

Wish List

Fun-sized candy bars
Trivia/Bingo/Game Prizes
Art Supplies (canvases, ceramics)
Root Beer/Ice Cream
Plastic Utensils/Paper Plates
Laundry Detergent
Leather/Vinyl Couch, Recliner and TV Stand
Volunteer Musical Performers
Cash Donations to add a permanent
shade structure

Thank You

Thank you to
Jolly Lane Greenhouse,
Robbinsdale Bowling Alley,
Bob Grimm Band, FloraGrace,
Cody Brown Real Estate, and
Kara & Murphy!

*When you give in-kind
donations or give of your time
or talent, you are truly making
our lives better.*

If you know of a caregiver who could use a break- whether
it is for an hour or 40 hours per week, give us a call at
605.791.0436 to schedule a tour.

We are open Monday-Friday from 7:30 a.m. to 5:30 p.m..

We have openings for adults of all ages and abilities.

We need your help to spread the word about the life-
changing services we offer! Do you know of a youth, service,
professional, or church group looking for a local non-profit
to support? If so, please point them in our direction!



Follow the Adult Day Center of the
Black Hills on Facebook!

The Adult Day Center of the Black Hills is a 501(c)3 non-profit.



April News

We are ready for SPRING! Please pray away the snow- we *really* do not need any
more snow days!

We had some special visitors in March- our friends at FloraGrace brought sunshine,
love and smiles along with some beautiful floral arrangements for our guests and
staff. Thank you Cody Brown from VIP Real Estate and your lovely friends for making
our day!!

Keller Williams Real Estate also invited us to their client appreciation event where we
were able to raise awareness of the life-changing services we provide caregivers and
the fun and family atmosphere we provide our guests.

We appreciate any opportunity and all support we are given by our awesome
community members!



Adult Day Center
— of the Black Hills

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Ph. 605.791.0436
management@blackhillsadc.com
www.adultdaycenterbh.com

Ways to Reduce Stress For Caregivers

Stay Connected to Others

Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize they are not alone.

Seek and Accept Help

Speak up when you need support or assistance. Join a support group. Need help finding one? Ask us and we can point you in the right direction.

Get Educated

It can help to talk to medical staff about options that are available for every stage of aging or disease. Long Term Services & Support through the Department of Social Services and other departments/groups are available. We also receive notice of area webinars and seminars on dementia care if you are interested in attending.

Find Respite Solutions

We can help with this!! Also, weekend respite may be available through area assisted living- but you need to plan ahead and check with your funding source.

Practice Self-Care

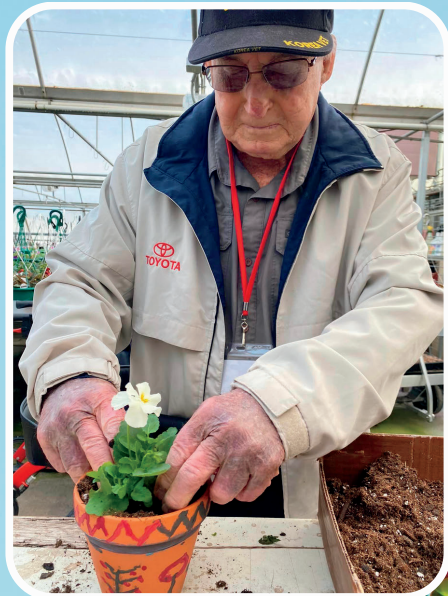
Do you have a hobby? A skill you'd like to learn? Use your time away from your loved one to read a book, take a bath, watch a movie or just unwind.

Keep A Positive Perspective

Striving to maintain a positive outlook can make a real difference. Writing in a gratitude journal, or simply choosing to focus on the good in daily situations can help reduce negative thoughts.

Stay Healthy

When is the last time you saw a doctor? Had your eyes checked? Went to the dentist? Make those appointments for you (and your loved one). Feeling good physically helps you feel good emotionally too!



April Activities

Monday, April 3: 10 am *Kara & Murphy Dog Tricks*

Tuesday, April 4: 10 am Make a Bracelet; 1:30 pm *Bob Grimm Band*

Wednesday, April 5: 10 am **BH Humane Society (\$3+donation)**

Thursday, April 6: 12:30 pm Spring Wreaths (\$2)

Friday, April 7: 10 am Pressed Flower Bookmarks

Monday, April 10: 11:30 am Easter Banquet (Sign up to bring a dish)

Tuesday, April 11: 1 pm *Mary Kay Skin Session*** (\$2)

Wednesday, April 12: 10 am **Library (\$3)**; 12:30 pm ADC Trivia Game

Thursday, April 13: 12:30 pm *BH in Motion Cloggers*

Friday, April 14: Blue Ticket Trivia

Monday, April 17: 10 am *BH Humane Society visits the ADC with pets!*

Tuesday, April 18: 12:30 pm Create a Wood Tray (\$3)

