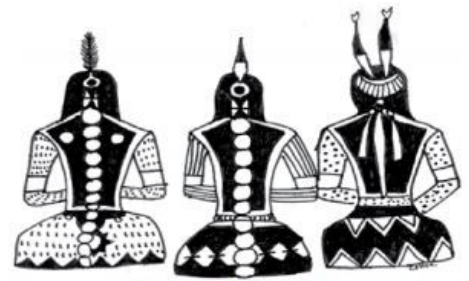
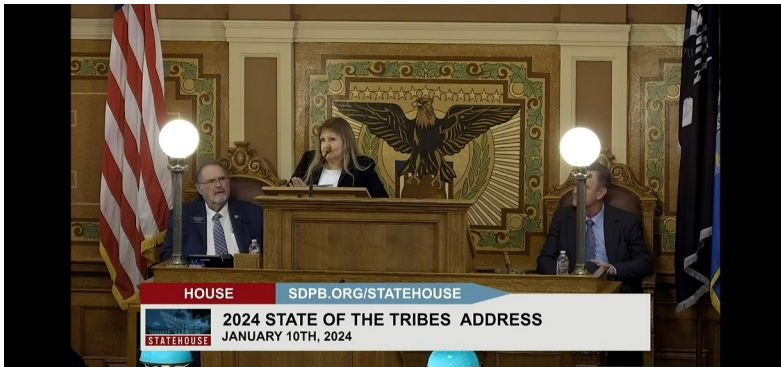


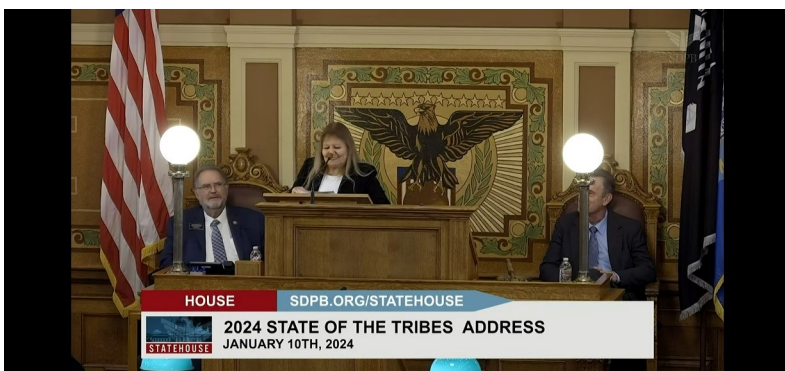
Flandreau Santee Sioux Tribe Monthly Newsletter January 2024

Wi Te'Hi Wi (Moon of the Hardship) January - This is the time of the year when supplies were becoming depleted and it was difficult to replace them because of the severe winter storms.

Flandreau Santee Sioux Tribal Vice President Cyndi Allen-Weddell delivers the 2024 State of the Tribes Address



Youtube link 2024 State of the Tribes (live Stream)



Flandreau Santee Sioux Tribe VP delivers State of the Tribes address

Flandreau Santee Sioux Tribe Newsletter is a monthly publication by the

Flandreau Santee Sioux Tribe.

Digital photos or sending other original files is encouraged.

Deadline for submission of material is

5 work days before the 15th of each month

Flandreau Santee Sioux Tribe

Attn: Marcie Walker

P.O. Box 283

Flandreau, SD 57028

or Call: 997-3891 ext. 1251

marcie.walker@fsst.org

NOTICE OF DISCLAIMER:

In preparation of this newsletter, every effort has been made to offer the most current, correct, and clearly expressed information possible. Nevertheless, inadvertent errors in information may occur. In particular but without limiting anything here, the Flandreau Santee Sioux Tribe (FSST) and its employees disclaim any responsibility for typographical errors and accuracy of the information that may be contained in the Flandreau Santee Sioux Tribe's Newsletter. The FSST also reserves the right to make changes at any time without notice.

The information in this newsletter have been compiled by the FSST Newsletter staff from a variety of sources, and are subject to change without notice. The FSST makes no warranties or representations whatsoever regarding the quality, content, completeness, or adequacy of such information and data. In any situation where the official printed publications of the FSST differ from the text contained in this newsletter, the official printed documents take precedence.

If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next month newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.

