

Lower Sioux Elder Nutrition Program Menu: October 1, 2019- October 31, 2019 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		October 1 Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding	October 2 Elder's Choice Day! Pork Chops Mashed Potatoes Chef's choice cooked vegetable Cherry pie	October 3 Chef's Salad w/ Ranch Dressing Whole wheat bread slice Apple Crisp	October 4 Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread Angel Food w/ Berries & Whipped Topping
Week 2	October 7 Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Banana pudding square	October 8 Spaghetti w/ Meat Sauce Cooked broccoli English Muffin Garlic Bread Chef's choice fruit	October 9 Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Butterscotch Pudding	October 10 Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Chef's choice fruit	October 11 Chicken Caesar Salad Wrap Chef's choice fruit Apple Sauce
Week 3	October 14 Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Banana pudding square	October 15 Garlic & Sage Roasted Pork Wild rice pilaf with vegetables Whole wheat bread slice Strawberry Rhubarb Square	October 16 Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Sugar free chocolate pudding	October 17 Split pea and ham soup Egg salad sandwich Lemony fruit cup	October 18 Meatloaf w/gravy Mashed Potatoes Cooked Carrots Whole Wheat Dinner Roll Blueberry Crisp
Week 4	October 21 Grilled Pork chops Rustic Mashed Potatoes Cooked California medley Whole wheat bread slice Yogurt Parfait w/ Berries	October 22 Swedish Meatballs w/ Egg Noodles Chef's choice cooked vegetable Wheat breadstick Strawberry Rhubarb Square	October 23 Elder's Choice Day! Liver and Onions Mashed Potatoes w/gravy Asparagus Cornbread Apple Pie	October 24 Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Angel Food w/ Berries & Whipped Topping	October 25 Chili Shredded cheese topping Pumpkin seed spinach salad Cornbread muffin with wojapi
Week 5	October 28 Chicken Chow Mein Chef's Choice Fruit Oatmeal choc. chip cookie	October 29 BLT salad with avocado Breadstick Berry Crisp	October 30 Baked Ham Au gratin potatoes California medley veggies Strawberry rhubarb square	October 31 Autumn Squash Soup Turkey Sandwich Apple Crisp Elder's Halloween Party! 1:00 p.m.- 3:00 p.m. at Jackpot Junction	



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.

If you have any questions regarding additional elder services and programming through our Healthy Generations Elder Program, please contact your Intergenerational Coordinator's, Josh Larsen at: 507-430-9189, or Sara Bidinger at: 507- 430-5668. Their office is currently located at the community center front conference room. Their office hours are from 8:30-4:30 Monday through Friday.