



This resource guide was developed through a partnership with Home Instead Senior Care of the Black Hills and lists programs/businesses serving seniors and their family members. It includes home care services, home health care, independent living facilities, assisted living facilities, continuing care communities, skilled nursing facilities, consultants, hospice programs and caregiver resources.

For more information: • Visit [www.helplinecenter.org](http://www.helplinecenter.org) • Dial 2-1-1 • Text your zip code to 898211

**Home Health Care:**

*Provides necessary medical services through health care professionals.*

*\*Also provides Home Care Services (non-medical assistance / caregiving such as personal care and errands)*

Bennett Co. Hospital Home Health	(605) 685-6622	Martin	<a href="http://www.bennettcountyhospital.com">www.bennettcountyhospital.com</a>
Circle of Life Home Care	(888) 871-2474	Rapid City	<a href="http://www.circleoflifehc.com">www.circleoflifehc.com</a>
Good Samaritan Society	(605) 342-0529	Rapid City	<a href="https://www.good-sam.com/">https://www.good-sam.com/</a>
Heartland Home Health	(605) 723-4663	Belle Fourche	<a href="http://heartlandhomehealthllc.com/">http://heartlandhomehealthllc.com/</a>
Interim Health Care*	(605) 348-5885	Rapid City	<a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a>
Interim Health Care*	(605) 642-2806	Spearfish	<a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a>
Regional Health Home+ Home Health*	(605) 755-4663 (HOME)	Rapid City, Spearfish	<a href="http://www.regionalhealth.com/home">www.regionalhealth.com/home</a>
State Home Care Services	(605) 718-5004	Rapid City	<a href="http://www.statehomecareservices.com/">http://www.statehomecareservices.com/</a>
State Home Care Services	(605) 745-4816	Hot Springs	<a href="http://www.statehomecareservices.com/">http://www.statehomecareservices.com/</a>
State Home Care Services	(605) 722-9167	Spearfish	<a href="https://www.statehomecareservices.com/">https://www.statehomecareservices.com/</a>
TLC Home Care Services	(605) 791-2577	Rapid City	<a href="http://www.tlcsouthdakota.com">www.tlcsouthdakota.com</a>
Westhills Village Home Health*	(605) 342-0255	Rapid City	<a href="https://www.westhillsvillage.com/">https://www.westhillsvillage.com/</a>
West Winds Health Service*	(605) 865-3757	Timber Lake	

**Home Care Services (only):**

*Provides assistance with day-to-day caregiving such as personal care and errands.*

Care-A-Ride	(605) 381-7825	Black Hills	<a href="https://www.facebook.com/care-a-ride">Facebook.com/care-a-ride</a>
Caring Hands Elder Care	(605) 347-0958		

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Comfort Keepers	(605) 277-1870
Comfort Keepers	(605) 277-1915
Compassion Health Services	(605) 639-0115
Home Instead Senior Care	(605) 716-9300
People Care	(605) 341-8000
Preferred Home Health, Inc.	(605) 375-3738
Regional Health Home+	(605) 755-4663 (HOME)
Senior Check-In	(605) 717-3000
Senior Companions	(605) 721-8884
Western Resources for Independent Living	(605) 718-1930
	(605) 644-7271

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Rapid City	<a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>
Spearfish	<a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>
Spearfish	<a href="http://www.compassionhs.com">www.compassionhs.com</a>
Rapid City	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Rapid City	<a href="http://www.betterbusinessbureau.com">Better Business Bureau</a>
Buffalo	<a href="http://www.homehealthcareagencies.com">www.homehealthcareagencies.com</a>
Rapid City	<a href="http://www.regionalhealth.com/home">www.regionalhealth.com/home</a>
Spearfish	<a href="https://seniorcheck-on.com/">https://seniorcheck-on.com/</a>
Rapid City	<a href="http://www.good-sam.com/scpsd">www.good-sam.com/scpsd</a>
Rapid City	<a href="http://www.wrill.org/">http://www.wrill.org/</a>
Spearfish	<a href="http://www.wrill.org/">http://www.wrill.org/</a>

