

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY
944 N. 33rd STREET

(414)933-1401

11:00 FOR IN-PERSON DINING

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>find us on facebook</p> <p>Suggested Contribution \$3.00 60+</p>	1	2	SALAD BAR 3 Mini-Sausage Calzones Tomato Sauce Green Beans Juice Brownie	SALAD BAR 4 Fish Fry on Bun Tater Tots Steamed Corn Juice Applesauce
SALAD BAR 7 Shepherd's Pie Mixed Vegetables Dinner Roll Juice Fruit Fluff	8	9	SALAD BAR 10 Spaghetti & Meat Sauce Garlic Bread Italian Beans Juice Pineapple	SALAD BAR 11 Baked Cod w/Lemon Roasted Potatoes Cabbage Slaw Juice Pudding
SALAD BAR 14 Bratwurst on Bun Chips Steamed Peas Juice Clementine	15	16	SALAD BAR 17 Baked Ham Macaroni and Cheese Cauliflower Juice Baker's Choice	CLOSED 18 FRIDAY BEFORE EASTER
SALAD BAR 21 Salami & Turkey Croissant Italian Wedding Soup Roasted Corn Juice Peaches	22	23	SALAD BAR 24 Smothered Pork Chop Mashed Potatoes Steamed Vegetables Juice Pie	SALAD BAR 25 Pulled Pork Brown Rice Coleslaw Juice Fruit Cocktail
SALAD BAR 28 Beef and Bison Chili Cornbread Squash Juice Pudding	29	30	<p>RESERVATIONS PREFERRED PLEASE CALL</p> <p>414-933-1401</p>	

Feeling Lonely or Socially Isolated?



Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

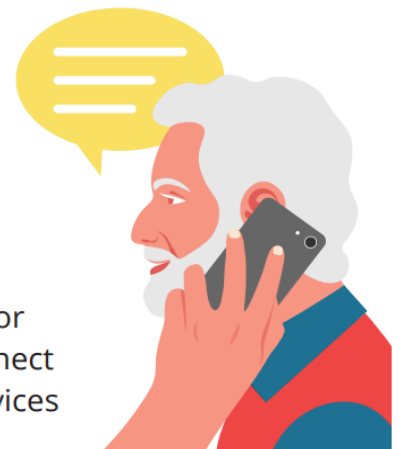
Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for them.

For More Information

Find tips and resources at www.nia.nih.gov/CommitToConnect, or call the Eldercare Locator at **800-677-1116** to connect with resources and services in your community.



If you are feeling lonely or isolated, talk with your doctor about your concerns.