



Belle Silver Lining



www.bellesilverlining.com ❖ email: bfsc@midconetwork.com

NEWS

JULY/AUGUST 2022

From Your Director...

Laura Bennett

Q&A Session:

Recently, Belle Silver Lining Board of Directors sent a letter to our members, friends and faithful supporters making a plea for help financially and for volunteers. After receiving great questions, I thought some clarifications were needed of the most commonly asked questions.

Q: Are you going to close the Senior Center and/or the Senior Meals Program?

A: As with all nonprofit organizations, we are dependent on the generosity of our members, participants and faithful donors. We have been humbled by the generosity of our community over the past four years! Right now, we are in a critical situation and will need extra help to get through these next couple of months so that we can continue to provide all our services and supports to our seniors and their families. It is not the intent our Board of Directors to close either the Senior Center or the Meals Program, however we do need help!

Q: What caused this crisis?

A: There are several factors that brought us to the situation that we are in right now.

1. The needs of our community and surrounding area are much greater and varied than originally anticipated.

2. Cost of materials, foods and labor have increased immensely.

3. COVID19 hit us hard. Right before the 2020 shut down for COVID19 plans were in motion to begin a capital campaign to raise funds for a new/or more accommodating facility. This capital campaign included one million dollars for operation expenses that extends over a five-year period. This would have allowed for hiring adequate staff, consultants to set up our funding program, and allow us to

accommodate for the rapid growth that we have experienced in all of our programs. Included, as well, was a start to an endowment fund that would get us started in the right direction for perpetuity for future generations.

In preparation of our capital campaign, we had used much of our savings in procuring our consultant for a feasibility study (to ensure that we would be able to raise the funds) and securing the consultant for our capital campaign.

4. At the beginning of 2020 we were in our height of raising funds and donor participation. When it was recommended that persons remain at home to protect themselves and others, our fundraising efforts came to a screeching halt and many of our donors, due to concerns of where our economy was headed, had to make some very difficult decisions concerning their giving. When grants were being offered to help small business/nonprofit who had not fared well during certain dates of the COVID19 pandemic, the magnitude of the affect it had on Belle Silver Lining had not yet been seen. So we were unable to benefit from those funds. To help us through this we had to draw from our savings to get through the hardships of COVID19.

5. There was a great need for a strong Senior Meals program at the Senior Center and there was a need for more senior meal delivery options for our community and surrounding area. We began our Senior Meals program on September 9, 2020. At that time state/federal funds were not available for us. Since then, our Senior Meals program has flourished! We now serve, on a monthly average, 1500 meals in our dining room and deliver 750 meals. We serve and deliver meals 7 days a week, 365 days a year. We have been able to open our deliveries into St. Onge which has been a delight!

In keeping with our mission for the meals program to provide nutritious and affordable meals for those

--continued on page 15

Thank You

For the ongoing support from:
Cyle & Rayberta Miller
Emmanuel Baptist Church
Heartland Home Health
Integrity Meats
Office Emporium, Tom & Mary Riley
 And those that provide donated items
 listed in the newsletter.



Belle Silver Lining would like to express our thanks to:

Todd Keller

Everyone that purchased Raffle Tickets

Rick Larrabe for continued support and encouragement



Thank You To **Heartland Home Health**

For your ongoing monthly support to our members of Belle Silver Lining.

We greatly appreciate your generosity!

If you would like to thank the staff of Heartland Home Health or ask about their services, call 605-723-4663 today!



Belle Silver Lining is Looking For

Kitchen Aides

Stop in at 828 Kingsbury Street and pickup an application today!

WANTED

VOLUNTEERS NEEDED BELLE SILVER LINING:

**Young or experienced,
 WE NEED YOU!**

Have an hour? Any amount of time would be welcomed!

- **Meal Delivery Drivers**
 We provide the meal runners!
 Mileage reimbursement available.
- **Thrift Store Workers**
 - **Cleaning People**
 - **Medical Supply workers**

Any age, at any time! If you have an hour or two to spare, we'd love to have you.

**Stop by 828 Kingsbury St. or
 Call 892-6285 to sign up today!**

ENCOURAGEMENT FROM BIG DAVE



With the recent stories of hate, random violence, and mayhem plaguing us, we are as distanced as ever, and humanity needs an embrace to unite it, and I aim to do it.

Why an embrace?

Because with their ability to connect, celebrate, soothe, shield, and even convert foe to friend, a simple hug may be humanity's most empowering and expressive nonverbal gesture.

And I should know because, for 20+ years, I've been traveling the world, hugging over half a million people to make it a happier place.

But there is a lot more work to be done.

So this November through January, I am doing my part by driving 11,000 miles throughout the nation, doing good deeds like buying meals for families, filling up people's tanks, delivering flowers, and, of course, hugging shooting victims, teens, seniors, democrats, republicans, gay people, straight peoples and everyone else who wants one.

I will be Embracing America to help strengthen society's bonds and give humanity the ray of hope it needs.



So stay tuned for details, be kind to others, and remember:

Hugs are love.

Hugs are life.

Hugs are how I love life.

Embrace America, Belle Fourche!

HUG SOMEONE AND MAKE IT COUNT.



Supply of Medical Equipment Available at No Charge

Call 892-6285 to inquire of availability

Incontinence Products Available at No Charge

We give discrete service - Call ahead of pickup.

We Accept Donated Medical Items

892 Kingsbury Street • Belle Fourche, SD



Senior Health

CORNER

Belle Silver Lining is not promoting sex outside of marriage as the Good Book teaches us, however, we understand the concerns of growing older while sustaining needs that we have. This article is part of a series regarding advancement of age and common concerns.

Better Sex as You Age

<https://www.helpguide.org/articles/alzheimers-dementia-aging/better-sex-as-you-age.htm>

Authors: Melinda Smith, M.A. and Jeanne Segal, Ph.D.