## Assisted and Independent Living:

*Residential facilities that combine housing and supportive/personal care services which will allow each resident to function as independently as possible.*

*\*Independent Living Option Available*

### **Rapid City:**

Clarkson Mt. View Health Care Facility	(605) 343-5882	<a href="http://www.westhillsvillage.com">www.westhillsvillage.com</a>
Echo Ridge Assisted Living*	(605) 718-1800	<a href="https://www.good-sam.com">https://www.good-sam.com</a>
Edgewood Healthcare	(605) 718-3600	<a href="https://www.edgewoodhealthcare.com">https://www.edgewoodhealthcare.com</a>
Morning Star Assisted Living	(605) 348-2596	<a href="http://www.morningstarlc.com">www.morningstarlc.com</a>
Primrose Retirement Communities*	(605) 593-9460	<a href="https://www.primroseretirement.com">https://www.primroseretirement.com</a>
St. Martin Village Assisted Living*	(605) 343-1919	<a href="https://www.good-sam.com">https://www.good-sam.com</a>
There's a Hart Assisted Living	(605) 343-5563	<a href="http://www.theresahartassistedliving.com">www.theresahartassistedliving.com</a>
The Victorian Assisted Living	(605) 342-1913	<a href="https://www.victorianseniorliving.com/">https://www.victorianseniorliving.com/</a>
Westhills Village	(605) 342-0255	<a href="http://www.westhillsvillage.com">www.westhillsvillage.com</a>
Westhills Village Courtyard	(605) 342-6821	<a href="http://www.westhillsvillage.com">www.westhillsvillage.com</a>

### **Belle Fourche:**

Country Place Senior Living	(605) 723-3000	<a href="http://www.countryplaceseniorliving.com">www.countryplaceseniorliving.com</a>
High Prairie Assisted Living	(605) 892-0082	
Judy's Assisted Living Center	(605) 723-4792	

### **Spearfish:**

Edgewood Vista Senior Living	(605) 642-2977	<a href="https://www.edgewoodhealthcare.com">https://www.edgewoodhealthcare.com</a>
Garden Hills Assisted Living	(605) 642-0404	
Sandstone Manor*	(605) 642-4910	<a href="http://www.sandstoneseniorliving.com">www.sandstoneseniorliving.com</a>
Serenity Corners Assisted Living	(605) 642-4029	

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Tender Care Assisted Living (605) 642-7963

### Sturgis:

Aspen Grove Assisted Living (605) 720-4738

Dakota Hills Assisted Living (605) 423-8084

Foothills Assisted Living (605) 347-4460

Key City Assisted Living (605) 347-2770

[www.empres.com](http://www.empres.com)

[www.sturgisassistedliving.com](http://www.sturgisassistedliving.com)

[www.keycityassistedliving.com](http://www.keycityassistedliving.com)

### Other Locations:

Regional Health Assisted Living (605) 755-HOME (4663)

Medicine Wheel Village (605) 964-8155

Pine Hills Retirement Community\* (605) 745-5555

Golden Ridge Regional Senior Care\* (605) 722-6380

Castle Retirement Home (605) 269-2422

Custer

Eagle Butte

Hot Springs

Lead

Whitewood

[www.regionalhealth.com/home](http://www.regionalhealth.com/home)

[www.pinehillsretirement.com](http://www.pinehillsretirement.com)

[www.goldenridgeseniorliving.com](http://www.goldenridgeseniorliving.com)

### Independent Living (only):

*Residential facilities, apartments and/or planned communities with access to supportive services if needed.*

Holiday Hills Estates (605) 593-9631

Maplewood Apartments (605) 348-2427

West Park Apartments (605) 348-5005

Rapid City

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[www.holidaytouch.com](http://www.holidaytouch.com)

