

# WISH LIST

- New Laptop or Tablet
  - Old Ceiling Fan Blades
  - Sugar Free Candy/Snacks
  - Hygiene Products
  - Outdoor plants/trees
  - Coffee Urn with Temperature Controls
  - Cake Mixes and Frosting
- Open our Amazon wish list using your phone camera!



# THANK YOU

Thank you to Rob & Kim Peterson, The Humane Society of the Black Hills, Deb & Kenton Larson, Gary & Judy Gregson, Counts of the Cobblestone Car Club, Mark McDaniel, Mary Schnortz, Pegie Douglas, Bobby Holman, Troy Falardeau & Stan Masada, Love, Inc. & Larry Kvanvig!

We are grateful for your time, talents and generous gifts!

We are humbly asking for your support in helping us renovate and furnish our 2nd location! The price tag for adding roll-in shower rooms/changing rooms, remodeling our kitchen, creating (3) ADA bathrooms and installing new flooring is approximately \$200,000.

Please consider making a tax-deductible gift today to help us serve more caregivers and their loved ones!



**Are you a caregiver who could use a break?**

**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!**



**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.

# July News



Love, Inc. provided us with a group of outstanding young men and women from Yankton, SD and Wisconsin who spent two full days at our new building moving and assembling furniture, staining our fence, installing cabinets, and cleaning up our land. They spent hours working hard in the hot sun and never complained! Volunteers are so hard to come by and we are so extremely grateful for all the help we have received in the past couple of months. We are doing great things together!

We are also undergoing a very exciting transformation as an organization to better serve our aging community. We will be making announcements very soon, so stay tuned!

As always, we are grateful to all who have chosen to support our mission.



**Adult Day Center**  
of the Black Hills

4110 Winfield St  
Rapid City, SD 57701  
Ph. 605.791.0436

management@blackhillsadc.com  
[www.adultdaycenterbh.com](http://www.adultdaycenterbh.com)



## ESTATE PLANNING WORKSHOP

Jennifer Tomac,  
Estate Planning Attorney

July 23, 2024, 4:00-5:30 p.m.

4110 Winfield St.

Call 605-269-0337  
to RSVP!  
FREE & open to the public.



**TOMAC  
& TOMAC**  
The Elder Law and Estate Planning Firm



# BRAIN HEALTH: 101

**These healthy habits can lower risk for cognitive decline- even if dementia runs in your family. It is never too late or too early to make positive changes!**



**Eat Well**  
Eat home-cooked meals full of lean protein and fruits and vegetables. Avoid hydrogenated oils, processed food, margarine, soft drinks, pre-packaged food, and sweets. A 2022 study found that people who ate the most ultra-processed foods had a 25% higher risk of dementia than those who ate little of them.



**Be Curious**  
Learn new skills, be curious and do things that are challenging. Challenging your mind can have both long and short-term benefits for your brain. This could be as simple as reading, doing word puzzles, keeping a journal, or researching topics of interest.



**Stop Smoking**  
Smokers are at significantly higher risk for dementia and dementia-related death. The World Health Organization estimated in 2014 that 14% of dementia cases worldwide may be caused by smoking. Overall, current smokers are 30% more likely to develop dementia and 40% more likely to develop Alzheimer's disease, according to a 2015 analysis of 37 different studies published in the journal PLOS ONE.



**Exercise**  
Several studies have confirmed that regular physical activity, in many forms, plays a substantial role in decreasing the risk of developing dementia. Vigorous exercise seems to be best, but even non-traditional exercise, such as doing household chores, can offer a significant benefit.



**Sleep**  
A 2021 study showed that people in their 50s and 60s getting six hours of sleep or less were at greater risk of developing dementia later. Compared to those getting normal sleep (defined as 7 hours), people getting less rest each night were 30% more likely to be diagnosed with dementia.