



# NEWSLETTER

S E P T . 2 0 2 4

## DON'T MISS UPCOMING EVENTS

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

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

September 6th - Fundraiser BBQ 5-7pm at Belle Silver Lining

September 19th - Fraud and Scams at 12:30 - presented by Highmark Credit Union at Belle Silver Lining

September 19th - Chamber Luncheon at 12:30 - Belle Silver Lining

September 27th - Movie Night

September 25th - Board Meeting 6pm

October 1st - Bingo at Branding Iron

October 6th - Cornhole Tournament & Fundraiser

**Thank you to  
Northern Hills  
Underground Cornhole  
who are hosting a cornhole  
fundraiser tournament  
Sunday Oct 6, 2024  
BF Moose Lodge  
{More info Page 11}**

*From Your Belle Silver Lining Board of Directors*

**Summer is too fast approaching its end!!**

**We hope that everyone had a good summer filled with some great memories.**

**We are happy to see the end of our project started nearly 2 years ago of updating the "Ladies" bathroom. We would like to thank the F.L. Clarkson foundation for their generous donation to help cover costs so that this project could come to completion. AND, we apologize that it has taken this long to get that project completed.**

**On Wednesday September 11 First Interstate Bank will be volunteering some of their staff at the Center. They will be helping to sort and organize the Thrift Shoppe. (con't Page 2)**

### In this newsletter:

Puzzles - Pg. 2, 3, 4, 7

September Activity Calendar - Pg. 5

September Lunch Menu - Pg. 6

Volunteer Spotlight - Pg. 8

Meal Pricing Changes - Pg. 9

Puzzle Select Answers - Pg. 11

BBQ Fundraiser Information - Pg. 12

**Location - Branding Iron**  
**Come early for dinner specials**



**Bingo**  
**TUESDAY**  
**Sept. 3rd**  
 Doors open 6:00pm  
 Balls Roll at 7:00pm



Con't from Page 1 - Please make sure to thank them and welcome them for their willingness to volunteer. If any members are able and willing to come and help with this volunteer project we would greatly appreciated any time you have available. One hour or the whole day...any help is great. Our goal is to get through that huge pile of donations by the back door and get it sorted and organized better. That being said, we are looking for an old horse trailer or enclosed trailer that we can park in the back to store donated items and be able to lock them up. We have been having theft and weather related problems using the tarps to cover the donations. If you know of anyone who has a trailer they do not use and would donate, please let us know. First Interstate Bank also granted us funds to buy totes and supplies to make shelving in the storage room. If anyone would like to volunteer in helping to make those shelves, please let us know.

