



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

September 2021

Going full circle....

Today we gave a gift to Avera@Home Hospice in memory of Jim Russell.

It was important that this memorial be something significant - something that reflected the importance of the gift Mr. Russell gave Countryside in September of 1980.

By all appearances, Mr. Russell's gift was very simple and somewhat disappointing - a rejection actually - when approached about the possibility of starting a hospice program at the hospital. The answer was no, but if we wanted to pursue the idea we could have office space, lights, phone and a \$2,000 stipend.

Basically, Mr. Russell sent us to the community for support - the very best thing that could have happened. We worked harder, involved more people and grew stronger - we did every fundraiser known to man, built our volunteer base, developed a thrift store, started a home health and palliative care program and served hundreds of hospice patients.

We never charged for any services provided. The community stepped up to the plate time and again and we continued to grow. By the time we joined the hospital in 1995 our roots were firm.

Fast forward to 2021 and our discussion about a memorial gift for Mr. Russell. We struggled to find just the right idea.

Then, Jennifer Finley from Avera @ Home Hospice attended the August board meeting. Jennifer talked about the number of patients they were caring for and how hard the team was working to keep them all safe and comfortable at home - she talked about making extra visits and bringing in food and other ways that the team goes above and beyond. Part of this care made possible by the monthly donation you provide through Countryside, but mostly made possible by the caring spirit of the team.

After Jennifer left the meeting it was clear what the memorial gift for Jim should be. A donation in his memory to Avera@Home Hospice would bring things full circle.

The discussion began about the amount of the gift - finally someone suggested \$2,000 - the same amount we received in 1980. That seemed perfect - until someone wondered what that \$2,000 would be worth today.

The answer - \$6,626.09 - in memory of Jim to be used to supplement nursing and aide care for hospice patients. A great return on a gift that changed the course of Countryside.

P.S. As I wrote the last sentence I had to smile - my dad's name was Jim - it was through his hospice stay that I developed my passion for end of life care - I think of him and his caregiver's often - how they came into my parents' apartment, kicked off their shoes and settled in for a visit while my mother rested or went to the store. They became family in a matter of weeks, supporting my mom and dad in Florida and my brother and me thousands of miles away. It's not their technical skill that I remember, but their compassion and humor, their ability to listen and teach, their gift of presence.

I know this connection with hospice providers is not a unique experience - just last week a gentleman came to the office with a donation - he talked about the care that his wife received from Avera@Home Hospice - for a moment he struggled with the right words to describe his appreciation and finally settled for "those ladies are something else". Indeed they are...

Thanks, Jim.

When is a garage more than a garage?

We have a great garage attached to St. Benedict's Guest House. It is used to store a few household and yard items but it is mostly empty. At the other end of the house we have a small conference room, it was originally a chapel and worked perfectly for the sisters. Now, however, it is a tight squeeze for board meetings, support groups and educational programs.

Can you see where this is going?

We are going to convert the mostly empty garage into a conference/education space. We will use it for Countryside activities and also open it up for use by the community. It will be small enough for Bible study and book club groups and large enough for educational programs, board meetings and staff retreats. We hope it will be functional, accessible and welcoming. We hope it will be well used.

Community Programs

Breast Cancer Survivors Support Group – Thursday, October 7 and October 21 at noon

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, October 21 at 6pm - Countryside office 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, October 6th 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.

Thrift Store update

Shopping: Monday - Friday 10 am - 5pm and Saturday 10 am - 3pm

Donations: Monday - Friday 8:30 am - 4:30pm Saturday 8:30am - 3:30pm Sunday 11:30am - 2:30 pm

Christmas ...

We are finishing up with Halloween and fall items even before the weather is changing! We hate to rush the season (holidays mean glitter everywhere and things that make noise all over the store - so we really do hate to rush it) but we have a lot to share and we want to make sure you have time to see it all.

