

# La Crosse County



# Resource Guide

(608) 785-5700 or

1-800-500-3910

The La Crosse County community has a wide variety of programs that offer services to meet the needs, maintain the independence, and improve the quality of life for residents. This resource guide has been developed by the Aging and Disability Resource Center of La Crosse County. It is intended to provide information about assistance available to persons over age eighteen, including those with disabilities, aging, mental health or substance abuse issues. It is not a complete list of services and is not meant to be an endorsement or recommendation of these particular agencies.

To obtain further information services or to update the current listing, contact the Aging & Disability Resource Center of La Crosse County at (608) 785-5700 or 1-800-500-3910.

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# **ADULT DAY SERVICES/RESPIRE CARE/CAREGIVER SUPPORT**

## **ADULT DAY SERVICES**

**Bethany St. Joseph- Merit Centre:** North: 1020 Windsor St. La Crosse **608-784-2700**

South: 3900 East Ave. So., La Crosse **608-788-2900**

**Catholic Charities Adult Day Services Program:** 3710 East Ave. So., La Crosse **608-782-0710**

**Coulee Region Adult Day Center:** 1062 Oak Forest Drive, Ste. 160, Onalaska **608-519-2306**

**Creative Community Living Services Day Services:** 704 Sand Lake Rd., Onalaska **608-779-4118**

**Riverfront, Inc. Day Services Program:** 3000 South Ave., La Crosse **608-784-9450** or **1-800-949-7380**

## **RESPIRE CARE**

**Coulee Region Adult Day Center:** 1062 Oak Forest Dr., Ste. 160, Onalaska **608-519-2306**

*\*See supportive home care section for possible resources for in home respite.*

*\*See nursing homes section for possible out of home respite.*

## **CAREGIVER SUPPORT**

**Aging & Disability Resource Center of La Crosse County** 300 4<sup>th</sup> St. No., La Crosse **608-785-5700** or **1-800-500-3910**

**RSVP Friendly Caller Program:** **608-785-0500** or **1-888-822-1295**

**VA Caregiver Support Line:** **1-855-260-3274**

# **ALZHEIMER/DEMENTIA/MEMORY CARE SERVICES**

## **SERVICES**

**Aging & Disability Resource Center of La Crosse County** 300 4<sup>th</sup> St. No., La Crosse **608-785-5700** or **1-800-500-3910**

**Alzheimer's Association** 404 1/2 North Bridge St, Chippewa Falls, WI **715-720-7611** or **1-800-272-3900 (24 hour helpline)**

**Gundersen Health System: Memory Disorders Clinic:** 1900 South Ave., La Crosse **608-775-9000** or **1-800-362-9567**

**Mayo Clinic Health System: Dementia Care Program:** 700 West Ave So., La Crosse **608-392-9505** or **1-800-362-5454 ext 9505**

**Music & Memory Program: ADRC of La Crosse County** 300 4th Street No., La Crosse **608-785-5700** or **1-800-500-3910**

**RSVP (Retired Senior Volunteer Program)** **608-785-0500** or **1-888-822-1295**

## **COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE**

### **Bethany Lutheran Homes**

Eagle Crest North Memory Care 351 Mason St., Onalaska **608-779-1700**

Eagle Crest South Memory Care, 622 Bennora Lee Court, La Crosse **608-779-1702**

Hearten House I 2573 7<sup>th</sup> St. So., La Crosse **608-784-4521**

Hearten House II 2571 7<sup>th</sup> St. So., La Crosse **608-784-4523**

Hearten House III 101 Juniper Lane, Holmen **608-526-6796**

**Bluffview Memory Care** 2101 Bluffview Court, Holmen **608-526-5864**

**Brookdale Senior Living (60+ years of age)** 3161 East Ave. So., La Crosse **608-788-2832**

**ABI Caring Hearts** accepts persons with mild dementia 1614 Henry Johns Blvd., Bangor **608-486-4210**

**The Meadows at Springbrook** 861 Critter Court, Onalaska **608-783-2292**

## **NURSING HOMES WITH DEMENTIA CARE UNITS**

**Bethany Riverside:** 2575 7<sup>th</sup> St. So., La Crosse **608-406-3900**

**Bethany St. Joseph Care Center:** 2501 Shelby Rd., La Crosse **608-788-5700**

**Hillview Healthcare Center:** 3501 Park Lane Dr., La Crosse **608-789-4800**

**Lakeview Health Center:** 962 Garland St. E., West Salem **608-786-1400**

## **ADAPTIVE RECREATIONAL OPPORTUNITIES**

**Arts Buddies (Causeway Interfaith Volunteer Caregivers)** **608-775-9999**

**Flying Horse Stable** **608-317-1448** <http://www.flyinghorsestable.net/>

**HorseSense for Special Riders** **608-791-4868** [www.hssr.org](http://www.hssr.org)

**NASA (North American Squirrel Association)** **608-234-5988** [www.nasasquirrel.org](http://www.nasasquirrel.org)

**Special Olympics, La Crosse Park & Recreation Department** **608-789-7596** <https://www.cityoflacrosse.org/parks/specialrec>