NEWSLETTER SUBMISSION

GUIDELINES:

All information submitted for newsletter must be received 5 (five) working days before the 15 of each month. We cannot guarantee inclusion of any submissions after that date in that month's newsletter. Submissions must be made in typewritten (or computer generated) format. They can be submitted directly to Marcie Walker in hardcopy, on disk or via email at:

marcie.walker@fsst.org

The FSST reserves the right to edit submission for content and clarity when appropriate. Additionally, submissions not of a time sensitive nature may be delayed for next month newsletter



PIERRE, S.D. (South Dakota Broadcasters Association) - Santee Sioux Tribal Vice President Cynthia J. Allen-Weddell gave the annual State of the Tribes address to a joint session of the South Dakota Legislature Wednesday afternoon.

The vice president of the Flandreau Santee Sioux Tribe says she would welcome more opportunities to collaborate with the State of South Dakota.

"We worked together on a skilled nursing home facility in Flandreau," Allen-Weddell said. "It was built during the pandemic. It was completed in 2022 on time and under budget."

She said the facility helps keep families together on the Santee Sioux Reservation and Moody County and is an economic engine for the community.

As for future collaboration, Allen-Weddell outlined a proposal to house city, county, tribal and federal detainees in a new facility on reservation land, calling it a "multi-jurisdictional" solution. She put the cost at \$38 to \$65 million. She kidded that if the legislature had any spare millions for the project, the tribe would gladly accept it.

She said the region's Siouan tribes look ahead seven generations when making decisions. She ended with a pitch for greater cooperation between the tribes and the state.

"The tribe urges the state to collaborate with it and other tribes to make a better South Dakota," Allen-Weddell concluded.

INTEGRATED CARE AND CONSULTATION, LLC EAP SERVICES

FREE AND CONFIDENTIAL- BRIEF INTERVENTION THERAPY



Why is your employer offering EAP services?

Your employer knows that personal problems can impact an employee's work performance. Most of these problems can be resolved with short intervention therapy.



How do you know if you need help?

- Feeling sad, withdrawn, irritable?
- Financial concerns
- Frustration at work and you don't know how to deal with it
- Low energy, lack of motivation, hopeless



Who we are.

Sometimes we just need a little "tune up." Staff at Integrated Care and Consultation, LLC are available to provide EAP services for the employee, spouse, partner, children, and adolescents up to 21 years of age.



A whole person approach.

At ICC we understand mental health and physical health can lead to chronic conditions. That is why we focus on an employees' whole health.



What does it cost?

Your employer has an agreement with ICC that covers the cost of a limited number of sessions for you. If longer sessions are needed a referral will be made to a local therapist.

**Don't do life alone.
Reach out today and get back on track!**



Integrated
CARE AND CONSULTATION

(605) 306-3240

yourintegratedcare.com

WICOICAGA OTIPI COMMUNITY CENTER



Open House

January 17th, 2024
9 a.m. until 3 p.m.

MORNING PRAYER AT 9 AM

Tours of the Community Center will be available all day!

A Light Breakfast will be served and Healthy Snacks will be available throughout the day

All activities will begin at 9:30a.m and end at 3:00p.m

Health Center and SDPI Team :

*Wellness/Fitness Center registration
Cushion Orthotic Assessments
Equipment Demonstrations
Fitness Challenges
Health Screenings
Games



**MEET THE EDUCATION
DEPARTMENT, WHICH INCLUDES
THE DAKOTA LANGUAGE
PROGRAM, EDUCATION AND
RECREATION OFFICES**

****Contest winners will be announced at 3pm. You do not need to be present to win****

11a.m. until 1p.m. A traditional soup and sandwich made by our Health Center and SDPI team will be served.

***Wellness/Fitness Center registration is open to
ALL FSST HC ELIGIBLE PATIENTS AND EMPLOYEES**



American Indian Cancer Foundation's

TURQUOISE THURSDAY

January 18, 2024

#CancerScreeningSavesLives



Cervical cancer can be prevented and is curable if found early

Turquoise Thursday is a national cervical cancer awareness campaign created by AICAF for AI/AN communities and aims to increase awareness about the importance of cervical cancer screening and encourage all women to stay up to date on cancer screenings. We

invite people of all ages to join us in raising awareness of cervical cancer in Indian country by wearing turquoise clothing or jewelry and sharing photos on social media using the hashtag **#TurquoiseThursday**.

Join us on January 18th, 2024 in wearing that beautiful TURQUOISE to help spread awareness.

