



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

RIDE WITH US!

The Aging & Disability Resource Center (ADRC) of La Crosse County has teamed up with Drift Cycle, La Crosse Community Bike Share program, to add 10 new bikes, two trikes (new to the program), and two additional bike/trike stations with the goal of increasing use among older adults and individuals with disabilities!

Drift Cycle, launched in April 2021, is a La Crosse public bike share program serving as an integral part of the transportation network with easy-to-use rental bikes for residents, commuters, and visitors that provides an affordable, sustainable option contributing to the health and vibrancy of the community.

A part of the program's 75 bikes and 15 sponsored stations located in the City of La Crosse, the newly added ADRC bikes, trikes, and stations can be found at:

1. Chad Erickson Memorial Park, 3601 Park Lane Dr, La Crosse
2. Community Connections Center, 1407 St Andrew St, La Crosse

Using a mobile device, users can take a ride for \$1 per 30 minutes or unlimited 60 minute rides with a membership plan. Users are able to rent multiple bikes at a time from one account, ideal for small groups. New users get a free 60 minute ride, compliments of the sponsors, by entering promo code 57WLZ7 upon sign-up.

To learn more and see/use bikes/trikes, join us for a "Grand Opening" event:

Date: Tuesday, July 18, 2023 (Rain Date: Friday, July 21, 2023)
Time: 10:00 AM
Location: Chad Erickson Memorial Park
 3601 Park Lane Dr, La Crosse

Event is free, no registration required, light refreshments will be served, and staff will be available to assist with downloading Drift Cycle app and setting up account. If you are not able to attend the event, and want to learn more, visit driftlax.org.

"Nothing compares to the simple pleasure of a bike ride." John F. Kennedy

DISABILITY PRIDE MONTH

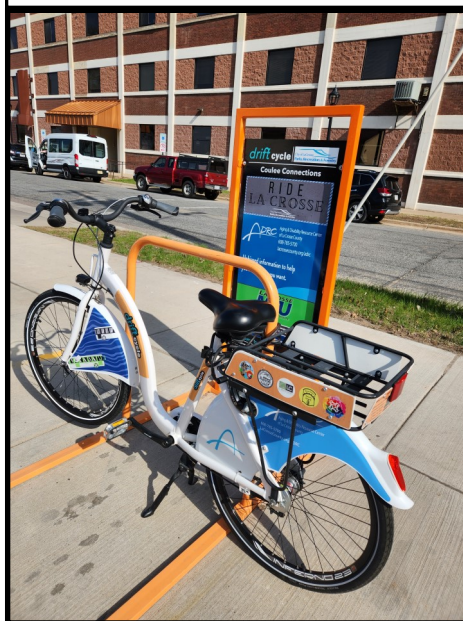
DISABILITY PRIDE FEST



@ COPELAND PARK
SATURDAY, JULY 23RD **11AM-5PM**

A CELEBRATION OF DISABILITY CULTURE

drift cycle



Bike Station located outside of Community Connections Center.



Bike Station located at Chad Erickson Memorial Park. All Stations provide directions for how to rent and a map of stations. Bikes/trikes can be adjusted for user and include bell and basket.



driftlax.org

Benefits of Biking:

- Less bone loss
- Better immune health
- Improved mood
- Better heart health
- Reduced blood pressure
- Improved muscle strength and endurance
- Improved balance
- Reduced risk of falls
- Improved cardiovascular fitness
- Increased joint mobility
- A great way to socialize and meet new people!



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 have a disability, we can help. Whether it is for medical, nutrition (groceries), or employment, we can help you with some options:

Shared Ride Taxi 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 including Galesville, Trempealeau, Mindoro, La Crescent and Stoddard.

\$4.50 each direction.

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

Just 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.

Enrolling Now for Carrier Alert Program in La Crosse County

Carrier Alert is a free service for people who live independently and may have difficulty reaching vital services in case of an accident or sudden illness. Carrier Alert is made possible for La Crosse County residents through a partnership between the United States Post Office and Great Rivers 211.

Great Rivers 211 is a telephone helpline available 24 hours per day, serving La Crosse County and surrounding areas. Great Rivers 211 will help you enroll in the program. You will be asked to provide some basic contact information and the names of two emergency contacts. An emergency contact is someone you trust who would be willing to stop by your home to check on you if needed. You may want them to have a key to your home, too.

Once registered with the Carrier Alert program, a special decal is placed inside your mailbox. If your mail carrier sees you have not picked up your mail or other signs of distress, they will report this to Great Rivers 211. Then, a call specialist at Great Rivers 211 will try to call you. If they are unable to reach you, they will call your emergency contacts to check on you. If your emergency contacts are unavailable, they will ask local emergency response to check on you. Interested in learning more? Call Great Rivers 211 at 2-1-1 and say you'd like to learn more about the Carrier Alert program.

Ready to sign up? Visit <http://bit.ly/3DFIM5V> to register!



OUR MISSION: Through the effective reuse of donated items, theExchange collaborates with local organizations to provide home essentials for community members in need.

DONATE GOODS: We accept basic furniture and home goods in excellent condition. We do not accept excessively

large, heavy furniture or decorative items. See our website for a complete list of what is acceptable. Organize a drive at your business, organization or school to collect high-need items. Contact us in advance of large item drop off or if you need help with large item transport. We suggest a minimum donation of \$25-\$50 for this service.

DONATE YOUR TIME: Volunteers accept and organize donations, assist clients with shopping, repair furniture/ small appliances, and provide donation pick up and deliveries. Contact us to learn more.

DONATE FUNDS: Financial gifts are appreciated. Donation checks can be made payable to theExchange/Shelter Development, Inc. and mailed to: 1009 4th Street S, La Crosse, WI 54601

Website: theexchangelacrosse.org or phone 608-301-5345

Donation Drop Off Hours: Mon/Wed 1-3, Tues/Thurs 1-4



MTM/ Veyo Medical Rides

For Medicaid & BadgerCare Plus recipients only, excluding Inclusa & My Choice WI Members.

Monday—Friday, 7am - 6pm

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

Visit the website at member.veyo.com

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

Dogs Left in Cars
Even **68°** is too Hot!

Temperature Outside	Temperature In Car After	
	10 min.	60 min.
68°F	81°F	115°F
75	88	122
82	95	129
90	102	136
97	109	144



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)

- ADRC General Support
- Elder Benefit Specialist
- Caregiver Support
- Health Promotion
- Congregate Dining
- Home-delivered Meals
- Dementia Support Services
- Senior Life Newsletter
- Disability Benefit Specialist
- 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

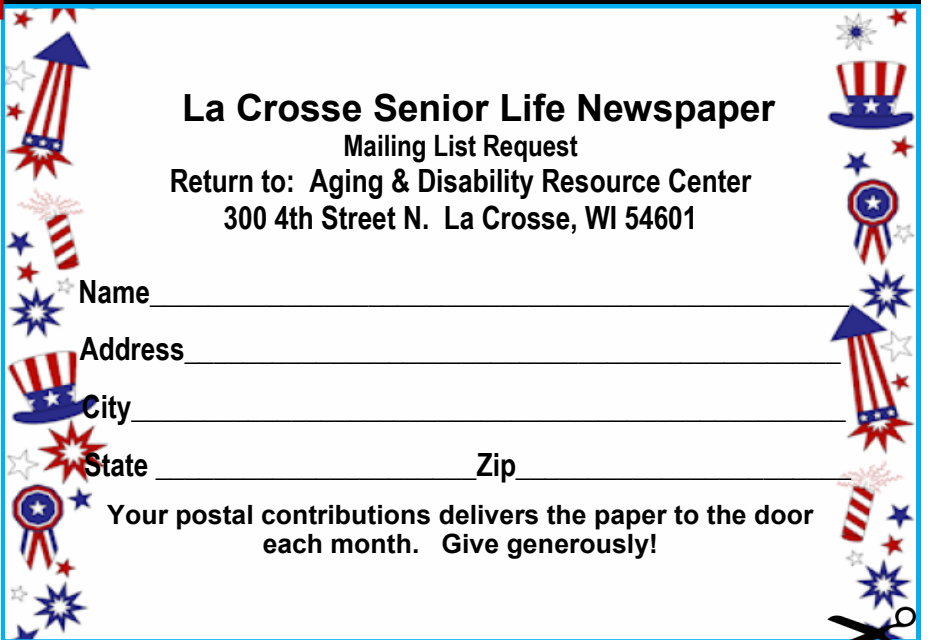
Name _____

Address _____

City _____

State _____ Zip _____

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





The ADRC has a selection of DVDs for check out on a variety of caregiving topics. Some titles include: Teepa Snow Understanding Lewy Body Dementia, Dementia & driving, Structure & Support, and more. Available at the La Crosse County ADRC, 300 N 4th St La Crosse. Call for more titles and to arrange pick up 608-785-5700.

