

MILWAUKEE COUNTY SENIOR DINING



FRANKLIN
9229 W. LOOMIS ROAD
FOR CARRYOUT ONLY

JUNE



MILWAUKEE COUNTY
Department on Aging

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
|  find us on facebook | Roast Beef 1 w/Mayo Italian Bread Broccoli Slaw Baby Carrots Fruited Yogurt Peanut Butter Cookie | 7-Layer Salad 2 <i>Romaine Lettuce, Peas, Hard Boiled Egg, Bacon, Cheddar, Chives, Dressing</i> Bran Muffin Mandarin Oranges & Pineapple Tidbits Sugar Cookie | Egg Salad 3 Whole Wheat Bread Marinated Vegetables Pickle Spear Pretzels Grapes | Taco Salad 4 <i>Taco Beef, Beans, Cheese, Tomato, Onion, Peppers, Dressing, Shredded Lettuce</i> Tortilla Chips Cornbread Muffin Orange |
| Seafood Pasta Salad 7 Breadsticks Black Bean Salad Lemon Pudding Fresh Fruit | Ham & Swiss 8 w/Mustard Marble Rye Bread Potato Salad Cucumber Salad Apple Carrot Cake | Asian Chicken Salad 9 <i>Grilled Chicken, Almonds, Mixed Greens, Vinaigrette, Mandarin Oranges, Chow Mein Noodles</i> Sesame Roll Snickerdoodle Cookie Banana | Turkey Club on Wheat 10 w/Lettuce, Tomato, Mayo Kidney Bean Salad Vegetable Pasta Salad Sun Chips Watermelon | Chicken Salad 11 Croissant Broccoli Salad String Cheese 🍇 Grape Juice Fresh Pear |
| Roast Beef 14 w/Mayo Kaiser Roll Marinated Vegetables Creamy Coleslaw Yogurt Peach Pie | Chicken & Cheese 15 Tortilla Wrap Grated Carrot Raisin Salad 🍷 Juice Chocolate Pudding Banana | Chef's Salad 16 <i>Ham, Turkey, Cheese, Hard Boiled Egg</i> Ranch Dressing Whole Grain Dinner Roll 🍊 Orange Juice Fresh Strawberries | Tuna Pasta Salad 17 on Bed of Lettuce Dinner Roll 🍏 Juice Cinnamon Apples Brownie |  |
| Shaved Turkey 21 w/Mayo on Sourdough Marinated Carrot Salad American Potato Salad 🍷 Fruit Punch Yellow Delicious Apple | Sub Sandwich 22 w/Mayo, Mustard Rainbow Slaw 3-Bean Salad Potato Chips Plum | Chicken Gyro Salad 23 <i>Grilled Chicken, Romaine, Red Onion, Cucumber, Tomato, Tzatziki</i> Bread Clementine Cheesecake | Ham Salad 24 on Bed of Lettuce Broccoli Slaw Poppy Seed Roll Applesauce Graham Crackers | Roast Beef w/Mayo 25 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 30 Lettuce Leaf, Tomato Sun Chips Fresh Fruit Cup 🍊 Orange Juice Oatmeal Raisin Cookie | RESERVATIONS REQUIRED 9:30 - 11:30 24-HOUR NOTICE  CALL SITE 414•427•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.

| WOMEN | | MEN |
|---|--|---|
| Face drooping | | Face drooping |
| Arm weakness | | Arm weakness |
| Speech difficulty | | Speech difficulty |
| Vision problems | | Vision problems |
| Trouble walking or lack of coordination | | Trouble walking or lack of coordination |
| Severe headache without a known cause | | Severe headache without a known cause |
| General weakness | | |
| Disorientation & confusion or memory problems | | |
| Fatigue | | |
| Nausea or vomiting | | |

Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience Nursing
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American Stroke Association
A division of the American Heart Association
Together to End Stroke™

High blood pressure increases risk of stroke.

Normal blood pressure is below **120/80**

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



At age 50, people without high blood pressure have a **life expectancy 5 YEARS LONGER** than people with high blood pressure.²

Up to **80%** of strokes may be prevented.²

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.

More than **1 in 3** American adults with high blood pressure **don't know they have it.**³



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 Mozaffarian D et al. Circulation. 2017; 135:e135-139

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

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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

- 40** Every 40 seconds someone in the U.S. has a stroke.
- 80%** of brain disease can be linked to cardiovascular disease.
- 99%** of U.S. adults have at least one of seven cardiovascular health risks.
- 3 out of 5** Americans will develop a brain disease in their lifetime.
- Stroke is the No. 5 Cause of Death in the U.S.**

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.
- Get regular checkups**
Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.
- Move more, sit less**
Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.
- Eat healthy**
Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.
- Don't smoke or vape**
If you currently smoke or vape, quit.

HOW CAN I LEARN MORE?

- 1 Talk with your health care provider
- 2 Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth

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FAST

| Face Drooping | Arm Weakness | Speech | Time to Call 9-1-1 |
|---|--|---|---|
| Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided? | Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward? | Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence. | If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get 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 |