

SENIOR COMPANIONS

Highlights

"Sharing Friendship At Home"

Spring 2022 • Issue 91

Circulation 3,100

YOU ARE INVITED TO A

Free Concert - Featuring Sioux Falls Children's Choir



The Senior Companion Program is pleased to announce that the Sioux Falls Children's Choir will perform at a free concert on Sunday, May 1 at 2:00 pm. The Sioux Falls Children's Choir was founded in 2015 by Rosalind Hofer and Jaclyn Lange. It now includes Natalie Campbell, Artistic Director, and Laura Cooper, Executive Director. The choir is a non-profit organization for grades 2-8. Students rehearse on the campus of Augustana University once a week. A holiday and spring concert are given annually.

The choir was privileged to perform Mahler's 8th Symphony with the SD Symphony Orchestra and Chorus in 2019. The Sioux Falls Children's Choir regularly performs the National Anthem at various sporting events such as the Sioux Falls Stampede, Sioux Falls SkyForce, and the inaugural year of the Sanford Invitational in 2018. In 2019 they

performed with the Heartland Handbells in a joint holiday performance and were invited to perform for the SD American Choral Directors Convention in Rapid City in January 2020.

Learn more about the amazing volunteer opportunity with the Senior Companion Program.

Please join us for a fun-filled afternoon listening to these talented young singers!

Sunday, May 1 • 2 p.m.

Great Room of the Jerstad Center

The Evangelical Lutheran Good Samaritan Society
4800 W. 57th St. • Sioux Falls, S.D.

Refreshments will be served.

Mark Your Calendar

– EVENTS COMING NEAR YOU –



Scams and MORE Scams!

WHAT YOU NEED TO KNOW TO HELP PROTECT YOURSELF!



Guest Speaker – Jody Gillaspie
Director Consumer Protection Division
Office of Attorney General

Jody Gillaspie began her duties as Director for the Office of Attorney General, Division of Consumer Protection in 2012. Prior to that she was an Investigator with the Division and has been with the Attorney General's office for over 20 years.

The division's role is to pursue deceptive trade practices that affect SD consumer and businesses on a daily basis. Jody emphasizes that the key to protecting South Dakotans is by educating the public to recognize scams and potential deceptive trade practices before they occur.

JUNE 9, 3:00 PM

Rapid City Public Library, 610 Quincy Street

JUNE 23, 2:00 PM

KO Lee Aberdeen Public Library, 215 4th Ave SE

JUNE 24, 1:00 PM

Watertown Regional Library 160 6th St NE

Sponsored by Senior Companions of SD

Learn more about how you can serve your community by volunteering as a Senior Companion.

Senior Companions'... serving our community!

Regina and Lee

Senior Companion Regina is a force of nature, someone who is always busy. Regina swims at 7:00 am on Tuesdays and Thursdays and at the gym the other days by 8:00 am. She usually does aerobic water classes, bike, or land classes. She said she does this to keep her from ending up in a wheelchair. Regina was diagnosed with Multiple Sclerosis in 1983 and has suffered from chronic pain and health issues over the years.

Regina's client Lee is all too familiar with chronic pain. She has fibromyalgia and severe food allergies that trigger the fibromyalgia. The pain limits her activity and at times she is bedridden from the pain. "She nearly lost three years of her life bedridden, sleeping the days away", Regina shared. "It is amazing how much she improved after each of our visits. After a while, Lee would have a list of things for us to accomplish like going to the grocery store or a trip to the library." They said they often were mistaken



for mother and daughter. "I feel so good when I know you are coming," Lee said to Regina. The women agree that Lee's world opened up when Regina began serving her.

Unfortunately, COVID showed up and put a stop to life as they knew it. Senior Companion services were suspended and activities at Lee's apartment were canceled. Lee stated, "I felt so isolated because I did not leave my apartment. I could not risk exposure." Regina and Lee kept in touch by

phone each week but it was not the same as in-person visits. Now that services have resumed, they have gotten back into a routine but it was slow going with Lee's pain and lack of energy. "She does everything for me," Lee said. One of the things they work on each week is sorting and reading mail. Regina also does dishes, laundry, gets groceries, and so much more. The most important thing is providing support and friendship. After a trip to Regina's apartment to meet her cats, Amber and QT, Lee is considering getting her own cat. The women were pleasantly surprised that Lee had no allergic reaction.

