

La Crosse Senior Life



April 2024

Aging and Disability Resource
Center of La Crosse County
300 4th Street North
La Crosse, WI 54601

PRST STD
U.S. Postage PAID
Platteville, WI 53818
Permit No. 124

Introducing: Mind Over Matter: Healthy Bowels, Healthy Bladder!

The Aging & Disability Resource Center (ADRC) of La Crosse County is excited to make available a new evidence-based program, **Mind Over Matter: Healthy Bowels, Healthy Bladder**, to the community!

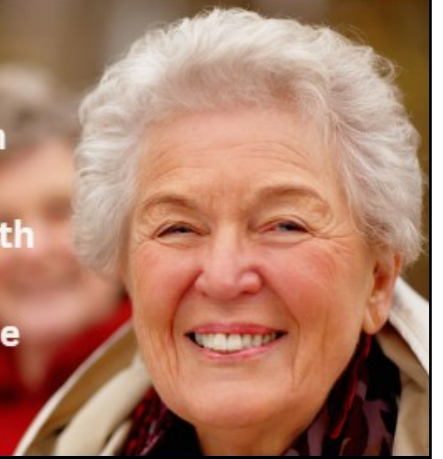
Mind Over Matter (MOM) is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms. With three, two-hour sessions, meeting every other week, participants will learn:

- Information about bladder and bowel control
- At-home techniques/exercises to help prevent or improve symptoms
- Tools to help set goals and mark progress

The first workshop will be held virtually (via Zoom) from 9 am to 11 am beginning **April 17th**. A short intro session will be held April 10th at 9 am, with the remaining sessions to be held **May 1st** and **May 15th**.

This workshop is available to women age 60 or older and must have a device (other than a Smart Phone) to participate. A \$10 suggested donation will be requested upon registration. Space is limited. To learn more or to register, contact the ADRC at 608-785-5700 or adrc@lacrossecounty.org.

Did you know that
over half of women
age 50 and older
experience issues with
bladder or bowel
control at some time
in their lives?



National Healthcare Decision Day is April 16th

National Healthcare Decisions Day (NHDD) is observed annually to serve as a platform to raise public awareness about the importance of advance care planning. NHDD encourages individuals to express their wishes regarding healthcare decisions in advance and emphasizes the importance of documenting healthcare preferences through advance directives.

What is advance care planning?

Advance care planning is a process that involved discussing, reflecting on, and documenting your healthcare preferences for the future. It helps you make informed decisions about your medical care, especially during critical situations when you may be unable to communicate your wishes.

What is an advance directive?

An advance directive is a legal, written document that outlines your healthcare preferences and decisions if you are no longer able to speak for yourself. This may also include a Power of Attorney for Health Care which lets you appoint someone to be your healthcare agent to make choices on your behalf when you are no longer able to do so.

How do I learn more?

Your healthcare provider can provide additional information and may help guide you through the process. You may also attend local events, like the April 17th "Your Voice, Your Choice" event (right column), or workshops such as the ADRC's Emergency Planning for Caregivers workshop.

Your decisions matter! Talk about it.



Help us fill the Aging Advocacy Bus to Madison!

Aging Advocacy Day is Tuesday, **May 14th** and we want to fill a bus with La Crosse County constituents!

Join citizens from around the state to share personal stories with legislators to help them learn more about issues impacting older adults and caregivers.

Event registration is now open. To register, go to gwaar.org/aging-advocacy-day-2024 or call ADRC at 608-785-5700 for assistance. To reserve a spot (no cost) on the bus, call the ADRC ASAP, no later than April 26th. Thanks!

"Your Voice, Your Choice."

*Who will speak for you,
if you can't?*

**A FREE Community Advance
Care Planning Discussion**

April 17, 2024 | 6 PM-7:30 PM

**South Side Neighborhood Center
1300 South 6th St, La Crosse**

EXTREMIS



Join us for a free viewing of the documentary, **Extremis: Between Science and Faith Lies the Human Choice**. This is a 2016 American short documentary that follows Dr. Jessica Zitter, an ICU and palliative care specialist who leads a team in the Highland Hospital ICU in Oakland, California. She helps families make end-of-life decisions for their loved ones, who are often terminally ill and/or on life support.

Watch the documentary and be part of a community conversation that discusses the importance of advance care planning, prior to facing difficult treatment options.

Experts from the Aging & Disability Resource Center (ADRC) of La Crosse County, Gundersen Health System, and Mayo Clinic Health System will provide resources and be available for questions. Light refreshments will be served.

To register, scan QR code below or contact the La Crosse Medical Health Science Consortium at 608-785-5150 or jsandvick@uwlax.edu. If special accommodations are needed, please note with reservation by April 8th.



Reminder: Please complete and return our 2025-2027 La Crosse County Aging Plan Survey by April 5, 2024. Thank you!

TRANSPORTATION OPTIONS

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs? If you are over the age of 60, or perhaps an adult with a disability, we can help. Whether it is for medical, nutrition (groceries), or employment, we can help you with some options:

Shared Ride/DriftLink Transit Service provides door to door transportation to all citizens in Onalaska, Holmen and West Salem from 6:30am-6:30pm, 7 days a week. This option does not service fire numbers unless within city limits.

Shared Ride does not enter into La Crosse.

Prices range from \$3.25-\$4.50.

To schedule a ride call 784-0000.

La Crosse County ADRC (Abby Vans) offers transportation for La Crosse County residents rides in La Crosse County

Monday-Saturday from 7am-6pm and Sundays from 7am-2pm. Closed on holidays.

Door to door service is available with a 24 hour notice or a 48 hour notice in rural areas.

Wheelchair and electric scooters accessible.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$3.50 each direction.

Zone 1B- Onalaska North, Holmen and French Island \$4.00 each direction.

Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard. \$4.50 each direction.

You must first register with the ADRC before calling Abby Vans directly for your rides.

Call the Aging and Disability Resource Center of La Crosse County at **608-785-5700** or **1-800-500-3910**. Our transportation coordinator will be happy to talk with you about transportation options.

Abby Vans: 1-800-236-8438 (once registered)

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

* With an ID card issued by MTU or a Medicare Card .75 cents is the cash fare, and \$25 is the cost of a monthly bus pass.

Call **789-7350** for more information or questions.

The lobby at **Grand River Station (314 Jay Street)** is open daily Monday-Friday from 9:00am to 5:00pm.



MTM Medical Rides

Free medical rides for Medicaid & BadgerCare Plus recipients only, excluding Includa & My Choice WI Members.

Monday—Friday, 7am - 6pm

Call **1-866-907-1493** to schedule a medical ride.

Visit the website at wi.ridewithveyo.org



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only **\$4.00 (cash) one way** no matter how far you ride.

Operates **Monday-Friday**, no weekends or holidays.

Service Routes Cover: La Crosse, Coon Valley, Westby, Viroqua, Stoddard, DeSoto, Prairie Du Chien, West Salem, Sparta and Tomah.

Please call: **877-444-6543** or visit www.ridesmrt.com

Powerful Tools FOR Caregivers



FREE workshop meets for 90 minutes once a week for 6 weeks

**April 10 to May 15
1:00PM to 2:30PM**

**Holmen Area
Community Center
600 N. Holmen Dr**

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Suggested donation of \$20 to cover cost of *Caregiver Helpbook*

To register contact: ADRC of La Crosse County
608-785-5700

Contribution Designation Form

I want to help the Aging & Disability Resource Center (ADRC) of La Crosse County continue its effective community service to older adults, individuals with disabilities, and their families.

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> ADRC General Support | <input type="checkbox"/> Elder Benefit Specialist |
| <input type="checkbox"/> Caregiver Support | <input type="checkbox"/> Health Promotion |
| <input type="checkbox"/> Congregate Dining | <input type="checkbox"/> Home-delivered Meals |
| <input type="checkbox"/> Dementia Support Services | <input type="checkbox"/> Senior Life Newsletter |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Transportation Services |

Please make checks payable and send to:

ADRC of La Crosse County, 300 4th St N, La Crosse, WI 54601

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To do so, you can complete the donation form above and mail to the address on the form, along with a check written to **ADRC of La Crosse County**, or to use a credit card, you can go to our website at www.lacrossecounty.org/adrc and click on the yellow "Donate" button toward the bottom of the page. Either way, thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

Return to: Aging & Disability Resource Center
300 4th Street N. La Crosse, WI 54601

Name _____

Address _____

City _____

State _____ Zip _____

Your postal contributions delivers the paper to the door each month. Give generously!