#TurquoiseThursday

FSST HC will shine TURQUOISE the month of January for Cervical Cancer Prevention and Awareness

Call the Flandreau Santee Sioux Tribal Health Center @ 605.997.2642 to set up a screening.

THE MONTH OF JANUARY IS CERVICAL CANCER AWARENESS



HONOR

EVERY

WOMAN

Native women are nearly twice as likely to develop cervical cancer. Regular screenings help detect cervical cancer in its early stages when it's easier to treat.

How to protect your cervical health:

SCREEN

Begin routine screening at age 21

REDUCE

HPV infection risk

- Get vaccinated
- Avoid multiple sex partners

KEEP

tobacco use sacred

- Avoid recreational commercial tobacco use

FOLLOW-UP

if test results are abnormal

- Keep your appointments!

It is important to continue cervical cancer screening even if you think you are too old to have a baby or are not having sex.

HELPFUL RESOURCES

National Cancer Institute
www.cancer.gov
1-800-4-CANCER

American Cancer Society
www.cancer.org
1-800-227-2345

Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/cancer/cervical/>
<http://www.cdc.gov/cancer/hpv/>

Call the Flandreau Santee Sioux Tribal Health Center @ 605.997.2642 to set up a screening.



Nancy Ann (Robertson) Herrick, 84, of Flandreau, passed away on Saturday, January 6, 2024 at Avera McKennan Hospital in Sioux Falls, SD. Funeral services will be 10:00 AM Friday, January 12, 2024 at Skroch Funeral Chapel, Flandreau, SD with burial in First Presbyterian Cemetery, Flandreau. Visitation will take place from 5:00 PM to 6:00 PM and wake services will be held from 6:00 - 8:00 PM on Thursday, January 11, 2024 also at Skroch Funeral Chapel.

Nancy was born August 21, 1939, at Pipestone Indian Hospital, Pipestone, MN, to Howard L. Robertson and Catherine (Cottier) Robertson. She attended Flandreau Public Schools and then went on to Dakota State College attaining a Business and Finance Degree.

On November 21, 1956, she married Lauren L. Herrick, Sr. in Shakopee, MN. They made their home in Flandreau, SD. She worked at Bureau of Indian Affairs, Flandreau Santee Sioux Health Clinic, Flandreau Santee Sioux Tribal Council, Flandreau Santee Sioux Housing Authority and Flandreau Santee Sioux Tribal Finance Office.

Nancy loved being a wife, mother, grandmother, great-grandmother and great-great-grandmother. She loved plants, flowers, helping anyone she could; whether it was just a listening ear, advice given or mentoring. She also loved going to casinos, especially the Royal River Casino. She especially loved spending time with family and friends. Her greatest joy was being with her children, especially her daughters, Laura and Laureen. Another love of her life was her horse, Two Sox. Nancy had a special fondness for the community.

Grateful for having shared in her life are her children, Laura Herrick, Flandreau, SD, Laureen Herrick (Bryan Taylor), Flandreau, SD, Jim Herrick, Sioux Falls, SD, grandchildren, Tanya Anderson (Phil Allen), Flandreau, SD, Larry Herrick (Mashay Schulyer), Flandreau, SD, Lucas Herrick (Natalie), Chilhowee, MO, April Herrick (Shaun Crable), Trent, SD, Alicia Jasper, Holland, MN, Ashley Janovec (Mark Stellmach), Colman, SD, Jarad Wagner, Flandreau, SD, Catherine Herrick, Sioux Falls, SD, Jamie Herrick, Sioux Falls, SD; 20 great-grandchildren; one great-great-granddaughter; and sister, Carol Robertson, Flandreau, SD.

She was preceded in death by husband, Lauren Herrick, Sr.; sons, Lauren Herrick, Jr., Larry Herrick; sisters, Elenor Boutwell, Wanda Cadotte; brother, Howard (Sonny) Robertson; parents, Howard and Catherine Robertson (Cottier).

Burial to follow the Service at First Presbyterian Cemetery, Flandreau, SD. Please join the family for lunch at Eastman Hall immediately following the burial.