**TUESDAY - OCT 1st**

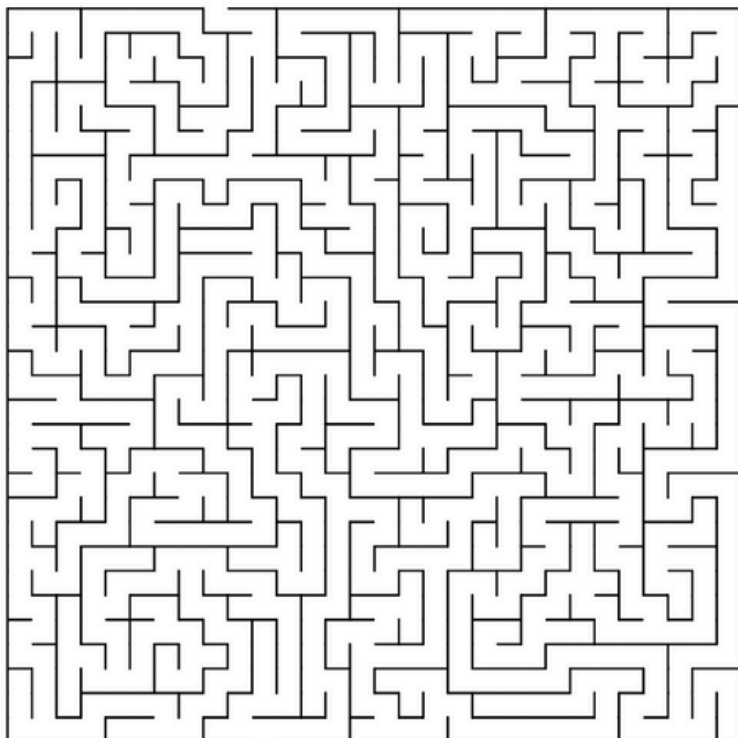


**Location - Branding Iron**  
**Come early for dinner specials**

Doors open 6:00pm  
 Balls Roll at 7:00pm

The Board would like to thank Charity Muhm and Carol Ader for their willingness to organize the BBQ during (it was HOT) the Bike Rally. Thank you to the following people who donated food/money: Josh Gilbert, Leana Lupex, Lynell Jackson and Cindy Koopman-Viergets. They raised \$265.00 AND, we still have hotdogs and hamburgers left over SO, we will be hosting ANOTHER BBQ Friday September 6th 5-7pm at the Center. Free will donation will be accepted. Please come and invite a friend to help support your Center.

*Start*



*Finish*

# Wishlist

- Postage Stamps
- Kleenex
- Windex & All Purpose Cleaner
- Cargo or Horse Trailer
- Trash Bags



# A look back at September history...



- 1620 - The Mayflower ship departed from England
- 1789 - Congress created the United States Army
- 1883 - Northern Pacific Railroad across the U.S. completed.
- 1931 - World War II Started
- 1975 - Two assassination attempts on President Ford



Before the Julian and Gregorian calendars, September was the 7th month of the Roman calendar. Septem means seven in Latin. At the time, there were only 10 months. In 700 BC, Numa Pompilius added January and February to the calendar. This change more accurately reflected the length of a year on Earth. As a result, September became the 9th month on the calendar.



Easy

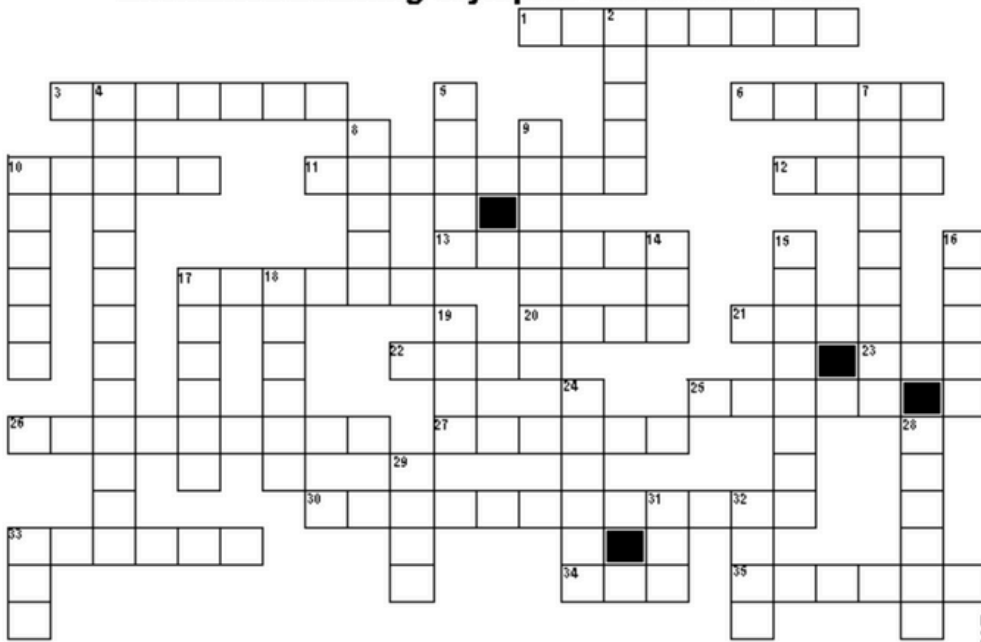
Hard

S  
U  
D  
O  
K  
U

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

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

Enchanted Learning Olympics Crossword Puzzle



Across

1. A very long race
3. Where many games take place
6. This holds the flame
10. One of the colors of the Olympics Flag's rings
11. The games
12. How many years apart the ancient Olympics were held
13. The metal used in the second place medal
17. Tennis and diving occur during these Olympics
20. The metal used in the first place medal
21. \_\_\_ put
22. One of the colors of the Olympics Flag's rings
23. International Olympic Committee abbrev.
25. One of the colors of the Olympics Flag's rings
26. An Olympic event containing three sports
27. Where the ancient Olympics took place
30. The tallest mountain in Greece
33. The location of the Summer 2000 games
34. What a gold medal recipient did
35. The capital of Greece

