



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

April 2021

What can you do during a yearlong pandemic that shuts down all fundraisers and puts the thrift store in slow motion for months? Well, let me see...

\$77,350 – Countryside Memory Center services provided

\$3,039 – Thrift Store vouchers for families in need

\$83,650 – Donations to Avera@Home Hospice

\$22,400 – Lodging for cancer patients and their families

\$74,140 – Pennies for Robert travel funds for cancer patients

\$260,579 returned to the community

Pennies for Robert - \$74,140 in travel funds

While our numbers are a little less than last year since more patients are staying in Pierre for their care and many others have restricted their travel, the total amount of travel funds provided since 2004 is \$774,545! Our thanks to the Corner Station for providing \$2,444 in gas cards for the year.

Avera @ Home Hospice - \$83,650

Countryside donates \$6,000 to Avera Hospice each month. In addition, we also receive memorial donations designated for hospice care that we pass along. These funds provide extra equipment, supplies, ambulance transfers, nursing and home health aide care beyond what the Medicare benefit covers, often sparing families from unexpected medical costs.

Avera staff attend Countryside board meetings periodically which has provided insight into the roles and compassion of the team.

Countryside Memory Center – 146 clinic appointments

\$77,350 in free memory screens - this includes 75 new patients and 71 patients returning for retests. The memory screen is a very comprehensive evaluation for anyone with memory concerns – 1282 screens have been completed since 2011 at **no charge**.

Thrift Store - Community Support

130 individuals received vouchers for a total of **\$3,039.26**. Vouchers are available for household items and clothing for individuals and families in need through PARS, Missouri Shores, local churches and places of employment. The thrift store volunteer council also provided over \$1,000 in gifts to individuals in the community.

When it comes to numbers you just can't beat the thrift store – thousands of items come in, thousands go out and thousands of dollars go directly back into the community. Now that's recycling!

St. Benedict's Guest House

The guest house opened its doors to cancer patients and caregivers in Sept 2019 – since then 122 guests have stayed at the house for a total of 482 nights.

We have received many compliments on the facility and we always give credit where credit is due – this is made possible by a wonderful collaboration between the St. Benedictine Sisters, Avera, Countryside and the community.

Thank you to the staff and volunteers of Countryside who kept the wheels turning during this time when it would have been so easy to grind to a halt.

Volunteer Appreciation Week is April 17 – 24th 341,985 Volunteer hours since 2000

11,199 hours were logged the past year including the thrift store, newsletter crew, board of directors, and special projects. The thrift store crew was on hold for several months but they kept asking to return, there was work to be done and they missed their friends. Almost all have returned to work, glad to be back in the routine in spite of the mask requirement and need to distance. Our fundraising volunteers have had a break as the Turkey Supper has now missed two years and Rally for Robert was not held in 2020.

Our thanks to all the volunteers who have been able to help this past year – and those who are waiting in the wings!

And then there is the Board of Directors...

Countryside's fiscal year ends March 31, it is a time to look at our finances and also to see if we have been true to the mission of the program. Since 20/21 was not the typical year for us I spent some time looking through the minutes of the board to see where our focus has been over the past 12 months.

There was much discussion about what we should and shouldn't do. The discussions centered around three main issues: staff retention and safety, program services and financial integrity. In the "should column" there were annual raises, flexible work days, additional holiday time and COVID sick leave for staff. Also in that column was preparing the guest house for use by medical professionals if needed and maintaining program services. An expansion project and re-opening the thrift store – carefully – were also "shoulds".

The list was long and the message clear - power on, carefully. Keep all staff in place. Be safe.

There were 10 board meetings last year. Some by ZOOM but most in person – masked and distanced. There was an average of 10 out of 12 members present at each meeting, each member leaving their ego and their agenda at the door and coming to the table with the best interests of Countryside first and foremost. There were good questions, good discussion and usually a fair amount of laughter. We couldn't be in better hands.

Thank you to the board members: Wendy Smith, Kara Semmler, Kara Hughes, Cindy Erwin, Don Boyd, Norm Weaver, Chuck Schlueter, Karla Kuiper, Becki Potrzeba, Melissa Brock, Sue Burgard and Ron Schreiner.

Countryside Community Programs

Breast Cancer Survivors

Thursday May 6 & 20 from noon – 1pm Countryside office, 415 S. Crow Street

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. It is wonderful to bring these ladies back to the table again.

