

October Menu 2022
Site: Rapid City

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Swedish Meatballs 1/2CS Parslied Potatoes 1CS Baked Squash 1CS Peaches 1CS Bread 1CS	Chicken in Celery Sauce Mashed Potatoes 1CS Carolina Beans 2CS Strawberry Applesauce 1 1/2CS Bread 1CS	Pizza Casserole 1 1/2CS Italian Blend Vegetables Tropical Fruit 1CS Garlic Bread 1CS Cookie 2CS	Cream of Potato Soup 1 1/2CS Egg Salad on a Croissant 2CS Marinated Vegetable Salad Mandarin Oranges 1CS	Cheese Burger on a Bun 2CS Leaf Lettuce & Sliced Tomatoes Tater Tots 1CS Green Beans Fruit Cocktail 1CS
Monday 10	Tuesday 11	Wednesday 12 HAPPY BIRTHDAY	Thursday 13	Friday 14
Spanish Rice w/Hamburger 2CS Refried Beans 1CS Corn O'Brien 1 1/2CS Apricots 1CS Bread 1CS	BBQ Pork in a Bun 2CS Parmesan Potatoes 1CS Broccoli Applesauce 1 1/2CS	Beef Tips in Gravy over Rice 1 1/2CS Beets 1CS Petite Banana 1CS Bread 1CS Cake 2CS	Chicken Ala King 1CS over a Biscuit 1CS Asian Blend Vegetables Pineapple Tidbits 1CS Fortune Cookie 1CS	Roast Turkey Mashed Potatoes w/Gravy 2CS Peas & Carrots 1CS Cranberry Sauce 1CS Med. Orange 1CS Bread 1CS
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Salisbury Steak w/Gravy 1CS Baked Potato 1CS California Vegetables Peaches 1CS Bread 1CS	Chef's Choice	Taco Salad w/Meat & Beans 2CS Apple Crisp 1 1/2CS SF Vanilla Ice Cream 1CS	Oven Omelets 1CS Hashbrown Patty 1CS Glazed Carrots 1CS Fruit Muffin 1CS Orange Juice 1CS	Fish Sandwich 2CS Sweet Potatoes 1 1/2CS Green Beans Pears 1CS Jello w/Topping 1CS
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Autumn Chicken 1CS Brussel Sprouts Squash 1CS Mandarin Oranges 1CS Bread 1CS	Ham Rotini Bake 3CS Mixed Vegetables 1/2CS LS Tomato Juice 1CS Applesauce 1 1/2CS Bread 1CS	Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas & Carrots 1CS Peaches 1CS Bread 1CS	Cream of Broccoli Soup 1CS Chicken Salad Sandwich 2CS Blanched Carrots 1/2CS Pineapple Tidbits 1CS	Meatloaf 1/2CS Oven-browned Potatoes 1CS California Vegetables Tropical Fruit 1CS
Monday 31 HAPPY HALLOWEEN		Aug Winners: Waneta S.(Kadoka) Mickey S. (Rapid City HD)	Puzzle of the Month	
Ghoulish "Goulash" Casserole 2CS Creepy Cabbage Cadaver Corn 1CS Angry Apples 1CS Cryptic Candy 3CS Bewitching Bread 1CS		August Answer: Together, Elephant, Crayon, Macaroni, Helicopter	Sticky _____, Tired _____, One last _____, "TRICK OR TREAT!"	



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This season of change is a favorite for so many of us at the Adult Day Center of the Black Hills. We are loving the Fall colors and spending time outdoors!

We have had some exciting additions to our staff this month! We would like to welcome our new Activity Coordinator, Bess, as well as our new floor aides: Cloe and Clarice and a part-time Registered Nurse, Darre'Auna. Please introduce yourselves to them if you get a chance this month- we appreciate the opportunity to communicate and understand our guests needs with their caregivers.

We have been growing our relationship with the Alzheimer's Association, who are a great resource as we are all frequently challenged with new behaviors and concerns with our guests who have dementia/Alzheimers.

They offer a [Caregiver Support Group](#) the 4th Friday of the month from 12:00-1:00 p.m. at the Rapid City Public Library. For more information, please call Jan or Leacey at 605.339.4543.

