

# MILWAUKEE COUNTY

## MEALS ON WHEELS

# NOVEMBER



MILWAUKEE COUNTY  
Department on Aging



MEALS ON WHEELS  
AMERICA

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <p><b>2</b></p> <p>Hungarian Goulash<br/>Buttered Egg Noodles<br/>Mediterranean Veggies<br/>Crusty Bread<br/>Baker's Choice Cookie<br/>♥ Raisins</p>           | <p><b>ELECTION DAY 3</b></p> <p>Grilled Burger/Bun<br/>w/Mushrooms &amp; Swiss<br/>Baby Baker Potatoes<br/>Stewed Tomatoes<br/>w/Onions &amp; Peppers<br/>Chocolate Chip Cookie<br/>♥ Red Delicious Apple</p>   | <p><b>4</b></p> <p>Turkey à la King<br/>Brown Rice<br/>Pea Pods<br/>Romaine Salad Mix<br/>Dressing<br/>Buttermilk Biscuit<br/>Banana</p>  | <p><b>5</b></p> <p>BBQ Pulled Pork<br/>Kaiser Roll<br/>Hashbrown Casserole<br/>Whole Kernel Corn<br/>Red Cabbage Slaw<br/>Pickle Spear<br/>Peaches</p>                     | <p><b>6</b></p> <p>Teriyaki Chicken<br/>Fried Rice<br/>Oriental Vegetable Blend<br/>Whole Grain Bread<br/>🍏 Apple Juice<br/>Sugar Cookie<br/>♥ Mandarin Oranges</p> |
| <p><b>9</b></p> <p>Chicken Primavera<br/>Penne Pasta Alfredo<br/>Brussels Sprouts<br/>Harvard Beets<br/>Italian Bread<br/>Blushing Pears</p>                   | <p><b>10</b></p> <p>Peachy Pork Roast<br/>Mashed Sweet Potato<br/>Cauliflower w/Dill<br/>Multi-Grain Bread<br/>Rice Krispie Treat<br/>♥ Fresh Fruit</p>   | <p><b>VETERAN'S DAY 11</b></p> <p>Roast Beef/Gravy<br/>Baked Potato Casserole<br/>County Style Vegetables<br/>🍇 Grape Juice<br/>Wheat Bread<br/>Dutch Apple Pie<br/>♥ Apple</p> | <p><b>12</b></p> <p>Ring Bologna<br/>German Potato Salad<br/>Green/Wax Bean Medley<br/>🍏 Apple Juice<br/>Whole Grain Dinner Roll<br/>Snickerdoodle Cookie<br/>♥ Orange</p> | <p><b>13</b></p> <p>Baked Fish<br/>Lemon Sauce<br/>Baked Potato/Sour Cream<br/>Baby Peas<br/>Coleslaw<br/>Marble Rye<br/>Applesauce</p>                             |
| <p><b>16</b></p> <p>Lemon Garlic<br/>Chicken Breast<br/>w/Sauce<br/>Sweet Potatoes<br/>Green Beans<br/>7-Grain Bread<br/>Cinnamon Apple Slices</p>             | <p><b>17</b></p> <p>Honey BBQ Riblet<br/>on Coney Bun<br/>American Potato Salad<br/>Succotash<br/>Rye Bread<br/>Mandarin Oranges</p>  | <p><b>18</b></p> <p>Meatloaf/Gravy<br/>Baked Potato/Sour Cream<br/>Tossed Mixed Greens<br/>w/Dressing<br/>Rye Bread<br/>🍏 Apple Juice<br/>Pineapple</p>                         | <p><b>19</b></p> <p>Omelet<br/>w/Broccoli &amp; Cheese<br/>Sausage Links<br/>Hash Brown Triangles<br/>Fruit Cup<br/>🍊 Orange Juice<br/>Coffee Cake</p>                     | <p><b>20</b></p> <p>Chicken Creole<br/>Red Beans &amp; Rice<br/>Crinkle Cut Carrots<br/>📺 Fruit Punch<br/>Multi Grain-Dinner Roll<br/>Peach Crisp<br/>♥ Peaches</p> |
| <p><b>23</b></p> <p>Boneless Pork Roast<br/>w/Gravy &amp; Stuffing<br/>California Vegetables<br/>Spice Cake with<br/>Cream Cheese Icing<br/>♥ Granny Smith</p> | <p><b>24</b></p> <p>Swedish Meatballs<br/>Garlic Mashed Potatoes<br/>Broccoli<br/>Sesame Egg Bread<br/>Fresh Fruit Cup</p>  | <p><b>25</b></p> <p>Roast Turkey w/Gravy<br/>Stuffing<br/>Green Bean Casserole<br/>Cranberry Relish<br/>Dinner Roll<br/>Pumpkin Bar<br/>♥ Mandarin Oranges</p>                  | <p><b>26</b></p> <p><b>THANKSGIVING DAY</b></p>                                        | <p><b>27</b></p> <p><b>CLOSED</b></p>   |
| <p><b>30</b></p> <p>Meat Lasagna<br/>Italian Vegetable Blend<br/>Sautéed Spinach<br/>Garlic Bread<br/>Grapes</p>   | <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p><b>ADRC</b><br/>Aging &amp; Disability Resource Center<br/>Aging Resource Center<br/>(414) 289-6874<br/><i>Answers to all your questions on aging</i></p> </div> <div style="text-align: center;">  <p><b>358-6527</b></p> </div> <div style="text-align: right;"> <input type="checkbox"/> DELIVERY ISSUES?<br/> <input type="checkbox"/> ADDRESS CHANGE?<br/> <input type="checkbox"/> HOSPITAL STAY?<br/> <input type="checkbox"/> VACATION HOLD?                 </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  <p><b>60+ Suggested Contribution \$3.00</b></p>  </div> <div style="text-align: center;">  <p><b>Goodwill</b><br/>Industries of Southeastern Wisconsin, Inc.</p> </div> </div> |   |  |   |

# 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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