

# MILWAUKEE COUNTY SENIOR DINING GREATER GALILEE

2432 N. TEUTONIA AVENUE  
FOR CURBSIDE PICK-UP OR DELIVERY



MILWAUKEE COUNTY  
Department on Aging

## NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Taco Salad <i>Ground Beef, Beans</i> <i>Rice, Cheese</i> <i>Sour Cream, Salsa</i> <i>Tortilla Chips</i> <i>Lettuce, Onion, Tomato</i> Pineapple Tidbits	<b>ELECTION DAY 3</b> Tuna Noodle Casserole Baby Green Peas V-8 Juice Whole Grain Dinner Roll Tropical Fruit Cup Sugar Cookie	<b>4</b> Blueberry French Toast Bake Sliced Ham Yogurt Parfait Cup Orange Juice Melon	<b>5</b> Oven-Fried Fish Tartar Sauce Stewed Tomatoes Kidney Bean Salad Rye Bread Sliced Cinnamon Apples	<b>6</b> 7-Layer Salad <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Tomato, Carrots</i> <i>Romaine Lettuce</i> <i>Mayo Dressing</i> Strawberries
<b>9</b> Turkey BLT Salad <i>Turkey, Bacon</i> <i>Shredded Cheese</i> <i>Cheese, Croutons</i> <i>Lettuce, Tomato</i> <i>Ranch Dressing</i> Melon	<b>10</b> Creamy Tomato Soup Grilled Cheese Whole Grain Bread Tater Tots Cooked Carrots Mixed Fruit	<b>11</b> Biscuits, Sausage and Gravy Scrambled Eggs Hash Brown Potatoes V-8 Juice Mixed Berries	<b>12</b> Salisbury Steak Mushroom Gravy Sweet Potatoes Buttered Corn Whole Grain Roll Fruit Crisp	<b>13</b> Caesar Salad <i>Grilled Chicken</i> <i>Romaine Lettuce</i> <i>Croutons</i> <i>Parmesan Cheese</i> <i>Caesar Dressing</i> Fresh Fruit
<b>16</b> Spinach Salad <i>w/Asparagus</i> <i>Garbanzo Beans</i> <i>Hardboiled Eggs</i> <i>Bacon, Croutons</i> <i>Salad Dressing</i> Orange Wedges	<b>17</b> Oven-Fried Chicken Creamed Spinach Baked Sweet Potato Cornbread Fruit Cocktail Brownie	<b>18</b> Hash Brown Bake <i>Hashbrowns, Eggs</i> <i>Bacon, Cheese</i> Tomato Juice English Muffin Fresh Fruit Cup	<b>19</b> Ham Steak Au Gratin Potatoes Steamed Broccoli Dinner Roll Pineapple Tidbits Chocolate Chip Cookie	<b>20</b> Chef's Salad <i>Ham, Cheese,</i> <i>Egg, Bacon</i> <i>Romaine Mix</i> <i>Tomatoes, Croutons</i> <i>Salad Dressing</i> Grapes
<b>23</b> 7-Layer Salad <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Tomato, Carrots</i> <i>Romaine Lettuce</i> <i>Mayo Dressing</i> Strawberries	<b>24</b> Sliced Turkey w/Gravy Mashed Potatoes Black-Eyed Peas Whole Wheat Bread Cranberry Relish Apple Pie	<b>25</b> Pancakes Scrambled Eggs Hashbrown Patty V-8 Juice Cottage Cheese Peaches	<b>26</b> <b>THANKSGIVING DAY</b> 	<b>27</b> <b>CLOSED</b>
<b>30</b> Caesar Salad <i>Grilled Chicken</i> <i>Romaine Lettuce</i> <i>Croutons</i> <i>Parmesan Cheese</i> <i>Caesar Dressing</i> Fresh Fruit	 <b>YOU'RE INVITED</b> MILWAUKEE COUNTY SENIOR DINING 60+ Suggested Contribution <b>\$3.00</b> 			

**RESERVATIONS RECOMMENDED**  
 9:30-11:30 24-HOUR NOTICE  
**562-1110**

# DEMENTIA



## A public health priority

### What are the symptoms?

Difficulties with everyday tasks

Confusion in familiar environments

Difficulty with words and numbers

Memory loss

Changes in mood and behaviour



### Who is affected?



Nearly 10 million new cases every year

One every 3 seconds

50 million people worldwide

Set to triple by 2050



Majority of people who will develop dementia will be in low- and middle-income countries

### What is the cause?

Conditions that affect the brain, such as Alzheimer's disease, stroke or head injury



### What does it cost?

2015 US\$818 billion: estimated costs to society in 2015

2030 US\$2 trillion



Families and friends provide most of the care

Carers experience physical, emotional and financial stress



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CONTACT YOUR MILWAUKEE COUNTY DEMENTIA CARE SPECIALISTS:  
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