Word scramble answers from page 6:
Ladybugs, Rabbit, Grass, Chirping, Seeds, Breeze, Sunshine, Butterflies, Rainbow, Garden, Rainy, Daffodil, Picnic, Warm, Pastel, Flowers, Chicks, Blossoms, Tulips, Green



38th Annual Wisconsin State Conference

Pioneering HOPE

May 5-6

Kalahari Resort, Wisconsin Dells

For healthcare professionals and family caregivers.

Register: alzconference24.eventbrite.com



Free Programs for people living with early to mid-stage memory loss and their care partners. Please register 2 days prior to program to ensure adequate supplies and accommodations if necessary.

SPARK! on the Go!

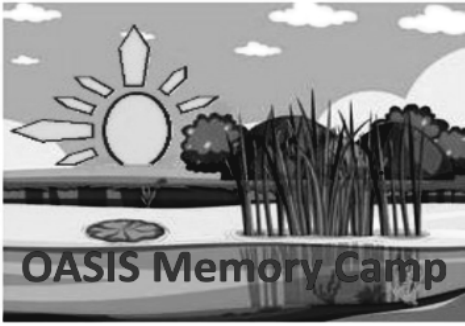
Second Monday – **April 8** – La Crosse Community Theatre 1:00pm-2:30pm

Call the Aging & Disability Resource Center 608-785-5700 Hosted by EndAlz Fest Foundation in partnership with the Aging & Disability Resource Center Dementia Care Specialist Program.

SPARK! at Clearwater Farms

Third Wednesdays monthly – **April 17**, Spring has Sprung 10:30am-12:00pm

Clearwater Farm 760 Green Coulee Rd. Onalaska To register- anna@clearwaterfarm.org OR Call the Aging & Disability Resource Center 608-785-5700



Oasis Memory Camp is free for individuals in the beginning to mid stage of a dementia diagnosis.

Each camp features in/outdoor learning experiences, a delicious lunch, and socialization.

Register with Oasis for every week or as your calendar permits.

Oasisrespite program@gmail.com

Respite Care with a Camp Experience

For Loved Ones with Dementia

Wednesdays

May 1st - June 5th

10:30am to 1:30pm at

The Nature Place

789 Myrick Park Drive, La Crosse

Unlimited fun but limited space, register right away!

608.780.0471

Kinship4Caregivers Program

Unique opportunities that welcome current and former caregivers for a variety of gatherings throughout each month. Program seeks to offer fun activities that foster new connections for all caregivers and also incorporates education and learning to improve the caregiving experiences.

3rd Thursday, 1:30pm-2:30pm (April 18th, May 16th & June 20th)
Join us for Book Club!

Join us to discuss the book "Keeping Love Alive as Memories Fade" by Debbie Barr, Edward Shaw, Gary Chapman.

First Lutheran Church (410 Main St, Onalaska) Fireside Room

* Books are available – request upon registration:
Call 608-785-5700

Getting to Know Dementia Teepa Snow Positive Approach to Care Workshop

Monday's, 12:30pm-2pm
April 1st– May 6th

La Crosse Dahl YMCA-basement Register by March 25th by calling the ADRC at 608-785-5700.

This workshop is designed to help participants:

- ◆ Learn about brain-related changes due to dementia
- ◆ Understand the GEMS State model of the progression of dementia
- ◆ How to adapt our approaches to create positive relationships
- ◆ Learn how to connect with a person
- ◆ Become advocates for those impacted

Day Respite Program for Individuals with Mild to Moderate Symptoms Associated with Alzheimer's, Dementia or Brain Related Impairments

OASIS respite is a safe place for loved ones, allowing caregivers to make time for themselves along their caregiving journey.

This program is designed to be affordable, through daily suggested donations, and provide purpose, social connections and stimulation for its participants.

Mondays 9am-11am and Thursdays 11am—3:00 p m

@ First Free Church in Onalaska

Every Thursday is Discovery Day- come check it out, and see if it's a fit for you and your loved one. Must REGISTER for discovery time AND before attending respite: **608-780-0471**



LOCAL DEMENTIA SUPPORT GROUPS

For questions on these support groups please call the ADRC 608-785-5700

GROUP, TIME & LOCATION	DESCRIPTION & CONTACT
All-Stages Caregiver Group 2nd Tuesday monthly, 1:15pm-2:30pm Good Shepard Church 4141 Mormon Coulee	For caregivers only. Contact- Kathy 608-386-8908
Parkinson's Disease Group 1 st Monday monthly, 5pm-6:30pm Black River Beach Neighborhood Center	For care partners and persons living with Parkinson's disease. Register with La Crosse Park & Rec. 608-789-8640
Connect Smart Group (April only) 2 nd & 4 th Wednesdays, 12:30pm-2pm Community Connections 1407 St Andrew St	Group activity for people living with dementia. Care partner support and education in a separate room. Register with La Crosse Park & Rec. 608-789-8640
Frontotemporal Dementia Group 2nd Wed/Month, 2pm-3:30pm Holmen Area Community Center	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
Conversations with Kathy 4 th Tuesday monthly, 1pm-2:30pm La Crosse YMCA-GHS Healthy Living Center	Informal sharing with those who are on a similar journey. For caregivers only. Kathy 608-386-8908. Healthy Living Center is at the south entrance.
Circle of Support –Virtual 3 rd Tuesday/Month, 2pm-3pm Evening Conversations -Every Thursday, 7:30pm-8:30pm, virtual	Led by dementia care specialists from WI. For the virtual link: Teresa.gander@vernoncounty.org
Monday Coffee Connect - Virtual Weekly; Every Monday, 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link email: kflock@lacrossecounty.org
Caring for a Relative with Dementia-Virtual 1st Monday monthly, 7pm-8pm	For adults proving care for aging parents or family of any stage of disease. For link: scott.seeger@adrc-cw.org
Aging & Down Syndrome-Virtual 3rd Wednesday monthly, 5pm-6pm	For people who care for aging individuals with Down Syndrome. Hosted by DSAW & ALZ. Info@dsaw.org
Lewy Body Dementia– Virtual 2nd & 4th Wednesday monthly, 1:30pm-3:30pm	For caregivers of individuals with Lewy Body Dementias. For link: rgriesel@co.dodge.wi.us



Sunday, May 19th
11am - 2pm

The Hatchery located within Riverside Park

Tickets: \$25

Unique games, raffles, and food await you on the shores of the beautiful Mississippi!

Fundraising event to benefit Causeway Caregivers Volunteer OASIS Day Respite Program.

Questions or Donations – Call Sara, 608-780-0471

April is Sexual Assault Awareness Month

According to RAINN, the nation's largest anti-sexual violence organization, and operator of the National Sexual Assault Hotline **800-656-HOPE** - an American is sexually assaulted every 68 seconds. Sexual assault is defined as any nonconsensual sexual contact or behavior, and can include rape, or attempted rape, fondling or unwanted sexual touch, or forcing someone to perform sexual acts. April, being Sexual Assault Awareness Month, is a time to raise awareness, honor the resiliency of survivors, and educate ourselves on where to turn for support and resources related to sexual violence. If someone you know confides in you about being sexually assaulted, or you are concerned that you might be seeing warning signs – such as indications of physical injury, stress-related physical symptoms, or changes in mood or behavior – be an ally. Let your friend or family member know that you are concerned about their safety and well-being. Listen nonjudgmentally and validate what they are feeling. Empower them to make decisions on how they move forward from the trauma and help them access support and services if they choose. If you are a survivor of sexual assault, please know that it is not your fault, and help is available. Sexual assault support services can include intervention hotlines, medical exams, accompaniment or advocacy for legal processes, support groups, counseling, transportation, and shelter. To locate services available to survivors of sexual assault, such as you or a loved one, contact 211.

Simply Dial 2-1-1 * Get Connected, Get Answers column is provided by Great Rivers 2-1-1, an information & referral and crisis line service. Professionally trained staff can answer your questions about local, statewide, and national resources and can assist you with life situations and challenges.

Available 24 hours a day, 7 days a week
Free and Confidential

Serving Western Wisconsin, Southeastern Minnesota, and Northeastern Iowa

Simply dial the three-digit telephone number 2-1-1 or (800) 362-8255 to learn more.

Language Interpretation is available.

Chat with us at our website www.greatrivers211.org Or text your zip code to 898211



**Spring Election
April 2nd**

Visit MyVote.wi.gov for the following:

- Register to vote
- Check your voting information
- Find your polling place
- Check who is on the ballot
- Vote absentee by mail or in person
- Track your ballot

What to Know About Medicaid and Assisted Living in Wisconsin

By Wisconsinwatch.org

Assisted living can offer residents more independence and a less institutionalized setting than in traditional nursing homes, making them more popular with Wisconsin seniors.