**Center on Disability Health and Adapted Physical Activity, UW-La Crosse,** **608-785-8000** <https://www.uwlax.edu/center/cdhapa>

**YMCA Inclusion and Adaptive Programs** **608-782-9622** [www.laxymca.org](http://www.laxymca.org)

## **EMPLOYMENT ASSISTANCE**

**Aurora Vocational Services** 1501 Saint Andrews St. Ste C202, La Crosse **608-785-5090**

**Catholic Charities – Disability Services** 3710 East Ave. So., La Crosse **608-782-0710**

**Coulecap** 2101 Victory St., Ste. C, La Crosse **608-782-5520** or **1-866-717-9490**

**Independent Living Resources (ILR)** 4439 Mormon Coulee Rd., La Crosse **608-787-1111** or **1-888-474-5745**  
· TTY **608-787-1148** or TTY **1-888-378-2198**

**Older Worker Program/WISE (Wi Senior Employment)** 2615 East Ave So., La Crosse **608-789-5627** or **1-800-742-5627**

**ORC Industries** 2700 Commerce St., La Crosse **608-781-7727**

**Riverfront, Inc.** 3000 South Ave., La Crosse **608-784-9450** or **1-800-949-7380**

**Senior Community Service Employment Program (SER)** **608-286-1059**

**Veterans Assistance Foundation** Fort McCoy: **608-372-8387** - Wis Vets Hotline: **1-800-947-8387**

**Workforce Development Center of Western Wisconsin** 2615 East Ave. So., La Crosse **608-789-5627**

Vocational Rehabilitation, Job Center, Workforce Connections, Unemployment, Worker's Compensation

## **FINANCIAL RESOURCES**

### **BENEFITS ASSISTANCE**

**Aging & Disability Resource Center of La Crosse County** 300 4<sup>th</sup> St. No., La Crosse **608-785-5700** or **1-800-500-3910**

**Coulecap** 2101 Victory St., Ste. C, La Crosse **608-782-4877** or **1-866-904-4507**

**Independent Living Resources (ILR)** 4439 Mormon Coulee Rd., La Crosse **608-787-1111** or **1-888-474-5745**  
TTY **608-787-1148** or TTY **1-888-378-2198**

**La Crosse County Veterans Service Office** 212 6th Street No., La Crosse **608-785-9719**

**Medicare** **1-800-633-4227** · TTY **1-877-486-2048**

**Riverfront, Inc.** 3000 South Ave., La Crosse **608-784-9450** or **1-800-949-7380** · TTY **608-784-0039**

**Social Security Administration** 210 7<sup>th</sup> St So Ste 100, La Crosse **1-866-770-2345** (La Crosse office) or **1-800-772-1213** ·  
TTY **1-800-325-0778**

**State of Wisconsin Medigap Help-line** **1-800-242-1060**

**Western Region Economic Assistance** **1-888-627-0430**

### **OTHER FINANCIAL RESOURCES**

**Catholic Charities** 413 3<sup>rd</sup> St. So., La Crosse **608-782-0710**

**City of La Crosse Housing Rehabilitation Program** 400 La Crosse St., La Crosse **608-789-7513**

**Consumer Credit Counseling Service of La Crosse** 505 King St., Ste. 212, La Crosse **608-784-8380**

**Coulecap** **608-634-7831** or **1-866-904-4507**

**GT Financial Services** 215 Broadus Street, Sturgis MI 49091 **1-877-659-4500**

**iLife Financial Management Services** 6100 North Baker Road, Glendale WI **1-888-958-7695**

**Xcel Energy** PAR Department · **1-800-331-5262**

**UW Extension—Financial Coach Program** 212 6th Street No., La Crosse **608-785-6417**

### **REPRESENTATIVE PAYEE SERVICES**

**Catholic Charities** 413 3<sup>rd</sup> St. So., La Crosse **608-782-0710**

**Consumer Credit Counseling Service of La Crosse** 505 King St., Suite 212, La Crosse **608-784-8380**

**GT Financial Services** 215 Broadus Street. Sturgis MI 49091 **1-877-659-4500**

**iLife Financial Management Services** 6100 North Baker Road, Glendale WI **1-888-958-7695**

### **TELEPHONE ASSISTANCE**

**Lifeline/Link-up Program:** contact your telephone service provider

**Safelink Wireless Cell Phone Program** **1-800-723-3546**

**Telecommunications Equipment Purchase and Assistance Plans (TEPP)** · Voice: **608-231-3305** · TTY: **1-800-251-8345**

### **LEGAL ASSISTANCE**

**Legal Action of Wisconsin** 205 5th Ave So. Suite 300 La Crosse **608-785-2809** [www.legalaction.org](http://www.legalaction.org)

