



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

November 2020



“Which is more important,” asked Big Panda, the journey or the destination?”

“The company.” Said Tiny Dragon

James Norbury jamesnorbury.com@bigpandaandtinydragon

In late October we had a snow storm. It was much too early but it meant business. Wet snow slowly piled up and the roads in places were icy and rutted. Before pulling out on the main road one morning I waited for an approaching vehicle – it was a large older SUV pulling a small trailer and at the wheel was a woman in her mid-30s. Her hands were firmly placed at ten and two, she was leaning forward focused on the road while cruising along at 20 MPH. Sitting beside her and behind her were children of various sizes, all intently watching the road.

It was a slow drive to town. It was too icy to pass and besides there was this crazy thought that I didn't want her to make that trip – all 8 miles of it – alone. Crazy indeed, after all she had about a hundred kids in the car, she was far from alone. It was a relief to hit the city limits – she pulled into the driving lane and as I passed I looked over – her hands remained firmly on the wheel, eyes straight ahead, focused on her destination.

A quote by *Lao Tzu* states that *the journey of a million miles begins with one step*. One step and a deep breath for the mom about to drive icy roads, one step for a newly diagnosed dementia patient or a cancer patient working their way from diagnosis to recovery. A million miles at the mercy of the road beneath them accompanied by family and friends.

Recently a cancer patient called our office requesting travel funds – she said this is a “happy and a sad call”. She went on to explain this would be her last trip – her treatment was complete. Good, good news, it has been a long haul. Then I asked why it was a sad call – through tears she said “because I won't get to talk to all of you – you ladies have been an important part of my journey”.

This has been a tough year. We have missed fund raisers and at times closed the thrift store. But we haven't missed the opportunity to provide funding for travel, lodging, hospice care and dementia screening. No matter what else has been happening in the world you have remained focused on the needs of our community. You provide support and encouragement for people you do not know and will never meet. You do it without expectations of reward or even knowing how the story turns out.

Your presence is always felt - silent, supportive company on a journey with an unknown destination – always hoping the road will be clear, your hands firmly at ten and two.

Goodbye and thank you ...

Retirement is a happy time – for the retiree but not those she leaves behind. It is with a mixture of sadness and gratitude that we wish a happy retirement to Cindy Clair. Cindy has been an instrumental part of the Memory Center since 2011, participating in the training and organizational phase under Drs. Gail and Kim Petersen and then working with hundreds of patients and families. Cindy is knowledgeable, efficient and gracious, always putting everyone at ease and making sure the screening process is comfortable and productive. We will miss her...

The past 7 months have been far from normal but Countryside has continued to provide services with a few modifications of masks and plexiglass! Thank you.

Pennies for Robert - \$47,580 for travel and lodging since April 2020

Your donations sponsored **402** trips either to Pierre for cancer treatment or leaving Pierre for treatment – that could mean over 150,000 miles traveled – that is a lot of missed work and windshield time. Your support helped make those miles a little easier. Thank you to the Corner Station for their ongoing support of gas gift cards.

St. Benedict's Guest House – October 2020 – 25 guests - 58 nights

The guest house is working well for patients and their caregivers who need to be away from home during cancer treatment. We know everyone would prefer to be in their own bed but as the days are getting shorter, the cold weather is approaching and the deer are running back and forth across the highways, we are glad they are choosing to stay at St. Benedict's. Thank you for making it possible.

Avera@Home Hospice - \$48,795

Each month Countryside provides \$6,000 in funding to Avera@Home Hospice to help supplement the funding they receive from Medicare and insurance (never enough to cover all expenses) this extra funding allows them to provide additional nursing and aide time for patients, purchase needed medical equipment and supplies and pay for non-emergency ambulance transfers. It takes away expense for the family and allows the team to provide what they feel is needed – it makes our heart very happy when we hear what they have done to make those last weeks and days a little brighter – all because of you.

In addition to the Countryside donation we pass along any memorials that come to us but are designated for Avera@Home – these memorial gifts have amounted to **\$6,795** since April 1 – what a wonderful reflection of the care provided by the hospice team.