Another difference? Fewer protections for Medicaid recipients. Federal law bans nursing homes from ousting residents for reasons related to a Medicaid transition — if the facility accepted Medicaid when they moved in. That's not the case in assisted living. Local resources can help seniors find a care facility and stay there after their Medicaid transition.

Who relies on Medicaid for assisted living?

Those who can't afford the sizable cost of care on their own. A year of assisted living in Wisconsin costs more than \$60,000 on average, according to estimates by Senior Living, and the median length of stay nationally is 22 months. More than 20% of assisted living residents in Wisconsin pay with Medicaid.

What resources help navigate assisted living options?

Those contemplating a move to assisted living — or helping a loved one do so — can get help from a local Aging and Disability Resource Center.

The centers offer free assistance to help:

- Find government assistance programs a senior might qualify for based on their savings, including Medicaid.
- Determine what kind of care fits people's preferences or needs.
- Narrow searches for care. ADRCs may know which facilities accept Medicaid, require out-of-pocket pay and carry specific services — saving people from having to call every facility.
- Conduct eligibility screenings for government aid.

Offer advice on what to look for while touring a facility. Touring facilities is an important step in determining what's a good fit.

How else should people prepare for assisted living?

Try to plan ahead. Many assisted living facilities that accept Medicaid require residents to pay privately for years before they accept government-assisted payments. Those who secure care before becoming Medicaid-eligible have more facilities from which to choose. But paying out of pocket doesn't guarantee that an assisted living facility will later accept people once they switch to Medicaid.

And for those already on Medicaid? Some facilities will accept those payments at admission. Local ADRC representatives can help locate those options.

What if a facility promises to accept Medicaid after initial private pay?

Get that promise in writing, said Kim Marheine, Wisconsin's state long-term care ombudsman. Families often accept verbal agreements that may not hold up once a transition to Medicaid begins. But even written promises don't always prevent a disruptive relocation ahead of a switch to Medicaid, such as when a facility is sold or cancels its Medicaid contract.

Families should consult a lawyer if a facility asks them to sign a contract conditioning Medicaid acceptance on a certain amount of private spending, said Eric Carlson, an attorney and director of long-term services and support advocacy with the legal nonprofit Justice in Aging.

What if an assisted living facility issues a discharge notice due to a Medicaid switch?

Get in touch with a long-term care ombudsman, an advocate for seniors receiving care at home, in a nursing facility or through assisted living. (Call 1-800-815-0015.) An ombudsman can try to persuade the facility to change its decision. Contacting an ombudsman quickly allows that person more time to negotiate. The ombudsman also works to ensure that facilities honor residents' rights, like sending residents proper notice before a relocation and helping them find new care.

COMMUNITY LUNCH & LEARN

BUILDING AWARENESS - RELEVANT AGING TOPICS

*Hearing Loss & Cognitive Decline
Elder Abuse Prevalence*



**TUESDAY MAY 14
10:30AM-2:30PM**

Black River Beach
Neighborhood Center
1433 Rose St. La Crosse

AGENDA:

- 10:00am - Doors Open/Welcome
- 10:30am - Hearing Loss' Connection to Dementia with local audiologist
- Noon - Lunch Provided
- 12:45pm - Elder Abuse: Opening our eyes to the issue with local adult protective service professionals, featuring local attorney
- 2:00pm - Discussion, Q&A

**OPEN FOR PUBLIC! FREE,
REGISTRATION REQUIRED:
CALL 608-785-5700**



Funded by the Kathy & Jack Lucey Family Fund for Alzheimer's. Hosted in collaboration with the Aging & Disability Resource Center of La Crosse County.

Social Security Basics – Applying for Disability

“Get helpful tips on how to apply for adult disability benefits. Understand what information is needed for the application, what the process looks like, and what resources are available to help you.”

March 25, 1pm-2:30pm at South Side Neighborhood Center, 1300 6th St. S, La Crosse or VIRTUAL

May 13, 4pm-5:30pm at La Crosse Main Library Auditorium or VIRTUAL

July 15, 12pm-1:30pm at Human Services Basement Auditorium, 300 4th St. N, La Crosse or VIRTUAL

September 16, 3:30pm-5pm at Holmen Area Community Center or VIRTUAL

Registration required by calling the Aging & Disability Resource Center at 608-785-5700.

Scammers Impersonate the Government

You get a call, email, or text message....

- ▶ They say they're from the Social Security Administration and your benefits will end unless you pay.
- ▶ They say they're from the IRS and you owe taxes.
- ▶ They say you need to give your Medicare number to get a new card.

STOP! These are all scams. Report these scams to the FTC at ReportFraud.ftc.gov



Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Knitting Group: Thursdays, 5pm-7pm; \$1/week.
Mah Jongg Club: Tuesdays, 12pm-3:30pm; \$2/session.
Zumba w/Lynne: Mondays & Wednesdays, 5:30pm-6:30pm (no class April 1 & 8); register.
International Folk Dance: Wed., April 3 & Sat., April 20, 7pm-9:30pm; \$2/session.
It Takes a Village – Discussion Group: Thurs., April 4, 1pm-2:30pm.
Parkinson’s Disease Support Group: Mon., April 8, 5pm-6:30pm. Free
Medicare 101 – Understanding the ABCs: Wed., April 10, 10am-11am OR 6pm-7pm; register Friday prior. Free
The Disability Transition – Your Child Becomes an Adult: Thurs., April 11, 6pm-7pm; register 1 day prior. Free
Line Dancing Classes: Fri., April 12, 10am-11am; register 1 day prior; \$2/session.
De Capo Concert Band Concert: Saturday, April 13, 1:30pm-2:30pm.
Dine at 5 – Seven Rivers Jazz Band: Thursday, April 18, 5pm-7pm.; register 1 week prior.
Monthly Card Creations: Wed., April 24, 12pm-7pm; register Friday prior; \$12/session.

COMMUNITY CONNECTIONS CENTER

1407 St. Andrew Street, La Crosse

Most programs require registration: 608-519-2088

www.cityoflacrosse.org/parks

Coulee Region Wood Carvers: Tuesdays, 12pm-7pm.
Art Club: Thursdays, 12pm-3pm; \$2/session.
Chair Fitness: Tuesdays, 10am-11am; register by Friday prior. Free
Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; register.
Wise Wednesdays: Wednesday, April 3 & 17, 10:30am-12pm; register 1 day prior. Free
Bingo: April 3 & 17, 12:30pm-1:30pm; register 1 day prior. Free
Before the After: Friday, April 5, 10am-12pm; register by April 4. Free
Coping with Grief & Loss: Wednesday, April 10, 10am-11:30am. Free
Tech Help: Wednesdays, April 10 & 24, 11am-12pm; register 1 day prior.
ConnectSmart: Wednesdays, April 10 & 24, 12:30pm-2pm; register 2 days prior. Free
Chair Yoga w/Jamie: April 11 & 25, 10am-10:45am; register. Free
Bridging Generations w/UWL Gerontology Club: Tuesday, April 16, 2pm-3pm.
What Seniors Should Know ... Selling Their Home: Tuesday, April 23, 10:30am-11:30am; register 2 days prior. Free
Line Dancing: Friday, April 26, 10am-11am; register 1 day prior; \$2/session.
Introduction to Yoga: Tuesday, April 30, 10:30am-11:30am; register 2 days prior. Free
Travel Tales – Travel to China!: Tuesday, April 30, 12:30pm – 2pm. Free

Senior Meal Site Open: Lunch served at Community Connections Center at 11:30am, Monday-Friday. Call 608-792-4487 by noon the day prior to reserve a meal. Suggested donation is \$4.



