



# MARCH NEWS

Thank you to Wendy Abbott for educating us on communication strategies for people with Alzheimer's/dementia in February. We had a great turn-out and look forward to partnering more with the Alzheimer's Association in the future!

This month, we welcomed guests Gary and Stephaine to the ADC family- we are happy to provide you with great care and we are excited to get to know you and your family.

We are continuing to put a lot of work behind the scenes to expand Adult Day Services in the Black Hills- and in the next couple of months, we will start seeing the fruits of our labor. We will soon be needing support in the form of in-kind donations, monetary donations and volunteers for some manual labor! If you have a service group, church group or a group of generous friends who would like to get involved, we would love your help.

If you or your business is interested in sponsoring a kitchen remodel, recreation room items, furnishings, or activity supplies, please let us know! Any donation- big or small is appreciated.

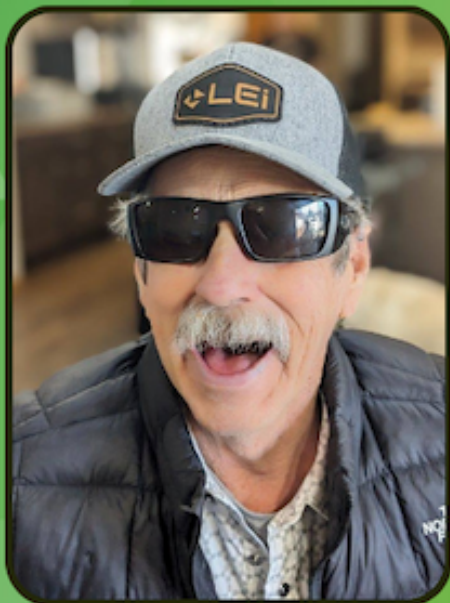
We are all incredibly excited to serve more families.



**Adult Day Center**  
— of the Black Hills

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







# 10 THINGS

## EVERY FAMILY SHOULD DO WHEN GIVEN A DIAGNOSIS OF DEMENTIA

### If you have been diagnosed:

**1. Open up to your inner circle.** Talk to trusted family members and friends about how and when to share your diagnosis. While this step may be scary, it can be empowering and may open up additional sources of support.

**2. Find support.** There is a life after diagnosis. Join a support group and reach out to the Alzheimer's Association- they have connections and resources for every situation.

**3. Plan for financial and legal matters.** The sooner you discuss these plans the more say you have over your future. Prepare for long-term care needs, make financial arrangements, and appoint someone you trust to make decisions.

**4. Create Structure.** Daily/weekly schedules can help you maintain healthy habits. Find what gives you purpose and find a way to incorporate these activities in your daily life.

**5. Stay in touch with your doctors.** Keep your medical team informed of any changes in mood or symptoms. Although there is no cure, there are therapies and treatments that can help you cope.

### If you are the caregiver:

**1. Get support.** This is a life-changing journey, so walk it with others who understand it. Look for support through social media groups or Alzheimer's Association support groups.

**2. Collect important documents.** Assemble a binder with your loved one's papers and make sure they are all in order. Consider consulting with an elder law attorney about long-term care and estate planning.

**3. Chart a roadmap.** Discuss future plans and specific signs that may necessitate a move to a higher level of care. Inquire about home health, Adult Day Center options, and tour facilities to get an idea of where your loved one would be happy.

**4. Stay by their side.** Make sure you or another loved one goes along to doctor's visits. Keep a record of these meetings and any private conversation you have with the doctor.

**5. Make time for yourself.** It's impossible be on call 24/7 for a person with the complex care needs that go along with a dementia diagnosis. There are great resources in our community that will allow you to care for yourself while your loved one is in good hands.

