

Wish List

Non-stick Pots/Pans
Watercolor Paints
Mason Jars
Fabric Flower Petals
Large Bottle Clear Elmer's Glue
Mod Podge
Power Recliner
Picnic Food for Mount Rushmore Outing/Picnic
End Table & Small Bookshelf
Volunteer Musical Performers

Thank You

Thank you to
Jolly Lane Greenhouse, Old
McDonald's Farm, Humane
Society of the Black Hills,
Black Hills In Motion Cloggers,
John Backlund, Bob Grimm
Band and the Dakota Blend
Band!

*Your support is greatly
appreciated by all of 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 been enjoying the beautiful Spring weather at the Adult Day Center! In May, we volunteered at the Humane Society of the Black Hills, listened to the Dakota Blend Band, John Backlund and the Bob Grimm band. We had several outings that fed our bellies and our souls!

Join us on June 13th to wish our Activity Coordinator, Bess a farewell as she is moving her sweet little family to enjoy the sun and surf on the West Coast! She has been the "heart and soul" of the Adult Day Center and will be greatly missed. Stay tuned as we announce our new Activity Coordinator in the next couple of weeks.

Beginning on July 1st, guests at the Adult Day Center will be charged \$50/month to support the activities/outings we provide. This will ensure that everyone is able to participate in everything we do. As a non-profit with a limited budget, we want to continue to be able to provide amazing services and we are hoping that our caregivers and guests are able to support our efforts. Financial assistance may be available for those that qualify.

Thank you to our caregivers who attended our Memorial Day picnic- we enjoy getting to know all of you- you are all FAMILY to us!



Adult Day Center
of the Black Hills

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Why is Hydration so Important?

Pour yourself a tall glass of water to sip while you read this hot topic for seniors on dehydration. The definition of dehydration is that you lose more fluid than you take in. Many of us believe dehydration is prevented by our body's natural sense of thirst to remind us to pour ourselves a glass of H₂O. But the fact is, as your loved one gets older, their sense of thirst will diminish significantly. And if they have dementia, they may not remember to drink liquids throughout the day.

All caregivers should be aware of dehydration concerns and take preventive measures when caring for a loved one. Hydration is vital because it keeps electrolytes balanced, blood volume normal, aids in digestion, transportation of nutrients, and kidney functioning. And if your elderly loved one becomes dehydrated, they have the added risk of mental confusion. As we age, several physiological changes can put seniors at a higher risk of dehydration, such as increased fluid loss, reduced body water content, and a decrease in fluid consumption.

Let's look at these closer:

1. Decreased Thirst. It's a fact that we lose our sense of thirst with age. While you may feel parched and reach for the nearest water bottle, our older loved ones may not notice their need for hydration. Ensuring that your loved one is keeping up with their daily water or fluid intake will help prevent a major medical emergency.

2. Kidney Function. Our kidneys are responsible for filtering out blood by removing waste, controlling the body's fluid balance, and keeping electrolytes at the right levels. Kidney function can diminish as we age, leading to a decrease in the body's ability to create urine or remove waste. Staying fully hydrated helps to keep kidneys functioning to the best of their ability.

3. Brain Power. Dehydration symptoms in seniors can mimic signs of dementia. Why is that? Because dehydration is just as critical for brain function as it is for body function. Cognitive function is enhanced when brain cells get the proper amount of hydration.

4. Urinary Incontinence. It is uncomfortable and frustrating. Some seniors avoid drinking to avoid the experience, which can lead to other health risks. Reduction in fluids can cause urinary tract infections, which can cause pain and sometimes dementia-like confusion.

5. Digestion. Dehydration can cause constipation. Staying hydrated and consuming the proper amount of fiber helps seniors stay regular. Lack of water can lead to gastritis, acid reflux, and in some cases, ulcers, as the stomach doesn't have enough water to produce digestive acid. Research has shown that drinking water can help limit acid reflux symptoms by temporarily raising the stomach pH.

Source: Livewell Colorado

Welcome June

Thursday, June 1: ADC Ticket Trivia @ 10am; ADC Choir for All @ 1pm

Friday, June 2: DONUT DAY! Painting @ 10am; Karaoke & Root Beer Floats @ 1pm

Monday, June 5: Kara & Murphy @ 10am; Colonial House (\$9) @ 1pm

Tuesday, June 6: BH Humane Society visits the ADC @ 10am; Bob Grimm Band @ 1:30pm

Wednesday, June 7: Outdoor Campus (\$3) @ 9:30am; Dakota Blend Band @ 1pm

Thursday, June 8: CRAZY/MISMATCH DAY! BH Cloggers at 12:30; Kona Ice truck (\$4) @ 1:30pm

Friday, June 9: ADC Family Feud Game @ 10am; DIY Paper Mache Lanterns @ 1pm (\$2)

Monday, June 12: National Rose Day DIY craft (\$3); Bingo 1pm

Tuesday, June 13: Memory Café (\$3) @ 9:45am; Musician John Backlund @ 1:30pm

Wednesday, June 14: Lunch at Mt. Rushmore (\$5) @ 10am; Paint an American Flag rock
(The ADC WILL BE CLOSED 10AM-2:30PM FOR THE OUTING- See flyer for all details)

Thursday, June 15: Patio Trivia @ 10am; DIY Bird Seed ornament

Friday, June 16: DIY Yarn Basket @ 10am; Afternoon Yard Games Competition 1pm

Monday, June 19: ADC Ticket Trivia @ 10am; Kona Ice Truck (\$4) @ 1:30pm

Tuesday, June 20: Bear Country @ 9:30am (\$3); Doily Butterfly craft @ 1pm

Wednesday, June 21: Sharing summer stories @ 10am; Robbinsdale Bowling (\$11) @ 1pm

Thursday, June 22: ADC Bingo @ 10am; DIY Watercolor Luminaries (\$3)

Friday, June 23: Volunteering at BH Humane Society (\$3 or animal toy) @ 10am; ADC Choir @ 1pm

Monday, June 26: Scooter's Coffee Social (\$3+drink) @ 10am; Mosaic Flag Art

Tuesday, June 27: Glass Gem Suncatchers (\$2) @ 10am; Musician Patty Douglas @ 1pm

Wednesday, June 28: ADC Jeopardy at 10am; Casino Games @ 12:30pm

Thursday, June 29: Canyon Lake Walk (\$3) @ 10am; Bingo @ 1pm

Friday, June 30: DIY Beaded Garden Sparkler (\$4) @ 10am; Spend your 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.