600 N Holmen Dr.
608-399-1870

Mon. - Thurs. 7:30am- 4:30pm Friday 7:30am - 3pm

Indoor Walking: Monday, Wednesday, Fridays: 7am-10am & 11am-12pm; Tuesday & Thursdays: 7am-10am & 11am-2:30pm
Pickleball: Tuesdays & Thursday: 12:30pm – 2:30pm
Line Dancing Classes: Mondays, 4pm – 5pm
Mindful Yoga: Tuesdays & Thursdays at 8:45am
Muscles in Motion: Tuesdays at 9am
StrongBodies Virtual Strength Training: Mondays & Weds at 9am
Chair Yoga: Mondays at 9:15am
Bingo: Wednesdays & Fridays at 1pm
Euchre & Cribbage Tournament: 1st & 3rd Tuesdays at 6pm
Mah Jongg Club: Mondays at 1pm
Good Morning Holmen! 3rd Friday, 9am to 10am
Crafting with Pam & Jackie: Thursday, April 16 at 1pm
Diamond Art: Wednesdays at 9am
Crafternoon Social: 1st & 3rd Thursdays at 1pm
I Heart Art: Mondays at 9am
Wafer Mobile Pantry: 4th Tuesday, 12:30pm-1:30pm
Hearing Evaluations: 1st Tuesday, 10am – 12pm
Instrument Checks: 3rd Tuesday, 10am – 12pm
Medicare 101: Thursday, April 25, 5pm – 6pm
FREE Blood Pressure Checks: 4th Wednesday, 11am-1pm
Music with Greg Grokowsky: 2nd Tuesdays, 11:30am
Building a Mini Terrarium-April 27, 10am. Registration required
FTD Support Group: 2nd Wednesday, 2pm
Veterans Services Hours: 1st Thursday, 12:30pm -4:00pm
Holmen Area Historical Society: 1st Monday, 6pm
AA Meetings: Thursdays, 6pm – 7pm
BEE Well Health Fair: Tuesday, April 9 10am - 3pm, Free, register
Aging Mastery Program: Thursdays, Mar 28th - Apr 25th 1pm-2:30pm
Powerful Tools for Caregivers: Wednesdays, April 10th - May 15th, 1pm - 2:30pm(6 weeks)
Healthy Living with Diabetes: Tuesdays, April 23 – May 28, 11am – 1:30pm
American Red Cross Blood Drive: Monday, April 29 11am - 4pm
Holistic Healing & Wellness Fair-April 20, 10am-5pm. \$5

South Side Neighborhood Center

1306 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live virtual link to instructor, Mondays & Thursdays, 9:30am-10:30am; register.
Yoga with Renae: Wednesdays, 5:30pm-6:45pm; register. No class on April 17.
Palm+Pine Chair Yoga: Wednesday, Apr 10-May1, 10am-10:45am. Free
Senior Meal Site Open: Lunch served in dining hall at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals also offered .

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Email: harryjolson@gmail.com

Monday:	9:30am	Chair Yoga/Tai Chi Class
Tuesday:	9am	Strong Seniors –call to register
	1pm	500 register at 786-1114
	7pm	Duplicate Bridge- 797-3587
Wednesday:	1pm	Euchre register at 786-1114
	7pm	Live Band Dance –public welcome
Thursday:	9am	Strong Seniors –call to register
	10:30am	Chat Bridge – call to register
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga/Tai Chi Class
	10:45am	VIP Coffee Connection – 1st Friday/mo.

Open daily from 9:00am-12:30pm for exercise & socializing.

Pokeno Monday– April 29, 1pm. Register
Wednesday for Lunch– April 17, 11am-12:30pm. Register
Chicken-Que & Bake Sale- April 18, call for tickets
Craft Corner–April 8, 1pm. Register

Onalaska Park & Rec Dept

415 Main St.

Onalaska / 608-781-9560

cityofonalaska.com/parkrec

Learn to Play Pickleball– May 1, 6pm

Mentor Play Pickleball– May 8, 6pm

Internet Safety Course– April 16, 3pm, free

Gardening Classes– April 8 & 15, 6pm

Community Garden– 20x20 garden plots available on first come first serve basis. Stop into the Park & Rec office for more info.

Van Ripper Dog Park– fenced in area with obstacles, bridges, tunnels, water, dog toys and picnic area. \$2/day or \$15/annual.

Pickleball Courts– located at 2011 Craig Lane W. Borrow equipment from the Park & Rec office today!

Senior Nutrition Program– Mon-Fri at 11:30am at the Community Center. Call 608-317-9870 to reserve a meal.

ONALASKA OMNI CENTER EVENTS

255 Riders Club Rd.

608-781-9566

Mah Jongg: Wednesday’s 1pm - 4pm

Bridge: Monday’s 1pm-4pm & Fridays 12:30pm-3:30pm

Cabin Fever Frenzy – Apr 5 & 6, 5pm, live bands

Spring Craft Show– Apr 13 & 14

3 River Throwdown MMA– April 20

Brews & Tunes– 2nd Friday, 5pm-8pm

BBB Bingo- Wednesday’s at 6pm, vendors, raffles, fun

BBB Bingo Monday– April 15 at 6pm

What is Gluten? A Basic Explanation

Gluten is the general term for the proteins found in the many species of wheat. Two of the main proteins that make up gluten are Glutenin and Gliadin. When these proteins come in contact with a liquid, such as water, they act as glue. During this process called hydration, the proteins link up and form chains called gluten.

While lots of grains contain gluten, some grains are safe. Familiarize yourself with what you can and cannot have.

Grains That Contain Gluten	Gluten Free Grains
Wheat	Sorghum
Barley	Oats
Rye	Quinoa
Farina	Buckwheat
Farro	Teff
Wheat Berries	Millet
Spelt	Amaranth
Kamut	Corn
Triticale	White and Brown Rice

Look for terms on labels and packaging like "gluten free", "contains gluten", "may contain gluten", or "processed in a facility that also processes wheat"

Learning how to read food labels for ingredients and the wording on packaging helps you make good decisions on which products do or do not contain gluten and are safe for you to consume.

Eat Naturally Gluten Free Foods

Lots of fresh foods are naturally gluten free. These foods are usually unprocessed or minimally processed. Here is a short list of these foods: Fresh fruits and vegetables, beef, pork, poultry, fish, beans, lentils, dairy products, eggs and nuts.

Is Gluten Free Healthy? Not Necessarily

Removing gluten alone from a diet alone is not healthier than other diets except for those people that suffer from celiac disease, gluten sensitivity, or other gluten related medical disorders. Gluten free products can still be high in calories, highly processed and have unwanted additives.

Foods Aren't the Only Products that Contain Gluten

Here are some products are possible hidden sources of gluten that you need to be aware of as well.

Shampoo, makeup, lip balms, laundry detergents, sunscreen, soap, medications, vitamins and supplements.

Be your own advocate when you go gluten free. Read labels, research, and ask questions. Never stop learning about ways to keep gluten out of your diet.

SPRING WORD SCRAMBLE

- UBSDGYAL _____
- BIBART _____
- SASGR _____
- GIPCRHNI _____
- DESES _____
- ZEREBE _____
- NISUHESN _____
- TELFRISEBTU _____
- WONABIR _____
- ADGERN _____
- YINRA _____
- FOLIDAFD _____
- CICPNI _____
- MRAW _____
- LESPTA _____
- OELSRWF _____
- KHISCC _____
- LOSBMSOS _____
- PITLUS _____
- ENEGR _____

Answers on Page 2



- Holmen Catholic Church** 9am-11am 1st Tuesday
- Forest Park Apartments** 9am-11am 1st Wednesday
- Salzer Square Apts.** 9am-10am 1st Thursday
- Coach Lite Mobile Home** 11am-12pm 1st Thursday
- Onalaska Legion (lot)** 9am-10am 1st Friday
- Anytime Fitness West Salem** 10:45am-11:45am 1st Friday
- Becker Plaza Apts.** 9am-11am 2nd Tuesday
- Solberg Heights Apts.** 9am-11am 2nd Wednesday
- Huber Court Neighborhood** 10:30am-11:30am 2nd Thursday
- Carroll Heights, back lot** 12:15pm-1:15pm 2nd Thursday
- River Crest Village Mobile Home** 1:30pm-2:30pm 2nd Thursday
- Stokke Tower Apts.** 9am-11am 3rd Tuesday
- Sauber Manor Apts.** 9am-11am 3rd Wednesday
- Ping Manor Apts.** 9am-11am 3rd Thursday
- Stoffel Court Apts.** 9am-11am 4th Tuesday
- Holmen Community Ctr** 12:30pm-1:30pm 4th Tuesday
- Pinedale Apts.** Onalaska 9am-10am 4th Wednesday
- Greendale Apts.** Onalaska 10:15am-11:15am 4th Wednesday
- Schu-Mullen Neighborhood** 10:30am-12:00pm 4th Thursday

Clients may either receive a food package at the WAFER in-house pantry or at the Mobile Food Pantry, not both. Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at wafermobile@waferlacrosse.org or 782-6003. **NEW LOCATION- 1603 George St. La Crosse**

Drive thru pick up available Wednesday & Thursdays 10am-12pm

Wisconsin Well Woman Program

The Wisconsin Well Women Program helps women get FREE breast and cervical cancer screening, such as mammograms, pap tests, and other follow-up tests. The Wisconsin Well Women Program has new income guidelines that started in February.

