



# Countryside Hospice Support & Memory Center

200 East Dakota Avenue, Suite 1, Pierre, South Dakota 57501

Phone: (605) 945-0827

April 2019



Administrative offices for Countryside

St Benedict's Guest House

Countryside Memory Center

Lodging for cancer patients and their families

By now you may have heard that we are moving ... and growing.

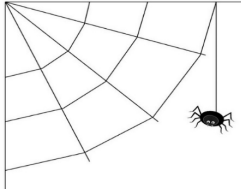
Avera has purchased the Benedictine Sisters' residence on South Crow street and is leasing the space to Countryside. One side will be our administrative offices and Memory Center and the other side will be a guest house for cancer patients traveling to Pierre.

As the Helmsley Center grows it is anticipated that more patients will be coming to Pierre for cancer care. Many of those patients will make day trips but some – especially those doing weeks of radiation – will need to stay overnight. Our goal is to create a homelike environment for those patients and their families.

The Benedictine sisters did a wonderful job constructing a home that is perfect for this project. As you look at the picture above the left side will be the administrative offices and Memory Center space. On the right side are 6 large private rooms with baths, a dining room, living room, kitchen and laundry area. Plenty of space for everyone.

This venture is also bittersweet as we hate to see the last of the sisters return to the Mother of God Monastery in Watertown. For 120 years they have been the foundation of healthcare in the community. For many of us they have also been coworkers, mentors and friends. We hope we can preserve their legacy through St. Benedict's Guest House.

Our thanks to Avera St Mary's and St Mary's Foundation for their part in this project. What a team effort!



Did you know that a spider's web is 20 times the size of the spider building it?

And the thickness of a strand in a spider's web is about one micron thick, or one hundred times finer than a human hair? And spider silk is five times as strong as steel!

Although silk is very strong, that's not the only important factor in a web's strength. Spider webs have a very complex design. The way the web is built means that if a single strand of web breaks, the strength of the web actually increases. Pretty impressive from a humble spider!

Scientists also found that spider silk can react differently to different types of forces. If a light wind blows on the web, the silk softens and becomes more flexible. The spider web can blow in the breeze without breaking. If a larger force is applied to one part of the web, the silk in that part of the web becomes stiff and one or two threads break. The rest of the web stays intact.

This sounds like Countryside. As we near our 39<sup>th</sup> anniversary in September it is incredible to look back and see what the volunteers, donors and staff have created.

It is a model based on strength, flexibility and teamwork – each person giving as they can and that support somehow seems to multiply.

When things have been tough we have held strong and rebuilt - with the main part of our web, our mission, never wavering.

The addition of St Benedicts to our program is very exciting, it will stretch our web in new ways, add new staff to our office and reach new people coming into our community. We are grateful for the opportunity and grateful for a supportive governing board willing to step outside our comfort level for this new venture.

We anticipate a move in July for the office and Memory Center. Then there will be a little renovation to make sure we have a safe and comfortable environment for guests and hopefully by early fall our doors will be open.

We will keep you posted on our progress, especially as we begin to decorate and furnish the guest rooms that will be a fun part!

PS...April is the time when we ask you to consider renewing your membership – there are no set fees, we know you give as you are able and for that we are grateful.

**Volunteer Appreciation**  
**Monday, April 15 @ noon**  
**First United Methodist Church – Trinity Hall**

**Lunch provided**

If you didn't RSVP for the luncheon – or didn't receive your postcard - and this reaches you before April 15 please don't worry about calling – just come – there is always room at the table for you.



## Subway fundraiser for *Pennies for Robert*

**May 1**

**Subway of Pierre will donate \$1 for every Footlong Sub or Signature Wrap purchased!  
(Take a friend to lunch!)**

### **COMMUNITY PROGRAMS**

#### **Countryside Breast Cancer Survivors**

This group is open to all women who have been diagnosed with breast cancer.