Communicate with your partner

As bodies and feelings change as you grow older, it's more important than ever to communicate your thoughts, fears, and desires with your partner. Encourage your partner to communicate fully with you, too. Speaking openly may not come easily to you, but improving your communication will help both of you feel closer.

Broaching the subject of intimacy can be difficult for some people, but it should get easier once you begin.

Try the following strategies as you begin the conversation:
Be playful.

Being playful can make communication about intimacy a lot easier. Use humor, gentle teasing, and even tickling to lighten the mood.

Be honest.

Honesty fosters trust and relaxes both partners—and can be very attractive. Let your partner know how you are feeling and what you hope for to feel connected.

Discuss new ideas.

If you want to try something new, discuss it with your partner, and be open to his or her ideas, too. The senior years—with more time and fewer distractions—can be a time of creativity and passion.

Modernize.

You may belong to a generation in which intimacy was a taboo subject. But talking openly about your needs, desires, and concerns with your partner can make you closer—and help you both enjoy intimacy.

Focus on intimacy and physical touch

A good sex life—at any age—involves a lot more than just sex. It's also about intimacy and touch, things anyone can benefit from. Even if you have health problems or physical

disabilities, you can engage in intimate acts and benefit from closeness with another person.

Take the pressure off by putting aside your old ideas of what sex "should be." Focus instead on the importance of tenderness and contact.

Taking your time

Without pressing workloads or young children to worry about, many older adults have far more time to devote to pleasure and intimacy. Use your time to become more intimate.

Stretch your experience.

Start with a romantic dinner—or breakfast—and share romantic literature and poetry. Having an experience together, sexual or not, is a powerful way of connecting intimately.

Don't be shy.

Hold hands and touch your partner often, and encourage them to touch you. Tell your partner what you love about them, and share your ideas about new experiences you might have together.

Relax.

Find something that relaxes both partners, perhaps trying massage or baths together. Relaxation fosters confidence and comfort and improve functionality.

Expanding your definition of sex

Sexuality necessarily takes on a broader definition as we age. Try to open up to the idea that sex can mean many things, and that closeness with a partner can be expressed in many ways.

It's not just about intercourse. Sex can also be about emotional pleasure, sensory pleasure, and relationship pleasure. Intercourse is only one way to have fulfilling sex. Touching, kissing, and other intimate sexual contact can be just as rewarding for both you and your partner.

Continued in next issue

Heartland Home Health offers a wide variety of services in
**SKILLED NURSING, RESPITE CARE,
PERSONAL CARE AND HOUSEWORKING,**
and in **THERAPIES SUCH AS:**
PHYSICAL, OCCUPATIONAL, SPEECH

**MEDICARE, VA, MEDICAID,
LTC INSURANCE and PRIVATE
PAY OPTIONS accepted**

**Heartland
Home Health** LLC
Serving the Northern Black Hills.
605-723-4663

TOENAIL CLINIC

By Appointment

Call 892-6285

Belle Silver Lining
would like to thank

**Heartland
Home Health** LLC



**Every Wednesday
at 1-3 PM**

at Belle Silver Lining

*With Mary Murphy, LMT
Integrated Therapeutic Massage*

FREE for members

Sign up starts at 12:45 pm - no phone calls.

First come, first served.

**Massage Chair or
Table Available!**



To our new BSL members:

Mary Anderson

Donna Coppess

Jerry & Julie Crockford

Joseph & Suzanne
DeJong

Merlin Ehlers

Judy Johnson

Mark & Rhonda
Johnson

Alan & Beverly
Leeling

Stan Matthews

Diana Nelson

Larry & Georgia
Pikula

Andrew Reynolds

Wendy Richter

Bruce & Mavis Ude

Linwood Ward

Bonnie Warman

Mary Ellen Warren

Recognition To This BSL VOLUNTEER!



Mary Murphy, LMT
is our Integrated
Therapeutic Massage
Specialist! You can
take part in Mary's
wonderful touch every
Wednesday from 1-3
pm at Belle Silver
Lining.
Thank you, Mary!

Thank You for all your help!

COVID-19 VACCINES FOR EVERYONE AGES 5 AND UP ARE AVAILABLE LOCALLY:

Prairie Hills Pharmacy,

319 Summit St., Belle Fourche, 723-5920;

Lynn's DakotaMart Pharmacy,

600 National St., Belle Fourche, 892-2666;

Monument Health Belle Fourche Clinic

2200 13th Ave., Belle Fourche, 723-8970

Belle Silver Lining Staff can help you set up an appointment.

Or go to vaccines.gov to find a vaccine near you or call
Vaccination Assistance Hotline at 1-800-232-0233 for more
information or text GETVAX (438829) to receive three
vaccine sites on your phone.



For every \$1000 worth of receipts
you give to us, Belle Silver Lining can
receive \$10.00 to help with costs.

Grief Support Class

Every Tuesday at 10 am.

*Facilitated by
Patsy Livingston
at Belle Silver Lining*

Donations Needed

We are in need of:

- Large & Small Sturdy Paper
- **Plates & Bowls**
- **Plastic Eating Ware**
- **Vehicles** for Meal Delivery & Senior Transportation. Reliable, lower mileage

828 Kingsbury St., Belle Fourche



OPEN 6 DAYS PER WEEK

Monday – Thursday 10 am to 5 pm
Friday 8 am to 5 pm • Saturday 10 am to 4 pm



Belle Silver Lining Members Receive 20%* Discount Everyday!
So... Become a member and enjoy your discount!

*20% off regular price. Not good with any other offers.