**Legal Clinic** - 3rd Wednesday of every month 6pm - 7:30pm First Baptist Church, 1209 Main St. La Crosse

**Wisconsin Elder Rights Project** **1-844-614-5468** [www.legalaction.org](http://www.legalaction.org)

**Wisconsin State Bar Association** **1-800-362-9082** [www.legalexplorer.com](http://www.legalexplorer.com)

**Wisconsin JUDICARE Inc.** **1-800-472-1638** [www.judicare.org](http://www.judicare.org)

**Wisconsin Guardianship Support Center** **1-855-409-9410**

# FOOD RESOURCES/SENIOR MEAL SITES

## FINANCIAL ASSISTANCE FOR FOOD

Western Region Economic Assistance 1-888-627-0430 Online: [access.wi.gov](http://access.wi.gov)

## FOOD PANTRIES (call for information and eligibility)

**A Place of Grace Catholic Worker House** 919 Hood St., La Crosse 608-782-6224

**First Free Church Food Pantry** 123 Mason Street, Onalaska 608-782-6022

**From the Heart** 1010 Sill St. La Crosse lower level Trinity Lutheran Church 608-780-1283

**Onalaska Emergency Food Basket** 735 Sand Lake Road, Onalaska 608-783-7722

**New Beginning Christian Fellowship** 122 5th Ave No., La Crosse 608-782-8030

**River of Life Church** 1214 Cty PH Onalaska 608-782-2780

**Salvation Army** 223 8<sup>th</sup> St. No, La Crosse 608-782-6126

**WAFER Emergency Food Shelf** 403 Causeway Blvd., La Crosse 608-782-6003 or 793-1002

**West Salem Area Community Care & Share Pantry** 359 North Leonard St., West Salem 608-786-1142

## FREE MEALS (days and times may be subject to change)

**A Place of Grace Catholic Worker House** 919 Hood St., La Crosse 608-782-6224 Tuesday and Wednesday 11:00am-1:00pm,  
Thursday 5:00pm-6:30pm, Last Sunday of month 1:30pm-3:30pm

**Our Savior's Lutheran Church Come for Supper** 612 Division St., La Crosse 608-782-3468 Tuesday 5:00pm

**Presbyterian Church of West Salem** 625 West Franklin St, West Salem 608 786-0910 the 4<sup>th</sup> Wed of the month 4pm-6pm

**Salvation Army** 223 8<sup>th</sup> St. No., La Crosse 608-782-6126 Monday - Friday 7:30am and 11:30am and 4:30pm,  
Meals Saturday & Sunday 8:30am and 12:30pm and 4:30pm

**Trinity Lutheran Church** 1010 Sill St., La Crosse 608-782-6200 Monday 5:00pm– 6:00pm

**Holmen's Hope** American Legion 419 1<sup>st</sup> Ave. Holmen 526-4444 Last Tues. of the month 5pm-7 pm

**RAVE** 1806 State St. La Crosse 785-9615 Mon. 9:30 am, and first Wed. of each month at 12:00pm

## HOME DELIVERED MEALS

**Aging and Disability Resource Center of La Crosse County Senior Nutrition Program** 608-785-5700

**Mobile Meals of La Crosse** 2600 Quarry Rd., La Crosse 608-784-4623

**Mom's Meals** 3210 SE Corporate Woods Drive, Ankeny, IA 1-877-508-6667

## SENIOR NOON DINING CENTERS (weekdays)

For persons over 60, persons living with someone over 60 and any disabled person living in a building which is a meal site.

(please call the **Aging and Disability Resource Center of La Crosse County Senior Nutrition Program** 608-785-5700 for eligibility information and to reserve 24 hours in advance)

**Carroll Heights** 3505 Park Lane Drive, La Crosse 608-785-5556

**Forest Park** 1230 Badger St., La Crosse 608-789-7826

**Harry J. Olson Senior Center** 1607 North St., La Crosse 608-792-4487

**Holmen Community Center** 421 Main St., Holmen 608-526-6316

**Onalaska Community Center** 515 Quincy St., Onalaska 608-789-7829

**Southside Senior Center** 1220 Denton St., La Crosse 608-782-2444

**Stokke Tower** 421 6<sup>th</sup> St. So., La Crosse 608-789-7823

**Village Inn** 1601 Bangor St., Bangor 608-486-2741

**West Salem Senior Center** 175 South Leonard St., West Salem 608-786-2975

# HEARING AND VISION LOSS SERVICES

Lions Affordable Hearing Aid Project 715-677-4969 or 1-877-463-6953

Medicare to request accessible communications for persons with vision loss 1-844-258-3676

Office for the Blind or Visually Impaired 115 5<sup>th</sup> Ave. South, Suite 506, La Crosse 608-789-5663 or 1-888-879-0017

Office for the Deaf and Hard of Hearing voice 608-319-1249

Telecommunications Equipment Purchase and Assistance Plans TEPP 608-231-3305 · TTY 1-800-251-8345

Vision Forward 1-414-615-0100

Wisconsin Council of the Blind and Visually Impaired 1-800-783-5213 or 608-255-1166

Wisconsin Telecommunications Relay Systems (TRS) dial 7-1-1 TDD English 1-800-947-6644 TDD Spanish 1-800-833-7813