# WISH LIST

Karaoke Machine  
8x10 Canvases  
Vanilla Ice Cream / Root Beer  
Bingo Prizes  
Baking Ingredients  
Paper Plates/Red Solo Cups  
Decaf Coffee/Hot Chocolate Mix  
Laundry Detergent  
Sugar Free Snacks

**Volunteers!**

# THANK YOU

Thank you to The Humane Society of the Black Hills, Kathleen & Walter Boner, Deb & Kenton Larson, Troy Falardeau & Stan Masada, Norman Boeshans, Rob & Kim Peterson, Gary & Judy Gregson, Black Hills in Motion Cloggers, Pegie Douglas, Bob Grimm Band, Wendy Abbott with the Alzheimer's Association, Bobby Holman, Black Hills Raptors, Piesano's Pacchia, and Prouty Pottery!

We are lucky to have your support!

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**Are you a caregiver who could use a break?  
Whether it is for an hour or 40 hours per week, we can help! Give us a call at 605.791.0436 to schedule a tour.  
We are open Monday-Friday from 7:30 a.m. to 5:30 p.m..**

**We have openings for adults of all ages!**

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**Do you know of a youth, service, professional, or church group looking for a local non-profit to support? If so, please point them in our direction! We could always use volunteers to help with activities, crafts, and games!**



**Follow the Adult Day Center of the  
Black Hills on Facebook!**

The Adult Day Center of the Black Hills is a 501(c)3 non-profit.






# WE NEED YOUR VOTE!

Target Circle members can earn and cast votes for a selection of local nonprofits including the Adult Day Center of the Black Hills **Jan. 1-March 31, 2024!**

The program is available through Target's mobile app, online at [target.com/circle](https://target.com/circle), and in stores. Every 90 days, Target features 5 nonprofits doing good in the local community. Votes are tallied and donations can range from \$500-\$2000!

**Please help us to maximize our donation by voting online or through Target's mobile app through March!**

# MEALS ON WHEELS Menu

				<b>Friday 1</b> Oven Omelet 1CS Hashbrown Patty 1CS Tomato Spoon Salad 1/2CS Mandarin Oranges 1CS Fruit Muffin 1CS
<b>Monday 4</b> Swedish Meatballs 1CS Parslief Potatoes 1CS California Vegetables Cooked Cinnamon Apples 1 1/2CS Bread 1CS	<b>Tuesday 5</b> Ginger Pork over Baked Rice 1 1/2CS Seasoned Spinach Peas 1CS Bread 1CS	<b>Wednesday 6</b> Taco Salad w/Meat & Beans 2CS Pudding 1CS Peaches 1CS Bread 1CS	<b>Thursday 7</b> Chicken Bacon Ranch Wrap 2CS Leaf Lettuce & Tomato Slices Potato Salad 1 1/2CS Petite Banana 1CS	<b>Friday 8</b> Bean Soup w/Carrots & Potatoes 1CS Tossed Salad w/Cottage Cheese Fruit Cocktail 1CS Cornbread 2CS
<b>Monday 11</b> BBQ Chicken on a Bun 2CS Baked Potato 1CS Broccoli w/Cheese Sauce 1CS Applesauce 1 1/2CS	<b>Tuesday 12</b> Turkey ala King 1CS over a Biscuit 1CS Cooked Carrots 1/2CS Pineapple Tidbits 1CS	<b>Wednesday 13 HAPPY BIRTHDAY</b> Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas & Carrots 1CS Mandarin Oranges 1CS Bread 1CS Cake 2CS	<b>Thursday 14</b> Swiss Steak 1CS Parmesan Potatoes 1CS Green Beans Peaches 1CS Bread 1CS	<b>Friday 15</b> Pasta Primavera 2CS Baked Beans 2CS LS Tomato Juice 1CS Tropical Fruit 1CS Garlic Bread Stick 1CS
<b>Monday 18</b> Chef's Choice 	<b>Tuesday 19</b> Hamburger on a Bun 2CS Leaf lettuce & Sliced Tomatoes Potato Wedges 1CS Baked Beans 2CS Cooked Apples 1 1/2CS	<b>Wednesday 20</b> Chicken Breast in Celery Sauce 1CS Sweet Potato 1 1/2CS Peas 1CS Peach Crisp w/Topping 1 1/2CS Bread 1CS	<b>Thursday 21</b> Beef Tips in Gravy over Sliced Potatoes 2CS Carrots 1/2CS Fruit Cocktail 1CS Bread 1CS	<b>Friday 22</b> Potato Soup 1 1/2CS Tuna Salad Sandwich 2CS Three Bean Salad 1/2CS Applesauce 1 1/2CS LS Crackers 1CS
<b>Monday 25</b> Chef Salad w/Light Dress 1CS Strawberries & Peaches 1CS LS Crackers 1CS	<b>Tuesday 26</b> Chicken Tenders with Dipping Sauce 2CS Tater Tots 1CS Corn 1CS Orange Wedges 1CS Bread 1CS	<b>Wednesday 27</b> Chili 1 1/2CS Cinnamon Roll 2CS Spinach Salad with Almonds & Craisins 1/2CS Apple Juice 1CS	<b>Thursday 28</b> Salisbury Steak in Gravy 1/2CS Mashed Potatoes 1CS Mixed Vegetables 1CS Petite Banana 1CS Bread 1CS	<b>Friday 29 Good Friday</b> Breaded Baked Fish 1/2CS Baked Potato 1CS Peas & Carrots 1CS Fruity Slaw 1CS Bread 1CS