Monthly brain checks will be held on the 2nd Monday of the month from 9:30am-3:30pm to help consumers identify possible changes in cognition. ADRC professionals will discuss concerns, share brain health tips and resources available in the community during the 20 minute screen.



BrainCheck

Open to the public, but not intended for people with dementia.

July 10– La Crosse Main Library

August 14– Bangor Library from 12pm-4pm

Call the ADRC to register at 608-785-5700.



Brings personalized music into the lives of people living with dementia to improve quality of life. Music provides an opportunity to reconnect with the world through music-triggered memories and joy.

La Crosse County Aging & Disability Resource Center has partnered with the La Crosse Public Library to bring this free program to residents of La Crosse County. Must live in the community, not a residential facility to qualify. Contact: La Crosse County ADRC 608-785-5700



Free Programs for people living with early to mid-stage memory loss and their care partners.

1st Wednesday Monthly 10:30am-12:00pm at Minnesota Marine Art Museum (MMAM) Winona, MN

Register: Heather M. Casper, at 507-474-1910

3rd Wednesday Monthly 10:30 a.m. – 12:00pm

At Clearwater Farm 760 Green Coulee Rd. Onalaska

To Register: ajoswick@clearwaterfarm.org or call 608-385-4819.

Club Connectivity is designed specifically to meet the needs and interests of people who are living with **Early Onset Dementia/Mild Cognitive Impairment (MCI)**. The Club will provide a warm, welcoming atmosphere and offer fun, meaningful ways to stay socially connected and active in the community. Care partners and family members may be invited to participate too.

If you are living with a diagnosis of Early Onset Dementia/MCI, we hope you will consider joining **July 17, 11:30am-1:30pm at David Reay's in Onalaska.** Must Call to register La Crosse Parks & Rec at 608-519-2088 or 608-789-8640



MEMORY KITS

The La Crosse Public Library is pleased to offer Senior Connections Memory Kits for community members with Alzheimer's or dementia-related diseases and their loved ones. Each kit has a theme and contains books, DVDS and suggested activities intended to spark joy, stimulate conversations and provide respite for caregivers. Have your family or friends engage your loved one in a kit or enjoy the kit together! Kit themes include: Art, Classic Fun & Games, Therapy Dog, Therapy Cat, Music, Farm & Garden, Sensory, and Oral Family History. Call 608-789-7100 to reserve.

STAR "CAN'T STOP ME" PARKINSON'S PROGRAMS

Rock Steady Boxing: Mondays & Wednesdays at 11:30am
PD Music: Tuesdays & Thursdays at 11:30am
PD Exercise: Tuesdays & Thursdays at 1pm
 July 9– September 16, Registration fee \$40
 All programs will be followed by social time and refreshments.
 Concordia Hall Ballroom, La Crosse St.
 Registration required. Visit www.starcenterprograms.org

LOCAL DEMENTIA SUPPORT GROUPS

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

All-Stages Caregiver Group
 2nd Tuesday monthly
 1:15pm-2:30pm
 Good Shepard 4141 Mormon Coulee

This is an opportunity to learn from others who face similar experiences. For caregivers only.

Club Connectivity - MCI/Early-Onset *Outings to various locations in the area Mondays 1-2x monthly
 **Call 608- 519-2088 for details

For persons diagnosed with MCI, early-onset dementias to stay connected in the community. Topics & activities determined by the group.

Parkinson's Disease Group
 1st Monday monthly, 5:00pm-6:30pm
 Black River Beach Neighborhood Center, La Crosse

For care partners and persons living with Parkinson's disease to meet and have the opportunity to ask questions, share resources & manage the disease. #608-789-8640

For Working Caregivers - Virtual
 1st Monday monthly 7:00pm-8:00pm
 Virtual via Google Meets.
 Email kflock@lacrossecounty.org for link

For adults who provide caregiving responsibilities for their aging parents or family/friends of any stages of the disease. This group will foster a space for discussing the challenges and successes of working and caring.

All Stages Coffee Connect - Virtual
 Mondays weekly, 10:00am-11:00am
 Virtual via Zoom or Dial-in by phone
 Email kflock@lacrossecounty.org for link

For caregivers of all stages of the disease that fosters a space for sharing, insight, advice, and encouragement. Led by dementia care specialists - SW WI.

Aging & Down Syndrome Caregiver Support Group- Virtual
 3rd Wednesday/month from 5p-6p
 Virtual via Zoom or Dial-in by phone
 Email Abigail@dsaw.org

For people who provide care for aging individuals with Down syndrome. Emotional support and experience sharing as well as an educational component. Focus on Alzheimer's and dementia in the Down syndrome community. DSAW & ALZ Assoc.

Grief Therapy Group
 Meets weekly
 Closed Group- Must Call/Text
 Joy 651-412-6651

Dementia comes with so much loss. This group is shared with others experiencing similar trials and can work through grief. For care partners with loved ones in late stages, end of life or passed within the last 2 years.

"The Guided Light"

La Crosse County's Dementia Newsletter
 To sign up email adrc@lacrossecounty.org or call 608-785-5700.



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 and provide purpose, social connections and stimulation for its participants. Mondays 9am-11am and Thursdays 11am-3pm @ First Free Church in Onalaska. Days may vary with holidays. A suggested donation is set per day. You must register: 608-780-0471

Medicare Coverage of Ambulance Services

GWAAR Legal Services Team

If you ever find yourself experiencing a medical emergency, you may need to call an ambulance. You may also need medical transport via ambulance between two different medical providers. But how do you know that Original Medicare or your Medicare Advantage plan will cover the charges?

Criteria for an Emergency Call -You can get emergency ambulance transportation when you've had a sudden medical emergency and your health is in serious danger because you can't be safely transported by other means, like by car or taxi. The ambulance must also transport you to the nearest appropriate facility, usually a hospital. If you call an ambulance but are not transported, Medicare will not cover the cost of the ambulance call. If you are not transported to the nearest appropriate facility, Medicare will not cover the extra mileage to that facility. The nearest appropriate facility means that the institution is generally equipped to provide the needed hospital or skilled nursing care for the illness or injury involved. For example, someone with end-stage renal disease may need to be transported to a hospital that has dialysis capabilities.

Criteria for Facility-to-Facility Transport -You may be able to get emergency or non emergency ambulance transportation from one medical facility to another if you need it to treat or diagnose your health condition and the use of any other transportation method could endanger your health. In some cases, Medicare may cover limited, medically necessary, non-emergency ambulance transportation if your doctor writes an order stating that ambulance transportation is necessary due to your medical condition. Even if a situation isn't an emergency, ambulance transportation may be medically necessary to get you to a hospital or other covered health facility. For example, someone needing a specialized kind of surgery may need to be transported to the nearest facility that has the required specialist on staff. Again, if you are transported to a facility farther away, Medicare will not pay for that extra mileage.

