



Countryside Hospice Support & Memory Center

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

Phone: (605) 945-0827

November 2023

The thrift store is full of holiday items in every department. We barely finished with hundreds of Halloween costumes and we are up to our ears in glitter and garland.

Our donations have been unusually heavy for the past month. Some people are downsizing, others moving and some finishing up garage sales. But the story we hear from many of the donors is that they are cleaning out a house after a parent has died or they are moving a parent to a smaller space or possibly an assisted living. We understand this is a difficult transition for all concerned, we listen to their stories and hope that knowing their donations will benefit others helps in some way.

One special donation came on a Sunday afternoon, two young women pulled up and proceeded to unload their cars, they were friendly and helpful as they brought the boxes into the receiving area – as one of them handed me a box she explained they were cleaning out her mom’s house after she had died – my heart sank, she was too young to be without a mom – and then it sank even further as she went on to say that her mom had worked at the thrift store. She was Val’s daughter Maddie – a lovely young lady who I hadn’t seen since she was a little girl. We chatted about her life and her mom and all her mom did to build the store from the very beginning. It was a nice donation but an even better connection.

There is something sacred about being surrounded by items that have belonged to someone else. We never know which ones trigger a special memory for someone - that frilly little dress for a first Christmas, the silver spoon from Sunday dinners and even the silly Santa that sings may have a story to tell.

We are surrounded by family, friends and memories.

Recently board members spent time at the store handing out Dairy Queen gift certificates and thanking staff and volunteers for their time and effort. One of the volunteers responded to them by saying “No, thank you for letting us do what we need to do”. The board member responded by saying “We can only do what we do because of you” and it turned into one of those thank you, *no, thank you* discussions that ended in laughter.

We are so lucky. We have a board that has allowed us to provide programs that are needed, volunteers who are willing to share their time and talent, staff who go above and beyond to provide services, donors who keep the thrift store full and a community generous and creative in their giving.

Every day we give thanks...

The Tree of Lights will be at the thrift store again this year – each ornament a reflection of your gifts – we know you have many options for your holiday giving and are humbled when you choose Countryside. Thank you!

Holiday Thoughts

If a member of your family is struggling with Alzheimer's, or another type of memory loss, the holidays may pose a special challenge. While you want to involve them in the festivities you may find that extra people, erratic hours, and possibly even Christmas lights and decorations can cause increased difficulties with memory, mood and behavior.

There are a few steps you can take to help minimize these difficulties.

First, be willing to make some changes in your holiday routine. It may mean moving the large gatherings to another location, delegating more responsibilities and generally downsizing.

For someone with early memory loss the traditional large family dinner may become a potluck to minimize the stress of trying to remember recipes and the logistics of getting everything done on time.

Be sure that someone keeps their eye on the person with memory loss, if they become restless or anxious it may mean they need to be away from the crowd for a while or it is time for company to leave.

Prepare family members coming from out of town so they know what to expect and understand the game plan.

Flashing lights and animated stuffed animals may need to be packed away.

Keep the environment clean and clear of clutter.

Keep the usual daily routine as much the same as possible. Plan regular rest periods.

Do not have alcohol readily available.

Most importantly remember to include your family member in the reminiscing, the familiar carols, the delicious food and the hugs.

By doing a little preplanning you can help decrease the holiday stress for everyone.

November is National Hospice & Palliative Care Month

We salute the team of Avera @ Home Hospice – we know that hospice care is their priority and they have gone above and beyond to meet the needs of patients and their families. They are passionate about their job because that is the only way you can do hospice – you form a tight team and you go forth and do good – every day – every night and every weekend.

Our thanks to all of you, we are proud to support your mission.



Thank you to Sharon Nuttall for including Countryside in the Balsam Range concert fund raiser on November 3rd. It was a wonderful evening and we hope they will return to Pierre again!

