



Countryside Support & Memory Center

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

Phone: (605) 945-0827

February 2026

Heart Month: Strengthening Our Health and Our Community

February is recognized as Heart Month—a time to focus on heart health, wellness, and the importance of caring for ourselves and one another. It's a reminder that small, intentional choices make a lasting impact on our overall health, whether it is staying active, managing stress, or checking in on loved ones.

It is a meaningful time to reflect on the heart of our community—giving. Acts of generosity, compassion, and support strengthen our community just as much as healthy habits strengthen our bodies. Through donations, volunteerism, and shared kindness, we can continue to support neighbors facing cancer, memory loss, and hospice needs. This Heart Month, we encourage you to care for your own heart while helping lift the hearts of others—because together, we make our community stronger.

With 9 months of our program year completed, this newsletter shares how a simple donation makes a lasting difference for individuals and families in our community—month after month, year after year. Thank you to everyone who faithfully supports the mission and vision of Countryside.



Community programs | All groups will meet in the Countryside Community Room - 415 S. Crow Street

Parkinson's Support Group – First Wednesday of each month, at noon. Visit with others who have a Parkinson's diagnosis. Topics include medications, exercise, safety issues and day-to-day challenges. Family members are also welcome.

Memory Connection – Third Thursday of each month, at 6:00 p.m. Discussion group for family members and friends caring for a loved one with dementia. An opportunity to offer support and share information.

OMA – Thursdays 10:30 -11:30 – Opening Minds through Art (OMA) is a program that matches individuals who have memory loss with a volunteer, together they create art. For more information and/or to volunteer, call Cindy at 945-0827.

Call 605-945-0827 or go on-line for more information about our support groups and program events.

Website www.countrysidesupport.com	—❤—	Facebook Countryside Support – Pierre, SD	—❤—	Instagram countryside_support_pierre
---	-----	--	-----	---

Your community donation at work...

In the first 9 months of this fiscal year, April – December, proceeds from the thrift store, fund-raising events, your membership, memorials and donations have stayed in our community. This is what YOU have made possible:

\$40,245 have been dispersed through the **Pennies for Robert** cancer travel funds, representing **317** trips. Since 2004 the total is **\$1,200,068**.

Pennies for Robert is a stipend for cancer patients who need to travel out of our community for care. Patients call and tell us when they must travel and we provide a stipend to go toward gas and lodging. They can call as many times as they need to travel.



139 Memory Screenings with a grand total of **2017** since 2011.

Memory Screenings have been provided since 2011. We are seeing patients of all ages, some with significant memory loss and some who want a baseline screen. The patient and family are provided support, education and information about resources. There is no charge to patients or their families for this service.

87 Guests for **170** nights have stayed at **St. Benedict's Guest House**.

Cancer patients within a 70 miles radius of Pierre, traveling in for appointments can stay at the guest house during the duration of their appointments. With the close proximity to the Helmsley Center, this helps the family save money on gas and lodging with a private bedroom/bath and full access to the house amenities during their stay. And we are just a hop, skip, and jump away from the.



\$57,097 was donated to **hospice support**.

Countryside provides a monthly donation and designated donations to Avera@Home Hospice. The donation is used to bridge the gap between expenses of care for the patients and the reimbursement from Medicare and insurance.

13,162 Thrift Store Volunteer hours.

Countryside runs on volunteer power. The federal rate assigned per hour for volunteer is \$34.79; so far this program year hours would equal \$456,619. Can you really put a dollar amount on what the heart of a volunteer gives?



3,000 Newsletters are mailed in and out of state each month.

With the help of 7 newsletter volunteers, labeling and sorting, Countryside news travels near and far to keep folks informed about programs, events and honoring our loved ones who have passed. That break down is: Pierre – 1,613 | Ft. Pierre – 342 | In-State – 830 | Out of State – 215. Countryside newsletters will move to digital format in the months to come. Watch how you can sign up to get your newsletter emailed to you. You can view all the newsletters on our website at www.countrysidesupport.com

178 OMA Artists – **275** OMA Volunteers – **92** Family Members

OMA – **Opening Minds through Art** is an evidence-based program for individuals living with dementia. Participation allows artists to freely express themselves in a failure free community atmosphere with social interaction along with a trained volunteer to assist as needed. Each year artist artwork is submitted to the national OMA art show. Countryside OMA artists have been chosen as winners in a variety of categories. Watch for information for the upcoming OMA Art Show in April to view these beautiful pieces of artwork.

Donations – continued...

415,980 Volunteer Hours since 1995



That my friends is a lot of heart-felt time and talent shared with our organization, knowing that in turn it is supporting our family, friends and neighbors in need. We are always in need of volunteers for a variety of areas and schedules are flexible. Tasks that can be done at the store or take-home projects. Stop by the thrift store and ask for a volunteer application, today.