Note: if you have a Medicare Advantage plan, it must cover at least what Original Medicare covers, but it may provide additional coverage. For information about that coverage, see your plan's evidence of coverage or contact your plan directly. If you end up with ambulance services that have been denied, you have the option to appeal. For Original Medicare, you follow the appeal procedures outlined in your Medicare Summary Notice (MSN). For Medicare Advantage appeals, you will follow the appeal procedures outlined in your explanation of benefits (EOB). For assistance with these appeals, you may reach out to your local Elder Benefit Specialist (EBS).

To find the EBS in your area, visit:

www.dhs.wisconsin.gov/benefit-specialists/counties.htm

Going on Vacation? Check Your Health Coverage Before You Leave!

By the GWAAR Legal Services Team (for reprint)

If you are planning a vacation, there is a lot to do before you leave. Before you pack your suitcases, you should take a look at your health insurance coverage.

If you have Original Medicare, Medicare will cover your health care services when you're in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. However, if you travel outside of the U.S., including to Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.

Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare. That means that if you are traveling within the U.S. and you have original Medicare and a supplement plan, you will have coverage for any health care services you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S.

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered. Out-of-network emergency care will generally be covered. Some Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States.

If you will need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination. If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

Consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent.

Does Medicare Cover the Shingles Vaccine?

By AARP.org

Yes, if you have prescription drug coverage.

Medicare's Part A and Part B don't cover shingles vaccinations, even though the Centers for Disease Control and Prevention (CDC) recommends that everyone age 50 and older get the vaccine. Medicare Part B covers some other vaccines as free preventive care, such as flu and pneumonia vaccines

A prescription drug plan, such as Medicare Part D bought as an add-on to original Medicare or that is part of a Medicare Advantage plan that provides drug coverage, will pay for the shingles vaccine. These private plans must cover all commercially available vaccines needed to prevent illness, except for those that Part B covers.

Why do I need a shingles vaccine?

You're probably carrying a dormant version of the virus that causes shingles right now. In the United States, more than 99 percent of people born before 1980 have had chicken pox, even if they don't remember being ill, according to the CDC. A vaccine to prevent chicken pox first became available in this country in 1995. After you've had chicken pox, the varicella zoster virus that causes it may reappear as shingles later in life, which is why the shingles vaccine is recommended.

If you are age 50 to 69, two doses of the Shingrix vaccine are 97 percent effective in preventing shingles. If you're 70 or older, they are 91 percent effective.

The CDC has no maximum age limit on getting vaccinated against shingles. About 1 in 3 people will get shingles in their lifetimes, and in rare instances it can recur.

If you get shingles, a painful and itchy rash, you can give chicken pox to those who have not had it nor been vaccinated. Then they become at risk for shingles as an older adult.

How much is a shingles shot under Medicare Part D?

The cost of a shingles vaccine was reduced in 2023. In the past, you may have been charged a copayment.

But starting in 2023, the Inflation Reduction Act eliminated all out-of-pocket costs for vaccines that the CDC's Advisory Committee on Immunization Practices recommends for adults, whether you have drug coverage from Part D or from a Medicare Advantage plan. That includes the shingles vaccine. Without prescription drug coverage, you may have to pay more than \$180 a dose for Shingrix, a vaccine the Food and Drug Administration approved in 2017.

It replaced Zostavax in November 2020. But even if you received Zostavax before it was retired, the CDC recommends getting inoculated with Shingrix: two doses for adults 50 and older spaced two to six months apart.

How can I get a shingles vaccine?

Most people get their shingles shots at a pharmacy, and some receive it at their doctor's office. At one time, some states required a prescription to get the shingles vaccine at a pharmacy, but those states recently changed their rules to allow the vaccine without a doctor's order.

At a pharmacy. Pharmacists in all states can administer vaccines included on the CDC-recommended adult immunization schedule, including the shingles vaccine. Make sure your pharmacy is in your Part D plan's network so it can bill your plan directly. Check with your pharmacy and insurance plan for details.

At a doctor's office. Confirm that your doctor can bill Medicare Part D before you plan to get the vaccine there. Otherwise, you may need to pay for the vaccine and submit a claim for reimbursement to your Part D plan. Ask the doctor's office and your plan about the rules.



**Get to know us
before you need to know us!**

Monday-Friday, 8:00 AM-4:30 PM
After-hour appointments and
home visits available upon request.



608-785-5700
800-500-3910



adrc@lacrossecounty.org



www.lacrossecounty.org/adrc

300 4th St N, La Crosse (1st floor of La Crosse County Health & Human Services Building) ADRC customer parking available

BLACK RIVER BEACH NEIGHBORHOOD CENTER

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Holiday Closure– July 4th

Knitting Group: Thursdays, 5pm-7pm; \$1/session

Mah Jongg Club: Tuesdays, 12pm-3:30pm; \$2/session

Zumba: Mondays & Wednesdays, May – Aug., 5:30pm-6:30pm; register. \$50

International Folk Dance: Wed., July 5 & Sat. July 15, 7pm; \$2/session

Parkinson’s Disease Support Group: Mon., July 10, 5pm-6:30pm; register. Free

Monthly Card Creations: July 26, 12pm-7pm; \$8/session; register Friday prior

**Southside Neighborhood Center
1300 6th St S. La Crosse**

Congregate dining is now open. To participate in the afternoon lunches call the day prior by noon to reserve a meal. Suggested donation is \$4. Call to register at 608-792-6996.

COMMUNITY CONNECTIONS CENTER

1407 St. Andrew Street

Most programs require registration: 608-519-2088

www.cityoflacrosse.org/parks

Holiday Closure– July 4th

Art Club: First & third Wednesdays each month, 1pm, \$2/session

Staying Active Together: Mondays & Thursdays, Now – August 9:30am. Free

Coulee Region Woodcarvers: Tuesdays, 12pm-7pm

Realistic Abstract Painting w/Color: Thursdays, July – Aug., 1pm; register.

Wise Wednesdays: July 5 & 19; 10:30am–12pm; register. Free

Bingo: July 5 & 19, 1pm; register 1 day prior. Free

Coping Skills: July 7 & 21, 10am-11:30am; register. Free

ALS Care Connections Support Group: July 11, 4pm-5:30pm. Free

Travel Tales - Italy with Alex Craugh: July 11, 2pm; register. Free

Pet Loss Support Group: July 11 & 25, 5pm-6:30pm. Free

Before the After: July 12, 10am-12pm; register Friday prior. Free

Coping with Grief & Loss: July 12, 10am-11:30am. Free

ConnectSmart: July 12 & 26, 12:30pm-2pm; register 2 days prior.

In-Person Tech Help: July 12 & 26, 11am; register 1 day prior. Free

Alzheimer’s Education: July 13, 12pm-1:30pm; register. Free

Medicare 101: July 18, 10am or 6:30pm; register Friday prior. Free

What Seniors Should Know About Selling Their Home: July 18, 1pm; register 1 week prior. Free

Home is Where Your Stuff is: July 18, 2pm; register 1 week prior.

Senior Meal Site Open: Lunch served at 11:30am, Monday-Friday. Must call La Crosse County ADRC at 785-5775 to register one day in advance. Home delivered meals are also offered from this meal site: Contact Dawn at ADRC at 608-785-5775.



**600 N Holmen Dr.
608-399-1870
Mon. - Thurs. 7:30am- 4:30pm
Friday 7:30am - 3pm**

Indoor Walking: Mon-Fri., 7am – 10am only (summer hours)

BINGO: Wednesdays at 1pm & Fridays at 1pm, \$1 per card

I Heart Art: Mondays at 9am- Classes TBA

Chair Yoga: Mondays at 9:15am with Marty

Mah Jongg: Mondays at 1pm. No experience necessary.

