

**MAY EMPLOYEE OF THE MONTH
STEPHANIE**

STEPHANIE IS A HARDWORKING RELIABLE EMPLOYEE ALWAYS WILLING TO GO THE EXTRA MILE. THANK YOU FOR ALL YOUR HARD WORK AND DEDICATION.



The 10 Tools
These proven tools can help you feel stronger and more hopeful.

- Connect with others * Stay Positive *
- Get Physically Active * Help Others *
- Get Enough Sleep * Create Joy and Satisfaction *
- Eat Well * Take Care of Your Spirit *
- Deal Better With Hard Times *
- Get Professional Help If You Need It



Adult Day Center of the Black Hills
 4110 Winfield St.
 Rapid City, South Dakota 57701
 ph. 605-791-0436
 email. management@blackhillsadc.com

- May Wish List**
- Wide upholstered shower chair with a back
 - Topsoil & flower seeds
 - Bingo prizes
 - Any theme party decorations
 - Splenda
 - Toilet Paper and Paper Towels

MEET KAYLEY:



MY NAME IS KAYLEY, AND I AM ONE OF THE NEWEST MEMBERS OF THE ADC FAMILY. I LOVE MAKING SMILES ON FACES AND I AM PRETTY GOOFY WHEN IT COMES TO IT. ON TOP OF THAT I LOVE TO DO CRAFTS AND ALL SORTS OF FUN ACTIVITIES. I AM AS FRIENDLY AS IT CAN GET AND LOVE TO TELL JOKES AND MAKE EVERYONE LAUGH. I AM A MOM OF A 9 MONTH OLD BABY GIRL AND SIBLING OF 12, THAT IS THE MIDDLE CHILD OF COURSE. I LOOK FORWARD TO COMING TO WORK EVERY DAY AND FINDING SOMETHING NEW AND FUN TO DO WITH THE GUESTS. I CONSIDER MYSELF A HARD WORKER WHO HAS A POSITIVE ATTITUDE WITH A FUNKY, GOOFY AND HAPPY PERSONALITY.



— Adult Day Center —
Happenings

Monday, May 1	May Day
Tuesday, May 3	Grimm Band
Thursday, May 5	Cinco De Mayo & Outing to Taco Bell
Friday, May 6	Root Beer Float Friday
Saturday, May 7	Mother's Day
Monday, May 9	Kentucky Derby Theme Party
Thursday May, 12	Dollar Tree Outing
Friday, May 13	Root Beer Float Friday
Tuesday, May 17	Piesano's Pacchia for Caramel Rolls & Coffee – 10:30 a.m.
Thursday, May 19	ADC BBQ & Lawn Games
Thursday, May 19	Caregiver Support Group Meeting 10 a.m.
Friday, May 20	Root Beer Float Friday
Tuesday, May 24	Dollar Tree Outing
Friday May 27	Root Beer Float Friday
Monday, May 30	CLOSED for Memorial Day

**HOW TO SET UP
amazon smile**

STEP 1:
In your Internet browser go to smile.amazon.com and log in using your Amazon credentials

STEP 2:
After signing in, you will be directed to select (or change) your charity.

STEP 3:
In the "Or pick your own charitable organization" enter "The Adult Day Center of the Black Hills" then click "Search"

STEP 4:
From the list of charity options, select Adult Day Center of the Black Hills.

STEP 5:
You will be redirected to the agreement page. Check the box next to "Yes" then click "Start shopping"

STEP 6:
You will be redirected to Amazon's hope that adds a disclaimer about how to add AmazonSmile to your toolbar, should you want to add a particular bookmark to it.

amazon smile
You shop. Amazon gives.

What is AmazonSmile?

AmazonSmile is a simple way for you to support the ADC, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that Amazon will donate 0.5% of your eligible purchase to us.

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You shop. Amazon gives.

May is National Mental Health Awareness Month, it is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience.

Tips for Reducing or Controlling Stress

As you read the following suggestions, remember that success will not come from a halfhearted effort, nor will it come overnight. It will take determination, persistence and time. Some suggestions may help immediately, but if your stress is chronic, it may require more attention and/or lifestyle changes. Determine YOUR tolerance level for stress and try to live within these limits. Learn to accept or change stressful and tense situations whenever possible.