\*All meals include 8 oz. 1% milk (1 CS)

Choice of 1-2 bread / grain servings (1 - 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate) marked for diabetic diets

\*\*All canned fruit is in light syrup

\*\*Fat free dressing is served with salad

Over 60? Contribute what you can.

Suggested donation is \$4.25

Under 60 Pay \$10.00

Talk to a site manager

for other eligibility options.

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL 24 HRS. IN ADVANCE

THE MEALS PROGRAM OFFICE AT 394-6002

OR RAPID CITY KITCHEN AT 343-8214

Please leave your name, where you eat and what day

# MARCH ACTIVITIES

FRIDAY, MARCH 1 - CHAIR YOGA; VOLLEYBALL

MONDAY, MARCH 4 - DOG WALK WITH RYLIE & MURPHY; ACTIVE ADULT EXERCISES

TUESDAY, MARCH 5 - TRIVIA (WHO AM I); MUSIC - BOB GRIMM BAND

WEDNESDAY, MARCH 6 - SWIM CENTER; EMBROIDERY CRAFT

THURSDAY, MARCH 7 - WALK DOWNTOWN; SPIRITUAL GUIDANCE

FRIDAY, MARCH 8 - CHAIR TAI CHI; BADMINTON

MONDAY, MARCH 11 - ACTIVE ADULT EXERCISES; WHOONU GAME

TUESDAY, MARCH 12 - LEGENDS OF THE SEA; MUSIC BY PEGIE DOUGLAS

WEDNESDAY, MARCH 13 - SHAMROCK WREATH CRAFT; CANYON LAKE

THURSDAY, MARCH 14 - MCDONALD'S COFFEE; CRANIUM CRUNCHES

FRIDAY, MARCH 15 - CHAIR YOGA; CORN HOLE

MONDAY, MARCH 18 - ACTIVE ADULT EXERCISES; LUCKY NUMBERS GAME

TUESDAY, MARCH 19 - STRIDER TOUR; MUSIC BY BOBBY HOLMAN

WEDNESDAY, MARCH 20 - PAINT & SIP; WALK AT SIOUX PARK

THURSDAY, MARCH 21 - POOL TOURNAMENT; SPIRITUAL GUIDANCE

FRIDAY, MARCH 22 - CHAIR TIA CHI; VOLLEYBALL

MONDAY, MARCH 25 - ACTIVE ADULT EXERCISE; WHEEL OF FORTUNE

TUESDAY, MARCH 26 - TRIVIA (OPTICAL ILLUSION); PIESANO'S PACCHIA LUNCH

WEDNESDAY, MARCH 27 - EASTER CRAFT; BOWLING

THURSDAY, MARCH 28 - CRANIUM CRUNCHES; VOLUNTEERING AT THE HUMANE SOCIETY

FRIDAY, MARCH 29 - CHAIR YOGA; CUP BALL

ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER OR STAFFING- LET US KNOW IF YOU  
HAVE ANY NEW OUTING, ENTERTAINMENT OR ACTIVITY SUGGESTIONS!