

December 2025



La Crosse Senior Life

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

PRST STD
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Platteville, WI 53818
Permit No. 124

Staying Connected: Heart, Health & Holidays



Loneliness vs. Social Isolation: What's the Difference?

The holiday season brings music, lights, and traditions but it can also bring quiet moments of reflection, change, or even loneliness. Year to year, routines may shift and opportunities for connection may look different. That is why it is a meaningful time to talk about something that affects many of us: loneliness and social isolation.

Loneliness vs. Social Isolation

Though often used together, these terms mean different things. Social isolation is about the quantity of social contact—having few relationships or limited interaction. Loneliness is about the quality of connection—the feeling of being alone, even if others are nearby. You can be isolated without feeling lonely. You can feel lonely even in a crowd. Both experiences are valid and can impact our health.

Who Is Most Affected?

Social isolation and loneliness can affect anyone, but some groups are at higher risk:

- 1 in 3 adults age 45+ report feeling lonely
- 28% of adults over 65 live alone
- People with limited mobility, chronic illness, or low income
- Unpaid caregivers and those with fewer social supports

Why It Matters

Social connection is vital to our health. People who feel connected tend to live longer, recover faster, and experience better mental well-being. In contrast, chronic loneliness and isolation are linked to:

- Higher risk of heart disease, stroke, and dementia
- Increased depression, anxiety, and sleep issues
- A greater risk of early death, comparable to smoking

Signs To Watch For

In ourselves or others, signs may include:

- Withdrawing from activities or hobbies
- Expressing sadness or feeling “left out”
- Changes in sleep, appetite, or energy
- Living alone with little contact
- Difficulty getting out due to health or transportation



Even small shifts in mood or behavior can be signs of disconnection.

What We Can Do—Especially Now

Small, thoughtful actions can make a big difference:

- **Reach out:** A call, card, or visit can brighten someone's day
- **Join in:** Attend a local event or gathering
- **Share stories:** Holiday memories can spark joy and connection
- **Volunteer:** Helping others builds purpose and community
- **Technology:** Video calls and messages can bridge distance
- **Ask for help:** If loneliness persists, talk to a healthcare provider and/or check out resources like Connect2Affect.org

Sources: *AARP Foundation Survey: Loneliness Numbers Rise Among Adults Age 45 and Older*, connect2affect.org; *Social Isolation, Loneliness in Older People Pose Health Risks*, nia.nih.gov

12 Days of Connection Challenge

Try one each day—or at your own pace. These small acts can help us feel more connected to others and ourselves during the holidays and beyond.

- 1 Call someone you have not spoken to in a while.
- 2 Write a holiday card or note to a neighbor.
- 3 Share a favorite holiday memory with someone.
- 4 Compliment someone sincerely.
- 5 Attend a local event or gathering.
- 6 Invite someone to join you for tea, coffee, or a walk.
- 7 Donate to a cause you care about—big or small.
- 8 Send a photo or message to a family member.
- 9 Offer to help someone with a small task.
- 10 Reflect on what connection means to you.
- 11 Thank someone who made a difference in your year.
- 12 Do something kind for yourself.

Staying Connected— With a Little Help from a Ride

We know that staying connected—especially during the holidays—often starts with simply being able to get where you need to go. Transportation plays a vital role in keeping us engaged and independent.

Earlier this year, we (ADRC) made changes to the **85.21 Specialized Transportation Program** to ensure it remains available for those who need it most—riders without access to other transportation options. These updates helped us better manage resources.

GOOD NEWS FOR DECEMBER!

Thanks to improved program sustainability, we are pleased to offer **extra** non-medical rides during the month of December for eligible riders. To schedule your next ride, call us at **608-785-5700**.



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?

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.

ADRC of La Crosse County (Abby Vans)

Rides will only be provided to individuals who do not have access to other transportation options.

For riders with the greatest need, they need to be La Crosse County residents age 60yr+ or disabled adults.

Monday-Saturday from 7am-6pm

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 accessible.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$4.50 each direction.

Zone 1B- Onalaska North, Holmen and French Island \$5.00 each direction.

Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard. \$5.50 each direction.

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.

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, monthly bus pass.

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



Main Office hours of La Crosse MTU at 2000 Marco Dr. will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens.

