



NEWSLETTER

AUGUST 2024

DON'T MISS UPCOMING EVENTS

Every Friday - Caramel Rolls and Coffee -
7:30am to 10am - Suggested donation of
\$3

August 1st - Funeral Planning 1pm at
Belle Silver Lining - Leverington Funeral
Home

August 23rd - Movie Night

August 28th - Board Meeting 6pm

September 3rd - Bingo at Branding Iron
Doors open at 6pm - Balls spin at 7pm

September 19th - Fraud and Scams at
12:30 - Highmark Credit Union

September 19th - Chamber Luncheon at
12:30 - BSL

October 6th - Cornhole Tournament &
Fundraiser

**Thank you to
Leverington Funeral
Home for speaking
about Funeral Planning
on August 1st at 1 pm at
Belle Silver Lining**

Hometown Thursday 50/50

Thank you to everyone who
purchased tickets - Belle
Silver Lining got \$105!!!



In this newsletter:

Puzzles - Pg. 2, 3, 7, 8

Healthy Sleep Habits for your Heart - Pg. 4

August Activity Calendar - Pg. 5

August Lunch Menu - Pg. 6

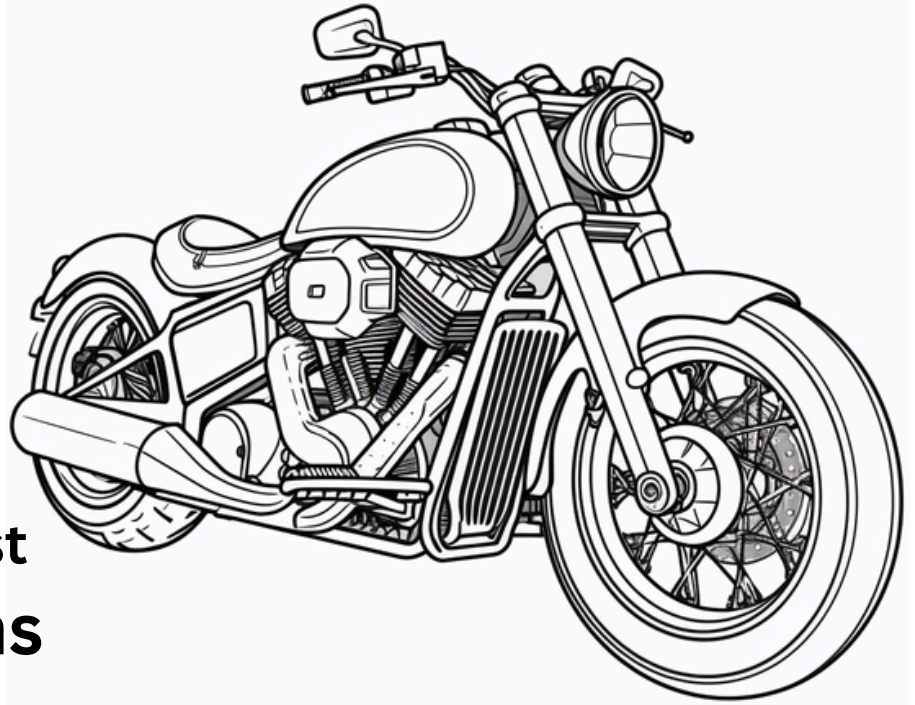
Volunteer Spotlight - Pg. 8

Sharpen Your Brain - Pg. 10

Puzzle Select Answers - Pg. 11



Toenail Clinic
Tuesday, August 13th
1:00pm - 3:00pm
Call or stop by for an
appointment
892-6285