Community Programs

Memory Connection – (Dementia Care Partners Support Group – for family members)

Thursday, December 21 – 6pm – Countryside Community Room

The format is informal and includes group discussion, educational information and the opportunity to ask questions and brainstorm the challenges of living with dementia. This group is also helpful for “long distance” family members and friends. If you have any questions about Memory Connection give Max a call at 945-0827.

Parkinson’s/Stroke Support Group

Wednesday, December 6 – noon to 1 pm – Countryside Community Room (note date change to first Wednesday)

Support group for patients dealing with Parkinson’s and post stroke recovery and their caregivers.

Group format includes guest speakers, resource information and exercise guidance. The people gathered around the table know your frustrations and challenges but they also have safety and energy saving tips that can make routine tasks a little easier. This group is co facilitated by Countryside and Avera Therapy Services.

Breast Cancer Survivors

Thursday December 21 – noon to 1 pm – Countryside Community Room

Support/educational group for breast cancer survivors. This group is open to new members at any time. If you are just starting your breast cancer journey or are several months or even years out and would like to connect with someone who has had a similar experience this group is for you. For more information call 945-0827.

OMA (Opening Minds Through Art) – Thursdays 10:30 - 11:30 am

OMA is a *free* program that provides an opportunity for socialization and the creative process for those with moderate to severe memory loss.

A volunteer works one on one with each artist and Memory Center staff are present to provide direction and support. Before each OMA session the volunteers “huddle” and discuss the project for the day - the energy level in the building begins to rise with discussion and laughter – then the artists and caregivers arrive and there is more laughter, singing and conversation. It is so quiet when everyone leaves.... Our thanks to the volunteers who make each session possible and to the caregivers who make OMA an important part of their week.

If you have a loved one with memory loss who would enjoy an hour of socialization and art or if you would like to volunteer, please call Cindy at 945-0827. New participants welcome.

OMA artwork can be viewed at the Waterfront Gallery for the Arts 207 E. Missouri – our thanks to Jen for providing space for the OMA collection. Greeting cards featuring OMA artwork will also be available for sale this holiday season.

OMA has a wish list for art supplies on Amazon -

https://www.amazon.com/hz/wishlist/ls/2MNXFBXMIESIE?ref_=wl_fw_le

Good news

We are once again fully staffed in the office as we welcome Pat Suedkamp and Pam Kean to the Memory Center and Laurie Allison to the administrative team. Pat and Pam bring many years of experience in health care to the table and will be conducting memory screens in addition to patient and family assessments. Laurie will be familiar to many of you, her return to Countryside brings an important piece of history back to the program along with her office skills – she will be returning full time in December and I promise the newsletter will look much better!

Memorials...

Carol Fiala
by
Gary, Debbie & David Fiala

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

Dona King
Elinor Sorenson
By
Gary & Helen Anderson

Ron & Priscilla Schmidt
By
Carolyn Guhin

Irene LaFurge
By
Tug & Joan Bush

Irene LaFurge
Leon Tennant
Gary Feller
By
Scott & Brenda Carrier

Gary Feller
By
Beverly Krietlow

Lois Welch
Ellen Hosman
Gary Heintz
Steve Likness
Sherman Monroe
Corretta Blow
Hayden Monson
Judy Hattum
Katie Cox
Wendy Shay
By
Mo & Ray Shepherd

Dr. P. M. Epele
By
Linda Epele

Bob Schwellenbach
Bob Travis
Larry Gramkow
By
Nancy Bloom

Gary Heintz
By
Family & friends
Patricia Heintz
Don & Shirley Sandal

Gaylord Sonnenschein
Don Shields
Gary Jackson
Ron & Priscilla Schmidt
Jill Tobin – Gusso
Loren Shantz
Steve Likness
Charlie Olson
Sherman Monroe
By
Ken & Sharon Erlenbusch