Down

2. The Olympics flag has five of these
4. A summer Olympics event
5. The Olympic \_\_\_
7. The French man who revived the Olympics
8. The hottest part of the Olympics
9. The athletes live in the Olympic \_\_\_
10. The metal used in the third place medal
14. One of the colors of the Olympics Flag's rings
15. Olympic competitors
16. \_\_\_ and field
17. Athletic events
18. What the top three winners in each event receive
19. An Olympic symbol
24. One of the colors of the Olympics Flag's rings
28. A short, fast, running event
29. A winter sport
31. The only original Olympics contestants
32. The location of the Winter 2002 games
33. The flame is started using the rays of the \_\_\_

Learn about the latest Frauds and Scams Presented by:



Kelly Milliken & Tony Pannone  
Sept. 19 at 12:30pm



©EnchantedLearning.com



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!



**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



**Toenail Clinic**  
**Tuesday, September 10th**  
**1:00pm - 3:00pm**  
Call or stop by for an appointment  
892-6285

# SEPTEMBER ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
	 LABOR DAY	9:30 am Grief Support 10:00 am Pinochle 7:00 pm BINGO @ Branding Iron	1:00 pm Cribbage 2:00 pm Ladies Social	1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee 5:00-7:00pm BBQ Fundraiser	1:00 PM Pinochle Party
08	09	10	11	12	13	14
		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	
15	16	17	18	19	20	21
		9:30 am Grief Support 10:00 am Pinochle	1:00 pm Cribbage 2:00 pm Ladies Social	12:30pm Scams & Fraud - Highmark Presentation & Chamber Lunch 1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee	
22	23	24	25	26	27	28
1:00 pm Pinochle Party		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 6:00 pm Movie Night	
29	30	01	02	03	04	05
		9:30 am Grief Support 10:00 am Pinochle 7:00 pm BINGO at Branding Iron	1:00 pm Cribbage 2:00 pm Ladies Social	1:00 pm Bingo	7:30 am - 10:00 am Caramel Rolls & Coffee	1:00 PM Pinochle Party

September 6th - BBQ Fundraiser @ Center 5-7pm  
 October 6th - Corhole Tournament @ Moose Lodge

# SEPTEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 Meat Pocket Mashed Potatoes & Gravy Green Beans	2 BBQ Chicken White Rice Veggie Medley	3 Pork Roast Parsley Noodles Broccoli Rice Pudding	4 Meatloaf Funeral Potatoes Roasted Carrots	5 Pork Enchilada Spanish Rice Mixed Veggies	6 Tuna Salad or Chicken Salad Sandwich Garden Salad Chips	7 Chef's Choice
8 Cheeseburger Deluxe Roasted Reds Zucchini Fries	9 Pork Loin Dressing Sweet Potato Green Beans	10 Baked Chicken Wild Rice Roasted Carrots	11 Pork Chops with creamy mustard noodles Broccoli Deviled eggs	12 Swiss Steak Mashed Potato Mixed Veggies	13 Cold Turkey Sandwich Chips Veggie Bars	14 Chicken Fritters with Honey Mustard Sauce Tator Tots Baked Beans
15 Baked Ham Sweet Potatoes Broccoli	16 Chicken Fajitas on tortillas Black Beans	17 Ham and Cheese Deluxe on a Bun White Rice Veggie Medley	18 Country Fried Steak Mashed Potatoes and Gravy Green Beans	19 Fried Chicken Potato Salad 3 Bean Salad	20 Spaghetti and Meatballs Cheesy Bread Sticks Mixed Veggies	21 Tuna or Chicken Salad on a Croissant Broccoli Pasta Salad Rice Pudding
22 Pulled Pork on a Bun Tator Tots Mixed Veggies	23 Chicken Rice Pilaf Roasted Carrots	24 Beef Tips and Gravy Mashed Potato Creamed Spinach	25 Chicken Alfredo Parsley Noodles Green Beans	26 Liver & Onions OR Deluxe Cheese Burger Roasted Potatoes Veggie Medley	27 Pork Loin White Rice Broccoli	28 Ham Salad Sandwich Sweet Potato Fries Garden Salad
29 Hot Turkey Sandwich Mashed Potatoes and Gravy Green Beans	30 Swiss Steak Parsley Noodles Mixed Veggies	<p>Look What's Cooking at Belle Silver Lining Come Join us every day, 11:00am-1:00pm 828 Kingsbury Street, Belle Fourche For Information about Delivery, Call 892-6285 Milk and Fruit Served at Every Meal Menu subject to change.</p>				



