

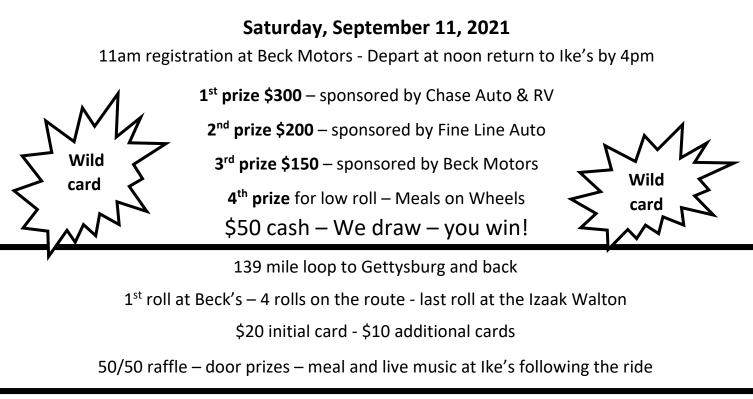
Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

August 2021





All bikes and cars welcome – drivers must be 18 years of age

All proceeds benefit *Pennies for Robert* – a program of Countryside Support & Memory Center - providing travel funds for cancer patients - the dice run is sponsored by: Cattleman's, Drifters Bar & Grille, Red Rossa and:



Thank you for your support... this fund raiser is in honor and memory of Robert Disburg and his grandparents Jack & Jo Mitchell

# **Community Programs**

call 945-0827.

### Breast Cancer Survivors Support Group

Thursday, Sept 2 – noon - General meeting Thursday, September 16 - noon

Dietary update by Kelsey Raab Registered Dietitian at Avera St. Mary's Meetings are open to all breast cancer survivors and include informal discussion, guest speakers and more. One on one meetings with other survivors are also available. For more information

#### Memory Connection

### (Dementia Care Partners Support Group) Thursday Sept 16 and October 21 at 6pm

A confidential group for anyone who has a loved one with dementia including the primary caregiver, family members and friends. This group provides support, education and resource information. For more information call 945-0827.

Memory Connection - Support group for family and friends of those with memory loss Wednesday, September 1 - noon at Grace Bible Church, 310 S. Broadway in Gettysburg SD This group is for family, friends and caregivers – you do not have to be providing daily care for someone - if you have someone in your life struggling with their memory you are welcome to attend.

#### Thrift Store

**Shopping**: Tuesday – Friday 10am – 5pm **Donations**: Monday – Friday 8am – 4pm Saturday 10am – 3pm Saturday 8am – 3pm

Sunday 11:30 – 2pm

Halloween and fall are out in full force at the thrift store. Stop in today for all your home and yard decorating needs. Halloween costumes will be out soon – we will have a great selection for whatever form trick or treating takes this year – or maybe just for dress up. Christmas will follow quickly as rumor has it that we have a great selection of trees...and maybe ornaments...and possibly dishes... Oh my ...

# Golf balls galore!!

This summer Ed Jacobson – with help from Sandy – has gathered and packaged 2,796 golf balls to sell at the thrift store! That is a lot of time and energy (and lost balls!). So, the next time you are at the local course, and your shot doesn't go straight and true, don't think of it as a lost ball – think of it as a donation to Countryside! Thank you, Ed and Sandy.

# Thank you...

Thank you to Dan Rice and Doug Kuiper for the donation and delivery of a storage shed for St Benedict's.

Thank you to Jamie Hillmer from the Helmsley Center for speaking with the Breast Cancer Survivors Group on August 5<sup>th</sup>. Jamie detailed the latest in diagnostic and treatment plans for patients with breast cancer and led a great discussion on immunotherapy and genetic testing.

# Filling the freezer...

Fall is coming and the freezer at St Benedict's is almost empty – small containers (one or two servings) of soups, chili and casseroles would be greatly appreciated by our guests. Thanks for helping out.

# Just a thought ...

If you watch HGTV too long, you'll become dissatisfied with your home. If you stay on social media too long, you'll become dissatisfied with your life. If you watch the news too long, you'll become dissatisfied with the world.

Unplug.

Pray.

Read any book. Spend time with loved ones. Take a walk.

Our minds are easily influenced, but we control what the influences are. Choose wisely.

- Shared on Facebook

#### New in the library

We have the following books by Alan D. Wolfelt available for loan – actually if you borrow one of these books, and it is helpful, we want you to keep it as long as you need it and then pass it along to someone else. It doesn't help anyone to have books on a shelf, they should be on your coffee table, your bedside stand or maybe even in your purse or pickup.

