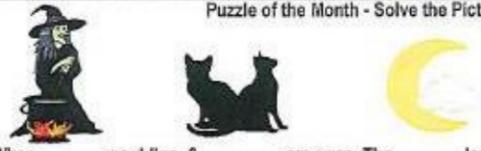


<p>Sept. winner: Pat R. (Hot Springs) Donna H. (Maplewood RC) Answer: Vacation, Labor Day, Sunflower, Football</p> 	<p>Puzzle of the Month - Solve the Pictionary sentence below.</p>  <p>When _____ go riding, & _____ are seen. The _____ laughs & whispers, 'Tis near Halloween</p>			<p>Friday 1</p> <p>Roast Beef Mashed Potatoes w/Gravy 1CS Green Beans Pears 1CS Bread 1CS</p> 
<p>Monday 4</p> <p>Salisbury Steak w/ Gravy 1CS Baked Potato 1CS California Vegetables Orange Juice 1CS Fruit Cocktail 1CS Bread 1CS</p> 	<p>Tuesday 5</p> <p>Chicken in Celery Sauce Diced Potatoes 1CS Carolina Beans 2CS Peaches 1CS Bread 1CS</p> 	<p>Wednesday 6</p> <p>Scrambled Eggs w/Cheese 1CS Hashbrown Patty 1CS Glazed Carrots 1CS Fruit Muffin 1CS Cooked Apples 1 1/2CS</p>	<p>Thursday 7</p> <p>Swedish Meatballs 1/2CS Parslied Potatoes 1CS Baked Squash 1CS Tossed Salad w/Tomatoes Banana 2CS Bread 1CS</p>	<p>Friday 8</p> <p>BBQ Chicken on a Bun 2CS Coleslaw Mixed Vegetables 1CS Mandarin Oranges 1CS</p>
<p>Monday 11</p> <p>Baked Chicken 1/2CS Sweet Potatoes 1 1/2CS Broccoli Applesauce 1 1/2CS Bread 1CS</p>	<p>Tuesday 12</p> <p>CANADIAN THANKSGIVING! ALL ARE WELCOME!</p>	<p>Wednesday 13 HAPPY BIRTHDAY</p> <p>Hamburger on a Bun 2CS Tater Tots 1CS Baked Beans 2CS Banana 2CS Cake 2CS</p> 	<p>Thursday 14</p> <p>Cream of Potato Soup 1 1/2CS Egg Salad Sandwich 2CS Sliced Cucumbers Mandarin Oranges 1CS</p>	<p>Friday 15</p> <p>Pork Roast Sliced Potatoes w/Gravy Peas & Carrots 1CS Cranberry Sauce 1CS Orange Juice 1CS Bread 1CS</p> 
<p>Monday 18</p> <p>Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Chocolate Pudding 2CS Pears 1CS Bread 1CS</p> 	<p>Tuesday 19</p> <p>Beef Noodle Stroganoff 2CS Peas 1CS Carrots 1/2CS Cranberry Crunch Salad 1CS Bread 1CS</p>	<p>Wednesday 20</p> <p>Sausage Gravy over a Biscuit 2CS Brussel Sprouts Squash 1 1/2CS Orange 1CS</p> 	<p>Thursday 21</p> <p>Taco Salad w/ Meat & Beans 2CS Apple Crisp 1 1/2CS SF Vanilla Ice Cream 1CS</p>	<p>Friday 22</p> <p>Creamed Turkey 1CS over Mashed Potatoes 1CS California Vegetables Peaches 1CS Bread 1CS</p>
<p>Monday 25</p> <p>Chunky Chicken & Vegetable Soup 1CS Banana 2CS Tomato Juice 1CS Garlic Bread 1CS</p> 	<p>Tuesday 26</p> <p>Breaded Fish Sandwich 2CS Hashbrown Patty 1CS Harvest Beets 1CS Pineapple Tidbits 1CS</p>	<p>Wednesday 27</p> <p>Meatloaf 1/2CS Oven Brownd Potatoes 1CS Green Bean Almondine Fruit Cocktail 1CS Bread 1CS</p>	<p>Thursday 28</p> <p>Sweet & Sour Chicken 1CS over Oven Baked Rice 1 1/2CS Broccoli Carrots 1/2CS Peaches 1CS Bread 1CS</p> 	<p>Friday 29</p> <p>Chef's Choice</p> 



Adult Day Center of the Black Hills
4110 Winfield Ct.

