



Volunteer Spotlight

We have been blessed to have had so many volunteers over the past month! We have received help at our Winfield and E. North Street locations assembling furniture, painting, doing yard clean-up, and organizing. These groups came from United Way, SDSM&T, First Interstate Bank and Fountain Springs Church. We have a great team, but we have very limited staff available to get the volume of projects done in order to open another location. We are grateful beyond words and the volume of work that was done would have taken us months to complete!



Less isolation. More Living.

Follow Black Hills Center for Aging on Facebook!

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

Black Hills Center for Aging
4770 Winfield St.
Rapid City, SD 57701

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57701



OCTOBER 2025
Newsletter

Are you a caregiver who could use a break?

We provide daytime care and activities for people of all abilities who live independently, with family or caregivers. We offer personal care/hygiene, cognitive activities, community outings, socialization, exercise/mobility, and recreation.

Our goal is to improve the quality of life for caregivers and their loved ones!

We have openings for adults of all ages.

Call us at 605.791.0436 to schedule a tour.

www.blackhillscfa.org

Highlights

September was good to us! We had many talented helpers and we were able to make considerable progress on our construction projects. We are still looking for help to do some assembly, organizing and cleaning of our Winfield location. We also need labor and a structural engineer to draw up plans for our backyard shade shelter. It has been an "all hands on deck" type of project including our amazing family members and volunteers! The light at the end of the tunnel is approaching and we'll soon be providing daytime activities for up to 40 guests at each location. October is filled with fun Fall and Halloween activities! Our floor staff has been doing an amazing job making sure our guests are entertained and go home tired! If you're curious about our services, have friends who are in the midst of a caregiving journey or need to get out of the house and get around some pretty great people, give us a call at 605.791.0436!



Now Hiring: Caregiver Support Director

Are you outgoing, professional, compassionate and a self-starter? If so, we need to talk!

We are adding a Caregiver Support Director to our team to support caregivers in Pennington and our surrounding counties. To learn more, check out the job description linked on our website or go straight to Indeed and look up Black Hills Center for Aging. Resumes can be emailed to management@blackhillscfa.org.

Upcoming Events

Canadian Thanksgiving

1339 E. North St.
12:30 P.M.

Help us celebrate Thanksgiving with our favorite Canadian, Trinity! Call to sign up for a dish to bring.

Estate Planning Workshop

1339 E. North St.
6:00 P.M.

Call Tomac & Tomac to register for free! 605.342.3962

Why utilize Adult Day Activities EARLY in the Dementia Journey?

1 Boosts Cognition & Slows Decline

Early participation provides structured mental, social, and sensory stimulation—activities that help preserve memory, attention, and problem-solving skills longer. Engaging the brain regularly can delay the progression of dementia symptoms.

2 Builds Routine & Comfort

Starting early allows the person to get familiar with the Adult Day Center’s environment, staff, and routines while they still have the cognitive ability to adapt. This comfort makes future transitions smoother and less stressful as care needs increase.

3 Enhances Emotional Well-being

Adult Day programs provide meaningful social interaction and a sense of belonging—both of which can help reduce depression, loneliness, and anxiety. Early engagement supports emotional health and maintains confidence and purpose.

Interested in learning more?
Contact us:
outreach@blackhillscfa.org

“Adult Day Services has changed how we live in the best possible way. It gives Brad purpose and gives me time to re-energize. -Sally

Wishlist

- New Kitchen Supplies (Amazon)
- Fresh fruits & Vegetables
- Patio Umbrellas
- Halloween Candy for Trick or Treaters
- Cash donations for New Siding at our Winfield Location



Scan the QR code to view our Amazon wish list!

Donor Spotlight

Thank you to our generous donors!

- Jeff and Patty Reeves
- Canyon Lake Senior Center
- Katie Murphy with St. Anne’s Aging Services
- South Dakota Alzheimer’s Association
- United Way Board of Directors
- John T. Vucurevich Foundation
- SD Community Foundation
- South Canyon Lutheran Church
- Rob & Debbie Mudge



Black Hills Center for Aging is a proud United Way Partner

Make an Impact!



Pete Lien & Sons has generously donated concrete and base course for our backyard renovation!

Now, we need help to pay for labor costs and assembly and installation of our covered patio. Please consider a tax-deductible donation!

Donate today!





October Activities

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!*

Wednesday, October 1 - Words in Words; **Scenic Fall Drive**

Thursday, October 2 - Roll-it Game; Karaoke

Friday, October 3 - Last One Standing; **Apple Picking**

Monday, October 6 - **Canadian Thanksgiving Potluck 11:30 am- Join Us!**
Visiting Angels Name That Tune 1:00 pm