Another great resource they offer is a 24/7 information and support helpline. This helpline is answered by masters level professionals. Utilizing these services will help you, as a caregiver manage emotions, access resources and engage in action planning for your loved one.

24/7 ALZHEIMER'S HELPLINE: 800.272.3900

Have a great month!



OCTOBER HAPPENINGS

Monday, October 3	World Architecture Day- building activities
Tuesday, October 4	Bob Grimm Band
Wednesday, October 5	National Apple Day- Apples and Caramel Dip
Thursday, October 6	Outing to the Family Dollar (\$ for purchase)
Friday, October 7	Root Beer Floats & Colonial House for Caramel Rolls (\$8)
Monday, October 10	Canadian Thanksgiving- Family Style Pot Luck
Tuesday, October 11	Outing to Reptile Gardens (\$5)
Wednesday, October 12	Outing to the Car Museum (\$3) & October Birthday Party
Thursday, October 13	ADC Scavenger Hunt
Friday, October 14	Root Beer Floats & Halloween Bingo!
Monday, October 17	National Boss' Day- A Friendly Bouquet Craft Project
Tuesday, October 18	Geology Museum
Wednesday, October 19	Outing to Lil' Harvesters Pumpkin Patch (\$8)
Thursday, October 20	Dance Lessons with Missy 1:00 p.m.
Friday, October 21	Root Beer Floats & Black Hills In Motion Cloggers- 1:00 p.m.
Monday, October 24	Outing to Jolly Lane Greenhouse (\$3)
Tuesday, October 25	Outing to Prouty Pottery (Cost of pottery piece- \$5 and up) 12:30 p.m.
Wednesday, October 26	Stamping with Jenice Casey at 1:00 p.m.
Thursday, October 27	Pumpkin Pie & Apple Cider / Fall Carnival
Friday, October 28	Root Beer Floats & Ghost Halloween Decoration
Monday, October 31	Halloween Costume Contest!

** Guests not able to attend outings will have an alternative activity to participate in.**

WISH LIST

Art Supplies (Canvases, paint brushes, origami paper, etc.)
Snacks, pastries/donuts
Root Beer/Diet Root Beer and vanilla ice cream

THANK YOU'S

Meadowwood Lanes, Missy Houska from National Dance Club, Connie & Seth H., John & Patty R., Black Hills In Motion Cloggers, Kara & Murphy, and the Bob Grimm Band!

NUTRITION TIPS FOR SENIORS

Eating more fruits, vegetables, whole grains, and dairy improves diet quality — as does cutting down on added sugars, saturated fat, and sodium. Support from health professionals, friends, and family can help older adults meet food group and nutrient recommendations.

Eating enough **protein** helps prevent the loss of lean muscle mass. But older adults often eat too little protein — especially adults ages 71 and older. Since most older adults are meeting recommendations for meats, poultry, and eggs, it's important to remind them that seafood, dairy and fortified soy alternatives, beans, peas, and lentils are great sources of protein. These protein sources also provide additional nutrients, such as calcium, vitamin D, vitamin B12, and fiber.

The ability to absorb **vitamin B12** can decrease with age and with the use of certain medicines. Health professionals can help older individuals get enough vitamin B12 by ensuring that they're consuming enough through foods, such as breakfast cereals. Older adults should talk with their health care provider about the use of dietary supplements to increase vitamin B12 intake.

Healthy Beverage Choices for Older Adults

Sometimes it's hard for older adults to **drink enough fluids** to stay hydrated because the sensation of thirst declines with age. Drinking enough water is a great way to prevent dehydration and help with digestion — and water doesn't add any calories! Unsweetened fruit juices and low-fat or fat-free milk or fortified soy beverages can also help meet fluid and nutrient needs.

Additional factors to consider when supporting healthy eating for older adults include:

- **Enjoyment of food** — Sharing meals with friends and family can increase food enjoyment and provide a great opportunity to share a lifetime of stories, all while improving dietary patterns.
- **Ability to chew or swallow foods** — Experimenting with different ways of cooking foods from all food groups can help identify textures that are acceptable, appealing, and enjoyable for older adults — especially those who have difficulties chewing or swallowing. Good dental health is also critical to the ability to chew foods.
- **Food safety** — Practicing safe food handling is especially important for this age group. The risk of foodborne illness increases with age due to a decline in immune system function.

Source: Health.gov