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm

Download MTU's new app **TRANSIT** at <https://qrco.de/bdWSLP>



MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

Visit the website at www.mtm-inc.net/wisconsin

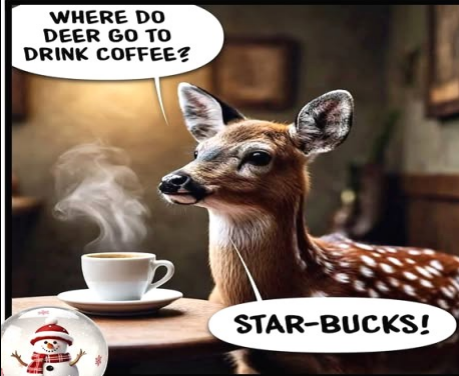


The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only **\$5.00 (cash) one way** no matter how far you ride.

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**



What did the gingerbread man put on his bed?

A cookie sheet!



RD

Holiday Helping Hands

The Aging and Disability Resource Center is looking for help to deliver meals to our seniors throughout La Crosse County.



- ♦ Days are flexible. Hours range from 10am-12pm, Mon thru Fri
- ♦ Mileage reimbursements monthly
- ♦ Help packaging meals also available at our Onalaska or Holmen meal sites
- ♦ Great way for students/families/retirees to give back to their community

Contact the ADRC at **608-785-5700** for more details.

Contribution Designation Form

I want to help the Aging and 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 donate by mail, complete the donation form above and send it, along with a check payable to ADRC of La Crosse County, to the address on the form. To donate online, visit www.lacrossecounty.org/adrc, click "Get Involved" and then "Donate", and select the yellow "Donate" button at the bottom of the page. Thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

Return to: Aging and 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!



Healthy Living with Mild Cognitive Impairment Education Series Support

Partnering with Your Healthcare Team

**Black River Beach Neighborhood Center- Maplewood Room
Friday, December 12, 9am-11:30am**

Join us for research and education presentations (begin at 9:30am), stay afterwards for camaraderie and discussion. Complimentary refreshments funded by the Kathy & Jack Lucey Family Fund. The Healthy Living with Mild Cognitive Impairment (MCI) series is a support and education program about brain health and living well with MCI.

Free, registration required: 608-785-5700

Embrace

**December 10, 12:30pm-2pm
Black River Beach Neighborhood Center
To register call 608-789-8640
Gratitude & Harmony: Year End Potluck**

With music by Joe Cody

Embrace is a non-traditional support group that offers fun, engaging and creative activities for persons living with dementia. Support and education for caregivers offered in a separate room session. Caregivers welcome to attend independently. Loved ones with dementia must have a caregiver present in caregiver group. Embrace is not respite. Free

Caregiver Wishes Grant

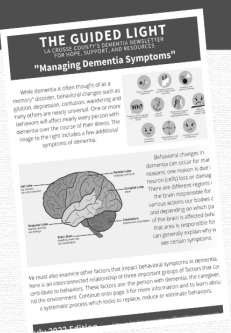
The Caregiver Wish Grant, provided by the EndAlz Fest Foundation, is designed to support caregivers who are caring for a loved one affected by Alzheimer's or another dementia by granting wishes up to \$1,000. This grant aims to ease the challenges of caregiving and improve the quality of life for caregivers and their families.



For information and to apply go to <https://endalzfest.com>

Want to Learn More About Dementia? Check Out "The Guided Light"

LA CROSSE COUNTY'S DEMENTIA NEWSLETTER FOR HOPE, SUPPORT, AND RESOURCES



A quarterly newsletter for caregivers, persons living with dementia, professionals, and community members designed to provide easy-to-understand education about dementia, caregiving and dementia friendly community through relevant topics and highlighting local and national resources available.



Scan to sign up for a copy! Or Call 608-785-5700



Join the Coulee Region Giving Hearts Choir

Creative support through your journey for people living with dementia and caregivers.

Engage socially...Have fun together...Contribute to our community. We are a non-profit group for those in the early to mid-stages of memory loss along with their caregivers.

No singing experience required.

Rehearsals on Fridays at 10:00am

North Presbyterian Church La Crosse

Please call Ruth at 608-792-8608 for more information.

Dementia Friendly Coalition - Quarterly Virtual Meetings

We are a network of caregivers, professionals, and community members working to improve the lives of those affected by dementia in La Crosse County. Through education, awareness, and connection, we aim to reduce stigma and link people to local resources. Join our quarterly networking meetings to connect, collaborate, and stay informed.