Active Older Adult Fitness: Tuesdays & Thursdays at 10am

Mindful Yoga: Tuesdays & Thursdays at 8:45am with Jean

Crafternoon Social Group: 1st & 3rd Thursdays at 1pm

Diamond Art: Wednesdays at 9am

Euchre Tournament: 1st & 3rd Tuesday at 6:00pm

Book Club: Last Tuesday of the month, 6pm. "Horse"

WAFER Mobile Pantry: Tuesday, July 25, 4pm-5:30pm

Historical Society Program: July 3 at 6pm. Story Circle: "On the Job" & root beer floats.

Veterans Service Coordinator, La Crosse County: 1st Wednesday of the month @ 11am

Hearing Instrument Checks/Adjustments: July 11 & 25, 10am-12pm

Blood Pressure Checks: Wednesday, July 26 at 11am

SimpleSteps with Kathy: Monday, July 3 & 17 at 10:30am-Bring your phone or other devices for help.

Medicare Advantage Info: July 11 at 11am

***Senior Nutrition Program:** 12pm lunch, Mon-Fri.
Register at 608-785-5775
www.holmencec.org for more programming details

MYRICK PARK CENTER

789 Myrick Park Dr, La Crosse 769-5766

Nature Saturday: 1st Saturday of month, 9:30am - 11am

Shin Jin Do– now-Aug 30, 6:30pm. Call 789-7533

Yoga in the Garden– now-Aug 30, 5pm-6pm

Bugs in the Garden presentation– July 15, 10am-12pm

Nocturnal Insects presentation– July 22, 7:30pm

Concordia Ballroom

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



July 8– **PolkaFest** at 1pm

Dances every Sunday!

500 Card play: M, W, F: 12:50 pm to 3 pm, \$3/person

Zumba: T & TH, 5:30-6:30 pm:

contact: Ncarmosini@gmail.com

Square Dancing: 2nd & 4th Wed., 6-9 pm, beginners 6-7 pm

1st Annual Summer Block Party



July 8th, 11am-4pm

Old Town Center
208 S. Holmen Dr. Holmen

Food & drinks, kids activities, yoga, raffles & vendors.

Onalaska Park & Rec Dept

415 Main St.
Onalaska / 608-781-9560
Cityofonalaska.com/parkrec

Aug 6– **Bark in the Park,** Van Ripper Park.
Free activities for both people and pets.

ONALASKA OMNI CENTER EVENTS

255 Riders Club Rd.
608-781-9566

Mah Jongg: Wednesdays 1pm - 4pm

Bridge: Mondays 12:30pm - 3:30pm & Fridays 1pm - 4pm
Call Rita 608-780-7810

Market in the Park– July 29th, 8am-1pm

Harry J Olson Center

1607 North Street, La Crosse - 781-2122

Questions? Email us at harryjolson@gmail.com

Monday:	9:30am	Chair Yoga / Tai Chi Class
	9:30am	Intro to Bridge Class -call for details
Tuesday:	9am	Strong Seniors –call to register
	1pm	500 (register at 786-1114)
	7pm	Duplicate Bridge (797-3587)
Weds:	1pm	Euchre (register at 786-1114)
	7pm	Live Band Dance –public welcome
	10am	Watercolor class , Third Wed of month
Thursday:	9am	Strong Seniors –call to register
	10am	Chat Bridge – call to register
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga / Tai Chi Class

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

July 13– **Chicken Q**, 11:30am-5:30pm. \$10 ticket. *Executives* playing from 3-5pm. Bake sale & lemonade stand.

July 19– **National Hot Dog Day**, 11am-12:30pm RSVP

July 20– **Senior Scam Training**, by La Crosse Police, 11am

July 26– **Watercolor Class**, 10am



SENIOR FARMER'S MARKET VOUCHERS

The Senior Farmers Market Nutrition Program (SFMNP), coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with vouchers to purchase fresh, nutritious, locally grown fruits, vegetables and herbs from participating farmers' markets, roadside stands and community supported agriculture (CSA) programs. This year, SFMNP will be conducted by mail, email, in-person or fax on a first come, first served basis. Eligible La Crosse County residents may request an application by **calling the ADRC of La Crosse County at 608-785-5700** or visiting the ADRC of La Crosse County website at www.lacrossecounty.org/adrc/meals for additional options.

Eligible applicants must:

- Live in La Crosse County
 - Be 60 years of age or older (or if Native American, 55 years of age or older)
 - Monthly income at or below \$2,480 single; \$3,041 couples
- One set of vouchers (\$35) is allowed per person. A limited number of vouchers are available therefore completed applications will be processed in the order received.

Senior Stock Boxes is a monthly meal program The Hunger Task Force of La Crosse has set up for seniors 60+ who meet a certain income level. The income limits are \$1,369 for a 1-person household, \$1,888 for a 2-person household, add \$492 for each additional person. These boxes will be delivered to the doors or certain pick-up sites of those participating in this program. The boxes may include items: cheese, canned fruits, canned vegetables, juice, cereal, canned and dry milk, peanut butter, canned meat, canned soup, rice, instant mashed potatoes, or pasta. To apply call The Hunger Task Force at 608-793-1002.



THE MARKET AT 608
July 16, 23 & 30
 12pm-4pm
 Local produce, arts, crafts and brew!
 83 Copeland Ave. La Crosse

North American Squirrel Association

Outdoor Fun For Seniors and the Physically Challenged

A **pontoon** is available at no charge to anyone with a disability and their family and friends, veterans, senior citizens over the age of 72, nursing facility groups, adult foster home groups, high school special education groups, youth groups, and other organizations working with the elderly, youth, or persons with disabilities.

Pontoon Rentals available for June- August only

- reserved 30 days in advance
- Mon. - Fri only, no weekends
- First rental at 8 am ... Last rental ends at 5pm
- Pontoon Rental limited to 1-2 hours
- The boat will only hold 9 passengers plus our captain. We can hold up to two wheelchairs at one time.
- To sign up for a pontoon cruise visit: www.nasasquirrel.org



We also provide the disabled fisherperson an opportunity to go **trout fishing** at a peaceful trout pond out in the country. This is sure to be a most memorable experience for everyone involved!

If interested in trout fishing, please contact Steve Wage, Trout Pond Committee Chair, at (608) 792-6685, or by e-mail at wallywage@charter.net.

AARP FitLot Classes

Mondays and Wednesdays; Now-August 28, 2023
12:30pm-1:15pm
All Abilities Trane Park

****Registration Deadline: One week prior to attending****

FitLot Classes are a great way to kick start a safe and healthy fitness routine. It's great for all ages and abilities. To register call La Crosse Park & Rec 608.789.8640



- Forest Park**– 1st Wed, 9am-11am
- Salzer Square**– 1st Thur, 9am-10:30am
- Coach Lite Estates Mobile Homes**– 1st Thurs, 11am-12:30pm
- Becker Plaza**– 2nd Tues, 9am-11am
- Huber Ct**– 2nd Thur, 3pm-4pm
- North Presbyterian Church**– 4th Thur, 12:30pm-1:30pm
- River Crest Trailer Crt**– 2nd Thur, 1:30pm-2:30pm
- Stokke Tower**– 3rd Tues, 9am-11am
- Solberg Heights**– 2nd Wed, 9am-11am
- Sauber Manor**– 3rd Wed, 9am-11am
- Ping Manor**– 3rd Thur, 9am-11am
- Carroll Heights**– 2nd Thur, 12:15pm-1:15pm
- Schuh Homes**– 4th Thur, 10am-12pm
- Stoffel Court**– 4th Tues, 9am-11am
- St. Elizabeth's Church Holmen**– 1st Tues, 9am-11am
- Onalaska American Legion**– 1st Fri, 9am-10am
- Holmen Area Community Center**– 4th Tues, 4pm-5:30pm
- Pinedale Apts Onalaska**– 4th Wed, 9am-10am
- Greendale Apts Onalaska**– 4th Wed, 10:15am-11:15am
- West Salem Anytime Fitness**– 1st Fri, 10:45am-12:15pm

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. **Subject to change– confirm by calling.**



Cameron Park, La Crosse
 Fridays 4pm-dusk

Bridgeview Plaza
 Wednesdays 8am-1pm

Holmen Festival Foods
 Wednesdays 3pm-7pm

Onalaska Festival Foods
 Sundays 8am-1pm

West Salem, Jefferson & Mill St.
 Wednesdays 3pm-6:30pm
 Jolivettes, open 7days/wk

Hmoob Cultural Agency 1815 Ward Ave
 Thursdays 8am-3:30pm

La Crescent Vets Park Parking Lot
 Tuesdays 4pm-7pm

Galesville, On the Square
 Saturdays 8am-12pm

Kane Street Community Garden



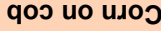
Take home **free** fresh produce on Harvest Days!
 Mondays 4:30pm-6pm
 Thursdays 4:30pm-6pm
 Saturdays 11:30am-1pm

901 Kane St La Crosse
 608-386-3319

Volunteers needed daily!