Memory Screens – 84 free memory screens were provided from May – October

In the last 6 months **\$58,800** in memory care services were provided, this includes all the prep time for each patient, the actual memory screening time and follow up. We did not do screens in April, but staff were able to reschedule all missed appointments in May and June. A memory screen can be requested by the patient, family or health care provider. A physician's order is not needed but we do need to have the name of a provider who will receive the completed report. All of the screens are reviewed by our consulting physician Dr. Ellen Pinholt from Rapid City – Dr. Pinholt provides information and recommendations to the patient's care provider. If you would like more information about the screening process give us a call 945-0827.

Thrift Store donations

The thrift store has been busy filling vouchers for individuals who need warm clothing and household items. The store provides a variety of vouchers for school supplies, school clothing, shoes, backpacks, work clothing and basic household items like sheets, blankets, dishes, pots and pans, small electrical appliances and more. The vouchers also include necessities like soap, shampoo, towels, toys, puzzles and books. Vouchers are available from PARS (Pierre Area Referral Service), area churches, and other resources. For more information call 945-0150 or 945-0827.

Community Programs

We have decided to suspend all in person support group meetings for the remainder of the year as the COVID cases continue to rise in our state. We will reassess the situation in the New Year. Thank you.

Breast Cancer Survivors

Another change of plans: the Breast Cancer Support group will not host a tree at the Capitol this year - we hope to be part of this wonderful tradition next year when it will be safe to both decorate and view the trees without concern for personal safety. Members of the Breast Cancer Survivors group will remain in touch through email and also our new Facebook group. We welcome new members at any time and group members are available to visit one on one by phone with women who are newly diagnosed. Give us a call and we will help you connect with a member of the group.

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

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 222-0741 or Patty McGee 280-2994 and they will help you.

Dementia Care Partners Support Group will not meet until January

A message from the support group facilitators: November is National Family Caregiver's Month. Countryside would like to recognize everything that you do for your loved one with dementia. May you be blessed with peace and contentment over the upcoming holidays. If you need to reach out for support please do not hesitate to call us @ (605) 945-0827.



A Caregiver's Daily Affirmations

I care for others with patience, love and kindness.

I live with courage and grace.

I don't have to do it all.

I let go of the things I cannot change.

I accept myself and others without judgment.

I make progress every day whether I see it or not.

I care for myself with dignity, love and respect.

I am not alone.

I am capable.

If nothing else, I am getting stronger every day.

I am not afraid to ask for help.

I am appreciated.

I am loved.

I'll be okay

(Is that what you want me to say?)

Covid has placed a new meaning on grief as many mourn loved ones they were not able to be with in the last days and hours of their life, those who were confined to nursing homes and apartments with limited contact with family and friends, those who have been ill and struggle to recover, those who care for patients while trying to protect their families, those who have lost jobs and homes, and the list goes on. Grief is not just tied to death but to all losses in our life. It upsets our balance in the best of times and this surely is not our best.

Our hearts go out to those who are struggling with any loss.

It is ok to be sad. It is ok to cry, actually it is good to cry. It is also ok to laugh. You aren't going crazy. No, you won't feel like this forever, it just feels like it right now. You are broken – we all are to some degree - but all the pieces are there. They may feel jagged and disconnected but hopefully the edges will smooth out and the result will be a new version of you. One that has ridden the roller coaster ride of grief and uncertainty and survived. One who will better understand what others are going through and will know how to support and listen.

What can you do to make things better? We have all seen the lists encouraging us to eat well, sleep and exercise but remember, some days all you have to do is breathe – because that might be all you can do. Expect the brain fog – your memory is not your friend when you are stressed and emotional. It will improve but in the meantime keep notes and make lists to stay on track. As the holidays approach, excuse yourself from any activities that drain you emotionally or financially. Do what is important for your family even if it is a break in tradition. This may be the year for fewer gifts and paper instead of china or it may be the year for the biggest tree ever. Get a jump start on the things that you want to do and enlist help.

Keep your expectations realistic. Surround yourself with people who support you and music that energizes or relaxes you. Take care of yourself and others.