HOURS:
Mon-Thur: 10 am-5 pm
Fri: 8 am-5 pm
Sat: 10 am-4 pm



828 Kingsbury St. • 605-892-6285

Puzzle Page

17 MODES OF TRANSPORT

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

- | | | | |
|----------------|------------|--------------|---------------|
| AERIAL TRAMWAY | CANOE | LIGHT RAIL | SKI LIFT |
| AIRPLANE | CAR SHARE | MONORAIL | SPACE SHUTTLE |
| AUTOMOBILE | ELEVATOR | PEOPLE-MOVER | SUBWAY |
| BICYCLE | ESCALATOR | RICKSHAW | TRAIN |
| BOAT | FERRY | RUNNING | TROLLEY |
| BUS | HELICOPTER | SKATEBOARD | WALKING |

sudoku

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

CROSSWORD

ACROSS

- Christmas's mo.
- Follow orders
- Excess fat
- Frau's exclamation
- "And to ___ good night!" (2 wds.)
- Lab culture nutrient
- Type of bus ticket
- Product of crying
- Currency unit in France
- Engrave on metal
- "Kilroy ___ here"
- Delayed
- Long coaster with runners
- Talk ___ a minute (2 wds.)
- A Gardner
- More unadorned
- Mariner's dir.
- Georgia beauty
- Dollar, informally
- Defensive coverings
- Retirement benefit agcy.
- ___ time (never, 2 wds.)

- Enjoy Dickens
- Essentially similar
- Snakebite victim's need
- Neanderthal abode
- Superman's alias
- Pierre's "no"
- Gazed at
- Enjoys appetizers
- Some sweater sizes (abbr.)

DOWN

- Calendar notation
- Beige color
- Scorch
- Holds
- Pixie
- Gen. Robert ___ (2 wds.)
- Small arrows
- Six feet of water
- T-shirt size
- Motorists' group (abbr.)
- "It's freezing out!"
- "___ your chance!"
- Barton et al.
- Brooks or Einstein
- Neptune's milieu
- Cheer competitor

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
18					19		20				
			21	22	23		24		25	26	27
28	29	30				31		32			
33			34				35			36	
37			38			39			40		
41					42		43				
			44			45		46	47	48	49
50	51	52			53		54	55			
56					57				58		
59					60					61	

- Otherwise
- "The ___ Hunter"
- Rum cake
- Finished
- Healing ointment
- Surgeons, e.g. (abbr.)
- Mammal's three
- Gave temporarily
- Calling ___
- Anaconda, e.g.
- Draft status (hyph.)
- Infinitely long time periods
- Small particle
- Spare rooms
- Expert
- Cosmetics mogul Mary ___
- "___ Been Everywhere"
- Explosive trio
- "___ only a paper moon..."

MAY ANSWERS

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

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

ASIA ITEM MRS
 DEAF GOYA LEE
 DEMI NEIGHBOR
 RHO NNE
 CAREER GET STO
 OLE MEH TUTOR
 CASE DEE PITA
 ONEAL RLS LAT
 ASTROS BEETLE
 TAU OCD
 WITHDREW IAGO
 OFA ELKE CHOW
 ESS DYED TABS

BSL Would Like to Thank All Who Helped Provide The Pies for Our Pie Social Fundraiser!



And to all those who donated and enjoyed these wonderful pies!!



BOARD MEETING:

July 20, 6:00 PM

August 31, 6:00 PM

In-person at Belle Silver Lining or online with a Zoom Video Conference call. Call 892-6285 for details

Do you have questions about Medicare or Medicaid?

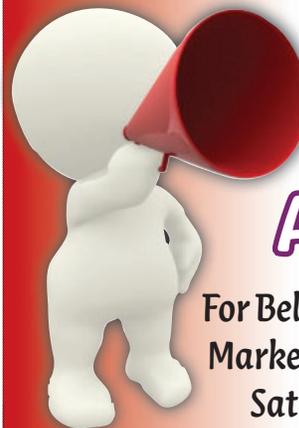
Contact Ida Marie Snorteland 605-642-5123, (leave a message and she will call you back)

Or contact her by email: snorteland@blackhills.com



Belle Silver Lining thanks everyone who helped us raise over \$12,900 in our Raffle Fundraiser. We appreciate your support and generous giving.

Vendor Space Available



For Belle Silver Lining's Vendor Market for the 2nd Friday and Saturday of each month Beginning Again in September

\$20 per 8' Table

Email silverlining.marketplace@gmail.com for reservations or information.

SUN MON TUE WED THU FRI SAT

WHAT'S COOKIN' IN JULY LUNCH SERVED at Belle Silver Lining
11:00 a.m. to 1:00 p.m.

Pineapple 17 Chicken Lo Mein Asian Blend Vegetables Mini Egg Roll Fruit	Meatloaf 18 Stewed Tomatoes Baked Potato Veggie Medley Fruit Peanut Butter Cookie	Hungarian 19 Goulash Green Beans French Bread Strawberries & Cream	Turkey 20 Club Sandwich Broccoli Salad Potato Chips Fruit	Chicken 21 Fried Steak Mashed Potatoes & Gravy Veggie Medley Melon	Baked Ham 22 Scalloped Potatoes Brussels Sprouts Fruit Cocktail	Pork Loins 23 Baked Sweet Potato Peas & Carrots Roll Fruit White Cake
Salmon 24 Patties Rice Pilaf Veggie Medley Fruit Almond Cookie	Swiss 25 Steak Steamed Rice Veggie Medley Roll Fruit	Chicken 26 Enchiladas Spanish Rice Mexicorn Fruit Banana Pudding	BBQ Pork 27 Meatball Subs Red Potatoes Coleslaw Roasted Zucchini Angel Food Cake w/ Berries	Turkey 28 Roast Mashed Potatoes & Gravy Veggie Medley Roll Fruit	BLT or 29 Fish Sandwich Colestlaw Cauliflower Fruit Cookie	Chicken 30 Tarragon Sand. Pea & Cheese Salad Pickled Beets Fruit Chocolate Cake
Baked Ham 31 Cheesy Potatoes Veggie Medley French Bread Fruit	<h1>SENIOR MEALS PROGRAM</h1> <p>Menu Subject to Change</p>					 <p>Home-cooked Meals 7 days/week No person 60 or older will be denied a meal</p>