Wednesday, April 19: **Piesano's for Lunch**- sign up by 4/11 (\$13)

Thursday, April 20: 12:00 pm **Prouty Pottery** (\$13)

Friday, April 21: 12:30 pm Plant a Succulent (\$2)

Monday, April 24: 1 pm Make a Wind Chime (\$2)

Tuesday, April 25: Make a Bird House (\$3)

Wednesday, April 26: 12:30 pm **Spend Your Dollar Tree Bucks!**

Thursday, April 27: 12:30 pm **Robbinsdale Bowling** (\$11)

Friday, April 28: 1 pm *BH Raptors Presentation*

****Limited Space Available- Sign Up early!**














On a daily basis we play board games, a variety of trivia games, bingo, and card games. Please call Bess Wendland, Activity Coordinator, to check your activity account balance.

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

All outings are a minimum of \$3 to help cover transportation costs.

All activities subject to change due to weather/staffing.



<p>March Winners: Becky K. (Bison) Richard M (Minneluzahan)</p> <p>March Answer: Rainbow, Shamrock, Ireland, Green</p>	<p>Write down the number you find & put your name into this month's drawing.</p> 	<p>Join the Easter Egg Hunt! Find ALL the Easter eggs.</p> <p>Happy Easter!</p>		
<p>Monday 3 Swiss Steak w/Tomatoes & Onions Baked Potato w/Sour Cream 1CS Parmesan Green Beans Pears 1CS Bread 1CS</p>	<p>Tuesday 4 Fish Sandwich 2CS Tater Tots 1CS Tomato Slice on Leaf Lettuce Tropical Fruit 1CS</p> 	<p>Wednesday 5 Taco Salad w/Meat & Beans 2CS Pudding 2CS Fruit Cocktail 1CS Bread 1CS</p> 	<p>Thursday 6 Easter Dinner LS Ham Baked Sweet Potato 1 1/2CS Creamed Peas 1CS Cranberry Crunch Salad 1CS Orange Juice 1CS / Bread 1CS Chef's Choice Dessert 2CS</p>	<p>Friday 7 Good Friday Homemade Tomato Soup 1CS Cold Cheese Sandwich 2CS Spinach Salad with Almond & Craisins 1/2CS Petite Banana 1CS</p>
<p>Monday 10 Mexican Chicken Soup w/Cheese 1CS Unsalted Crackers 1CS Blanched Baby Carrots 1/2CS Cottage Cheese Peaches 1CS Bread 1CS</p> 	<p>Tuesday 11 BBQ Pork Sandwich 2CS California Vegetables Potato Salad 1 1/2CS Sliced Cooked Apples 1 1/2CS</p>	<p>Wednesday 12 HAPPY BIRTHDAY Beef Noodle Stroganoff 2CS Peas & Carrots 1CS Coleslaw 1/2CS Medium Orange 1CS Bread 1CS Cake 2CS</p> 	<p>Thursday 13 Mandarin Orange Chicken 1/2 CS Oven Baked Rice 1 1/2CS Broccoli Pineapple Tidbits 1CS Bread 1CS</p>	<p>Friday 14 Hamburger on a Bun 2CS Leaf Lettuce & Tomato Slices Baked Beans 2CS Tater Tots 1CS Pears 1CS</p> 
<p>Monday 17 Chicken Strips with Honey Mustard Dipping Sauce 2CS Baked Potato 1CS Squash 1CS Fruit Cocktail 1CS Bread 1CS</p>	<p>Tuesday 18 Sloppy Joe on a Bun 2CS Potato Wedges 1CS Broccoli w/Cheese 1/2CS Orange Wedges 1/2CS</p> 	<p>Wednesday 19 French Toast Sticks with SF Maple Syrup 1 1/CS Link Sausage Glazed Carrots 1CS Cinnamon Apples 1 1/2CS Bread 1CS</p>	<p>Thursday 20 Chicken in Celery Sauce Mashed Potatoes 1CS Baked Beans 2CS Peach Crisp w/Topping 1 1/2CS Bread 1CS</p>	<p>Friday 21 Chef's Choice</p> 
<p>Monday 24 Spanish Rice w/ Hamburger 3CS Seasoned Spinach Apple Juice 1CS Mandarin Oranges 1CS Bread 1CS</p> 	<p>Tuesday 25 Chicken Pot Pie topped w/a Biscuit 2CS Broccoli LS Tomato Juice 1CS Pears 1CS</p>	<p>Wednesday 26 Pizza Casserole 2CS Italian Vegetables Petite Banana 1CS Garlic Bread 1CS Cookie 1 1/2CS</p> 	<p>Thursday 27 Beef Stew 1CS Tossed Salad w/Tomatoes Jello w/Topping 1CS Strawberries 1CS Bread 1CS</p> 	<p>Friday 28 Meatloaf 1/2CS Mashed Potatoes & Gravy 1CS Peas & Carrots 1CS Cranberry Sauce 1CS Orange Juice 1CS Bread 1CS</p>