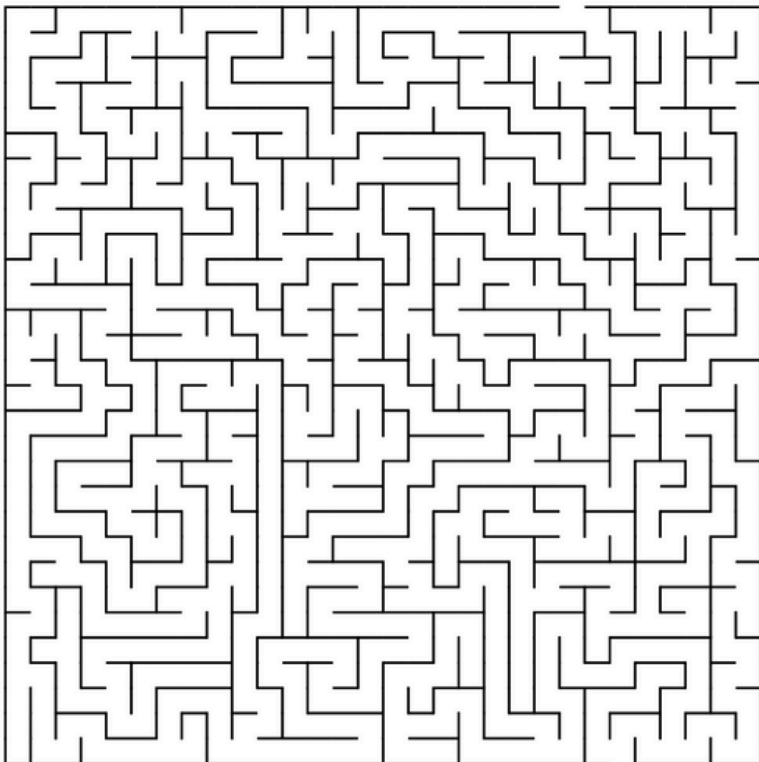


Learn about the latest Frauds and Scams

Presented by:



Start



Finish

**kitchen help
needed**
Volunteer position

prep work
serving Caramel Rolls
serving
dishwashing
and more




CARD GAMES

Pinochle
Tuesday 10am
Pinochle Party
1st Sat. & 3rd Sun. 1:00pm
Cribbage
Wed 1:00pm



A look back at August history...

1492 - Christopher Columbus set sail from Spain

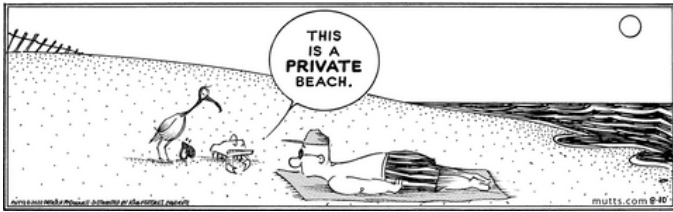
1860 - Annie Oakley was born

1945 - First atomic bomb dropped on Hiroshima

1959 - President Eisenhower welcomed Hawaii as the 50th state

1962 - Marilyn Monroe dies of overdose

1974 - Nixon resigned



Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S
 W D C S E M A G N S U O S H S K O O B C
 F A O I C E C R E A M T O V E P I J Z I
 X N T B K G W L P H R Q E L R U T D R N
 P O T E L O C S M A N B Y L I M A F E C
 U M A V R I Z D W J G S R O F Q C X L I
 C E G N S M O B R I Y N G T N H A S K P
 H L E P F U E Q D L M C I Z O J V G N W
 N I O T M R E L A X O M Y L B S N E I D
 G P K Z R A J K O B H V I W E I Q F R A
 S T M I X E C Y A N L D H N D V C O P U
 D K E Q N O F R Z Q A J W A G B A H S G
 N S L A M G B V E Y C A E X I D M R Z U
 E J E M H E T C S M F R Q K T A P W T S
 I D A L C S E I R O M E M R A Y I B N T
 R H J U Z W T M A K B U I C V L N Q E X
 F B E G A Z N S T R O P S D U R G L Y M
 V A K R B X U W Q H S G N I E O N A C L
 M G Y L U J D P S E N Z B E A C H I F R

- | | | | | |
|----------|----------|-----------|------------|--------------|
| August | canoeing | holidays | pool | sprinkler |
| barbecue | cottage | ice cream | popsicles | strawberries |
| beach | family | July | puzzles | summer camp |
| biking | friends | lake | reading | swimming |
| bonfires | games | lemonade | relax | traveling |
| books | hammock | memories | road trips | vacation |
| camping | hiking | picnics | sports | watermelon |

Tree Valley Academy

Easy

Hard

S U D O K U

					2	4		
	8	3		7	5			
5			3	1		8	7	
8	1	9		3				
2		5	8		7	6		3
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	7			3				1
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2							6	
8	9		1				5	
			4					
6				5			2	

28 Days Toward a Healthy Heart

#OurHearts
are healthier together

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

Day 1
Call a friend and join the #OurHearts movement.

