

# Wish List

White Cotton T-Shirts  
Mason Jars  
Plain 4x4 Tiles  
Tie-Dye Supplies  
Tissue Paper with Designs  
Buttons, gems, other embellishments  
Sundae Toppings  
Heavy Duty Magnet Strips  
Lift Recliner  
Vanilla Ice Cream / Root Beer  
End Table & Small Bookshelf  
Volunteers!

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# Thank You

Thank you to the  
Humane Society of the Black Hills,  
Pegie Douglas, Kara & Murphy, Janice  
Casey, John Backlund, Bob Grimm  
Band, Angela Estes, Wilbert Woodson,  
and the Dakota Blend Band!  
We received donations from the  
Disability Awareness and Accessibility  
Committee, Rob & Kim Peterson and a  
few anonymous angels this month.

We truly appreciate our kind-hearted  
and generous friends.

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 limited openings for adults of all ages!

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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 really enjoyed spending time outdoors this summer! Last month, we prayed  
the rain away and now it looks like we need to pray the heat away.

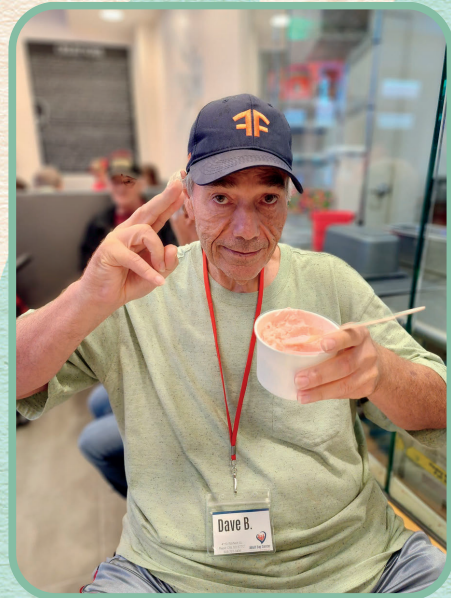
Have you met our lovely staff? They don't get enough credit for how dedicated they  
are to all of our guests and families. Trinity, Kim, Stephanie, Mackenzie, Judie, Dale,  
Ardith and Sheila are all extremely hard-working, reliable, compassionate and so  
knowledgeable about caring for all our guests' different ability levels and challenges  
our guests face each day. The Adult Day Center has evolved in such a positive way  
over the last year, and we certainly could not have made it through without them!

If you are in the area, please stop by and take a tour of Rapid City's "hidden gem" of a  
non-profit. You will be impressed and excited to know what a difference we are  
making for families in our community!



**Adult Day Center**  
— of the Black Hills

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# HEAT WAVE SAFETY FOR SENIORS



15 minutes: the length of time it takes for an older person's body temperature to reach 106 degrees in a heat stroke.



103 degrees: Temperature at which the body faces serious illness if untreated.

## WHY ARE SENIORS AT RISK?



Older bodies physically respond slower to rapid temperature changes



Seniors are more likely to have existing medical conditions or take daily medications that contribute to weakness during the heat and sun sensitivity



People living alone may ignore or not recognize symptoms

## PREVENTATIVE SAFETY TIPS

### KNOW THE SYMPTOMS:

- High body temperature (above 103 F)
- throbbing headache
- dizziness
- nausea
- confusion

### ADJUST YOUR LIFESTYLE:

- Wear the right clothing
- Drink plenty of fluids
- Wear sunscreen
- Limit sun exposure
- Close window coverings

### PLAN YOUR DAY:

Schedule a day that includes brief outdoor activity, plan a trip to air-conditioned shopping malls or grocery stores.

### CALL 911 IN AN EMERGENCY:

If you suspect that you might be suffering from heat stroke this summer, call 911 for emergency medical assistance.

