

## Lower Sioux Elder Nutrition Program Menu: November 1, 2018- November 30, 2018 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				November 1 <b>Elder's Choice Day!</b> <b>Walleye Fingers w/ tartar sauce</b> <b>Macaroni salad</b> <b>Blueberry Pie</b>	November 2 Grilled Chicken Caesar Dinner Salad Whole Wheat bread Chef's choice fruit
Week 2	November 5 Baked Ham Au gratin potatoes Green beans Banana Pudding Square	November 6 Grilled Cheese Sandwich Tomato Soup Pumpkin seed spinach salad Apple Crisp	November 7 Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Chefs choice fruit	November 8 Sweet Potato Burrito Bowl Salsa, sour cream Sugar free vanilla Pudding	November 9 Turkey Vegetable Wrap Chef's choice fruit Yogurt Parfait w/ Berries
Week 2 Diabetes Awareness Dinner with Dr. Warne: Fri. Nov. 16 <sup>th</sup> : 5:00 p.m. social hour, 5:30 Dinner service in Tatanka Ballroom	November 12 Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices	November 13 Ham and Broccoli Egg Bake Hash browns Mixed fruit cocktail	November 14 Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Butterscotch Pudding	November 15 <b>Elder's Choice Day!</b> <b>Chicken Chow Mein</b> <b>Egg roll</b> <b>Cherry Pie</b>	November 16 Grilled Pork chops Rustic Mashed Potatoes Carrots Whole wheat bread slice Apple Sauce  <b>Diabetes Awareness Dinner</b>
Week 4	November 19 Three sister's vegetable lasagna Autumn salad w/ pumpkin vinaigrette Breadstick Lemony fruit cup	November 20 Chicken Wild Rice Soup Garden Salad w/ western dressing Wheat Dinner Roll Chef's choice fruit	November 21 Pot Roast Parsley Butter Potato Cooked Carrots Whole wheat bread slice Chocolate Pudding	November 22  <b>*No Elder Meal Service</b>	November 23 Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green beans Chef's choice fruit
Week 5	November 26 Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked carrots Whole wheat bread slice Chef's choice fruit	November 27 Beef Stroganoff Cooked broccoli Wheat bread Blueberry Crisp	November 28 Hearty Ham & White Bean Soup Pumpkin seed spinach salad Cornbread muffin Angel Food with Berries & whipped topping	November 29 Grilled Chicken Autumn Dinner Salad w/ pumpkin vinaigrette Breadstick Pumpkin Pie 	November 30 Tuna noodle hot dish Cooked peas Whole wheat bread or roll Chef's choice fruit Choc. Chip oatmeal cookie

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.

### **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.**