Customer Service TDD 1-800-283-9877 Customer Service Voice 1-800-901-8389

# HOME CARE

## HOME HEALTH/PERSONAL/SUPPORTIVE HOME CARE

Almost Family 1425B State Road 16, La Crosse 608-779-0900

Aurora Community Health 715-235-1839

Black River Memorial Homecare 711 West Adams St., Black River Falls 715-284-3662

BrightStar Lifecare 1052 Oak Forest Drive, Suite 240, Onalaska 608-519-4324

Care at Home 1825 Sunset Lane, La Crosse 608-385-7530

Comfort Keepers 2951 South 21<sup>st</sup> Place, La Crosse 608-784-3357

Department of Veterans Affairs-Home Based Primary Care 608-372-7734 or 1-800-872-8662 ext. 67734

Home Instead Senior Care 1601 Caledonia Street, Ste J. La Crosse 608-782-4000

Innovative Services 608 South 4th St. La Crosse 608-738-2142

Integrity Home Care Solutions PO Box 110, Mineral Point, WI 608-341-9189

International Quality Home & Personal Care Services 306 Main St., Suite 4, La Crescent, MN 507-895-2570 or 1-855-447-4762

Lori Knapp Companies 938 Greenbay St. Onalaska 608-781-4594

Mayo Clinic Health System Franciscan Healthcare Home Care and Hospice 212 11<sup>th</sup> St. So., La Crosse 608-392-9790

MCFI Home Care 414-937-2160 or 262-424-2901

Recover Health 700 North 3<sup>rd</sup> St., Suite 205, La Crosse 608-406-3140

Riverview Home Health Care, Inc 1828 E Main St. Suite 8, Onalaska, 608-738-5573

VA Home Care Services River Valley VA Clinic, La Crosse 608-784-3886

Vernon Memorial Healthcare Home Care 608-637-4362

## HOSPICE

Gundersen Health System Hospice 1900 South Ave., La Crosse 608-775-8435

Mayo Clinic Health System Franciscan Healthcare Home Care and Hospice 620 South 11th St., La Crosse 608-392-9790

St. Croix Hospice 1-855-278-2764 or 715-327-5600

## CHORES/ERRANDS/REPAIRS

Brandon Balfanz operator of The Grounds Crew LLC 608-780-9201

Causeway Interfaith Volunteer Caregivers 608-775-9999

Coulecap Weatherization Program 608-634-7821 · 1-866-904-4508

Friedman's Home Delivery Service 4225 Cliffside Dr., La Crosse 608-780-4010 (shops on Mon. Tues. & Thurs. 7 to Noon)

RSVP (Retired Senior Volunteer Program) 608-785-0500 or 1-888-822-1295

Senior Share (WAFER food pantry) free food and delivery to low income, homebound seniors over 60 y/o 608-782-6003

University of Wisconsin La Crosse Financial Aid Office (student volunteers or workers) 608-785-8604

Viterbo University Financial Aid Office (student volunteers or workers) 608-796-3900

Western Technical College Student Employment Services 608-785-9440

Wisconsin RSVP 608-785-0500

# HOUSING

\*Contact Aging and Disability Resource Center for options or rental directory 1-608-785-5700 or 1-800-500-3910

## TEMPORARY/EMERGENCY HOUSING

**Couleecap, Inc Transitional Housing Program for Homeless 608-782-4877 or 1-866-904-4507**

**New Horizons Domestic Abuse Shelter 608-791-2600 or 1-800-231-0066**

**Salvation Army · 223 North 8th St., La Crosse 608-782-6126**

**Veterans Assistance Foundation · Fort McCoy: 608-372-8387 · Wis Vets Hotline: 1-800-947-8387**

**Veteran's Homeless Hotline 1-877-4AID-VET (1-877-424-3838)**

## INDEPENDENT HOUSING (Eligibility requirements such as age, disability and/or income limits may apply)

### Bethany Lutheran Homes

Bethany Heights (55+) 112 Juniper Lane, Holmen 608-526-6796

Eagle Crest North Senior Living Community 351 Mason St., Onalaska 608-779-1700

Eagle Crest South Independent Living Plus 622 Bennora Lee Court, La Crosse 608-779-1702 or 608-791-2700

### Bethany St. Joseph Corporation

Mill St. Manor (55+ disability or 62+) 840 Mill St., West Salem 608-786-2440

OnaMain (55+disability or 62+) 920 Main St., Onalaska 608-781-7730

OnaTerrace (55+disability or 62+) 1126 Main St., Onalaska 608-783-1516

Prairie Home (55+ disability or 62+) 620 Malin Ct., Holmen 608-526-4850

Salem Terrace 104 Lewis St., West Salem 608-786-2440

Welcome Home Apartments (55+disability or 62+) 3600 28th St. So., La Crosse 608-788-0254

Windsor Place (55+disability or 62+) 1020 Windsor St., La Crosse 608-785-2271

**Brookside Meadows (55+) 4350 Fireclay Ct., La Crosse 608-782-4488 ext. 317**

**Carroll Heights Apartments (55+ or disability) 3505 Park Lane Drive, La Crosse 608-785-5555**

**Cedar Court Apartments (income limits) 321 Wagon Drive, West Salem 608-786-4101**

**Christopherson House (income limits, physical disabilities) 2121 Sims Place, La Crosse 608-782-4001 or 608-784-2935**

**Fox Hollow Senior Apartments (55+ or income limits) 990-1000 Linden Dr., Holmen 608-526-4000**

**Greendale Apartments (low income adults with physical disabilities) 321 13<sup>th</sup> Ave. So., Onalaska 608-784-1381**