828 Kingsbury St. • Belle Fourche

Dine In ❖ Carry Out ❖ Delivery* *For delivery please call 605-892-6285
Please determine your contribution based on your comfort level. www.bellesilverlining.com

JULY ACTIVITIES

SUN	MON	TUE	WED	THU	FRI	SAT
1:00 p.m. 17 Pinochle Party 2:00 p.m. Tai Chi	10 a.m. 18 Cribbage 5¢ CARDS 1 p.m. Bingo 1:30 p.m. Dominoes	10 a.m. 19 Pinochle 10 a.m. Cribbage 10 a.m. Greif Support 1 p.m. Cribbage	10 a.m. Fun 20 Fit - Chair 10 a.m. Cribbage 10:30 a.m. Fun Fit - Move 1 pm Massage 2 p.m. Ladies Social & Coffee	10 a.m. 21 Cribbage 1 p.m. Bingo 5¢ CARDS 1 p.m. Craft Class	7:30-10 a.m. 22 Coffee & Rolls 10 a.m. Cribbage 1-3 p.m. Toenail Clinic	10 a.m. 23 Cribbage
2:00 p.m. 24 Tai Chi	10 a.m. 25 Cribbage 5¢ CARDS 1 p.m. Bingo 1:30 p.m. Dominoes	10 a.m. 26 Pinochle 10 a.m. Cribbage 10 a.m. Greif Support 1 p.m. Cribbage	10 a.m. Fun 27 Fit - Chair 10 a.m. Cribbage 10:30 a.m. Fun Fit - Move 1 pm Massage 2 p.m. Ladies Social & Coffee 6:30 p.m. Board Meeting	10 a.m. 28 Cribbage 1 p.m. Bingo 5¢ CARDS 1 p.m. Craft Class	7:30-10 a.m. 29 Coffee & Rolls 10 a.m. Cribbage	10 a.m. 30 Cribbage
2:00 p.m. 31 Tai Chi	THRIFT STORE: Mon.-Thur. 10 a.m. to 5 p.m., Fri. 8 a.m.-5 p.m. Sat. 10 a.m.-4 p.m. 2 POOL TABLES & A SNOOKER TABLE AVAILABLE 9 a.m.-4 p.m.					

Belle Silver Lin

MEDORA MUSICAL

SEPTEMBER

The Medora Musical & Fireworks

In this high energy, country-western variety show you'll see singing and dancing by the Burning Hills Singers and Coal Diggers Band, live horses on stage, a dramatic reenactment of Theodore Roosevelt's famous charge during the battle of San Juan Hill and a BIG patriotic finale with Fireworks...and oh, so much more!

It's Gotta Be Dinner And A Show!

Before you take in the Greatest Show in the West enjoy a wonderful buffet dinner at the Pitchfork Steak Fondue! Every evening our chefs load steaks onto pitchforks and fondue them western style. Savor your steak as you overlook the picturesque Badlands from atop a bluff at the Tjaden Terrace. Then, mosey over to the amphitheatre and get ready for the show to begin!

Comedian Chad Thornsberry

Instantly likable. He draws on all of life's everyday problems and his unique view of life will have you laughing.

The Historic Rough Riders Hotel

Luxury Meets Western Charm And Presidential History At The Historic Rough Riders Hotel. Named for the volunteer cavalry unit led by America's 26th President, Theodore Roosevelt. You'll fall in love the moment you arrive and see the immense hearth reaching to the tin-tiled ceiling, with walls housing one of the largest private (yet available for you to read) library of books on, and by, Theodore Roosevelt.

Rooms are adorned with a touch of the west, the right amount of luxury, and walk-in showers marked by the brands of Roosevelt.

And So Much More...

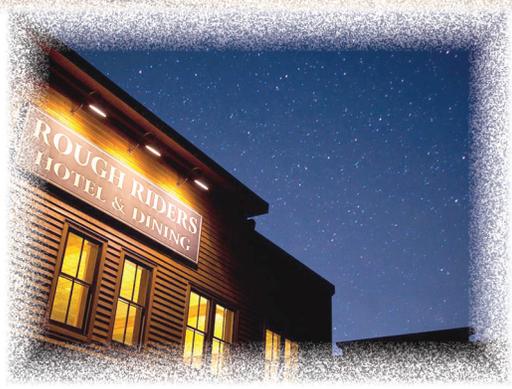


Call 605-892-6285 by August
\$50.00 non-refundable deposit per person required at

ing is hosting

MUSICAL TRIP

8TH AND 9TH



PRICING and PACKAGES

Single with single room **\$399**
 Single with shared room.. **\$298** per person
 Couple **\$595** per couple

Packages includes:

- Charter bus transportation with amenities to and from Medora
- BSL packed lunches to and from Medora
- Dinner at the Pitchfork Fondue (buffet available)
- Medora musical and fireworks show
- Comedian show
- 1 night stay at historic Rough Riders Hotel
- Breakfast on morning of September 9th
- All taxes, tips and gratuity

Call 605-892-6285 to Reserve Your Trip Today!

22 to Reserve Your Package!
 time of reservation. Must be paid in full by August 23.

