



Countryside Hospice Support & Memory Center, Inc.

Pennies for Robert • St. Benedict's Guest House • Memory Center • Avera Hospice Support
Countryside Thrift Store

July 2023



5K Walk/Run

Long (5K) or short (1 mile) course

Saturday August 19, 2023 Registration 7:30 am - Starting time 8:00 am

Location: Oahe Downstream - Guest Lodge (no sticker required)

\$25 registration - includes a t-shirt!

JOIN US TO WALK/RUN IN MEMORY/HONOR/SUPPORT of everyone with memory loss and in celebration of all caregivers.

To register use this QR code or go to our webpage www.countrysidehospicesupport.com
You may also register the day of the event

Please be sure and indicate your t-shirt size on your registration

Door prizes * Breakfast burritos * one lucky registrant will win a \$100 gift card for Scheels.



This is more than a fund raiser – this is a show of support and appreciation – a way to let people know they are not alone on their journey –

Proceeds benefit Countryside Memory Center. The Memory Center provides free screening, resource information and caregiver support for patients and their families.

Happy 28th ...

The Thrift store will be celebrating its 28th year this month. There will be special sales all month as we wind up summer and start looking toward the school year.

28 years is a good run for any business but especially for one that started out as a great idea with little to no business experience to draw from. Piper Jaffrey gave us our start with \$25,000 and the rest was up to our volunteers and the community.

Needless to say, this community can make wonderful things happen. Donations came in, volunteers rolled up their sleeves and we hired great staff. None of us had a clue what we were doing, but we figured it out, we kept our eye on the mission and it has grown beyond our wildest dreams.

For whatever part you have played in the past 28 years – donor – customer – volunteer – staff – our thanks.

RALLY FOR ROBERT DICE RUN
ALL VEHICLES ARE WELCOME
(Automobiles & Motorcycles)
Saturday – September 9, 2023



Register 10:00 AM at Beck Motors - Depart 11:00 AM

Boat House Bar & Grill, Spring Creek	  	136-mile DICE RUN
Mug's Bar & Grill, Gettysburg		
The Corner, Onida		
1 Stop Travel Plaza, Pierre		
The Fieldhouse Sports & Spirits, Pierre		
Izaak Walton League, Pierre		

\$20 per Dice Card - \$10 for additional Dice Cards
Prizes for Top Three & Low
50/50, Raffle, Wild Card Prize, & Door Prizes
Meal will be served following the Dice Run



Pennies for Robert Fundraiser
Travel funds for cancer patients
Countryside Support & Memory Center



Questions? Jim - 280-2387, Marlin - 222-9437 or Marc - 222-6727

SDSU Extension program - Chronic Disease Self Management

Wednesdays - August 2 thru Sept 6 – 3pm - 5:30pm
 Pierre Regional SDSU Extension Center 412 W Missouri Ave, Pierre, SD 57501

SDSU Extension Health - Better Choices, Better Health® SD offers chronic disease self-management education workshops that are designed to help adults living with ongoing physical and/or mental health conditions and caregivers understand how healthier choices can improve quality of life, boost self-confidence and inspire positive lifestyle changes.

Millions of adults live with chronic health conditions. These workshops can help you manage symptoms, improve quality of life, and reduce healthcare costs.

Community Programs:

Parkinson's Support Group Wednesday, August 9 at noon

Opportunity to visit with others who have a Parkinson's diagnosis – group discussion includes medications, exercise, safety issues and day to day challenges. Family members are also welcome.

Breast Cancer Survivors - Thursday August 17th at noon.

Open to anyone who has been diagnosed with breast cancer – it may be recently or many years ago. This group is informal and provides support through discussion, speakers and one on one visits. Topics covered include those directly related to the diagnosis, treatment and recovery and also women's health in general, coping skills, and resource information.

Memory Connection - Thursday, August 17 – 6pm

Discussion group for family members and friends caring for a loved one with dementia or memory loss. An opportunity to brainstorm and share information and helpful ideas.

OMA sessions – Ongoing sessions on Thursdays - 10:30 - 11:30am – Countryside Community Room

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.

If you have a family member that would enjoy OMA please call for more information 945-0827.

Summer Hours – For the months of June and July the Countryside office will close at 1pm on Fridays. If you need travel funds during that time please call the office 605-945-0827 and leave the needed information: name, address, phone number and dates of travel. We will check for messages and process your requests on Monday – thank you.