**Hidden Glen Apartments (income limits) 100 Holmen Dr. So., Holmen 608-526-9026**

**Heritage Haven (62+ or disability income limits apply) 800 St. James St., La Crosse 608-784-1381**

**Housing Authority of the City of La Crosse 1307 Badger St., La Crosse 608-782-2264**

### Impact Seven 1-800-685-9353 or 715-357-3334

Leo Fishman Manor: (chronic mental illness) 1106 Wilson St., Onalaska

Al Baldus Manor: (chronic mental illness) 1320 Pinecrest Lane, Onalaska

Valley View Apartments 4631 Cty Hwy B, La Crosse

**La Crosse County Housing Authority 615 Plainview Rd., La Crosse 608-781-5365 · TTY 1-800-283-9877**

**Mayo Clinic Health System Franciscan Healthcare- Village Apartments on Ninth (62+) 621 9<sup>th</sup> St So., La Crosse 608- 392-9486**

**Michael Heights (55+ or income limits) 420 5<sup>th</sup> Ave. So., La Crosse 608-782-4488**

**Mulder Apartments (50+) 116 East Tilson St., West Salem 608-786-1600**

**Page Manor (55+) 1065-1077 Kristy Lane, Onalaska 608-780-7338**

**Pinedale Apartments (62+ or disability) 501 13<sup>th</sup> Ave. So., Onalaska 608-784-1381**

**Ponderosa Apartments (income limits) 1709 Viking Ave., Holmen 608-786-4101**

**Redwood Terrace Apartments (62+or disability income limits apply) 812 Redwood St., Onalaska 608-783-6229**

**River Oaks Apartments (income limits) 3460 East Ave. So., La Crosse 608-787-0200**

**Salzer Square I (55+) 1205 7<sup>th</sup> St. So., La Crosse 608-785-7775 or 608-784-2935**

**Salzer Square II (55+ and income limits) 1224 8<sup>th</sup> St. So., La Crosse 608-782-0585 or 608-784-2935**

**Schumann Apartments (chronic mental health and income limits) 617 Bennora Lee Court, La Crosse 608-782-4001 or 608-784-2935**

**Stonefield Manor (55+) 1264 County Rd. PH, Onalaska 608-779-4906**

**YWCA Transitional Housing Program (female only) 3219 Commerce St., La Crosse 608-781-2783 ext. 8**

# HOUSING (continued)

## ASSISTED LIVING OPTIONS

The type of Assisted Living Facility is based on how the facility is licensed:

**Residential Care Apartment Complex (RCAC):** Residence for adults that consists of independent apartments. Each apartment has own lockable entrance, kitchen with stove, private bathroom, sleeping and living areas. Can provide an individual with up to 28 hours of assistance per week.

**Community Based Residential Facilities (CBRF):** Residence for 5 or more adults. CBRF's may provide either private or semi-private rooms that do not have a kitchen. They may or may not have a private bathroom in each room. CBRFs provide more care than RCACs.

**Adult Family Home (AFH):** Residence for 1 to 4 adults. May provide private or semi-private rooms that do not have a kitchen. May or may not have a private bathroom in each room. Provides similar services as CBRF.

## RESIDENTIAL CARE APARTMENT COMPLEX (RCAC)

\*\* RCAC facilities that are registered facilities and can only accept private funds. The others are certified and can accept public funds.

\*\***Benedictine Villa Assisted Living** (62+years of age) 2904 East Ave. So., La Crosse **608-788-7489**

### Bethany Lutheran Homes

Bethany Heights Assisted Living (55+ years of age) 112 Juniper Lane, Holmen **608-526-2635**

Bethany on Cass (55+ years of age) 1315 Cass St., La Crosse **608-796-1091**

Eagle Crest North Senior Living Community (62+ years of age) 351 Mason St., Onalaska **608-779-1700**

Eagle Crest Senior Living Community (62+ years of age) 622 Bennora Lee Court, La Crosse **608-779-1700**

\*\*The Willows Senior Housing (55+ years of age) 2555 7<sup>th</sup> St. So., La Crosse **608-406-3978**

### Bethany St. Joseph Corporation

\*\*Laurel Manor (55+disability or 62+) 108 17<sup>th</sup> Ave. So., Onalaska **608-783-1815**

Mill St. Manor (55+ disability or 62+) 840 Mill St., West Salem **608-786-2447**

Prairie Home (55+ disability or 62+) 620 Malin Court, Holmen **608-526-4850**

Salem Terrace (55+disability or 62+) 104 Lewis St., West Salem **608-786-2440**

Shelby Terrace (55+disability or 62+) 2525 and 2527 Shelby Rd., La Crosse **608-788-4477**