Growing together to nourish our community!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham 3 Au gratin potatoes Mixed vegetables Pumpkin bar	 Closed Holiday 4	Pork roast & gravy 5 Mashed potatoes Baby carrots Rosy applesauce	Spaghetti 6 Romaine lettuce salad Fresh fruit salad Garlic breadstick	Baked cod 7 Baked potato Coleslaw Fruited jello
Beef stroganoff 10 Buttered noodles Broccoli Applesauce, Orange juice	Broccoli stuffed chicken 11 Buttered peas Baked sweet potato  Frosted chocolate cake	Chef salad 12 Watermelon Bran muffin Fruit pie	Meatballs & gravy 13 Mashed potatoes Squash Fruited jello	Stuffed green pepper 14 Garlic mashed potatoes Spinach salad Chocolate pudding
Turkey & gravy 17 Mashed potatoes California blend Ice cream, Orange wedge	Pulled pork on a bun 18 Rosemary potatoes Peas & carrots Banana pudding	Potato soup, crackers 19 Turkey & swiss sand. Broccoli raisin salad Cream pie	Bran on a bun 20 German potato salad Baked beans Oatmeal raisin cookie	Broccoli chicken casserole 21 Beets Black bean brownie Fresh fruit salad
Chicken supreme 24 Baby red potatoes Stewed tomatoes Pumpkin bar	Meatloaf & gravy 25 Mashed potatoes Corn Sliced pears	Scalloped pot & ham 26 Broccoli Fruited jello	Chicken craisin salad 27 Bed of lettuce Pineapple orange salad Muffin, Ice cream	Turkey tetrazzini 28 Romaine salad Apple Peanut butter cookie
Mushroom & swiss 31 Burger on bun Italian pasta salad Carrots Butterscotch pudding		Bread & Milk Served Daily		Brain Teaser: First I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat? 

Tomato Basil Baked Fish

- 1 T lemon juice
- 1 tsp olive oil
- 8 ounces cod or haddock fillets
- 1/4 tsp dried basil, divided
- 1/8 tsp salt, divided
- 1/8 tsp pepper, divided
- 2 plum or roma tomatoes, thinly sliced
- 2 tsp parmesan cheese



Preheat oven to 400. In bowl combine lemon and oil. Add fish fillets. Place in greased 9 inch pie plate. Sprinkle with half of basil, salt & pepper. Arrange tomatoes over top. Sprinkle with cheese and remaining seasonings. Cover and bake until fish is flaky, approximately 10-12 minutes. Serves 2

Cucumber Watermelon Salad

- 2 T Canola oil
- 1 T lemon juice
- 1/2 t sugar
- Dash pepper
- 1 unpeeled small cucumber
- 1 c cubed melon of your choice



In a small combine oil, juice, sugar and pepper. Slice cucumber then cut into quarters. Combine cucumber and melon. Pour dressing over all. Refrigerate until chilled. Serves 2

Bacon Pineapple Bites

- 1 medium pineapple
 - 12 slices of bacon
- Preheat oven to 400. Line a baking sheet with foil. Cut top off of pineapple and remove skin. Cut the pineapple in quarters lengthwise through the core; cut out the core. Reserve half the pineapple for another use. Make 24 pineapple chunks. Cut bacon slices in half. Use a half slice and wrap around the pineapple chunk. Secure with toothpick. Bake in oven 30-40 minutes.



Crunchy Tuna Wraps

- 1 6oz pouch of light tuna
- 1/4 c chopped celery
- 1/4 c green onions
- 1/4 c water chestnuts, chopped
- 3 T sweet red pepper, chopped
- 2 T mayonnaise
- 2 tsp prepared mustard
- 2 spinach 8" tortillas or desired flavor
- 1 c shredded lettuce



In a bowl, mix first 7 ingredients. Spread over tortillas; sprinkle with lettuce. Roll up tightly, jelly roll style. Serves 2

Green Bean Salad with Creamy Dressing

- 1c cut fresh green beans
- 1/2 medium cucumber, halved lengthwise & sliced
- 1/3 c julienned sweet red pepper
- 1/4 c thin sliced onion
- 2 T soft cream cheese
- 1 T milk
- 1T vinegar
- 2 tsp sugar
- 1/4 tsp salt and pepper



In a saucepan of boiling water, cook green beans uncovered for 3-5 minutes until crisp-tender. Drop immediately into ice water. Drain and pat dry.

Place cucumber, pepper, onion and beans in a bowl. Whisk together dressing ingredients then toss with the vegetables. Refrigerate covered until serving. Serves 2

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



Please Note: Due to shortages in menu items/ packaging materials, substitutions may apply. We are sorry for any inconvenience.

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



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

Creation Space Open Lab: Tues 1pm-3pm, Wed 5pm-7pm, Thurs 10am-12pm, Sat 9am-12pm. Bring a project & create w/others
Chair Yoga: July 6 & 20 at 10am
BYOB Club: July 27 at 7pm
Knit & Needle: July 5, 5pm-6:30pm
Courtyard Chapters: July 8, 10am *West with Giraffes*
South Library Chapters: July 12, 12:30pm *West with Giraffes*
Southside Family Yoga: June 29 at 4pm
Sunday Movie for Adults: June 25 at 1:30pm. 80 for Brady
Friends Monday Booksale: Mondays, 9am-12pm
Technology & Skills Development: July 19 at 11am. Basic internet security.
Lawyers in the Library: July 20, call for an appointment. Free
Basement Bookstore: Open every Monday 9am-12pm. Big Sale July 28-29. All items \$1 or less. Many large print books for sale.
Homebound Delivery Service: Free home delivery to any person who is temporarily or permanently unable to come to the library because of illness, disability, or other factors and lives within the city of La Crosse. 608-789-7125.

La Crosse County Veterans Service Outreach 4th Tuesday of the month from 12pm - 4pm in the study room on the 2nd floor.
 **Holiday Closure:** July 4th for all branches 

“Find Your Voice” Summer Book Bingo runs through August 16.
Bangor “Game Day” on July 13 at 1:30pm.
Bangor movie on July 20 at 2:30pm and 6pm.
Campbell Book Club meets second Tuesday at 6pm.
Campbell movie July 21 at 1:15pm.
Holmen “Computer Basics” on July 20 at 9am.
Holmen “Email Basics” on July 27 at 9am.
Onalaska Book Club meets the third Thursday of the month at 1:15pm.
Onalaska “Mindful Journaling” on July 6 at 10am.
Onalaska drop-in free tech help on July 19 from 10am-12pm.
West Salem “Beginners Stretch Class” on July 10 and 24 at 10am. Registration required.
West Salem “Community Café: Board Games” on July 11 at 10am.
West Salem Midday Movies on Thursdays at 2:15pm.
West Salem Afternoon Book Club meets on the second Wednesday of the month at 1:30pm.
West Salem Evening Book Club meets the third Monday of the month at 7pm.