63 Parkinson Support Group participants – **54 Memory Connect Support Group** participants

Countryside Parkinson Support Group meets once a month where participants can visit with others who have a Parkinson's diagnosis. Topics include medications, exercise, safety issues and day-to-day challenges. Family members are also welcome. Memory Connect also meets once a month for group discussion for family members and friends caring for a loved one with dementia. An opportunity to support and share information.

12 Board of Director Volunteers – **107 Board Members** over the years.

Countryside Board of Directors generously contributes their time and areas of expertise each month to support and guide the organization through board and committee meetings, strategic planning, and community events. This dedicated 12-member board ensures that staff, volunteers, and those we serve remain a top priority in all decision-making.

697,180 Thrift Store items sold



Did you know that much of our program funding comes from the Thrift Store proceeds? When you donate to the store and buy from it, you support cancer, memory loss and hospice patients. As long as we have all three hearts joined together – Local Donor, Local Buyer to Local Recipient, the process will remain strong for years to come.

But wait! There's More! Countryside Thrift Store also partners with PARS, GOVS/BUFFS Pantries, Birth Right, Got Sneakers, Missouri Shores Domestic Violence Shelter, and other non-profit organizations in the 70-mile service area, supporting each other to meet community needs. These partnerships help recycle, reuse and reinvest to support the local economy when we donate and shop local. This also helps keep tons of items out of our landfill and keeps our monthly garbage bill down.

140,000 DakotaMart Receipts



The DakotaMart – We Care Program helps community organizations by donating \$100 for every \$10,000 in receipts collected. Slips include groceries, sporting goods and prescriptions. Thank you to everyone who turns receipts into Countryside. You can drop off your slips at the Countryside Thrift Store or office. A BIG shout out to Verna Spoonmore for over 15 years of helping tally up all those slips.

Year after year, you choose to give,
To help our neighbors heal and live.
Through changing days and seasons new,
Your steady kindness carries through.

Each gift you share becomes a light,
A softer road, a hopeful night.
It fuels our mission, lifts each hand,
And helps us serve throughout our land.



Because of you, support is real—
In miles traveled, hearts that heal.
In comfort found and care made known,
No one we serve walks on alone.

Thank you for standing by our side,
For trust, compassion, and your pride
In all we do, year after year—
Your generosity keeps hope near.



**2026
SAVE THE
DATES**

VOLUNTEER LUNCHEONS

National Volunteer Week – April 20th

End of Summer Potluck – August 10th

Holiday Celebration – December 14th



OCTOBER 3, 2026

**SD DAY
OF
GIVING
12/1/26**

February is Heart Health Month

Get Your Ducks in a Row for Heart Health!

Take a daily quack & stroll

A 10–20 minute walk each day to keep your heart happily paddling.

Watch your duck-tor approved numbers

Check blood pressure, cholesterol, or schedule that annual physical.

Eat heart-healthy... no breadcrumbs required

Add fruits, veggies, whole grains, and lean proteins to your plate.

Hydrate like a duck in water

Drink plenty of water throughout the day.

Stretch your wings

Gentle stretching or yoga to keep circulation flowing.

Ruffle fewer feathers

Practice stress-reducing habits—deep breathing, music, or quiet time.

Don't let bad habits stick like feathers in mud

Limit smoking, excess sugar, and salty snacks.

Sleep like a duck on a calm pond

Aim for 7–8 hours of restful sleep.

Check in on your flock

Encourage friends or family to join you in heart-healthy habits.

Do something that makes you quack up

Laughter is good for the heart—find joy every day.



IN MEMORY OF...

Kendra Droppers Paulson
Hazel Baumberger
Mildred "Milme" Jibben
Ann Curtis
Cheryl Hanson Browning
Beverly "Bev" Mickelson
by
Margaret & John Ellefson

Monica Ehlers-Baumeister
by
Angela Ehlers

Mary Hedman
Noel Henriksen
Charlotte Meyer
Lane Briggs
by
Gary & Grace Schmitgen

Orville "Orv" Charlson
by
Darin Charlson
Clifford & Christine Reuer
Ann & Michael Holzhauser
Uncle Matt
Kate Boyd
Robert & Sheila Haddock

Orville "Orv" Charlson
Gary Hoscheid
Don Bourk
Troy Thomas
Russ Hendrix
Eldon Lindquist
by
Monty & Peggy Bechtold

Lynette James
Anita Fahey
Charles Poches Jr.
Duane Hunsley
Beverly "Bev" Mickelson
Linda Ellis
Leah Vesely
Shirley Bessert
Gary Hoscheid
Noel Henriksen
Mary Hedman
Ag Brasel
Mildred "Milme" Jibben
by
Patti Petersen

