

Lower Sioux Elder Nutrition Program Menu: June 3, 2019- June 28, 2019 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	June 3	June 4	June 5	June 6	June 7
	Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Sugar free chocolate pudding	Elder's Choice Day! Turkey Commercial Chocolate Cake with sliced strawberries	Grilled Pork chops Rustic Mashed Potatoes Cooked carrots Whole wheat bread slice Yogurt Parfait w/ Berries	Grilled Cheese Sandwich Tomato Soup Garden salad with light ranch Chef's Choice Fruit	BLT salad with avocado Breadstick Berry Crisp
Week 2 42nd Annual Lower Sioux Wacipi June 14 –June 16 	June 10	June 11	June 12	June 13	June 14
	Chicken Chow Mein Chef's Choice Fruit Oatmeal choc. chip cookie	Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread or roll Angel Food w/ Berries & Whipped Topping	Split pea and ham soup Egg salad sandwich Apple Crisp	Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Banana pudding square	Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit
Week 3	June 17	June 18	June 19	June 20	June 21
	Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Chef's choice fruit	Elder's Choice Day! Club Sandwich Kettle Chips Blueberry pie w/ whipped cream	Sweet Potato & Chicken Soup Garden salad w/ light ranch Cornbread muffin with wojapi	Garlic & Sage Roasted Pork Wild rice pilaf with vegetables Whole wheat bread slice Strawberry Rhubarb Square	Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Angel Food w/ Berries & Whipped Topping
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, June 27th.	June 24	June 25	June 26	June 27	June 28
	Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Banana pudding square	Spaghetti w/ Meat Sauce Cooked broccoli English Muffin Garlic Bread Chef's choice fruit	Chicken Caesar Salad Wrap Chef's choice fruit Apple Sauce	Beef Stew Strawberry spring salad Whole wheat bread slice Butterscotch Pudding 	Meatloaf w/gravy Mashed Potatoes Cooked Carrots Whole Wheat Dinner Roll Blueberry Crisp

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 enough 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 information about the two new intergenerational Coordinator's serving our community and Elders!**

JOSH LARSEN, INTERGENERATIONAL COORDINATOR

My name is Josh Larsen. My father is Curt Larsen and my mother is the late Ann Larsen (Pendleton). I have a 10-year-old daughter, Ellery, who is going into the 5th grade. I am currently one of the Intergenerational Coordinators, but I have served my community in other jobs including working at Jackpot Junction Casino for 5 years, Recreation Director for 5 years, and Morton at a local business.



Josh and Sara's office is currently located at the community center front conference room. Their office hours are from 8:30-4:30 Monday through Friday.

Josh and Sara can be reached at the following numbers:

Josh: 507-430-9189

Sara: 507- 430-5668

SARA BIDINGER, INTERGENERATIONAL COORDINATOR

My name is Sara Bidinger. My father is Mark Bidinger and my mother is Dorothy Neis. My wife Kortni Bidinger and I have 2 two sons, Chance and Aiden. We also provide foster care for our community and currently have 4 foster children living with us. I am working with Josh as an Inter-generational coordinator for the Lower Sioux Indian Community. Previously, I have worked at Ford in Redwood Falls, Jackpot Junction, and two summers as program worker for the summer youth work program.



Josh and Sara offer the following services and more!

- ✓ Connect elders and youth with new and existing supports and services
- ✓ Provide opportunities for intergenerational sharing and learning
 - ✓ Create and distribute elders' newsletters
- ✓ Assist elders in accessing and maintaining physical health
 - ✓ Partnering with volunteer-led Wisdom Steps
 - ✓ Daily elder lunch service
- ✓ Conduct monthly meetings with elders, Tribal Council & LSIC departments
 - ✓ Advocate and serve as a general liaison for elders and youth