# August Activities

MONDAY, JULY 31- **AIR & SPACE MUSEUM [AT]9:30**: KARAOKE & ROOTBEER FLOATS

TUESDAY, AUGUST 1- COMMON PHRASES TRIVIA: **BOB GRIMM BAND [AT] 1:00**

WEDNESDAY, AUGUST 2- NATIONAL ICE CREAM SANDWICH DAY: **BEAR COUNTRY [AT] 1:00**

THURSDAY, AUGUST 3- CHAIR YOGA: DIY MAGAZINE MAGNETS

FRIDAY, AUGUST 4- CAN YOU NAME 5 GAME: KARAOKE

MONDAY, AUGUST 7- KARA & MURPHY: **DAKOTA BLEND BAND [AT]1:00**

TUESDAY, AUGUST 8- CASINO GAMES: WATER BALLOON FIGHT (OPTIONAL): OUT DOOR  
GAMES

WEDNESDAY, AUGUST 9- BALLOON VOLLEYBALL: LEARN THE HISTORY OF MOTORCYCLES:  
SNOW CONES AND FROZEN TREATS

THURSDAY, AUGUST 10- SPOIL YOUR DOG DAY (SPECIAL DOGGIE VISITORS RYLIE & LUCY),  
WHEEL OF FORTUNE

FRIDAY, AUGUST 11- PINECONE BIRD FEEDERS: WOULD YOU RATHER GAME: NOODLE BALL

MONDAY, AUGUST 14- TIE-DYE SHIRTS: JEOPARDY COMPETITION

TUESDAY, AUGUST 15- MORNING WALK: OUTDOOR GAMES: **JOSH ELLIS BAND [AT]1:00**

WEDNESDAY, AUGUST 16- **COLONIAL HOUSE [AT] 9:30**: POOL TOURNAMENT

THURSDAY, AUGUST 17- MASON JAR CRAFT: PATIO TRIVIA: YARD GAMES

FRIDAY, AUGUST 18- MOD PODGE PHOTO COASTERS: **CAR MUSEUM [AT] 1:00**

MONDAY, AUGUST 21- BINGO FOR DOLLAR TREE BUCKS: MAKE PAPER FLOWERS

TUESDAY, AUGUST 22- ADC CHOIR: **TACO TUESDAY OUTING [AT]1:00**

WEDNESDAY, AUGUST 23- FAMILY FEUD: **SPEND YOUR DOLLAR TREE BUCKS [AT] 1:00**

THURSDAY, AUGUST 24- BOARD GAMES: **PEGIE DOUGLAS MUSICIAN [AT]1:00**

FRIDAY, AUGUST 25-NATIONAL BANANA SPLIT DAY: TRIVIA COMPETITION







MONDAY, AUGUST 28- STEP-BY-STEP PAINT A CANVAS: MUSIC/BINGO

TUESDAY, AUGUST 29- BLUE TICKET TRIVIA: **BOWLING [AT] 1:00**

WEDNESDAY, AUGUST 30- DRESS WACKY FOR WACKY WEDNESDAY! (PRIZES!):  
PICTIONARY

THURSDAY, AUGUST 31- MAGNETIC CLOTHES PINS: **MCDONALDS [AT]1:00**

ALL GUESTS WILL BE BILLED \$50 FOR MONTHLY ACTIVITIES & PARTICIPATION IN OUTINGS  
WILL BE ON A FIRST-COME, FIRST SERVE BASIS. SIGN-UPS WILL BE ON FRIDAY FOR THE  
FOLLOWING WEEK'S OUTINGS

