

# MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY  
944 N. 33<sup>rd</sup> STREET

**(414)933-1401**

11:00 FOR IN-PERSON DINING

# JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD BAR</b> 2 Beef Stew Wild Rice Chef's Vegetables Whole Grain Bread Cookie	3	4	<b>SALAD BAR</b> 5 Tuna Salad on Toast Tater Tots Carrots and Celery Juice Fruit Sorbet	<b>SALAD BAR</b> 6 Meat Lasagna Mixed Vegetables Garlic Bread Juice Baker's Choice
<b>SALAD BAR</b> 9 Bacon Swiss Burger French Fries Cabbage Slaw Juice Gelato	10	11	<b>SALAD BAR</b> 12 Pulled Pork Tacos Refried Beans Mexican Rice Juice Pineapple	<b>SALAD BAR</b> 13 Rotisserie Chicken Au Gratin Potatoes Roasted Zucchini Dinner Roll Juice Cake
<b>SALAD BAR</b> 16 <b>Brunch for Lunch</b> Scrambled Eggs Turkey Sausage Hash Browns Pancakes with Syrup Fruit Cocktail	17	18	<b>CLOSED</b> 19 	<b>SALAD BAR</b> 20 Baked Ham Roasted Potatoes Collard Greens Cornbread Juice Jello
<b>SALAD BAR</b> 23 Chicken Alfredo Pasta Roasted Corn Dinner Roll Juice Ice Cream	24	25	<b>SALAD BAR</b> 26 Salmon Burger Sweet Potato Fries Squash Juice Fresh Berries	<b>SALAD BAR</b> 27 Meatloaf & Gravy Mashed Potatoes Steamed Peas Biscuit Applesauce
<b>SALAD BAR</b> 30 BLT Sandwich Three Sisters Soup Mixed Vegetables Juice Sorbet				Suggested Contribution <b>\$3.00</b> 60+ 

**RESERVATIONS  
PREFERRED**

**414.933.1401**

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# MILWAUKEE COUNTY SENIOR DINING

## 5 Ways To Improve Your Bladder Health

### Do pelvic floor exercises.

Daily exercises can help strengthen your muscles and may help avoid infections.

### Drink enough fluids, especially water.

How much water you need may vary but try to drink enough fluids so that you need to urinate every few hours.

### Wear cotton underwear and loose-fitting clothing.

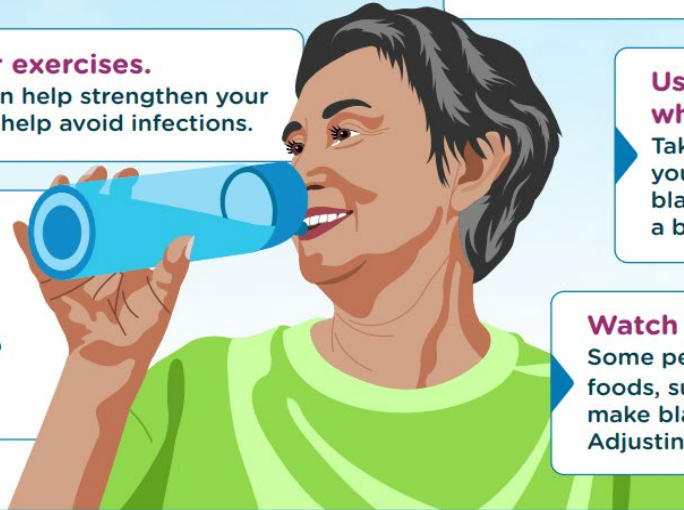
Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.

### Use the bathroom when needed.

Take the time to fully empty your bladder. If urine stays in the bladder for too long, it can make a bladder infection more likely.

### Watch what you eat.

Some people find that certain foods, such as spicy foods, make bladder problems worse. Adjusting your diet may help.



To learn more about bladder health, visit [www.nia.nih.gov/bladder-health](http://www.nia.nih.gov/bladder-health).



## Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

### Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time



### Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at [www.nia.nih.gov/memory-and-aging](http://www.nia.nih.gov/memory-and-aging).



Alternate format upon request



Senior Dining Office: (414)289-6995



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