

Wish List

Non-stick Pots/Pans

\$5 Gift Cards for prizes

Art Supplies (canvases, ceramics)

Root Beer/Ice Cream

Plastic Utensils/Paper Plates

Laundry Detergent

Leather/Vinyl Couch, Recliner and TV Stand

End Tables

Volunteer Musical Performers

Cash Donations to add a permanent
shade structure

Thank You

Thank you to

Prouty Pottery, Robbinsdale

Lanes, Piesano's, Humane

Society of the Black Hills,

Chris Redlin Memorial, William

Collins Memorial, John

Backlund and Kara &

Murphy!

*Your generosity means the
world to us!*



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.

We have an exciting month ahead at the Adult Day Center of the Black Hills! We are looking forward to spending more time outdoors - although Bess and our team have been making the best of our indoor time this Winter by doing lots of trivia, learning new games, meeting new friends and listening to some very talented musicians! In April, we even had the pleasure of visiting the Humane Society of the Black Hills and then having them bring kittens (and a lizard) to visit us.

Speaking of spending time outdoors, we have a few projects we are hoping to complete to improve our space. In June, *Realtors are Good Neighbors* will be staining our pergola for us (thank you for choosing the ADC, Jill Van't Hul!) We are hoping to raise funds for a sidewalk to connect our front sidewalk to our back patio. Pushing wheelchairs across the lawn does not work well! We are also in need of a new patio door- which we are working on getting bids for currently.

Our building may be needing improvements, but our staff is as amazing as they have ever been! We are so proud of the level of compassion, inclusion and care they provide every day.

"The ADC staff is our family. The staff have big hearts and there is a lot of love here."
-Brad, ADC Guest



Adult Day Center
of the Black Hills

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Preparing for Placement

One of the benefits of utilizing Adult Day Services is allowing your loved one to remain in the home for an extended period and avoid placement into a long-term care facility. Many of our guests are able to live out their lives with their caregivers, which is our goal!

We do have a few families with loved ones on waiting lists or who are starting to research options for placement. Preparing for a transition to a long-term care facility can be overwhelming, but there are some steps you can take to make the process smoother.

1. Research potential long-term care facilities in your area and visit them in person to get a sense of what they offer. Many facilities in our area have a substantial waiting list.
2. Speak with your healthcare providers and social worker to get their recommendations and guidance.
3. Consider downsizing and decluttering your home to make the move easier.
4. Make a list of the personal items you want to bring with you to your new home.
5. Discuss your financial options and determine how you will pay for the nursing home care.
6. Communicate with your family and loved ones about your decision and involve them in the process as much as possible.



May Activities

- Monday, May 1: Kara & Murphy @ 10am; May Day Flower Basket for our Friends @ 1pm
- Tuesday, May 2: ADC Bingo @ 10am; Bob Grimm Band @ 1:30
- Wednesday, May 3: Scooter's Coffee Social @ 10am (\$3 + drink); Dakota Blend Band @ 1pm
- Thursday, May 4: "May the 4th Be With You" activities; BH in Motion Cloggers @ 12:30
- Friday, May 5: Cinco De Mayo Festivities @ 10am; Chips & Salsa at Pancho's @ 1pm (\$7)
- Monday, May 8: Balloon Volleyball @ 10am; Colonial House @ 1pm (\$8)
- Tuesday, May 9: Memory Café @ 9:45am; Make a Vase @ 1pm (\$4)
- Wednesday, May 10: Musician, John Backlund @ 1:30pm
- Thursday, May 11: Reptile Gardens @ 12:30pm (\$8 includes season pass)
- Friday, May 12: Send a card of sunshine to our Pen Pals & WEAR YELLOW for a drawing
- Monday, May 15: ADC Bingo @ 10am; ADC Ticket Trivia @ 1pm
- Tuesday, May 16: Make a Garden Stepping Stone @ 12:30 (\$3)
- Wednesday, May 17: Volunteering at the Humane Society of the BH @ 9:45am (shelter donation)
- Thursday, May 18: Planting flowers at the ADC @ 10am; Dahl Arts tour & art @ 12:30pm (\$3)
- Friday, May 19: Starting the ADC Choir @ 10am; Step-by-Step Canvas Paint @ 1pm (\$3)
- Monday, May 22: "Lets Play Pool" ADC Tournament begins; Kona Ice Truck @ 1:30pm (\$4-\$7)
- Tuesday, May 23: ADC Choir practice @ 10am; Armadillos at 1pm (\$7)
- Wednesday, May 24: National Scavenger Hunt Day Activities
- Thursday, May 25: ADC Bingo @ 10am; Old MacDonald's Farm @ 12:30pm (\$14)
- Friday, May 26: Memorial Day Family BBQ for ALL! See sign-up flyer for donations
- Monday, May 29: CLOSED FOR MEMORIAL DAY
- Tuesday, May 30: WEAR PINK! ADC Bingo @ 10am; Walking at Canyon Lake Park @ 12:30pm (\$3)
- Wednesday, May 31: ADC Ticket Trivia @ 10am; Shop at Dollar Tree w/Dollar Bucks @ 1pm

