

**Can you spot the five differences? Bring in your completed copy to the ADC for a prize!**



Puzzle of the Month								
What do you call an earthquake and a cow?		Wednesday 1	Thursday 2	Friday 3				
May Answers: Blossoms, Raincoat, Garden, Galoshes May Winners: Rolando B. (Maplewood), Cheryl H. (Bison)		Ham & Cheesy Potato Casserole 2CS Carrots 1/2CS Peas 1CS Pineapple Tidbits 1CS Bread 1CS	Salsbury Steak w/Gravy 1CS Sliced Potatoes 1CS Mixed Vegetables 1/2CS Fruit Cocktail 1CS Bread 1CS	Spaghetti w/Meat Sauce 2CS Italian Vegetables Tossed Salad w/Tomatoes Pears 1CS Garlic Bread 1CS				
Monday 6 Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Plums 1CS Bread 1CS		Tuesday 7 Hungarian Goulash 2CS Cooked Cabbage Cooked Carrots 1/2CS Peaches 1CS Bread 1CS		Wednesday 8 HAPPY BIRTHDAY Beef Noodle Stroganoff 2CS Peas 1CS Applesauce 1 1/2CS Cake 3CS SF Vanilla Ice Cream 1CS Bread 1CS	Thursday 9 Chicken Patty 1CS Potato Wedges 1CS California Vegetables Cinnamon Apples 1CS Tomato Juice 1CS Bread 1CS		Friday 10 Turkey Roast Mashed Potatoes w/Gravy 1CS Green Beans Cranberry Crunch Salad 1CS Bread 1CS	
Monday 13 Scrambled Eggs w/Cheese Tri-tater Hashbrown 1CS Squash 1CS Tropical Fruit 1CS Fruit Muffin 1CS		Tuesday 14 BBQ Beef on a Bun 2CS Company Potatoes 2CS Peas 1CS Pears 1CS		Wednesday 15 Sierra Beef Casserole 2CS Seasoned Spinach Glazed Carrots 1/2CS Fresh Orange 1CS Vanilla Pudding 1CS Bread 1CS	Thursday 16 Hawaiian Chicken Salad 1 1/2CS Leaf Lettuce & Sliced Tomatoes Potato Salad 1 1/2CS Mandarin Oranges 1CS Croissant 1CS		Friday 17 Meatloaf 1/2CS Baked Potato 1CS Mixed Vegetables 1/2CS Fruit Cocktail 1CS Cookie 2CS Bread 1CS	
Monday 20 Chicken Fried Steak 1CS Sliced Potatoes w/Milk Gravy 1CS Peas & Carrots 1CS Applesauce 1 1/2CS Bread 1CS		Tuesday 21 Chef's Choice		Wednesday 22 Chili Cornbread 2CS Seasonal Fresh Fruit 1CS Jello w/Topping 1CS	Thursday 23 Chicken Bacon Ranch Wrap 1CS with lettuce Cool Cucumber Salad Blanched Baby Carrots 1/2CS (cold) Banana 2CS		Friday 24 Hamburger on a Bun 2CS Baked Beans 2CS Leaf Lettuce & Sliced Tomatoes Potato Salad 1 1/2CS Pineapple Tidbits 1CS	
Monday 27 Sausage Gravy over Biscuit 2CS Brussel Sprouts Herb Diced Potatoes 1CS Fruit Cocktail. 1CS		Tuesday 28 Chicken Salad on a Croissant 2CS Tomato Spoon Salad 1/2CS English Pea Salad 1CS Fresh Orange 1CS		Wednesday 29 Taco Salad w/Meat & Bean 2CS Cottage Cheese Apricots 1CS Pudding w/Topping 1CS	Thursday 30 Chicken Alfredo Linguini 3CS California Vegetables Peaches 1CS Apple Juice 1CS Garlic Bread 1CS		Happy Father's Day - June 19th	



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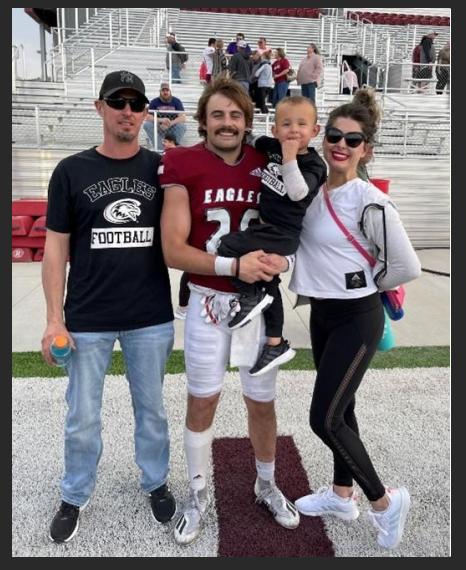