**April 18** – noon – Countryside classroom      **Topic** for discussion: It's ok to say no !

**May 2** – **Topic:** Acupuncture and Chinese Medicine      **Speaker:** Kylie Richardson, MCM, LAc,

Kylie graduated cum laude with her masters in Acupuncture & Chinese Medicine and opened her Pierre office in August, 2018. Although she believes everyone can benefit from the medicine, Kylie is specifically interested in treating chronic pain, harsh side effects of drugs (like chemotherapy), infertility, and mental health.

**May 16** – noon – General discussion

#### **Avera St. Mary's Men's Cancer Support**

**Noon – April 19 and May 17 (3<sup>rd</sup> Friday of the month)** Helmsley Center Cafeteria conference room for men who have any type of cancer. For more information call Terry Pfahler 224-3100.

#### **Dementia Care Partners Support Group**

**Thursday, April 18 and May 16 (3<sup>rd</sup> Thursday of the month) 6 pm** Countryside Office 200 E. Dakota

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.

#### **Avera St. Mary's Women's Cancer Support**

**May 10 @ noon – (2<sup>nd</sup> Friday of the month) Helmsley Center Cafeteria conference room**

This group is open to women of all ages who are dealing with any type of cancer. For more information contact Terry Pfahler 224-3100 or [teresa.pfahler@avera.org](mailto:teresa.pfahler@avera.org)

#### **Mabel's Family Support Group**

**Wednesday April 3, noon -1 pm Edgewood Senior Living – 1950 E. Fourth St**

An opportunity to learn, share your knowledge, plan for the future and support one another. Brown bag lunch, or call ahead and request an Edgewood lunch for \$7. The facilitator of the group is Katie Nagle. Please RSVP if you would like lunch 494-3400.

