



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

March 2021

On the way to work I was listening to the news on NPR – the reporter was having trouble with a headline – way too many “L”s in a row tripped him up three times, I have no idea who he was or even what the story was about but I do remember that he kept going until he got it right. No excuses, no harsh language just a job completed as expected.

Before this past year I would have said that perseverance is a lost art. People give up too easily, are too comfortable with saying “I just can’t do it”. Things are not important enough to make the push and no one steps forward to instruct and instill confidence.

But the demands of the pandemic made us aware of skills we didn’t know we had – the ability to stay put, to transfer our workspace to home and become fulltime teachers, to give up our routines and social life. We became stronger for others, developed new interests and put together roughly a million puzzles. We went into survival mode.

Some of our skills still need work. For those of us who did not get COVID, did not have a family member or friend impacted by the virus, did not serve on the healthcare front line, lose our jobs or suffer financially, there may still be some fallout.

No one in this group feels smug or triumphant – instead we may feel guilty.

Survivor’s guilt is tough - remember the flood of 2011? All of us were impacted by the rising waters but some of us slept in our own homes without concern that our basements would flood and we didn’t pace the floor when the thunder and lightning rolled.

And we felt guilty. In spite of the number of sandbags that were filled or truckloads of furniture moved.

I don’t think I heard many people express feelings of guilt except to say how badly they felt for their friends or neighbors. I don’t know that I heard many talk about the lasting impact of the flood openly although we all know someone who never fully recovered.

This is our chance to get it right, to support those who struggle with feelings of isolation, who remain fearful of the virus or are mourning the loss of a loved one. It is our chance to listen to the stories and allow people to feel the sadness that they experienced when they were unable to visit someone who was ill or plan a funeral.

Our chance to say how we really feel, to ask for help or share what has helped us.

It is our chance to practice grace. For those who are carrying feelings of guilt and sorrow but whose actions only convey anger and frustration.

It is our chance to practice patience. With ourselves and others as we vacillate between looking ahead to where we want to be and looking back at where we have been.

Pennies for Robert - travel funds for cancer patients

Since April 2020 Countryside has provided assistance for 582 trips for cancer care. That is many miles behind the wheel traveling for surgery, chemotherapy, radiation and doctor’s visits. Countryside provides funding from the initial diagnosis through the post op and recovery phase – no matter how many trips - no matter how many months.

Thank you for making this possible.

Countryside Community Programs (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)

Breast Cancer Survivors

Thursday April 1 & 15 12:00-1:00pm 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 April 15th - 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 April 13th 12:00-1:00pm 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 or Maxine at 945-0827. Zoom participation may also be available.

Sleep and your memory...

It is amazing what a good night's sleep can do for both your energy level and your memory. When patients are evaluated at the Memory Center many of the questions focus on sleep including: do you snore, have pauses in your breathing while asleep, have excessive daytime sleepiness, have you ever had a sleep study, do you use over the counter or prescription medications to sleep, do you have a CPAP machine and most importantly do you use it?

We have seen dramatic improvement in patients who have discontinued the use of sleep medications especially Tylenol PM and prescription medications that can give you a hangover feeling and a muddled mind. Patients who participate in a sleep study often discover their need for a CPAP and with routine use not only perform better on their memory screen but also feel better. Some people complain that their machine is too noisy or cumbersome to use - we encourage them to get information about the new and different types of equipment now available.

If cost is an issue here are some resources for funding for new or reconditioned units:

- The Reggie White Foundation – www.reggiwhitefoundation.org has an online application (under the “about us” tab) they also accept donations of used CPAP and BIPAP equipment.
- Second Wind – www.secondwindcpap.com - used machines and discounted CPAP & BIPAP equipment
- CPAP liquidators – <https://cpapliquidators.com>
- ResMed – www.respsshop.com – sells new machines that have been returned unopened

Thrift Store update...

Thank you for your patience as we continue to limit the number of customers we are able to have in the store at one time. We hope as more people are vaccinated we will be able to increase this number – however we will continue to require that masks be worn. Until more is known about the possibility of vaccinated individuals being able to pass the virus on to those who are not vaccinated we will mask. Thanks for understanding and if you are not able to mask while shopping we look forward to seeing you when all restrictions are lifted.

