

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. Loomis Road



(414) 427-7696

11:00 For In-Person Dining

MAY



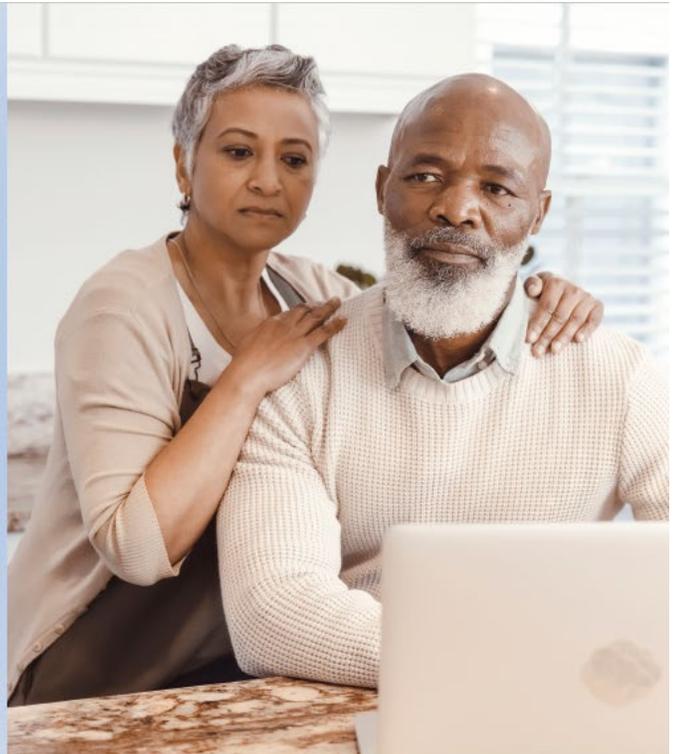
Monday	Tuesday	Wednesday	Thursday	Friday
   = Healthier Dessert  find us on facebook  Suggested Contribution  60+ \$3.00  <i>Menu subject to change without notice</i>				1 Italian Sausage/Bun Marinara Sauce Buttered Noodles Italian Vegetables Fruit Cup
4 Baked Chicken Gravy Rice Pilaf Normandy Vegetables  Juice Creamy Fruit Salad	5 Meatballs & Gravy Mashed Potatoes Roasted Vegetables Biscuit Grapes	6 Turkey BLT Salad <i>Turkey, Bacon, Cheese Romaine, Tomato, Ranch</i> Crusty Roll Jello Fresh Pear	7 Cheddar Burger Bun <i>w/Lettuce & Tomato</i> Chef's Choice Potato Peas & Pearl Onions Apple	8 Herb Roasted Pork Loin Baby Baker Potatoes California Vegetables Wheat Bread Clementine
11 Beef Stew Mashed Potatoes Southwest Vegetables Dinner Roll Fruit Crisp  Fruit	12 Hot Sliced Turkey Whole Grain Bun Hashbrown Casserole Chef's Vegetables Green Apple	13 Chef's Salad <i>Turkey, Ham, Cheese Croutons, Egg, Ranch</i> Baker's Choice Muffin  Juice Chilled Peaches	14 Tuna Casserole Dilly Carrots Applesauce Garden Salad/Dressing Orange	15 Oven-Fried Chicken Smashed Potatoes Black-Eyed Peas Hawaiian Roll Pineapple
18 Hot Ham & Cheese Kaiser Roll German Potato Salad Calico Beans Fresh Fruit Cereal Bar	19 Breakfast Bake <i>Eggs, Bacon, Potatoes, Cheese</i> Stewed Tomatoes Maple Apples  Orange Juice Banana Bread/Muffin	20 Taco Salad <i>Taco Meat, Cheese, Onion Tomato, Peppers, Lettuce</i> Tortilla Chips  Grape Juice Mandarin & Pineapple	21 Stuffed Cabbage Roll Tomato Sauce Mashed Potatoes Vegetable du Jour Marble Rye Bread Red Apple	22 BBQ Pulled Pork/Bun Au Gratin Potatoes Country Vegetables Cabbage Slaw Dessert Bar  Fruit
CLOSED 25 	26 Bratwurst on Bun Tater Tots Baked Beans Pea & Cheese Salad Peanut Butter Cookie  Fruit	27 Chicken Caesar Salad <i>Chicken, Croutons, Romaine Tomato, Parmesan, Dressing</i> Fruit Cocktail  Cranberry Juice Blueberry Muffin	28 Roast Beef & Gravy Mashed Potatoes Cheesy Cauliflower Dinner Roll Chilled Pears	29 Bruschetta Chicken Buttered Noodles Green Beans  Apple Juice Fruited Jello