The sappy Christmas shows are on now, they all have the same story line, successful woman meets hometown boy, they fall in love, everyone is beautiful and there is snow and Christmas decorations everywhere. Part of me hates them for the perfection and happily-ever-afters, but part of me loves to escape into that world where everything is wonderful and smells like gingerbread. It is like comfort food for these lonely times, a great excuse to snuggle up on the couch with a warm blanket, a cup of tea and a box of tissues - just in case there are a few tears for what we have loved and lost.

Making a casserole or pot of soup? We could use a few individual servings for the freezer at St. Benedict's. Please label with date made, and a brief description of ingredients – call 945-0827 – thanks.

Memorials ...

Carol Fiala

by
Gary, Debbie & David Fiala

John & Anne Woods

Burton & Anna Warne

Jack Fifield

by
Maynard & Mary Greenfield

Dedra Shaw

by
Jerre Willis
Steve & Julie Ellingson

Shane Cronin

Jerry Leidholt

Stump Williams

by
Janice & Dan Bergeson

Dennis Wipperling

by
Dale & Donna Gohl

Larry Donelan

by
Joyce & Allen Weller

Joyce Collins

by
Leonard & Janice Deal

Len Sheppard

Bill Zimmerman

Penn Williams III

Red Westall

Roger Weaver

by
Eileen Herrin

Sharon Kastner

Lilly Higgins

by
Bill & LaVonne Kelly

Dona J. King

by
Helen & Gary Anderson
Family & Friends
Frances Welch
Jim & Laurie Hinckley
Mt. Rose Headstart Staff

Doris Cummins

Red Westall

Dona King

by
Dale & Joyce Tipton

Bill Zimmerman

by
Gaye & Scott Granville
Family & Friends
Troy & Rebecca Florance
John & Mary Bystrom
Ross & Nancy Sperry
Gary Fishko
Gary & Carol Worth
Sharon Nuttall
Tom & Vivian Asmussen
Marcy Fifield
Neil & Kelsey Nemec
George & Kathy Lingle
Gaylon & Cindy Gerber
John & Kathy Harris
Chris & Penny Nelson
Bob & Glynn Sargent
Jim & Rona Stevens
Paul & Carla Bachand
Karen Hasek
Betty Garrett
Clare, Mariah, Teresa, Kelly
Eric & Julie Meintsma
Buzz & Pat Huewe
Chuck & Jenelle Busse
Clayton & Marvel Buhler
Bob & Priscilla Hofer
Jamie & Paula Huizenga
Dennis & Shirley Eisnach
Rex & LeAnn Haskins
Mike & Patty Ogen
Jeff & Michele Bush
Roger & Joann Lonbaken
Jim & Kay Kahler
Ron & Marlene Jenderse
Steve & Halley Lee
Dick & Rose Stahl
Paul & Linda Perez
Laron & Jolene Krause
Terry & Mary Ness
Jeff & Cathy Murtha
Rosemary Rounds
Al & Tania Hinesh
Ken & Karen Toews
Karen LaFurge
Brent & Erin Lindner
Don & Pam Templeton
Steve & Leanne Jenderse
Dennis & Jeanne Unkenholz
Butch & Genita DeSautell
Jack & Vicki Garrigan
Bob & Cindy Clair
Beverly Zebroski

Alvena Thompson

Clint Roberts

by
Beverly Roberts

Doris Cummins

by
Family & Friends
Bill & Mary Wilkinson
Marvin & Vicky Engelhaupt
Nance Orsbon
Kathy Droz
Prentice & Susan Weaver
Dennis & Sheila Smith
Merle Klinkel
LuAnn Klinkel
Don & Shirley Sandal
Bob & Kathy Norwick
Greg & Arlys Skyberg
Roger & Val Pirlet
Mike & Rocky Oakland
Billie Baird
Velda & John Bartel
Wade & Becki Wasserburger
Cliff & Chris Reuer
Dennis & Maxine Johnston
Darryl & Marla Walz
Laurie & Brad Schultz
Sheila Albright
Bob & Diane Lowery
Bob & Roxie Thielen
Al & Rita Weatherbee
Loren & Donna Mullett
Michelle Ganschon
Arline Hammer
Ann DeVany
Leah & Steve Mohr
Skyla & Philip Warkenthien

Veny Thompson

by
Todd Wilkinson

Philip Mathews

by
Fred & Mary Mathews

Lary Lower

by
LeRoy & Helen Lower

Vernay Gohl

by
Dale & Donna Gohl
Paul & DeeAnn Knofczynski
Derek & Rebecca Gohl

Tom Corcoran

Jane Hengel

Gina Hettick

Bob Corcoran

by
Florence Corcoran

In Loving Memory of ...

