks or a good book.

Speaking of gifts – a Thrift Store gift certificate is perfect for every occasion including birthdays, a thank you gift, or Mother's Day. If you have grandchildren coming to visit a \$5 gift certificate will not only buy several treasures it also keeps them busy as they check out every nook and cranny in the store. Gift certificates may be purchased at the Thrift Store or the Countryside office at 415 S. Crow St.

Join us for a discussion on end of life decisions

Tuesday, May 5th at noon – Helmsley Center Board Room - 3rd floor
or
Tuesday, May 5th at 7pm – Helmsley Center Board Room -3rd floor

If you had a life threatening illness, would your family be able to make health care decisions for you? Would they know what you want to have done, or more importantly, what you do not want at end of life?

Bringing up the topic of decision making at end of life is never popular – in fact it can bring a conversation to a screeching halt. However, think of the advantages of starting this discussion when you are healthy and not in crisis mode. Obtaining information, considering your options and talking with your family is best done at the kitchen table – not at the bedside.

Starting this discussion early helps you obtain the information needed to make good decisions, it also allows time for family discussion – as uncomfortable as it is – and communicates to your loved ones what is most important to you. Advance directives for healthcare is a gift for your family.

Presenters will be Karen Gallagher, VP of Mission at Avera St. Mary's Hospital and Holly Hoing, Countryside Hospice Support & Memory Center.

Driver Rehabilitation program

Possibly the most difficult conversation that families have is when someone is no longer safe to drive. Our daily lives are often centered on driving. Our vehicles get us to our job, church, coffee groups and the grocery store. Even if family members identify a driving concern they are often reluctant to bring up the subject for fear of offending or upsetting the family member. It is easy to rationalize that since we live in a small community, and often the driver has a set route, it is safe to continue the use of a car. But what happens if there is road construction and the usual route is disrupted? Or how will they feel if there is an accident and someone is injured?

Avera Therapy is providing driving assessments to help identify barriers to safe driving including: adaptive equipment needed, eye-foot-hand reaction time, memory/cognitive skills needed for driving, physical factors that affect driving, safety and judgement and understanding traffic signs/roads rules.

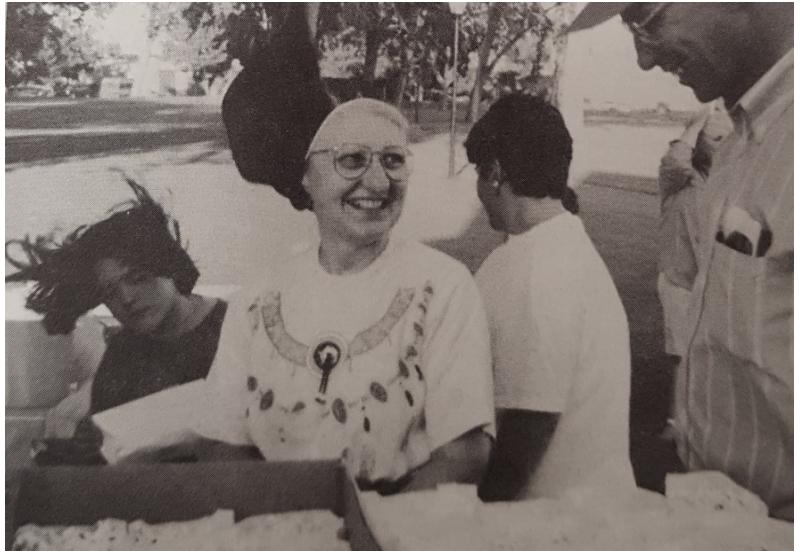
What are some signs that a driving assessment is needed?

- Damage to the vehicle (often unreported)
- Traffic tickets or warnings
- Experiencing road rage
- Getting lost
- Anxiety about getting to routine places
- Not paying attention to other vehicles
- Difficulty/failure to check rear view mirror
- Difficulty moving foot from gas to brake
- Difficulty concentrating

The assessment is a two part evaluation which is done in the clinic and behind the wheel. After the evaluation you will receive feedback and possible recommendations.

