

# MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY  
Department on Aging

## LUNCH

FOR CURBSIDE PICKUP OR DELIVERY

# NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Turkey Ham &amp; Cheese Sub Sandwich Mayo Veggie Pasta Salad Kidney Bean Salad Baker's Choice Cookie Raisins</p>	<p><b>ELECTION DAY</b> <b>3</b> <small>MULTIPLE SITE CLOSURES</small></p> <p>Tuna Pasta Salad on Leaf Lettuce Whole Wheat Bread 🍊 Orange Juice Chocolate Chip Cookie Red Delicious Apple</p>	<p><b>4</b></p> <p>Roast Beef Salad w/Horseradish on Bed of Lettuce Broccoli Spears Buttermilk Biscuit Lorna Doone Cookies Banana</p>	<p><b>5</b></p> <p>Sliced Ham &amp; Cheese w/Lettuce &amp; Mustard on Croissant Red Cabbage Slaw Pickle Spear Peaches</p>	<p><b>6</b></p> <p>Chicken Salad on Whole Grain Bread Grape Tomatoes Cottage Cheese 🍏 Apple Juice Sugar Cookie Mandarin Oranges</p>
<p><b>9</b></p> <p>Roast Beef on Italian Bread Mayo Marinated Carrot Salad Potato Salad Blushing Pears Lemon Bar</p>	<p><b>10</b></p> <p>Turkey Salad on Multi-Grain Bread Cucumber Salad Sun Chips Rice Krispie Treat Fresh Fruit</p>	<p><b>VETERAN'S DAY</b> <b>11</b></p> <p>Chicken Caesar Salad <i>Romaine, Tomatoes, Croutons, Parmesan, Caesar Dressing</i> 🍇 Grape Juice Wheat Bread Dutch Apple Pie</p>	<p><b>12</b></p> <p>Sliced Turkey on Whole Grain Bun w/Mayo 3-Bean Salad 🍏 Apple Juice Snickerdoodle Cookie Orange</p>	<p><b>13</b></p> <p>Tuscan Tortellini Salad Spinach, Salami, Pepperoni, Black Olives, Mozzarella Red Wine Vinegar Dressing Served over Lettuce Crusty Bread Applesauce Brownie</p>
<p><b>16</b></p> <p>Egg Salad on 7-Grain Bread Broccoli Slaw Marinated Bean Salad Pretzels Cinnamon Apple Slices</p>	<p><b>17</b></p> <p>Sliced Ham on Rye w/Mustard Asian Coleslaw Tossed Mixed Greens w/Dressing Mandarin Oranges</p>	<p><b>18</b></p> <p>Big Mac Salad 1,000 Island Dressing Sesame Bread 🍏 Apple Juice Pineapple Chocolate Pudding</p>	<p><b>19</b></p> <p>Chicken Fajita Chopped Salad Tortilla Chips Fruit Cup 🍊 Orange Juice Coffee Cake</p>	<p><b>20</b></p> <p>Tuna Salad on Wheat Bread Baby Carrots 🍷 Fruit Punch Peach Crisp Banana</p>
<p><b>23</b></p> <p>Shaved Ham on Kaiser Roll w/Mustard Pea &amp; Cheese Salad Sun Chips Spice Cake Granny Smith Apple</p>	<p><b>24</b></p> <p>Shaved Roast Beef on Whole Wheat Bread w/Mayo Spinach Salad with Vinaigrette Dressing Sesame Egg Bread Fresh Fruit Cup</p>	<p><b>25</b></p> <p>Turkey BLT Salad Ranch Dressing Cranberry Relish Dinner Roll Pumpkin Bar Mandarin Oranges</p>	<p><b>26</b></p> <p><b>THANKSGIVING DAY</b></p>  <p><b>CLOSED</b></p>	
<p><b>30</b></p> <p>Chicken Salad on Bed of Lettuce Pickled Beet Salad Breadsticks Fruited Yogurt Grapes</p>	<div style="border: 1px solid black; padding: 5px;"> <p><b>YOU'RE INVITED</b></p> <p>MILWAUKEE COUNTY SENIOR DINING</p> <p>60+ Suggested Contribution <b>\$3.00</b></p>   <p><b>RESERVATIONS REQUIRED</b> 9:30-11:30 24-HOUR NOTICE</p> <p><b>CALL SITE</b></p> </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



CONTACT YOUR MILWAUKEE COUNTY DEMENTIA CARE SPECIALISTS:  
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