Dementia Care Partners Support Group

Thursday May 20 at 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 May 11th from noon – 1pm Countryside office, 415 S. Crow Street (ZOOM also available)

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 or Maxine at 945-0827.

(For all programs at Countryside we ask that you wear a mask and we will socially distance. If you are not feeling well please do not attend. For more information call 945-0827)

Baseline Memory Screening

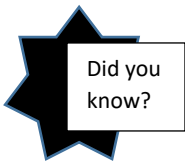
Countryside Memory Center provides both full memory screens and baseline screens.

A baseline screen takes about one hour and is a combination of verbal and written activities. Memory Center staff will also review your medications and ask about your sleep habits, nutrition, mood and activity. A baseline is designed to get a brief picture of your cognition, help identify anything that might be impacting your memory and provide information on how your daily activities can promote good brain health.

The majority of baseline screens are just that – a baseline or starting point in assessing your memory. If you have changes in your physical health or specific memory issues in the future you can retest and see if there has been a change from your initial screen.

Some possible reasons to have a baseline screen may include:

- Family history of Alzheimer's or other dementias – especially if your relatives showed symptoms of memory loss at an early age, i.e., 50s or 60s.
- Vascular risks – this includes high blood pressure, heart disease, diabetes, smoker, history of stroke, etc.
- A diagnosis of sleep apnea or you are noticing brain fog, poor sleep patterns, not feeling rested or your family reports snoring, pauses in your breathing at night, restlessness during sleep
- Feelings of depression and/or anxiety



Treating sleep apnea or depression may greatly improve your memory

Medications – including over the counter sleep aids may impact your memory

Memory screens do not require a physician referral – you or a family member may call to schedule

Call today to schedule your baseline screening – 945-0827 (there is no charge for any screening)

If you or a family member are experiencing more specific issues you may want to call and schedule a full screen – this provides more in depth testing and includes observations/information from family members or caregivers. Some of these changes may include:

Change in personality

Repeats self frequently

Putting things in odd places

Changes in mood or behavior

Loss of interest

Withdrawing from activities

Problems with word finding

Missing appointments

Poor judgement

Difficulty with problem solving

Difficulty doing familiar tasks including finances, medication management or driving

Memory Center staff is also available to meet with families to discuss the screening process, provide information about memory loss and help identify community resources. For more information call 945-0827.

Tyler Wilcox Memorial Golf Tournament Saturday, June 19, at the Dunes Golf Course

All proceeds on the day support the Flying Five Foundation, in memory of Tyler Wilcox, a former Oahe Capitals hockey player and Stanley County athlete who lost his battle with cancer several years ago. For more information or to register, contact twmemorial@gmail.com

Memorials...

Carol Fiala
by
Gary, Debbie & David Fiala

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

Chad Downs
by
Marc & Sharon Hoelscher
Don & Donna Gallimore

Charles Sisk
Rita Linn
George Hipple
John Hipple
David Klein
Ambrose Lemieux
AnnElise Donlin
Chip Clelland
by
Norm & Joann Weaver

Wayne Wheeler
Art Boyle
by
Leona Buhler

Jeannette Beemer
Art Boyle
Judy Bassett
Dennis & Shirley Eismach
Curt Goehring
Rebecca Hiatt
Larry Ice
Enid Hyde
Ilene Johnson
Marshall Miller
Dana (Mick) Petersen
by
Velma Becker

Jerry Wheeler
by
Fred & Julie Waxler

Shirley Lange
Nadine Adkins
Karae Lay
Bob Hattum
Tom Feldman
by
Billie McMullen

John Hipple
Arthur Boyle
Rita Linn
Charles Sisk
by
Bob & Shirlee Miller

David "Willie" Burtts
by
Kimberley Burtts

Michael P. Hoing
by
Anonymous

Joe Marshall
by
Pete & Patty McGee

Eva Miller
by
Janada Ramser

Wayne Wheeler
by
Shirley Vik

Rita Linn
Jeannette Beemer
by
Craig & Dorothy Smith
Jackie Marso

Joe Marshall
Rita Linn
Mike Kelley
Glenn Marrington
by
Frank & Carol Newcomb

Shirley Eismach
Stacey Bartlett Schaefer
Jeannette Beemer
Jim Harmon
by
Connie Colwill

