

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN

9229 W. Loomis Road



(414) 427-7696

11:00 For In-Person Dining

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required <i>* Menu subject to change without notice</i> find us on facebook = Healthier Dessert Suggested Contribution \$3.00				
Hot Turkey on Bun 5 Mashed Potatoes/Gravy Brussels Sprouts 🍷Cranberry Juice Apple Crumble 🍷Fruit	Baked Fish 6 Dill Sauce Baby Potatoes Green & Wax Beans Marble Rye Bread Rosy Pears	Baked Ziti 7 Peas & Pearl Onions Spiced Peaches Fruited Yogurt Clementine	BBQ Pulled Pork/Bun 1 Vegetable Pasta Sweet Corn 🍇Grape Juice Pineapple	Meatloaf & Gravy 2 Smashed Red Potatoes Wisconsin Vegetables Spinach Salad Nutri Grain Bar
Pork Riblet 12 Sweet Potatoes Braised Cabbage 🍊Orange Juice Blueberry Muffin	Sloppy Joe 13 Bun Potatoes O'Brien Peas & Carrots Yellow Apple	Chicken Gyro Salad 14 <i>Chicken, Lettuce, Onion</i> <i>Tzatziki</i> French Bread 🍷Juice Melon	Pizza Casserole 15 Grilled Vegetables Cinnamon Apples 🍷Fruit Punch Chocolate Mousse	Tuna Sub Sandwich 16 Chips Broccoli Slaw Pineapple Tidbits Rice Krispie Treat 🍷Fruit
Meatballs & Gravy 19 Buttered Egg Noodles Green Beans Shredded Carrot Salad Jello with Fruit	CLOSED 20 	Chicken à la King 21 Steamed Vegetables Biscuit 🍷Juice Fruit Cocktail	Pub Burger on Bun 22 Mushrooms & Swiss Tater Tots Bean Medley Oatmeal Raisin Cookie 🍷Raisins	Italian Meat Sauce 23 Penne Pasta Italian Vegetables Tossed Salad Oreos 🍷Fruit
Chicken Chop Suey 26 Rice Asian Style Vegetables Pineapple Fluff Fortune Cookie	Chicken Parmesan 27 Noodles & Sauce Sicilian Vegetables 🍇Grape Juice Chilled Pears	Baked Potato 28 Diced Ham Broccoli & Cheese Hawaiian Dinner Roll Tropical Fruit Mix	Beefy Mac & Cheese 29 Cauliflower Succotash Chilled Peaches Granola Bar	Filet-o-Fish 30 Bun Potato Wedges Peas Fresh Orange

Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ **fall each year**
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



A MATTER OF BALANCE

decreases total annual medical costs by **\$938**, reduces hospitalization costs by **\$517**, reduces skilled nursing facility costs by **\$237**, and reduces home health costs by **\$81** per participant



OTAGO EXERCISE PROGRAM

reduces falls by **35%** resulting in a **\$429** net benefit per participant and a **127%** return on investment



STEPPING ON

reduces falls by **30%** resulting in **\$134** net benefit per participant and a **64%** return on investment



TAI CHI MOVING FOR BETTER BALANCE

reduces falls by **55%** resulting in a **\$530** net benefit per participant and a **509%** return on investment



CAPABLE*

addresses home modifications to reduce falls risk factors resulting in more than **\$30,000** in savings in medical costs driven by reductions in health care expenditures



ENHANCEFITNESS

reduces falls by **26%**, resulting in an annual medical cost savings of **\$945** per participant

Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Community Aging in Place-Advancing Better Living for Elders Program