Holiday Closure: July 4th, for all branches

Senior Social Hour

La Crescent Public Library
 321 Main Street
 La Crescent, MN
 Tuesdays 8am - 9:30am

Looking to meet new faces,
 read the paper, and relax?
 Join Us!

Pre-packaged treats provided.

JULY EVENTS



- Sunday, July 2, **Sunday at the Ballpark with special salute to veterans & military families**, 5:30pm. picnic, 6:35pm. game. Copeland Park. Register: 877-926-8300
- Tuesday, July 11, **Walk with an Eagle Community Social Walk**, 5-6 p.m. Info: 877-926-8300
- Wednesday, July 12, **Coffee & Conversations**, 8-10 a.m., Java Vino, 2311 State Rd. Register: 877-926-8300



Do You Have Extra Yarn? Material?

Do you have yarn or material you are not using and would like to donate to a local non-profit organization?

Coulee Region Retired and Senior Volunteer Program (RSVP) Handcraft program is always looking for yarn or material donations to help create many various handcraft items (hats, mittens, scarves, wheelchair/walker bags, clothing protectors, etc) to donate to the various organizations in the area for their clients. They donate about 5,000 items each year, which means we always need more yarn or material.

If you have yarn or material give RSVP a call today. Check out their website at www.rsvplax.org or call 608-785-0500.

West Salem American Legion Post 51
 West Salem 608-786-0051



Fish & Shrimp—July 7 & 28
Auxiliary Breakfast Buffet— July 9, 8-11am
Drive thru Chicken Q— July 15, 11am-1pm at Village Park
Bingo— July 3 at 5:30pm
Volunteer Appreciation Night— July 11

American Legion Post 52

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



Euchre— Every 1st & 3rd Friday of the month, 5:45pm
 July 7— **RCCW Wrestling**, food at 6pm
 July 13— **Veteran Service Officer**, 11am-4pm
 July 15— **Rummage Sale** for Special Needs, 8am
 July 25— **Lifeline Screenings**, 8:15am-5:30pm

Onalaska American Legion Post 336

731 Sand Lake Rd. Onalaska
 783-3300



Tuesdays— Bingo at 6:30pm, Taco specials
Wednesdays— Homemade lunches, 11am-2pm
Thursdays— Euchre, 10am-3pm. \$4 burgers
Fridays— Fish Fry, 11am-2pm & 4pm-8pm, Live Music
Sundays— Bar Pot Luck
Onalaska Community Days— August 4-5

The Historic Tour is narrated by the La Crosse County Historical Society members as you tour through historic neighborhoods. Trolley boarding starts at 10:15am, tour starts at 10:30am till 12:00pm.

Dark La Crosse Tour, boarding at 12:15pm, tour starts at 12:30pm til 1:30pm

2023 Saturday Tour Dates
 July 8th, 15th, 22nd, 29th
 August 5th, 12th, 19th, 26th
 September 2nd, 9th, 16th, 23rd

Call Explore La Crosse’s office at 608-782-2366.



Art Fair on the Green
 La Crosse, Wisconsin

65th Annual AAUW Art Fair on the Green
Viterbo University Courtyard
Saturday, July 29th, 2023
10 A.M. to 5 A.M.

<http://www.artfaironthegreen.org/>
 80+ artists, food trucks, and raffle



Blood Drives for JULY:

- 7/3— Moose Lodge, 10:30am-3:30pm
- 7/3— Immanuel Lutheran School La Crosse, 12:30pm-4:30pm
- 7/6— Moose Lodge, 9am-2pm
- 7/7— Stoney Creek Onalaska, 12pm-5pm
- 7/10— Mary Mother of the Church, 1pm-6pm
- 7/12— Bangor High School, 11:30am-5:30pm
- 7/18— Chaseburg Village Hall, 11am-4pm
- 7/18— Moose Lodge, 7am-12pm
- 7/19— Moose Lodge, 11:30am-5:30pm
- 7/20— River of Life Church Onalaska, 10:45am-3pm
- 7/20— Luther High School Onalaska, 10am-3pm
- 7/21— Pischke Motors West Salem, 9am-2pm
- 7/21— Black River Beach Neighborhood Center, 10am-3pm
- 7/21— Valley View Mall, 11am-4pm
- 7/24— Presbyterian Church West Salem, 12:30pm-5:30pm
- 7/25— Stoney Creek Onalaska, 12pm-5pm
- 7/25— Journey Lutheran Church Onalaska, 12:30pm-5:30pm
- 7/28— Omni Center Onalaska, 9am-2pm

La Crosse Blood Donation Center— call for appt.
 1-800-RED-CROSS
Versiti Blood Center— call for appt. (877) 232-4376.

Virtual Grief Support Group For Widowed Men

July 26th at 1:30pm (every 4th Wed of each month)
 This free virtual monthly gathering on Zoom is for informal conversation, camaraderie and support for men after the death of a spouse or significant other.

You will receive the Zoom link after registering. Call Mayo Health Systems to register at 715-464-5086



Family Nature Walks

July 29 at 10am.

Walks take place in the Trempealeau National Wildlife Refuge, though meeting locations will vary based on conditions and phenology. You will be emailed a meeting location and parking instructions the week of the walk.

Free, registration required. Please email driftless@happydancingturtle.com or call 218-587-2303 to reserve spots in a walk.



Tuesdays, July 11-August 22

9:00am-11:00am

Gundersen Health System Onalaska Lower Level Education Center.

To register call 608-775-2011

Diabetes Support Group

August 15, 5:30pm-6:30pm

Healthy Living Center 1140 Main St La Crosse

This is free and brought to you by Gundersen Health System, the YMCA and UW-La Crosse.

Registration is encouraged. To register, please contact

wellness@gundersenhealth.org or call (608) 775-6870.



Women of La Crosse County who have been diagnosed with breast cancer have been receiving financial assistance from a local sponsor for years. Julie Harter, owner, and



trainer with Bit-N-Bridle Equine Stables has held an annual Breast Cancer Benefit Horse Show to honor the memory of her mother, Patricia Gonyo who lost her battle with Breast Cancer. Recently Stacy Wilk joined efforts with Julie to honor the memory of her mother, Marilyn Laughtner who has lost her battle with breast cancer as well. Donations received from this event are gifted to the La Crosse County Health Department to help meet the needs of local women in need of various personal items. Items may include wigs, mastectomy bras, lymphedema sleeves, post-surgery Cami tops, fuel to drive to medical appointments, and other diagnosis related needs. If you, or someone you know needs help to purchase items related to their breast cancer diagnosis and live in La Crosse County please contact us to apply for assistance. Please contact a La Crosse County Health Department Social Worker at 608-785-9872, ask for Lindsey or Karlene.

STRONGBODIES VIRTUAL CLASSES

Where: In the comfort of your home
 Class Dates: **July 17- September 27, 2023**
 Class Times: Mondays and Wednesdays 9:00 am



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

Virtual Registration: <https://go.wisc.edu/g45jak>
 Contact your FoodWise StrongBodies Leaders for more information
 Karie Johnson: karie.johnson@wisc.edu or 608-785-9620
 April Anderson: april.anderson@wisc.edu or 608-269-8722

Aquatic Fitness

June thru August

Aqua Zumba– 6pm-7pm at Erickson Pool
Water Aerobics– 6pm-7pm at Veterans Memorial Pool

No registration required.

Use punch card or pay regular admission.



THE SEASON FOR MOSQUITOES

Mosquitoes are with us from the slightest hint of warm weather to the freeze in the fall. They are present during the dry days and prevalent during the wet ones. They don't just carry annoying sounds and itchy bites, but serious disease as well. Are there proactive steps to control their presence in our own yards? Yes!

Mosquitoes are laying eggs in these places every day! Some need still water (as little as a half inch) and some need undisturbed moist soil. The eggs go from being laid to full size adults in 7-14 days! Local governments monitor mosquito type, numbers, and related illnesses. They use this information to execute mosquito control programs in public spaces. You and your neighbors can help this effort by contacting the La Crosse Environmental Health Department if you see public spaces that have undrained and stagnant water spaces near your home.