Orville Anderson
by
Diane Anderson Deis
Kathy Simon

Kenny Klebsch
by
Orv & Mary Jo Gran

Tyler Wilcox
by
The Flying Five Foundation

Dean Hansen
Esther Spears
Dick Duncan
Dennis & Shirley Eismach
Dick Hart
Lois Hart
by
Barbara "Bobbi" Thimsen

Vern Armstrong
by
Craig Solberg
Lynell Asher

Vern Armstrong
Alma Buechler
by
Dale & Donna Gohl

George Hipple
John Hipple
Chad Downs
Alma Buechler
Mike Fahey
Dennis & Shirley Eismach
by
Deb Fahey

Dennis Eismach
Art Boyle
by
Seb & Carol Axtman

Dr. B.O. Lindbloom
by
Karen Lindbloom

Dave Klein
Dennis & Shirley Eismach
Mike Kelley
Ida Stroup
by
Bette Jo Willingham

Jeannette Beemer
by
John & Margaret Ellefson
Neil & Kathy Davis
Mark & Ruth Smith

Jeannette Beemer
Rita Linn
Wayne Wheeler
Art Boyle
Jerry Wheeler
by
Rosemary Rounds

In Loving Memory of ...

Marcia Burrows

John
Janet – Deb – Susan -
Dawn

*In loving memory of
my husband,
Lyle Perry
by
Marge Perry*

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

Tom Corcoran

*In memory of your
birthday April 29th.
You are missed
every day.
Florence & kids*

*In memory of our grandson,
Dylan Fulton
on his 23rd birthday April 7th.
We love you and miss you every day!
Grandpa Mack & Grandma Karen*

Glenn Marrington

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

*In Memory of and
Honor of National
Surveyor's Week
Maynard Sommer
Laurie Rheborg
Bud Hackett
Earl Glodt
J.C. Fleishacker
Robert Whyte
Jay Timp
Clint Gregory
Wally Larsen
Jim Kastner
Joe Piper
Cam Kuehl
by
Bob & Roxie Thielen*


*A memorial for my best friend and other dad,
Bobby Iversen
Another holiday without you. I think of you every day
and wish I could talk to you. We miss you so much.
Love you Cowboy Bob with all my heart.
KaCee & Shelly Bren*

Patrick McInnis

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

*To my most precious cowboy,
Bobby Iversen
I thought of you today but that is nothing new.
I thought about you yesterday and days before that, too.
I think of you in silence, I often speak your name.
All I have are memories and your pictures in a frame.
Your memory is a keepsake from which I will never part.
God has you in his arms, I have you in my heart.
I will always love you, forever and forever.
All my love, your fiancé, Kim
You are missed by all.*

**Thomas Corcoran, Jr.**

*Definitely missed U for the
Irish festivities. Get the
Irish  Whiskey out up
there, your 94th birthday
April 29th is coming up
fast. We ALL miss U.
Carmen, Josh & the rest of
the family*

Frank & Mary Ann Fransen
Dick Duncan
Pete Buchholz
Jerry Wheeler
Jeannette Beemer
Rita Linn
Chad Downs
Stacey Bartlett Schaefer
by
Ray & Mo Shepherd



George Hipple
John Hipple
Colleen Weiss
Wayne Wheeler
Mike Kelley
Dale Vincent
Dennis Eisnach
by
Cindy Arch

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415 S. Crow St.
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Return Service Requested

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 Dakotamart 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 Countryside office or the Hospice Thrift Store.

Donations: Delta Dental of SD, Gary Fiala, First United Methodist Church, Judene Holan, Jones County Seniors for Service, Inc., Lynn’s Dakotamart, Peter & Ellen Maningas, Doug & Clarie Marsh, Mike Mueller, Kim Paxton, Linda Theobald

Memberships: Velma Becker, Tom & Diane Bown, Dale & Donna Gohl, Doug & Clarie Marsh, Chuck & Sandy Schlueter

THIS GIFT IS FROM:

Name _____

Address _____

FOR: As needed Pennies for Robert – Travel funds for cancer patients
 St. Benedict’s Guest House – Lodging for cancer patients Avera@Home Hospice – Hospice care
 Memory Center Membership

In memory/honor of: _____ Notify: _____

In memory/honor of: _____ Notify: _____

WE ACCEPT CREDIT CARDS...Please call us at 605-945-0827 and we will process your information over the phone! You can also donate through our website www.countrysidehospicesupport.com or scan the QR code on this page.



This newsletter contains donations processed through April 8. The approximate cutoff date for the May newsletter will be May 13, 2021.