Donations after hours...Running late and going to miss donation hours? Give us a call 945-0150

Please do not leave your donations behind the store after hours - just this week we missed a truck load of furniture that someone took after the donors left - it takes a lot of guts to steal from a nonprofit but it happens every night - yes, we have tried cameras, lights and alarms - people think because the items are donated they are free for anyone - yes, we are beyond frustrated ... Thanks for your help

Disenfranchised grief – providing support for losses we didn't even know existed

We have had many deaths in our community - good, kind people who are gone too soon - families and friends have circled the wagons, providing food and comfort, coming together to share memories and wonderful stories, tears and laughter.

The death of a loved one is recognized as a time of grief and mourning. But what about the other losses that people are experiencing that do not seem to garner that same type of support?

20 plus years ago, Ken Doka coined the phrase *disenfranchised grief* to address the losses in our life that are important to us but may not seem important to others. These losses may not be openly acknowledged, socially sanctioned - or publicly mourned.

Doka goes on to say that disenfranchised grief is not black-or-white. You and I may experience the same loss and in your social situation the loss is openly acknowledged whereas in my social situation, among my friends and community, it is not. A few examples of disenfranchised grief include:

1. A death by suicide
2. A death by drug overdose
3. Death of a pet
4. Infertility
5. Loss of a home
6. Grieving someone you didn't know well
7. The death of a sibling
8. Grief that people think has gone on 'too long'
9. Death of the partner in an extra-marital affair.
10. Loss of a job
11. Divorce
12. Moving/loss of community
13. Grieving someone you can't remember (ex. a parent who died when you were an infant)
14. Death of an ex-spouse, ex-in-law
15. Miscarriage and stillbirth
16. Estrangement from family
17. Loss of meaningful objects/belongings
18. Loss of language, culture, and tradition
19. Loss of hopes and dreams for the future
20. Grief following an abortion
21. Learning a secret/finding out a person wasn't who you thought they were
22. Grieving a loved one with Alzheimer's or dementia
23. Grieving a loved one with a substance use disorder
24. Grieving someone who is dealing with a mental illness
25. Loss of physical health
26. Loss of independence
27. The death of a co-worker
28. The death of a patient or client
29. Loss of 'lifestyle' (losing financial means, getting clean from drugs/alcohol)
30. Death of a step-child/step-parent
31. Loss of identity or sense of self
32. Grieving a close friend
33. Parenting/custody battles
34. Feeling abandoned by a parent who is involved but distant after a divorce

(This is only a partial list - Doka listed 64 examples of disenfranchised grief in his original article)

World, state, national events and COVID have provided us with many opportunities for disenfranchised grief – children and adults are struggling with changes in their school, work and home life. We grieve for people who have died that we have never met - we struggle with the loss of dreams and plans - we have days when we are frustrated and angry.

Even happy events may have an element of loss - your child going off to school or getting married, a promotion, retirement, or a new home may produce feelings of sadness that take us by surprise and are difficult to explain. So many relationships and events in our life cause happiness and sorrow - hopefully you will find someone who can listen to your story without judgement - and then will listen to your story again until you no longer have the need to tell it -

Memorials...

Carol Fiala
by
Gary, Debbie & David Fiala

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

Paul Herman, Sr.
Linda Zeller
Dyann Miller
David Gross
Jerry Hawkins
Joan Kessler
Delores Sieler
Marilyn F. Hofer
Julie A. Sutton
Jeff Curry
Mavis Bren Olson
Dave Lindekugel
Raymond Rathbun
Lois Schmidt
James "Jim" Russell
Joseph & Chuck Serbousek
by
Thad & Caroline Uecker

Lola Anderson
by
Kathy Simon

Marie McIntire
Ben Gienger
by
Bruce McIntire

Lois Schmidt
by
Jeanne Olson
Kim Schmidt
Tam & Char Gatje
Paul & Dawn Marso
Leonard & Janice Deal
Dolly Nafus
Roger & Marla Fuller
Jamey & Erin Herr
Tim & Janelle Badger
Al & Tania Hinesh

Nancy "Tootie" Iversen
George Allen Iversen
by
Katherine & Paul Patterson

Mike Fanger
by
Mark & Connie Watts

Dave Klein
David Gross
Ray Rathbun
Jerry Sylva
Dennis & Shirley Eisnach
Al Ebach
Charles & Joseph Serbousek
by
Ray & Mo Shepherd