Rapid City, South Dakota 57701

ph. 605-791-0436

email. management@blackhillsadc.com



— Adult Day Center — Happenings

Friday, October 1	Root Beer Float Friday
Monday, October 4	Kara & Murphy
Tuesday, October 5	Bob Grimm Band
Thursday, October 7	Field Trip Outing – Reptile Gardens
Friday, October 8	Root Beer Float Friday
Tuesday, October 12	Canadian Thanksgiving – All are Welcome!!
Thursday, October 14	Field Trip Outing– Bear County
Friday, October 15	Root Beer Float Friday
Thursday, October 21	Caregiver Support Group @ 10 a.m.
Thursday, October 21	Field Trip Outing – Piesano's Pacchia
Friday, October 22	Root Beer Float Friday
Monday, October 25	Halloween Theme Week – Stay tuned!
Monday, October 25	ADC's very own Fall Festival and Pumpkin Patch
Tuesday, October 26	Halloween Theme Week – Stay tuned!
Wednesday, October 27	Halloween Theme Week – Stay tuned!
Thursday, October 28	Halloween Theme Week – Stay tuned!
Thursday, October 28	Field Trip Outing – Scooter's Coffee
Friday, October 29	Halloween Theme Week – Costume Party
Friday, October 29	Root Beer Float Friday

October Wish List Items

- Shower Supplies (shampoo, conditioner, razors, shaving cream, body wash, etc.)
- Contigo Cups and Tumblers with straws (reusable, metal cups)
- Individual Snacks
- Arts & Crafts
- Paper Products (Plates, Paper Towels, Cups, Toilet Paper)
- Canadian Thanksgiving Items: See page 2
- Coffee Powdered Creamer & Splenda

**We can use any of the items above on the
September Wish List to help keep costs low.
If you are able to donate, please do so!**



ADC Happenings

Happy **Fall!** The colors and temperatures are starting to change meaning **Winter** will soon be coming. The cooler temperatures make for a nice morning walk and the participants seem to be loving it. We are still continuing with our **“outings”** every Thursday. We will continue to do outings in the Winter but will be transitioning to activities and trips indoors. We got the **“big bus”** up and running so we are able to add more participants on the trips. Please note that times and places are subject to change, but we will notify each of you when/if it does. We have increased our daily activities and crafts at the ADC, and you should see some of the treasures coming home!

We will be celebrating **Canadian Thanksgiving** on Tuesday, October 12. If you would like to **donate** some items for this, we are asking for: Turkey, whole wheat loaf bread, cranberry sauce, sage, onion, eggs, pumpkin pie, potatoes, different types of pickles, dinner rolls, and items for green bean casserole. We welcome families to join for this special lunch!

Halloween week will be happening October 25th-29th. Stay tuned for specifics on activities, games, and the ADC costume party. We just finished up Adult Day Services week and you can see from our Facebook page and the photos in the newsletter that we had a lot of fun!

Thank you to all our volunteers in the month of September.

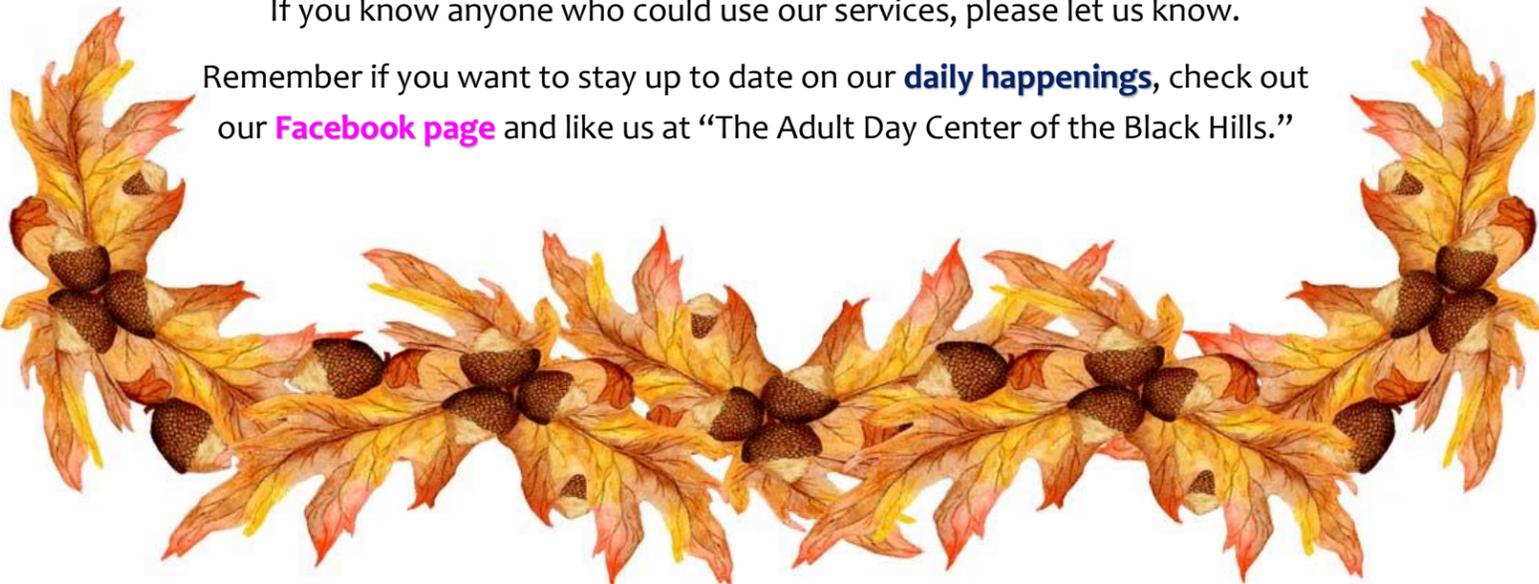
You bring so much joy to everyone and we are so thankful for you!