Contact: kflock@lacrossecounty.org

The Brainwave Dispatch

A weekly digital publication that shares practical ideas, science-based insights, and real-world experiences that help care partners and professionals better understand what's happening in the brain — and how to respond with more confidence and calm. It's meant to inform, uplift, and help bridge the gap between research and real life - guiding and educating. subscribe (free) here: <https://substack.com/@thebrainwavedispatch>

Dementia Caregiver Support Group Listing

IN PERSON

VIRTUAL

Parkinson's Disease Group
1st Monday Monthly: 5pm-6pm
Black River Beach Neighborhood Center
Contact: STAR Center at [608-797-6295](tel:608-797-6295)

Monday Coffee Connect Every Monday: 10am
Contact Kelsey at kflock@lacrossecounty.org

All Stages Caregiver Groups
2nd Tuesday monthly: 1:15pm-2:30pm
Good Shepard 4141 Mormon Coulee Rd. LaX
Contact: Kathy at 608-386-8908

Monday DISH
1st Monday of the month: 7pm-8pm
Contact Carla cbersheit@chippewacounty.org

Men's Caregiver Support Group
1st Tuesday of the month: 1pm-2:30pm
Contact Alison at 608-240-7496 or resch.alison@countyofdane.com

Aging & Down Syndrome Caregiver Support
3rd Wednesday of the month, 5pm
Contact DSAW info@dsaw.org

Living with Mild Cognitive Impairment
2nd Thursday of the month: 1:30pm-2:30pm
Franciscan Spirituality Center 920 Market St.
Register with Kelsey Flock at 608-386-0767

Family Caregivers of Loved Ones Living at a Facility
Every Other Friday: 10am-11:30am
Contact Alz. Assoc. 1-800-272-3900

Grief Therapy Group
Pre-Registration Required. Offered annually.
Call Kelsey, to inquire 608-386-0767

Wednesday Conversations- for persons with MCI 1st and 3rd Wednesday: 10:30am-12pm
Contact Rob at rgriesel@co.dodge.wi.us



SPARK! are creative engagement programs for people with early to mid-stage memory loss and their care partners.

Spark on the Go:

Dec 8, 1pm-2:30pm
A Streetcar Named Desire
Starlite Drive-In/Dahl Auto Museum

Register with Amber at 608-385-4819.

Spark at Clearwater Farms:

Dec 15, 10:30am-12pm
Winter's Warm Embrace
Clearwater Farm 760 Green Coulee Rd.
Onalaska

Register with Anna at 507-319-9156.
info@clearwaterfarm.org
Must pre-register. Call Amber at 608-385-4819

Medicare Coverage of Ambulance Services

By the 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 if 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. Even if a car or taxi is not available to transport you, if you could have safely taken that mode of transportation, Medicare will not cover the ambulance services. 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:

<https://www.dhs.wisconsin.gov/benefit-specialists/counties.htm>



Empower & assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

Senior Medicare Patrols
Toll-free Helpline:
888-818-2611

<https://gwaar.org/senior-medicare-patrol>

Email: smp-wi@gwaar.org

COLD WEATHER IS APPROACHING

Wisconsin Home Energy Assistance Program

provides assistance for:

Heating Assistance, Electric Assistance, Crisis Assistance, Furnace Assistance, Weatherization & Water Conservation

Income Guidelines for 2025-2026:

1 household: \$3,201 month

2 household: \$4,186 month

3 household: \$5,172 month

4 household: \$6,157 month



La Crosse County residents can call 608-785-5582 for help or <https://energybenefit.wi.gov>

homeenergy+

Frozen Pipe Prevention by City of La Crosse

Frozen pipes that burst or break can cause expensive water damage to your home and property. Even a small tear in a water pipe can send hundreds of gallons of water each minute into your home. Given the fact that many homeowners take time over the winter holidays to travel, it's important to know what preventative measures you can take to winterize your home. Here are some tips for protecting your property.

OUTSIDE YOUR HOME OR BUSINESS

The water service or "lateral" is the pipe that connects a home or business to the City's municipal water supply. Under extended, severe weather conditions, the water pipe in the ground can freeze. Interior piping can also freeze when exposed to extended, cold temperatures in basements, cellars, crawl spaces, and similar locations. A simple way customers can help to avoid problems with frozen water services is to routinely run water from an interior, cold-water tap for about five minutes, two or three times each day, especially during periods when there is usually little water use. Reduced pressure and/or discolored water may be signs the water service is starting to freeze. If those signs are noticed, run cold water until the pressure and water clarity return to normal. Another preventative action is to run a small, continuous stream of cold water, about the diameter of a pencil, overnight and during extended periods when little or no water use is anticipated.

