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|  Happy Father's Day - June 20th | Tuesday 1 Hamburger on a bun 1CS Tomato Slices on Leaf Lettuce Tater Tots 1CS Baked Beans 2CS Mandarin Oranges 1CS | Wednesday 2 Chicken Ala King Oven Baked Rice 1 1/2CS Parslied Carrots 1/2CS Plums 1CS Bread 1CS  | Thursday 3 Ham Rotini Bake 3CS Broccoli Com 1CS Apricots 1CS Cookie 2CS Bread 1CS | Friday 4 Chef Salad 1CS Lt. Dressing LS Crackers 1CS Peaches 1CS Fruit Muffin 1CS  |
| Monday 7 Sausage Gravy over a Biscuit 2CS Brussel Sprouts Squash 1 1/2CS Strawberry Applesauce 1 1/2CS | Tuesday 8 Creamy Asparagus Soup 1CS Turkey Sandwich 2CS Crackers 1CS Tropical Fruit 1CS SF Vanilla Ice Cream 1CS | Wednesday 9 HAPPY BIRTHDAY Beef Tips & Gravy Over Rice 1 1/2CS Peas & Carrots 1CS Strawberries 1CS Dinner Roll 1CS Cake 3CS  | Thursday 10 Fish Sandwich 2CS Company Potatoes 1 1/2CS Green Beans Jello w/Mandarin Oranges 1CS Apple 1CS | Friday 11 Parmesan Chicken w/Marinara Sauce 1CS Italian Vegetables Creamy Cucumbers 1CS Fruit Cocktail 1CS Garlic Bread 1CS |
| Monday 14 Swedish Meatballs 1CS Herb Diced Potatoes 1CS Squash 1 1/2CS Tossed Salad w/Tomatoes Pears 1CS Bread 1CS | Tuesday 15 Oven Omelet 1CS Glazed Carrots 1CS Hashbrown Patty 1CS Lt Fruit Yogurt 1CS Banana 2CS Bread 1CS  | Wednesday 16 Salisbury Steak w/Gravy 1CS Sliced Potatoes 1CS Parmesan Peas 1CS Cooked Apples 1 1/2CS Bread 1CS | Thursday 17 Autumn Chicken 1CS Baked Sweet Potato 1 1/2CS Green Beans Fresh Fruit 1-2CS Bread 1CS | Friday 18 BBQ Beef on a Bun 2CS Potato Salad 1 1/2CS Patio Corn Salad 1 1/2CS Peaches 1CS  |
| Monday 21 Hungarian Goulash 3CS Parslied Carrots 1/2CS Cooked Cabbage Apricots 1CS Bread 1CS  | Tuesday 22 Creamed Turkey 1CS Over Mashed Potatoes 1CS California Vegetables Fruit Cocktail 1CS LS Tomato Juice 1CS Bread 1CS | Wednesday 23 Taco Salad w/Meat & Beans 2CS Peach Crisp 1 1/2CS Banana 2CS Bread 1CS | Thursday 24 Chef's Choice  | Friday 25 Pork Roast Sliced Potatoes & Gravy 1 1/2CS Peas & Carrots 1CS Cranberry Sauce 1CS Peaches 1CS Bread 1CS |
| Monday 28 LS Ham Scalloped Potatoes 2CS Beets 1CS Applesauce 1 1/2CS Bread 1CS | Tuesday 29 Beef Noodle Stroganoff 2CS Mixed Vegetables 1CS Cooked Cabbage Orange 1CS Bread 1CS  | Wednesday 30 Chili 1CS Combread 2CS Banana 2CS Chocolate Pudding w/topping 1CS | Puzzle of the Month If you are in the woods, how can you tell if a tree is a dogwood? May Answers: Winds, Showers, Flowers May Winners: Janice F. (Rapid City HD) Phyllis S. (Wall)  | |



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

- Tuesday, June 1
 - Friday, June 4
 - Monday, June 7
 - Friday, June 11
 - Monday, June 14
 - Thursday, June 17
 - Thursday, June 17
 - Friday, June 18
 - Sunday, June 20
 - Friday, June 25
 - Monday, June 28
- Grimm Band
 - Ida on the piano & Root Beer float Friday
 - Kara and Murphy
 - Ida on the piano & Root Beer float Friday
 - Flag Day
 - Caregiver support 10:00
 - Field trip to Canyon Lake Park
 - Ida on the piano & Root Beer float Friday
 - Father's Day
 - Ida on the piano & Root Beer float Friday
 - Sonshine girls

Flag Day, also called National Flag Day, in the United States, a day honoring the national flag, observed on June 14. The holiday commemorates the date in 1777 when the United States approved the design for its first national flag. Flag Day is celebrated on Monday, June 14, 2021 in the United States.