Tuesday, October 7 - Common Phrases Trivia; **Music by Pegie Douglas**

Wednesday, October 8 - **McDonald's Coffee; Music by David Greff**

Thursday, October 9 - Minute to Win It; Plinko

Friday, October 10 - Fall Flower Painting; **Nuisance Pig Sanctuary**

Monday, October 13 - Football Trivia; **Music by Jennie Alaska**

Tuesday, October 14 - **Jerry's Donuts**; Button Bat Craft

Wednesday, October 15 - Name 5; **Outdoor Campus Air Rifle Target Shooting**

Thursday, October 16 - Pictionary; Penny Pitch Game

Friday, October 17 - Who Am I Trivia; Finish the Lyrics

Monday, October 20 - Farkle; **Music by Dakota Blend Band**

Tuesday, October 21 - Bracelet Making; Laughing Game

Wednesday, October 22 - **Visit from Humane Society; Prouty Pottery**

Thursday, October 23 - Quick With It; **Lil' Harvesters Pumpkin Patch**

Friday, October 24 - Qualities of a Good Friend; **Music by the Travelers**

Monday, October 27 - Jeoparday; Painting Pumpkins

Tuesday, October 28 - Monster Blow Painting; **Music by Larry K**

Wednesday, October 29 - Halloween Bingo; **Bowling**

Thursday, October 30 - Charades; Halloween Cookie Decorating

Friday, October 31 - Halloween Games; **Banana Bunch Kids Costume Parade**

Main Location:

4110 Winfield St.

Rapid City, SD 57701

CLOSED FOR REMODELING

North Location:

1339 E. North St.

Rapid City, SD 57701

Ph. 605.791.0436



Caregiver Support

Join us for our caregiver support group with Jan Bartscher and Tracy Wolf from the Alzheimer's Association.

This is an opportunity for caregivers to connect with others who may be in a similar situation, find connection, emotional support, and guidance for those navigating the complexities of caring. All are welcome, no RSVP required.

October 14

9:30 - 11:00 am

1339 E. North Street.

Rapid City, SD 57701

October Menu

		Wednesday 1 Sweet & Sour Chicken 1CS over Oven Baked Rice 1 1/2CS Broccoli Mandarin Oranges 1CS Bread 1CS	Thursday 2 Cream of Potato & Ham Soup 1 1/2CS Tossed Salad w/Tomatoes Applesauce 1CS LS Crackers 1CS	Friday 3 BBQ Chicken on a Bun 2CS Potato Wedges 1CS Cooked Carrots 1/2CS Tropical Fruit 1CS
Monday 6 Canadian Thanksgiving Potluck RSVP!	Tuesday 7 Chicken in Celery Sauce Mashed Potatoes 1CS Baked Beans 2CS Peaches 1CS Bread 1CS	Wednesday 8 HAPPY BIRTHDAY Hamburger on a Bun 2CS Leaf Lettuce & Tomato Slices Baked Fries 1CS Petite Banana 1CS SF Ice Cream 1CS Cake 2CS	Thursday 9 Chunky Chicken & Vegetable Soup 1CS LS Tomato Juice 1CS Cooked Cinnamon Apples 1 1/2CS Garlic Bread 1CS	Friday 10 Baked Breaded Fish 1/2CS Baked Potato 1CS Peas & Carrots 1CS Pineapple Tidbits 1CS Bread 1CS
Monday 13 Salisbury Steak in Gravy 1CS Mini Bakers 1CS Parslied Carrots 1/2CS Pears 1CS Bread 1CS	Tuesday 14 Chicken Patty w/Cheese and Marinara Sauce 2CS Italian Vegetables Orange Jello w/Topping 1CS Mandarin Oranges 1CS Bread 1CS	Wednesday 15 Chef's Choice	Thursday 16 Ham & Bean Soup with Potatoes & Carrots 2CS Tomato Spoon Salad 1/2CS Fruit Cocktail 1CS Cornbread 2CS	Friday 17 Baked Chicken Thighs 1/2CS Mashed Potatoes & Gravy 2CS Mixed Vegetables 1CS Tropical Fruit 1CS Bread 1CS
Monday 20 LS Ham Sweet Potatoes 1 1/2CS Parmesan Green Beans Applesauce 1CS Bread 1CS	Tuesday 21 Country Fried Steak 1CS Diced Potatoes w/Milk Gravy 2CS Corn & Peas 1CS Orange Wedges 1/2CS Bread 1CS	Wednesday 22 Taco Salad w/ Meat & Beans 2CS LS Tomato Juice 1CS Peach Crisp 1 1/2CS	Thursday 23 Minestrone Soup 1CS Cottage Cheese 1/2CS English Pea Salad 1CS Pineapple Tidbits 1CS Breadstick 1CS	Friday 24 Beef Noodle Stroganoff 2CS Baked Squash 1CS Pears 1CS Cranberry Sauce 1CS Bread 1CS
Monday 27 Scrambled Eggs w/Cheese 1CS Hashbrown Patty 1CS Glazed Carrots 1CS Cooked Apples 1CS Fruit Muffin 1CS	Tuesday 28 Chicken & Dressing Casserole 2CS Herb Potatoes 1CS California Vegetables Peaches & Strawberries 1CS	Wednesday 29 Meatloaf 1/2CS Mini Bakers 1CS Peas & Carrots 1CS Tropical Fruit 1CS Bread 1CS	Thursday 30 Cream of Broccoli Soup 1CS Turkey & Cheese Sandwich 2CS Coleslaw 1CS Mandarin Oranges 1CS	Friday 31 HAPPY HALLOWEEN Spook-etti w/Monster Meatballs 3CS Witches' Fingers (Green Beans) Poison Apples w/Boo-berries 1CS Troll Bread (Garlic Bread) 1CS Dragon's Milk 1CS Drooling Devil Candy 1CS

Currently, our lunches for guests over the age of 60 are provided by Meals on Wheels of South Dakota. As a 501(c)3 non-profit, they send donation requests to our guests at the end of each month to help cover their costs.

Please contribute if you can.

If your loved one will be eating lunch with us, please RSVP 24 hours in advance!