Steps to Take After a Dementia Diagnosis

Receiving a dementia diagnosis can be challenging. You may not know what to expect or what to do next.

Use this **checklist** to get started:

- ✓ Learn about dementia so you can better understand your condition.
- ✓ See your doctor as recommended.
- ✓ Find local services and resources, such as support groups.
- ✓ Make legal, financial, and long-term plans.
- ✓ Make changes to your home, such as adding nonslip rugs, so tasks will be easier and safer.
- ✓ Join a clinical trial to help advance dementia research.



To learn more about clinical research and other steps you can take after a dementia diagnosis, visit www.nia.nih.gov/alzheimers-next-steps.

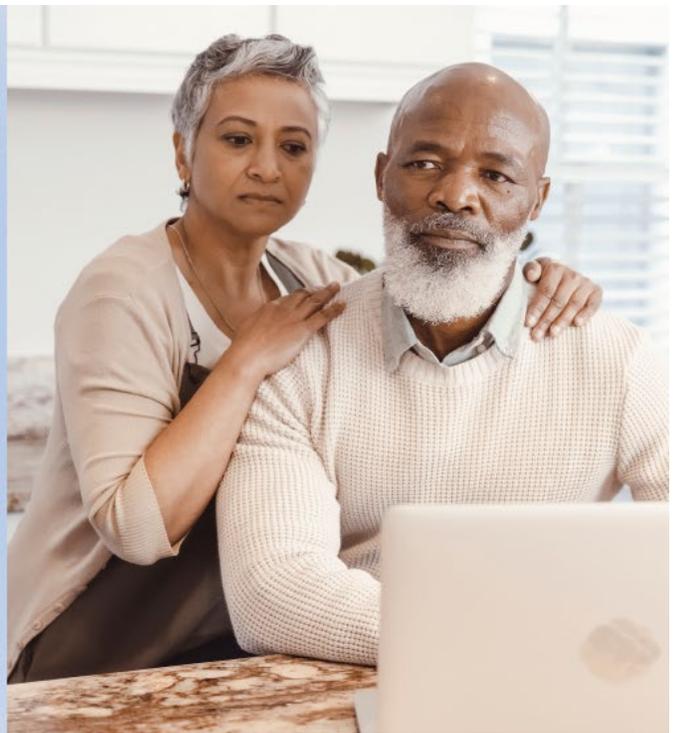


¿Qué hacer después de recibir un diagnóstico de demencia?

Recibir un diagnóstico de demencia puede ser difícil. Quizás no sepa qué esperar o qué pasos tomar.

Use esta **lista** para comenzar:

- ✓ Infórmese sobre la demencia para comprender mejor su afección.
- ✓ Vaya al médico como le han indicado.
- ✓ Busque servicios y recursos locales como grupos de apoyo.
- ✓ Realice planes legales, financieros y a largo plazo.
- ✓ Haga cambios en su hogar, como usar tapetes antideslizantes para que las tareas sean más fáciles y seguras.
- ✓ Participe en un estudio clínico para ayudar a avanzar la investigación sobre la demencia.



Aprenda más sobre la investigación clínica y otros pasos que puede tomar después de un diagnóstico de demencia, visite www.nia.nih.gov/espanol/pasos-seguir.

