

# WISH LIST

Karaoke Machine

8x10 Canvases

Vanilla Ice Cream / Root Beer

Indoor/outdoor plants/trees

Sugar Free Snacks & Creamer

Acrylic Paints

Open our Amazon wish list using your phone camera!



# THANK YOU

Thank you to Karen & Leah Smith, The Humane Society of the Black Hills, Deb & Kenton Larson, Rob & Kim Peterson, Becky Collins & Ellen Merchen, Mary Schnortz, Pegie Douglas, Carol & Dottie Amick, Bobby Holman, Michael Amick, Troy Falardeau, Stan Masada, Larry Kvanvig, Kathy C. and Gladys Storm!

Your generosity makes our lives better!

We are humbly asking for your support in helping us renovate and furnish our 2nd location! The price tag for adding shower rooms/changing rooms, remodeling our kitchen, creating (3) ADA bathrooms and installing new flooring is approximately \$200,000.

Please consider making a tax-deductible gift today to help us serve more caregivers and their loved ones!



## WE DID IT!!

On April 22, 2024, we closed on our future second location! We are incredibly thankful to the Gail & Delores Miller Foundation, the State of South Dakota and the Alzheimer's Association for their generosity and investment of time to help expand Adult Day Services in our community. Across South Dakota- and in the Black Hills, we are losing long-term care facility options and families are left with little resources for their loved ones. We believe that Adult Day Services is not only helping to solve this problem, but is also improving the quality of life for our guests and caregivers.

We are expanding in other ways, too. Offering Case Management, outpatient OT/PT services and community education to start, we are hoping to become the premier resource for aging adults and their families in our community.

We are excited to share the transformation of this space with our families and supporters. We are hoping to relocate to 1339 E. North Street while our current location is being expanded by September 2024 and by December 2024 have two adult day services fully staffed and operational. Of course, as we have already experienced, timelines will change with construction not always being predictable. We are hoping this gives us enough time to raise the necessary funds to make sure both locations serve our families/community well!

Thank you to all who have given time, wisdom and funds so far- we're going to do great things together!



Are you a caregiver who could use a break?  
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!



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.



**Adult Day Center**  
of the Black Hills

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## HANDLING TROUBLING BEHAVIOR

Some of the greatest challenges of caring for a loved one with dementia are the personality and behavior changes that often occur. You can best meet these challenges by using creativity, flexibility, patience, and compassion. It also helps to not take things personally and maintain your sense of humor.

**We cannot change the person.** The person you are caring for has a brain disorder that shapes who he has become. When you try to control or change his behavior, you'll most likely be unsuccessful or be met with resistance. It's important to:

**Try to accommodate the behavior, not control the behavior.** For example, if the person insists on sleeping on the floor, place a mattress on the floor to make him more comfortable.

**Remember that we can change our behavior or the physical environment.** Changing our own behavior will often result in a change in our loved one's behavior. Check with the doctor first. Behavioral problems may have an underlying medical reason: perhaps the person is in pain or experiencing an adverse side effect from medications. In some cases, like incontinence or hallucinations, there may be some medication or treatment that can assist in managing the problem.

**Behavior has a purpose.** People with dementia typically cannot tell us what they want or need. They might do something, like take all the clothes out of the closet on a daily basis, and we wonder why. It is very likely that the person is fulfilling a need to be busy and productive. Always consider what need the person might be trying to meet with their behavior—and, when possible, try to accommodate them.

**Behavior is triggered.** It is important to understand that all behavior is triggered—it occurs for a reason. It might be something a person did or said that triggered a behavior, or it could be a change in the physical environment. The root to changing behavior is disrupting the patterns that we create. Try a different approach, or try a different consequence.

**What works today, may not tomorrow.** The multiple factors that influence troubling behaviors, and the natural progression of the disease process, mean that solutions that are effective today may need to be modified tomorrow—or may no longer work at all. The key to managing difficult behaviors is being creative and flexible in your strategies to address a given issue.

**Get support from others.** Seek out assistance with respite care and give yourself grace if you don't handle a situation correctly. Our staff have many years combined experience with a variety of behaviors and we would be glad to assist.