<https://www.thiestalle.com>

[www.oakleafpm.com](http://www.oakleafpm.com)

### Skilled Nursing Facilities (Nursing Homes):

*Inpatient health care facilities that provide nursing and personal care over an extended period of time.*

#### Rapid City:

Clarkson Mt. View Health Care (605) 343-5882

Avantara St. Cloud (605) 343-4738

Avantara North (605) 343-4958

Avantara Arrowhead (605) 348-0285

Avantara Mountain View (605) 343-8577

Fountain Springs Health Care (605) 343-3555

Westhills Village Health Care (605) 342-0255

Bella Vista

Black Hills

Arrowhead

Prairie Hills

[www.westhillsvillage.com](http://www.westhillsvillage.com)

[www.empres.com](http://www.empres.com)

[www.westhillsvillage.com](http://www.westhillsvillage.com)

#### Black Hills Area:

Rolling Hills Healthcare (605) 892-3331

Bennett Co. Nursing Home (605) 859-6586

Custer Regional Senior Care (605) 755-HOME (4663)

Michael J. Fitzmaurice Veterans' Home (605) 745-5127

Belle Fourche

Martin

Custer

Hot Springs

[www.rollinghillshealthcare.com](http://www.rollinghillshealthcare.com)

[www.bennettcountyhospital.com](http://www.bennettcountyhospital.com)

[www.regionalhealth.com/home](http://www.regionalhealth.com/home)

[www.vetaffairs.sd.gov](http://www.vetaffairs.sd.gov)

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Kadoka Care Center (605) 837-2270  
Five Counties Nursing Home (605) 374-3871  
Good Samaritan Society (605) 754-6489  
Philip Nursing Home (605) 859-2583  
Spearfish Canyon Healthcare (605) 642-2716  
Regional health Sturgis Hospital (605) 755-HOME (4663)  
Seven Sisters Living Center (605) 745-3460  
White River Health Care Center (605) 259-3161

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*Kadoka*  
*Lemmon* [www.fivecountiesnursinghome.com](http://www.fivecountiesnursinghome.com)  
*New Underwood* [www.good-sam.com](http://www.good-sam.com)  
*Philip* [www.philiphealthservices.com](http://www.philiphealthservices.com)  
*Spearfish* [www.spearfishcanyonhc.com](http://www.spearfishcanyonhc.com)  
*Sturgis* [www.regionalhealth.com/home](http://www.regionalhealth.com/home)  
*Hot Springs* [www.frhssd.org](http://www.frhssd.org)  
*White River*

## Adult Day Care:

Adult Day Centers of the Black Hills (605) 791-0436/ *Rapid City* [www.adultdaycenterbh.com](http://www.adultdaycenterbh.com)