If you haven't been in the store recently you might want to stop by – the shelves are full and new inventory is placed on the sales floor daily, you just never know what you might find!

Memorials...

Carol Fiala

by

Gary, Debbie & David Fiala

John & Anne Woods

Burton & Anna Warne

Jack Fifield

by

Maynard & Mary Greenfield

John Young

Doris Donner Porter

Karen & Larry Wilcox

Marshall Miller

by

Lois Byrum

Dennis Eismach

Shirley Eismach

by

Denette & David Becker

Eismach Family & Friends

Jeffrey & Jean Liudahl

Donna Welch

Lavonne & Kenneth Pickering

Kay Cee Hodson

Dale & Donna Gohl

Scott & Gaye Granville

Russell & Doneen Hollingsworth

Mary & Stuart Brown

Doug & Connie Tribble

Lisa Bogue

Carol Pickering

Brett & Lori Koenecke

Dorothy Ann Whisler

Roger & Paula Waltman

S.O. & Mary Scharnweber

Thomas & Barbara Sogaard

Ted & Jayne Parsons

Jay & Elizabeth Vogt

James & Kayleen Anderson

John & Sandy Zimmerman

Roger Novotny

Noel & Teresa Chicoine

Stephen & Shirley Ellwein

J.R. Simpson

James Mollison

Slingsby & Huot Eye Associates

Dodie Noordermeer

Chris & Penny Nelson

Jean Easland

Delcie Schofield-Hall

Mark & Ruth Smith

Gary & Grace Schmitgen

David (Willie) Burttts

by

Caroline & Thad Uecker

David Burttts Family

Mike & Mary Will & Family

Ron Lutz

Alice Getty

Bobbi Hammersley

Dean, Janet & Dan Hosman

Colin & Jackie Kelly

Kathy Kinsella Family

Ruby Douglas

Doug & Clarie Marsh

Burt & Pauline Witte

Uncle Matt

Jill Kokesh

Ruby Lutzka

Roger Parsons

Dennis Eismach

Shirley Eismach

Mike Kelley

by

Norm & Joann Weaver

Joseph Marshall

Eileen Kusser

by

Neil & Kathy Davis

Reta Lathem

by

Don & Shirley Sandal

Dennis & Jeanne Unkenholz

Dennis Brady

Doris Donner

Gary Whitney

Judy Farnsworth

Dedra Shaw

Glenda Knowles

Lynn Metzinger

Galen Theobald

Bill Zimmerman

Jerry Douglas

Ida Stroup

Shirley Eismach

Dennis Eismach

Michael Kelley

Carol Merrill

Ollie Redden

Kay Parker

David Klein

Linda Bowman

by

Gerry & Nancy Cutshaw

Dave Klein

by

Patricia Weeldreyer

Charles Schock

by

Orv & Mary Jo Gran

Neal Rausch

by

Minnie Mae Claggett

Mike Kelley

Dennis & Shirley Eismach

Wayne Grubbs

Carol Merrill

Tom Woods

by

Jill & John Wellhouse

Mike Kelley

Dick Duncan

Dana "Mick" Petersen

Jeff "Mabes" McDorman

Jack Fifield

Len Sheppard

Ollie Redden

Dennis & Shirley Eismach

Grant Gormley

Tom Adam

James Hammond

by

Ray & Betty McDorman

Pete & Mary Deichert

Russell & Carol Deichert

Jack & Colleen Burchill

Gus & Candy Walti

Mary Ann Anton

Liz Deichert

Hilda Deichert

Bob Corcoran

Dave Braun

Barry Pickner

Mike Kelley

Lynn Metzinger

John Miller

Carrie Mikkonen

Marva Parsons

Tony Klein

Barry LeBeau

Aaron Clark

Galen Theobald

Len Sheppard

by

Linda Deichert Burchill

Mary L. Deichert

Memorials and donations...

