

Wish List

Vanilla Ice Cream / Root Beer
Bonk Marble Game
Chess Board
Embroidery Supplies (hoops, thread, fabric)
Indoor Putting Green
Quick Pickle Game
Plastic Cutlery
Paper Plates/cups
Paper Towels/Baby Wipes
Snacks
Volunteers!

Thank You

Thank you to
The Humane Society of the Black Hills,
Pegie Douglas, Missy Houska, Rapid
City Fire Department, Modern
Warriors, BH in Motion Cloggers, Lil
Harvesters Pumpkin Patch & the Bob
Grimm Band!
We received donations from Vicki
Rovere, Rob and Kim Peterson,
Gwendolyn Stearns Foundation, &
Mary Collins. You make 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 limited openings for adults of all ages!**

**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.



November

To say our hearts are full with gratitude would be an understatement! We are excited to share that our center will be expanding thanks to the support we received from House Bill 1078. We are currently in the planning phase, but we are looking forward to serving more members of our community in the near future!

We are still trying to find a hair stylist to provide 5-8 haircuts per month to our guests. Please let us know if you know someone who may be interested!

We have been looking for ways to incorporate more exercise opportunities. In partnership with the Roosevelt Swim Center, we will be testing out a swim exercise class on November 15 with a small group of guests. More information will be coming out shortly- stay tuned!

As always, thank you for your incredible support.



Adult Day Center
— of the Black Hills

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Taking the Keys Away-

When is it Time?

Driving is an essential part of many people's lives, and it provides independence and freedom. However, as we age, our driving skills may decline, and we may need to re-evaluate when it's time to stop driving.

It can be a difficult decision, but it is important to ensure that we, as well as others on the road, are safe.

Here are only a few warning signs of unsafe driving:

- Delayed response to unexpected situations
- Becoming easily distracted while driving
- Decrease in confidence while driving
- Having difficulty moving into or maintaining the correct lane of traffic
- Hitting curbs when making turns or backing up
- Getting scrapes or dents on car, garage or mailbox
- Having frequent close calls
- Driving too fast or too slow for road conditions



Consideration should be taken if you have had recent accidents or near-misses. It is important to take these incidents seriously and talk to your doctor or a driving rehabilitation specialist to determine if it's time to stop driving.

Ultimately, the decision to stop driving is a personal one that should be made after careful evaluation of one's abilities and safety.

If you need to have this conversation with a parent, research and be prepared with transportation solutions to reassure your loved one that their needs will still be taken care of and won't be too much of a burden on the family.

Remember, the goal is to ensure that you, and others on the road, are safe.