



## Lower Sioux Elder Nutrition Program Menu: January 1, 2018- January 31, 2018 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> There will not be home delivered or congregate meal service on January 1st in observance of New Year's Day.	January 1	January 2	January 3	January 4	January 5
	 *No Elder Meal Service	Turkey Vegetable Wrap Fresh Melon Oatmeal Raisin Cookie	Meatloaf w/gravy Parsley Butter Potatoes Cooked Carrots Whole Wheat Dinner Roll Chef's Choice Fruit	Chicken Wild Rice Soup Garden Salad w/ light ranch dressing Wheat Dinner Roll Apple Sauce	Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit Cranberry Oatmeal Cookie
<b>Week 2</b>	January 8	January 9	January 10	January 11	January 12
	Chili Shredded cheese topping Autumn Salad w/ pumpkin vinaigrette Cornbread muffin with wojapi	Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Chef's Choice Fruit	Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Pumpkin Pie	Beef Stroganoff Cooked carrots Wheat bread Blueberry Crisp	<b>Elder's Choice Day!</b>  <b>Fried Walleye w/ tartar sauce</b> <b>Macaroni salad</b> <b>Apple Pie</b>
<b>Week 3</b>	January 15	January 16	January 17	January 18	January 19
	Ham and Broccoli Egg Bake with Hash browns Mixed fruit cocktail	Grilled Chicken Caesar Dinner Salad Whole Wheat bread Angel Food with Berries & whipped topping	Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Chocolate Pudding	Turkey Pot Pie Garden Salad w/ Light Ranch Apple Crisp	Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread or roll Chefs choice fruit
<b>Week 4</b> Wisdom Steps Meeting in community center kitchen from 12:00 p.m. - 1:00 p.m. with Diabetes bingo to follow in the MPR at 1:00 p.m. Thursday, January 25th	January 22	January 23	January 24	January 25	January 26
	Grilled Pork chops Rustic Mashed Potatoes Carrots Whole wheat bread slice Apple Sauce	Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green beans Chef's choice fruit	Grilled Chicken Sandwich Bun w/Lettuce/Tomato Minestrone Soup Apple Crisp	BLT salad with avocado Breadstick Angel Food w/ Berries & Whipped topping 	<b>Elder's Choice Day!</b>  <b>Turkey Commercial</b> <b>Chocolate Cake with sliced strawberries</b>
<b>Week 5</b>	January 29	January 30	January 31		
	Baked Lemon Pepper Fish Baked Potato Cooked Broccoli Berry Crisp	Split pea and ham soup Egg salad sandwich Banana Pudding Square	Grilled Chicken Autumn Dinner Salad w/ pumpkin vinaigrette Breadstick Pumpkin Pie		

Menu includes 1% or skim milk, coffee, tea, water. The menu meets the requirements of the National Standards for providing healthy meals, the *Dietary Reference Intakes* (DRI's) and the *Dietary Guidelines for Americans*. Menu has been evaluated and approved by: Stacy Hammer, RDN, LD. Menu is subject to change.

\* Guest meals are available for \$8.50. Guest meal price includes: meal, drink, dessert and gratuity. In order to ensure sufficient food is prepared, please call Gayle McCorkell one day prior at: 697-8016 if you need your meal delivered, or if you will be dining at Jackpot. Meals will be served from 11:30- 12:00 pm Monday- Friday at Jackpot Junction, with socialization until 1:00 pm. Dining room location will be on the 2nd floor, but will vary. Please look for room location daily on signage and screens throughout Jackpot Junction. Please turn menu over for healthy snack ideas to place in between your meals. **Please turn over for important Elder Nutrition Program policy information.**



## **The Lower Sioux Elder Caregiver Services Program is pleased to announce we have a newly stocked durable medical equipment lending closet!**

Current durable medical equipment available from the Lower Sioux Health Care Center lending closet includes:

- Portable ramps, pill dispensers, rollator with seat and breaks, transport chairs, commodes and a portable hospital bed for end of life/hospice use in the home.
- If you or a family member have a need for durable medical equipment, please call Stacy Hammer at: 697-8945 to find out if the equipment needed is available and in stock at the Lower Sioux Health Care Center lending closet.

**Reminder: The ENP van is available for Elder's needing transportation to and from Jackpot Junction to enjoy their meal with other Elder's in the Dining room for congregate services and for transportation to and from the grocery store:**

- The van is also handicap accessible, which will allow room for those Elder's requiring their wheelchair for transporting.
- Please call Gayle McCorkell at: 697-8016 if you would like to be transported to Jackpot Junction dining room for your meal service.
- Please call Gwen Kodet at: 697-8941 and leave a message if you need transportation to and from the grocery store. First come, first serve, maximum of 7 adults in one trip.

### **Lower Sioux Caregiver Services Program Eligibility Requirements:**

**Family caregiver\*** means an adult family member, or another individual, who is an informal provider of in-home and community care to an eligible elder *or to an individual with Alzheimer's disease or a related disorder*. Respite care is care provided to a frail elder so that the caregiver can have a break.

**Grandparents raising grandchildren - CHILD** – The term “child” means an individual who is not more than 18 years of age *or who is an individual with a disability*. **GRANDPARENT OR OLDER INDIVIDUAL WHO IS A RELATIVE CAREGIVER** – a grandparent or step-grandparent of a child, or a *relative of a child by blood, marriage, or adoption who is 60 years of age or older* and either (A) lives with the child; (B) is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; or (C) has the legal relationship to the child or is raising the child informally.

**Clarification of services** - In respect to Grandparents caring for Grandchildren, the Lower Sioux Title VI program (Elder Nutrition Program) may utilize caregiver funds from the Native American Caregiver Support Program to provide respite and supplemental services to grandparents and relative caregivers. Funds may be provided to pay expenses such as summer camps and the SACC program that would allow grandparents a break from their daily caregiving responsibilities. Furthermore, funds may be utilized to provide daycare services for facilities licensed under Lower Sioux Health and Social Services.

- Grandparents raising Grandchildren will be allotted up to 24 hours of respite care per month. Families will be notified if allotments are adjusted due to changes in funding.
  - \*Eligible family caregiver 60 years of age or older may receive up to 24 hours of respite care per month. Respite care can be provided in the home of the elder, the caregiver, or it can be provided at an out of home setting such as a senior center or adult day care center.

**In order to begin services, and check for eligibility please contact Lower Sioux Title VI Director, Stacy Hammer, RDN, LD at: 697-8945.**