Visitation

🗓 Thursday, January 11, 2024

🕒 5:00 PM - 6:00 PM

Flandreau - Skroch Funeral Chapel

📍 409 E 2nd Ave
Flandreau, SD 57028

Wake Service

🗓 Thursday, January 11, 2024

🕒 6:00 PM - 8:00 PM

**Skroch Funeral Chapel,
Flandreau**

📍 409 2nd Ave E
Flandreau, SD 57028

Funeral Service

🗓 Friday, January 12, 2024

🕒 10:00 AM

**Skroch Funeral Chapel,
Flandreau**

📍 409 2nd Ave E
Flandreau, SD 57028

Reception

🗓 Friday, January 12, 2024

🕒 12:00 PM

Eastman Hall

📍 612 S. Center St.
Flandreau, SD 57028

Graveside Service

🗓 Friday, January 12, 2024

First Presbyterian Cemetery

📍 22882 SD-13
Flandreau, SD 57028



JANUARY IS

Winter Safety Month

Tips to stay safe this winter

- Dress in multiple thin layers when outdoors.
- Walk carefully (Shuffle like a penguin) on potentially icy sidewalks.
- Wear proper shoes and don't carry heavy or awkward loads on icy surfaces.
- Cover all exposed areas by wearing waterproof boots, hats, gloves and scarves.
- When outdoors, if any numb or stinging feelings appear in the cheeks, lips, nose, ears, hands and feet, come inside immediately.
- When returning indoors, remove wet clothing as quickly as possible.
- Seek immediate medical care in case of suspected frostbite or hypothermia and sprains/strains, fractures or concussion from falls.
- Keep all walkways at your home and work cleared.
- Offer to assist elders with snow clearing and keeping their walkways clear.
- Make sure all outside vents to your home or free and clear of snow/ice or debris.
- Keep your home heating system maintained, and a Carbon Monoxide detector in your home.
- Make sure your tires are properly inflated.
- Try to keep your gas tank at least 1/4 tank.
- Keep a "Winter Emergency Kit" in your vehicle.



Follow us for more tips to stay well this winter!

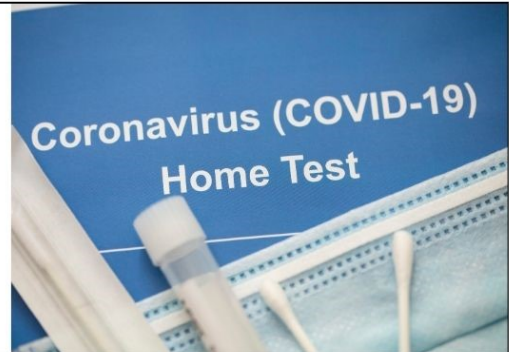
Winter Car Kit Checklist

<input type="checkbox"/> windshield scraper	<input type="checkbox"/> sand or shingles (for tire traction)
<input type="checkbox"/> small broom	<input type="checkbox"/> hats, socks and mittens
<input type="checkbox"/> flashlight	<input type="checkbox"/> first aid kit
<input type="checkbox"/> blanket	<input type="checkbox"/> fluorescent distress flag
<input type="checkbox"/> spare radio with batteries	
<input type="checkbox"/> snacks or energy type food	
<input type="checkbox"/> water	
<input type="checkbox"/> jumper cables	
<input type="checkbox"/> flares and matches	
<input type="checkbox"/> shovel	

COVID - 19

(Up to 8 FREE AT HOME TESTS)

Every U.S. household is eligible to order up to (4) free at-home COVID-19 tests.



If you missed ordering this fall, you can now place two orders for a total of (8) tests.

If possible, offer to assist your elders in ordering their FREE tests, too. We know they are especially vulnerable this time of the year.

Two easy ways to order:

Call 1-800-232-0233

or

Order online @ <https://www.covid.gov/tools-and-resources/resources/tests>

If you suspect you have COVID-19 or have been around others that have tested positive for COVID-19 you should test immediately and stay home to avoid spreading the virus.

WAKPA IPAKSAN DAKODIAPI

DAKOTA IAPI

STARTING JANUARY 9TH, 2024

TUESDAYS AND THURSDAY EVENINGS

5:30PM - 6:30PM

- DAKOTA LANGUAGE

- STORIES

- SONGS

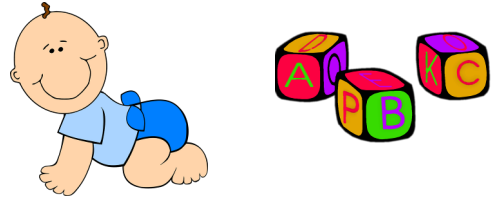
- A GOOD TIME!

