

Lower Sioux Elder Nutrition Program Menu: March 2, 2020- March 31, 2020 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	March 2 Turkey Vegetable Wrap Chef's choice fruit Banana pudding square	March 3 Elder's Choice Day! Broasted Chicken Mashed potatoes/gravy Corn Carrot Cake	March 4 Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Butterscotch Pudding	March 5 Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit	March 6 Grilled Chicken Sandwich Bun w/Lettuce/Tomato Minestrone Soup Apple Crisp
	Week 2 Free CPAP Machine equipment cleaning and check at Lower Sioux Health Care Center from 2pm-5:30pm. No Appt. needed!	March 9 Grilled Chicken Caesar Dinner Salad Whole Wheat bread Chef's choice fruit	March 10 Beef Stroganoff Cooked broccoli Wheat bread Angel Food with Berries & whipped topping	March 11 Chicken Noodle Soup Garden salad with light ranch Wheat dinner roll Apple Sauce	March 12 Pot Roast Parsley Butter Potato Cooked Carrots Whole wheat bread slice Chocolate Pudding
Week 3		March 16 Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green beans Chef's choice fruit	March 17 Elders choice Day! Goulash Chef's choice vegetable Blueberry Pie	March 18 Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Lemony fruit cup	March 19 Chicken Wild Rice Soup Garden Salad w/ light ranch dressing Wheat Dinner Roll Banana pudding square
	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, March 26th	March 23 Chicken enchilada casserole Mexican Cole Slaw Mixed fruit cocktail	March 24 Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread Apple Sauce	March 25 Split pea and ham soup Egg salad sandwich Chef's choice fruit	March 26 Meatloaf w/gravy Mashed Potatoes Cooked Carrots Whole Wheat Dinner Roll Lemony fruit cup 
Week 5		March 30 Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked carrots Whole wheat bread slice Apple Crisp	March 31 Turkey Cacciatore w/egg noodles Chef's choice cooked veggies Small Wheat roll Yogurt Parfait w/ Berries		

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.