People who are going through the same or similar experiences are valuable, not just for the emotional support and validation but also for information and advice. Good friendships can help you to deal with some of the loneliness and anxiety that a chronic illness can bring.

Elaine and Myrtle



In February, 2020, Myrtle Crandell moved into the Lincoln Apartments in Pierre, South Dakota. What she couldn't know at the time was that in March, 2020 the residents of the building would close their doors and essentially stay isolated for months due to the pandemic. But not Myrtle! She would leave her apartment each day on her mobility scooter and first go to Hardees for coffee, ride along the river on nice days, and then maybe travel up the hill to Hobby Lobby and Walmart.

Having been born and raised in Pierre, Myrtle saw her new residence as part of the progression of her life. As a young adult she worked in the lab at St. Mary's hospital for 15 years, then as a secretary for an eye doctor, and progressed into retail work at a grocery store and Runnings. She loves Pierre. It has a small town feel to it where people know their neighbors. And Myrtle knows everybody.

The Lincoln Apartments is a senior living building with a common dining room and community room where people can socialize. That's where Myrtle met Elaine playing bingo one evening. One thing led to another and soon Myrtle became a client of the Senior Companion Program. Because

Myrtle is dependent on her scooter, Elaine will sometimes accompany Myrtle on the bus to doctor's appointments, eye appointments, or shopping for more groceries than just the scooter can carry. Sometimes they play cards or work puzzles in the community room. And on nice days they will sit outside knitting and crocheting while enjoying the warm, sunny breezes. Frequently they are joined by Pumpkin, Elaine's therapy dog.

As friends they frequently go out for lunch or dinner at Perkins downtown or the Cattleman's Restaurant up the road. They check in with each other multiple times throughout the day, making sure each of them are doing well.

Helpline Center's November Volunteer of the Month



Senior Companion Edith McKinnon was named the Sioux Empire November 2021 Volunteer of the Month, an area-wide award program sponsored by Wellmark Blue Cross and Blue Shield of SD. The Helpline Center presented Edith with a framed certificate and a letter of appreciation from Mayor Paul TenHaken.

Edie projects a warm, cheerful attitude to everyone around her. She handles difficult situations with remarkable patience and admirable tact. She loves people, works hard, and always tries to lift the spirits of those around her. She is a friend you can confide in and trust what she says is genuine and well-intentioned.

Edie's clients cannot say enough kind words about her. They enjoy and appreciate every moment with her, whether in person or by phone. During the pandemic, Edie called her clients to stay in touch. One client stated, "Sure, I missed our weekly breakfast dates, but Edie called every week like clockwork. It was reassuring knowing she was just a phone call away."

Another client shared how supportive Edie was when her mother died. "She helped go through mom's belongings, drove me to donation sites, and navigate the list of things to do after a loved one dies. I appreciated her wisdom and kindness."

Senior Companions **NOW ACCEPTING APPLICATIONS...**

Do you enjoy making new friends?

Do you enjoy helping your neighbor?

Do you want to give back to your community?

Consider becoming a Senior Companion

It's a wonderful volunteer opportunity for older adults. As a Senior Companion, you would help people remain independent in their own homes or apartments. Activities might include conversation, assistance with reading and writing letters, preparation of meals, providing transportation for shopping and errands, or other tasks that are essential for independent living. You may also be needed to provide respite care (short periods of relief) for families who are caring for a person full time.

You would enjoy many benefits, including: an hourly tax-free stipend (for those who qualify), mileage reimbursement, paid training, paid leave, accident insurance, friendship with peers and satisfaction in helping others.