Don't prioritize your looks my friend, as they won't last the journey.
Your sense of humor though, will only get better with age.
Your intuition will grow and expand like a majestic cloak of wisdom.
Your ability to choose your battles, will be fine-tuned to perfection.
Your capacity for stillness, for living in the moment, will blossom.
Your desire to live each and every moment will transcend all other wants.
Your instinct for knowing what (and who) is worth your time, will grow and flourish like ivy on a castle wall.

Don't prioritize your looks my friend, they will change forevermore,
that pursuit is one of much sadness and disappointment.

Prioritize the uniqueness that make you you, and the invisible magnet
that draws in other like-minded souls to dance in your orbit.

These are the things which will only get better."

Donna Ashworth



Off to a good start

Girl Scout Troop # 40266 represented by Anne-Renne and Violet Speck recently donated cookies for the guests of St Benedict's.

We think this technically makes Anne-Renne and Violet third generation volunteers for Countryside since their grandmother Pat is an OMA and thrift store volunteer and their aunt Paula also volunteers at the thrift store – the Girl Scout Promise and Law encourages volunteering as they pledge to “help people at all times, use resources wisely, and make the world a better place.”

Also pictured: staff member Crystal Hanson



One last thank you to the students, staff and families of Kennedy School who raised over \$9,000 for Countryside. The kids were innovative, the families supportive and the staff fully engaged – that's how you do a successful end of the year fund raiser!

Welcome...

The memory center team welcomes Pat Suedkamp. Pat will be conducting memory screens, assisting with OMA and providing support and education for family members.

Donations: Stan & Lue Hanson, Pam Fuhrer, Trinity TLC – Midland, SD Department of Social Services – “Jeans Day”, Network for Good, Dakotamart, Alvin & Arlene Traux,

Memory Walk Sponsors: Pure Bliss Bakery/Café, Capital City Monuments, Tibbs Leather Works, First National Bank, A-G-E Corporation, Clausen & Rice, Fischer Rounds and Associates Insurance, Fischer Rounds Real Estate, Cathy Sonnenschein Properties, Randy and Mary Turner, A Cut and Style, CommTech

Membership – Jim & Shari Forney, Carmen Heyd, Arlyne & Billy Markwed, Ardis Nelson

“**Love the River City People**” – Members of The Bridge Wesleyan Church put their faith into action as they did a variety of service projects for organizations in our community in June. A very ambitious group took on a several projects for St Benedict's guest house including washing windows, pulling weeds, painting a railing and building bases for the mini refrigerators in the guest rooms. This is the second year the group has included us in their action ministry and we are grateful for all they accomplished.

In Memory of ...

Carol Fiala

by
Gary, Debbie & David Fiala

John & Anne Woods

Chuck Woods

Tom Woods

Burton & Anna Warne

Jack Fifield

by
Maynard & Mary Greenfield

Jean Mortenson

Bob Clark

Donna Slaathaug

Jace Owens

Harper Hupp

William & LaDonna Hupp

By
Brent & Betty Lindbloom

Jim Stein

By
Fred & Julie Waxler

Gordon Anderson

Jan Bjerke

Gary Knudson

Onie Neuharth

Daph Richards

Eleanor Miller

By
Larry & Judy Kirkpatrick

Priscilla Schmidt

By
Juanita McKeever & family
Bob & Shirlee Miller
Bonny Schroyer
Paul & Marcie Nordstrom
Karen Weber

Mike Shrader

By
Lynette Thum

Dick Tobin

Gordon Anderson

Don Shields

Randy Seiler

Dr. Mikel Holland

Sheila Bonrud

Ellen Carter

Don Boyd

Jo LaRoche

Kit Curry

Gloria Lawrence

Kay Howard

Hy Young

Bob Bartlett

By
Norm & Sandee Konechne

Lila Ludwig

Marcella Richter

By
Pete & Patty McGee

Priscilla Schmidt

Sheila Bonrud

By
Seb & Carol Axtman

Wes Broer

Audrey Borth

River Ludemann

James Stein

Lloyd Kannegieter

The Hupp Family

Sheila Bonrud

Birkley May Reis

Walter Abbott

Toby Putzier

Priscilla Schmidt

By
Ray & Mo Shepherd

Jo LaRouche

Judy Gretschan

By
Patsy & Alan Winters

Priscilla Schmidt

Onie Neuharth

By
Fee & Jerry Jacobsen

Gary Knudson

By
Dorothy & Evonne Willey
Deb & Rich Romness
Tracy & Terry Laqua

Toby Putzier

Priscilla Schmidt

By
Jim & Shari Forney

Lila Ludwig

By
Sharon Stone
Bob & Elaine Yackley

Leona Buhler

By
Nancy Bloom
Ardis Nelson

Bob Bartlett

Cecil McGruder

Onie Neuharth

Lila Ludwig

By
Lois Byrum

Evelyn Charlson

By
Dale & Donna Gohl
Bob & Shirlee Miller
Dwight & Beverly Peters
Richard & Sharon McEntaffer
Carol Huber