Thank you to the people who donated in September: Lauri S. and Ben Y., Connie and Seth H., Walter B. and family, Ed A., Harold B., Sue A. and family, and all others who have graciously donated.

Reminder that the monthly **Caregiver Support Group** is on Thursday, October 21.

If you know anyone who could use our services, please let us know.

Remember if you want to stay up to date on our **daily happenings**, check out our **Facebook page** and like us at “The Adult Day Center of the Black Hills.”



Caregiver Guilt & Finding Balance

(Article from: <https://caregiver.com/articles/caregiver-guilt-finding-balance/>)

How do you find the balance? Is there a balance? Am I doing the right thing? Should I be doing more? These are important questions for a caregiver. They can dominate a caregiver's daily thoughts. The experts all talk about balance. How do we find the balance when we are so busy doing the things that upset the balance?

Here is the key: there is no magic answer. You may be searching for an answer that is elusive and forever changing. Our ability to handle all that comes our way changes over time just as the needs of others around us change over time. Sometimes, just when we think we have a handle on life, something changes, and we have to start from scratch. Let me define my view of balance. I believe we achieve balance when we meet our own needs as well as the needs of those who depend on us. What are our needs? Needs can be physical (our general health), emotional (happiness, joy, love), and material (housing, clothing). Some may want to add spiritual needs as paramount in their lives as well. Are caregivers meeting their own needs? Caregivers often neglect their yearly check-ups although they would never skip one for their loved ones. Caregivers often put aside their own emotions as they devote their energy to their loved one. Caregivers put off buying themselves new clothes, or items needed because it is so hard to get to a store by yourself and for yourself. When attention is paid to caregiver needs, the caregiver often thinks “Am I doing enough for my loved one?” and this starts the guilt process.

How do we create a system to ensure that caregivers and their loved ones both have their needs met? I suggest keeping an accounting of sorts so that care you provide for another can be matched with care you provide for yourself. You can start with a journal and divide each page in half. Put your loved one's name on one side and your name on the other. Did you help your loved one in the shower? You can list that on the side under your loved one's name. Did you take the time to take a shower yourself today? If yes, then list it on the side with your name. If you enjoyed a nice lunch with your mother today, you can list it on both sides. If you prepared her lunch but never sat down yourself to eat, then your side will run a deficit.

The activities you are writing down do not have to match perfectly. For example, you may have played cards with your father for his enjoyment. However, if this is not relaxing or enjoyable to you personally, you cannot put in on your side of the page. In this case, you need to find a source of relaxation that you can put on your side. For example, maybe you read for 30 minutes before going to bed. This may be your source of relaxation.

Not all your activities or the time invested in each will add up equally. In many circumstances, there are not enough hours in the day to devote to yourself as you devote to others. However, the goal is to try and create a day that is shared with the one you love, not dominated by your caregiving. You will become more experienced at this as you practice. No caregiver can create a perfectly balanced spread sheet the first time out. The goal should be to continue trying so that you can achieve more balance in meeting the needs of yourself and your loved one.

By writing down the things you do for your loved one, perhaps you will feel less guilty. Your early journals may be very one-sided. Once you start to even things out, you may realize that you can be a better caregiver when there are some things you can list on your side. Learn from this, being a good caregiver is not always equal to the amount of care provided. If you are constantly frazzled and stressed, the care you provide may reflect your anxiety and weariness. This may not be the kind of caregiver you set out to be. If you simply cannot balance the two sides to your journal, it is definitely time to call in help. Respite care can be what you need it to be, whether through a professional organization or through family and friends.

What do you do when your loved one's demands are so great, you have nothing to write on your side of the page? Sometimes our loved ones have care needs that are so extensive the demand on the caregiver is extreme. Caregivers need to recognize that if the balance sheet does not match up over time, the risk is far greater to both of you. Acting preventively to keep from burning out is a necessity. Caregivers who burn out are sometimes too physically and or mentally exhausted to provide any care. It is hard to call in professionals when all your mother wants is you. It is hard to say “no” to someone you have loved all your life. If this is your circumstance, putting things into perspective becomes necessary. Let's look at the case of providing care for your parents. If your mother or father never said “no” to you all your life, where would you be? Were you allowed to go to school? Essentially, your care was placed into the hands of others. At times you may not have been happy about this but for the most part you were probably safe and had your needs met. Did you ever visit with friends or extended family? These times were important in shaping your life. The same analogies can be applied to care for those in need. If it is always provided by one person, and in one way, it can rob both individuals from opportunities needed to sustain personal growth. Start your balance sheet today. The search for balance is hard but needs to continue. When we achieve a healthy balance, the guilt will not feel as prevalent. The answer is never obvious. As long as our search continues and we keep our minds open to new ways to explore it, balance is never that far away.