Be realistic. If you feel overwhelmed by some activities (yours and/or your family's), learn to say NO! Eliminate an activity that is not absolutely necessary. You may be taking on more responsibility than you can or should handle. If you meet resistance, give reasons why you're making the changes. Be willing to listen to other's suggestions and be ready to compromise.

Shed the "superhero" urge. No one is perfect, so don't expect perfection from yourself or others. Ask yourself, "What really needs to be done?" How much can I do? Is the deadline realistic? What adjustments can I make?" Don't hesitate to ask for help if you need it.

Meditate. Just ten to twenty minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Use the time to listen to music, relax and try to think of pleasant things or nothing.

Visualize. Use your imagination and picture how you can manage a stressful situation more successfully. Whether it's a business presentation or moving to a new place, many people feel visual rehearsals boost self-confidence and enable them to take a more positive approach to a difficult task.

Take one thing at a time. For people under tension or stress, an ordinary workload can sometimes seem unbearable. The best way to cope with this feeling of being overwhelmed is to take one task at a time. Pick one urgent task and work on it. Once you accomplish that task, choose the next one. The positive feeling of "checking off" tasks is very satisfying. It will motivate you to keep going.

Exercise. Regular exercise is a popular way to relieve stress. Twenty to thirty minutes of physical activity benefits both the body and the mind.

Hobbies. Take a break from your worries by doing something you enjoy. Whether it's gardening or painting, schedule time to indulge your interest.

Healthy lifestyle. Good nutrition makes a difference. Limit intake of caffeine and alcohol (alcohol actually disturbs regular sleep patterns), get adequate rest, exercise, and balance work and play.

Share your feelings. A conversation with a friend lets you know that you are not the only one having a bad day, caring for a sick child or working in a busy office. Stay in touch with friends and family. Let them provide love, support and guidance. Don't try to cope alone.

Give in occasionally. Be flexible! If you find you're meeting constant opposition in either your personal or professional life, rethink your position or strategy. Arguing only intensifies stressful feelings. If you know you are right, stand your ground, but do so calmly and rationally. Make allowances for other's opinions and be prepared to compromise. If you are willing to give in, others may meet you halfway. Not only will you reduce your stress, you may find better solutions to your problems.

Go easy with criticism. You may expect too much of yourself and others. Try not to feel frustrated, let down, disappointed or even "trapped" when another person does not measure up. The "other person" may be a wife, a husband, or child whom you are trying to change to suit yourself. Remember, everyone is unique, and has his or her own virtues, shortcomings, and right to develop as an individual.

<https://www.mhanational.org/conditions/stress>

April has come and gone, and Spring has sprung. We are still anticipating warmer weather more often so we can spend more time outdoors.

The monthly **Caregivers Support Group Meeting** is Thursday May 19th at 10 am! Please join us and feel free to bring a friend!

We had some **great outings** in April and look forward to the ones we're doing in May.

See **how many times you can spot our employee of the month** in the newsletter photos for your chance at a \$10.00 Scooter's gift card.

Thank you to everyone who donated in April. And anyone else we may have missed. You are all appreciated. ADC Board, several anonymous donors, Stacey & Lauri with Piesano's Pacchia, Melissa Corr, Jim & Sharlene Pawelski, Candace Reynolds, Connie & Seth Hunington, Carol & Dottie Amick, Ray & Bev Palmer, Chris & Lisa Redlin, Karen & Michael Smith, Bill & Chris Waldt, Julie Hamel, Harold Boal, and Vivian & Tim Ellis.

Congratulations to Marvia Ray & Candace Reynolds on each winning a \$50 gift card in our drawing for sharing our Facebook page.

Mother's Day Fun Fact: Approximately 65% of all greeting card sales occur in the last 5 days before Mother's Day. Women purchase 80% of all Mother's Day cards.

There are several crafts & activities happening every day. Schedule is subject to change

Please help us **spread the word** about the great work we are doing at the ADC! If you know of anyone who can benefit from our services, please send them our way.

You can check out our daily happenings and photos on our **Facebook** page: "The Adult Day Center of the Black Hills." Kindly, **leave us a review on Facebook and Google.** These reviews help us bring attention to the good we are doing in the community!

Thank you for sharing your loved ones with us. It is our honor to be able to be a part of your lives.



