

# WISH LIST

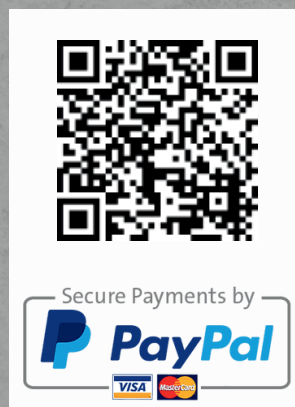
Shaving cream/aftershave  
Sugar free/healthy snacks  
Gas, and oil change gift cards  
Canvases  
Plain white t-shirts  
Bottled water  
Hair accessories  
Outing Sponsors

*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, Jan Bartscher, Walter & Kathleen Boner, Bobby Holman, Bear Country, Outdoor Campus, First Interstate Bank Foundation, Phyllis Phillips, Downtown Lion's Club, Builder's First Source, KOTA Radio, Sheila Mudlin, Stan Masada and Troy Falardeau, and the Noon Optimist Club!

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



Many exciting changes are on the horizon in the upcoming months, including a brand new NAME! As our community's needs evolve, our services have expanded significantly. We have introduced a Community Health Worker, onsite outpatient therapy space, structured exercise programs, community education initiatives, and additional family support services. The future looks incredibly promising for our small yet resilient non-profit organization! This month marks the beginning of the most intensive phase of our construction project at our second location. We are creating two shower rooms, three ADA bathrooms, and completely remodeling the kitchen. We are eager to witness the finished project.

Builder's First Source has played a vital role by donating a substantial amount of materials and our kitchen cabinets, making them an essential community partner. We are beyond grateful for their generosity and support! Our plan involves relocating all our services to our second location at 1339 E. North St. to initiate expansion renovations at our Winfield St. location around November 1st. Thank you for supporting us through this journey!



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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# WHAT DOES A COMMUNITY HEALTH WORKER DO?

## Who our Community Health Worker (CHW) Serves:

- *South Dakota Medicaid patients (including application assistance)*
- *Individuals with barriers to health or social services supports*
- *Individuals struggling with chronic disease self-management*

## Services our CHW offers:

- *Health promotion & coaching*
- *Lifestyle and social assistance*
- *Financial aid and assistance programs*
- *Referrals to healthcare professionals*
- *Prescription medication affordability assistance*

## Social Services our CHW can Navigate:

- *Housing*
- *Home assistive devices*
- *Food*
- *State benefits*
- *Day services/Respite care*
- *Employment*
- *Transportation*

**LEARN MORE ABOUT OUR CHW PROGRAM AND HOW IT CAN HELP YOU!**

**MACKENZIE RODUNER, CHW  
FAMILYSUPPORT@BLACKHILLSADC.COM**



# SEPTEMBER ACTIVITIES

MONDAY, SEPTEMBER 2 - CLOSED

TUESDAY, SEPTEMBER 3 - HANGMAN WHITE BOARD STYLE; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, SEPTEMBER 4 - **SWIMMING**; AUTUMN TREE DESIGNS WITH PAINT

THURSDAY, SEPTEMBER 5 - **SD AIR AND SPACE MUSEUM**; KICK OFF FOOTBALL TRIVIA

FRIDAY, SEPTEMBER 6 - **PROUTY POTTERY**; DEAL OR NO DEAL

MONDAY, SEPTEMBER 9 - **KEYSTONE WAX MUSEUM**; WORD IN WORDS

TUESDAY, SEPTEMBER 10 - PUZZLE PIECE CANVAS TREE ART; **MUSIC PEGIE DOUGLAS**

WEDNESDAY, SEPTEMBER 11 - **FARMERS MARKET**; **MUSIC BY THE SONSHINE GIRLS**

THURSDAY, SEPTEMBER 12 - WEAVING CRAFT; **MCDONALDS COFFEE**

FRIDAY, SEPTEMBER 13 - FINISH WEAVING CRAFT; MOVIE AFTERNOON

MONDAY, SEPTEMBER 16 - **LIBRARY CHAIR YOGA**; TYE DYE SHIRTS

TUESDAY, SEPTEMBER 17 - JEOPARDY; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, SEPTEMBER 18 - TENNESSEE PENPALS; MUSIC TRIVIA

