

WISH LIST

Word Search Books
Board Games
Dry Erase Markers
TV Trays
Serving Utensils/Eating Utensils
Large Mixer & Blender
Holiday Decorations

Open our (updated) Amazon wish list
using your phone camera!



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

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!**

Black Hills Center for Aging is a 501(c)3 non-profit.

THANK YOU

Thank you to South Canyon Lutheran Church, Kathleen Green & Walter Boner, Troy Falardeau and Stan Masada, Mount Rushmore Society and Diana Nielsen, Al & Beth Pinkston, Cheryle Hamiel, Judie Wimberley, Bobby Holman, Larry Kvanvig, and Zonta Club of the Black Hills!

Your gifts of time, talent and funding are making a significant impact on the quality of care we are able to offer.

November

We have been working hard on beautifying our Winfield building and thanks to our friends at Zonta Club of the Black Hills, our activity room and living room are vibrant and fresh!

Scull Construction, Action Mechanical, Kilowatt Electric, and Builders First Source has been making noticeable progress on our new building. We are almost done with electric, plumbing, and hope to start drywall and shower tile soon! We are busy filling our space with supplies, furnishings- please take a look at our Amazon Wishlist on the back side of our newsletter to find out if you have anything we need- or if you'd like to send us a surprise! We are remaining hopeful for enough community support to be able to open in January 2025.

We are so thankful for our volunteers who make our workload a little lighter, for our staff who work hard and laugh through all of our daily adventures, and for having the sweetest guests and families!

Main Location:

4110 Winfield St
Rapid City, SD 57701
Ph. 605.791.0436



www.blackhillscfa.org

Opening Soon!
1339 E. North St.
Rapid City, SD 57701

SIGNS OF STROKE

Several guests are in our care due to suffering stroke. Stroke can happen to anyone at any time. Educating yourself about stroke gives you the power to react.

What is stroke?

Stroke is a brain attack. It occurs when blood vessels in the brain, called arteries, are blocked or burst. The consequences of stroke can be long-term disability and even death.

What happens during stroke?

Obstruction or damage to the arteries in the brain may prevent it from getting the necessary blood supply. This can cause brain cells to die, inflicting permanent damage. Depending on which part of the brain is damaged, an individual's ability to speak, see, and move may become impaired. That's why it is important to act immediately the moment you suspect stroke.

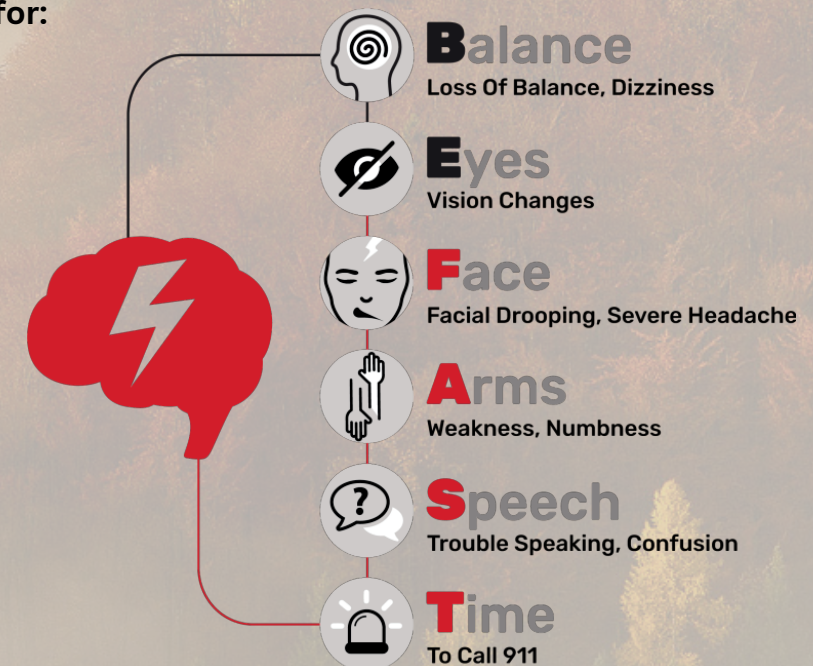
Types of stroke

Ischemic stroke – occurs when blood flow through an artery is blocked, which accounts for 87% of all strokes.

Hemorrhagic stroke – occurs when an artery is ruptured, causing swelling, pressure, and damage to the brain.

You play a pivotal role in your loved one's stroke recovery just by calling 911. Both stroke survival and recovery are possible with the right care at the right time.

Here's what to look for:



The onset of stroke symptoms is sudden, with no warning. As soon as something seems off with a loved one you should take immediate action.

Source: Strokeawareness.com



NOVEMBER ACTIVITIES

FRIDAY, NOVEMBER 1 - WEAR RED, WHITE AND BLUE, VOTING BALLOT; TWINE PUMPKINS

MONDAY, NOVEMBER 4 - **LIBRARY CHAIR YOGA**; JEWELRY CLASS

TUESDAY, NOVEMBER 5 - VOTING BOOTH, PEN PALS CALIFORNIA; **MUSIC BY BOB GRIMM**

WEDNESDAY, NOVEMBER 6 - **SWIM**; RED SOLO CUP GAME

THURSDAY, NOVEMBER 7 - PILGRIM TRIVIA; **HUMANE SOCIETY**

FRIDAY, NOVEMBER 8 - GNOME TREE HANGERS; THE VOICE

MONDAY, NOVEMBER 11 - **VETERANS DAY PARADE**; STAFF WHEELCHAIR RACES

TUESDAY, NOVEMBER 12 - JEOPARDY; **MUSIC BY PEGGI DOUGLAS**

WEDNESDAY, NOVEMBER 13 - NATIONAL PICKLE DAY TRIVIA; TEXAS HOLD'EM

THURSDAY, NOVEMBER 14 - THANKFUL CARDS; **SD AIR AND SPACE MUSEUM**

FRIDAY, NOVEMBER 15 - ANGEL ORNAMENTS; ARM CHAIR MILITARY MOVIE

MONDAY, NOVEMBER 18 - **LIBRARY CHAIR YOGA**; THANKFUL PENNY TOSS

TUESDAY, NOVEMBER 19 - **TACO TUESDAY AT TACO BELL**; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, NOVEMBER 20 - NEVER HAVE I EVER; BALLOON VOLLEYBALL