**Brookdale Senior Living - The Villas** (Ages 60+) 3141 East Ave. So., La Crosse **608-788-1964**

**Hillview Terrace** 3503 Park Lane Drive, La Crosse **608-785-5500**

\*\***Benedictine Assisted Living** (62+ years of age) 2904 East Ave. So., La Crosse **608-788-7489**

**Spring Brook Assisted Living** (contact for eligibility) 861 Critter Ct., Onalaska **608-783-2292**

## COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)

### Bethany Lutheran Homes

Eagle Crest South, High Acuity Assisted Living 622 Bennora Lee Court, La Crosse **608-791-2700**

### Brookdale Senior Living (60+ years of age)

Brookdale La Crosse 3141 East Ave. So., La Crosse **608-788-7730**

Brookdale Onalaska 949 10<sup>th</sup> Ave. No., Onalaska **608-783-4955**

**Clara House** 1301 28<sup>th</sup> St. So., La Crosse **608-787-8094**

**Maplewood** 994 Garland St E. West Salem **608-786-1436**

**Monarch Manor** 848 Garland St E. West Salem **608-612-0661**

**Neschonoc Manor** 998 Garland St E. West Salem **608-612-0660**

**RBI- The Caring Hearts** accepts persons with mild dementia 1614 Henry Johns Blvd., Bangor **608-486-4210**

**The Meadows at Springbrook** 861 Critter Ct., Onalaska **608-783-2292**

## ADULT FAMILY HOMES (AFH)

[For information regarding Adult Family Homes.](#)

\*Aging and Disability Resource Center of La Crosse County **608-785-5700** or **1-800-500-3910**

State website-Choosing an Adult Family Home: <http://www.dhs.wisconsin.gov/guide/afh.htm>

**Aurora Residential Services** 1501 Saint Andrews St. Ste C202, La Crosse **608-785-5090**

# HOUSING (continued)

## NURSING HOMES

\*\*has Dementia/Alzheimer care unit

**Benedictine Manor Rehabilitation Center:** 2902 East Ave. So., La Crosse **608-788-9870**

**\*\*Bethany Riverside:** 2575 7<sup>th</sup> St. So., La Crosse **608-406-3900**

**\*\*Bethany St. Joseph Care Center:** 2501 Shelby Rd., La Crosse **608-788-5700**

**\*\*Hillview Healthcare Center:** 3501 Park Lane Dr., La Crosse **608-789-4800**

**\*\*Lakeview Health Center:** 902 East Garland St., West Salem **608-786-1400**

**Mulder Healthcare Facility:** 713 North Leonard St., West Salem **608-786-1600**

**Onalaska Care Center:** 1600 Main St., Onalaska **608-783-4681**

## MEDICAL / DENTAL

### REDUCED COST/FREE MEDICAL

**Community Care Clinics** Bronston Chiropractic 1202 County Rd PH, Onalaska **608-781-2225**

**Essential Health Clinic** (formerly Options Clinic) 1201 Caledonia St., La Crosse **608-775-8390** or **1-800-657-5177**

**Family Health Center of Marshfield, Inc** Black River Falls, **1-800-782-8581** or **715-670-0400**

**La Crosse County Health Department** Wisconsin Well Woman Program 300 4<sup>th</sup> St. No., La Crosse **608-785-9723**