Day 2
Make a heart-healthy snack.

Day 3
Schedule your annual physical. Discuss your heart health goals with your doctor.

Day 4
Sport red today for National Wear Red Day.

Day 5
Squat it out. Do 1 minute of squats.

Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.

Day 7
Visit Smokefree.gov to take the first step to quitting smoking.

Day 8
Get your blood pressure checked.

Day 9
Walk an extra 15 minutes today.

Day 10
Aim for 30 minutes of physical activity today.

Day 11
Plan your menu for the week with [heart-healthy recipes](#).

Day 12
Reduce stress using [relaxation techniques](#).

Day 13
Give the elevator a day off and take the stairs.

Day 14
Protect your sweetheart's heart: Plan a heart-healthy date.

Day 15
Swap the sweets for a piece of fruit for dessert.

Day 16
Stress less. Practice mindful meditation for 10 minutes.

Day 17
Head to bed with enough time to get a full 7-8 hours of sleep.

Day 18
Add a stretch break to your calendar to increase your flexibility.

Day 19
Eat vegetarian for a day.

Day 20
Share a funny video or joke that makes you laugh.

Day 21
Dance for 15 minutes to your favorite music.

Day 22
Call a relative and ask about your family health history.

Day 23
March in place during commercial breaks to get your heart going.

Day 24
Get a tape measure and find out the size of your waist.

Day 25
Ask a family member or neighbor to join you for a walk.

Day 26
Fill half of your lunch and dinner plates with vegetables.

Day 27
See how many push-ups you can do in 1 minute.

Day 28
Pay it forward and tell a friend about [The Heart Truth](#).

nhlbi.nih.gov/heartmonth



OPEN TUES - SAT

Tuesday - Thursday 10am to 5pm
Friday 8am to 5pm
Saturday 10am to 4pm



Belle Silver Lining Members
Receive 20%* Discount Everyday!

Become a member today!

828 KINGSBURY STREET - BELLE FOURCHE SD
(INSIDE BELLE SILVER LINING)

*20% off regular price | Not valid with other offers



EVERY TIME YOU SHOP AT LYNN'S DAKOTAMART SAVE YOUR RECEIPTS AND DROP THEM OFF AT THE CENTER. IT'S AN EASY WAY TO SUPPORT OUR COMMUNITY WITHOUT ANY ADDITIONAL COST TO YOU. ENCOURAGE YOUR FRIENDS, FAMILY AND NEIGHBORS TO JOIN TOO!

AUGUST ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
		9:30 am Grief Support 10:00 am Pinochle	1:00 pm Cribbage 1:00 pm Funeral Plannign Seminar 2:00 pm Ladies Social	1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee	1:00 PM Pinochle Party
04	05	06	07	08	09	10
		9:30 am Grief Support 10:00 am Pinochle	1:00 pm Cribbage 2:00 pm Ladies Social	1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee	
11	12	13	14	15	16	17
		9:30 am Grief Support 10:00 am Pinochle 1:00 pm - 3:00 pm Toenail Clinic	1:00 pm Cribbage 2:00 pm Ladies Social	1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee	
18	19	20	21	22	23	24
1:00 pm Pinochle Party		9:30 am Grief Support 10:00 am Pinochle	1:00 pm Cribbage 2:00 pm Ladies Social	1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee 6:00 pm Movie Night	
25	26	27	28	29	30	31
		9:30 am Grief Support 10:00 am Pinochle	1:00 pm Cribbage 2:00 pm Ladies Social 6:00 pm Board Meeting	1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee	