Marcia Burrows

*John
Janet – Deb – Susan -
Dawn*

Lloyd & Verna Hausvik

*Love & miss you on your
November 13th
wedding anniversary.
Linda Hausvik*

Carol Fiala

*We miss you -
Mark & Deb Wixon*

Linda Obermeier

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

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*

Douglas Keller

*who has been gone
for 7 years.
We love and miss you
every day, son.
Don & Shirley Sandal*

Irene Eisenbeisz

*Happy Heavenly "90th" Birthday, Mom.
Wish we could have celebrated with you.
Love you very much,
Lari & Linda*

*In loving memory of
my wife,*

Carol Jenner
*on her birthday
November 18
David Hinkley*

*In memory of
Tony Schmidt
on his birthday
November 12th.
Love & miss you
every day.
Kim*

Lyle E. Sutton

*November 12th marks 3 years
since you left us.
It seems so much longer.
Deanna Sutton & Scott
Tammy & Tim Withers & Trent*

*In memory of
our mother,
Evelyn Riehle
on her birthday
November 7th
Sharon Taft
Morris Riehle
Laurie Allison*

Memberships: Maynard & Mary Greenfield, Eileen Herrin

Donations: Anonymous, Don & Kate Boyd, Kenneth Caldwell, Sebastian LeBeau, Lynn's Dakotamart, Peter & Ellen Maningas, Oahe Inc. Board of Directors - Patrick Burger, Vonnie O'Dea, Chuck & Barb Poches, Linda Sack, Tom & Barb Sogaard

Memorials:

Cynthia McLagan

by
Carrie Jacobson & Family

Pat Popowski

Emily Jennings

Brad Jones

by
Betty Jones

Don Saylor

Justin Saylor

by
Ardell E. Saylor

Mike Shrader

by
Lynette Thum





Tree of Lights 2020

The first light on the tree is in memory of **Sr. Evelyn Sehn**, our mentor and our friend.

A true example of unconditional love and grace, Sr. E. was always there for Countryside, serving on the board of directors, providing bedside care for patients and helping with fundraisers. We have stories that reflect determination, compassion and plain common sense. Sr. helped make 1,000 popcorn balls for Halloween at the Governor's mansion, risked her life selling hotdogs during the Turkey Races and rubbed the feet of a patient with HIV when many others would not come close. It was as though she had nothing to lose and everything to gain in all she did. Her presence watches over us and the guests of St. Benedict's each day.

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 hospice care
 Pennies for Robert Cancer patients' travel
 St. Benedict's Guest House Lodging for cancer patients

In Memory /Honor of

Please notify (address if possible)

Memory/honor _____

Memory/honor _____

Memory/honor _____

Memory/honor _____

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 2020 and January 2021 newsletters.

Donations may also be made on our website. www.countrysidehospicesupport.com

This newsletter contains donations processed through Nov. 11. The approximate cutoff date for the December newsletter will be December 10.

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

Return Service Requested

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Permit No. 76



*In memory & honor of
the many dear friends we have been privileged to know &
share life with during the 38 years we lived in Pierre!
Don & Alta Gaarder*

We Care Program – Lynn’s Dakotamart

Thank you to Verna Spoonemore for adding up over \$50,000 in Dakotamart receipts during the month of October...this equals a \$500 donation from Lynn’s Dakotamart! Thank you to Verna, Dakotamart and all who save their receipts for us! For every \$10,000 in receipts collected we receive \$100 from Dakotamart. Receipts can be dropped off at the Countryside office at 415 S. Crow St.

*****If you will be temporarily away during the winter, please call us with your forwarding address**
605-945-0827***

www.countrysidehospicesupport.com