## — Adult Day Center — *Happenings*

- Thursday, June 2
  - Friday, June 3
  - Tuesday, June 7
  - Wednesday, June 8
  - Friday, June 10
  - Tuesday, June 14
  - Thursday, June 16
  - Thursday, June 16
  - Friday, June 17
  - Sunday, June 19
  - Tuesday, June 21
  - Wednesday, June 22
  - Thursday, June 23
  - Friday, June 24
  - Friday, June 24
  - Monday, June 27
  - Monday, June 27
  - Tuesday, June 28
  - Thursday, June 30
- Outing to Dollar Tree**  
National Donut Day & Root Beer Float Friday  
The Bob Grimm Band  
**Outing to Mary's Mountain Cookies**  
ADC's "Wear Blue Day" for Men's Health Month & Root Beer Float Friday  
**Outing - Picnic at Main Street Square & Flag Day**  
**Outing to Culver's**  
Caregiver Support Meeting 10 a.m.  
National Flip Flop Day & Root Beer Float Friday  
Father's Day  
First Day of Spring  
**Outing to Dollar Tree**  
National Pink Day \*\*wear lots of pink\*\*  
**Outing - Picnic at Canyon Lake**  
Root Beer Floats  
National Sunglasses Day  
National Bingo Day  
**Outing - Taco Tuesday at Taco Bell**  
**Outing to Bear Country**

# Let Us Introduce

ASHLEY BREHMER, RN  
EXECUTIVE DIRECTOR



Hello! My name is Ashley Brehmer, and I am proud to announce my new position as the Executive Director of the Adult Day Center of the Black Hills. With my years of nursing expertise, experience, eagerness to learn, and dedication, I see a future filled with endless possibilities and opportunities for the guests and staff here at the ADC.

I have been an RN for 8 years. Although most of my experience has been in Emergency Medicine, I do have experience in many other areas of nursing such as Medical/Surgical Nursing, OBGYN Nursing, Podiatry, Women's Health, Pediatrics, and Clinic Nursing. I also serve as a Sexual Assault Nurse Examiner (SANE). Soon, I will be offering BLS, CNA, and Med Aide training at the ADC to further the skills and knowledge of our staff and caregivers.

I have been married to my wonderful husband of 10 years, Dan. We have 2 sons, Brendan (23) and Freddie (3). We also have 26 chickens, 2 bunnies, 4 dogs, and 2 cats. (This list is sure to grow!) For hobbies, I enjoy spending time at the lake, motorcycle riding, hiking, reading, gardening, and cooking. We have been in the Black Hills since 2018 and enjoy all the recreational opportunities the area has to offer! So far, this has been the perfect place for our family and I am anxious to see what the future holds.

*"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi*

## ADC Happenings

May flew by and we are excited for the warmer weather in June. As you may have noticed, we have started planting in our pergola planters and the planters outside the front entrance. Look at our calendar on the front of the newsletter to see all the fun activities and outings we have scheduled for the month! You won't want to miss out!!!

We enjoyed outings to Robbinsdale Bowling Alley, Dollar Tree and Piesano's Pacchia in May. We also enjoyed our first summer BBQ at the ADC and a nice Cinco de Mayo celebration!

Thank you to all who donated in May, and anyone we may have missed. We appreciate all you do for us. Candace Reynolds, Stacey & Lauri with Piesano's Pacchia, Mike & Carol Amick, Mike & Karen Smith, Dee Dee Petersen, Sandra Mueller, Mary Jane Luther, Harold Boal, Dot & Gary Rasmussen, Brad & Sally Eveleth, Haley, Stanley Masada & Troy Falardeau.

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 Tuesday, June 14, 2022, in the United States.

Watch our Facebook page "The Adult Day Center of the Black Hills" on Sunday June 19<sup>th</sup> for a time sensitive Father's Day giveaway opportunity.

## ADC WISH LIST FOR JUNE

- Wide upholstered shower chair with a back (Amazon description: IPU VL-OF9200 OS Oversize (Extra Wide) Rolling Shower Chair 400 LBS Capacity)
- Regular Coffee
- Toaster
- Vanilla Ice Cream
- Bottled Water
- Sunscreen

### A couple June is Awareness Month topics include:

- \* PTSD (Google PTSD Support Groups in Rapid City if it could be of benefit to you or someone you know)
- \* Men's Health (At the ADC Friday, June 10th will be "Wear Blue Day" to help spread the knowledge of Men's Health Month. Share your pictures with us on our Facebook page in your blue.

### Fun Facts:

- \* June is the month with the longest daylight hours of the year in the Northern Hemisphere.
- \* In 2009 June was 662 on the list of most popular name for girls in the USA.
- \* It is said that June is derived from Juno, the Roman goddess of marriage.
- \* In both common and leap years, no other month begins on the same day of the week as June.

## SPOT THE 5 DIFFERENCES





