



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

February 2022



Robert Disburg's legacy

leg·a·cy¹ /' **noun** something that happens or [exists](#) as a [result](#) of things that happened at an earlier time

From the time he was a young child and all through his long battle with cancer, Robert Disburg was on the lookout for pennies on the ground. After all, that was a lucky thing. At his funeral in 2003, his parents and sister made sure that everyone in attendance would have a penny to take with them in memory of Robert. In the

fall of 2004 his grandparents came to the Countryside office with a jar of pennies in his memory – and that was the beginning of the ***Pennies for Robert*** fund – a program that provides travel funds for cancer patients who must leave our community for care and for those coming to the Helmsley Center.

We never thought that over the next 16 years **\$866,095** in funds for gas and lodging would be distributed. That's a lot of pennies....that's a great legacy.

Your donations and fundraising events such as Rally for Robert make this program possible. The Rally is a motorcycle and car dice run that makes a loop from Pierre to Gettysburg and back. Participants roll dice at each designated stop in the hopes of winning a cash prize. Lunch, a silent auction and door prizes round out the day.

This year the rally will be held on Saturday, September 10. We hope you will join the ride – no matter what you drive – it is about the fresh air, the fellowship and raising funds for those who have to travel for care.

In South Dakota, we understand time on the road – for pleasure or for healthcare – we also understand the importance of every penny.

Today I flew with an eagle ...

This morning as I drove across the top of the Oahe Dam I looked out the passenger's window just in time to see an eagle flying alongside the car almost at eye level – instead of bearing left at the end of the bridge I kept going straight until I ran out of road – the eagle veered off over the water and I returned to my drive to town.

It made me think of how easy it is to keep your focus straight ahead and miss so much that goes on around us. If I wouldn't have looked out the passenger's window, I never would have seen my early morning traveling partner.

An eagle sighting is associated with rebirth, new beginnings and the coming of spring – it is also said to be a reminder to take the peace and balance you seek in life and find it first and foremost in yourself.

Early morning wisdom from an eagle.

Thoughts from Katie Scott ...

When I was at one of my lowest points in life, I couldn't get out of bed on some days. I had no energy or motivation and was barely getting by.

Even therapy seemed like too much effort. I had been going every week, and on one particular day, I didn't have much to "bring" to the session. My therapist asked how my week was going, and I really had nothing to say.

"What are you struggling with?" he asked. I gestured around me and said, "I dunno, man. Life."

Not satisfied with my answer, he said, "No, what *exactly* are you worried about right now? What feels overwhelming? When you go home today, what issue will be staring at you?"

"Honestly?" I said. "The dishes. It's stupid, I know, but the more I look at them, the more I can't do them because I'll have to scrub them before I put them in the dishwasher, because my dishwasher sucks, and I just can't stand to scrub the dishes."

I felt like an idiot just saying it out loud. What kind of grown adult is undone by a stack of dishes? There are people out there with actual problems, and I'm whining to my therapist about a basic household chore?

And yet my therapist nodded in understanding. And then he shared his advice:

"Run the dishwasher twice."

Huh? I began to tell him you're not supposed to do that, but he immediately stopped me.

"Why aren't you supposed to? If you don't want to scrub the dishes and your dishwasher sucks, run it twice. Run it three times, who cares?! Rules do not exist."

That day, I went home and tossed my smelly dishes haphazardly into the dishwasher and ran it three times. I felt like I had conquered a dragon.

The next day, I took a shower lying down.

A few days later, I folded my laundry and put my clothes wherever they fit. As I reveled in my newfound freedom, I stopped seeing each day as a series of arbitrary rules to follow. Eventually, I felt free enough to set goals again, on my own terms.

Now that I'm in a much healthier place, I rinse off my dishes and place them in the dishwasher properly. I shower standing up. I sort my laundry. But at a time when living was a struggle instead of a blessing, I learned an incredibly important lesson:

There are no rules. Run the dishwasher twice.

Turkey Supper....did someone say maybe a turkey supper this year???
It might look a little different but same great food – stay tuned for more information soon!

Garage renovation

You may have noticed that we are doing construction at the Countryside office. The garage on the north side of the building is being renovated into a conference room/education center. This joint project with Avera St Mary's will provide much needed space for support groups, volunteer meetings, board meetings and community education. The space will allow us to host larger groups, host multiple meetings at once and spread out comfortably.

If you would like to be part of this project we do have a wish list that includes tables, chairs, microwave, coffee maker and more. This project will ensure that 100% of the building will be used for community services.

Thrift Store Update

Shopping hours: Tuesday - Friday 10 am - 5 pm Saturday 10 am - 3 pm
Donations: Monday - Saturday 8:30 am - 3:30 pm Sunday 11:30 am - 2:30 pm

Odd and ends ...

Did you know that we have bags of rags for painting and staining projects, old blankets for dog beds and sheets for drop cloths? We also have fabric pieces, stamping supplies and knitting needles. Missing a plate or bowl from your favorite set of dishes? We may have it.

Community Programs

Breast Cancer Survivors Support Group

Thursday, March 3 & 17 at noon - Countryside conference room, 415 S. Crow St.

For 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 e-mail updates from those not able to attend, there are discussion topics, guest speakers and almost always chocolate. For information call 945-0827.

Memory Connection - (Dementia Care Partners Support Group)

Pierre – Thursday, March 17 at 6pm - Countryside conference room, 415 S. Crow St.

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, March 2 at noon – Grace Bible Church, 310 S. Broadway

For more information or to schedule a memory screen in Gettysburg call 945-0827.