Shirley & Dennis Eisanach

John Tarrant

by
Patricia Tarrant

Ambrose Lemieux

by
John & Brenda Weber

Lynn Metzinger

by
Mel & Wanda Metzinger White
Brent & Mona Pries

Dennis & Shirley Eisanach

Dedra Shaw

Jerry Douglas

David Klein

Carol Schmutz

by
Joel & Carol Gengler

Dave Klein

Orville Anderson

by
Andy & Janice Deis

Orville Anderson

Delano Claymore

Leo Lehrkamp

by
Roger & Marla Fuller

Dick Hart

Dana Petersen

by
Don & Shirley Sandal

Ida Stroup

Gary Whitney

David Braun

Myron Kusler

Galen Theobald

Lynn Metzinger

Bill Zimmerman

Marshall Miller

Jeff Curry

Tyler Wilcox

by
Jeri & Bob Wilcox

Dennis & Shirley Eisanach

Dave Klein

by
Gaylord & Cathy Sonnenschein

Eric O'Day

by
Donna Leslie



*In honor of
Uncle David & Aunt Ellen Ramsey
by
Pandora, Trista, Mike, Cody & Julie*

*In honor of
Brandee Long
"I'll miss her!"
Lynell Asher*

Donations: Anonymous, Anonymous, Kate & Don Boyd, Kenneth Caldwell, Dennis & Joan Clarke, Roz & Derek Jones, Sebastian LeBeau, Lynn's Dakotamart We Care Program, Peter & Ellen Maningas, Dodie Noordermeer

Memberships: Linda Deichert Burchill, Peggy Cruse, Mary Deichert, Jean Easland, Orv & Mary Jo Gran, Gloria Hosman, Larry & Gail Lyngstad, Oahe Hockey Association, Inc., Elda Obenauer, Gerry & Lisa Sayler, Charles Seagren, Bernard Stoesser

Thank you to Tracy Laqua for donating quilts for our guests at St. Benedict's Guest House!

Thank you to Oahe Hockey for their Pink the Rink donation of \$1800 to Countryside Hospice Support & Memory Center and St. Benedict's Guest House!

Pictured left to right: Isaac Polak, Elliot Leif, Countryside staff Holly Hoing, Chris Schultz & Andy Gordon



In Loving Memory of ...

Marcia Burrows

*John
Janet – Deb – Susan –
Dawn*

Jeanette Schumacher

*Rest in Peace
from
Nancy Friend*

Carol Fiala

*We miss you –
Mark & Deb Wixon*

Linda Obermeier

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

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

John Miller

*Happy Birthday!
We miss you.
Marge Miller
Adrienne, Erica, Erin
& Families*

In memory of

Jane Springer

*on her birthday
March 18th
by
Julie Elrod
Janet Penticoff*

In memory of

Jackie Waggoner

*on her birthday
March 7th
by
Julie Elrod
Janet Penticoff*

In loving memory of my

*father, **Henry Greek**
mother, **Dolores Greek**
and my husband,
Gary Odland
by
Susan Odland*

Irene Eisenbeisz

*Miss you every day,
Mom
Love,
Andy & Sharon*

Remembering a special friend and his daughter,

Roger Kalinay & Shawn Kalinay
*on their shared birthday March 8th
by
Myra Vetter*

In loving memory of

Buddy Welch

*on St. Patrick's Day
Meg Ryland*



Patrick McInnis

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

In memory of

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

Todd Ramsey

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

*Lest we forget
In loving memory
of*

John B. Lopez

*who died March 29, 2017
J.R. Fishburne*

In memory of our son & brother,

Justin Saylor

*on the 30th anniversary of his April 22nd passing.
We miss and love you so very much!!
Gerry, Lisa, Jacob & Joshua Saylor*

Glenn Marrington

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

*In loving memory
of*

Colleen Weiss

*beloved wife & mother,
on the 1st anniversary
of her death,
April 13th
by
Larry Weiss & family*

In memory of

Shane Cronin

*on the anniversary of his March 11th passing.
Gone but never forgotten!
Gerry, Lisa, Jacob & Joshua Saylor*

In memory of

Randy Tobin

*3/23/1951 – 2/24/2021
by
Gwen Candee*

In loving memory of

Jonathan H. Olinger

*on his birthday, March 17th.
You are missed every day of the year. We treasure our
special memories and you are forever in our hearts!
Mom, Dad, Cheri, Josh, Ty & Molly*

*In loving memory
of our parents,*

Jacob & Grace Roghair
&
Les & Helen Caldwell
*Mel & Clarice Caldwell
Roghair*



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

Return Service Requested

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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 Countryside office or the Hospice Thrift Store.

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: _____

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 March 11. The approximate cutoff date for the April newsletter will be April 8, 2021.