



# Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

November 2021

Load of hay, load of hay, make a wish and turn away

When I was young and we were traveling, my parents would always tell me to make a wish if we saw a truck with a load of hay. The proper process was to make the wish and then not look at the hay again if you wanted the wish to come true. Easy enough for a kid but a little trickier as an adult driving the car.

I've lost many wishes through the years thanks to a quick glance in a rearview mirror, one last look at the towering bales surely guaranteed that my wish for a new car, a million dollars or a pony was gone forever.

I would guess that many of us have made wishes over the past 2 years – mostly the wish for our friends and family to stay healthy, to burn our masks and travel with comfort. Perhaps, above all else, the wish to return to “normal”.

Normal is defined as conforming to a standard; something that is usual, typical, or expected.

Normal is our safe space and now we must develop a new sense of norm, making plans for the future, appreciating today but also aware that life can change on a dime.

Every day when the phone rings in our office we know it may be someone whose norm has been shattered with a potentially life changing diagnosis of cancer or dementia.

Even if they sound calm and in control, illness has turned their world upside down. The future is unknown and unsettling.

Fortunately, through the years you have sent us a strong message:

Do whatever you can to help – provide funds for gas, food and motels.

Open the doors of St Benedict's Guest House and provide a clean bed, we will fill the freezer with homemade food.

Provide support for Avera@Home Hospice – hospice should always be part of the mission.

Provide memory screenings for patients and resource information and support for their families.

Don't charge for anything that is done, we will help.

Calm the frayed edges of their chaotic world. Let them know that their community cares about their journey and wants to help.

Give them hope.

What more could we wish for...

# \*LSVT BIG Program

Avera Therapy Services – 605-224-3162

## **Who benefits?**

People with Parkinson’s disease and other neurological disorders

## **What is the goal?**

To increase limb and body movement to improve flexibility, walking speed and mechanics, freezing, reaction time, balance, coordination, and fatigue.

The exercises improve the ability to do everyday activities such as buttoning a shirt, standing up or opening a jar. It helps you move faster, easier, more efficiently and have more confidence in how you move.

## **Who provides the training?**

Specially trained physical therapists

## **How often would I attend?**

1 hour a day for 4 days a week for 4 weeks

## **When should I start?**

NOW! This program is designed for any stage of Parkinson’s

## **How do I get started?**

Ask your physician for a PT (Physical Therapy) evaluation order for the Parkinson’s program

## **Is this program covered under insurance and Medicare?**

In most cases yes – as with any program always check your reimbursement sources before you begin. Avera Therapy services may be able to answer your questions also.

\* LSVT stands for Lee Silverman Voice Treatment. LSVT BIG was designed to address movement deficiencies in those that suffer from Parkinson's disease.

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## **Tree of Memories – A message from Onida**

Age does not matter, time does not matter, and 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 Patty McGee 280-2994.

*“My scars are a testament to the love and the relationship that I had for and with the person who died.*

*And if the scar is deep, so was the love.”*

Author Unknown

New books on grief in our library by Alan Wolfelt

Healing Your Grieving Heart After Miscarriage

100 practical ideas for parents and families. Compassionate advice and simple activities to help you through your grief after miscarriage, ectopic pregnancy or other early pregnancy loss.

Words of Hope and Healing – Understanding Your Grief after a Drug Overdose Death

Loss is always hard but when someone you love dies of an accidental drug overdose, the grief that follows can be especially painful and challenging.

Healing Your Grieving Heart When Someone You Care About Has Alzheimer’s

100 practical ideas for families and caregivers.

Stop by and pick up a copy of any of our books that might be helpful for you or someone you care about – pass them around, use a highlighter, turn down corners of the pages ...use them....

**Pennies for Robert ...**

Did you know that since *Pennies for Robert* began providing travel funds for cancer patients in 2004 **\$816,860** has been distributed?? That is almost a million dollars donated to help cancer patients travel to doctor appointments, chemo, radiation, surgery and follow ups.