INSIDE YOUR HOME OR BUSINESS

Interior piping and the water meter inside homes and businesses can freeze and burst if they are not protected. Interior areas must be adequately heated to protect plumbing from freezing. Openings to the outside must be closed and properly insulated to eliminate cold air entry. Similarly, repair broken windows, check doors, and insulate areas where cold air can leak in from the outside.

Be sure to remove hoses from outside faucets and close the valves inside the house that control those faucets and then open the taps until they run dry.

Meters and interior piping located near outside walls or foundations should be insulated to prevent freezing. You can purchase inexpensive foam pipe covers at the hardware store and wrap pipes

or plumbing to prevent heat loss inside the pipes. If insulation will not provide adequate protection, wrap pipes with heat tape or heat cables. These products plug into power outlets and generate heat to prevent freezing. Purchase products that are Underwriter Laboratory (UL) Listed or approved by a similar independent testing agency and install these items following manufacturers' instructions. Unapproved or improperly installed products can cause fires. Inspect heat tape or cable for wear and replace when necessary.

WHAT TO DO WITH A HOUSE THAT WILL SIT VACANT FOR PART OR ALL OF WINTER

When away from home for a few days, keep the thermostat set at 55 degrees or higher. Have a friend check your house periodically to make sure the heat stays on and there are no water-related or other issues. When extended stays away from home are planned, consider having the water shut off, the meter removed, and the interior plumbing drained and winterized by a licensed plumber.

HOW TO TELL IF YOUR PIPES ARE FROZEN

The test to tell if your pipes are frozen is simple: just turn on your faucet or flush the toilet. If no water comes out, and it is in the middle of winter, suspect a blockage of ice. Turn off the water at the main valve inside your home immediately (located at the water meter which is typically found in the basement). A hair dryer or portable heater can be used to try to thaw the frozen pipe but stay alert for potential electric shocks if standing water is present. **DO NOT TRY TO THAW A PIPE WITH A TORCH OR OPEN FLAME.** Always call a plumber right away if you aren't sure where the blockage has occurred or if you suspect damage to the pipe.

OTHER IMPORTANT INFORMATION

You can help monitor vacant properties in your neighborhood that might be especially susceptible to freezing problems. Contact the La Crosse Utilities Office if you observe or suspect a problem. City residents are also asked to keep an eye on fire hydrants near their properties and help to make sure the hydrants are clear of snow so that they are accessible to the Fire Department in the event of a fire emergency.

Please contact the La Crosse Utilities Office (608/789-7536) with any questions.



South Side Neighborhood Center

1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (This session ends Dec. 18.)

Expressive Drawing: Tuesdays, 1pm-3pm. Register. (This session ends Dec. 16)

Before the After: Wednesday, December 10, 10am-12pm. Register by 1 day prior. Free

Wise Wednesdays: Wednesday, December 3 & 17, 10:30am-12pm. Register by 1 day prior. Free

Bingo: Wednesdays, December 3 & 17, 12:30pm-1:30pm. Register by 1 day prior. Free

Coping Skills: Fridays, December 5, 10am-11:30am. Register by 1 day prior. Free

Shuffle Together (cards): Friday, December 12, 2pm-3:30pm. Register. Free

La Crosse Area Parkinson's Social Night: Wednesday, December 17, 5:30pm-7pm. (Call Stars Center: 608.797.6295.)

Myths and Misconceptions of Hospice: Wednesday, December 17, 10am-11am. Register by 1 day prior. Free

Healing Through Sound: Thursday, December 18, 6pm-7:30pm.

Senior Meal Site Open: Lunch served at South Side Neighborhood Center at 11:30am, Monday-Friday. Call 608.792.6996 by noon the day prior to reserve a meal. Suggested donation is \$4.

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register (ends Dec. 18.)

Shin Jin Do: Mondays & Wednesdays, 6:30pm-8pm. Register. (No class Dec. 1 & 3; this session ends Dec. 17.)

Mah Jongg Club (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session. (No class Dec. 23 & 30)

Art Club: Thursdays, 12pm-3pm. Register. \$2/session. No class 25th

Knitting Group: Thursdays, 1pm-3pm. \$1/week. No class 25th

Parkinson's Disease Support Group: Monday, December 1, 5pm-6:30pm. (Call The Stars Center for details: 608.797.6295.)

International Folk Dance: Wednesday, December 3 & Saturday, December 13, 7pm-9:30pm. Register. \$2/session.