October 6th - Cornhole Tournament

2024

AUGUST

Menu subject to change based on availability

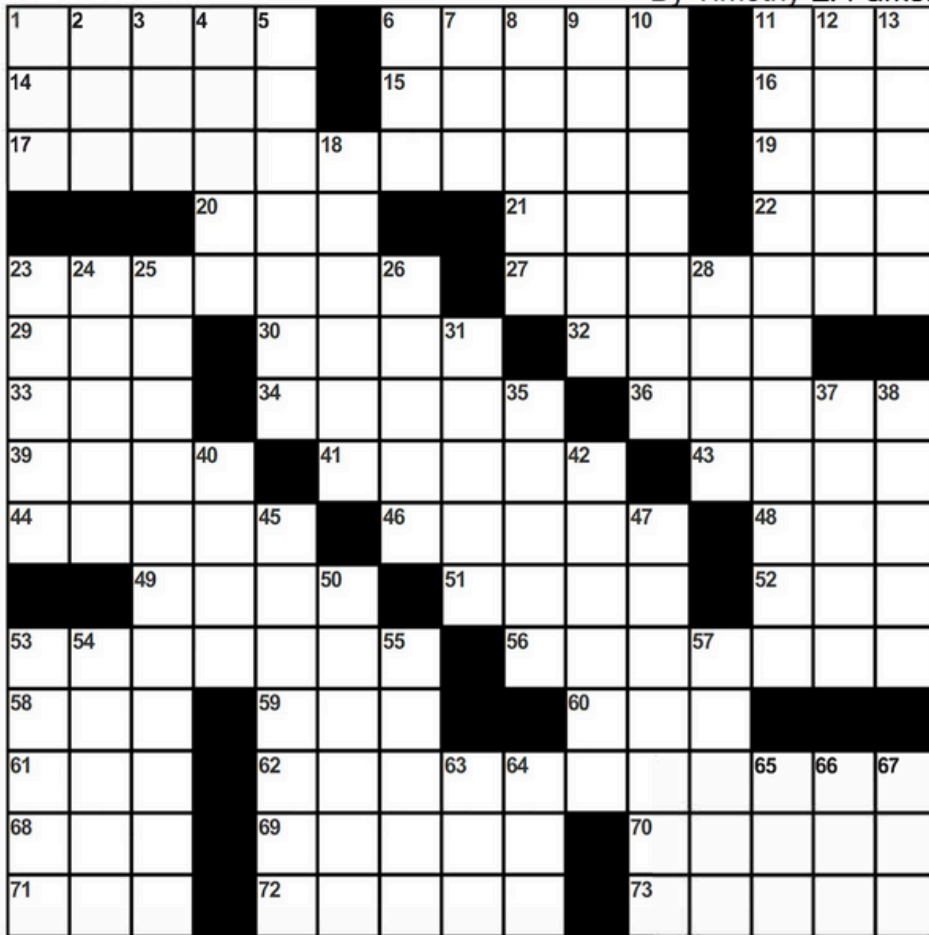
SUN	MON	TUE	WED	THU	FRI	SAT
28 Chicken Cordon Bleu Wild Rice Roasted Carrots Cookie	29 Smothered Pork Chops Roasted Red Potato Mixed Veggies	30 Chicken Fried Steak Mashed Potato Green Beans Pickled Beets	31 Chicken Alfredo Egg Noodles Broccoli Beets	1 Tator Tot Casserole Carrots & Peas Ambrosia Salad	2 Chicken Enchilada Yellow Rice Mexican Corn	3 Jambalaya Pasta Corn Bread Fried Okra
4 Baked Ham Sweet Potato Green Beans Garden Salad	5 French dip Sandwich & au Jus Potato Chips Broccoli Salad	6 Shepherd's Pie Veggie Bars Peach Cobbler	7 Meatloaf Mashed Potato & Gravy Brussel Sprouts	8 Baked Chicken Rice Pilaf Roasted Carrots Baked Beans Molasses Cookie	9 Chicken ala King Parsley Noodles Mixed Vegetables	10 Tomato Soup Ham & Cheese Sandwich Veggie Medley
11 Hot Turkey Sandwich Mashed Potato & Gravy Veggie Medley Blueberry Cobbler	12 Pork Roast Sweet Potato Creamed Spinach	13 Salisbury Steak Rice Pilaf Roasted Carrots Dinner Rolls Snickerdoodle	14 BBQ Chicken Green Beans Roasted Reds	15 Liver & Onions or Cheeseburger Roasted Zucchini	16 Fish & Chips Asian Vegetables Hush Puppies Juice	17 Walking Tacos Mexican Rice Mexican Corn with black beans Sopapilla w/ honey
18 Ham & Scalloped Potatoes Fried Cabbage Dinner Rolls	19 Chicken Fried Steak Mashed Potato & Gravy Mixed Vegetables Dinner Rolls	20 Chicken Cordon Bleu Mashed Potato & Gravy Green Beans Fruity Jello	21 Cheeseburger Deluxe Roasted Carrots Rice Pilaf	22 koasted sturead Pork Loin Sweet Potato Casserole Broccoli Cranberries	23 Salmon Patties Roasted Reds Peas & Carrots	24 Beef Barley Soup Cheese Sandwich Zucchini Fries Chocolate Chip Cookies
25 Biscuits & Gravy Egg Casserole w/ hashbrowns Broccoli Juice	26 Roast Turkey Wild Rice Veggie Medley Bean Salad Fruity Jello	27 Spaghetti & Meatballs Bread sticks Garden Salad Green Beans	28 Chicken Alfredo Parmesan Noodles Roasted Carrots Chocolate Chip Cookie	29 Pork Cutlets Mashed Potato & Gravy Mixed Veggies Cranberry Salad	30 Swedish Meatballs Buttered Noodles Roasted Broccoli Butter Cookies	31 Chicken Sandwich Deluxe Tator Tots Fried Cabbage