EVERYONE WELCOME

**WICOICAGA OTIPI COMMUNITY CENTER
503 W. BROAD AVE, FLANDREAU SD, 57028**

Business leaders asked to weigh in on local child care needs

Leaders from the Flandreau Santee Sioux Tribe met with City of Flandreau representatives, local families, educators from South Dakota State University, and staff from the Boys and Girls Club of Moody County this past week. Club officials are heading up efforts to create a comprehensive, inclusive child care plan for the broader Flandreau and Moody County community. They are currently seeking as much input as possible. Club leaders met previously with care providers. This week they are hoping to hear from the business community. The unique and collaborative plan that Club officials are hoping to create would address, in particular, the bigger challenges and gaps that a rural, diverse community, like Flandreau, faces. Should the local application be selected out of the 28 possible communities, it would mean a \$500,000 award from the Governor's Office of Economic Development for new and ongoing early childhood care programming.



With a \$500,000 grant opportunity on the line, listening sessions and planning meetings continue in Flandreau to assess the opportunities and needs for local child care, especially for those 0-6 years of age. The Governor's Office of Economic Development only weeks ago awarded 28 communities funding to create a strategy for expanded child care services, knowing how often a lack of providers, or qualified providers can limit a family's ability to work or even live in specific communities.

Local business owners are invited to a third community-wide meeting today, December 20 at Noon at JJ's Coffee in downtown Flandreau.

Flandreau was among the communities chosen for the initial \$50,000 planning grant. If awarded, the additional grant opportunity would mean incredible opportunities for local and area families.

The deadline for the proposal, however, is just two months away — February 29th, 2024.

It is a tight turnaround.

Local Club and community leaders know they need to create something special.

But they're convinced the right partners are here locally to make something very amazing and much needed, happen.

"We have to have the plan created by Feb 29th," said Jody Hernandez, Chief Executive Officer of the Boys & Girls Club of the Northern Plains. She spoke with the Moody County Enterprise this past Wednesday night after the most recent community meeting with City and Tribal leaders, local educators and families.

Discussed at that particular meeting were concerns over a lack of licensed local daycare providers, a lack of availability for child care in general, barriers due to language, the affordability of child care for young families, and access to check-in throughout the day.

But there was also an optimism about what could be available to young families if there were more collaboration across local diverse communities and the county.

"We have an opportunity I don't think we'll ever get again with funding behind it...Everyone is coming together and working really hard to achieve this deadline and I think we'll come up with a great plan. What's already percolating to the top is top notch. I think we'll come up with something that will be great best practices that can be used across the state."

This past week's meeting was the second of three scheduled on the matter. Local child care providers sat down and shared insights from their perspective a week prior.

Local business owners are invited to a third community-wide meeting this Wednesday at Noon at JJ's Coffee in downtown Flandreau.

Awards, once all plans are submitted early next year, will be based on the collaboration shown amongst community partners and innovative solutions.

“I’m ready”

Ready to kick the habit?

SmokefreeNATIVE

(A free online source to stop smoking)



Who is this program for?

American Indian and Alaska Native adults and teens in the United States who are ready to quit smoking commercial tobacco. This program is offered through a collaboration between the National Cancer Institute’s Smokefree.gov Initiative (SFGI) and the Indian Health Service (IHS). They have teamed up with experts from the School of Public Health, University of Minnesota and the American Indian Cancer Foundation to develop a program that is made for and by natives and is aligned with the culture and needs of American Indian and Alaska Native communities and honors the significance of traditional tobacco.

How does it work?

Visit [SmokefreeNATIVE](#) or text NATIVE to 47848.

Participants will receive three to five messages each day with culturally-relevant information, encouragement, and support to help guide them on their journey to a smoke-free lifestyle.

When you are ready to quit, we are ready to help!
Please visit with your healthcare team for additional support.