## Caregiver Resources:

Alzheimer's Association (605) 339-4543 [www.alz.org/sd](http://www.alz.org/sd)  
Better Choices, Better health (888) 484-3800 [www.goodandhealthysd.org](http://www.goodandhealthysd.org)  
*chronic disease self-management*  
Braille & Talking Book Program (800) 423-6665 <http://library.sd.gov/BTB/>  
*SD State Library*  
CAREgivers Free Support Services (605) 275-7681/(800) 360-6161 [www.caregiverssd.org](http://www.caregiverssd.org)  
CapTel Free Telephone (800) 233-9130 [www.CapTel.com](http://www.CapTel.com)  
*Captioning Services*  
DHS—Long Term Services and Supports *See website for phone information by city* [www.dhs.sd.gov/ltss](http://www.dhs.sd.gov/ltss)  
ADRC Resource Directory (605) 367-5250 *Rapid City* <http://southdakota.assistguide.net/>  
(605) 773-3438 *Pierre*  
(605) 718-5683 *Rapid City* [www.loveinonline.com](http://www.loveinonline.com)  
Love, Inc. of the Black Hills (605) 718-5683 [www.loveinonline.com](http://www.loveinonline.com)  
Medicare Services (800) 437-4762 [www.medicare.gov](http://www.medicare.gov)  
Project Lifesaver (605) 394-6113 [www.pennco.org/sheriff](http://www.pennco.org/sheriff)  
Library Services for Adults homebound (605) 394 -6139, Ext. 2230 *Rapid City* [www.rcgov.org](http://www.rcgov.org)  
Retired Senior Volunteer Program (RSVP) (605) 394-2507 *Rapid City* [www.rcgov.org](http://www.rcgov.org)  
Black Hills State University RSVP (605) 642-5198 *Spearfish* [www.bhsu.edu/RSVP](http://www.bhsu.edu/RSVP)  
Senior Companion Program (605) 361-1133 *Rapid City* [www.good-sam.com/scpsd](http://www.good-sam.com/scpsd)  
SHIINE (605) 342-8635 <http://shiine.net/>  
*Senior Health Information & Insurance Education*  
Services for the Blind & Visually Impaired (605) 394-2261/(800) 439-8861 <https://dhs.sd.gov/servicetotheblind/default.aspx>  
Social Security Administration (605) 342-1819/(800) 772-1213 [www.ssa.gov](http://www.ssa.gov)  
South Dakota Parkinson's Foundation (605) 271-6113 <http://www.southdakotaparkinson.org>

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### Consultants:

Amazing Grace (rightsizing and relocation services)	(605) 939-5792	Rapid City	<a href="http://www.amazing-grace.vpweb.com">www.amazing-grace.vpweb.com</a>
Black Hills Advocate Jenny Schmidt/Amy Matson	(605) 519-5051	Rapid City	<a href="http://www.blackhillsadvocate.com/">http://www.blackhillsadvocate.com/</a>
Certified Aging in Place Specialists Kristi Barber David Asbridge Dreammaker	(605) 342-7006 Ext. 219 (605) 716-2266	Rapid City	

### Hospice Programs:

*Programs that provide a full range of supportive services for terminally ill individuals who are in the final stages of life.*

Grace of the Pines Hospice	(605) 745-4967	Custer, Hot Springs and Pine Ridge	<a href="http://www.graceofthepineshospice.com">http://www.graceofthepineshospice.com</a>
Regional Health Home+ Home Hospice and Hospice House	(605) 755-HOME (4663)	Rapid City, Spearfish	<a href="http://www.regionalhealth.org">www.regionalhealth.org</a>

### Medical Equipment/Supplies:

Apria Healthcare	(605) 341-2273	Rapid City	<a href="https://www.apria.com/">https://www.apria.com/</a>
Lincare	(605) 342-3890	Rapid City	<a href="http://www.lincare.com/">http://www.lincare.com/</a>
Partner Medical (Kreisers)	(605) 342-2773	Rapid City	<a href="https://www.partnermedicalhc.net/index.htm">https://www.partnermedicalhc.net/index.htm</a>
Performance Respiratory Home Medical	(605) 341-0567	Rapid City	<a href="https://www.performancerespiratory.com/">https://www.performancerespiratory.com/</a>
Presidents Specialty Healthcare	(605) 341-4669		
PSI Health Care Inc.	(605) 348-9380		
Regional Health Home+ Home Medical Equipment	(605) 755-9000 (605) 717-8930 (605) 720-2676	Rapid City Spearfish Sturgis	<a href="http://www.regionalhealth.org/home">www.regionalhealth.org/home</a>

