

## Lower Sioux Elder Nutrition Program Menu: April 3, 2017- April 28, 2017 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>April 3</b> <b>Elder's Choice Day!</b>  <b>Beef Commercial</b> <b>Chocolate Cake with Strawberries</b>	<b>April 4</b> Baked Lemon Pepper Fish Baked Potato Pumpkin Seed spinach salad Dressing Apple Crisp	<b>April 5</b> Spaghetti w/ Meat Sauce Garden Salad w/ Western Dressing English Muffin Garlic Bread Chef's choice fruit	<b>April 6</b> Pot Roast Parsley Butter Potato Carrots Whole wheat bread slice Chocolate Pudding	<b>April 7</b> Sweet Potato & Chicken Soup Garden salad w/ light ranch Cornbread muffin with wojapi
<b>Week 2</b>	 <b>April 10</b> Sloppy Joe Southwest Pasta Salad Fresh Baby Carrots Chef's choice Fruit	<b>April 11</b> Turkey Cacciatore w/egg noodles Roasted Zucchini Small Wheat roll Peach & Berry Crisp	<b>April 12</b> Chicken Wild Rice Soup Garden Salad w/ light ranch dressing Wheat Dinner Roll Apple Sauce	<b>April 13</b> BLT salad with avocado Breadstick Angel Food w/ Berries & Whipped topping	<b>April 14</b> Baked Salmon w/ Dill Pumpkin Seed Spinach Salad Wheat dinner roll Strawberry Rhubarb Square
<b>Week 3</b> <b>Spring Family night kick off Dinner at Jackpot Junction, Grand Eagle Ballroom on April 20 from 5:30pm-7:30pm. Please remember to RSVP with Stacy at: 697-8945!</b>	<b>April 17</b> <b>Elder's Choice Day!</b>  <b>Indian Taco with fixings</b> <b>Blueberry Pie</b>	<b>April 18</b> Turkey Vegetable Wrap Chef's choice fruit Oatmeal Raisin Cookie	<b>April 19</b> Chili Shredded cheese topping Garden Salad w/ Western Dressing Cornbread muffin with wojapi	<b>April 20</b> Grilled rosemary chicken breast w/ gravy Wild Rice Salad Cooked Carrots Whole Wheat Bread Chef's choice fruit <b>*Spring Family Night Kickoff Dinner! Please do not forget this is an RSVP event!</b>	<b>April 21</b> Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Lemony fruit cup
<b>Week 4</b> <b>Wisdom Steps Meeting in community center kitchen from 12:00 p.m. - 1:00 p.m. There will be no Diabetes Bingo for this month. Please attend Family Spring Kickoff Event on April 20<sup>th</sup>!</b>	<b>April 24</b> Grilled chicken pumpkin seed spinach dinner salad Whole wheat bread slice Angel Food w/ Berries & Whipped topping	<b>April 25</b> Roast Pork Tenderloin Rustic Mashed Potatoes California Medley Wheat Bread Chef's Choice Fruit	<b>April 26</b> Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Strawberry rhubarb square	<b>April 27</b> Grilled Chicken Sandwich Bun w/Lettuce/Tomato Minestrone Soup Apple Crisp 	<b>April 28</b> Broccoli Cheese Potato Soup Pumpkin Seed Spinach Salad Wheat breadstick 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 \$8.50. Guest meal price includes: meal, drink, dessert and gratuity. 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 Jackpot. Meals will be served from 11:30- 12:00 pm Monday- Friday at Jackpot Junction, with socialization until 1:00 pm. Dining room location will be on the 2nd floor, but will vary. Please look for room location daily on signage and screens throughout Jackpot Junction. Please turn menu over for healthy snack ideas to place in between your meals. **Please turn over for important Elder Nutrition Program policy information.**



Reminder, the ENP van is available for Elder's needing transportation to and from Jackpot Junction to enjoy their meal with other Elder's in the Dining room for congregate services!

- 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 Jackpot Junction dining room for your meal service.

\*The van will be utilized first and foremost for transporting Elder's to & from Jackpot Junction for their lunch, and for meal delivery. However, the van may be utilized for local grocery shopping trips, during non-meal service hours. For insurance liability purposes, the van may only be driven by a Lower Sioux Community staff member.

- Please call Gwen at: 697-8941 and leave a message to reserve your grocery store trip. First come, first serve, maximum of 7 adults in one trip. Those who wish to reserve transportation to grocery stores must be 18 years of age or older.

### 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.**