

Lower Sioux Elder Nutrition Program Menu: September 1, 2017- September 29, 2017 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					September 1 Elder's Choice Day! Liver and Onions Fried Potatoes Asparagus Banana Split Cake
Week 2 *There will not be home delivered or congregate meal service on September 4th in observance of Labor Day.	September 4  * No Elder Meal Service	September 5 Beef Stew Garden Salad w/ Western Dressing Whole wheat bread slice Chef's choice fruit	September 6 Garlic & Sage Roasted Pork Rustic Mashed Potatoes Carrots Whole wheat bread slice Apple Sauce	September 7 Grilled Chicken Caesar Dinner Salad Whole Wheat bread or roll Angel Food with Berries & whipped topping	September 8 Tuna noodle hot dish Cooked peas Whole wheat bread or roll Sugar free vanilla pudding
Week 3 Health and Wellness Fair in Dacotah Expo Center on September 13 th from 10 a.m. - 3 p.m.	September 11 Swedish Meatballs w/ Egg Noodles Pumpkin Seed Spinach Salad Wheat breadstick Chef's Choice Fruit	September 12 Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Yogurt Parfait w/ Fresh Berries	September 13 Chef's Salad w/ Western Dressing Whole wheat bread slice Strawberry rhubarb square *Lower Sioux Health Fair 10:00 a.m. - 3:00 p.m. Dacotah Expo Center	September 14 Black Bean Soup Garden Salad w/ Light Ranch Breadstick Banana Pudding Square	September 15 Elder's Choice Day! Fried Walleye w/ tartar sauce Macaroni salad Blueberry Pie
Week 4	September 18 Meatloaf with gravy Parsley Butter Potatoes Cooked Carrots Whole wheat bread slice Chef's Choice Fruit	September 19 Split pea and ham soup Egg salad sandwich Sugar free chocolate pudding	September 20 Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Lemony fruit cup	September 21 Hamburger Pattie Bun w/ Lettuce & Tomato Condiments Cranberry cole slaw Apple Crisp	September 22 Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Pumpkin Pie
Week 5 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, September 28th.	September 25 Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit Chocolate Chip Oatmeal Cookie	September 26 Grilled rosemary chicken breast w/ gravy Wild Rice Salad Cooked Carrots Whole Wheat Bread Chefs choice fruit	September 27 Chili Shredded cheese topping Pumpkin seed spinach salad Cornbread muffin with wojapi	September 28 Beef Stroganoff Cooked green beans Whole wheat bread slice Blueberry Crisp 	September 29 Fish Sandwich Bun w/ lettuce and tomato Asparagus Yogurt Parfait w/ Fresh 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.**



The Lower Sioux Elder Caregiver Services Program is pleased to announce we have a newly 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 Jackpot Junction to enjoy their meal with other Elder's in the Dining room 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 Jackpot Junction dining room 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.