F S S T H C

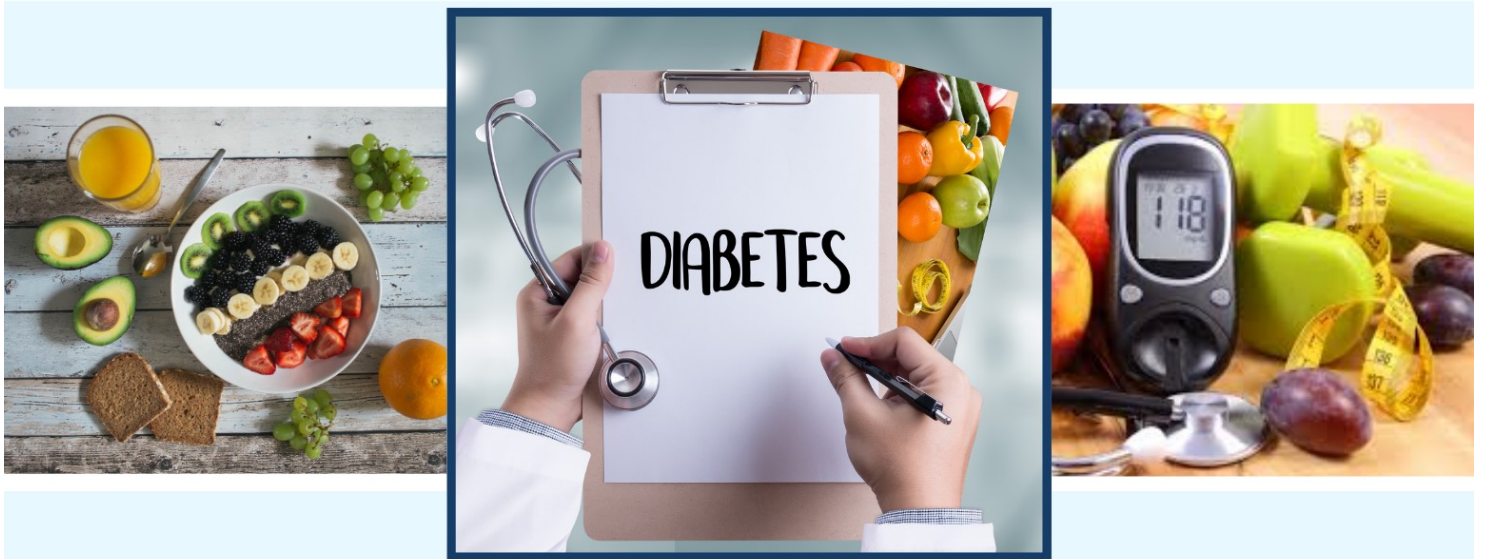
PRESENTS

DIABETIC HEALTH CLINIC

Join us in our Community room every Tuesday for a healthy breakfast item, Diabetes education and health screenings.

Bring your friends or the whole Tiwahe, as this is education you can pass on for generations!

TUESDAYS FROM 9AM TO 12PM



BEGINS JANUARY 9TH, 2024

ALL ARE WELCOME!



National Healthy Weight Week

January 21st - 27th, 2024

National Healthy Weight Week encourages Americans to reinforce healthy eating as a way of life instead of dieting to lose weight. It also encourages movement and physical activity, contrary to the sedentary winter months.

Not sure where to start?

Did you know that the Flandreau Santee Sioux Tribal Health Center has a Registered Dietitian? In addition to the many special nutrition programs offered by the Health Center and SDPI dietitian, Janine Albers, there is also opportunity for individual, private consultations on healthy weight management.

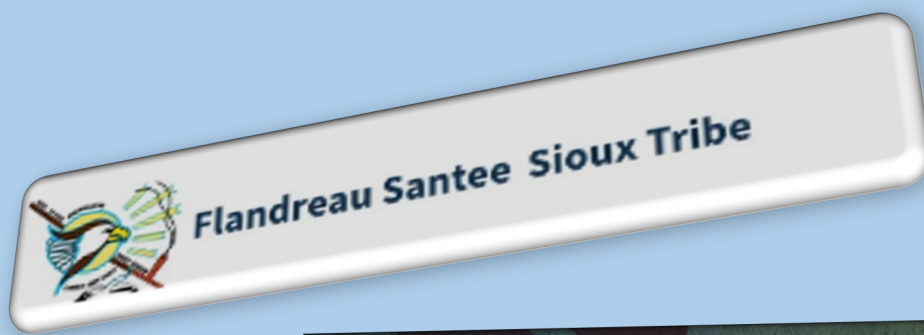
Call us @ 605.997.2642 and ask for Janine for more information.

Interim Wellness Center located at WOCC

W i c o i c a g a O t i p i C o m m u n i t y C e n t e r

Next door to the Health Center at our Interim Wellness Center you will find many ways to add physical activity to your day. Gabrielle Flute Player (SDPI Activities Coordinator) and Gabe Weston (Fitness Center Supervisor) will offer different fitness level programs throughout the year. In addition to fitness programs, low impact cardio equipment, weights and areas for stretching/yoga are available to any Health Center patient or FSST Employee. Friends and Family are welcome with any registered user!