**September 6th - BBQ Fundraiser @ Center 5-7pm**  
**October 6th - Corhole Tournament @ Moose Lodge**



# Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

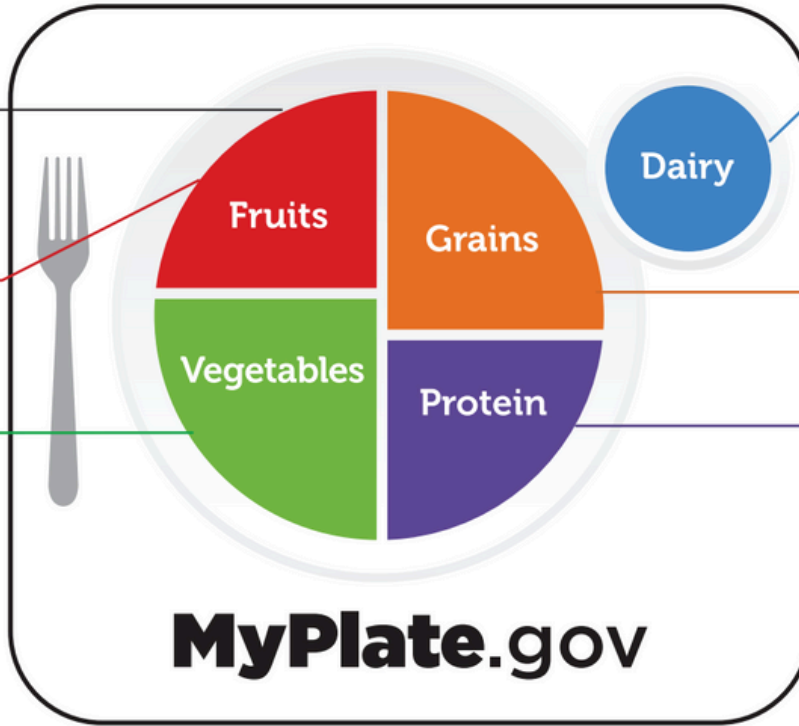
Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.



Choose foods and beverages with less added sugars, saturated fat, and sodium.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

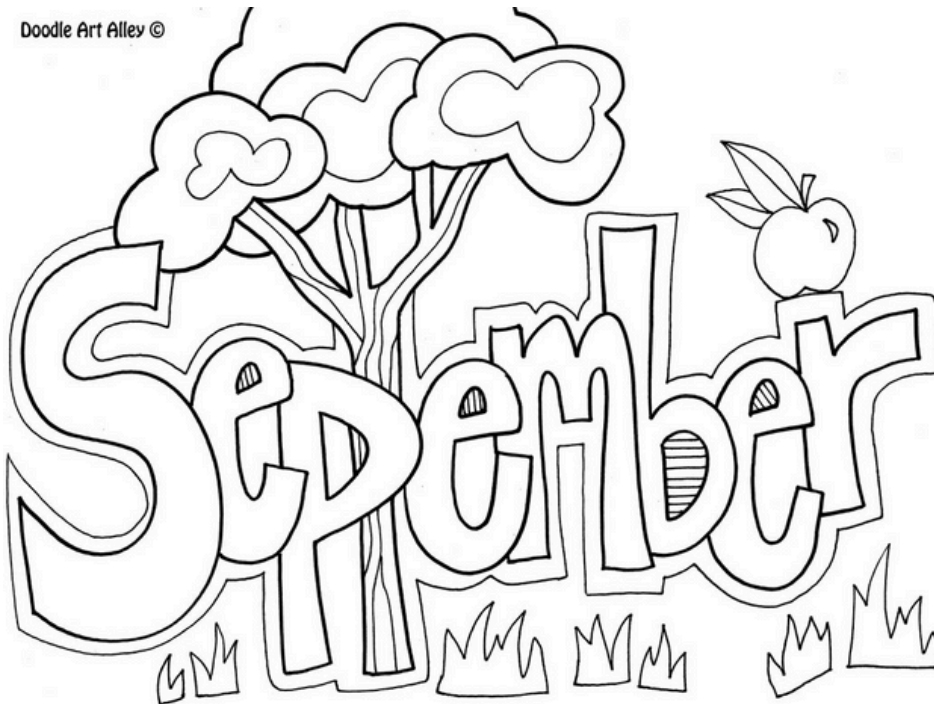
Vary your protein routine.