DINNER & MOVIE

FREE
ADMISSION

FREE
ADMISSION

MOVIE

Friday, August 26 • 7:00 pm

"Just Visiting"

Jean Reno • Christina Applegate • Tara Reid



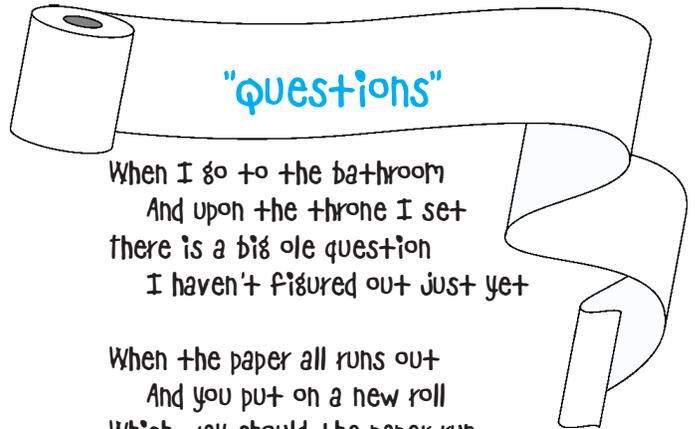
Potty Update

GOOD NEWS:

New Potties Were Ordered in April!

BAD NEWS:

We have found a supplier that can accommodate our antiquated plumbing needs, but the potties are on backorder and we don't know when they'll be here. We speculate its due to shortage of materials, shipping issues, labor shortages - *but we don't know for sure!* We appreciate your patience.



"questions"

When I go to the bathroom
And upon the throne I set
there is a big ole question
I haven't figured out just yet

When the paper all runs out
And you put on a new roll
Which way should the paper run
When it comes off the fold

Should it be from the back
Or should it be from the front
this question I do ponder
While I sit there and grunt

Another question that came up
Which hand to use to wipe
It seems to me what's the difference
When you make that final swipe

that seems might funny to me
When you make such a kaper
You could use either hand
But you better use the paper

"Ole" Big jim



TACO SALAD FUNDRAISER DINNER

Iced Tea or Soft Drink

5:30 to 7:00 pm

\$5 for BSL members, \$8 for non-members

(Includes Meal, Movie, Popcorn & Rootbeer Floats)

Rides available to and from movie

For those attending just the movie:

Popcorn & Root Beer Floats

available for \$2.00

at Belle Silver Lining



Belle Silver Lining MEMBERSHIP CARDS

**Pickup your Belle Silver Lining
Membership Card with your
Paid 2022 Membership**

828 Kingsbury Street

Thank you for adapting to this new check-in system as this will help with applying for grants to help in our funding.

Charles Bonnet Syndrome (CBS)

Charles Bonnet Syndrome (CBS) is a condition that some people get when they lose some or all their vision. It causes them to have visual hallucinations (seeing things that aren't there). A new study suggests this condition is surprisingly common among people with certain types of vision loss.

When people lose vision from diseases like age-related macular degeneration, glaucoma, or diabetic retinopathy, their visual system doesn't process new images. Without visual data coming in through the eyes, the brain fills the void and makes up images or recalls stored images for you to see. This is what causes the visual hallucinations of CBS. It is very similar to how people who have lost a limb may feel phantom pain and is not a sign of a mental health problem.

What people see varies but may include:

- repeating patterns of lines, dots, or other geometric shapes
- landscapes, such as mountains or waterfalls in their living room
- people, animals, or insects in an uncommon area
- people or children dressed in costume from an earlier era

The hallucinations may move or remain still, and they can appear in black and white or color. The length of the hallucinations can last seconds, minutes, or hours.

The experience of describing what you're seeing to someone else can be confused with dementia or other cognitive changes. CBS is a real experience and more importantly, the person recognizes what they are seeing is not there.

It's important to talk about the hallucination, understand it and educate others about CBS.

If you experience CBS due to vision loss and want help explaining it to others or to understand it further, please call Service to the Blind and Visually Impaired at 1-800-265-9684 for assistance.



at
**Branding
Iron Steak
House &
Social Club**

*Will resume Tuesday,
September 6 at 7:00 pm.
Progressive Pot will be \$538.*

Benefits of Tai Chi

- Relieves physical effects of stress
- Enhances mental capacity and concentration
- Improves lower body and leg strength
- Helps with arthritis pain
- Reduces blood pressure
- Promotes faster recovery from strokes and heart attacks
- Improves conditions of Alzheimer's and Parkinson's

**Tai Chi classes:
Sunday, at 2 pm At
Belle Silver Lining**

Wear loose fitting clothing and soft shoes



MONEY TALK

Feds: Gift Card Fraud Losses Soar to \$148 Million

<https://www.aarp.org/money/scams-fraud/info-2021/target-gift-card.html>
by Katherine Skiba, AARP, December 8, 2021

Scammers favor using Target stores and gift cards to cheat consumers

Gift-card fraud losses reached a “staggering” \$148 million in the first nine months of 2021, when nearly 40,000 victims bought cards for criminals, federal officials warned on Dec. 8.

The Federal Trade Commission (FTC) alert, issued during the busiest shopping season of the year, states that gift-card fraud losses from January through September surpassed those for all of 2020. The agency’s warning highlights how Target has become the most popular destination for fraudsters.

- Target-branded gift cards represented \$35 million of all reported gift-card frauds, the most of any single brand. Losses resulting from card purchases at Target were much higher than for other brands popular with crooks: Google Play, Apple, eBay and Walmart.
- Target was most often identified as the retail outlet swindlers instructed victims to buy gift cards from, regardless of whether the card being purchased was a Target card or another brand. Fraud victims also commonly were told to buy gift cards at Walmart, Best Buy, CVS and Walgreens, the warning states.

“Whenever someone demands to be paid with a gift card, that’s a scam. It’s just that simple,” Emma Fletch-

er, an FTC program analyst, cautions in a blog post. “Gift cards are for gifts, not for payments.”

