

Lower Sioux Elder Nutrition Program Menu: September 3, 2018- September 28, 2018 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 *There will not be home delivered or congregate meal service on September 3rd in observance of Labor Day.	September 3	September 4	September 5	September 6	September 7
	 * No Elder Meal Service	Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Chef's choice fruit	Baked Ham Au gratin potatoes Green beans Banana Pudding Square	Grilled Chicken Caesar Dinner Salad Whole Wheat bread or roll Angel Food with Berries & whipped topping	Elder's Choice Day! Turkey Commercial Chocolate Cake with sliced strawberries
Week 2 Health and Wellness Fair in Dacotah Expo Center on September 12 th from 10 a.m. - 3 p.m.	September 10	September 11	September 12	September 13	September 14
	Ham and Broccoli Egg Bake Hash browns Mixed fruit cocktail	Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Chefs choice fruit	Three Sisters Soup Strawberry spring salad Cornbread muffin with wojapi *Lower Sioux Health Fair 10:00 a.m. - 3:00 p.m. Dacotah Expo Center	Hamburger Pattie Bun w/ Lettuce & Tomato Condiments Cranberry Cole slaw Apple Crisp	Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices
Week 3	September 17	September 18	September 19	September 20	September 21
	Beef Stroganoff Cooked carrots Wheat bread Blueberry Crisp	Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green beans Chef's choice fruit	Hearty Ham & White Bean Soup Pumpkin seed spinach salad Cornbread muffin Angel Food with Berries & whipped topping	BLT salad with avocado Breadstick Strawberry rhubarb square	Elder's Choice Day! Hamburger gravy mashed potatoes with mixed cooked veggies Dinner roll Apple Pie
Week 4 Wisdom Steps Meeting in community center kitchen at 10:00 a.m. Diabetes bingo will be held in the MPR at 1:00 p.m. Thursday, September 27th.	September 24	September 25	September 26	September 27	September 28
	Grilled Pork chops Rustic Mashed Potatoes Carrots Whole wheat bread slice Apple Sauce	Chicken Wild Rice Soup Garden Salad w/ western dressing Wheat Dinner Roll Chef's choice fruit	Turkey Vegetable Wrap Chef's choice fruit Yogurt Parfait w/ Berries	Pot Roast Parsley Butter Potato Cooked Carrots Whole wheat bread slice Chocolate Pudding 	Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked Carrots Cornbread muffin Chef's choice fruit

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 \$6.50. Guest meal price includes: meal, drink and dessert. 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 Lower Sioux Community Center. Meals will be delivered between 11:30- 12:00 pm Monday- Friday at Community Center for those who wish to dine with friends and family. **Please turn over for important Elder Nutrition Program policy information.**

Reminder: The Lower Sioux Elder Caregiver Services Program has a 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 the community center to enjoy their meal with other Elder's in the kitchen area 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 community center dining area 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.

Criteria for Lower Sioux Elder Life Alert program:

In order to be eligible to receive a life alert system under the Lower Sioux Title VI services, you must be an enrolled member of any tribe, living within the Lower Sioux IHS service area (10-mile radius), aged 60 or older and living alone.

Funding for medical alert systems are not guaranteed after the first year of service. Participants will be notified if funding allotments are adjusted due to availability of funding.

Eligibility may also include those who are aged 60 and older and meet two of the following criteria:

- *Living alone, or are alone for long periods of time throughout the day
- *Have a medical condition that could require immediate medical attention
- *Are recovering from a major surgery, a fall, heart attack, or hip replacement.



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