Being active can help you prevent disease and manage your weight.



Doodle Art Alley ©



FNS-921  
January 2022  
USDA is an equal opportunity provider, employer, and lender.

**PLEASE DO NOT BLOCK  
DRIVEWAYS WHEN  
PARKING**



**THANK YOU!**  
Leverington Funeral Home for speaking about Funeral Planning last month.



# Employee Spotlight



Theresa Kay Rogge was born in Aberdeen, South Dakota on April 20, 1959. She is camera shy! Even though she didn't want her picture made, you will probably recognize her anyway, or at least the back of her head. She always wears a baseball hat and always backwards, catcher-style. You will see her almost every day washing dishes or helping in the kitchen. She was born and grew up in Aberdeen, but after she married, her husband's work took them to Lead, Rapid City, and finally to Belle Fourche. Besides her husband, she has 2 sons, 3 grandkids, and a dog named Benny. When asked what her favorite activity was, hands down, she loves to bake. She shares this love especially with her son, Tyler. What do they bake? "Everything!" Pies, bread, cake, and cookies. I also asked her what she would consider the best of all vacations. "That's easy. Go to Aberdeen and visit with family." And what were her fondest



memories? Growing up with 5 sisters and 4 brothers she adores. It's pretty easy to see what makes Theresa tick: Her Family! She's a football fan too. Favorite team? The Steelers! Favorite ice cream flavor? Vanilla. She loves country music and Johnny Cash is her all-time favorite country singer. She likes to watch sports on tv with sons Tim and Ty and she likes to watch movies with Tim and his kids. "Secondhand Lions" was a favorite. An item she couldn't get along without: her glasses. I wondered what made her want to work here: "I wanted to get out of the house." And what does she like most about working at Silver Lining? The people! When I did the interview we had just had the Chicken Cordon Bleu and we both thought we had found a new favorite meal. She always has a smile. I know I am not the only one who appreciates her hard work! She's one of those people we wouldn't want to be without.

## Medical Equipment



**A V A I L A B L E**

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





# Meal Participants of Belle Silver Lining

Please read carefully the explanations below regarding our meals program at Belle Silver Lining: We are a non-profit organization that relies on state funding and donations in order to provide nutritional meals each day.

Our current estimated costs for producing each meal is minimum \$11-\$13.00 per meal. Suggested donations on your behalf (if you are over 60 years of age) has been \$5.00 per meal.

Our state funding pays for \$3.79 per meal. If you do the math that means our Center is going in the hole financially approximately \$2.21-\$4.21 per meal. We can no longer continue to fund this shortage.

Our meals program is for Seniors over 60 years of age, however, anyone can eat at the Center BUT those who are not 60 years of age are supposed to pay the full amount for the meal. In the past this has not been enforced. We cannot continue allowing this to happen.



AS OF AUGUST 15, 2024 THE FOLLOWING WILL BE ENFORCED:

\*MINIMUM SUGGESTED DONATION PER MEAL WILL BE: \$7.00

\*IF YOU TAKE MORE THAN 1 MILK PER MEAL, AN ADDITIONAL DONATION OF \$1.00 IS EXPECTED PER MILK.

\*NO ONE UNDER THE AGE OF 60 WITHOUT DISABILITIES, (THIS INCLUDES CAREGIVERS), WILL QUALIFY FOR THE "SUGGESTED DONATION" STATUS THEY WILL BE REQUIRED TO PAY THE FULL AMOUNT OF \$10.00 PER MEAL. (you may be asked to show ID)

\*IF YOU TAKE MORE THAN ONE MEAL, PLEASE PAY ACCORDINGLY.

\*WE ASK THAT EVERYONE TAKE TIME TO LEARN HOW TO CHECK IN AT THE FRONT DESK ON THE KIOSK FOR THE MEALS, WITHOUT YOUR REGISTRATION FOR EACH MEAL WE CANNOT RECEIVE PROPER STATE FUNDING TO COVER OUR COSTS.

THANK YOU FOR YOUR UNDERSTANDING AND PATRONAGE TO BELLE SILVER LINING.....



