

WISH LIST

- Laptop or Tablet
- Sugar free/healthy snacks
- Gas, and oil change gift cards
- Canvases
- Plain white t-shirts
- Bottled water
- Hair accessories
- Outing Sponsors

Open our Amazon wish list using your phone camera!



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!



THANK YOU

Thank you to Rob & Kim Peterson, Bob Grimm Band, Tomac & Tomac Estate Planning, Walter & Kathleen Boner, Bobby Holman, Black Hills in Motion, Bear Country, Reptile Gardens, Black Hills Federal Credit Union, Pete Lien & Sons, Builder's First Source, Carol Mizera-Amick, Marie Mizera, Sheila Mudlin, Stan Masada and Troy Falardeau, and the Cosmopolitan Club!

We are grateful whether you are helping raise awareness, donating items, time or funds!



August News

We are so thankful for all the groups in the community who have helped in different ways this month! We were able to present to the Cosmopolitan Club, who are helping to spread awareness of the benefits of our organization, we received a generous donation from Black Hills Federal Credit Union to help with our new building, Compass Group sponsored our outing to the Journey Museum, Tomac & Tomac donated their expertise on estate planning, Carol Mizera-Amick donated food and supplies from her sister, Marie's estate, and Joy Decker became a new center volunteer- just to name a few ways our community gave to the Adult Day Center this month! If your organization or business would like to help our small team make a BIG difference in the Black Hills, please reach out!



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

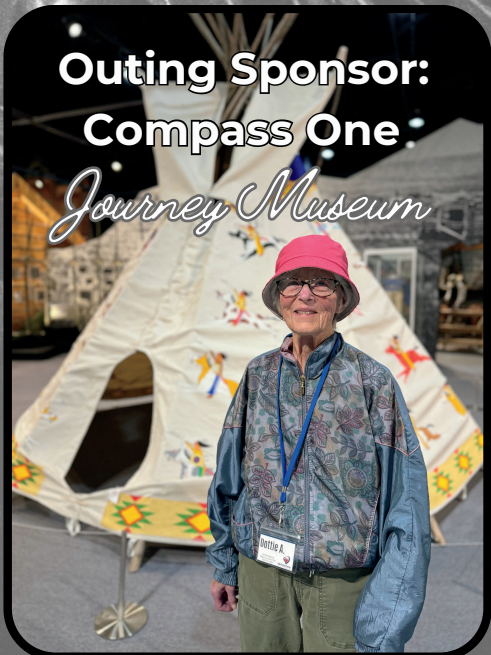
The Adult Day Center of the Black Hills is a 501(c)3 non-profit.



Adult Day Center
of the Black Hills

4110 Winfield St
Rapid City, SD 57701
Ph. 605.791.0436

management@blackhillsadc.com
www.adultdaycenterbh.com



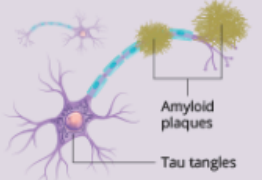

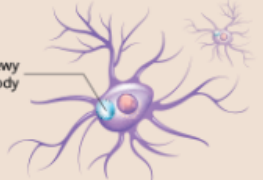
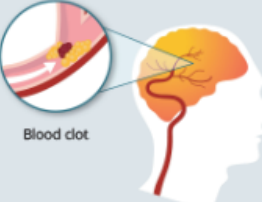
Outing Sponsor:
Compass One
Journey Museum

Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?*			
Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain. 	Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes. 	Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers. 	Conditions, such as blood clots, disrupt blood flow in the brain. 

*These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.

Symptoms

Mild <ul style="list-style-type: none"> Wandering and getting lost Repeating questions Moderate <ul style="list-style-type: none"> Problems recognizing friends and family Impulsive behavior Severe <ul style="list-style-type: none"> Cannot communicate 	Behavioral and Emotional <ul style="list-style-type: none"> Difficulty planning and organizing Impulsive behaviors Emotional flatness or excessive emotions Movement Problems <ul style="list-style-type: none"> Shaky hands Problems with balance and walking Language Problems <ul style="list-style-type: none"> Difficulty making or understanding speech <small>There are several types of frontotemporal disorders, and symptoms can vary by type.</small>	Cognitive Decline <ul style="list-style-type: none"> Inability to concentrate, pay attention, or stay alert Disorganized or illogical ideas Movement Problems <ul style="list-style-type: none"> Muscle rigidity Loss of coordination Reduced facial expression Sleep Disorders <ul style="list-style-type: none"> Insomnia Excessive daytime sleepiness Visual Hallucinations	<ul style="list-style-type: none"> Forgetting current or past events Misplacing items Trouble following instructions or learning new information Hallucinations or delusions Poor judgment
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Typical Age of Diagnosis

Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65
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Diagnosis

Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.

Treatment

There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.

Living with dementia can be challenging, but there are ways to manage it. To learn more about these types of dementia and other conditions that can cause dementia, visit www.nia.nih.gov/health/what-is-dementia.