Elinor Sorenson
By
Family & friends
Lois Russell
Marge Miller
Roger & Nila Novotny
Pamela Homan
Chuck & Barb Poches
Rena & Jim Wolf
Barb & Ernie Koopman
Sharon & Tim Murphy
Kathy & Terry Mauch
Tom & Mary Tviet
Shirley Becker
Joseph & Connie O'Dell
Coleen Weaver
Gloria Hosman
Gordon & Monica Scott
North Star Lions Club
Jan & Bob Lester
Bille McMullen
Dynamic Campus Family
Chad Johnson
Elizabeth Almlie
Tammara Rutledge
Gary & Sally Marrone

Pat Mitchell
Elinor Sorenson
Bob Schwellenbach
By
Norm & Joann Weaver

Gaylord Sonnenschein
Sherman Monroe
Jill Tobin –Gusso
Gary Heintz
Katie Cox
Velda Pitlick
Ellen Hosman
Lois Welch
Bob Bartlett
Stacy Bartlett Schaefer
By
Santee & Norm Konechne

Ron & Priscilla Schmidt
Jerry Jacobsen
Dick Tobin
Randy Seiler
Gaylord Sonnenschein
By
Karon Schaack

Bob Travis
Lloyd Kannegieter
By
Ruth Schmidt

Arlene Truax
By
Rhonda Kirsch

Elinor Sorenson
Irene LaFurge
Cathy Paulson
Joe Warholik
By
Steve & Julie Ellingson

Mary Schumacher
By
Lynette Thum

Helene Z. Miller
By
Nancy Bloom

Ellen Hosman
Sheila Bonrud
Lloyd Kannegieter
Conrad Otterness
Gaylord Sonnenschein
Jill Gusso
Dick Tobin
Al Truax
Leon Tennant
Irene LaFurge
By
Lois Byrum

Pat Mitchell
Steve Lickness
Jeanne Glatt
By
Dawn and Paul Marso

Robert Travis
By
Uncle Matt

Craig Smith
By
Dale & Donna Gohl

Steve Lickness
Larry Gramkow
By
Nancy Thomsen

Larry Gramkow
By
Kris & Dale Jacobsen & family
Liz & Toby Crow & family
Jon & Lacie Herman & family
Jo & Ryan Butler & family

Don Boyd
By
Dean Sorenson

Craig Smith
Robert Ten Eyck
Larry Gramkow
Bob Travis
Hank Kosters
By
Lynell Asher

Wilma Bykonen
By
John Hostler
Shawn Hostler and family
Shelbi Hostler Schimpf and family

Gaylord Sonnenschein
Bob Ten Eyck
Larry Gramkow
Craig Smith
By
Delcie Schofield-Hall

Dwight Lamb
By
Janada Ramser
Steve & Barb Taylor

Elinor Sorenson
Pat Mitchell
Bob Travis
Craig Smith
By
Ruth & Mark Smith

If Christmas is hard,
If you've lost someone dear.
Just look in your heart,
And you'll know they're still here.

The star in the sky,
The light falling snow.
The robin outside,
It seems like they know.

If this is a time,
When you're struggling through.
Just do what you can,
For what matters, is you.

There's no need to be merry,
There's no need to bright.
Just do what you can,
It will all be alright.

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A message from Onida - Tree of Memories

The Sully County Courthouse will again display a tree during the holidays honoring the memory of your loved ones. Anyone who has lost a loved one is invited to add their name or picture to the tree. There will be empty 3x5 frames in a basket for you to use or you may bring your own. They will also have "clouds" for you to write the name on.

If you live outside of Sully County and would like a picture or name on the tree contact Nola LaRosh – 222-1383 or Brenda Currier 222-0741 and they will help you.

Age does not matter, time does not matter, your loved one is in your heart forever with cherished memories not to be forgotten.

Blue Christmas

The annual Blue Christmas Service is for those who experience difficulty during the holiday season and also a time to honor the memory of loved ones. The service will be December 16 at 2:00 pm at the 1st United Methodist Church.