## Countryside memorials & donations ...

Rosemary Burtts

Katherine Burtts

David Wire

Daniel Wire

Donald Wire

Harold Burtts

Robert Burtts

Debbie Burtts

by

Ron & Mary (Burtts) Wire

Carol Fiala

by

Gary, Debbie & David Fiala

John & Anne Woods

Burton & Anna Warne

Jack Fifield

by

Maynard & Mary Greenfield

Susan LeDuc

Bob Parlman

Rodger Pearson

by

Margaret Ellefson

Ed Bergeson

by

Veona Prince\*

Herb & Arlene Pitan\*

Richard & Anna May Masteller\*

Rosemary Rounds

Don & Shirley Sandal

Rollin Barnes

by

Dwight & Bev Peters\*\*

Carmen Heyd

Clint Roberts

Kristi Roberts Gregg

B.O. Lindbloom

Bill, Alice & Billy Smith

by

Clay & Pam Roberts\*

Susan LeDuc

Irene Wald

Alice Englund

Steve & Jean Gomez

Carol Hinkley

by

Gaylord & Cathy Sonnenschein\*

Dr. Barbara K. Spears

by

Colleagues, Patients & Friends

Anita Baker

Norm & Sandee Konechne

Rodger Pearson

Susan LeDuc

Betty Jean Blazek

by

Dennis & Shirley Eismach

Dr. Barbara K. Spears

Russell Nash

Cheryl Satrang

Dr. B.O. Lindbloom

Susan LeDuc

Irene Wald

Ray Henderson

by

Holly & Pat Hoing

Russell Nash

Pam Templeton

by

Dale & Donna Gohl

Russell Nash

by

Shirley Whitney

Marjorie Gallimore\*

Gloria Hosman

Deloris Baumgart

Leah Kirley

Doris Powell

Rollin Barnes

Julie Gutzmer

by

Larry & Nancy Galinat

Sharla Garrett

by

Joyce & Allen Weller\*

Pam R. Templeton

Dave Eschen

by

Nancy Bloom\*

Elaine Wagner

by

Jane Braley

David Ryan

JoAnne Tagtow

John Miller

Jay Cofer

Gene Stueven

Lanny Blake

by

David & Barb Templeton

Jim Ogan

by

Betty & Robert Novak

Jenny Wegner

Sharla Garrett

Jeff "Mabes" McDorman

Vern "Skinner" Larson

by

Mike, Bryan & Sara Boocock

Pam Templeton

by

Bob & Shirlee Miller

Russell Nash

Ron Klucas

by

Marge Miller

**Memberships:** Larry & Nancy Galinat, Kathy Gerdes, Mary Gillette, Gerry & Lisa Saylor, Sandy & Chuck Schlueter, Maxine Tessier, Bobbi Thimsen

**Donations:** Anderson Dentistry, Anonymous, Anita Baker, Edward Jones-Scott & Jean Collison, Envirotech, First National Bank, Kathy Gerdes\*\*, Leidholt, McNeely & Leidholt; Sharon & Richard McEntaffer, Kim Paxton & Family, Lynn's Dakotamart, Rosemary Rounds, Marc & Jill Schmitz-Schmitz Financial Group, Katie Stenson\*, Stulken, Petersen, Lingle, Walti & Jones, LLP; Dale & Joyce Tipton

***In Loving Memory of ...***

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

**Michael Hawkins**  
*from your sisters  
Kim, Rise, Amy,  
Nikki & Sarah*

**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*

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

*In memory of our beloved grandson,  
**Dylan Fulton**  
on his 21<sup>st</sup> birthday  
April 7<sup>th</sup>  
We love and miss you so much.  
Grandpa & Grandma  
Mack & Karen Wyly*

**Shane Cronin**  
*on the day of his passing,  
March 11<sup>th</sup>.  
You are gone,  
but never forgotten!  
Lisa, Gerry,  
Jacob & Joshua Saylor*

*In Honor of National Surveyors Week  
**Maynard Sommer, Launie Rheborg, Bud Hackett,  
Earl Glodt, J.C. Fleishacker, Robert Whyte,  
Clint Gregory, Jay Timp & Blaine Barker  
Thielen Surveying, Bob & Roxie Thielen***



*In memory of our beloved son and brother,  
**Justin Saylor**  
You are truly missed each and every day!!  
Love,  
Mom, Dad, Jacob and Joshua*

**Avera@Home Hospice**

Dan Shelbourn  
Elaine Wagner  
by  
Tam & Char Gatje

Paul Taylor  
Charlie Kimbley  
by  
Joanne Wohlwend

Frank W. Sherer, Jr.  
Jeanne Sherer  
Greg Sherer  
Claudia Marbach  
Dr. Barbara Spears

Jeff McDorman  
by  
Jim & Yolonda Soyer

Rollin Barnes  
by  
Don & Shirley Sandal  
Elda Obenauer

by  
Vicki A. Hanson

Countryside Hospice Support & Memory Center  
200 East Dakota Suite 1  
Pierre, SD 57501

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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 pharmacy, food, clothing, and sporting goods.

**THIS GIFT IS FROM:**

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

**PLEASE USE MY GIFT FOR:**

- Memorial     Memory Center     **Membership**     Avera@Home     Pennies for Robert

**MY GIFT IS:**

In Memory/Honor of \_\_\_\_\_

Hospice care                      Cancer patients’ travel

Please Notify \_\_\_\_\_

*I would like to charge \$\_\_\_\_\_ to my credit card:*     **Mastercard**     **Visa**     **Discover**     **American Express**  
*Card Number \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_ (3 digit code on back of card)*  
*(or 4 digit code on front of AMEX)*

*(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!*

[www.countrysidehospicesupport.com](http://www.countrysidehospicesupport.com)

\* Pennies for Robert / \*\* Memory Center / \*\*\*Avera@Home Hospice

This newsletter contains donations processed through April 1, 2019. The cutoff date for the May newsletter will be May 10<sup>th</sup>.