### Senior Centers:

Belle Fourche Senior Citizens Center	(605) 892-6285	Belle Fourche	
Canyon Lake Senior Center	(605) 721-8710	Rapid City	<a href="http://www.canyonlakecenter.com">www.canyonlakecenter.com</a>
Custer Senior Center	(605) 673-2708	Custer	<a href="http://www.custersencntr.org">www.custersencntr.org</a>
Hill City Senior Center	(605) 574-3211	Hill City	<a href="http://www.hillcityseniorcenter.org">www.hillcityseniorcenter.org</a>
Meade County Senior Center	(605) 347-5877	Sturgis	<a href="https://www.facebook.com/MCSeniorCitizensCenter/">www.facebook.com/MCSeniorCitizensCenter/</a>
Minneluzahan Senior Citizen Center	(605) 394-1887	Rapid City	<a href="https://www.facebook.com/Minneluzahan">www.facebook.com/Minneluzahan</a>
Newell Vale Nisland Senior Center	(605) 456-2155	Newell	
Spearfish Senior Center	(605) 642-2827	Spearfish	<a href="http://www.spearfishseniorcenter.weebly.com/">www.spearfishseniorcenter.weebly.com/</a>

**Senior Meal Programs (Congregate Dining or Home Delivered Meals):**

Residents in the following cities/areas need to contact their local program to sign up for meals.

Residents in these cities, contact:	Western South Dakota Senior Services at (605) 394-6002				
Belle Fourche	Bison	Custer	Dupree	Edgemont	
Faith	Hot Springs	Isabel	Lemmon	Newell	
Rapid City	Timber Lake	Wall			

Deadwood/Lead residents should contact:	Regional Health Lead-Deadwood Hospital Meal Delivery Service (605) 717-6035
Eagle Butte residents should contact:	Cheyenne River Elderly Nutrition Center (605) 964-8056
Philip residents should contact:	Bennett County Senior Center (605) 685-6642
Pine Ridge residents should contact:	Social Nutrition (605) 867-5913
Spearfish residents should contact:	Ponderosa Apartments (605) 642-1277
Sturgis residents should contact:	Prairie Hills Transit (605) 642-6613

**Transportation:**

Care-A-Ride	(605) 381-7825	<i>Black Hills</i>	<a href="https://www.facebook.com/care-a-ride">Facebook.com/care-a-ride</a>
Cheyenne River Sioux Transit	(605) 964-7433	<i>Eagle Butte</i>	<a href="http://www.rcptransit.com">www.rcptransit.com</a>
Dial-A-Ride	(605) 394-6631	<i>Rapid City</i>	<a href="http://www.rapidride.org/dial-a-ride">http://www.rapidride.org/dial-a-ride</a>
E. Pennington County Transit	(605) 279-2430	<i>Rapid City</i>	<a href="http://www.rcptransit.com/east-pennington">www.rcptransit.com/east-pennington</a>
Haakon County Transit	(605) 441-1495	<i>Philip</i>	<a href="http://www.rcptransit.com/haakon-county-prairie-transit/">www.rcptransit.com/haakon-county-prairie-transit/</a>
Oglala Sioux Transit	(605) 867-2332		
Prairie Hills Transit	(605) 374-3189	<i>Lemmon</i>	<a href="https://arrowpublictransit.com/">https://arrowpublictransit.com/</a>
Prairie Hills Transit	(605) 642-6668/(877) 673-3687		<a href="http://www.prairiehillstransit.com">http://www.prairiehillstransit.com</a>
<i>Serving Northern Hills, Sturgis, Southern Hills</i>			
Rapid Transit System	(605) 394-6631	<i>Rapid City</i>	<a href="http://www.rapidride.org">www.rapidride.org</a>
Rosebud Sioux Tribe	(605) 747-2381	<i>Rosebud</i>	<a href="http://www.rosebudsiouxtribe-nsn.gov">www.rosebudsiouxtribe-nsn.gov</a>
Shirley' Adult Day Services/Chair Lift	(605) 791-0436	<i>Rapid City</i>	
Vet Center	(605) 348-0077	<i>Rapid City</i>	



Created by: Helpline Center

Funded by: Home Instead Senior Care

Please contact the Helpline Center ([database@helplinecenter.org](mailto:database@helplinecenter.org)) to inquire on listing your organization or make changes to your listing.