**Neighborhood Family Clinic** 1526 Rose St., La Crosse **608-781-9880**

**St. Clare Health Mission** 916 Ferry St., La Crosse **608-392-9546**

**Scenic Bluffs Community Health Center**

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

**Salvation Army Caring, Inc.** 223 8<sup>th</sup> St. No., La Crosse **608-782-6126** or **608-782-0962**

## CLINICS

**Gundersen Health System Express Care**

La Crosse Festival Foods – 2500 State Rd., 33, La Crosse **608-775-5858**

Onalaska Festival Foods – 1260 Crossing Meadows Dr., Onalaska **608-775-5858**

**Gundersen Health System**

1900 South Ave., La Crosse **608-782-7300**

3111 Gundersen Dr., Onalaska **608-775-8100**

**House of Wellness Clinic** – S2845 White Eagle Road, Baraboo **608-355-1240** or **1-888-552-7889**

**Mayo Clinic Health System**

700 West Ave. So., La Crosse **608-785-0940**

1303 Main St., Holmen **608-526-3351**

191 Theater Rd., Onalaska **608-392-5000**

232 3rd Street No., La Crosse **608-392-7400**

**VA River Valley Integrated Health Center** 2600 State Rd., La Crosse **608-784-3886**

## HOSPITALS

**Gundersen Health System**

1900 South Ave., La Crosse **608-782-7300**

**Mayo Clinic Health System**

700 West Ave. South, La Crosse **608-785-0940**

**Tomah VA Medical Center** 500 East Veterans St., Tomah **1-800-872-8662**

### REDUCED COST/FREE DENTAL

**Affordable Dentures** Eau Claire **715-855-1020**, Rochester **507-529-9442**

**Black River Falls Dental Center** Black River Falls, **1-800-782-8581** or **715-670-0400**

**Scenic Bluffs Community Health Center**

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

**Wisconsin Dental Association, Inc.** Donated Dental Services **1-866-812-9840**



## **MEDICAL EQUIPMENT/SUPPLIES**

**Access Transit Mobility Products** – 226 Hood Street, La Crosse **608-782-1069**

**American Cancer Society** – 1285 Rudy Street, Suite 103, Onalaska **608-783-5001 or 1-877-423-9125**

**American Home Patient/ Lincare**– 1052 Oak Forest Drive, Suite 160, Onalaska **608-779-9900 or 1-800-947-2330**

**Apria Healthcare** – W6853 Industrial Boulevard, Onalaska **608-783-7668 or 1-800-285-9233**

**Cass Street Pharmacy Gundersen Health System**– 528 Cass Street, La Crosse **608-784-9922**

**Dan’s Shoe Repair** – 112 5<sup>th</sup> Avenue No., La Crosse **608-782-3775**

**Degen Berglund** **608-775-8500**

4000 Mormon Coulee Road, La Crosse

111 Sand Lake Road, Center 90, Onalaska, WI

2511 Green Bay Street, Village Shopping Center, La Crosse

**Family Medical Supply and CPAP Store** 705 State Street, La Crosse **608-791-1100 or 1-855-791-1549**

**Hilton Medical Supply** 500 3<sup>rd</sup> Street So., La Crosse **608-785-0390**

**Independent Living Resources (ILR)** – 4439 Mormon Coulee Road **608-787-1111 or 1-888-474-5745**

**Lenny’s Shoe Repair** 721 Clinton Street, La Crosse **608-782-0014**

**Lincare** 1010 19<sup>th</sup> Street So., La Crosse **608-791-0018**

**Mayo Clinic Store** 700 West Avenue So. (main hospital building), La Crosse **608-392-9797**

**Midwest Off-Road Center** 65 Copeland Ave., La Crosse **608-784-9980 or 1-800-626-1001**

**Prosthetic Laboratories of La Crosse** 3440 Losey Blvd. So., La Crosse **608-782-5070 or 1-866-241-0606**

**Prosthetic Laboratories of La Crosse** Onalaska Office 831 Critter Court, Suite 300, Onalaska **608-783-2009**

**Silhouette Shoppe** 3440 Losey Blvd. So., La Crosse **608-782-5070 or 1-866-241-0606**

**Limb Lab** 1919 State Road, La Crosse **608-782-1855**

**Veterans of Foreign Wars (VFW) Loan Closet** Post 1530 , 630 6<sup>th</sup> St. So., La Crosse **608-785-1530**

**Wisconsin Council of the Blind and Visually Impaired** **608-255-1166 or 1-800-783-5213**

## **PERSONAL EMERGENCY RESPONSE SYSTEMS**

**5 Star \*GreatCall** 1-800-463-5412 or 1-800-650-5921 or at your local Walmart

**Advance Security / Life Assist** 1-888-860-8098

**Alert 1** 1-800-860-8098

**Comfort Keepers Health Watch Personal Response System** 2951 South 21<sup>st</sup> Place, La Crosse **608-784-3357**

**Degen Berglund Lifeline Personal Response and Support Services** **608-775-8500**

**Family First Medical Alert** 1-800-504-1756

**Guardian Alert 911 for Veterans** Veteran’s Administration Medical Center, Tomah **1-800-872-8662**

**LifeFone Medical Alerts System** 1-844-253-7939

**Mayo Clinic Health System - Lifeline Alert Service** **608-392-9797** (La Crosse)

## **MENTAL HEALTH / ADDICTION SERVICES**

### **MENTAL HEALTH CRISIS INTERVENTION**

**La Crosse County Crisis Responders** 1-608-784-4357 (HELP)

**Great Rivers 2-1-1:** Dial 2-1-1 or 1-800-362-8255

**Veteran’s Crisis/Suicide Prevention Hotline** · 1-800-273-TALK (1-800-273-8255)

### **MENTAL HEALTH SERVICES**

**Aurora Community Counseling** 1501 Saint Andrews St. Ste C202, La Crosse **608-785-5090**

**Gundersen Health System** **608-775-2287**

**Ho-Chunk Nation Behavioral Health** 724 Main St., La Crosse **608-784-3083**

**Independent Living Resources:** 4439 Mormon Coulee Rd, La Crosse, **608-787-1111 or 1-888-378-2198**

**Mayo Clinic Health System Franciscan Healthcare Behavioral Health Services** 212 11<sup>th</sup> St. So., La Crosse, **608-392-9555**

**La Crosse County Human Services-Integrated Support and Recovery Services** 300 4<sup>th</sup> St. No., La Crosse **608-784-4357 (HELP)**

**Scenic Bluffs Community Health Centers:** 238 Front Street, Cashton, **608-654-5100**

**VA River Valley Integrated Health Center-Mental Health Clinic** 1525 Losey Boulevard, La Crosse **608-787-6411**

**Vet Center** 20 Copeland Avenue, La Crosse **608-782-4403**

**Great Rivers 2-1-1:** Dial 2-1-1 or 1-800-362-8255

# MENTAL HEALTH / ADDICTION SERVICES (continued)

## COMMUNITY BASED RESIDENTIAL FACILITY (CBRF)

Franciscan Healthcare Men's Recovery House 1005 Jackson St. La Crosse, WI 608-392-4994

