

MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER

730 W WASHINGTON STREET

FOR CURBSIDE PICK-UP/DELIVERY

NOVEMBER



MILWAUKEE COUNTY
Department on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pub Burger w/Onions ² Whole Grain Bun Carrots Oven French Fries Ketchup & Mayo Cookie	Chicken Mole ³ Mexican Rice Romaine w/Cucumber Whole Wheat Tortilla Diced Peaches	Turkey Hot Dog ⁴ Wheat Bun Baked Beans Seasoned Potatoes Ketchup & Mustard Banana	Meatloaf w/Gravy ⁵ Mashed Potatoes Brussels Sprouts Wheat Roll Strawberries & Cream	Roast Pork ⁶ Puerto Rican Rice Buttered Corn Crusty Roll Pear Slices
Glazed Ham Slice ⁹ Potato Salad Spinach Salad Wheat Roll Pineapple Tidbits	Steak Fajitas ¹⁰ Mexican Rice Refried Beans Tortilla Grapes	Herb Baked Chicken ¹¹ Creamy Spinach Linguine Sautéed Asparagus Breadstick Mandarin Oranges	Potato Flautas ¹² Lettuce & Tomato Sour Cream Vegetarian Beans Fresh Orange	Ground Beef Picadillo ¹³ Mexican Rice Spring Salad w/Cranberries Apple Pie
Lasagna ¹⁶ Italian Vegetables Caesar Salad/Dressing Breadsticks Oatmeal Raisin Cookie	Steak Ranchero ¹⁷ Brown Rice Refried Beans Fresh Salad w/Cucumbers Tortilla Fresh Apple	Tuna Salad Sandwich ¹⁸ Kaiser Roll Shredded Lettuce Tomato Slices American Potato Salad Honeydew Melon	Chicken Breast Fillet ¹⁹ Glazed Baby Carrots French Style Green Beans Dinner Roll Vanilla Pudding	Turkey w/Gravy ²⁰ Puerto Rican Rice Chef's Vegetables Whole Grain Bread Pumpkin Pie
Chipotle Meatballs ²³ Mexican Rice Mexican Beans Green Salad/Dressing Tortilla Fresh Cantaloupe	BBQ Boneless Pork Rib ²⁴ Mac & Cheese Baked Beans Whole Grain Dinner Roll Chocolate Pudding	Macaroni with Meat ²⁵ Lettuce & Tomato Salad Sautéed Pepper Medley Breadstick Applesauce	THANKSGIVING DAY ²⁶ 	²⁷ CLOSED

Cheese Enchilada ³⁰
Mexican Rice
Beans
Garden Salad
w/Tomatoes & Cucumber
Chilled Apricots

60+
Suggested Contribution **\$3.00**



Se sugiere \$3.00 de donación por cada comida

Para reservar su almuerzo favor de llamar al 649-2807



11:00-12:00

RESERVATIONS REQUIRED

9:30-11:30 24-HOUR NOTICE



649-2807

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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