You could be one of our Senior Companions in South Dakota who provide a vital service to their communities, enriching lives along the way. If you or someone you know would be interested in becoming a Senior Companion, please call 605-361-1133 or toll-free at 1-888-239-1210 or in the Black Hills 605-721-8884 for more information.

station spotlight

Sanford Webster Medical Center and Clinic



Lori Reetz and Ashley Ewing

Sanford Webster Medical Center offers expert medical care close to home and provides comprehensive medical services. Their medical experts provide pediatric care, emergency medicine, rehabilitation services, surgery, and more. Individuals visit for both inpatient and outpatient services.

The center is also a certified sleep study center to help treat sleep disorders in adults and children.

In addition to the critical access hospital, there is also Sanford Webster Clinic. They can treat a variety of sudden illnesses and injuries to get patients back to their daily routine as quickly and safely as possible. The clinic team gets to know the patients and give the best care possible while keeping them happy and healthy.

Family medicine providers serve the Webster community with the latest medical technology and techniques. For medical needs that go beyond a primary care doctor,

they provide access to medical specialists throughout the year. These providers visit Sanford Webster Clinic so patients can receive advanced care close to home. They also provide telemedicine including Psychiatry, Infectious Disease, Nephrology, Endocrinology and Oncology, and continue to expand as other specialist needs develop.

Additional programs offered include chronic care management and transitional care management. Chronic care management is a service provided in between regular visits with a patient's health care provider or doctor. Chronic care management is a program for those enrolled in Medicare, and can help manage care if a patient lives with two or more chronic conditions. The transitional care program offers visits by an RN after a patient is discharged home from the hospital or nursing home. The RN will review discharge plans, medications, provide information on available resources or make needed referrals, as well as provide additional information/education on health conditions or health care needs.

As Station Representatives for the Senior Companion Program, Ashley Ewing and Lori Reetz make potential client home visits and complete the paperwork associated with the Program. They have found the visits provided by Senior Companions are much needed for individuals who may not have much contact with family or friends or have difficulty leaving their homes. Ashley and Lori state, "This truly gives meaning to the Senior Companions motto of sharing friendship at home and we are thankful to have this program available to our community members."

Program Director Celebrates 20th Anniversary



Kristin Fox

Program staff held a surprise party for Kristin Fox, director of Senior Companions of SD to celebrate her 20th work anniversary, complete with flowers, cake and a special framed commemoration. "I have enjoyed working with the Senior Companion volunteers through the years - they are very special. This program is amazing!," Kristin said.

In Gratitude for Generosity... **2021 GIVING CLUB MEMBERS**

SPONSORSHIP CLUB

(Contributions of \$500 or more per year)

Jennifer Patrick Bauman

Brian Hardy

In Memory of Opal Hardy

Hy-Vee

Helpful Smile Week

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In Memory of Lois R. Barrett

Gladyce Perkins

Scheels

The Walter C. Schulz Foundation

FRIENDSHIP CLUB

(Contributions of \$125–\$499 per year)

Kim and Janine Beck

In Memory of Kay Beck

Mark Briley

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Ann Forster

In Memory of Gladys Forster

Rev. Bill Gran

Deborah E. Johnson

Fran Kilen

In Memory of Ed Kilen

Lee and Karen Larsen

In Memory of Millie and Karen

Eunice Mansfield

Matthiesen, Jerry

In Memory of Carole

John and Carol McGrath

David and Debby and Linda Miles

*In Memory of Millard Hyronemus
and Bernice Miles and Duane DeVries*

Thomas and Jean Nicholson

In Memory of Elizabeth Peterson

Lois Rossum

In Memory of Bob Rossum

Arthur and Lana Rusch

In Honor of Neva Koepp

Duane Scott

In Memory of Nellie Scott

In Memory of Donna Zirbes

*Joan Lamb, Carol Denman, Karen Weber
and Lynne Tesch*

SUNSHINE CLUB

(Contributions up to \$124 per year)

