

# 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

# FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD BAR</b> 2 Pork Fritter with Gravy Mashed Potatoes Green Beans Juice Sorbet	3	4	<b>SALAD BAR</b> 5 Cheeseburger Onion Rings Cucumber Salad Juice Cookie	<b>SALAD BAR</b> 6 White Chicken Chili Black Beans & Corn Fry Bread Juice Pie
<b>SALAD BAR</b> 9 Chicken Stir-Fry Fried Rice Asian Vegetables Egg Roll Juice Pudding	10	11	<b>SALAD BAR</b> 12 Turkey Gravy Mashed Potatoes Steamed Broccoli Juice Cake	<b>SALAD BAR</b> 13 BBQ Pulled Pork on a Bun Tater Tots Red Cabbage Slaw Juice Cookie
<b>CLOSED</b> 16 	17	18	<b>SALAD BAR</b> 19 Turkey Sandwich Garden Vegetable Soup Whole Grain Chips Juice Pudding	<b>SALAD BAR</b> 20 Fried Cod Potato Pancake Coleslaw Juice Jello
<b>SALAD BAR</b> 23 <b>Brunch for Lunch</b> Breakfast Scramble Breakfast Potatoes Bacon Tomato Juice Fruit Cup	24	25	<b>SALAD BAR</b> 26 Hot Ham & Cheese on Sourdough French Fries Broccoli & Cheese Soup Juice Rice Krispie Bar	<b>SALAD BAR</b> 27 Baked Cod Potato Wedges Coleslaw Juice Cake



\* Menu subject to change without notice



**Suggested Contribution**

 **60+**

**\$3.00**

# 5 THINGS YOU NEED TO KNOW ABOUT SHINGLES

Shingles is a disease that causes a painful skin rash. About **1 in 3 people** will get shingles, and your risk increases as you age.



It comes from the same virus that causes chickenpox. Although there is no cure, shingles can be prevented and treated.

## Here are 5 things you need to know about shingles:



1

**Anyone** of any age, who has recovered from chickenpox, can get shingles.

2

**Symptoms** of shingles include burning or shooting pain, tingling or itching, chills, fever, headache, upset stomach and rashes or blisters that develop on one side of the body, usually on your face or around your waist.

**There are medicines that may help.**



3

Healthy adults age 50 and older should talk to their healthcare professional about getting the **shingles vaccine** to reduce their risk.

4

Generally, shingles is not contagious, but a person with active shingles can spread the virus when the rash is in the blister phase. It's important to **keep the rash covered.**



5



Most cases of shingles **last 3-5 weeks.** Most people get shingles only one time, but it is possible to have it more than once.

Visit <https://www.nia.nih.gov/health/shingles> to learn more.



Senior Dining Office: (414) 289-6995



SeniorDining@milwaukeecountywi.gov