Scammers favor gift cards “because they are easy for people to find and buy,” she adds. “Scammers can get quick cash, the transaction is largely irreversible, and they can remain anonymous.”

Criminals don’t need the physical card to gain access to its funds, just the numbers on the card. Typically, the funds are depleted quickly, leaving victims empty-handed.

The new FTC data is worrisome because the “vast majority of frauds” are not reported to the government, so the data reflects “only a fraction of the harm these scandals cause,” Fletcher writes.

Crooks pose as Amazon or Apple employees

Many of the frauds analyzed occurred when a criminal posing as an employee of Amazon or Apple told victims to send them the numbers on the gift cards so they could fix a supposed security problem on their account, Fletcher explains. Victims reported having been contacted by a criminal who claimed to be from the Social Security Administration and told them that their bank accounts would be frozen as part of an investigation. They were told to buy gift cards to avoid arrest or to get access to their money. And some criminals who seek gift cards pretend to be a love interest, employer, sweepstakes or lottery company, or a relative in trouble.

AARP leads campaign against gift-card fraud

AARP has a campaign to educate consumers about the danger of giving gift cards except as a present for someone they know and trust. “Anytime you are directed to pay some obligation with a gift card, it is a scam. Full stop. You can’t pay bills or taxes or tech support — or to have your Social Security number restored — with a gift card,” Kathy Stokes, AARP’s director of fraud prevention programs, said.

Aarp.org recently reported that a St. Louis woman in her 80s lost \$13,000 in less than four hours in September after a criminal told her to go to four Lowe’s home improvement stores and buy 26 Target gift cards, each worth \$500.

In response to the FTC alert, Target spokeswoman Kayla Castaneda in a statement said: “Unfortunately, gift card scams are a persistent issue across the retail industry. Target takes these crimes extremely seriously and we use a multi-layered, comprehensive approach to mitigate fraud that includes technology, team member training and collaboration with law enforcement. We also continue to implement new technology to prevent gift cards from being abused by fraudsters.”

Coffee & Rolls

Every Friday
7:30 -10:00 a.m.
\$2.00

BELLE SILVER LINING • 828 KINGSBURY ST.

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60 and upward in age, Belle Silver Lining has been subsidizing this meals program. Although our meal participants continue to donate to the program, the rapid increase in need, food and supply costs have put us in a desperate situation and we need some help getting over the hump to allow recuperation from the last three challenging years.

Q: What are we doing to turn our financial situation around and build more stability?

A: This is a many faceted answer that I will not have the space to go into detail, however I'll hit on a few highlights:

1. GOOD NEWS AND LIGHT AT THE END OF THE TUNNEL FOR OUR MEALS PROGRAM!! We have been formally notified that we have been accepted to receive federal subsidy for our Senior Meals Program! This is called Title III C grant funds. It has been a three-year process to obtain these funds and a wonderful victory for us. We are still working on getting set up in the state reporting system, taking training and ensuring we are operating within the guidelines of the grant requirements, but the ball is rolling. We will be able to submit requests for funds monthly from June 1, 2022, when we are all set up. It will take a while for the funds to be distributed, but we are hopeful to see the beginning of continued funds at the end of August 2022 and then there will be a

steady flow of monies available. These funds do not fully cover the entire cost of our meals program, but with our participants' continued donations, grants, and the generosity of a supportive community, we will be able to continue our meals program without jeopardizing any of the services and supports that we provide.

2. We are working with area colleges with the hopes of bringing in an internship team to fully develop all of our programs, including development of long-term funding. We currently have many services but are finding more need for further services! With our community's growing needs in services and supports for our aging population and their families, along with lack of funds to hire qualified personnel, we determined that interns could help in order for us to free up time and resources to advocate for the needs of our senior population. This will give a great opportunity and experience to the intern team as well.

3. Working with the Department of Labor in State-paid employment programs. We currently have two participants in the CSCEP program and are looking to bring on others through multiple programs of the Department of Labor to help us meet our growing staffing needs.

Although more were asked, I believe the most concerning questions were answered here. We are confident that with the generosity of our community, Belle Silver Lining will continue to provide much needed services to our aging citizens and their families for many years to come. If you have further questions or concerns, feel free to contact me at Belle Silver Lining.

The next issue I will resume my article as usual, but felt these concerns needed to be addressed here.

THANK YOU TO
Larry & Alana Strickland
of
Integrity Meats

For your ongoing monthly support of meat donations to Belle Silver Lining Dining program. We greatly appreciate your generosity!

For anyone wishing to thank Larry & Alana personally, call 605-723-6328 or stop by at 404 Industrial Street in Belle Fourche. They would love to hear from you!

Can't Find A place To hold an Event?
Worry no more!
Belle Silver Lining has space for
• Parties • Meetings
• Get-togethers



We have rental space available!
CALL 892-6285 FOR DETAILS

WE LOVE OUR COMMUNITY!



Belle Silver Lining was delighted to receive members from the South Dakota Highway Patrol on May 26 who volunteered their time to us. They were busy with tree trimming, washing windows, moving items, and ordered replacement windows on the spot! Thank you for your service and providing such wonderful energy to our day! You are so very appreciated!

**BUSINESS
OF THE
MONTH**

OFFICE EMPORIUM

*Belle Silver Lining's Ongoing Supporter!
We greatly appreciate your generosity!*

If you would like to thank Mary and her staff personally, we encourage you to stop in at 612 State Street in Belle Fourche, or you can call 605-892-3411.