AUGUST ACTIVITIES

THURSDAY, AUGUST 1 - **CHAPEL IN THE HILLS**; CORN HOLE TOURNAMENT

FRIDAY, AUGUST 2 - **POST 22 BASEBALL GAME**; KARAOKE

MONDAY, AUGUST 5 - **LIBRARY ARM CHAIR YOGA**; PEN PALS

TUESDAY, AUGUST 6 - WATERCOLOR PAINT; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, AUGUST 7 - HOW THINGS ARE MADE; KARAOKE

THURSDAY, AUGUST 8 - **OUTDOOR CAMPUS FISHING**; BINGO

FRIDAY, AUGUST 9 - **BLACK HILLS HARLEY TO LOOK AT BIKES**; MOVIE AND POPCORN

MONDAY, AUGUST 12 - **SD AIR AND SPACE MUSEUM**; FAMILY FEUD

TUESDAY, AUGUST 13 - LINE DANCING TUTORIAL; **MUSIC BY DAKOTA BLEND**

WEDNESDAY, AUGUST 14 - **SWIMMING**; 80'S NAME THAT TV SHOW

THURSDAY, AUGUST 15 - **FT HAYES PANCAKES AND COFFEE**; BALL HOCKEY WITH POOL NOODLES

FRIDAY, AUGUST 16 - **GOAT SHOW AT THE FAIR TIAM**; CELEBRATE ELVIS PRESLEY "MOVIE"

MONDAY, AUGUST 19 - **LIBRARY ARM CHAIR YOGA**; CANDY BOARD GAME

TUESDAY, AUGUST 20 - WHITE BOARD GAME; **MUSIC BY PEGGY DOUGLAS**

WEDNESDAY, AUGUST 21 - **RUSHMORE BIRDS**; LADDER BALL

THURSDAY, AUGUST 22 - **CENTRAL STATES FAIR EXHIBITS**; POOL TOURNAMENT

FRIDAY, AUGUST 23 - **HAIR CUTS AT PAUL MITCHELL \$15**; KARAOKE

MONDAY, AUGUST 26 - **CANYON LAKE WALK IN THE PARK**; BALLOON VOLLEYBALL

TUESDAY, AUGUST 27 - BINGO; **MUSIC BY BOBBIE HOLMAN**

WEDNESDAY, AUGUST 28 - RED SOLO CUP GAMES; **BOWLING**

THURSDAY, AUGUST 29 - **CAPUTA ALPACAS**; OCCUPATION CHARADES

FRIDAY, AUGUST 30 - SPA DAY; KARAOKE AND MOVIE

Group/Individual exercise as well as interactive games are offered daily.

Activities are subject to change due to weather or staffing. Please let us know if you have any new outing, entertainment or activity suggestions!

COMMUNITY EDUCATION

Dementia Communications: How to Have Meaningful Visits With Loved Ones Who Are Diagnosed With Dementia



Tuesday, August 27 at 4:00 P.M.
4110 Winfield St.

Rachel Waddell is the owner of Elder Guidance Services and serves as a Dementia Family Coach and Trainer. She is a Certified Dementia Practitioner® and Certified Dementia Practitioner Trainer® with the National Council of Dementia Practitioners.

Rachel's training is free and open to the public. Please RSVP by calling 605-791-0436.

AUGUST MENU

Sturgis Rally Week: Aug. 2 - 11		Thursday 1		Friday 2
RC Central States Fair: Aug 16 - 24		Swedish Meatballs 1CS Sliced Potatoes 1CS Mixed Vegetables 1CS Tropical Fruit 1 CS Bread 1CS		Pork Roast Mashed Potatoes w/Gravy 1CS Peas & Carrots 1CS Peaches 1CS Bread 1CS
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Creamed Turkey over Diced Potatoes 2CS Cooked Carrots 1/2CS SF Pudding 1CS Pineapple Tidbits 1CS	Chicken Parmesan Scalloped Potatoes 2CS Stewed Tomatoes Fruit Cocktail 1CS Bread 1CS	Taco Salad w/Meat & Beans 2CS Cottage Cheese Peaches & Strawberries 1CS SF Ice Cream 1CS	Breaded Fish Sandwich 2CS Potato Wedges 1CS Broccoli in Cheese Sauce 1CS Medium Orange 1CS	LS Ham Sweet Potatoes 1CS Corn 1CS Applesauce 1CS Bread 1CS
Monday 12	Tuesday 13	Wednesday 14 HAPPY BIRTHDAY	Thursday 15	Friday 16
Swiss Steak w/Tomato & Onion Baked Potato 1CS Brussel Sprouts Cooked Apples 1CS Bread 1CS	Sweet & Sour Chicken 1CS over Rice 1 1/2CS Steamed Broccoli Mandarin Oranges 1CS Bread 1CS	Hamburger on a Bun 2CS Leaf Lettuce & Tomato Slices Tater Tots 1CS Baked Beans 2CS Tropical Fruit 1CS Cake 3CS	Chicken Bacon Ranch Wrap 1CS Potato Salad 1 1/2CS Baby Carrots 1/2CS Petite Banana 1CS	Spaghetti w/Meat Sauce 2CS Squash Tossed Salad w/Tomatoes Fruit Cocktail 1CS Garlic Bread Stick 1CS
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
BBQ Chicken Leg 1CS Potato Wedges 1CS California Vegetables Fresh Fruit 1CS Bread 1CS	Sausage Gravy over a Biscuit 2CS Glazed Carrots 1CS Green Beans Orange Juice 1CS	Chunky Chicken Vegetable Soup 1CS Garlic Bread 1CS LS Tomato Juice 1CS Peach Crisp 1 1/2CS	Country Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas 1CS Cantaloupe 1CS Bread 1CS	Chef's Choice
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Meatloaf 1/2CS Oven Browned Potatoes 1CS Mixed Vegetables 1CS Applesauce 1CS Bread 1CS	Beef Tips in Gravy Diced Potatoes 1CS California Vegetables Strawberry & Pineapple 1CS Bread 1CS	Cold Ham & Cheese Sandwich 2CS Potato Salad 1 1/2CS English Pea Salad 1 1/2CS Petite Banana 1CS LS Tomato Juice 1CS	Chicken in Celery Sauce 1CS Mashed Potatoes 1CS Cooked Carrots 1/2CS Mandarin Oranges 1CS Bread 1CS	Turkey Tetrazzini 2CS Beets 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Garlic Bread Stick 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 \$5.00

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