In your own yard, you can check for spaces that may hold water such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, trash containers, and areas in your downspouts, rain barrels, rails, awnings, patio furniture and even septic tanks. By cleaning these standing water areas out weekly or by covering them with a solid or mosquito mesh cover, you can considerably reduce those new hatchlings where you and your loved ones enjoy the most time out of doors.



By Doreen Cox RN, La Crosse County Health Dept.

Physical Activity does a Body and Brain Good!

By County of La Crosse Health Dept

You've heard this since you were a child. Newer information shows being active helps maintain and improve brain health too.

The good news is that physical activity for brain health can be done in short amounts of time and at lower intensity levels. You don't need to run 2 miles to help improve brain health. Guidance for adults is 30 minutes of physical activity 5 days a week with 2-3 days of balance and weightlifting activity. Fortunately, most of this activity can be part of your daily routine.

To make it easier to get 30 minutes of activity, start with 1-2 sessions of 10 minutes and increase to 3, 10-minute time periods of physical activity. All kinds of activity counts. Your activity can include cleaning your home, sweeping grass and leaves from the sidewalk, gardening, walking to a park, a leisurely bike ride, carrying groceries into the house or an organized physical activity class. Breaking it down into 3, 10-minute sessions: morning, noon and evening can help it to become a regular routine part of your day.

Remember how we all loved recess? Think of the 10 minutes of low-level physical activity as recess for your brain. Scheduling tasks that require brain energy after your 10-minute brain break may help to spark your creativity and concentration. Check out these resources to get started.

<https://www.cdc.gov/physicalactivity>

<https://www.nia.nih.gov>



There is Always Help!
SIMPLY DIAL 211 TO GET HELP WITH LIFE...

www.greatrivers211.org

Powerful Tools FOR Caregivers

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

Class meets for 90 minutes once a week for 6 weeks

Tuesday's, August 1st- September 5th
Time: 2pm—3:30pm

Location: Virtually on Microsoft Teams

Cost: Workshop is FREE!

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

Space is limited!

To register call Melissa, Dementia Care Specialist, at 608-297-3148

Or

The La Crosse County ADRC at 1-800-500-3910 or 608-785-5700

Declutter the Clutter!

Have you been thinking about all your 'stuff' lately and all your belongings you've accumulated over the years? Is it time to start shedding the weight of too much stuff?

Going through decades of belongings is a labor of love and can be quite an undertaking. Keep these five organizing principles in mind when you are ready to embark on your own organizing journey!

1. Be ready and do it now. Your clutter has likely been sitting there for quite a while, perhaps years. It's not doing anyone any good by taking up precious space and remaining 'in the way'.

2. Set aside time. Dedicate a three-hour block of time each week (or day, or every other day) to journey through your belongings. Is it important to you that you get this done yourself or will you leave it for your loved ones to deal with when it's too late?

3. Focus on small steps. Be realistic: You didn't accumulate all your belongings overnight, so it is likely that they won't disappear overnight either. Try organizing room by room, category by category (clothes, books, blankets, etc.) or by function.

4. Be decisive. Keep your end goal in mind. Is it a cleaner, safer environment? Is it to feel lighter and less stressed by massive amounts of stuff? Be aware of 'decision fatigue' and take breaks when needed.

5. Have a plan. Ask others for help when tackling a project like this. You'll likely need second opinions, help carrying items out for donation, or even just a shoulder to lean on while recalling special memories. Know your resources too – where will you take all the items you are ready to let go of, and how will you get them there? Consider hiring a professional organizer in your area!

Article written by: Peace by Piece Professional Organizing www.PeaceByPieceWI.com

Summer Caregiver Pontoon Cruises!

We invite local caregivers & recipients to enjoy a relaxing cruise on Lake Onalaska

Dates still available to choose from:

Fri. July 14, 10am-12pm

Fri. Aug 4, 2pm- 4pm

Tues. Aug 22, 10am-12pm

Free cruises, but space is limited.
Must register by calling 608-785-5700



Thank you to NASA Squirrel Association for providing these rides

Looking for a few good MEN... FOR A ROUNDTABLE DISCUSSION

Tuesday, July 18th 10am-12pm
Bangor Library 1720 Henry Johns Blvd
Snacks & drinks will be served

What do men need to be active, engaged, sharing skills, having fun, and making contributions? What opportunities would you like to see in your community? Did you ever serve in the military?

Do you take care of someone like a spouse, adult child or friend?

Are you interested in learning new things and meeting new people?

If yes, please consider attending the roundtable discussion on July 18th.

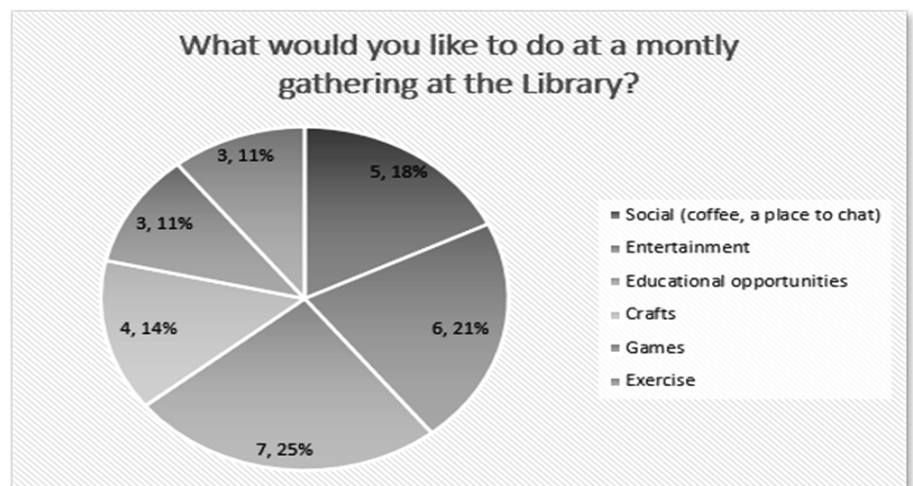
This is a VCP-sponsored event.

Please share widely with folks in your community!

ADRC La Crosse 608-785-5700 or
ADRC Monroe 608-269-8690

New Program Offering: Community Café Program

The ADRC of La Crosse County and the La Crosse County Library System are collaborating to bring adult programming to the West Salem branch. Our first meeting was held on June 6, 2023, in the community room of the library. We were excited to have about 20 people to participate in the first meeting. The theme of the day was "June is Dairy Month". We started the day with a yogurt parfait bar followed by an introduction to the programming and its hosts, Becca, County Library System Adult Services Librarian, and Kristine, ADRC of La Crosse County Caregiver Support Specialist. We also requested that a survey be completed to determine what people wanted to see as part of this program. Results of the survey are below:



Other ideas for programming included science related activities; medical education; history education; tai chi; and stretching exercises.

Following the completion of the surveys, teams played "June is Dairy Month Jeopardy". Teams tested their dairy related knowledge. Although some of the questions were difficult, there were a lot of "a-ha moments" and laughs.

Currently, Becca and Kristine have the next two cafés planned.

The July café will be held on **Tuesday, July 11 from 10am to 1130am.**

The theme "Beating the Heat Board Games" along with a fruit bar.

Games will be provided for all ages or bring your own.

The August café is scheduled for **Tuesday, August 1 from 10am-1130 am**

where we will be taking a virtual vacation. Cafés after August 1 will be

scheduled for the first Tuesday of the month from 10am until 11:30am.

Please come and join us!