SENIOR MEALS PROGRAM

Home-cooked Meals

7 days/week

No person 60 or older will be denied a meal



828 Kingsbury St. • Belle Fourche

Dine In ❖ Carry Out Delivery*

*For delivery please call 605-892-6285

Please determine your contribution based on your comfort level.

www.bellesilverlining.com

Menu Subject to Change

SUN

MON

TUE

WED

THU

FRI

SAT

WHAT'S COOKIN' IN AUGUST AT:



1
Italian Herb Fish
Pesto Quinoa
Green Beans
Garden Salad
Fruit
Pudding

2
Philly Cheese Steak
Potato Wedges
Veggie Medley
Fruit
Cream Cheese Brownies

3
Oven Baked Chicken
Macaroni Salad
Broccoli
Fruit

4
Pork Roast
Mashed Potatoes & Gravy
Peas & Carrots
Fruit
Chocolate Chip Cookie

5
Spaghetti & Meat Sauce
Garlic Bread
Ceasar Salad
Veggie Medley
Berrie Crisp

6
Lemon Herb Chicken Breast
Creamy Risotto
Roasted Cauliflower
Fruit
Ranger Cookie

7
Chicken Teriyaki
Steamed Rice
Mini Egg Roll
Asian Blend Veg.
Mandarin
Oranges

8
Sausage Gravy & Biscuit
Scrambled Eggs
Roasted Zucchini
Fruit
Blueberry Muffins

9
Dill Salmon
Rice Pilaf
Veggie Medley
Focaccia Bread
Fruit
Krispie Bar

10
Pot Roast
Potatoes & Vegetables
Roll
Garden Salad
Fruit

11
Chicken Bacon Swiss Sandwich
Potato Wedges
Asparagus
Funfetti Cookie

12
1/4 lb. Chicago Dog
Chips
Coleslaw
Fruit Cocktail

13
Turkey Tetrazzini
Roll
Veggie Medley
Fruit
Chocolate Zucchini Cake

14
Chicken Alfredo
Roll
Broccoli
Garden Salad
Fruit
Pudding

15
Shrimp & Sausage
Jumbalaya
Veggie Medley
Fruit
Banana Bars

16
Meatloaf
Stewed Tomatoes
Baked Potato
Green Beans
Fruit

17
Roast Turkey
Mashed Potatoes & Gravy
Carrots
Roll
Fruit

18
Cheeseburger
Potato Wedges
Cucumber Salad
Veggie Medley
Fruit
Lemon Bars

19
Country Style BBQ Ribs
Baked Beans
Roasted Corn
Fruit Cocktail

20
Glazed Ham
Baked Sweet Potato
Green Beans
Garden Salad
Fruit
Yellow Cake

21
Shrimp Salad
Croissant
Pea & Cheese Salad
Potato Chips
Fruit
Toffee Blondie

22
Taco Salad w/Leafy Greens & All the Fixins'
Refried Beans
Corn & Peppers
Ambrosia

23
Chicken Lo Mein
Mini Egg Roll
Asian Blend Veg.
Fruit
Brownies

24
BBQ Pork On A Bun
Baked Beans
Carrots
Brussels Sprouts
Fruit
Sugar Cookie

25
Turkey Pot Pie
Biscuit
Broccoli
Garden Salad
Berries & Cream

26
Lasagna
Ceasar Salad
Green Beans
French Bread
Fruit

27
Chicken Tarragon Sand.
Potato Chips
Marinated Veggie Salad
Fruit
Peanut Butter Bar

28
Pork Loins
Rice Pilaf
Veggie Medley
Roll
Fruit
Chocolate Chip Cookie

29
Fish & Chips
Coleslaw
Peas & Carrots
Fruit

30
Sloppy Joe
Roasted Potato Wedges
Green Beans
Fruit Crisp

31
Baked Chicken
Baked Potato
Veggie Medley
Fruit
Chocolate Cake

LUNCH SERVED
at Belle Silver Lining
11:00 a.m. to 1:00 p.m.

Menu Subject to Change

AUGUST ACTIVITIES

SUN

MON

TUE

WED

THU

FRI

SAT

8 a.m.-1 p.m. **1**
Pie for Breakfast
Downtown
10 a.m. **5¢ CARDS**
Cribbage
1 p.m. Bingo
1:30 p.m. Dominoes

10 a.m. **2**
Pinochle
10 a.m. Cribbage
10 a.m. Grief Support
1 p.m. Cribbage

10 a.m. Fun Fit - Chair **3**
10 a.m. Cribbage
10:30 a.m. Fun Fit - Move
1 pm Massage
2 p.m. Ladies Social & Coffee

10 a.m. **4**
Cribbage
1 p.m. **5¢ CARDS**
Bingo

7:30-10 a.m. **5**
Coffee & Rolls
10 a.m. Cribbage

10 a.m. **6**
Cribbage
1:00 p.m. Pinochle Party

2:00 p.m. **7**
Tai Chi

8 a.m.-1 p.m. **8**
Pie for Breakfast
Downtown
10 a.m. **5¢ CARDS**
Cribbage
1 p.m. Bingo
1:30 p.m. Dominoes

10 a.m. **9**
Pinochle
10 a.m. Cribbage
10 a.m. Grief Support
1 p.m. Cribbage

10 a.m. Fun Fit - Chair **10**
10 a.m. Cribbage
10:30 a.m. Fun Fit - Move
1 pm Massage
2 p.m. Ladies Social & Coffee

10 a.m. **11**
Cribbage
1 p.m. **5¢ CARDS**
Bingo

7:30-10 a.m. **12**
Coffee & Rolls
10 a.m. Cribbage
1 p.m. Bridge

10 a.m. **13**
Cribbage

2:00 p.m. **14**
Tai Chi

10 a.m. **15**
Cribbage
1 p.m. Bingo **5¢ CARDS**
1:30 p.m. Dominoes

10 a.m. **16**
Pinochle
10 a.m. Cribbage
10 a.m. Grief Support
1 p.m. Cribbage

10 a.m. Fun Fit - Chair **17**
10 a.m. Cribbage
10:30 a.m. Fun Fit - Move
1 pm Massage
2 p.m. Ladies Social & Coffee