Patients have traveled to 8 states and some patients have received funds for several years. With the price of gas rising, you have helped take away the sticker shock at the pump and made the week long stays a little easier to do.

When patients pick up their funds, we get the thanks but we always give the credit to you .... Thank you

*Thank you to  
Josie Ucker for saving  
pennies and donating  
them to Pennies for Robert!*



## Memorials...

Carol Fiala  
by  
Gary, Debbie & David Fiala

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

Kurt Matzen  
Darlene Carter  
Greg Vogel  
Doris Weischedel  
by  
Scott & Brenda Currier

Leila Geisler  
by  
Leland & Virginia Jost  
Family & Friends  
Street Masters Car Club  
Dennis Keith

Myrtle Jackson  
Jim Russell  
Patsy Kringel  
Jerry Hawkins  
by  
Larry & Barb Joy

Grace Duncan  
Dick Duncan  
Jerry Hawkins  
Kim & Kevin Wipf  
Marilyn Hofer  
Lois Schmidt  
Darrell Baade  
by  
Barbara "Bobbi" Thimsen

Patricia Iversen  
by  
Fischer Rounds Real Estate LLC  
H. Sidney & Carol Pond  
Geraldine Ray  
Ben & Wendy Smith

Warren "Tiny" Sporer  
by  
Leonard & Janice Deal

Carol Jones  
Dave Gerdes  
by  
Karen Zakahi

Tony Wegner  
by  
Carla Sahr  
Bob & Shirlee Miller

Harold Blumhardt  
Myrtle Jackson  
Delores Lounsbury  
by  
Anita Baker

Larry Severson  
by  
Richard & Patricia Stolp

Audrey Burnette  
by  
Edward Burnette  
Family & Friends  
Mr. & Mrs. Jon Johnson  
Ron Catlin  
Susie Oligmueller  
Mr. & Mrs. Glen Radway  
Denette Becker  
Janice Ring

Dennis & Shirley Eisnach  
by  
Wade & Karen Pogany

Daisy & LeRoy Mernaugh  
by  
Carmen & Wilfred Peterson

Stan Durston  
by  
Nancy Bloom

Dave Gerdes  
Jack Ellenbecker  
by  
Juanita McKeever

Harold Obenauer  
by  
Elda Obenauer

Kenneth Klebsch  
by  
Shirley Klebsch

Karen Wooley  
Jean Rounds  
Vern Dockter  
by  
Karen Gerdes

Jack Fifield  
Jack Ellenbecker  
Paul Herman, Sr.  
Harry Harryman  
Tony Wegner  
Linda Zeller  
David Gerdes  
Jeff McDorman  
Bernie Christenson  
by  
Ray & Betty McDorman

LeRoy Mernaugh  
by  
Dave & Elaine Konechne

Devin McKeever  
Paul Herman, Sr.  
Bernie Meyers  
Audrey Burnette  
Dave Gerdes  
Jim Russell  
Tony Wegner  
Tiny Sporer  
Chelsea Hattum  
Colleen Weiss  
Kathy Bellander  
by  
Ray & Mo Shepherd

Dave Gerdes  
Vern Dockter  
Darrell Baade  
Tiny Sporer  
by  
Norm & Jo Weaver

Mr. & Mrs. Larry Koupal  
Bernie Heermann  
by  
Meredith & Duane Heermann

Jean Rounds  
David Gerdes  
Karen Wooley  
by  
Delcie Schofield-Hall

Jack Ellenbecker  
Dave Gerdes  
Patsy Kringel  
Devin McKeever  
Tony Wegner  
by  
Karon Schaack

## Memorials...

Jean Rounds

by  
Dale & Donna Gohl  
Larry & Buzz Schoenhard  
Fred & Anita Marso  
John Hostler Family  
Tom & Irma LeFaive  
Craig & Dorothy Smith  
Karen Stein

