## MILWAUKEE COUNTY SENIOR DINING



### FRANKLIN 9229 W. LOOMIS ROAD

FOR CARRYOUT ONLY

# JUNE

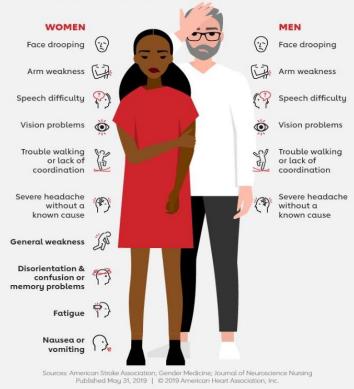


Department on Aging	g	OIIL			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
find us on facebook  Seafood Pasta Salad  Breadsticks  Black Bean Salad  Lemon Pudding  Fresh Fruit	Roast Beef w/Mayo Italian Bread Broccoli Slaw Baby Carrots Fruited Yogurt Peanut Butter Cookie Ham & Swiss w/Mustard Marble Rye Bread Potato Salad Cucumber Salad	Romaine Lettuce, Peas Hard Boiled Egg, Bacon, Cheddar, Chives, Dressing Bran Muffin Mandarin Oranges & Pineapple Tidbits Sugar Cookie	Egg Salad Whole Wheat Bread Marinated Vegetables Pickle Spear Pretzels Grapes  Turkey Club on Wheat w/Lettuce, Tomato, Mayo Kidney Bean Salad Vegetable Pasta Salad Sun Chips	Taco Salad  Taco Beef, Beans, Cheese, Tomato, Onion, Peppers, Dressing, Shredded Lettuce Tortilla Chips Cornbread Muffin Orange  Chicken Salad Croissant Broccoli Salad String Cheese   Grape Juice   √ Grape Juice	
	Apple Carrot Cake	Snickerdoodle Cookie Banana	Watermelon	Fresh Pear	
Roast Beef w/Mayo Kaiser Roll Marinated Vegetables Creamy Coleslaw Yogurt Peach Pie	Chicken & Cheese 15 Tortilla Wrap Grated Carrot Raisin Salad U Juice Chocolate Pudding Banana	Chef's Salad  Ham, Turkey, Cheese  Hard Boiled Egg  Ranch Dressing  Whole Grain Dinner Roll  Orange Juice  Fresh Strawberries	Tuna Pasta Salad on Bed of Lettuce Dinner Roll Juice Cinnamon Apples Brownie	JUNETEENTH FREEDOM DAY	
Shaved Turkey  w/Mayo on Sourdough  Marinated Carrot Salad  American Potato Salad  Truit Punch  Yellow Delicious Apple	Sub Sandwich  w/Mayo, Mustard  Rainbow Slaw  3-Bean Salad  Potato Chips  Plum	Grilled Chicken, Romaine, Red Onion, Cucumber, Tomato, Tzatziki Bread Clementine Cheesecake	Ham Salad on Bed of Lettuce Broccoli Slaw Poppy Seed Roll Applesauce Graham Crackers	Roast Beef w/Mayo  Multi-Grain Bread  Mixed Green Salad  w/Grape Tomatoes  Cottage Cheese  Nectarine	
Egg Salad 28 7-Grain Bread Kidney Bean Salad Broccoli Florets Fresh Orange Cereal Bar	Sliced Ham w/Mustard 29 Multi-Grain Bread Pickled Beets Pea & Cheese Salad Melon Wedge Baker's Choice	Tuna Pasta Salad  Lettuce Leaf, Tomato Sun Chips Fresh Fruit Cup  Orange Juice Oatmeal Raisin Cookie	(T) CAI	IS REQUIRED 24-HOUR NOTICE L SITE 7-7696	

### STROKE SYMPTOMS: WOMEN VS. MEN

By American Heart Association News

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.





### **BRAIN HEALTH** & HEALTHY AGING

As you age, a healthy body is key to a healthy brain and sharp mind. Stay healthy and active to help reduce your risk of stroke, heart disease, memory loss and difficulty with thinking and learning.

### **BY THE NUMBERS**













### YOUR LIFESTYLE CHOICES AFFECT YOUR BRAIN HEALTH -

It's never too late to start making healthier choices:



### Get enough sleep

Adults need 7–9 hours per night. Teenagers and children need more



### Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors. Eat healthu

Move more, sit less Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats. Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.



Don't smoke or vape If you currently smoke or vape, quit

### **HOW CAN I LEARN MORE?**





Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth



### High blood pressure increases risk of stroke.



120/80

People with high blood pressure have a significantly higher risk of stroke.1





More than

**1** in **3** 

pressure have a life expectancy **5 YEARS** than people with

high blood pressure.3

At age 50,

high blood

people without

Stroke occurs when a blood vessel to the brain is blocked or bursts.

Blood and oxygen flow are interrupted, and brain cells begin to die.



Have your blood pressure checked and keep it in check to REDUCE your risk of stroke.

1 Benjamin et al; Circulation, 2019;139;e56-528 // 2 D'Agostino, R.B. et al. Stroke. 1994;25:40-43 // 3 Mazzafarian D et al. Circulation. 2017; 135:e135-139

Together to End Stroke™ before it happens. For more information, visit heart.org/HBP.



#### Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

Arm Weakness

#### Speech

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



#### Time to Call 9-1-1

Is speech slurred? Is the If the person shows any person unable to speak of these symptoms, even or hard to understand? if the symptoms go away, call 9-1-1 and get Ask the person to repeat a simple sentence. them to the hospital immediately.

# **Blood Pressure Categories**



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120