THURSDAY, NOVEMBER 21 - **OUTDOOR CAMPUS**; MUSICAL CAKE WALK

FRIDAY, NOVEMBER 22 - PINE CONE CRAFT; **GREAT CLIPS HAIR CUTS**; FUNNY HOME VIDEOS

MONDAY, NOVEMBER 25 - TURKEY BINGO; **THANKSGIVING MEAL WITH FAMILIES**

TUESDAY, NOVEMBER 26 - RED SOLO CUP BALL; **MUSIC BY DAKOTA BLEND**

WEDNESDAY, NOVEMBER 27 - TURKEY HUNTING; **BOWLING**

THURSDAY, NOVEMBER 28 - ****CLOSED** HAPPY THANKSGIVING**

FRIDAY, NOVEMBER 29 - JEOPARDY; PIZZA PARTY (**REDUCED HOURS 8 AM- 3PM**)

*Group/Individual exercise as well as interactive games
are offered daily.*

*Activities are subject to change due to weather or staffing.
Please let us know if you have any new outing, entertainment
or activity suggestions!*

COMMUNITY EDUCATION

Trust Planning: 101

Tuesday, November 19 at 4:00 P.M.
4110 Winfield St.



Participants will learn about the benefits of establishing a trust, such as asset protection, tax advantages, and estate planning strategies. The session often concludes with practical examples and a Q&A to address specific concerns and clarify misconceptions.

Tomac & Tomac's training is free and open to the public.
Please RSVP by calling 605.791.0436



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

NOVEMBER MENU

				Friday 1 Chicken Parmesan Roasted Potatoes 1CS Mixed Vegetables 1CS Peaches 1CS Bread 1CS
Monday 4 Swiss Steak w/Onion & Tomatoes Baked Potato 1CS California Vegetables Pears 1CS Bread 1CS	Tuesday 5 Chicken & Noodles 2CS Peas & Carrots 1CS Pineapple Tidbits 1CS SF Pudding 1CS Bread Stick 1CS	Wednesday 6 Ham & Cheesy Potato Casserole 2CS Squash 1CS Green Beans Applesauce 1CS Bread 1CS	Thursday 7 Mexican Chicken Soup 1CS topped w/Cheese & Tortillas Spinach Salad with Almond & Craisins 1/2CS Mandarin Oranges 1CS Bread 1CS	Friday 8 Swedish Meatballs 1CS Parslied Potatoes 1CS Steamed Carrots 1/2CS Peaches & Blueberries 1CS Bread 1CS
Monday 11 Trinity's Choice! THANK YOU VETERANS 	Tuesday 12 Breaded Baked Fish 1CS Hashbrown Patty 1CS Stewed Tomatoes Tropical Fruit 1CS Bread 1CS	Wednesday 13 HAPPY BIRTHDAY Country Fried Steak with Milk Gravy 2CS Potato Wedges 1CS Peas 1CS / Cinnamon Apples 1CS Bread 1CS / Cake 2CS Site Reservations for Thanksgiving Due	Thursday 14 Beef Barley Soup 1CS LS Crackers 1CS Tossed Salad w/Tomatoes SF Jello Petite Banana 1CS	Friday 15 Beef Tips in Gravy over Mashed Potatoes 1CS California Vegetables Tropical Fruit 1CS Bread 1CS
Monday 18 Mandarin Orange Chicken 1CS over Baked Rice 1 1/2CS Broccoli Pineapple Tidbits 1CS Bread 1CS	Tuesday 19 Hamburger on a Bun 1CS Leaf Lettuce & Tomato Slices Baked Beans 2CS Potato Salad 1 1/2CS Tropical Fruit 1CS	Wednesday 20 Scrambled Eggs w/Cheese Hashbrown Patty 1CS Glazed Carrots 1CS Apple Crisp 1CS Orange Juice 1CS	Thursday 21 Chunky Chicken & Vegetable Soup 1CS Tossed Salad w/Tomatoes Peaches & Strawberries 1CS Bread Stick 1CS	Friday 22 THANKSGIVING MEAL Roast Turkey w/ Dressing 1CS Mashed Potatoes w/Gravy 1CS Cranberry Sauce 1CS Green Beans Dinner Roll 1CS Pumpkin Pie w/Topping 2CS
Monday 25 Family Thanksgiving Potluck! Bring your favorite side dish at 11:00 a.m.!	Tuesday 26 Spaghetti w/Meat Sauce 2CS Italian Vegetables Pears 1CS Garlic Bread 1CS	Wednesday 27 LS Ham Parmesan Potatoes 1CS Steamed Carrots 1CS Pineapple Tidbits 1CS Bread 1CS	Thursday 28 CLOSED	Friday 29 Reduced Hours (8-3) 

Over 60? Contribute what you can. Suggested donation is \$10.00 Under 60 Pay \$15.00
Talk to a site manager for other eligibility options.