Look What's Cooking at Belle Silver Lining
Come Join us every day, 11:00am-1:00pm
 Fruit and Milk Served with each meal
828 Kingsbury Street, Belle Fourche
For Information about Delivery, Call 892-6285

REC ROOM

By Timothy E. Parker



ACROSS

- 1) Capital of Morocco
- 6) Shoppers' stops
- 11) Tire pressure fig.
- 14) Alpha's opposite
- 15) Notify of danger
- 16) Switzerland's ___ Leman
- 17) Be an NFL offensive coordinator
- 19) "What ___ bid?"
- 20) Cockpit prediction
- 21) Real ending?
- 22) "Silent Night" adjective
- 23) Ransom seekers
- 27) Chat
- 29) Online address, familiarly
- 30) Norwegian royal name
- 32) Class identifier
- 33) Place of many large schools
- 34) Spread seed
- 36) Leave no tip to
- 39) Handles the tab
- 41) Article of faith
- 43) Shrek, e.g.
- 44) Lots and lots
- 46) Philanthropist
- 48) Member of a historical horde
- 49) Hindu royal
- 51) Exec's note
- 52) ___-tac-toe
- 53) Catching sight of
- 56) Light cotton fabric
- 58) Floral gift, in one state
- 59) ___ Beta Kappa
- 60) Child's stomach, when said twice
- 61) Period of history
- 62) Dramatization of Jesus' crucifixion
- 68) Voting "nay"
- 69) John of rock and pop
- 70) Do some winter airport work
- 71) Double standard?
- 72) Producers of school anxieties
- 73) Longfellow's Pilgrim

DOWN

- 1) Mythical "Arabian Nights" bird
- 2) Org. with real operators
- 3) "The Fresh Prince of ___-Air"
- 4) Lace tip
- 5) Body designs
- 6) West of old Hollywood
- 7) Matterhorn, for one
- 8) Archaeological find
- 9) Cheap and tawdry
- 10) Thwarts
- 11) Theater notables
- 12) Pago Pago location
- 13) Cake topper
- 18) Woman of ill repute
- 23) Crescent features
- 24) "You're in for ___ treat!"
- 25) Musical instrument that operates mechanically
- 26) Worked in a lumber mill
- 28) Defense alliance since 1949
- 31) Scorpion's output
- 35) Huge star in Cygnus
- 37) Some produce
- 38) It may be seen around the house
- 40) Rock from side to side
- 42) Kind of soup or sauce
- 45) Small excerpt
- 47) Round, domed building
- 50) Sample the air
- 53) Choose by popular vote
- 54) Asian goatlike antelope
- 55) Main points
- 57) Urge forward
- 63) Boozehound
- 64) ___ and outs
- 65) Top for some containers
- 66) Winning serve
- 67) Japanese capital?