Stop by the Interim Wellness Center located at Wicoicaga Otipi Community Center to register, or learn more. Current operation hours are Monday - Friday 6am - 6pm.



Social Services

Services Provided: Child Protection, 24hr on call for emergencies, Child Placement management Services (for children in the care of the Flandreau Santee Sioux Tribe) and reunification services to families (Individualized Cases Management Services) Foster Home Recruitment and licensing, Foster Parent Training, Referrals to aging supportive services, Investigation of elder abuse/neglect, General Assistance with Community resources, Conservator Guardianship Services, ICWA and QEW Services, Family Preservation/Prevention Services (supports for families and children that may minor difficulties providing basic needs in the home) and Emergency services, such as families affected by unforeseen circumstances.

Area Served: All Flandreau Indian Reservation and for ICWA Children who are eligible for enrollment with FSST or who are enrolled with FSST residing anywhere off the Flandreau Indian Reservation.

Eligible Participants: All Native American Children and families residing on the Flandreau Indian Reservation. For ICWA Program all eligible or enrolled Flandreau Santee Sioux Tribal children and families residing anywhere off the Flandreau Santee Sioux Reservation.

Location: Flandreau Santee Sioux Tribal Headquarters

603 West Broad Ave

Flandreau, SD 57028

Office Hours: Monday-Friday 8:00am-5:00pm

Contact: Social Service Office 605 997 5055 Fax: 605 997 3878

Preparing for new housing development



While the Flandreau Housing Corporation waits on a full set of plans for a new potential apartment complex along Broad Avenue in Flandreau, it has contracted with the engineering firm Banner Associates to perform a Topography Survey and property line survey. Corporation members met in recent weeks with the potential developer. Surveying was done late this past week.

City Administrator Cohl Turnquist said the information work will provide both the Housing Corporation and Banner with information on how that lot drains and will ensure that both groups have the proper information to develop that property responsibly. Both surveys will need to be completed before the Housing Corporation can move forward with any building on the property. Turnquist said the City anticipates that both surveys will be complete sometime in January.



HEALTHY WEIGHT FOR LIFE

Start your journey into



with this NEW program!

This 12-week program will include 3 individual sessions and 9 group sessions.

Group sessions begin January 18th, 2024. All group sessions will run from 12:15 - 12:45pm and cover a variety of topics to help you lead a healthier lifestyle.

Initial individual sessions will take place between January 2nd and 17th.

Don't "weight" call our dietitian Janine @ 605.997.2642 to set up your first individual session or to learn more.

Tribal Wellness Program soft relaunch



Gabrielle Flute Player, Diabetic Cultural Coordinator, and Gabe Weston, Fitness Center Supervisor, will both be part of overseeing new Tribal wellness temporary programming at the Community Center on Broad Avenue. New weights and cardiovascular equipment are in place on the east end of the facility and educational opportunities, healthier snacks and a multi-generational gathering space now occupies the west end of the community center. The space is open from 6 a.m. through 6 p.m. Monday through Friday.



A larger and more comprehensive Wellness Center is still the goal for the Flandreau Santee Sioux Tribe.

But instead of waiting for a new addition or facility to be built adjacent to the Tribal Community Center on Broad Avenue in Flandreau, Tribal and FSST Clinic officials are working together to create a space in the current Wicoicaga Otipi Community Center (WOCC) that is focused on improving overall community health and diabetes prevention.

Right now, both the east and west ends of the Center offer new health-based features. On the west end there are healthy food options available along with a gathering space for tribal members, their families, and others who are IHS eligible.

There is a new walking program that's launched as well out of that space along with an area for education about healthier lifestyles, especially diabetes prevention.

On the east end of the WOCC, new weights and cardiovascular equipment such as exercise bikes and treadmills temporarily occupy the space previously held by the Dakota Language After School Program.

The past month has been a soft launch of the space and programming, but coordinators hope that after January 1, 2024, more tribal members and their families take advantage of what the resource center has to offer.

"I think it's important we create a space for people to just live a healthier lifestyle," said Gabrielle Flute Player, the new Diabetic Cultural Coordinator. Flute Player, who played basketball throughout her college career, recently returned back home to Flandreau. She has lived in the community since 2001, is a Flandreau Indian School graduate and a member of the Spirit Lake Nation in Fort Totten, North Dakota.