# FREE FALL PREVENTION SCREENS

## SEPTEMBER 19TH

**FREE FALL RISK ASSESSMENT INCLUDES**

- BONE HEALTH SPECIALIST
- OSTEOPOROSIS CONSULTS
- MEDICATION REVIEW
- STRENGTH & BALANCE ASSESSMENT
- DIZZINESS EVALUATION
- FALL PREVENTION TECHNIQUES
- LOCAL WELLNESS RESOURCES

Starts at **9:00 AM**



**Call to schedule: 605-702-8206**

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2023



# WORD SEARCH

Words may be horizontal, vertical, diagonal, or backwards.

## FUEL FOR THE FUTURE

Anchovy	S	A	P	R	G	O	I	T	T	U	T	E	H	R	G
Bulgur	O	S	S	E	I	R	R	E	B	P	S	A	R	M	A
Cheddar	I	D	B	N	Y	P	P	E	P	T	R	C	N	G	P
Daikon Radish	H	A	T	C	E	T	I	L	W	A	O	Y	C	U	S
Endive	C	R	K	H	P	I	S	B	U	L	G	U	R	O	E
Freekeh	A	C	O	E	K	U	L	O	N	I	S	E	I	R	P
Grapes	T	U	R	D	G	R	E	G	A	N	W	R	C	O	A
Honeydew	S	N	I	D	T	F	M	A	N	T	E	R	U	T	R
Jackfruit	I	S	D	A	I	K	O	N	R	A	D	I	S	H	G
Kefir	P	N	A	R	H	C	P	E	V	R	Y	U	T	K	Y
Lentils	A	N	C	C	I	A	M	C	K	U	E	C	A	O	E
Mung Beans	B	U	D	S	P	J	B	T	U	F	N	A	O	T	S
Nectarines	A	A	C	U	Y	M	U	A	N	P	O	T	V	N	O
Oats	N	H	T	R	N	J	B	R	O	S	H	U	A	L	Y
Pistachios	C	A	F	I	E	N	D	I	V	E	R	F	P	K	M
Raspberries	H	S	R	D	P	R	H	N	W	D	E	G	G	V	I
Soymilk	O	Q	E	B	A	K	A	E	C	H	C	A	E	E	L
Turkey	V	U	E	F	E	E	J	S	A	L	I	J	C	H	K
Wild Rice	Y	L	K	C	P	F	M	I	T	U	R	K	E	Y	O
Yuca	C	L	E	N	T	I	L	S	N	R	D	O	I	A	L
	E	E	H	E	P	R	K	B	T	N	L	A	M	W	D
	L	R	Y	R	S	L	C	C	A	J	I	C	E	S	H
	M	U	N	G	B	E	A	N	S	M	W	O	Y	U	R

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.

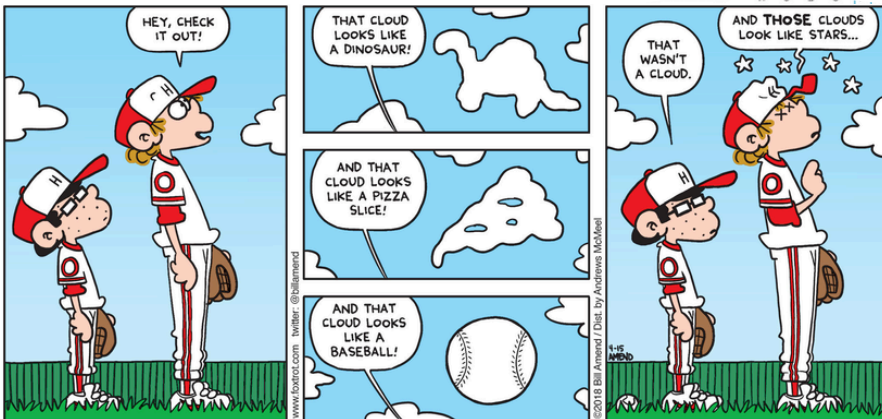


### ALERT

Beware of snow and ice on the sidewalk and parking area. We will do our best to keep the sidewalk clear but ice in the parking lot happens even with our best attempts to keep it clear.



Please use extreme caution!!



## Stages of Grief

acceptance

depression

bargaining

anger

denial

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.