Doris Donner Porter
by
Robert Porter

Raymond Rathbun
by
Paula & Maurice Hurd

Gladys Schill
by
Howard Schill
Family & Friends
Dale & Donna Gohl

Jerry Wheeler
Charles Sisk
Joan Kessler
Georgie Sibson
Raymond Rathbun
Gladys Schill
Lois Schmidt
by
Jill & John Wellhouse

Al Ebach
by
Orv & Mary Jo Gran
Lynell Asher
Sharon Hartley
Blake Olson
Trish Kenyon
Art & Mary Rezac
Dave & Elaine Konechne
Fred & Julie Waxler
Craig & Dorothy Smith
Shirley Varilek & Family
Kathy Meyer & Family

Larry Beck
by
Judy Beck

Kim & Kevin Wipf
Lynn & Lary Lower
by
LeRoy & Helen Lower

Audrey & Neil Sandidge
by
Russ & Connie Albrecht

Jerry Leidholt
by
Corrine Leidholt

Raymond Rathbun
Jerry Sylva
by
Tom & Nancy Scheinost

Lois Schmidt
Al Ebach
by
Bonnie Rus

Marilyn Hofer
Ray Rathbun
by
Donna Schumacher

Albert Ebach
Gladys Schill
by
Andy & Janice Deis

Lois Schmidt
Dave Lindekugel
Albert Ebach
by
Florence Corcoran

Mike Shrader
by
Lynette Thum

Marilyn Beck
Albert Ebach
by
Bob & Gaytha TenEyck

Jack Ellenbecker
Albert Ebach
Harry Harryman
by
Karen Gerdes

In Loving Memory of ...

Marcia Burrows
John
Janet – Deb – Susan -
Dawn

In memory of my dad,
Bob Ryland
*Thinking of you on your
birthday, September 30th*
Love, Jody

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

In loving memory of
Philip Mathews
on the first anniversary of his death
August 19th
Love and miss you so much.
Audrey Mathews

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

In loving memory of
Steve Russell
on his birthday
September 29th
by
Sondra Russell

In memory of
Dean Schofield
on his birthday September 3rd
and the anniversary of his death September 8th
Delcie Schofield-Hall

In memory of
LeeRoy Eisenbeisz
*We can't believe you have
been gone 10 years.*
Love,
Lari & Linda

In memory of
Bud & Dona King
*Happy Heavenly
Birthday Mom & Dad*
Love & miss you,
Sammi

Remembering
Jane Rausch
*The fond memory of our engagement
on September 6, 1975!*
Ken Rausch

Shirley Smith
Jack Smith
Colleen Smith
Jacqueline Smith Nordvold
Ron "Buzz" Smith
by
Holly Smith Hewlett

Grace Duncan
Eunice Cavanaugh
Glenn Marrington
Bob Bartlett
Bob Hofer
John Young
Agnes Niehoff
Joanne Yackley Brownell
Bob Nystrom
Gladys Schill
Harry Harryman
Al Ebach
by
Lois Byrum

Warren Albertson
by
Don & Shirley Sandal

Al Ebach
Jerry Hawkins
Gladys Schill
by
Dale & Joyce Tipton

Jack Ellenbecker
by
Agnes & Bob Lord
Art & Mary Rezac

Dave Klein
Lois Schmidt
Harry Harryman
by
Rhonda Kirsch

Raymond Rathbun
by
Peggy Cruse

Leila Geisler
by
Audrey Mathews

Albert Ebach
Donald Saterbak
Betty Bishop
by
Steve & Julie Ellingson



Jim Russell
Albert Ebach
Jack Ellenbecker
by
Anita Baker

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415 S. Crow St.
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Memberships: David & Roberta Cahill, Delcie Schofield-Hall, Paula & Maurice Hurd, Bruce McIntire

Donations: Anonymous, Anonymous, Lynn's Dakotamart, Gary Fiala, Don & Donna Gallimore, Irma LeFaive, Peter & Ellen Maningas, Freda Peters, Melissa Shaffer & Family

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

**Thank you to Doug Hinkle for doing maintenance at the Thrift Store!*

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 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 September 10. The approximate cutoff date for the October newsletter will be October 14.