

THE EXCHANGE

*Published for parents, family members, and guardians
of individuals served by Black Hills Workshop*

May/June 2011

BHW welcomes AmeriCorps VISTA and NCCC volunteers



We are happy to welcome Derek Dalen, an AmeriCorps VISTA (Volunteers in Service to America) who will be assisting us to further grow our volunteer program.

Since its beginnings Black Hills Workshop has relied on volunteers to assist with recreation, fund raising, and other special events. Tightening budgets combined with the desire of those we serve to live increasingly active lives make volunteers even more critical to our mission.

Derek is taking over for Mike Kaiser, whose VISTA service is coming to an end. Derek is from Thief River Falls, Minnesota and has a degree in outdoor recreation from the University of Minnesota at Duluth. He did his internship with Wilderness Inquiry, working with people with disabilities. We are excited about the possibilities he brings to our volunteer program. If you are interested in learning more about our volunteer program, contact Derek at 343-4581, extension 231.

Black Hills Workshop also welcomed nine AmeriCorps NCCC volunteers on May 6. The volunteers will be with us for eight weeks, working throughout our facility on Range Road to support people in a variety of activities. This is the third time NCCC members have assisted Black Hills Workshop. Samantha Czerkas, the media representative for the group, says that this is the second stint for this particular group. NCCC members serve for ten months. Most recently, they worked with Habitat for Humanity in Waterloo, Iowa and they will have one more, yet-to-be announced assignment when they leave Rapid City.

AmeriCorps NCCC is a full-time, team-based residential program for men and women ages 18-24. NCCC members are organized into teams and serve in communities in the areas of disaster preparation, response, and recovery; environmental conservation; public safety; urban and rural development; and education. NCCC and other AmeriCorps programs are administered by the Corporation for National and Community Service. For more information, visit <http://www.nationalservice.gov>.

Grant helps bring healthier eating to BHW

In 2010, Black Hills Workshop received a grant from the South Dakota Department of Education to bring healthier eating to those we serve who require the texture of their food and liquids to be modified because of dysphagia (difficulty in swallowing and chewing). The 18-month grant will also help improve nutrition for those with diabetes and others served by Black Hills Workshop.

Over the period of the grant, registered dietician Elaine Mellegard and Laura Smith, the pre-vocational instructor in our kitchen, updated menus to focus on reducing processed food and adding more fruits and vegetables and whole grains. They used grant money to purchase a resource book, *Dysphagia Diet Solutions: Dysphagia Tips and Recipes* and created a presentation to train staff involved in meal preparation about cooking for those with dysphagia, while maintaining the nutritional value and palatability of the food.

The Black Hills Workshop kitchen participates in the United States Department of Agriculture Lunch Program. Approximately 80% of the meals served by the kitchen require some kind of modification because of special diet or food allergies. Of these, 55 people need a texture modification or change in liquid consistency due to dysphagia. These can range from soft, easy to chew, to chopped, diced, ground or pureed solid foods. Liquid consistencies also vary based on the person's needs.

There are many concerns with dysphagia meal preparation: Foods must be diluted properly to avoid reducing nutrition and calorie content. Liquids must be thickened to the proper consistency to prevent aspiration. People may be afraid of choking, so may not drink enough and become dehydrated. And there may be less enjoyment with eating and drinking, leading to a feeling of isolation at mealtime. This grant has provided new tools for those involved in food preparation at Black Hills Workshop to ensure we are providing adequate nutrition and calories to those we serve with special diets.

The Exchange is published bimonthly by the Black Hills Workshop for parents, family members, and guardians of the individuals we serve. Comments and questions are encouraged and may be addressed to Dorothy Rosby, Editor, Black Hills Workshop, Box 2104, Rapid City, SD 57709; call (605) 718-6205; or email drosby@bhws.com. We also appreciate your keeping us up to date on your address changes, corrections, or duplicate mailings.

Suzie Cappa Artists to show work at Dahl Arts Center

Artists from the Suzie Cappa Center for Art Expression and Enjoyment will display their work at the Dahl Art Center August 26- September 24. There will be approximately 40 pieces of art work in the show, all involving fabric, textile, yarn, or thread. This is the tenth year that the Suzie Cappa Center has had a show at the Dahl Art Center.

Special Olympics Softball

Special Olympics Softball practice started on Monday, June 13, and will be held every Monday throughout the summer except for July 4 and September 5. Everyone is welcome! There are two practices every Monday to accommodate everyone's schedule. The first practice will start at 10:15 and go until 11:30, and the second practice will start at 4:15 and go until 5:30. We are planning on having at least two teams this year. In addition to these practices, we are planning on scheduling a few additional games for fun!

The State Tournament will be in Brookings the week-end of September 17-18. We do not yet have a schedule for the Black Hills Area Tournament. If you have any questions, please contact John Tanner at 545-5337.

Rapid City Community Pride Lions Club meeting at BHW

Rapid City's newest Lions Club will host it's Charter Night and new member initiation on Saturday, June 25 at the Black Hills Workshop administration building. Rapid City Community Pride Lions Club will be inducting approximately 30 new members, but they would love to have more. The group is open to anyone. They met for the first time on May 4 to elect officers and select projects. Initially, they plan to focus on the adopt-a-park program, fund raising for tornado relief, and collecting donated eye glasses for those in need. The club will meet once a month in the Black Hills Workshop administration building, 3650 Range Road. If you're interested in joining Rapid City Community Pride, contact Joe Burmeister at 593-1144. To learn more about Lions Club watch an informational video at the following link:

http://www.youtube.com/watch?v=8lfWnafzz_o

If you would prefer to receive the Exchange via e-mail, please send your e-mail address to drosby@bhws.com. Your information will not be shared with other organizations.