

Lower Sioux Elder Nutrition Program Menu: July 1, 2021- July 30, 2021 Wicozani

| Weekly Events | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Week 1 | | | | July 1 Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding | July 2 Elder's choice day! Boneless BBQ Potato salad Pickle Cherry Pie |
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| Week 2 *There will not be a home delivered meal service on July 5th in observance of the 4 th of July Holiday. The LSIC offices and clinic will also be closed on July 5th. | July 5  * No Elder Meal Service | July 6 Beef Stroganoff Cooked carrots Wheat bread Angel Food with Berries & whipped topping | July 7 Split pea and ham soup Garden salad with ranch dressing Wheat breadstick Blueberry pie | July 8 Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit | July 9 Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked green beans Whole wheat bread slice Apple Crisp |
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| Week 3 | July 12 Pot Roast Parsley Butter Potato Cooked vegetable medley Whole wheat bread slice Chocolate Pudding | July 13 Chili Shredded cheese topping Pumpkin seed spinach salad Cornbread muffin with wojapi | July 14 Grilled Chicken Caesar Dinner Salad Whole Wheat bread Strawberry rhubarb square | July 15 Meatloaf w/gravy Mashed Potatoes Cooked green beans Whole Wheat Dinner Roll Mixed fruit cocktail | July 16 Turkey Pot Pie Garden Salad w/ Light Ranch Mixed berry Crisp |
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| Week 4 | July 19 Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green carrots Chef's choice fruit | July 20 Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Cherry pie | July 21 Chicken Noodle Soup Garden salad with western dressing Wheat dinner roll Banana pudding square | July 22 Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices | July 23 Elder's Choice Day! Broasted Chicken Mashed potatoes/gravy Corn Chef's choice dessert |
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| Week 5 | July 26 Egg salad sandwich Garden salad with ranch dressing Angel Food w/ Berries & Whipped Topping | July 27 Baked Ham Au gratin potatoes Cooked green beans Apple Sauce | July 28 Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Mixed berry crisp | July 29 Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Lemony fruit cup | July 30 Chicken Wild Rice Soup Garden Salad w/ Western Dressing Wheat Dinner Roll Chocolate brownie |
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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.

***If you need to make any changes to your delivery schedule, please call the Josh Larsen at least one day prior at: 507-430-9189. Meals will be delivered between 11:00- 12:00 pm Monday- Friday. As a reminder, weekend meals have been discontinued, effective July 1st. **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.

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.