La Crosse Park & Rec Senior Excursions

For ages 50+

- July 24– Villa Louis & Mississippi River Cruise
- Aug 9- Into the Woods at Guthrie Theater
- Aug 19– Deathtrap at Commonweal Theater
- Aug 23- Trolley Ride to Nat'l Wildlife & Fish Refuge
- Aug 28– La Crosse Queen Cruise
- Sept 7– Wisconsin Quilt Expo, Madison

To register please call 789-7533



WEBER CENTER
FOR THE PERFORMING ARTS

www.webercenterarts.org
608-784-9292

Legally Blonde– Aug 4-20, (Senior Preview July 27)

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, the South Side Neighborhood Center, or the Community Connections Center through 12pm the day of the show. Tickets are only provided for select shows and limited quantities are available.

Kids from Wisconsin– July 15 at 7pm
Presented by Viterbo University Fine Arts Center

Movies in the Park

July 9, 8:45p
Black River Beach
Finding Nemo

Aug 18, 8:30p
Bluffview Park
Hook

Sept 8, 8:30p
Myrick Park
ET & Back to the Future

LA-CROSSE CENTER

www.lacrossecenter.com

Independence Day Cheers & Beers– July 4
Scaled Up Reptile Expo– July 15

SUMMER CONCERTS

Mississippi Melodies

Pettibone Park, La Crosse
Tuesdays, now-August 29
12pm-1pm. Come early and eat lunch at food truck.



Moon Tunes

Riverside Park, La Crosse
Most Thursdays, 5:30pm-8pm

La Crosse Concert Band

Riverside Park La Crosse
Wednesdays at 7pm



Great River Sound

Dash Park Onalaska
Tuesday at 6:30pm, June-August
Free concert. Check out the concert schedule at www.greatriversound.com

Concerts in the Park

Halfway Creek Bandshell, Holmen
Sundays at 5pm, concessions.
www.holmenwi.com/concertsinthepark



Concerts in the Park

Evan Bosshard Park Sparta
Wednesdays at 7pm
Free music, Food truck, Fun for the family

La Crosse JAZZ ORCHESTRA
Sundays at 7pm in July at Riverside Park
www.lacrossejazzorchestra.com



Harmony Under the Stars

August 8 at Riverside Park
www.couleechordsmen.org

Pump House Regional Arts Center

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



July 21 & 22– La Crosse Storytelling Festival

A family-friendly event featuring several storytellers, kids activities, food, silent auction, and story slam; you don't want to miss this event!

West Salem Park & Rec

175 S Leonard St
786-0222

Village Park Activities:

7/27– Ice Cream & Jazz in the Park, 6pm-7:30pm
7/28– Movie in the Park
8/1– National Night Out, 5pm-8pm

www.westsalemwi.gov

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

Yoga with Kim– Weds, Thurs, Fri

Summer Concerts Series

July 22, 7pm *Crooked Willow*
August 26, 6pm *Fly Casual*
Free on the lawn, refreshments available

Fourth Fridays

July 28 & August 25 4pm-8pm
Food and drink vendors, arts and crafts, music, and fun to downtown La Crosse.
Free for all ages to attend. Bring your blankets, chairs, and enjoy Fourth Fridays in **Riverside Park!**

Ellen's Garden Party

Celebrating 165 Years of Hixon House
Saturday, July 1st, 11am-3pm

2023 marks the 165th anniversary of Historic Hixon House, and LCHS is celebrating in style with a garden party! This event will be free and open to the public, offering main-floor tours of the museum. On the grounds, Mrs. Ellen Hixon is hosting a turn-of-the-century garden party complete with Victorian games, ice cream, and treats from Ellen's recipe book!

Publisher: Woodward Printing Service
11 Means Drive
Platteville, WI 53818

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



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**



Blast from the past....President Ronald Reagan entering the once elegant Stoddard Hotel on March 23, 1976. This was during one of his earlier unsuccessful presidential campaigns.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254 La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6:30pm Bingo @ Onalaska American Legion
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Wednesdays:** Ukulele Jam from 6pm-8pm at Moose Lodge
- 7/8-** Driftless Music Festival starting at noon, Viroqua Park
- 7/8-** Independence Day Fireworks Celebration, 5:30-9pm St. Joseph Ridge Lions Club
- 7/8-** Music on the Mountain, 2pm-8pm at Mt La Crosse
- 7/9-** River City Rhapsody, 7pm at Roger Haring Stadium with drum corps from all over performing
- 7/13-7/16-** Trempealeau Co. Fair at Galesville Fairgrounds
- 7/15-** Drive Thru Chicken Q, 11am-1pm West Salem Park
- 7/13-7/15-** Country Boom at Maple Grove Venue West Salem
- 7/22-** Disability Pride Fest, Copeland Park
- 7/23-** Craft & Vendor Fair, 10am-3pm at Copeland Park
- 7/22-** Fox Fest, Fox Hollow in Barre Mills
- 7/28-** Houston Hoedown Days
- 7/28-7/30-** Cheech's Deecefest at Bluebird Springs Campground. Music, food and fun daily.
- 7/29-** Thunder Ride for Juvenile Diabetes, Rods Power Sports
- 7/30-** Chicken Q and Picnic, 9am-6pm Stoddard Village Park
- 8/1-** National Night Out, 5-8pm Holmen Halfway Creek Park, Onalaska Community Park, West Salem & La Crosse parks.
- 8/4-8/5-** Onalaska Community Days
- 8/5-** Wafer Food Pantry Benefit, 10am-3pm 1603 George St.

Second Saturday Art Market

July 8 / August 12 / September 9
11am-5pm on Second & Main St. La Crosse
Art, music, food and fun for the whole family



Norskedalen
Nature & Heritage Center

MUSIC IN THE VALLEY

Wednesdays, 5:30PM-7:30PM
Now until Aug 16th
Coon Valley
608-452-3424

Bring a lawn chair to enjoy the free concert. Carry-ins allowed or Borgens Café will serve dinner at a cost.

32ND ANNUAL RAIL FAIR

JULY 15TH

Copeland Park, 10am-4pm
Railroad Show, Flea Market, Swap Meet, Tours
www.4000foundation.org
608-781-9383

2023 Big Boat Shore Stops
Riverside Park

- Viking River Cruise Ship- July 7
- American Countess Paddlewheel- July 9, 13, 23, 27
- American Queen Paddlewheel- July 22 & 26



Cancer Survivor Night
SUNDAY, JULY 23, 2023 AT 3:30 PM

Copeland Park Any and all survivors of any form of cancer are invited and encouraged to attend and will be provided with up to 5 complimentary tickets and a \$4 concessions voucher, all compliments of

Gundersen Health System and Mayo Clinic Health System. Additionally, all survivors will be invited to take part in "Copeland Park's Largest Ceremonial 1st Pitch". Each survivor will be introduced on the pitching mound at Copeland Park, receive a complimentary baseball and then get to throw out a Ceremonial 1st Pitch to officially kickoff our Celebrate Life one-of-a-kind event. For more information, or to sign up, visit: <https://northwoodsleague.com/.../national-cancer> or call 608-796-9553.

La Crosse Interstate Fair

July 19-23

County B, West Salem
Free admission, free parking, animal barns, live entertainment, races, food and family fun for all.
www.lacrosseinterstatefair.com



July 28 & 29 from 3pm-8pm
Celebrate summer in La Crosse with sidewalk sales, discounts, live music, good food, & more!

River City Waterski Shows

Airport Beach Road, French Island
Bring a lawn chair and picnic and enjoy watching an entertaining show put on by the River City Waterski Team.
July 12, 16, 19 & 26 at 7pm
Rivercitywaterski.com



In observance of Independence Day, the ADRC of La Crosse County office & meal sites will be closed Tuesday, July 4th



July 4
10pm Fireworks

CATFISH DAYS

July 7-9
Trempealeau

- ◆ Flea Market
- ◆ Run/Walk
- ◆ Fishing Tournament
- ◆ Golf Scramble
- ◆ Car Show
- ◆ Live music all days
- ◆ Parade

Kwik Trip
Fireworks Show

JULY 1st
La Crosse Speedway
7pm Race
Plus Outhouse races and a finale with fireworks at dark.
Fun for the family!