Scott Hudson

by  
Jean Denton

Darlene Carter

by  
Darlene Carter Family

Karen Wooley

by  
Mork & Robin Norman  
Abbie O'Connor  
Phyllis Petersen

Bruce Neuharth

Mildred "Millie" Raymond  
by  
Roger & Marla Fuller

Karen Wooley

Leona Schuler

Jim Soyer

Elliot Harmon

LeRoy Mernaugh

by  
Bob & Shirlee Miller

Dave Gerdes

Vern Dockter

by  
Seb & Carol Axtman

Frank Farrar

by  
Todd & Kara Hughes

Dee Anderson

Jean Rounds

by  
Leona Buhler

David Gerdes

Vern Dockter

Jean Rounds

by  
Eldon & Betty Lindquist

Don Anderson

Maggie Oliva

Beth Flagstad

Wayne Anderson

Myron Kusler

Irene Caldwell

Evalyn Wall

Aaron Clark

Marvin Olson

Danny Bergeson

Jerry Hawkins

Darleen Templeton

Linda Zeller

Gladys Meleen

Floyd Fuoss

Ray Rathbun

Josefina Renze

Bruce Neuharth

by  
Anne Anderson

Mike Volek

by  
Lari & Linda Ott

Jean Rounds

Lanny Blake

by  
Chuck & Vicki Nafus

Forrest Dalton, Sr.

by  
Dale & Donna Gohl

Jim & Maudie Harding

Venice & Louis Stokstad

by  
Lee & Beth Dyer

Jim Russell

by  
Bill & Marcy Hull

Kurtis Matzen

Larry Severson

Peggy Whitehurst

Darlene Carter

Clyde Colson

by  
Pete & Patty McGee

David Gerdes

by  
Jean Person  
Charles & Kathryn Burke  
Andrew & Janice Deis  
Rosemarie Gors  
Ken & Twyla Bartholomew  
Ann & Jay Schwartz  
Bob & Cindy Clair  
Curt & Roxy Everson  
Terrance & Arlene Kvislen  
Rosemary & Edward McHugh  
Samuel & Lisbeth Meyer  
Rebecca Kelly  
Karen Lindbloom  
Teri Ellenbecker  
E. James & Kathleen Hood  
Richard & Mary Jean Schoessler  
Anne Gormley  
Robert & Michele Miller  
SD Electric Utility Companies  
Rita & Dick Wendt

**Memberships:** Maynard & Mary Greenfield, Rhonda Kirsch, Eldon & Betty Lindquist, Jim & Betsy Pollock, Linda Sack, Kevin & Alice Stulken, Eugene & Joan Warriner, Rita & Dick Wendt

**Donations:** BB Publishing-Don & Kate Boyd, Deb Bieser, Larry & Anna Cvach, Delta Dental of SD, Faith Lutheran L.W.M.L., Bonnie Glover, Jerry Grage, Rich Ivey, Lynn's Dakotamart, Peter & Ellen Maningas, Jackie Marso, Jane Payer, Linda Sack, SD Department of Revenue Jeans Day donation, Alan & Patsy Winters

In honor of  
**JoAnn Hummel**  
by  
Jean Denton

In memory/honor of  
**all former members of the  
East Pierre Women's Club**  
by East Pierre Women's Club

*In Loving Memory of ...*

**Marcia Burrows**

*John  
Janet – Deb – Susan -  
Dawn*

*In memory of*

**Tyler Wilcox**

*on his heavenly birthday  
November 21  
Bob & Jeri Wilcox*

**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*

**Glenn Marrington**

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

**Douglas Keller**

*God called you home 8 years ago  
on the 20<sup>th</sup> of October.  
You are missed so much every day.  
Love always,  
Don & Shirley Sandal*

**Patrick McInnis**

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

*Happy Anniversary  
"David" Tony Schmidt*

*I miss you so much.  
November 27, 1976  
Kim Schmidt*

*In memory of Keith's brother,*

**Larry Crandell**

*who passed away on November 6<sup>th</sup>, 30 years ago.  
We miss him through every season.  
Keith & Donna Crandell*