10 a.m. **18**
Cribbage
1 p.m. Bingo **5¢ CARDS**

7:30-10 a.m. **19**
Coffee & Rolls
10 a.m. Cribbage

10 a.m. **20**
Cribbage

1:00 p.m. **21**
Pinochle Party
2:00 p.m. Tai Chi

10 a.m. **22**
Cribbage **5¢ CARDS**
1 p.m. Bingo
1:30 p.m. Dominoes

10 a.m. **23**
Pinochle
10 a.m. Cribbage
10 a.m. Grief Support
1 p.m. Cribbage

10 a.m. Fun Fit - Chair **24**
10 a.m. Cribbage
10:30 a.m. Fun Fit - Move
1 pm Massage
2 p.m. Ladies Social & Coffee

10 a.m. **25**
Cribbage **5¢ CARDS**
1 p.m. Bingo
1 p.m. Craft Class

7:30-10 a.m. **26**
Coffee & Rolls
10 a.m. Cribbage
5:30 p.m. Dinner
7 p.m. Movie

10 a.m. **27**
Cribbage

2:00 p.m. **28**
Tai Chi

10 a.m. **29**
Cribbage **5¢ CARDS**
1 p.m. Bingo
1:30 p.m. Dominoes

10 a.m. **30**
Pinochle
10 a.m. Cribbage
10 a.m. Grief Support
1 p.m. Cribbage

10 a.m. Fun Fit - Chair **31**
10 a.m. Cribbage
10:30 a.m. Fun Fit - Move
1 pm Massage
2 p.m. Ladies Social & Coffee
6:30 p.m. Board Meeting

THRIFT STORE
Mon.-Thur.
10 a.m. to 5 p.m.
Fri. 8 a.m.-5 p.m.
Sat. 10 a.m.-4 p.m.

LUNCH 7 DAYS/WEEK
11 a.m. - 1 p.m. at
Silver Lining Dining
828 Kingsbury St
605-892-6285

2 POOL TABLES & A SNOOKER TABLE
AVAILABLE
9 a.m.-4 p.m.

BELLE SILVER LINING MEMBERSHIP APPLICATION/RENEWAL/UPDATE and DONATION form
 senior citizens center ♦ 828 Kingsbury Street, Belle Fourche, SD 57717
 (605) 892-6285 ♦ bfsc@midconetwork.com ♦ www.bellesilverling.com ♦ Like us on Facebook

Please activate or renew/update my Belle Silver Lining senior center membership.

ANNUAL MEMBERSHIP (January 1 – December 31)**

- One-year Active Membership (age 55+) \$20/person
- One-year Associate Membership* (age 45–54) \$20/person
- One-year Couple Active/Associate Membership \$35/couple

Subtotal\$ _____

* Associate Members have all benefits available to Active Members with the exception of voting rights.

** Annual membership dues paid between November 1 and December 31 will confer membership for the remainder of the calendar year and for the entire following calendar year.

DONATIONS TO BELLE SILVER LINING senior center

- In addition to my membership, I would like to support Belle Silver Lining’s mission with a donation of \$ _____.
- I am ineligible for membership due to age restrictions, but I would like to support Belle Silver Lining’s mission with a donation of \$ _____.

Subtotal\$ _____

PAYMENT INFORMATION

TOTAL AMOUNT ENCLOSED\$ _____

I understand there are no refunds. _____ (please initial)
 Paid by: Cash Check

STAY INFORMED

With your membership, you will automatically receive a copy of our monthly newsletter at your mailing address.
 Visit our website at www.bellesilverlining.com to stay up to date.
 Visit and Like us on **Facebook** where we post special offerings from time to time.

- I would like to receive **Email** notifications from **Belle Silver Lining**.

GIFTING

- This membership was purchased as a gift.

Office use only (please print clearly)

Received on: ____/____/____ Received by: _____
 Amount Received: \$ _____ Check #: _____

MEMBER INFORMATION (Please Print)

- New Membership Renewal/Update Membership

Name: _____

Check one: Mr. Mrs. Ms. Dr. Rev.

Gender: Male Female

Birthdate: (Required) _____ (MM/DD/YY)

Phone: _____

Name: _____

Check one: Mr. Mrs. Ms. Dr. Rev.

Gender: Male Female

Birthdate: (Required) _____ (MM/DD/YY)

Phone: _____

Physical Address

Street Address: _____

Unit/Apt./PO Box: _____

City: _____ St.: _____ Zip: _____

Home Phone: _____

Mailing Address (if different)

Mailing Address: _____

Unit/Apt./PO Box: _____

City: _____ St.: _____ Zip: _____

Email: _____



EMERGENCY CONTACT INFORMATION

CONTACT #1

Name: _____

Relationship: _____

Phone: _____

PHYSICIAN CONTACT

Physician Name: _____

Phone: _____



Member Cards available for pickup!



MEMBERSHIP

Perks:

Only \$20 to join!

* With paid 2022 membership.

✓ Discount in Thrift Store

✓ Free Foot Massage

✓ Free Toenail Clinic

✓ Discounted Activities & Events



Belle Silver Lining

828 Kingsbury St

Belle Fourche, SD 57717

www.bellesilverlining.com



@Bfseniorcenter
605-892-6285

Nonprofit
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Belle Fourche, SD
Permit #58

Return Services Requested



Please help promote Belle Silver Lining Senior Center and the Silver Lining Thrift Store by Liking our Facebook page!

BOARD OF DIRECTORS:

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President

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Mary Riley

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OUR MISSION:

We are a non-profit
501(c)3 organization
with the mission
to celebrate, embrace
and serve older adults
for the betterment of
our community.