Volunteer Spotlight

Theresa Lee Stephens was born in Waco, Texas in June, 1953, but when she was very young her father, a career U.S. Air Force man, was deployed to Germany. She and her family also lived in California for a while, but doing most of her growing up in Denver. She moved to South Dakota to be with her oldest son and her granddaughter. She was married for 50 years and has two sons and 14 grandchildren. She currently shares her home with two cats, Bella and Lily. "They are little sweeties." During her life she has studied landscaping and trees and has worked extensively in those fields, winning several awards for her work. Why does she love gardening? She remembers looking out an airplane at the colorful patchwork of flower fields in Holland and falling in love with those colors. That experience probably contributed to the fact that she also loves to paint. When she can, she also likes to fish, collect rocks, and go bike riding. Fav ice cream: Strawberry. Oh, and chocolate. too. She's a Yankee fan, and not just because the hat is cool. Her fav card game: Deuces Wild. Her favorite book: The Holy Bible, but she enjoyed "Gone With the Wind" and "The Old Man of the Sea" too. She is currently reading "Oak Island." Her fav songs: "Onward Christian Soldiers" and "The Star Spangled Banner." Her fav movie: "Forrest Gump." Her fav TV show: "Two Broke Girls." Her favorite Silver Lining meal: Spaghetti and Meat Balls.



If you ask her what one item she just could not do without, she would tell you her walker. Holland and Germany top her list of favorite places she has traveled.

You'll see her flower beds along the front of the building, her pleasant garden off our dining room, and the happy houseplants in our front window. She is the gal that takes care of it all. She has worked as a volunteer for The Belle Silver Lining for 3 years. What has she enjoyed most about the experience? "The people." She said she just wanted to give back to the community. I wondered where she got her love of growing things. She said she probably got it from her grandpa who worked for the railroad, always grew a big vegetable garden, and shared a lion's share of that produce with folks less fortunate than himself. She's a lot like him, she has his green thumb and his generous spirit. She always has a smile and a kind word. She's a little shy but if you see her do let her know how much she is appreciated. And take your morning coffee out to the sitting area in the garden weather permitted. She will love that.



Medical Equipment



AVAILABLE

Available to members at no charge including:

- Briefs for Men and Women
- Adult protection with Tabs
- Feminine Pads
- Shields for Men
- Sanitary Wipes
- Wheelchairs
- Canes
- Walkers
- Shower Chairs



WE INVITE YOU TO DONATE

BINGO

BANANZA

will be back

SEPTEMBER 3, 2024

at Branding Iron

SHINE SOME LIGHT

on someone at

We have so many great employees and volunteers. Share a story about how great they are!

Reach out to Krisi Lee - 925-382-3853

SUMMER Clothes

50% OFF

T-shirt	Flip-flops	Bikini
Shorts	Blouse	Summer hat
Skirt	Sunglasses	Cap

Full month of August 2024
*Summer items at the discretion of BSL volunteers

Space for Rent

Having a Family Reunion, Wedding Reception, Birthday Bash, or even just a meeting? Belle Silver Lining is available to rent for your special occasion. You do not need to be a member to rent our space, but we do have reduced rates for members! Give us a call to check availability and rates.

828 Kingsbury Street
605-892-6285

8 Tips to Keep Your Brain Sharp and Healthy as You Age

(Three tips shared in June, and 3 more in July, below you will find the remaining three tips).

Feeling forgetful? Preserving your mental abilities as you get older is easier than you might think – and it can even be fun. (Article from everydayhealth.com)

7. Socialize More

Making new friends or spending time with the ones you have might be good for your brain. A study published in 2021 that looked at older adults in Japan found that participants with consistently high or increased social engagement had a lower risk of dementia than those with consistently low social engagement.

8. Play Brain Games

Playing brain or memory games – and even playing games in general – can help keep the brain healthy. Although these games won't offset the brain changes that come with aging, they may help test and train your memory, experts say. In addition, playing games with friends and family can also be part of an active social life, which has its own brain benefits.

“Brain training games” – or computerized cognitive training games designed specifically to exercise memory, attention, speed, flexibility, and problem-solving – can be fun, and may also help, but studies on their role in reducing dementia risk have yielded mixed results.

When to Seek Help for Fuzzy Thinking or Forgetfulness

Although these steps can help keep your brain healthy, they won't reverse the effects of dementia. If you or a loved one is experiencing memory loss or other cognitive symptoms that interfere with normal activities and relationships, talk to your doctor.