The books are small – about 100 pages and each chapter is one page – each topic gives you something to think about or suggestions about how to handle certain emotions and situations. They also help you make a plan of action so you are prepared for things such as "grief bursts" and help you understand the importance of "linking objects". They give you permission to say no, to cry and to look ahead without forgetting the past.

Healing a Spouse's Grieving Heart – 100 Practical Ideas after Your Husband or Wife Dies

Healing The Adult Child's Grieving Heart - 100 Practical Ideas after Your Parent Dies

Healing a Grandparent's Grieving Heart – 100 Practical Ideas after Your Grandchild Dies

Healing a Teen's Grieving Heart - 100 Practical Ideas for Families, Friends and Caregivers

Healing Your Grieving Heart for Kids - 100 Practical Ideas

# Walk for Hope

Saturday, September 18 - 9 am - Capitol Lake Visitors Center This year, we need your support more than ever. You can make a difference by joining us on Saturday, September 18 at the Capitol Lake Visitors Center for the 10th **Walk of Hope**, an annual event that brings people together to prevent suicide.

With your participation, we can reach more people than ever before. Join in person or virtually to be part of a strong community united to fight suicide. Walk of Hope is sponsored by the Foundation of Hope – Central SD - follow them on Facebook or contact Julie Moore at <u>Julie.Moore@avera.org</u> or 605.224.3451 for more information. Money raised will be used for education, awareness and prevention activities.

#### Memorials...

<u>Carol Fiala</u> by Gary, Debbie & David Fiala

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

Jeannette Beemer Jerry Lundberg Linda Zeller Helen Knipp by Steve & Julie Ellingson

Bob Kaiser Joan Kessler Georgie Sibson Linda Zeller Janis Kelley by Seb & Carol Axtman

Daniel "Danny" Bergeson by Janice Bergeson Danette & Robert Cronin Family & Friends Carol Pickering Larry & Judith Kirkpatrick Melissa Hull Charles Kirkpatrick Carol Schofield Glenn & Mary Dozark Janice Meyer Frank & Shirley Halligan Jim & Shari Forney

Dave Lindekugel by Elling Ramsey Elda Obenauer

Donnette Anderson Marilyn Beck Stacey Bartlett Bob Kaiser Scott Stabnow Ed Assman Pete Buchholz Dave Lindekugel by Monty & Peggy Bechtold **Claire Jansonius Exner** bν Fern Jansonius Barnett Marilvn & Jim Vietor Ed & Sheila Albright Carolvn Guhin Robert "Bob" Ellsworth bν Neil & Kathy Davis **Gladys Meleen** Janis Kelley Bill O'Conner Jerry Hawkins Aaron Clark **Bob Kaiser Danny Bergeson Chad Downs** by **Tom & Nancy Scheinost Darleen Templeton** Jerry Hawkins Jack Anton Dan Bergeson **Gladys Meleen** Dave Klein by Gerry & Nancy Cutshaw Joan Kessler **Delores Sieler** bv Craig & Dorothy Smith Joan Kessler bv

by Herb & Arlene Pitan

Lola Anderson by Nadine Curry

<u>Delores Mehrer</u> <u>Shirley Marshall</u> <u>Karae Cook Lay</u> <u>Jerry Hawkins</u> by Kent & Crystal Kinkler

Jerry Hawkins Linda Zeller Ron Weaver by Norm & Joann Weaver <u>Gloria Sundquist</u> <u>Darleen Templeton</u> by Verne & Frieda Baker

Bessie Husband by Barbara Cummings

Steve McArthur by Pam Hasting

Jerry Hawkins by Marcy Fifield

<u>Carol Miles</u> by Charles & Lois Drentlaw

<u>Lewis Wiley</u> by Dick & Kris Bradley

<u>Julie A. Sutton</u> by Darryl & Patty Hofer

<u>Virgil Johnson</u> by Doug & Sherri Miller

<u>Lola Anderson</u> <u>Beverly Huckins</u> <u>Gladys Meleen</u> <u>Austin Scott</u> by Roger & Marla Fuller

