

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

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	October 1 Elder's Choice Day! Broasted Chicken Mashed potatoes/gravy Corn Apple Crisp	October 2 Swedish Meatballs w/elbow Noodles Cooked Broccoli Whole wheat bread slice Chef's Choice Fruit	October 3 Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit Oatmeal choc. chip cookie	October 4 Chicken Noodle Soup Garden salad with light ranch Wheat dinner roll Chocolate Pudding	October 5 Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Apple sauce
Week 2	October 8 Baked ziti Cooked mixed seasonal veggies Angel Food w/ Berries & Whipped Topping	October 9 Split pea and ham soup Egg salad sandwich Pumpkin Pie	October 10 Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread or roll Chefs choice fruit	October 11 Chicken Caesar Salad Wrap Chef's choice fruit Strawberry Rhubarb Square	October 12 Roast Pork Tenderloin Rustic Mashed Potatoes California Medley Wheat Bread Apple Crisp
Week 3	October 15 Spaghetti w/ Meat Sauce Steamed broccoli English Muffin Garlic Bread Chef's choice fruit	October 16 Baked Lemon Pepper Fish Baked Potato Cooked seasonal veggies Berry Crisp	October 17 Chili Shredded cheese topping Garden salad with light ranch Cornbread muffin with wojapi	October 18 Chef's Salad w/ Western Dressing Breadstick Blueberry Pie	October 19 Meatloaf w/gravy Parsley Butter Potatoes Cooked Carrots Whole Wheat Dinner Roll Chef's Choice Fruit
Week 4 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 25th.	October 22 Elder's Choice Day! Liver and Onions Fried Potatoes Green Beans Banana Split Cake	October 23 Broccoli Cheese Potato Soup Pumpkin Seed Spinach Salad Wheat breadstick Yogurt Parfait w/ Berries	October 24 Garlic & Sage Roasted Pork Wild rice pilaf with vegetables Whole wheat bread slice Strawberry Rhubarb Square	October 25 Turkey Pot Pie Cooked seasonal veggies Chef's choice fruit 	October 26 Mexi-Chicken Wrap Chef's choice fruit Chocolate Pudding
Week 5 	October 29 Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Angel Food w/ Berries & Whipped Topping	October 30 Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Banana pudding square	October 31 Autumn Squash Soup Turkey Sandwich Apple Crisp		

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.