****Limited Space/Materials 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.



May Menu 2023

Site: Rapid City

<p style="text-align: center;">Monday 1</p> <p>Baked Steak w/Mushroom Gravy 1CS Sliced Potatoes 1CS California Vegetables Peaches 1CS Bread 1CS</p>	<p style="text-align: center;">Tuesday 2</p> <p>Mandarin Orange Chicken 1CS Baked Potato 1CS Peas 1CS Fruit Cocktail 1CS Bread 1CS</p> 	<p style="text-align: center;">Wednesday 3</p> <p>Scrambled Eggs with Bacon Bits & Cheese 2CS Hashbrown Patty 1CS Zucchini / Petite Banana 1CS LS Tomato Juice 1CS Bread 1CS</p>	<p style="text-align: center;">Thursday 4</p> <p>Roast Turkey Mashed Potatoes w/Gravy 1CS Green Beans Cranberry Sauce 1CS Orange Wedges 1CS Bread 1CS</p> 	<p style="text-align: center;">Friday 5 Cinco De Mayo</p> <p>Mexican Chicken Soup 1CS Marinated Veggie Salad 1CS Cinnamon Apples 1 1/2CS Churro 1CS Bread 1CS</p>
<p style="text-align: center;">Monday 8</p> <p>Lasagna Rotini 2CS Italian Vegetables Coleslaw Pears 1CS Garlic Bread 1CS</p> 	<p style="text-align: center;">Tuesday 9</p> <p>Chicken Pot Pie topped with a Biscuit 2CS Broccoli Peaches 1CS Orange Juice 1CS</p>	<p style="text-align: center;">Wednesday 10 HAPPY BIRTHDAY</p> <p>Hamburger on a Bun 2CS Leaf Lettuce & Tomatoes Baked Beans 2CS Potato Salad 1 1/2CS Tropical Fruit 1CS Cake 2CS</p> 	<p style="text-align: center;">Thursday 11</p> <p>Cider Braised Pork 1CS Peas & Carrots 1CS Country Time Macaroni Salad 2CS Cinnamon Apples 1 1/2CS Bread 1CS</p>	<p style="text-align: center;">Friday 12</p> <p>Beef Stew 1CS Tossed Salad w/Tomatoes Jello w/Fruit 1CS Petite Banana 1CS Bread 1CS</p> 
<p style="text-align: center;">Monday 15</p> <p>Sausage Gravy over a Biscuit 2CS Brussel Sprouts Squash 1CS Applesauce 1 1/2CS</p>	<p style="text-align: center;">Tuesday 16</p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Carrots 1/2CS Fruit Cocktail 1CS Bread 1CS</p> 	<p style="text-align: center;">Wednesday 17</p> <p>Chicken Wild Rice Soup 1CS Spinach Salad with Almonds & Craisins 1/2CS Peach Crisp w/Topping 1 1/2CS LS Crackers 1CS</p>	<p style="text-align: center;">Thursday 18</p> <p>BBQ Beef on a Croissant 2CS Baked Potato w/Sour Cream 1CS Mixed Vegetables 1/2CS Pineapple Tidbits 1CS</p>	<p style="text-align: center;">Friday 19</p> <p>Chef Salad 1CS Lt French Dressing LS Tomato Juice 1CS Pears 1CS Breadstick 1CS Cookie 1 1/2CS</p> 
<p style="text-align: center;">Monday 22 Chef's Choice</p> 	<p style="text-align: center;">Tuesday 23</p> <p>Swedish Meatballs 1CS Sliced Potatoes 1CS Peas & Carrots 1CS Coleslaw Tropical Fruit 1CS Bread 1CS</p>	<p style="text-align: center;">Wednesday 24</p> <p>Chicken Linguini Alfredo 2CS Broccoli Glazed Carrots 1CS Peaches 1CS Garlic Bread 1CS</p> 	<p style="text-align: center;">Thursday 25</p> <p>Meatloaf 1/2CS Herb Diced Potatoes 1CS Green Beans Orange Wedges 1CS Bread 1CS</p> 	<p style="text-align: center;">Friday 26</p> <p>Pork Roast Mashed Potatoes w/Gravy 1CS Peas 1CS Cranberry Sauce 1CS Applesauce 1 1/2CS Bread 1CS</p>
<p style="text-align: center;">Monday 29 CLOSED</p>  <p style="text-align: center;">HAPPY MEMORIAL DAY</p>	<p style="text-align: center;">Tuesday 30</p> <p>Sloppy Joe on a Bun 2CS Potato Wedges 1CS Broccoli w/Cheese Sauce 1/2CS Pears 1CS</p>	<p style="text-align: center;">Wednesday 31</p> <p>Chicken Bacon Wrap 2CS Potato Salad 1 1/2CS Tomato Spoon Salad 1/2CS Petite Banana 1CS</p>	<p style="text-align: center;">April Winners:</p> <p>Janice L. (RC Home Delivery) Teri B. (Murdo)</p> <p style="text-align: center;">April Answer: 56</p> 	<p style="text-align: center;">Puzzle of the Month</p> <p>Answer the riddle below and enter your name into the drawing.</p> <p>Why did the banana go out with a fig?</p> 