Hazel Bouren

By
Betty McDorman
Kristi Burheim

Toby Putzier

By

John & Kristi Berheim
Fred & Julie Waxler

Marcella Richter

Daph Richards

Ellen Carter

By

Frank & Carol Newcomb

Robin Hohrman Coble

By

Ron & Bev Ingle

Mary Bonhorst

Monte & Laurel McNickle

Lloyd Kannegieter

Conrad Otterness

By

Mark & Ruth Smith

Conrad Otterness

By

Beverly Badger

Lorraine Ebach

Jeff & Dona Mae Johnson

Sherman & Vivian Monroe

Jim & Cheryl Nelson

Sandra Nelson

Connie & Gary Palmer

Leonard & Marilyn Peterson

Rosemary Rounds

Don & Shirley Sandal

Craig & Dorothy Smith

Brenda & Eugene Thomas

Priscilla Schmidt

Gary Knudson

Onie Neuharth

Conrad Otterness

By

Mary Jean Schoessler

Judy Gretschan

by

Roger & Marla Fuller

Larry Gall

Evelyn Charlson

Don Shields

Shirley Helgesen

Dr. Mikel Holland

Pat Wullweber

By

Patty Gall

Marvin Jessen

By

Gary & Grace Schmitgen

Lee & Helen Baron – Wishard

Priscilla Schmidt

Ken Starks

By

Connie Colwill

“The most truly generous persons are those who give silently without hope of praise or reward.”

— Carol Ryrie Brink

Pennies for Robert

Over the last three months we have provided \$24,725 in travel funds for cancer care. Most of these funds have been for patients who need to leave our community, some for day trips but many involve several days or weeks away from home.

When you are up against something like a cancer diagnosis you simply do what needs to be done. The extra expense may not be the first concern but at some point it starts to add up – the gas, the meals, the motels, the lost wages –

When patients call our office asking about travel funds we try and make the process as simple as possible – name, address, phone number and dates of travel. Patients can request funds as often as needed, there is no limit to the number of requests and no limit to the amount they can receive. There is no paperwork to fill out, no receipts to turn in. We do not cover all of their expenses but provide a stipend that is based on how far they are traveling, how long they will be gone and what we have available for funds. When gas went through the roof we gave a little more and when they have to stay an extra night we send an extra check.

Thank you for making this possible – since *Pennies* started in 2004 over 1 million dollars in travel funds has been provided. A simple program that helps make the journey a little easier for patients and their families and keeps your donations in the community – a nice win/win.

In Loving Memory of ...

In memory
of
Carol Fiala
*We miss you -
Mark & Deb Wixon*

My Mom & Dad
Cal & Joan Pottratz
*Miss you, love you,
Think of you daily
Nancy*

In memory
of
Shirley Helgesen
By
Family and friends

*In memory
Of my loved one*
Marcella
*Miss you dear,
Cecil*

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*

A gift to
Pennies for Robert

In memory of
Tyler Wilcox
By
*Jeri & Bob
Family and friends*

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*

*I will be forever
grateful to have had
the love we shared.
I will always love you,
Sonny*

Charlene

*In memory of the **Johnsons***
*Don Johnson – father
Doug & Theron – sons
Ross – son – grandson
We miss you and love you
Your family
Arvs, Julie & Jill, Gloria, Chad, Beau and families*

In memory of
Shirley Fosheim
On her June 26th birthday

*Remembering you is easy,
I do it all the time.
But missing you is a
heartache
That never goes away
Arlyne*

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

In loving memory of
David “Flipper” Keller
*On his 62nd birthday.
You are now retired in heaven.
Miss you every day
Don & Shirley Sandal*



*Sometimes you will never know the value of a
moment
Until it becomes a memory
Dr. Seuss*



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

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

Return Service Requested

We Care Program – Dakotamart

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.

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
 Don Boyd OMA memorial

In memory/honor of: _____ Notify: _____

In memory/honor of: _____ Notify: _____

This newsletter contains donations processed through July 3 The approximate cutoff date for the August newsletter will be August 3

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.