You may qualify for the program if:

- you are a woman aged 40-64, or aged 35-39 with breast symptoms or concerns
- You do not have health insurance, or your insurance policy has a high deductible for screenings or tests
- Your income is within the guidelines

Family Size Household Income

- 1 Up to \$37,650
- 2 Up to \$51,100
- 3 Up to \$64,550
- 4 Up to \$78,000
- 5+ Add \$13,450 for each additional family member



LA CROSSE COUNTY HEALTH DEPARTMENT

La Crosse County Health Department staff work with women in the counties of Buffalo, Monroe, La Crosse, Vernon, and Crawford. For more information go to <https://www.dhs.wisconsin.gov/wwwp> or talk with someone about enrolling by contacting the La Crosse County Health Department at 608-785-9872.

For information on how to do self-breast exam, following the link below. <https://www.nationalbreastcancer.org/breast-self-exam/>

Dine at 5

Thursday, April 18th, 5pm-7pm

Black River Beach Neighborhood Center, La Crosse
Listen to some swinging jazz by the Seven Rivers Jazz Band, while enjoying a baked ham dinner with all the fixings.

For ages 50+. Cost: \$13

Register by calling one week prior at 608-789-8298

Next Dine at 5 is May 16th.

April 9th
5pm-6pm
Onalaska
Methodist Church
212 4th Ave N.





ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham balls 1 Au gratin potatoes Corn Orange wedges, Bun	Meatballs & gravy 2 Mashed potatoes Broccoli w/ cheese sauce Pumpkin bars 	Chicken & gravy 3 Biscuits Mixed vegetables Fruited jello, Cookie	Stuffed green pepper 4 casserole Carrots Mixed fruit	Goulash 5 Wax beans Cornbread muffin Black bean brownie
Chicken rice casserole 8 Mixed vegetables Applesauce Fruit juice	Sloppy Joe on a bun 9 Baked beans Peas & carrots Chocolate chip cookie	Baked dark chicken 10 Baked sweet potato California blend veggies Fruit fluff	Taco salad w/ chips 11 Sliced peaches Fruit pie Taco sauce, sour cream	Fish sandwich w/cheese 12 Oven browned potatoes Coleslaw Peach cobbler
Sweet & sour chicken 15 Brown rice Green beans White bean brownie, OJ	Meatloaf 16 Dairy potato bake Carrots Fruit cup	Pork loin 17 Mashed potatoes/ gravy Corn Pumpkin bar	Chicken craisin salad 18 Pineapple orange salad Blueberry muffin Ice cream sundae	Spaghetti 19 Romaine salad Mixed fruit Garlic breadstick
Mushroom burger/bun 22 Baked beans Carrots Butterscotch pudding	Chicken alfredo 23 Broccoli Grapes Brownie, Garlic toast	Ham w/ pineapple 24 Sweet potato casserole Asparagus Applesauce, Rye bread	Pulled pork on bun 25 Rosemary potatoes Sweet corn Oatmeal raisin cookie	Tator tot casserole 26 Cauliflower Fruit salad Peach cobbler, Garlic toast
Vegetable soup 29 Turkey swiss sandwich Broccoli raisin salad Cream pie Crackers	Polish sausage/bun 30 Sauerkraut Potato salad Baked beans Ketchup, mustard, onion			*All meals include milk or juice & bread. Menu subject to change without notice.

Homemade Applesauce

4 apples - peeled, cored and chopped
3/4 cup water
1/4 cup white sugar
1/2 teaspoon ground cinnamon



Combine apples, water, sugar, and cinnamon in a saucepan; cover and cook over medium heat until apples are soft, about 15 to 20 minutes. Allow apple mixture to cool, then mash with a fork or potato masher until it is the consistency you like. Serve slightly warm and its delicious or freeze into single servings. Serves 4

Slow Cooker Creamed Corn

8 ounce package frozen corn kernels
4 ounce package cream cheese
1/4 cup butter
1/4 cup milk
1/2 tablespoon white sugar
salt and pepper to taste



Combine corn, cream cheese, butter, milk, and sugar in a slow cooker. Season with salt and pepper to taste. Cook on Low for 3 to 4 hours or High for 1.5 to 2 hours. Serves 6

Pesto Spaghetti Squash

1 spaghetti squash, halved lengthwise, seeded
3 tablespoons butter, divided
1 onion, sliced
1 cup kale, stems removed, leaves chopped
4 white mushrooms, sliced
1 teaspoon garlic salt
1 teaspoon Italian seasoning
1 teaspoon red pepper flakes
1 teaspoon olive oil
2 tablespoons prepared pesto
1/4 cup grated Parmesan cheese



Preheat the oven to 400. Grease a baking sheet. Place squash skin-side down on prepared baking sheet. Bake about 1 hour. Remove from oven; cool for 10 minutes. Once squash is cool enough to handle, scrape flesh into string-like strands with a fork & set aside. Melt 1 tablespoon of butter in a large skillet over medium-high heat. Add onion; cook and stir until onion begins to turn translucent. Stir in kale and mushrooms; reduce heat to medium low. Stir in squash, remaining 2 tablespoons butter, garlic salt, Italian seasoning, and red pepper flakes; cook for 2 minutes. Remove from stove and place squash mixture in a large bowl. Stir olive oil and pesto into the squash mixture. Slowly add grated Parmesan cheese, stirring until evenly mixed. Serves 6

TRY THESE GLUTEN FREE RECIPES

Grape Salad

2 pounds seedless green or red grapes
4 ounce cream cheese
4 ounce sour cream or Greek yogurt
1/4 cup white sugar
1/2 teaspoon vanilla extract
2 ounces chopped pecans
1 tablespoons brown sugar



Wash and dry grapes. Mix together cream cheese, sour cream, sugar, and vanilla in a large bowl. Add grapes and mix. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving. Serves 4

If you do not qualify for the home delivered meal program, you may have the option for the in-person dining program. Meals for those age 60 and over are paid for on a donation basis with \$4 being the suggested donation.

Want to check out our meal sites? Need a ride?

Transportation is available to our meal sites.
Call the ADRC 608-785-5700, to arrange a ride.



Do you qualify for the Home Delivered Meal Program through the ADRC of La Crosse?

Meals are delivered Monday through Friday from various sites located in La Crosse County.

In order to qualify for this program, you must:

- Be 60 years of age or the spouse of that person
- Be homebound--you don't get out under normal circumstances
- Be unable to prepare your own meals or get groceries
- Be home when your meal is delivered & within our delivery area

If interested or if you have questions, speak with Dawn at the ADRC at **(608) 785-5775**.

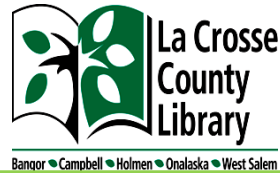
ADRC NUTRITION OFFICE PHONE IS 608-785-5775

MEAL SITES	ADDRESS	PHONE
SOUTHSIDE NEIGHBORHOOD CENTER	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	600 N. HOLMEN DR., HOLMEN	317-8104
ONALASKA	515 QUINCY ST., ONALASKA	317-9870
COMMUNITY CONNECTIONS	1407 ST. ANDREW ST., LA CROSSE	792-4487
WEST SALEM		785-5775

La Crosse Main Library**800 Main Street | 608-789-7100**

Monday Mornings at Main: Mondays from 10am-11am
Creation Space Open Lab: Mon 3pm-5pm, Tues 1pm-3pm, Wed 5pm-6:30pm, Thurs 10am-12pm, Sat 9am-12pm.
Yoga for All: April 13 at 10:30am
Chair Fitness: Mondays, 9am
BookTok Bingo– April 9, 6:30pm at 608 Brewing Co. La Crosse
Chapters: April 10, 1pm & April 13, 10am. *The Little French Bridal Shop*
Islands of Brilliance: The Fellowship– Thursdays at 4:30pm
Knit & Needle: April 3, 5pm-6:30pm
Tech Help at North Library– April 4 & 11, 3pm-5pm
Friends Book Sale: Mondays 9am-12pm
Veteran Services: April 2, 1pm-4:30pm
Spring Election: April 2, 7am-8pm
Qigong– April 10, 11:30am-12:30pm
Sunday Matinee– April 14, 1:30pm. Movie and free popcorn.
Then & Now: Housing Discrimination in La Crosse– April 16, 4:30pm and April 17, 9:30am. Register at www.habitatlacrosse.org
Hand Crafting Tools, Bows & Arrows– April 11, 5:30pm
When the Sky Turns Dark– April 7, 2pm. Regarding eclipses
Author Gwen Westerman– April 13– 6pm-7pm
Finding Your Money Balance– April 18, 5:30pm
Cloud Storage– April 17, 11am. No device necessary
Don't Be Scammed: Senior Financial Fraud Prevention– April 18, 2pm

Homebound Delivery Service: Free home delivery to any person who is temporarily or permanently unable to come to the library and lives within the city of La Crosse. 608-789-7125.