There is a fee for this assessment, for more information call Avera Therapy in Pierre 224-3162. Assessments are also available at other Avera Therapy locations. Brochures are available at the Countryside office 415 S. Crow St.

This issue is dedicated to the memory of Sr. Evelyn Sehn. Sr. Evelyn was instrumental in the development of Countryside Hospice in 1980. She made sure we thought through every step of the program and “sat on us” for two years before we started serving patients. In her mind it was so important to have all of our ducks in a row before the first patient was admitted because there would be no time to look back. She was so right. Sister served on the Board of Directors, cared for hospice patients in their homes and participated in more fundraisers than you could count. Her friendship, laughter, mentoring and compassion will live forever in the many lives she has touched. In her mind everyone was equal and deserving of care and support - we could only hope to carry on a fraction of her mission ...we will miss her.



In Loving Memory of ...

Marcia Burrows

John

*Janet – Deb – Susan –
Dawn*

*In memory of
the best friend a
girl could have,
Carrie Mikkonen
Miss ya, Nance*

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*

In memory of

Amanda Weaver

Sprenkle

*on her 41st birthday
by
Norm & Joann Weaver*

In loving memory of

Buddy Welch

on

*St. Patrick's Day and always.
Meg Ryland*



Curt Neuhardt

*Remembering you on
your birthday
March 9th
We love & miss you
Onie Neuhardt & family*

Todd Ramsey

*on your birthday April 2nd
We love & miss you every day.
You are forever in our hearts.
Pandora, Trista, Mike, Cody & Julie*



In memory of

"The Neighbors"

Don & Alice Allen
*by
Julian & Alberta Olson
Family*

Todd Ramsey

*on your birthday April 2nd
We love & miss you, Papa.
Gage, Berkley, Cort, Jasper & Josie*

In memory of

Sr. Evelyn Sehn

*We will miss you!
by
Countryside Staff*

Carve your name on hearts, not tombstones.

A legacy is etched into the minds of others



and the stories they share about you.

-Shannon L. Alder

Memorials and Donations...

Carol Fiala

by
Gary, Debbie & David Fiala

John & Anne Woods

Burton & Anna Warne

Jack Fifield

by
Maynard & Mary Greenfield

Tony Klein

Bernie Christenson
by
Al Kundert & Bev Krietlow

Carrie Mikkonen

Paul Inman
Roger Pries
Suzanne Pries
by
Karl & Jean Hoeppner

Betty Stoltenburg

Beverly Stoltenburg
by
Curtis & Roxann Everson

Tony Klein

by
Carla Sahr
Cindy Arch
Don & Shirley Sandal

Bernie Christenson

Alice Allen
by
Dennis & Shirley Eisnach

Roger & Suzanne Pries

Bernie Christenson
by
Norm & Joann Weaver

Clyde Jundt

Suzanne Pries
Tony Klein
Rick Auske
Bob Hofer
by
Gerry & Nancy Cutshaw

David Tony Schmidt

Donald Volmer
Ellen Volmer
by
Kim Schmidt

James Likness

by
Patricia Weeldreyer
Dale & Donna Gohl
Bob & Shirlee Miller
Doris Powell
Verne & Frieda Baker
Keith & Audrey Skrondahl

Mike H. Shaw

by
Frank & Carol Newcomb
E. James & Kathleen Hood
Elli Schwiesow

Bob Hofer

Tony Klein
by
Todd & Kara Hughes

Kevin Sarvis

Jim Likness
by
Karen Sharp

Mary Ann Nielsen

by
Mark & Karen Mogen

Terry Woodward

by
Jerry Grage

Dallas Brost

by
Jerry & Margaret Pier

Mike Shaw, Sr.