Thank you - Dakotamart, Anonymous, Richard Ivey, Network for Good, Bob & Agnes Lord, Brent & Linda Dysktra
For St Benedict's House - Norm Weaver, Rita Hanten
Membership – Paul & DeeAnn Knofczynski, Connie Albrecht, Marge Jackson, Larry & Barb McQuiston,

***Thank you to Dairy Queen for the blizzard coupons for staff & volunteers ***

In Loving Memory of ...



Carol Fiala
*We miss you -
Mark & Deb Wixon*

Buddy G. Welch
Thankful for 20 wonderful,
memorable years. Missing
you at Thanksgiving and
always
Love, Meg



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*

*Remembering my Jack
On his 82nd
Heavenly birthday
October 6th
Marcy*

Linda Obermeier
*We miss you pretty girl!

Pete, Tammy, Aimee,
Joey, Amanda, Sawyer,
Axton & Jermey*

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

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

*In loving memory of
Sonny Reed
by
Charlene*

*Andy Deis
In loving memory of your birthday
November 27
Jan, Kristen, Jason & Todd*

*In loving memory of our
grandson
Dalton Williams

Happy Thanksgiving in
Heaven, Dalton*

Marcia Burrows
*John
Janet – Deb – Susan -
Dawn*

*In loving memory of
Douglas Keller
Who left us 10 years ago on October 20, 2013.
Miss you every day but know you are with us every day
Don & Shirley*

*We miss you so much
Love,
Grandma Jody
Grampa Cody*



*In loving memory of
Dalton Williams
Happy Thanksgiving in Heaven, Dalton
Forever missed but never forgotten
Love,
Mom, Dad, Cole, Shyanne, Kenya and Taya*





Tree of Lights

For every gift that Countryside receives during the holiday season there will be an ornament placed on the Tree of Lights at the Thrift Store. Each ornament will have a small tag that is in honor or memory of a loved one. Even though the tree is not very large there is always space for the next ornament – always room for one more memory – one more Christmas wish.

THIS GIFT IS FROM:

Name _____

Address _____ Phone _____

PLEASE USE MY GIFT FOR:

- Memorial
- As needed
- Memory Center
- Avera@Home
Hospice care
- Pennies for Robert
travel funds for cancer patients
- St. Benedict’s Guest House
lodging for cancer patients

<i>In Memory /Honor of</i>	<i>Please notify (address if possible)</i>
<i>Memory/honor</i> _____	_____

If you would like to charge your donation to a credit card, please call the Countryside office at 605-945-0827.

Donations may also be made on our website. www.countrysidehospicesupport.com

(If the above name and address is not the same as your credit card billing, please provide the information from the card you are using.) Thank you!

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

Return Service Requested

NON-PROFIT ORG. U.S. Postage PAID Pierre, SD 57501 Permit No. 76

With your help over \$206,058 in services has been provided in the first 7 months of our fiscal year

- 91 memory screens were conducted by the Memory Center staff
- \$55,225 was provided for 408 trips for cancer care through *Pennies for Robert*
- \$44,900 has been donated to Avera @ Home Hospice – this funding helps provide additional Home Health Aide assistance, special equipment, supplies and non emergency ambulance transport. This dollar amount includes any donations sent to Countryside but designated for Avera @ Home.
- In October the OMA program had 30 artists participating with 35 volunteers donating 99 hours of their time
- 433 guests have spent 1759 nights at St. Benedict's Guest House since we began in the fall of 2019
- 8622 volunteer hours since April - This includes the thrift store, board of directors, OMA, newsletter crew, fund raising. On average there were 102 active volunteers per month.

All of our funding comes from thrift store proceeds, fund raisers and your donations – we do not receive any state, federal or grant funding and everything stays in our community.

We Care Program – Thank you to Dakotamart for this wonderful community program. For every \$10,000 we collect in receipts Dakotamart donates \$100 to Countryside. Please save all your receipts – every department counts including pharmacy, food, clothing, gas and sporting goods. Receipts can be dropped off at the Countryside office or the Hospice Thrift Store.