

# MILWAUKEE COUNTY SENIOR DINING

**FRANKLIN**  
9229 W. LOOMIS ROAD

 **(414)427-7696**

11:00 FOR IN-PERSON DINING

# OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RESERVATIONS REQUIRED</b>  <b>414-427-7696</b>  <b>HEALTHIER DESSERT</b>	Cranberry Meatballs <b>1</b> Scalloped Potatoes Laguna Vegetables Biscuit Mandarin Oranges	Turkey BLT Salad <b>2</b> <i>Chopped Turkey, Bacon</i> <i>Romaine, Tomato, Cheese</i> <i>Ranch Dressing</i> French Bread Cottage Cheese Peaches	Crab Pasta Salad <b>3</b> Baby Carrots Grape Juice Split-Top Dinner Roll Mixed Melon Cup	BBQ Pulled Pork <b>4</b> Whole Wheat Bun Baked Beans Creamy Coleslaw Pickle Spear Lorna Doone Cookies  Fruit
Stuffed Cabbage Roll <b>7</b> Tomato Sauce Garlic Mashed Potatoes Chef's Vegetables 7-Grain Bread Orange	Hot Ham & Cheese on Poppy Seed Bun <b>8</b> Potato Wedges Stewed Tomatoes Cranberry Juice Brownie  Fruit	Big Mac Salad <b>9</b> <i>Ground Beef, Lettuce</i> <i>Onion, Pickles, Cheddar</i> <i>Thousand Island Dressing</i> Sesame Bread Strawberry Applesauce Nutrifrain Bar	Chicken Cordon Bleu <b>10</b> Roasted Potatoes Tossed Salad French Dressing Whole Grain Dinner Roll Kiwi	Turkey Tetrazzini <b>11</b> Green Beans Almondine Marinated Vegetables Baking Powder Biscuit Fruited Red Jello
Sweet & Sour Pork <b>14</b> w/Peppers & Pineapple Brown Rice Vegetable Stir-Fry Dinner Roll Cookie  Fruit	BBQ Chicken <b>15</b> Leg/Thigh Rice Pilaf Sautéed Vegetables Cornbread Muffin Clementine	Chef's Salad <b>16</b> <i>Ham, Cheese, Egg</i> <i>Romaine, Tomato</i> <i>Croutons, Ranch</i> Blueberry Muffin Fruited Yogurt Baked Cinnamon Apples	Sloppy Joe <b>17</b> on Sesame Bun Dilly Potatoes Red Cabbage Slaw String Cheese Bartlett Pear	2 Soft Chicken Tacos <b>18</b> Tortillas Shredded Lettuce Diced Tomatoes Black Beans & Rice Orange Juice Red Delicious Apple
Turkey Salad <b>21</b> on Kaiser Roll Macaroni Coleslaw Salad Grape Tomatoes Fruit Punch Seasonal Fresh Fruit	Bratwurst <b>22</b> Bun Mustard & Sauerkraut Baked Potato Casserole Corn Tropical Fruit Cocktail	Spaghetti & Meatballs <b>23</b> w/Italian Sauce Parmesan Cheese Garden Vegetables Garlic Breadstick Baker's Choice  Fruit	Pizza Casserole <b>24</b> w/Sausage Sautéed Spinach Marinated Carrot Salad Crusty Bread Golden Delicious Apple	 <b>CLOSED</b> ANNUAL STAFF TRAINING
Honey BBQ Riblet <b>28</b> Coney Bun German Potato Salad Succotash Dill Pickles Pineapple Tidbits	Chicken Chili <b>29</b> w/White Beans, Cheddar Baked Potato Capri Vegetables Whole Grain Bread Banana	Meatloaf <b>30</b> Gravy Mashed Potatoes Brussels Sprouts Oatmeal Bread Fruit Cup	Roast Turkey <b>31</b> Gravy Stuffing Green Bean Casserole Apple Juice Carrot Cake  Fruit	Suggested Contribution <b>\$3.00</b> 60+  find us on facebook

# MILWAUKEE COUNTY SENIOR DINING

## Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



**Manage stress** — try yoga or keep a journal.



**Learn something new** — take a class or join a club.



**Get moving** — try gardening, biking, or walking.



**Choose healthy foods** rich in nutrients.



**Go to the doctor** regularly.



**Connect with family and friends.**

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).



## Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

**Myth**  
I only need a plan if I'm very old or ill.



**Fact**  
It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

**Myth**  
My loved ones will know what I want when the time comes.



**Fact**  
Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

**Myth**  
I need a lawyer to create an advance care plan.



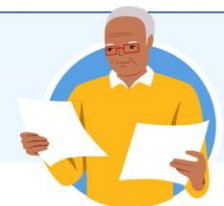
**Fact**  
Most states offer free advance directive forms online, and you do not have to involve a lawyer.

**Myth**  
An advance care plan only matters if I put it in writing.



**Fact**  
The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

**Myth**  
Once I put my plans in writing, I can't change them.



**Fact**  
Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

Ready to get started?

Visit [www.nia.nih.gov/acp](http://www.nia.nih.gov/acp)