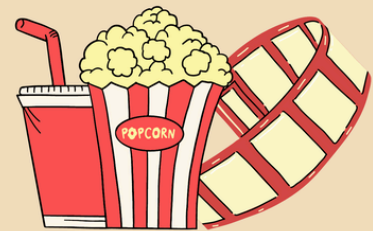
Take a moment to donate to Belle Silver Lining and support the seniors in the community.



www.bellesilverlining.com

WE INVITE YOU TO DONATE

# MOVIE NIGHTS



ARE CHANGING FOR WINTER

# TO SUNDAY AT 3:00PM

STARTS IN OCTOBER

# Thank you to our volunteers in July

Mae Jewett  
 Krisi Lee  
 Patsy Livingston  
 Carolyn Muir  
 Jeri Olson  
 ★ Mary Riley  
 Cleo Burghduff  
 Fath Goehring  
 Marilyn Huston-Engle

Roger Schiffner  
 Leslee Shields  
 Connie Silva  
 Theresa Stephens  
 Kay Trainer  
 Mavis Ude  
 Nancy Wallin  
 Bonnie Warman

Monica Albrecht  
 Janelle Austin  
 Randyt Austin  
 Susan Beeman  
 Rita Bollwitt  
 Tiny Brindley  
 Lois Burghduff  
 Shirley Hatcher  
 Jeanette Hoff

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.**

## Cornhole Information

Northern Hills Underground Cornhole will be hosting a CC fun-filled cornhole fundraiser tournament to support the Belle Silver Lining Senior Center on Sunday October 6, 2024 at the Belle Fourche Moose Lodge

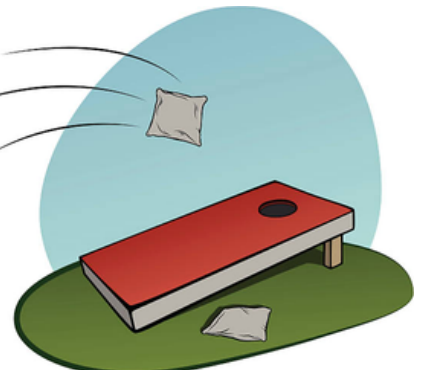
Registration begins at 12:00 PM & bags will fly around 1:00 PM

Cost is \$40 per team - bring your own partner

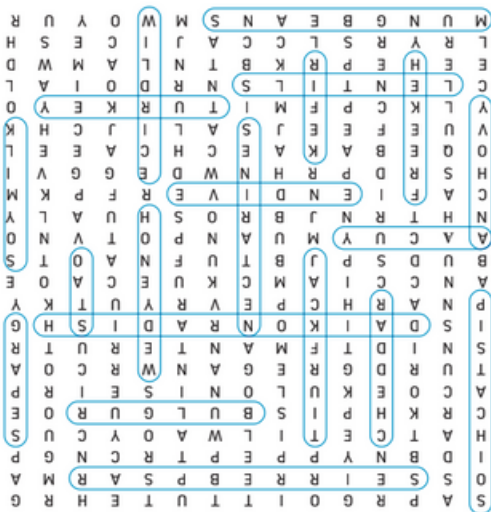
We will do a blind draw after (if enough interest) with a \$5 by in

Don't miss out on this opportunity to have fun and support a worthwhile cause!!

For more information contact Steve Parker @ 605-210-0260



# Oct. 6th



### Easy

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

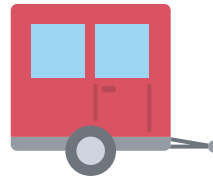
### Hard

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



*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.



**Horse or Cargo Trailer wanted**

ALL ARE WELCOME



**Board Meeting**  
 September 25th (Wednesday) 6pm

Monthly newsletters will be available digitally via Facebook, [www.bellesilverlining.com](http://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
- Cleo Burghduff



**NEW MAILING ADDRESS:**

Belle Silver Lining  
 PO BOX 544  
 Belle Fourche, SD 57717



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



PLEASE JOIN US FOR A  
**BBO Fundraiser**  
 TO BENEFIT BELLE SILVER LINING  
 SEPT. 6 FRIDAY 5:00PM - 7:00PM  
 FREEWILL DONATION  
 828 Kingsbury  
 Hotdogs, hamburgers, chips, salads and variety of condiments, drinks and dessert.

*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](http://www.bellesilverlining.com)  
 24 hours a day