Parkinson's/ Stroke Support Group

Wednesday, March 9 at noon - Countryside conference room, 415 S. Crow St

Co facilitated by Avera Therapy Services & Countryside staff

Newly formed support group for patients dealing with Parkinson's or Stroke recovery. If you are unable to attend this meeting but would like to be included in the mailing/e-mail 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 or a Stroke survivor and would like to attend a support group please give us a call 945-0827 with your contact information – phone number and e-mail if possible.

Memorials...

Carol Fiala

by
Gary, Debbie & David Fiala

John & Anne Woods

Tom Woods

Burton & Anna Warne

Jack Fifield

by
Maynard & Mary Greenfield

Chuck Sterling

Mel Roghair

by
Herb & Arlene Pitan

Marsha Chase

Mariann DiPaolo

by
Mark & Ruth Smith

Marsha Chase

by
John & Margaret Ellefson
Dave & Trish Kenyon
Roger & Mary Edwards

Jack Campbell

by
Bob & Elaine Yackley

Bob Olesen

by
Marvin & Marcella Schmidt
Don & Shirley Sandal

Odean Solberg

Zay Norman

Marsha Chase

Jack Campbell

by
Jackie Marso

Darrell Baade

Vern Dockter

Jerry Hawkins

Lynn Metzinger

by
Brent & Mona Pries

Thelma King

by
Larry & Dolly Christenson
Eldon & Betty Lindquist
Kathy Wells

Floyd Richards

Jane Frank

by
Deb Fahey

Mariann (Mary) DiPaolo

by
Terry Cummings
Family & Friends
Dale & Donna Gohl
Marge Miller
Wendy Semmler
Abby Albers
Mary & Bill Bishop
Sheryl Nielsen
Peggy & Tom Huber
Kathleen Bongers
Eric & Deanne Booth

Floyd Richards

Wanda Dilley

Marsha Chase

Mike Mikkelsen

Mary Specker

Larry Diehm

by
Frank & Carol Newcomb

Vernon Bump

Andy Deis

Marsha Chase

Floyd Richards

Dave Schiefelbein

LeRoy Mernaugh

by
Paul & Dawn Marso

Colleen Weiss

Jean Rounds

by
Larry Weiss & Family

Marsha Chase

Robert Townsend, Sr.

Greg Dean

Odean Solberg

by
Dale & Joyce Tipton

Bob Olesen

Shane Cronin

by
Janice J. Bergeson

Greg Dean

by
Wade & Karen Pogany

Kim & Kevin Wipf

Lynn & Lary Lower

by
LeRoy & Helen Lower

Eldon "Short" Harvey

by
Leonard & Janice Deal

Bill Donahue

by
Mary Hiller

Zay Norman

by
Kay & Terry Moore

Pauline Brehe

by
Minnie Mae Claggett
Todd & Kara Hughes

Sheron Archer

Jack Campbell

Terry Howard

Mike Mikkelsen

Janet Campbell

by
Pete & Patty McGee

Karen Wooley

by
Eileen Herrin

Bob Townsend, Sr.

by
Carla Sahr
Randy Howe

Vernon Bump

by
LaVaughn Pietz



In Loving Memory of ...

Marcia Burrows

*John
Janet – Deb – Susan -
Dawn*

Roy Henriksen

*Every day, your children
thank you for
being our father.
Happy Birthday, Dad.*

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
our wife, mother and angel,
Jenny Wegner
Love you and miss you!
Boo, Bryan & Sara*

Patrick McInnis

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

*In loving memory of
Don Rounds
on the 4th anniversary
of your entry
into Heaven on
February 24th.*

*I love you and
miss you so much.*

Rosemary

*In loving memory of my wife,
Carol Jenner
on Valentine's Day
by
David Hinkley*

**Neal Rausch**

*It's been a lonesome year since
you left me in February.
Love you and miss you.
Minnie Mae*

*In memory of
my husband,
John Guhin
on the 8th anniversary
of his death,
February 22nd.*

Always missing you,

Carolyn

Memberships: Dale & Donna Gohl, Brent & Mona Pries, Dr. Charlie Seagren, Donna Welch, Jerre Willis

Donations: Anonymous, Anonymous, Nancy Berg, Mike Boocock, Larry & Cherlyn Christiansen, Larry & Anna Cvach, First Congregational United Church of Christ, Don & Donna Gallimore, Sandra Kangas, Rhonda Kirsch, Sebastian LeBeau, Lynn's Dakotamart, Peter & Ellen Maningas, Vivian Monroe, Network for Good, Oahe Foundation-Wallace R. Halverson Irrevocable Trust, Bernadette Stars, Sheryllyn Starks, Aaron Swan & Ironis Poppe, Alvin & Arlene Truax

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

**Thank you to Lisa VanderMaten & Val Jacobsen for making beautiful Valentine gifts for our guests at St. Benedict's.*

**Thank you to an anonymous donor for purchasing new shopping baskets for the Thrift Store.*

Welcome...

Please join us in welcoming Heather Janes to our Memory Center staff. Heather has recently relocated to Pierre and brings to the program a wealth of knowledge and resource information about dementia. Heather joins Cindy Meyer, Melissa Shaffer, Maxine Kinsella and Crystal Hanson in providing memory screens for patients and support for their families. Team members also travel to Gettysburg once a month for screening appointments and support groups. All services provided by the Memory Center are free of charge – this is made possible through your donations and the proceeds of the thrift store. For more information, the Memory Center brochure is on our website at www.countrysidehospicesupport.com or call 945-0827.

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415 S. Crow St.
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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.

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: _____

This newsletter contains donations processed through February 10. The approximate cutoff date for the March newsletter will be March 10.

Donations can also be made by credit card on our website www.countrysidehospicesupport.com, through PayPal or you may call the office with your credit card information 605-945-0827.