Franciscan Healthcare Women's Recovery House 518 S 19th St. La Crosse, WI 608-392-4542

Maplewood 994 Garland St. East, West Salem 608-786-1436

## ADDICTION TREATMENT CENTERS

AMS (Addiction Medical Solutions) of Wisconsin 9532 East 16 Frontage, Suite 100, Onalaska 608-783-0506

Gundersen Health System 608-775-7991

Mayo Clinic Health System Behavioral Health 608-392-4436

## ADDICTION RELATED RESOURCES

Coulee Council on Addictions 921 West Avenue So., La Crosse 608-784-4177

Great Rivers 2-1-1: Dial 2-1-1 or 1-800-362-8255

La Crosse County Human Services-Integrated Support and Recovery Services 300 4<sup>th</sup> St. No., La Crosse 608-784-4357 (HELP)

National Council on Problem Gambling 1-800-522-4700

Wisconsin Council on Problem Gambling 1-800-426-2535

## DROP IN CENTERS

RAVE (Recovery Avenue) 1806 State St., La Crosse 608-785-9615 or 608-787-1111

SUPPORT GROUP INFORMATION contact Great Rivers 2-1-1

# TRANSPORTATION

## NON-MEDICAL TRANSPORTATION \*\*wheelchair accessible vehicle available

Aging & Disability Resource Center of La Crosse County 300 4<sup>th</sup> St. No. La Crosse 608-785-5700 or 1-800-500-3910

\*\*La Crosse County Mini-Bus 608-785-5700

La Crosse County Volunteer Drivers 608-785-5700

A Cab 608-781-6655

\*\*Bee Cab 608-784-4233

Bullet Cab 2709 South Ave. La Crosse 608-519-3200

Coulee Region RSVP Volunteer Driver 608-785-0500

\*\*Coulee Region Taxi 608-881-2050

\*\*CTS Taxi 608-784-7700

Go Care Free Shuttle 1-888-781-5181 or 608-781-5181 [www.GoCarefreeShuttle.com](http://www.GoCarefreeShuttle.com)

Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000 or 1-866-666-2561

La Crosse Municipal Transit Utility (MTU) 608-789-7350 MTU Mobility Plus 1-800-236-8438 option 1

Scenic Mississippi Regional Transit (S.M.R.T. bus) [www.ridesmrt.com](http://www.ridesmrt.com) 1-877-444-6543

## MEDICAL TRANSPORTATION NON-EMERGENCY \*\*wheelchair accessible vehicle available

Aging & Disability Resource Center of La Crosse County 300 4<sup>th</sup> St. No., La Crosse 608-785-5700 or 1-800-500-3910

\*\*Access Medical Transit 608-782-4200 or 1-800-658-9054

\*\*Abby Vans 1-800-236-8438

American Cancer Society – Road to Recovery 1285 Rudy St., Suite 103, Onalaska 1-800-227-2345 or 608-775-1359

Coulee Region RSVP Volunteer Driver 2920 East Avenue So., Suite 104, La Crosse 608-785-0500

Disabled American Veterans 1-800-872-8662 ext. 66227

\*\*Gundersen Health System Coulee Trails 608-637-8884 or 1-800-771-8884

\*\*MTM (Medical Transportation Management) 1-866-907-1493 Medicaid / Medical Assistance recipients only

\*\*Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000 or 1-866-666-2561

# VETERAN'S SERVICES

For programs and eligibility contact La Crosse County Veteran Service Office 608-785-9719.

# The Aging & Disability Resource Center of La Crosse County

(608) 785-5700

Toll Free: (800) 500-3910

Internet: <http://www.lacrossecounty.org/adrc>

## INFORMATION & ASSISTANCE

The Aging & Disability Resource Center of La Crosse County offers information and assistance to residents of La Crosse County.

The Aging & Disability Resource Center of La Crosse County provides information and assistance regarding services available in the community. You may call **(608) 785-5700** or come to our conveniently located office at **300 4<sup>th</sup> Street North** in **La Crosse**. **Please contact us for more information about our services in the community.** If you prefer, staff will meet with you in your home to answer questions and provide more in-depth consultation.

One of the goals of the Aging & Disability Resource Center of La Crosse County is to help people plan for current or future long-term care needs. The Aging & Disability Resource Center of La Crosse County professionals are familiar with all the local community services. They can help determine which services best meet your needs.

People often need help understanding what types of services would be available in their home. Our social workers can offer suggestions and advice on which services and supports will meet a person's needs while remaining as independent as possible.

If you would like to have a representative of the Aging & Disability Resource Center of La Crosse County make a presentation to your group or organization, call **(608) 785-5700**.

## LA CROSSE COUNTY

### EMERGENCY MENTAL HEALTH SERVICES

(CRISIS)

### 24 – HOUR CONTACT INFORMATION

CALL

**608-784-4357**

**(608-784-HELP)**