Janis Kelley
by
Marge Perry

Bernie Christenson

Jackie Nuttbrock
by
Eldon & Betty Lindquist

Jim Likness

Tony Klein
Bob Hofer
by
Karen Zakahi

Suzanne Pries

Ron Lawrence
Lloyd Bren
Phyllis Bauske
Mary Morin
Hap Dodge
Beverly Smith
by
Frank & Carol Newcomb

Roger & Suzanne Pries

Monty Carter
Ron Lawrence
Grant Gormley
Paul Inman
Clyde Jundt
John Irvine
Lloyd Bren
Bernie Christenson
by
Raymond & Betty McDorman

Joe Leutenegger

Charles Kroetch
by
Ray & Shirley Vik

Kevin Sarvis

by
Wayne & Nancy Kirkpatrick

Kathy Brosz

by
Steve & Julie Ellingson
Art & Mary Rezac

Clyde Jundt

Dave Garlow
Suzanne Pries
James Likness
by
Geraldine Ray

Judy Chambers

by
Carl R. Chambers

Bessie Husband

by
Dale & Donna Gohl

Nota Berg

by
Family & Friends
Barbara & James Anderson
Rev. Brad Urbach

Memorials and Donations...

<u>Frank Droz</u>	<u>Tony Klein</u>	<u>Vern Lohman</u>
<u>Lila Morse</u>	<u>Dale List</u>	by
<u>Clyde Jundt</u>	<u>Clyde Jundt</u>	Becky Monson
<u>Paul Inman</u>	<u>Tom Weber</u>	
<u>Grant Gormley</u>	by	
<u>Michael H. Shaw</u>	Gaylord & Cathy Sonnenschein	<u>James Likness</u>
<u>James Likness</u>		<u>Bessie Husband</u>
<u>Dallas Brost</u>	<u>Paul Inman</u>	by
<u>Kathleen Brosz</u>	<u>Clyde Jundt</u>	Anne Anderson
by	<u>Lloyd Bren</u>	
Joel & Carol Gengler	<u>Tony Klein</u>	<u>Kim Hughes</u>
	by	by
	Anita Baker	Richard & Anna May Masteller
<u>Paul Inman</u>		<u>Suzanne Pries</u>
<u>Bob Hofer</u>		<u>Clyde & Elaine Jundt</u>
<u>Hap Dodge</u>	<u>Helen Sutton</u>	<u>Kay Wahl</u>
<u>Clyde Jundt</u>	by	<u>James Likness</u>
<u>James Likness</u>	John "Matt" Sutton	<u>Paul Inman</u>
by		by
Nancy Thomas	<u>Tony Klein</u>	Ruth Schmidt
	<u>Bernie Christenson</u>	
<u>Tom Weber</u>	<u>Jim Likness</u>	<u>Kay Wahl</u>
by	<u>Tom Weber</u>	by
Karen & John Storsteen	by	Roger & Marla Fuller
Elda Obenauer	Craig & Dorothy Smith	
Mark & Ruth Smith		
<u>Alice Allen</u>		
By		
Family & Friends		
Carol Barge		



Memberships: Russ & Connie Albrecht, Thomas & Diane Bown, Gloria Hosman, Charles Seagren, Jerre Willis

Donations: Kenny & Kerry Caldwell, Scott & Jean Collison, Country Carpet & Flooring, Larry & Anna Cvach, Shirley Ducheneaux & Juan Fernandez, Don & Alta Gaarder, Roger & Bonnie Hagenlock, Jerry & Sheryl Hawkins, Mikel & Deborah Holland, Judene Holan, Keller Electric, Cotton Koch, Harold Koch, Leidholt, McNeely & Leidholt, Lynn's DakotaMart, Rose C. Andersen Malsam, MicroFix, Inc., Jim Mollison, Network for Good, Oahe Federal Credit Union, Elda Obenauer, The Paint Store, Marc & Jill Schmitz, Cleo Shroyer, Thomas & Karen Sindelar, Dean Wallace, Jan Wendte, Jeff & Sue Wendte, Jim & Trish Wendte, Jody & Leanne Wendte, Dave & Marlene Werner

*In Honor of
all of our patients past and present
by
Avera Cancer Institute
Pierre Oncology Team*

*Thank you to
Avera Cancer Institute Pierre Oncology
Team for your gift of food certificates
for guests at the St. Benedict's Guest
House.*

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

Return Service Requested

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ORG.
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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:

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!