Adela Allen

Warren Austin

Kathryn and Lawrence Birgen

Tim and Brenda Bjorklund

*In Honor of Harvey Johnson and In Memory of
Lorraine Johnson*

W. Brody

Greg and Marsha Bullis

In Honor of Norma Law

Corey and Tara Camp

Betty DeBerg

In Honor of Kristin Fox

Kathleen Dirksen

In Memory of Darlene Robinson

Virgene Dougal

Leon and Michelle Eich

In Honor of Kathy Eich

V. Joy Fehrenz

In Memory of Berniece K. Donaldson

Wayne Foss

In Memory of Eleanor Jean Sougstad

Carolyn Fray

In Memory of Ruth & Stanley Lauritsen

Don and Deb Fritz

In Memory of Edith Fritz

Jeff and Lynette Gilmore

Deon Grenier

Jason M. Guenther

Kathleen Heligas

*In Memory of Lenora Baxter and
Erma Disbrow*

In Gratitude for Generosity...

Elizabeth Hindbjorgen

Randy and Linda Huddle

In Memory of Marjorie Krcil

Gene and Shirley Jones

Lori Jones

Anna and Michael Kinsella

Andrea Knight

JoAnn Knutson

In Memory of Kenneth Knutson

Neva Koepp

Clarice Konold

In Memory of Ronald Konold

Bill and Joyce Kubat

Gloria Landborg

In Memory of Richard Landborg

Norma Law

*In Memory of Grace Duerksen and
Zola Mediger*

Sara MacGregor

*In Honor of Mavis Johnson and
Nita Grover*

Marlene Mahlstedt

In Memory of Marlow Mahlstedt

Royal and Bev McCracken

In Memory of Linda McCracken

Eleanor McMahon

Evelyn Miller

In Memory of Naomi Laurence

Patricia Neighbors

Lamoyne and Karyn Pederson

Doug Puetz

In Honor of Lenis Pato

Darlene Schieffer

Lois Schmidt

In Honor of David Sorenson and

In Memory of Arlyn Schmidt

Stefanie Schmidt

Susan Schrader

In Memory of Lois and Art Schrader

Lisa Scott

In Honor of Theresa Roberts

Jo Sejnoha

In Memory of Lee Christopherson

AJ Sherrill

Hilka Soderberg

In Honor of Connie Peters

SD Torchbearer Gamma Chapter

Sharon Stoley

*In Memory of Dorothy Barnett and
Sharon Matthies*

Laurie Swanson

In Memory of Carmilla Juhnke

Barbara Telkamp

Steven and Coralette Thompson

Sally Vreugdenhill

In Memory of Bob Vreugdenhill

Ron Walker

In Memory of Mabel Walker

Carole Welsh

In Memory of Donald Welsh

Velva Wheeler

In Memory of Ophelia Wheeler

Carol Yarrow

In Memory of Elsie and Lyle Boyd.

*Thank you to our Community Partners. They are an integral part of our Program.
We appreciate your commitment to us and the clients we serve.*

- Avera @ Home, Pierre
- Bethesda Home of Aberdeen
- Brookings Health System – Home Services, Brookings
- Good Samaritan Society – Canistota
- Good Samaritan Society – Canton
- Good Samaritan Society – Services @ Home, Sioux Falls
- Interim HealthCare of the Black Hills, Rapid City
- Pasque Meadow Apartments, Sioux Falls
- Salvation Army, Watertown
- Sanford Faith Community Nurses, Sioux Falls
- Southeastern Behavioral, Sioux Falls
- Sunnycrest Retirement Village, Sioux Falls
- The Center, Yankton
- Visiting Angels, Sioux Falls
- Webster Medical Center, Webster



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Welcome to these new Senior Companions!

• Kelly McConnell (Sioux Falls) • Marie Romano (Rapid City)

Thank You

We wish to acknowledge and give a special thank you
to our supporters who gave us funding
to match our federal grant from the Corporation
for National and Community Service in 2021

United Ways of Brookings,
Northeastern SD (Aberdeen),
Northern Hills, Rapid City,
Southern Hills, Watertown, and Yankton.

The City Government of Aberdeen
and the County Governments
of Brookings, Codington,
Lincoln, and McCook.

Senior Companions Highlights
is published twice a year by the
Senior Companion Program.
Spring 2022; Issue 91

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