Phone: 608-399-3390
 Email: libraryprograms@lacrossecounty.org
 Website: lacrossecountylibrary.org
 Locations in Bangor, Campbell, Holmen,

In honor of National Library Week, stop by any of our locations between April 8th and April 13th for a chance to win a new La Crosse County Library umbrella!

Bangor "Game Day" meets the second Thursday of the month at 1:30pm.

Bangor movie on April 18 at 2:30pm and 6pm.

Bangor Convert your VHS to DVD between April 15-27.

Call 608-486-4408 for appt.

Campbell Book Club meets the second Tuesday of the month at 6pm.

Campbell movie on April 19 at 1:15pm.

Holmen On April 2 show your "I VOTED" sticker when you check out and pick out a prize.

Holmen movie on April 8 and April 22 at 2:15pm and 6pm.

Holmen "Molly Brown: Hard Scrabble to High Society" on April 11 at 6pm. Registration required.

Onalaska "Author Talk: Eric Dregni" on April 3 at 1pm.

Onalaska movie on April 4 and April 11 at 6pm.

Onalaska Senior Moments on Wednesdays at 10am:

April 3: Who Rode the War Eagle?

April 10: Green Circle Recycling

April 17: Sounds of Spring with Hans Mayer

April 24: Historic La Crosse Preservation Efforts

Onalaska "Poetry Writing Workshop with Do Art Productions" on April 13 at 10am. Registration required.

Onalaska Book Club meets the third Thursday of the month at 1:15pm.

Onalaska Friends of the Library Book Sale on April 18: 12-6pm;

April 19: 9am-5pm; April 20: 9am-12pm.

Onalaska "Paper Quilling" on April 23 from 2-4pm. Register.

Onalaska "Birdwatching for Beginners" on April 30 at 10am.

West Salem Afternoon Book Club meets the second Wednesday of the month at 1:30pm.

West Salem Evening Book Club meets the third Monday of the month at 7pm.

West Salem Midday movies on Thursdays at 2:15pm.

The La Crosse Area Retired Educator Association will hold their April luncheon meeting at Cedar Creek Country Club beginning at 11:30 on **Wednesday, April 3. The cost of the meal is \$15.** All who have retired in public education in WI are invited to come. Reservations required Sherry at 608-788-3875 email at lacrosserea@gmail.com.

American Legion Post 52

711 6th St. S., La Crosse
 608-782-3232

4/5, 4/19, 4/26– Fish Fry and music
 4/7– SOS Breakfast, 7:30am-11am
 4/12– RCCW Pro Wrestling, 6pm
 4/13– Steak Fry, 5pm– gone
 4/20– Meat raffle, 6pm
 4/27– Meatball dinner, 11am-gone
 4/28– Breakfast buffet, 8am-11am

**Concordia Ballroom**

1129 La Crosse St. La Crosse
 608-782-7049

www.concordiaballroom.com

Dances every Sunday, 1pm-5pm

April 19– Larry Busch Dance



American Legion Post 417
 700 Fisherman's Rd. French Island
 783-1838
Chicken Que– April 6

**West Salem American Legion Post 51**

West Salem 608-786-0051

4/1– **Bingo**, 6:30pm
 4/5, 19 & 26– **Fish & Shrimp**, 5:30pm-8pm
 4/12– **Smelt Fry**, 5:30pm-8pm
 4/13– **Tators & Ham**, 5:30pm-8pm

**Onalaska American Legion Post 336**

731 Sand Lake Rd. Onalaska 783-3300

Tuesdays– Bingo at 6pm, Taco specials

Thursdays– Euchre, 12pm-3pm. \$4 burgers

Fridays– Fish Fry, 11am-2pm & 4pm-8pm, Live Music

SAL Breakfast– March 31 & April 21

Veteran Services Office– 2nd Wed each month, 1pm-4:30pm

NARVRE Meeting– May 14, 10am

**Holmen American Legion Post 284**

419 1st Ave W. Holmen 608-526-4444

Tues & Weds– Lunch served, 11am-3pm

Wednesdays– Euchre at 6:30pm

Thursdays– Bingo at 6pm

Fridays Fish Fry– 4pm-7pm,

3/30– Easter Breakfast and Egg Hunt, 8am-11am

4/13– Adult Prom, 8pm-12am

**Blood Drives for April**

4/2– Sparta American Legion, 10am-4:30pm

4/3– La Crosse State Office Bldg, 11am-4pm

4/3 & 4/4– La Crosse County Human Services Bldg, 9:30am-2:30pm

4/5– Black River Beach Neighborhood Center, 10am-3pm

4/11– UWL Student Union, 11am-5pm

4/11– Mt Calvary Lutheran Church Trempealeau, 11am-5pm

4/15– Chaseburg Village Hall, 11am-4pm

4/18– Shepherd of the Hills Church Onalaska, 1pm-6pm

4/19– Valley View Mall, 11am-4pm

4/22– Westby Coon Prairie Church, 11am-4:30pm

4/26– Central High School, 9am-2pm

4/29– Our Redeemer Lutheran Church, 12pm-5pm

4/29– Holmen Community Center, 11am-4pm

5/1– Bangor High School, 12pm-5:30pm

La Crosse Blood Donation Center– call for appt.

1-800-RED-CROSS

Versiti Blood Center– call for appt.

(877) 232-4376.

Old Main Cultural Center

20869 S College Ave. Galesville
 608-582-4412

Yoga – Tues, Weds, Thurs **Qigong–** Tues

Board Game Social– 2nd Friday/month, 6pm-9pm

Mar 30-5pm, **Wise Water botanical class**

Apr 27– **Spring Thaw Event**, 10am-2pm

with vendors, music, yoga, food truck and kids activities

SPRING ALLERGIES: NIP THEM IN THE BUD

by MayoClinic.org

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.
- Use air conditioning in your house and car.

Avoid First-Generation Antihistamines

Certain antihistamines, the class of drug most commonly prescribed to treat allergies, can be dangerous for seniors. Two popular first-generation antihistamines include diphenhydramine (Benadryl) and chlorpheniramine (Chlor-Trimeton). According to the AAAAI, potential side effects of these over-the-counter medicines include anxiety, confusion, sedation, drowsiness, urine retention, dry mouth and dizziness.

In addition to these side effects being irritating, they can contribute to dangerous falls and even urinary tract infections (UTIs). Furthermore, Dr. Randolph says that antihistamines can potentially cause changes in mood or behavior in the elderly and may lead to dangerous interactions with other commonly prescribed medications.

Instead of reaching for an over-the-counter antihistamine, speak with your loved one's doctor or pharmacist about alternative allergy treatments first. They will likely recommend a nasal steroid or some form of topical medication. If these options still aren't relieving your loved one's allergy symptoms, ask about using a second- or third-generation antihistamine, such as cetirizine (Zyrtec), loratadine (Claritin) or fexofenadine (Allegra). While the AAAAI recommends these allergy medicines for seniors since they cause fewer side effects, it is still important to provide a complete list of all medications a loved one is taking so their doctor or pharmacist can rule out potential drug interactions.

Source: www.agingcare.com

Free Brain Checks

April 8, 10am-3pm
West Salem Library



BrainCheck

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning. Call for your 30 minute appointment. 608-785-5700

Spring Cleaning and Home Safety

Research shows that most falls happen at home. Is spring cleaning on your to-do list? Take some time this spring to de-clutter and make your home safer to prevent falls. On top of everyday items like dirty laundry or mail, over the years things can pile up! It's important to keep walkways, staircases, and other areas where you walk tidy. Here are a few ideas to help get you started:



- Make it fun! Put on your favorite music or radio show as you clean.
- Develop a filing system so that you can keep important documents in one place and off counters and floors.
- Don't do it all at once. Set aside 15 minutes each day to de-clutter in different areas. Start with clutter on the floors or staircases, as you may be more likely to catch your feet and trip in these areas.
- Make it a habit to take a minute or two to clean up as you go instead of waiting for things to pile up.

Other things to look for include keeping cords out of walkways, having good lighting, replacing throw rugs or mats that have turned-up edges or slippery bottoms with heavy-backed, non-slip rubber bottoms (or getting rid of them altogether), and keeping an eye on pets underfoot.

Find more tips and tricks to stay safe and prevent falls at FallsFreeWI.org.

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Virtual Zoom Classes: In the comfort of your home or at the Holmen Community Center
April 1 – June 19th, 2024
No Class Memorial Day
Mondays and Wednesdays at 9:00 am

UW-Madison Extension Health and Wellbeing and FoodWise program is offering an evidence-based FREE virtual strength training program titled StrongBodies using zoom. No experience is necessary.

