

## Lower Sioux Elder Nutrition Program Menu: October 2, 2017- October 31, 2017 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>October 2</b>	<b>October 3</b>	<b>October 4</b>	<b>October 5</b>	<b>October 6</b>
	<b>Elder's Choice Day!</b> <b>Club Sandwich</b> <b>Kettle Chips</b> <b>Blueberry pie w/ whipped cream</b>	Grilled chicken pumpkin seed spinach dinner salad Whole wheat bread slice Angel Food w/ Berries & Whipped topping	Broccoli Cheese Potato Soup Pumpkin Seed Spinach Salad Wheat breadstick Yogurt Parfait w/ Berries	Pot Roast Parsley Butter Potato Carrots Whole wheat bread slice Chocolate Pudding	Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread or roll Chefs choice fruit
<b>Week 2</b>	<b>October 9</b>	<b>October 10</b>	<b>October 11</b>	<b>October 12</b>	<b>October 13</b>
<b>Diabetes Awareness Fall Fun trail run/walk for all ages on Sat. Oct. 14<sup>th</sup> from 8:30 am-11:00 am at Lower Sioux Agency</b>	Spaghetti w/ Meat Sauce Garden Salad w/ Western Dressing English Muffin Garlic Bread Chef's choice fruit	Squash macaroni & cheese Vegetable medley Cranberry wild rice dinner roll Berry Crisp	Chicken Wild Rice Soup Garden Salad w/ light ranch dressing Wheat Dinner Roll Apple Sauce	Roast Pork Tenderloin Rustic Mashed Potatoes California Medley Wheat Bread Angel Food w/ Berries & Whipped topping	Baked Salmon w/ Dill Pumpkin Seed Spinach Salad Wheat dinner roll Strawberry Rhubarb Square
<b>Week 3</b>	<b>October 16</b>	<b>October 17</b>	<b>October 18</b>	<b>October 19</b>	<b>October 20</b>
	<b>Elder's Choice Day!</b>  <b>Turkey Commercial</b> <b>Chocolate Cake with sliced strawberries</b>	Baked Ham Au gratin potatoes Green beans Banana Pudding Square	Chicken Caesar Salad Wrap Fresh Grapes Angel Food w/ Berries & Whipped Topping	Grilled Cheese Sandwich Tomato Soup Pumpkin seed spinach salad Apple Pie	Turkey Cacciatore w/egg noodles Roasted Zucchini Small Wheat roll Peach & Berry Crisp
<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, October 26th.</b>	<b>October 23</b>	<b>October 24</b>	<b>October 25</b>	<b>October 26</b>	<b>October 27</b>
	BLT salad with avocado Breadstick Angel Food w/ Berries & Whipped topping	Baked Lemon Pepper Fish Baked Potato Pumpkin Seed spinach salad Apple Crisp	Sweet Potato & Chicken Soup Garden salad w/ light ranch Cornbread muffin with wojapi	Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Strawberry Rhubarb Square 	Grilled Pork chops Rustic Mashed Potatoes Carrots Whole wheat bread slice Apple Sauce
<b>Week 5</b>	<b>October 30</b>	<b>October 31</b>			
	Chef's Salad w/ Western Dressing Whole wheat bread slice Strawberry rhubarb square	Hearty Ham & White Bean Soup Pumpkin Seed Spinach Salad Whole wheat bread slice 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.**