<u>Chuck Serbousek</u> Joseph Serbousek by TJ & Sarah Gallagher

Marilyn Beck Jeannette Beemer Rita Linn Mick Petersen by Nancy Thomsen

Janis Kelley Ray Rathbun by Carla Sahr

# In Loving Memory of ...

Marcia Burrows John	In memory of <b>My Jack</b> – Like yesterday	Carol Fiala	Linda Obermeier We miss you pretty girl!
Janet – Deb – Susan -	August 9, 2014	We miss you -	Pete, Tammy, Aimee,
Dawn	Marcy	Mark & Deb Wixon	Joey, Amanda, Sawyer,
			Axton & Jermey
Marie Lamm	Darlene Treib	Orma E. McInnis	John McInnis
Bob & Beth McInnis	Bob & Beth McInnis	Bob & Beth McInnis	Joe & Kathy Gittings
Susan & Bob Marrington	Sam Treib	Sam Treib	Susan & Bob Marrington
Ralph Dirksen	Susan & Bob Marrington	Susan & Bob Marrington	Bob & Beth McInnis
Joe & Kathy Gittings	Ralph Dirksen	Kathy & Joe Gittings	Sam Treib
	Joe & Kathy Gittings	Ralph Dirksen	Ralph Dirksen
Glenn Marrington	In me	monu of	Patrick McInnis
Bob & Beth McInnis	In memory of Henrietta Magnuson		Bob & Beth McInnis
Sam Treib	on her birthday August 30 <sup>th</sup>		Sam Treib
Susan & Bob Marrington		A wonderful mother, miss you.	
Ralph Dirksen	Love,		Susan & Bob Marrington Kathy & Joe Gittings
Joe & Kathy Gittings	Delores		Ralph Dirksen
	Happy Birthday, Brianne!		In memory of
	We miss you every day.		Kevin Disburg
	Keep Heaven rocking.		on his August 19 <sup>th</sup> birthday
	Love,		by
	Dad, Mom, Kelley, Cori & Bailey		Martha Nystrom

**Memberships:** Patrick & Jill Burger, John & Margaret Ellefson, Jim & Shari Forney, Orv & Mary Jo Gran, Carmen Heyd **Donations:** Anonymous; Avera St. Mary's Hospital; Verne & Frieda Baker; Bales Chiropractic; Bartlett & Weaver Eye Clinic; Janice & Sandra Cermak; Jean Denton; Mark & Mary Goodman; Feigum Funeral Home; First Dakota National Bank; Hogen's Hardware Hank; Keller Electric; Kiwanis Club of Pierre; Knights of Columbus; Sebastian LeBeau; Lynn's Dakotamart; Peter & Ellen Maningas; Midwest Construction, Inc.; Stulken, Petersen, Lingle, Walti & Jones, LLP; Wendell Law Office

\*Thank you to BB Publishing-Don & Kate Boyd for donating advertising throughout the year!

by

**Becky Monson** 

<u>Ray Rathbun</u>	Jerry Hawkins	Lois Schmidt
Bob Nystrom	by	by
by	Brad Urbach	Family & Friends
Craig & Dorothy Smith	Randy & Alice Wright	Jeanne & Verne Olson
		Lynell Asher
Lois Wendt	<u>Jim Russell</u>	Rodney & Patti Stoeser
by	by	Lowell & Karen Somsen
Irv & Carol Burma	Gary & Sally Marrone	Keith & Candace Randen
		David & Lisa Neuharth
<u>Ray Rathbun</u>	Mike Fanger	Tri State Battery Company
by	by	Gaylord & Cathy Sonnenschein
Karen Gerdes	Neil & Kathy Davis	Dale Bisson
Orv & Mary Jo Gran		David & Linda Peterson
	<u>Paul Herman</u>	Douglas & Carolyn Hofer
<u>Georgie Sibson</u>	<u>Joan Kessler</u>	Uncle Matt
Janis Kelley	Veryl Huisman	Jamie Damon
by	Pam Steece	Doris Powell
Marty & Carol Nowak	by	Tammy Scott
	Tami & Kevin Merrill	Steve & Julie Ellingson
Pam Steece		<b>F</b> (1)



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

Return Service Requested

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National Suicide Prevention Lifeline - **800-273-8255** Crisis text line: for any emotional crisis text **741741** – on your opening message type **START**, **HOME or TALK** and you will be connected with a trained counselor. VA crisis line – call 800.273.8255 (TALK) or Text 838255

#### 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.

THIS GIFT IS FROM: Name				
Address				
FOR: As needed St. Benedict's Guest House – Lodging for cancer patients Memory Center	<ul> <li>Pennies for Robert – Travel funds for cancer patients</li> <li>Avera@Home Hospice – Hospice care</li> <li>Membership</li> </ul>			
In memory/honor of:	Notify:			
In memory/honor of:	Notify:			
WE ACCEPT CREDIT CARDSPlease 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 August 11. The approximate cutoff date for the September newsletter will be September 9.				