THURSDAY, SEPTEMBER 19 - **BEAR COUNTRY AND PICNIC LUNCH**; WOULD YOU RATHER

FRIDAY, SEPTEMBER 20 - FUNNY SUMMER TRIVIA; **HAIR CUTS PAUL MITCHELL**; TRAVEL TO AFRICA ARM CHAIR STYLE

MONDAY, SEPTEMBER 23 - **LIBRARY CUSTER STATE PARK PRESENTS TATANKA**; I SPY

TUESDAY, SEPTEMBER 24 - MORNING SPA; KARAOKE

WEDNESDAY, SEPTEMBER 25 - YARN CRAFT; NAME THAT TV SHOW SONG

THURSDAY, SEPTEMBER 26 - MAKE COOKIES; **CAR MUSEUM**

FRIDAY, SEPTEMBER 27 - JOHNNY APPLE SEED HISTORY; HOW THINGS ARE MADE

MONDAY, SEPTEMBER 30 - PLINKO; **CANYON LAKE PARK WALK**

*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

## Healthy Living for your Brain and Body

Tuesday, September 17, 3:30- 5:00 PM  
4110 Winfield St.



Wendy Abbott, MA, CDP, VDT® Facilitator, SPECIAL® Practitioner from the Western South Dakota Dementia Coalition will be presenting about actions we can take to preserve our cognitive function as we age.

Wendy's training is free and open to the public. Please contact our Outreach & Development Coordinator, Lindsey at 605.791.0436 if you are interested in attending or if there are other supports we can assist your family with.

# SEPTEMBER MENU

\*\*Menu subject to change without Notice\*\*

<b>Monday 2</b> <b>CLOSED</b> <b>HAPPY LABOR DAY</b>	<b>Tuesday 3</b> Hot Hamburger with Mashed Potatoes & Gravy 2CS Peas & Carrots 1CS Peaches 1CS Bread 1CS	<b>Wednesday 4</b> Bean Soup with Ham, Carrots & Cheese 2CS Cool Cucumber Salad Fruit Cocktail 1CS Combread 1 1/2CS	<b>Thursday 5</b> French Toast Sticks 1 1/2CS with Sugar-Free Syrup Sausage Link LS Tomato Juice 1CS Cinnamon Apples 1CS	<b>Friday 6</b> Loaded Potato 2CS with Sloppy Joe Meat & Cheese Broccoli Carrots 1/2CS Pears 1CS Bread 1CS
<b>Monday 9</b> Chicken Alfredo Linguini 1 1/2CS California Vegetables Tropical Fruit 1CS Garlic Bread 1CS	<b>Tuesday 10</b> Turkey & Cheese Sandwich 2CS Leaf Lettuce & Tomato Slices Potato Salad 1 1/2CS Mandarin Oranges 1CS	<b>Wednesday 11 HAPPY BIRTHDAY</b> Taco Salad w/Meat & Beans 2CS Strawberries 1CS SF Ice Cream 1CS Cake 2CS	<b>Thursday 12</b> Breaded Baked Fish 1CS Tater Tots 1CS Mixed Vegetables 1CS Coleslaw 1CS Medium Orange 1CS Bread 1CS	<b>Friday 13</b> Baked Steak w/Mushroom Gravy 2CS Sliced Potatoes 1CS Parsled Carrots 1/2CS Applesauce 1CS Bread 1CS
<b>Monday 16</b> Porcupine Meatballs 1 1/2CS Herb Diced Potatoes 1CS Green Beans Strawberry Pears 1CS Bread 1CS	<b>Tuesday 17</b> BBQ Chicken on a Bun 2CS Potato Wedges 1CS Corn & Peas 1CS Cooked Apples 1CS	<b>Wednesday 18</b> Beef Stew 1CS Tossed Salad w/Tomatoes SF Chocolate Pudding 1CS Petite Banana 1CS Bread 1CS	<b>Thursday 19</b> Picnic Lunch	<b>Friday 20</b> Roast Turkey Mashed Potatoes w/Gravy 1CS Glazed Carrots 1 1/2CS Cranberry Crunch Salad 1CS Bread 1CS
<b>Monday 23</b> Chef's Choice	<b>Tuesday 24</b> Pizza Casserole 2CS Italian Vegetables Spinach Salad with Almonds & Craisins 1/2CS Tropical Fruit 1CS Garlic Bread 1CS	<b>Wednesday 25</b> LS Ham Sweet Potatoes 1 1/2CS Peas 1CS LS Tomato Juice 1CS Applesauce 1CS Bread 1CS	<b>Thursday 26</b> Potato Wedges topped with Chili & Cheese 2CS Blanched Baby Carrots w/Ranch 1CS Fruit Cocktail 1CS Bread 1CS	<b>Friday 27</b> Salisbury Steak w/Gravy 1CS Boiled Potatoes 1CS California Vegetables Peach Crisp w/Topping 1CS Bread 1CS
<b>Monday 30</b> Turkey Pot Pie topped with a Biscuit 2CS Baked Beans 2CS Mandarin Oranges 1CS SF Ice Cream 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 \$10.00

Under 60 Pay \$15.00

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