The idea to set aside a day to honor the national flag came from several sources. Bernard J. Cigrand, a Wisconsin schoolteacher, in 1885 urged his students to observe June 14 as "Flag Birthday." He later wrote an essay published in a Chicago newspaper that urged Americans to proclaim this date as the day to celebrate the flag. In 1888 William T. Kerr of Pennsylvania founded the American Flag Day Association of Western Pennsylvania, an organization to which he dedicated his life. A lesser-known claim is that of George Morris of Connecticut, who is said to have organized the first formal celebration of the day in Hartford in 1861.

In 1916 Pres. Woodrow Wilson proclaimed June 14 as the official date for Flag Day, and in 1949 the U.S. Congress permanently established the date as National Flag Day. Although Flag Day is not an official federal holiday, Pennsylvania celebrates the day as a state holiday. Each year the U.S. president delivers an address that proclaims the week of June 14 as National Flag Week, and all Americans are encouraged to fly U.S. flags during that week.

WRITTEN BY - The Editors of Encyclopedia Britannica



Director's Comments

Patriotism is front and center this time of year. Starting with Memorial Day in May, then Flag Day and finally the 4th of July. Last month when the Sunshine Girls sang the Star-Spangled Banner for us, it made my heart swell to see our veterans stand and salute the flag that they all so proudly served. I hope they all know how much we appreciate all that they have done to preserve and protect our way of life.

We have been enjoying all the people who volunteer their time to provide entertainment for us here at the ADC. Ida, the Sunshine Girls, Kara and Murphy and the Grimm Band have become regulars every month and we always look forward to their visits. We welcome anyone who would like to share their talent with us for an afternoon. Now that the world is opening up a bit more, we are also looking forward to welcoming volunteers who might be interested in helping with a craft or activity.

The caregiver support group had a great turnout for the first meeting. We will continue meeting on the third Thursday of the month at 10:00 for now. If the need is there, we will expand to a couple of times a month at varying times. Thank you to Ann Anderson for her leadership with this group.

The hair salon has been a popular addition. Terra is going to try to come every two weeks now. The schedule varies so we will just let you know when the next date will be.

There have been some requests for toenail care. If there is enough interest, we could take a carload of guests to a local podiatrist every month. If we do the paperwork in advance, then each visit would only take about 15 minutes. You can check with your insurance provider to see if it is covered. Let us know if you are interested and we will get the process started.

We have decided it is time to get out and do something fun. We are planning an outing to Canyon Lake Park on June 17 for a couple of hours after lunch. Be on the lookout for a sign-up sheet. The care team is ironing out the details.

As we celebrate our Flag, our Fathers, and our CNAs this month, we at the ADC also want to celebrate our guests. You are the reason we are here. Thank you for letting us share your days. You certainly bring sunshine into ours.

▪ Sue Jarvis, Executive Director

Get to know our TEAM!



**Kim H. - CNA
Floor Supervisor**

I have been a CNA at the ADC since August 2020. This month I will become certified as a medication aid. I enjoy spending days at the ADC with every guest and learning about their personal lives. I enjoy bringing my children in to interact with everyone.



**German - CNA
Floor Supervisor**

I am an Army veteran and I understand our guests who are veterans themselves. I enlisted to serve my country and now as a CNA to serve our guests at the ADC. I want to create a fun and friendly atmosphere for them.



Dawn - CNA

I am a mom with a nine month old son. At work I do transportation, cooking, cleaning, and activities with the guests. My favorite thing to do at work is playing balloons with the guests and putting together puzzles.



Kimmy - Floor Aide

I was born and raised in Wisconsin and came to South Dakota in 1982 to be by my sisters in Deadwood. I had a degree in cosmetology and opened a salon in Deadwood. I married in 1987 and had my first child in 1988. We then moved to Rapid City where I worked for JCPenney as a stylist for many years. I have a daughter and son and one adorably cute grandchild. I love to spend my time reading, gardening, and walking my dog, Little Miss Livy.



Roberta - Driver

I was born and raised in Chicago when it was still safe. I moved to Aberdeen to take care of my Grandma and worked at 3M for 13 years. After 20 years there, I moved to Rapid City and have been here for 26 years. I have done mostly factory work. I have three cats that I love and adore, and I am a very devout Christian.



Phyllis - Floor Aide

Phyllis helps us out with a variety of tasks, and always has a smile on her face.