<p><b>July Winners:</b> Kaylyn S. (Minneluzahan) Jerome M. (Murdo)  Answers: Liberty, Brave, Anthem, Freedom, Uncle Sam, Patriotic</p>	<p><b>Tuesday 1</b> Spaghetti w/Meat Sauce 2CS Italian Vegetables Pineapple Tidbits 1CS Vanilla Pudding 1CS Garlic Bread 1CS</p>	<p><b>Wednesday 2</b> Sweet &amp; Sour Chicken 1CS Oven Baked Rice 1 1/2CS Corn 1CS Mandarin Oranges 1CS Bread 1CS</p> 	<p><b>Thursday 3</b> Chef Salad 1CS Lite French Dressing Peaches 1CS Fruit Muffin 1CS</p> 	<p><b>Friday 4</b> Swedish Meatballs 1CS Sliced Potatoes 1CS Carrots 1/2CS Tropical Fruit 1CS Bread 1CS</p>
<p><b>Monday 7</b> Baked Chicken 1/2CS Sweet Potato 1 1/2CS Parmesan Green Beans Pears 1CS Bread 1CS</p> 	<p><b>Tuesday 8</b> Hungarian Goulash 3CS California Vegetables Cooked Apples 1 1/2CS Med. Orange 1CS Bread 1CS</p>	<p><b>Wednesday 9 Happy Birthday</b> Hamburger on a Bun 2CS Tomato Slices on Leaf Lettuce Baked Beans 2CS Tater Tots 1CS Fruit Cocktail 1CS Cake 2CS</p> 	<p><b>Thursday 10</b> Chicken Bacon Ranch Wrap 1CS English Pea Salad 1CS Potato Salad 1 1/2CS Petite Banana 1CS SF Vanilla Ice Cream 1CS</p>	<p><b>Friday 11</b> Pork Roast Mashed Potatoes w/Gravy 1CS Peas &amp; Carrots 1CS Applesauce 1 1/2CS Bread 1CS</p> 
<p><b>Monday 14</b> Baked Steak w/Mushroom Gravy 2CS Baked Potato 1CS Green Beans Peaches 1CS Bread 1CS</p> 	<p><b>Tuesday 15</b> Beef Cabbage Soup 1CS Turkey Sandwich 2CS LS Crackers 1CS Tropical Fruit 1CS</p>	<p><b>Wednesday 16</b> Mandarin Orange Chicken 1CS Parsley Potatoes 1CS Broccoli Cranberry Crunch Salad 1CS Bread 1CS</p>	<p><b>Thursday 17</b> Sausage Gravy over a Biscuit 2CS Brussel Sprouts Glazed Carrots 1 1/2CS Tomato Juice 1CS Pears 1CS</p> 	<p><b>Friday 18</b> Beef Tips in Gravy 1CS over Mashed Potatoes 1CS California Vegetables Fruit Crisp 1 1/2CS Bread 1CS</p>
<p><b>Monday 21</b> Salisbury Steak w/Gravy 1CS Sliced Potatoes 1CS Mixed Vegetables 1/2CS Pineapple Tidbits 1CS Bread 1CS</p>	<p><b>Tuesday 22</b> Chef's Choice</p> 	<p><b>Wednesday 23</b> Taco Salad w/Meat &amp; Beans 2CS Peaches 1CS Orange Juice 1CS Bread 1CS</p> 	<p><b>Thursday 24</b> Meatloaf 1/2CS Baked Potato 1CS Peas &amp; Carrots 1/2CS Fruit Cocktail 1CS Bread 1CS Cookie 2CS</p>	<p><b>Friday 25</b> Turkey Roast Mashed Potatoes &amp; Gravy 2CS Broccoli Cranberry Sauce 1CS Petite Banana 1CS Bread 1CS</p> 
<p><b>Monday 28</b> Breaded Baked Fish 1CS Tri-Tater 1CS Peas 1CS Apple Juice 1CS Orange Wedges 1/2CS Bread 1CS</p> 	<p><b>Tuesday 29</b> BBQ Pork on a Bun 2CS Potato Salad 1 1/2CS Creamy Coleslaw 1CS Fruit Cocktail 1CS</p>	<p><b>Wednesday 30</b> Turkey Tetrazzini 2CS California Vegetables Corn 1CS Peaches 1CS Bread 1CS</p> 	<p><b>Thursday 31</b> Chili 1CS Cornbread 2CS Tossed Salad w/Tomatoes Cantaloupe 1CS</p>	<p><b>Puzzle of the Month</b>  I have a head, a tail, I am brown and have no legs? What am I?</p> 

**LUNCH IS SERVED FROM 11:15-12:00 DAILY. PLEASE LET US KNOW IN ADVANCE IF YOU WILL BE ARRIVING LATE.**

Over 60? Donate what you can.  
Suggested donation is \$4.25  
Under 60 Pay \$9.00