Virtual registration: <https://go.wisc.edu/7yy8r6> or contact Karie Johnson at 608-785-9620

NEIGHBORS DAY 2024

Saturday, April 27th
8 am - 3 pm



Neighbors Day provides the elderly and disabled citizens of La Crosse with help cleaning up their yards for spring. Services provided by volunteer groups include raking yards, trimming shrubs, washing windows, and turning/weeding gardens.

We can help you if you are:

- Elderly or disabled;
- AND live in La Crosse (This year Shelby and Campbell are included!)
- AND own your home;

Call (608) 406-4363 to register!

www.habitatlacrosse.org

Fleis Frolic 5K Run/Walk!

Provides Parks & Rec programs at reduced/no cost to families in need.

Friday Night, April 26, 2024
5K Run/Walk starts at 6pm

Rowe Park, Onalaska

\$25 - March 1 thru April 25th, t-shirt
\$30 - Day of (April 26th)

cityofonalaska.com/fleis

Please register by Friday, April 5th to be guaranteed a t-shirt in your size.

Neurodiverse Connections Network presents:



All Ages Meet-Up at the Bronze Dragon

Join us to meet some new people and maybe play some games

April 11th

4pm-6:30pm

For more information and to RSVP:



Living Well with Chronic Pain

Mondays: April 8, 15, 22, 29,
May 6 & 13
2pm-4pm
La Crescent Methodist Church
520 Elm St.

Free group workshop designed to help people experiencing pain to better manage symptoms and improve daily lives.

To register contact: Jessica Mollison at 507-287-2047 ext 133
www.ccsomn.org

Care Chat: Dementia & Driving

Reprinted from Trualta, Inc.

The Impact of Brain Changes on Driving

A valid driver's license is a symbol of independence and freedom. Some medical conditions or medications can make it unsafe for a person to drive. Even great drivers can be unsafe to drive if their experience changes in their health.

People with dementia eventually lose the ability to drive because it becomes unsafe. This happens because of changes to their:

- Memory
- Attention
- Reaction time
- Ability to problem solve or anticipate consequences

Doctors are required to alert the local licensing authority when they determine someone isn't safe to drive. It's important to know that once this happens, a person's license and car insurance are no longer valid. This means that they're not legally allowed to drive.

This can be a very difficult and emotional conversation to have. If your care recipient doesn't understand that they can't drive, or they forget, they may try to drive anyway. They may not have the insight to understand the seriousness of the situation. You may have to explain it numerous times. Family members are often tasked with making sure the person with dementia doesn't drive anymore.

When Is the Right Time to Stop Driving? Ask yourself: "Would I want a young child in the back seat when my care recipient is driving?" If your answer is "No," that's a sure sign they should no longer be driving. You can also ask yourself:

- Are there any unexplained dents or scrapes on the car?
- Have they become lost or taken longer than usual?
- Have they received more traffic tickets recently?
- Have they put themselves or others at risk recently, like driving too slowly for traffic conditions?

If your answer is "Yes" to any of these, it's a sign that it's time to chat with them about stopping driving.

How To Prepare for The Conversation

Decide Who Will Lead the Conversation. Most people avoid bringing up topics that can create conflict. This topic may cause some degree of upset for your care recipient. You may feel awkward taking on an authoritative role. The fear of damaging your relationship may be more troublesome than the fear of your care recipient driving. Remind yourself that the responsibility of ensuring their safety and others' safety comes first. If you feel like you can't take the lead in this conversation, ask their doctor or a trusted relative or friend for help.

Prepare For Common Reactions. There are three ways your care recipient can respond to the request to stop driving.

1. Acceptance. They may recognize their driving abilities have changed and they may even give up their license voluntarily. They may feel relieved that this responsibility has been removed.
2. Accept but forget. The person may agree with the need to stop driving, but may forget about their acceptance to stop. This conversation may need to be repeated. In this case, it's recommended that you remove the keys or car.
3. Resistance. The person may refuse or dispute the message. They may be uncooperative, find it humiliating, or lack the insight to understand how brain changes can impact their ability to drive despite years of good driving. They may not want to give you the car keys or their driver's license. This situation will require support to ensure everyone's safety. See the "Creative Approaches" section below for ideas.

If the talk doesn't go well, you may blame yourself. This is completely normal; however, consider that your care recipient may have lost the ability to reason. In this case, it's best to end the discussion and change the topic to one that is more pleasant.

CONSIDER THIS: Whatever their reaction may be, it will likely be accompanied by feelings of loss, grief, and low self-worth. Sometimes this can require the help of a mental health professional.

Having The Conversation

It is best to have another family member or healthcare professional present when you have the conversation about driving. Pick a time when your care recipient is seated, relaxed, and calm. A private and quiet area is best. It could be over a cup of coffee in the kitchen or living room.

What To Say & Do

Here are some ideas to help you with different parts of this conversation.

Conversation Starters

- "There's something I'd like to talk to you about."
- "I'd like to talk with you about your driving."
- "How long have you been driving now?"

- "I've noticed your car has some scratches. Did you hit something?"
- "Are you still enjoying driving?"
- "How's the car running?"
- "What did the doctor say about you driving?"

Sharing The News

- "The doctor says it's no longer safe for you to drive."
- "We're concerned about your safety behind the wheel, and we'd like you to stop driving."
- "We love and care for you, and we need to tell you the time has come for you to give up your driver's license."
- "Driving a car takes great skill like quick reaction times and problem-solving skills. We've noticed you are having more difficulty with these things. We're concerned about your driving."
- "We'd like to support you, concerning the news you received that you have to stop driving."

Validating Their Feelings

- "I realize this is very upsetting for you."
- "I can only imagine how this must feel, to lose something you have had for most of your life."
- "I get it. I'd be angry too if someone told me I couldn't drive anymore."

Managing Resistance

- "I'm sorry, and I understand how hard this must be for you."
- "Retiring from driving is usually not something that we think about and prepare for."
- "Lots of people have had to give up driving, and they are doing great."
- "We'll make sure you get to where you need to go."
- "I can see you're upset about this, how about we talk about this at another time."
- "We can arrange for you to have a road test to assess your driving skills."
- "I love you and want you to be safe. I wouldn't want to see you getting into an accident and hurting yourself or someone else."

Moving Forward

- Gently ask them to hand over their license.
- Think of alternative options for transportation. For example, arrange for a friend or family member to drive, take a cab, or rideshare. Private driving services or volunteer driver programs may also be available.
- Develop a transportation plan for activities that require driving. For example, getting groceries, haircuts, religious services, doctor's appointments, and social outings.
- Get the car key from them and help them decide about what to do with the car. Will they keep the car and let others drive it? Will it be sold? Will it be gifted to a family member?

DID YOU KNOW? In the US, a formal driving assessment can be done by an occupational therapist who provides their recommendation to the DMV and then a road test happens if needed.

Creative Approaches

When brain changes affect someone's ability to reason, extreme measures may be needed when a person refuses to stop driving. It'll take a creative approach to prevent the person from driving. You may have to enlist the help of someone else to do it for you. Here are some ideas:

- Have a traffic police officer come speak to them. They can educate the person on the dangers and consequences of unfit, uninsured, and unlicensed driving.
- Get a written statement from the doctor. This may help someone understand the seriousness of the situation.
- Disable the car. You may want to consult with a mechanic to remove the battery or spark plugs. You can also consider installing a steering wheel clamp or emptying the gas tank.
- Hide or pretend to lose the car keys. You could also replace the key with one that doesn't work.
- Bring the car to the shop. Say it's for seasonal maintenance, a factory recall, repairs, or storage.
- Offer your care recipient a ride. Tell them that you happen to be going that way anyway.
- Get a tracking device for the car.

Helping a care recipient to stop driving can be difficult. Don't hesitate to reach out for help. Ask your doctor for a referral to a driving evaluation done by a certified driving rehab specialist.

EXPERT TIP: It can be helpful to review how much it costs to drive and how this money can go towards other forms of transportation and getting things done. Be sure to include cost savings on insurance, car repair, and gas in your calculation.



La Crosse Parks & Rec Senior Excursions

For ages 50+

Call 608-789-7533 to register.

- May 21: Kickapoo Valley Reserve & Driftless Bookstore
- June 16: Tina Turner Musical at the Overture Center
- June 27: Nunsense at the Fireside Theater
- July 10: Little Shop of Horrors at the Guthrie Theater



WEBER CENTER FOR THE PERFORMING ARTS

www.webercenterarts.org
608-784-9292

- March 29-Just Like Me, free event
- April 19-28- A Doll House Part 2
- April 20- Charlotte's Web
- May 3-19- Bright Star

The La Crosse Community Theater sells **Senior Preview Tickets** to adults over the age of 62. These tickets are \$15 and must be paid for at the time of purchase. Tickets are available at the Black River Beach Neighborhood Center up to 12pm the day of the show. Tickets are only provided for select shows with limited quantities. Call for details.

