

## Lower Sioux Elder Nutrition Program Menu: December 3, 2018- December 31, 2018 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	December 3	December 4	December 5	December 6	December 7
	<b>Elder's Choice Day!</b>  <b>Broasted Chicken</b> <b>Mashed potatoes/gravy</b> <b>Corn</b> <b>Blueberry Pie</b>	Swedish Meatballs w/elbow Noodles Cooked Broccoli Whole wheat bread slice Chef's Choice Fruit	Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit Oatmeal choc. chip cookie	Autumn Squash Soup Turkey Sandwich Apple Crisp	Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Banana pudding square
<b>Week 2</b>	December 10	December 11	December 12	December 13	December 14
	Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Apple sauce	Spaghetti w/ Meat Sauce Steamed broccoli English Muffin Garlic Bread Chef's choice fruit	Split pea and ham soup Egg salad sandwich Pumpkin Pie	Chicken Caesar Salad Wrap Chef's choice fruit Strawberry Rhubarb Square	Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread or roll Angel Food w/ Berries & Whipped Topping
<b>Week 3</b> <b>Adult and Elders Healthy Holiday Baking Class on 12/19 from 1:00-3:00 in the community center kitchen</b>	December 17	December 18	December 19	December 20	December 21
	<b>Elder's Choice Day!</b> <b>Prime rib sandwich</b> <b>Kettle Chips</b> <b>Banana Split Cake</b>	Roast Pork Tenderloin Rustic Mashed Potatoes California Medley Wheat Bread Yogurt Parfait w/ Berries	Chili Shredded cheese topping Autumn salad w/ pumpkin vinaigrette Cornbread muffin with wojapi <b>*Holiday Baking Class</b>	Baked Lemon Pepper Fish Baked Potato Cooked seasonal veggies Berry Crisp	Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding
<b>Week 4</b> <b>Lower Sioux Community Center and Health Care Center will be closed on Monday, December 24th &amp; Tuesday, December 25<sup>th</sup>.</b>	December 24	December 25	December 26	December 27	December 28
	 <b>* No Elder Meal Service</b>	 <b>* No Elder Meal Service</b>	Meatloaf w/gravy Parsley Butter Potatoes Cooked Carrots Whole Wheat Dinner Roll Chef's Choice Fruit	Garlic & Sage Roasted Pork Wild rice pilaf with vegetables Whole wheat bread slice Strawberry Rhubarb Square	Chicken Noodle Soup Garden salad with light ranch Wheat dinner roll Chocolate Pudding
<b>Week 5</b> <b>Lower Sioux Health Care Center and Community Center will be open until noon on New Year's Eve.</b>	December 31				
	Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Angel Food w/ Berries & Whipped Topping				

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.**