



# DECEMBER 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](http://www.blackhillscfa.org)**

### Highlights

November reminded us how fortunate we are to be surrounded by such a generous community. When a cabinet fell and broke our dryer, Joat Services and Rhea Waite stepped in with a donation that allowed us to purchase a same-day replacement. Their kindness kept everything running smoothly.

Even during the city-wide blackout, joy found us through a dim but delightful clogging performance by the Black Hills in Motion Cloggers. Their energy lit up the room better than any bulb could!

We proudly honored our veterans at the Veteran's Day Parade and hosted an informative class with Holly Knox on Power of Attorney and Advanced Directives.

Our caregivers enjoyed a warm Thanksgiving Potluck, and our guests were blessed with an early feast thanks to Dakota Business Insurance Group, Fork Real Café, Dunn Brothers Coffee, and Village Caregivers. The love—and delicious food—was abundant.

We're also thrilled to welcome Lisa Westlake to our Board of Directors. Lisa's mother, Chris, was in our care, and we're honored to have her compassion guiding our mission. As we reflect on this month, one feeling rises above the rest: gratitude. Thank you to everyone who continues to uplift and support our work!

***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





## Upcoming Events

### Estate & Long-Term Care Workshop

1339 E. North St.

December 2, 6:00 P.M.

Call Tomac & Tomac to register for free! 605.342.3962



## Holiday Tips for Your Loved One Living with Dementia

The holiday season can be joyful, but it may also bring extra stress or confusion for those living with dementia. A few thoughtful adjustments can help create a calmer, more meaningful celebration.

### Keep traditions simple.

Maintain familiar routines as much as possible and choose a few cherished traditions rather than trying to do everything. Consistency provides comfort and reduces overwhelm.

### Create a calm environment.

Festive decorations are wonderful, but too many lights, sounds, or cluttered spaces can be disorienting. Use soft lighting, minimize background noise, and provide a quiet room where the person can take breaks.

### Offer meaningful involvement.

Simple tasks like folding napkins, stirring batter, or hanging one ornament can help the person feel included and valued. Honor emotional needs. Holidays may bring memories—some comforting, some difficult.

Allow space for feelings, share familiar music, or look through photo albums to spark positive reminiscence. With patience, flexibility, and a focus on connection, the holidays can remain warm, supportive, and enjoyable for everyone.

Interested in learning more?

Contact us:

[outreach@blackhillscfa.org](mailto:outreach@blackhillscfa.org)

“

BHCFA has been such a blessing to our family. My mom would not be here if it weren't for your center.” -Dave  
(Caregiver)

## Wishlist

- New Kitchen Supplies, Beads (Amazon)
- A Snowblower!
- Decaf Coffee, Cake Mixes, Frosting, Fresh Fruits & Vegetables, Mini Marshmallows, Popcorn Seasonings,
- Lotion, Lysol Wipes, Cleaners
- Cash Donations for New Siding at our Winfield Location



Scan the QR code to view our Amazon wish list!

## Community Partners

*Thank you to our generous donors and volunteers!*

**David and Tammy Butler, Norene Pierce, Jan Bartscher, Our AMAZING volunteer Kristi Strother, Chuck and Pam Kuemmerle, Clark Urban, Aaron Urban, Kenton and Deb Larson, Mary Schnortz, Sheila and Bob Mudlin, Jaydn Green, Tomac & Tomac, Minneluzahan Senior Center, South Canyon Lutheran Church, Gwendolyn Stearns Foundation, Rhae Waite and Family**



Black Hills Center for Aging is a proud United Way Partner

## Make an Impact!



Pete Lien & Sons and the Wharf Fund through SD Community Foundation has gotten our backyard renovation off to a great start!