Childrens Miracle Network Gala 2024

FRI, APR 12 AT 5:30 PM
The Cargill Room at The Waterfront Restaurant, La Crosse



LA-CROSSE CENTER

www.lacrossecenter.com

- 4/1- Daughtry Concert
- 4/3-4/6- First Robotics
- 4/12-4/14- Pool Tournaments
- 4/20- Wailers Legend Concert
- 5/3- Flo Rida

Viterbo University Fine Arts Center

929 Jackson St. La Crosse
608-796-3100
www.viterbo.edu/fac



Godspell- April 19-21

- The Everly Set- Apr 5 @ Weber Center
- Portrait of Aretha- Apr 13 @ Weber Center
- Simon & Garfunkel Story- Apr 26 @ Weber Center

MARIE HEIDER CENTER FOR THE ARTS

405 E Hamlin St. West Salem
608-786-2550 www.heidercenter.org

Apr 12- A Celebration of Carole King

Pump House Regional Arts Center

119 King Street La Crosse, WI 54601
608.785.1434 contact@thepumphouse.org

- 4/5- The Wildwoods
- 4/6- The Magic of Isaiah
- 4/14- Film Society-The Zone of Interest
- Brilliant Traces- April 18-21 & April 25-28

Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

- April 19- Peter Mayer Concert
- May 2 & 3- Silent Film: Four Horsemen of the Apocalypse

La Crosse Symphony Orchestra

- April 6- Spring Pops-The Ultimate Movie Night
 - May 4- Spring Finale & A World Premiere
- Viterbo Fine Arts Center, 929 Jackson St. La Crosse
783-2121 www.lacrossesympphony.org

Save the Date

Healthy Aging Conference 2024
Friday, May 17, 8am-12pm
Radisson Hotel

The University of Wisconsin La Crosse Planetarium

Public Programs at 1:00 pm on Saturdays. A fun activity for all. Admission is \$5.00 for adults and \$3.00 for students & Senior Citizens. **Album Encounters** are multimedia light and laser shows set to rock music at 8:00 pm on Fridays. Admission is \$5.00 for all. Park in the Stadium Lot (Commuter Lot 2 or C-2). It is on the northeast corner of East Avenue and Pine Street.
allen.robe@eagle.uwlax.edu or at 608-785-8669
Final shows in April and will resume programs in October.

University of Wisconsin-La Crosse Dept of Theater & Dance

Toland Theatre
333 16th St N, La Crosse

- James & the Giant Peach- Apr 5-Apr 14
- UWL Jazz Concert- Apr 20

Online ticket sales at www.uwlax.edu/theatre-arts or go to the box office or call 608-785-6696

UWL
University of Wisconsin-La Crosse
Department of Theatre and Dance Presents

Virginia Woolf's ORLANDO
Adapted by Sarah Ruhl

April 25 - 27 at 7:30 pm
April 27 - 28 at 2:00 pm
Frederick Theatre, Morris Hall
1615 State St., La Crosse

Uwlax.edu/theatre-and-dance
Call 608-785-6636

Join Cheryl and Arlene on a comfortable coach bus trip to The Fireside in Ft. Atkinson to see:
Beautiful-The Story of Carole King on Saturday, May 4th
Nunsense on Saturday, June 15
Miracle on 34th Street on Saturday, November 9th
Pick ups at Hogan Admin Center-6:30 am or Woodman's-7:00 am
\$130.00-includes transportation, a delicious dinner with dessert (gratuity included), fantastic show, and a cinnamon roll for breakfast!!
Contact Cheryl at cbeff@yahoo.com or 608-788-2727

Senior Life newsletter Questions?

To reach the Aging and Disability Resource Center you can locally call 608-785-5700 or toll free 1-800-500-3910. Email: seniorlife@lacrossecounty.org or fax to 785-6135

Then



Now



Blast from the past...The northeast corner of 7th and King Streets has changed quite a bit since the 1960's/70's. Shown here Country Kitchen which changed to King St Kitchen before the new CCF Bank was built.

**Total Solar Eclipse
April 8th**

Starting at 12:50pm, Maximum eclipse at 2:04pm, ending 3:17pm
Next total solar eclipse will occur August 23, 2044



WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
6:30pm Bingo @ Holmen Features
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Wednesdays:** Ukulele Jam, 6pm-8pm Moose Lodge
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- 3/30-** Myrick Park Easter Egg Hunt, 12:30pm
- 4/4-** Chicken Q, Trinity Church 1010 Sill St, 11am-5:30pm
- 4/5-** First Friday Downtown Art Walk, 4pm-7pm
- 4/6-** American Cancer Society Fundraiser, 5:30pm-10pm at Fox Hollow Event Center Cty O La Crosse
- 4/6-** Meatball Dinner, 4-8pm, Lower Coon Valley Church
- 4/7 & 4/14-** Breakfast & Bingo, 8:30am-11am at Fox Hollow
- 4/7-** Spring Makers Market, 10am-3pm. The Main Event La X
- 4/7-** Town of Holland Spring Craft Show, 9am-3pm
- 4/13 & 4/14-** Features Fieldhouse 1st Annual Home Show
- 4/13 & 4/14-** Spring Craft Show, Omni Center Onalaska
- 4/14-** Chaseburg Sole Burner Chicken Q, 11am-2pm
- 4/18-4/21-** Brice Prairie community wide rummage sales
- 4/20-** Bake Off Fundraiser, 1pm-3pm. Coon Valley Village Hall
- 4/20-** Journey Lutheran Spring Artisan Show, 9am-2pm at 2703 Sand Lake Rd Onalaska
- 4/20-** Coon Valley Bake Off, 1pm-3pm @ the Village Hall
- 4/21-** Spring Fling, St Patrick's Church Brownsville, 9am-12pm
- 4/23-** Artisan & Farmers Market, La Crescent Event Center 4-7p
- 4/26 & 27-** Spring Rummage Sale- Mary, Mother of the Church
- 4/27-** Cornhole to End Alzheimer's, 10am at Features Holmen
- 4/27-** Between the Bluffs Festival, 12pm-6pm at Oktoberfest
- 4/27-** Pancake Breakfast, 8am-12pm St. Elizabeth's Holmen
- 5/3- & 5/4-** Spring Market at Maple Grove West Salem

**Earth Day
WORD SEARCH**

K Y P A D Y X K E Z Y U S Q Y M
 U V E G H T Y A J R E D U C E O
 J N S K L I T T E R U V G H L E
 D H U I L I P R E X P T Y U A B
 P Y B N S I V C Y Z I C A P K W
 R J D V S I Y S S A R G H N E O
 E E X R A C C T P L A N E T F I
 S A Y W L O U R W H P U S G H F
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 V U R D M A E T S A W P J N R N
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 K Q T O L C Q H O E T G B S O N
 C H P S A Z G U L E F P U Q J D
 R H K P A E W C R S A V E U H W

- clean
- earth
- flowers
- glass
- grass
- green
- lake
- litter
- nature
- planet
- plants
- preserve
- recycle
- reduce
- reuse
- save
- trash
- tree
- waste
- water

Earth Fair
LA CROSSE, WISCONSIN
Make EVERY Day Earth Day

Save our Date APRIL 28, 2024 11AM-4PM
Myrick Park, La Crosse

www.sustaininstitute.com/programs

**La Crosse Area Parkinson's Walk
& Awareness Event**

May 4th, 10am-2pm
Myrick Park Shelter, La Crosse

- 10am: Walk registration
- 11am: Opening Ceremony
- 11:15am: Walk begins

Live music, Resource booths, Crafts, Face painting, Food trucks
Register the day of or by calling 608-789-8640

**April is National Volunteer Month
Thank You to Our Volunteers!**

When you volunteer for the La Crosse Senior Nutrition Program, you deliver more than just a meal. You help support our senior community members' ability to live at home, where they want to be. You also help to ensure that no senior is left hungry or alone.

Choosing to deliver meals or helping at the meal sites is a great way to serve your community. Often, volunteers enjoy delivering meals as much as participants love seeing those who deliver or serve to them.

The La Crosse County Senior Nutrition Program relies on dedicated volunteers to serve those in need. We have a great team of volunteers. We appreciate all of you!

Volunteers do not necessarily have the time; they have the heart.

La Crosse County Aging & Disability Resource Center