*Happy Birthday*

**Mom**

*Miss you every day.  
Love,  
Lari & Linda*

**Blackie Hofer**

**Marilyn Hofer**

**Dick Williams**

**Florence Williams**

**Donald Stroup**

**Ida Stroup**

*by Jody & Cody Williams*

*In memory of John Miller –*

*Husband, father & grandfather –*

*We love you and miss your earthly presence daily.  
Eternal love, Marge  
Adrienne & family  
Erica & family  
Erin & family*

*In memory of our mother,*

**Evelyn Riehle**

*on her birthday  
November 7<sup>th</sup>  
Sharon Taft  
Laurie Allison  
Morris Riehle*

*In loving memory of  
my mother,*

**Wilda "Groff" Stokes**

*7/21/1933 - 10/21/2021  
Liz Stokes*

*In memory of our "Nana" Leila Geisler*

*Tom & Chelsie Martin, Taylor & Jordyn  
Joseph & Lisa Martin, Presley & Carter  
Aubree & Tyler Kaiser, Trinity & Michael  
Jesse Vance, Charley Belle & Isla Jade*

**Ann & Harry Hasek**

**Michael Hasek**

*Miss & love you so much.  
You are forever in my heart.  
Karen*

*In loving memory of*

**Lynn Metzinger**

*on his birthday  
November 14<sup>th</sup>  
by  
Jane Metzinger*

*In loving memory of our grandson,*

**Dalton Williams**

*Happy Thanksgiving, Dalton.  
Not a day goes by that we don't think of you!  
Miss you so much.  
Love, Grandma Jody & Grandpa Cody*



*In loving memory of*

**Dalton Williams**

*Happy Thanksgiving,  
Dalton.  
Love, Mom, Dad,  
Cole, Shy, Kenya & Taya*

*In memory of my 2 great brothers on their birthdays,*

**Eldon Magnuson** October 31<sup>st</sup>

**Emil Magnuson** November 11<sup>th</sup>

*Love & miss you both,  
Delores Volmer*

*Remembering my wife,*

**Carol Jenner**

*on her birthday  
November 18<sup>th</sup>  
by  
David Hinkley*



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415 S. Crow St.  
Pierre, SD 57501

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## **Community Programs**

### **Breast Cancer Survivors Support Group**

**Thursday, December 2 at noon – Countryside conference room 415 S. Crow**

Meetings are open to all breast cancer survivors - we have participants that are just beginning their treatment plan and others who are 16 years post diagnosis. At each meeting we get updates from the members present and email updates from those not able to attend, there are discussion topics, guest speakers and almost always chocolate. This is a very informal and supportive group of ladies. One on one meetings with other survivors are also available. For more information call 945-0827.

### **Memory Connection - (Dementia Care Partners Support Group)**

**Pierre – Thursday, December 16 – 6pm – Countryside conference room 415 S. Crow**

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.

**Gettysburg – Wednesday, December 1 at noon – Grace Bible Church, 310 S. Broadway – Gettysburg SD**

This group is for family, friends and caregivers – you do not have to be providing daily care for someone - if you have, or have had, someone in your life struggling with their memory you are welcome to attend. If the weather/roads are bad please call the Pierre office to confirm that there will be a meeting 945-0827.

\*\*\* Gettysburg support group will not be held in January or February 2022.

### **Parkinson's Support Group – Organizational meeting**

**Wednesday, December 8th at noon – Countryside conference room – 415 S. Crow St**

Co facilitated by Avera Therapy Services & Countryside staff

Group discussion to determine if there is interest in a Parkinson's support group – what the format would be – topics of interest, etc. If you are unable to attend this first meeting but would like to be included in the mailing/email list please call 945-0827 and leave your name and contact information.

Also, if you are a caregiver or partner of someone with Parkinson's and would like to attend a support group, please give us a call 945-0827 with your contact information – phone number and email if possible.