Some signs you may be experiencing memory loss that's beyond what's normally seen with aging include:

- Asking questions repeatedly
- Forgetting or mixing up common words when speaking
- Taking longer to complete normal daily tasks, such as following a recipe or assembly instructions
- Misplacing items in inappropriate places, such as putting keys in the medicine cabinet
- Becoming lost while walking or driving in an area that's familiar to you
- Unexplained mood and behavior changes

Stages of Grief



Grief Support Group
9:30am Tuesday mornings
grief support group lead by Patsy Livingston

YOU HAVE
THE POWER
TO HELP

No amount is too small to give.

Take a moment to donate to Belle Silver Lining and support the seniors in the community.



www.bellesilverlining.com



SUMMER
CLOTHING SALE
50% OFF
MONTH OF AUGUST

OPEN TUES-SAT



Thank you to our volunteers in June

Randy and Janelle Austin	Marilyn Huston-Engle	Chuck Lawless
Rita Bollwitt	Pasty Livingston	Connie Silva
Tiny Brindley	Jeanne Muir	Lois Burghduff
Donna Coppess	Mary Riley	Krisi Lee
Faith Goehring	Roger Schiffner	Brian Muir
Shirley Hatcher	Leslee Shields	

Don't see your name on the list? Please make sure that you're signing in each day or turning in your volunteer hours to Rita or Tiny by the end of each month.

Note this will be a month behind as newsletters come out before the month is over.



Time for a joke...

Why shouldn't you tell secrets in a cornfield?

There are too many ears all around.

What kind of underpants do lawyers wear?

Briefs.

What do you call it when a cow grows facial hair?

A moo-stache.

Did you hear about the two rowboats that got into an argument?

It was an oar-deal.

How do you make a tissue dance?

Put a little boogie in it.

Why did the whale blush?

It saw the ocean's bottom.

Easy

Hard



9	7	1	6	8	2	4	3	5
4	8	3	9	7	5	1	2	6
5	6	2	3	1	4	8	7	9
8	1	9	2	3	6	5	4	7
2	4	5	8	9	7	6	1	3
7	3	6	5	4	1	2	9	8
3	9	4	1	6	8	7	5	2
1	5	8	7	2	9	3	6	4
6	2	7	4	5	3	9	8	1

9	7	8	5	3	2	6	4	1
3	6	1	9	4	8	5	7	2
5	4	2	7	6	1	8	3	9
1	5	6	2	8	4	7	9	3
4	3	7	6	1	9	2	8	5
2	8	9	3	7	5	1	6	4
8	9	3	1	2	7	4	5	6
7	2	5	4	9	6	3	1	8
6	1	4	8	5	3	9	2	7



Belle Silver Lining
THURSDAYS 1PM
penny
BINGO
 AT BELLE SILVER LINING

During this time of transition the Board of Directors will be handling administrative duties, with the assistance of staff and volunteers.



August
 "BREATHE THE SWEETNESS THAT HOVERS IN AUGUST."
 - DENISE LEVERTOV
 JeannieChambers.com



ALL ARE WELCOME
Board Meeting
 August 28th (Wednesday) 6pm

SHIINE Medicare Insurance Counseling
 You can receive **FREE** and confidential information about your Health Insurance options from a SHIINE counselor at The Senior Center. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday. Call us at 642-5123 to schedule a SHIINE appointment.

Monthly newsletters will be available digitally via Facebook, www.bellesilverlining.com, and via e-mail. Printed copies are available to pick up at Belle Silver Lining. Those who receive meals delivered will have a copy placed with their meals when they become available.

BELLE SILVER LINING BOARD OF DIRECTORS

- Rita Bollwitt - Vice President**
- Jeri Olson - Secretary**
- Janelle Austin - Treasurer**
- Mary Riley - Events Coordinator**
- Marilyn Huston-Engle**
- Charlie Johnson**



NEW MAILING ADDRESS:

Belle Silver Lining
 PO BOX 544
 Belle Fourche, SD 57717



Office Hours
 Mon-Fri 9-4:30

Thrift Shoppe Hours
 Tues-Thurs 10-5
 Fri 8-5
 Sat 10-4
 Sun & Mon Closed

Website
www.bellesilverlining.com
 24 hours a day



Please contact Krisi Lee 925-382-3853 - KrisiLee0616@gmail.com if you'd like to contribute something to a future newsletter.