"This is where I grew up, though, and I see it every day. People just haven't had that space to get healthier and get that support. We're encouraging them to come back and be active, to make healthier choices and ask questions."

FSST recently received an IHS grant to expand its diabetic wellness program. Because the Clinic is more for acute care and clinic visits, tribal officials chose this route to try and encourage members to focus on a healthier lifestyle.

In addition to the walking program, which runs Monday through Friday between 9 a.m. and Noon, there is also a steps challenge. The previous wellness program and gym disappeared along with other programs in the early stages of the Native Nations medical marijuana business startup and as the nation went into lockdown during the pandemic. Talks have been ongoing about how and where to rebuild a gym and wellness center and wellness and preventative programs since.



FSST Cannabis Commission logo contest! Win \$250 if your logo is selected!!

Logo must include:

- Cannabis Commission
- FSST
- Cannabis

Please submit all entries to Tarin Allen by February 29th, 2024; office located in the Old Clinic

Let's Celebrate You!

Thursday, January 18th, 2024 at Noon

DOREEN BAGOLA	1/4
JACK CRAWFORD	1/7
GARY REZEK	1/17
DEBRA WAKEMAN	1/21
VERZELLA BAUMAN	1/23
ELIZABETH FISHERMAN	1/24
GABRIELL REDERTH	1/30



FSST Management would like to wish those of you with birthdays in January
a Happy Birthday!

A light lunch and sweet treat will be provided in the Finance/HR Conference Room at the Old Clinic, located at 701 W Broad Avenue.

We'll see you there!

January 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CLOSED for NEW YEARS</p>	<p>2</p> <p>Chicken Cordon Blue Rice Pilaf Flavorful Green Beans Cranberry Bar</p>	<p>3</p> <p>Chicken Fried Steak Mashed Potatos/gravy Carrot Blend Veggies Potato chip cookies</p>	<p>4</p> <p>Hamburgers Potato Salad Bake Beans Apple Pie</p>	<p>5</p> <p>Potato Soup Roast beef Sand. Spinach Salad Chips Apple Cake</p>
<p>8</p> <p>Tuna Noodle Hotdish Peas Cucumber Salad Carrot Cake</p>	<p>9</p> <p>Meat Loaf O'Brien Potato's Corn Strawberry Éclair Cake</p>	<p>10</p> <p>Hot Beef Mashed potato/gravy Buttered Corn Straight A Salad Cream Puff Dessert</p>	<p>11</p> <p>Dorita Cheesy Chicken Casserole Spanish Rice Royal Salad Fruit</p>	<p>12</p> <p>Various Soups Egg Salad Sandwich Confetti Cottage Cheese Frosted Banana Bar</p>
<p>15</p> <p>Closed for Martin Luther King Day</p>	<p>16</p> <p>Tomato Bisque Soup Grilled Ham&cheese Grape Salad Strawberry Jam Bar</p>	<p>17</p> <p>Rib Bites Cheesy Hashbrowns Buttered Squash Creamsicle Cake</p>	<p>18</p> <p>Chop Suey over rice Eggroll Oriental Slaw Kim Chi Fried Rice Cinnabon Coffee Cake</p>	<p>19</p> <p>Broccoli Cheese Soup Turkey Sandwich Cranberry Fluff Butterscotch Pudding</p>
<p>22</p> <p>Pancakes Scrambled Eggs Sausage Patties Muffin</p>	<p>23</p> <p>Wild Rice Soup Roast Beef & Cheese Sandwich Creamy Coleslaw Fruited Jello</p>	<p>24</p> <p>Pork Chop/onion gravy Mashed Potatoes Lima bean bake Cinnamon Applesauce</p>	<p>25</p> <p>Lasagna Caesar Salad Focaccia Bread Bread Pudding/lemon sauce</p>	<p>26</p> <p>Pizza Supreme Tossed Salad Key Lime Dessert</p>
<p>29</p> <p>Tater Tot Hotdish Mandrin Orange Salad Boston Crème Poke Cake</p>	<p>30</p> <p>Ham & Bean Soup Corn Bread Broccoli & Cauliflower Salad Cookies</p>	<p>31</p> <p>Baked Chicken Mashed Potato/gravy Green Beans Spinach/apple Salad Birthday Lush Cake</p>	<p>*Menu subject to change without notice.</p>	

Grace Moore Senior Citizens Center 997-2924