Mildred "Milme" Jibben
by
Gail & Tom Schulte
Amy Jibben

William "Bill" Van Camp Sr.
by
Uncle Matt

Richard Regennitter
Al Christie
Eldon Lindquist
Mary Hedman
by
Norm & Joann Weaver

Ralph Stephens
Al Christie
Eldon Lindquist
Bunny Zerr
Jason Jarvis
by
Lynell Asher

Eldon Lindquist
Kendra Droppers
Paulson
Ralph Stephens
by
Mark & Ruth Smith

Eldon Lindquist
by
Betty Lindquist
Philip & Kathy Hofer
Carol Pickering
Don & Shirley Sandal
Kathy Walls
Joshua & Jennifer
Schmaltz
Teryl Cruse
Maxine Tessier
Charles & Darcy McGuigan
Linda & Max Voller
Anne Anderson
Kevin & Larna Severy
Barb & Monte Hillestad
Chad & Sandra Griese
and Family
Linda Elenbaum
Karen Hasek
Nadine Henderson
Rolly Moerke
Don & Peggy Wallace
Friends of Lindquist Family

Hazel Baumberger
by
Kristi Berheim
Betty McDorman

Beverly "Bev" Mickelson
Ralph Stephens
Ralph Bauer
Pearl Stone
by
Steve & Julie Ellingson

Larry Burttts
Beverly "Bev" Mickelson
by
Rex & Marvene Riis

Alvin & Arlene Truax
by
Loretta Truax

Ralph Stephens
by
Denette Becker

Jeff Farries
by
Anna May Masteller

Ida Anderson
Orville "Orv" Charlson
Eldon Lindquist
Mildred "Milme" Jibben
by
Janice Deis

Doug Holter
David Bechard
Mary Hedman
Eldon Lindquist
Ralph Stephens
Orville "Orv" Charlson
by
Joel & Carol Gengler

Ida Anderson
Hazel Baumberger
Shirley Bessert
Karen Day
Marval Fairbanks
Mary Hedman
Noel Henriksen
Jean Hillmer
Sally Ann Hoskinson
Beverly "Bev" Mickelson
Richard Regennitter
Pearl Stone
by
Thad & Caroline Uecker

Renee Good
Alex Pretti
by
Rebecca Monson

Merle Ankrum
Linda Dickson
Orville "Orv" Charlson
Larry Burttts
Gary Hoschied
Mary Hedman
Dave Bechard
Eloise Pillen
Anita Fahey
Duane Hunsley
Russ Hendrix
Pearl Stone
by
Ray & Maureen Shepherd

Charles Poches Jr.
by
Jennifer Poches-Pitts

Ken Binkley
Ron Krier
Millie Ortmeier
Dave Simon
by
Patricia Rausch

In Memory of
Mildred "Milme" Jibben
Gwen Reker, Gail Schulte,
Lane Jibben

In Memory of
Countryside Thrift Store
Volunteers
Ralph Stephens
Pearl Stone

In Memory of
Stanford Stenson
I'm still missing you on
our 49th wedding
anniversary
on February 12th.
Love always, Nancy

In Memory of
John Guhin
February 22, 2014
It's been 12 years since you
passed.
Love and miss you!
Carolyn

In Memory of
Sonny
The beautiful Cardinal
hanging in our window,
given to me by a very
special little girl, is your
"Good Morning" to me
every day. It brings me so
much happiness.
I will love you always.
Charlene

In Honor
The Awesome Bunko
Group
For your donation of Art
Supplies
To OMA!

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

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



Donations: We Care-Dakotamart, Robins Water Conditioning, Wallace R Halverson Trust, Fresh Huddle, Capital City Monuments-Josh Hansen

Memberships: Gary & Grace Schmitgen

Pennies for Robert: SD Department of Revenue, Delta Dental of SD

THIS GIFT IS FROM:	
Name	_____
Address	_____
FOR:	<input type="checkbox"/> As needed <input type="checkbox"/> Avera @ Home Hospice <input type="checkbox"/> Memory Center <input type="checkbox"/> Pennies for Robert (Travel funds for cancer patients) <input type="checkbox"/> St. Benedict's Guest House <input type="checkbox"/> Membership (Lodging for cancer patients) <input type="checkbox"/> OMA (Opening Minds through Art) <input type="checkbox"/> Freda's Story (booklet)
In memory/honor of:	_____ Notify: _____
In memory/honor of:	_____ Notify: _____
In memory/honor of:	_____ Notify: _____
<i>This newsletter contains donations processed through February 1st. The approximate cutoff for the February newsletter will be March 1st.</i> Donations can also be made by credit card or Venmo on our website www.countrysidesupport.com , or you may call the office with your credit card information 605-945-0827.	