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

**Donate today!**







# December 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!*

**Monday, December 1** - Macy's Day Parade; **Ornaments with Project Search**

**Tuesday, December 2** - Marshmallow Snowflakes; **Prouty Pottery**

**Wednesday, December 3** - Snowman Painting; **Pegie Douglas**

**Thursday, December 4** - Gnome Craft; **SDSM&T Parade of Trees**

**Friday, December 5** - Shut the Box; Decorate Gingerbread Men

**Monday, December 8** - **McDonald's Coffee**; Christmas Hats

**Tuesday, December 9** - Sing Along Bingo; Card Ornaments

**Wednesday, December 10** - Christmas Bulb Game; **Visiting Angels**

**Thursday, December 11** - Roll a Snowman; **Gold Factory Tour**

**Friday, December 12** - Mad Gab; **Jennie Alaska**

**Monday, December 15** - **Bob Grimm** ; Lindsey Baby Shower

**Tuesday, December 16** - Wreath Craft; **Wendy's Frosty**

**Wednesday, December 17** - Christmas Jeopardy; **The Box Parade of Trees**

**Thursday, December 18** - Words in Word; Sparkling Tree Cards

**Friday, December 19** - Pom Pom Trees; Penny Pitch

**Monday, December 22** - Price is Right; **Calvary Lutheran Kids**

**Tuesday, December 23** - Stocking Game; Movie and Popcorn Bar

**Wednesday, December 24** - **\*\*CLOSED FOR CHRISTMAS EVE\*\***

**Thursday, December 25** - **\*\*CLOSED FOR CHRISTMAS\*\***

**Friday, December 26** - Name 10; Texas Hold Em'

**Monday, December 29** - Deer in the Headlights; Manicure Monday

**Tuesday, December 30** - Lotto 649 Game; **Larry K.**

**Wednesday, December 31** - New Year's Resolutions; **Bowling**

**Thursday, January 1** - **\*\*CLOSED FOR NEW YEARS\*\***

**Friday, January 2** - Family Feud; Movie and Hot Chocolate Bar

## 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

## Caregiver Support Group

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.

### December 9

9:30 - 11:00 am  
1339 E. North Street.  
Rapid City, SD 57701

## Black Hills Memory Cafe

Social Opportunity for caregivers and their loved ones to participate in an interactive program, enjoy refreshments and entertainment! Free, no RSVP Required.

### December 16

10:00 - 11:30 am  
Calvary Chapel Comm. Church  
320 E. St. Patrick St.  
Rapid City, SD 57701

## December Menu

<b>Monday 1</b> Hamburger on a Bun 2CS Leaf Lettuce & Tomato Slices LS Baked Beans 2CS Potato Wedges 1CS Tropical Fruit 1CS	<b>Tuesday 2</b> Chef's Choice	<b>Wednesday 3</b> Breaded Baked Fish 1CS Triangle Potato Patty 1CS Stewed Tomatoes Fruit Cocktail 1CS Bread 1CS	<b>Thursday 4</b> Ham & Bean Soup 2CS with Potatoes & Carrots Coleslaw 1/2CS Cooked Apples 1CS LS Crackers 1CS	<b>Friday 5</b> Pizza Casserole 2CS Italian Vegetables Pears 1CS Garlic Bread 1CS
<b>Monday 8</b> Scrambled Eggs with Cheese Hashbrown Patty 1CS Glazed Carrots 1 1/2CS Apple Juice 1CS Bread 1CS	<b>Tuesday 9</b> Baked Chicken 1/2CS Mini Baked Potatoes 1CS Broccoli Mandarin Oranges 1CS Bread 1CS	<b>Wednesday 10 HAPPY BIRTHDAY</b> Beef Tips & Gravy over Rice 1 1/2CS Peas 1CS Petite Banana 1CS SF Vanilla Ice Cream 1CS Brownie 2CS	<b>Thursday 11</b> Cream of Potato Soup 1 1/2CS Tossed Salad with Tomato & Hard Boiled Egg Cottage Cheese 1CS Peaches 1CS Bread 1CS	<b>Friday 12</b> Taco Salad w/Meat & Beans 2CS SF Pudding 1CS Pineapple Tidbits 1CS
<b>Monday 15</b> Sweet & Sour Chicken 1CS over Baked Rice 1 1/2CS Asian Vegetables Mandarin Oranges 1CS Bread 1CS	<b>Tuesday 16</b> Sloppy Joe on a Bun 2CS Baked Potato w/Sour Cream 1CS Peas & Corn 1CS Pears 1CS <a href="#">Site Reservations for Christmas Due</a>	<b>Wednesday 17</b> Salisbury Steak w/Gravy 1CS Diced Potatoes 1CS Steamed Carrots 1/2CS Tropical Fruit 1CS Bread 1CS	<b>Thursday 18</b> Chili 1CS Cornbread 2CS Potato Salad 1 1/2CS Strawberries & Peaches 1CS Cookie 2CS	<b>Friday 19</b> Ham Rotini Bake 1CS Green Beans Squash 1CS Applesauce 1CS Bread 1CS
<b>Monday 22</b> Teriyaki Chicken Breast 1CS Mini Baker Potatoes 1CS California Vegetables Pineapple Tidbits 1CS Bread 1CS	<b>Tuesday 23 Christmas Meal</b> Roast Beef Mashed Potatoes w/Gravy 1CS Green Beans Cranberry Crunch Salad 1CS Dinner Roll 1CS Chef's Choice Dessert 2-3CS	<b>Wednesday 24</b> <b>Thursday 25</b> Closed for Christmas		<b>Friday 26</b> <b>Pizza Party</b>
<b>Monday 29</b> Meatloaf 1/2CS Oven Browned Potatoes 1CS Mixed Vegetables 1CS Tropical Fruit 1CS Bread 1CS	<b>Tuesday 30</b> Turkey Tetrazzini 2CS Broccoli Mandarin Oranges 1CS SF Pudding 1CS Bread 1CS	<b>Wednesday 31</b> Country Fried Steak 1/2CS Mashed Potatoes w/Milk Gravy 2CS Parslled Carrots 1/2CS Pineapple Tidbits 1CS Bread 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!***