Embrace (for those with dementia & care partners): Wednesdays, December 10, 12:30pm-2pm. Register. Free

Special Needs Planning Part 2-Transition Planning at Age 18:

Wednesday, December 10, 6pm-7:30pm. Register by 1 day prior. Free

Healthy Living with Mild Cognitive Impairment: Friday, December 12, 9am-11:30am. (Call the ADRC to register: 608.785.5700.)



HOLMEN AREA
COMMUNITY CENTER



600 N Holmen Dr.

608-399-1870 www.holmenc.org

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

*Registration required for some programs.

HACC will be Closed on December 24th & 25th and January 1, 2026

Indoor Walking: Monday - Friday: 7am-10am; 11am - 1pm (Hours may vary)

Pickleball Open Play: Tuesdays & Thursdays 1 am - 1pm (Hours may vary)

Holmen Area Historical Society: Dec 1, 6pm (Holiday Potluck: Icelandic Christmas Eve Tradition)

StrongBodies Strength Training Video: Monday & Weds at 9am & Friday (Dec 12 & 19) at 10am

Fun with Watercolor: Mondays, 8:30am-11am (fun and open to all levels)

Chair Yoga with Marty: Mondays, 9:15am

Beginner Line Dancing: Mondays, 1pm

Intermediate Line Dancing: Wednesdays, 1pm

Mah Jongg Club: Mondays, 1pm- 4pm

Muscles in Motion: Tuesdays, 9am (Toddler Craft: Tuesday, Dec 9, 10 am;

Community Crafts with Jackie & Pam: Dec 2, 1pm (Holiday Hymnal Decor)

*Register

Cardio & Strength Fitness: Tuesdays and Thursdays, 10am

Hearing Evaluations: Dec 2, 9:30am -11:30am, by appt.

Hearing Instrument Checks: Dec 16, 9:30am -11:30am, by appt.

Euchre Tournament: Dec 2 & 16, 6pm

Holmen Ukelele Group (HUG): Tuesdays, 12pm *NEW Group; Open to all levels of experience. *Register

Diamond Art: Wednesday, 9am

Bingo: Wednesdays & Fridays, 12:30pm

A Joyful Life: Dec 3, 2pm ("How Not to Lose Your Marbles During the Holidays")

Cozy Readers Book Club: No meeting in December

Mocktails & Me - Cocoa-Nuts About Caregiving: Dec 4, 6:30pm

La Crosse County Veterans Service Hours: Dec 6, 12:30pm- 4pm

Fun & Games: Thursdays, 1pm -4pm

Crafternoon Social - Knit & Crochet: Thursdays, 1pm-3pm

AA Meetings: Thursdays, 6pm-7pm

Music with Greg Grokowsky: Dec 5, 11am -12pm

Gentle Yoga for Beginners: Dec 5 & 19, 8am

Chair Yoga with Samantha: Dec 5 & 19, 9:15am

Yoga Nidra and Sound Bath with Samantha: Dec 5, 10:15am *NEW

Good Morning Holmen! Dec 19, 9am (Holiday Sing-along and Celebration)

Brunch with Santa and Mrs. Claus: December 7, 11am-1pm (Tickets: \$12 Adults; \$6 Ages 4 - 16)

Grumpy Old Men Holiday Concert: December 18, 10am. Free

Grief During the Holidays: December 4, 12:30pm. Free

Senior Meal Site: Lunch served at 11:30am, Monday-Friday.

Call 608-317-8104 by noon the day prior to reserve a meal.

Suggested donation is \$4.50



Coffee Connect for Visually Impaired Persons (VIP)



Open to people with visual impairments and their caregivers.

Meets 1st Friday of the month, 10:30am-12pm

Onalaska American Legion 731 Sand Lake Rd.

Zoom option available.

Contact Jeannie Nylander Phone: 608-781-3361

Email: mjnylander@icloud.com or britney.hodson@gmail.com



HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Monday:	9:30am	Chair Yoga/Tai Chi Class
	12pm	Coulee Region Woodcarvers
Tuesday:	9am	Strong Seniors
	1pm	500 Cards register at 786-1114
	7pm	Duplicate Bridge- 797-3587
Wednesday:	1pm	Euchre register at 786-1114
	6:30pm	Live Band Dance -public welcome
Thursday:	9am	Strong Seniors
	10:15am	Chat Bridge- register 797-3587
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga/Tai Chi Class

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

Sons of Norway: 1st Thursday at 6pm.

Variety Singers: 1st Thursday at 10:15am

Wednesday for Lunch: Dec 17, 11am-12:30pm.

Free, 55+ yrs, Volunteer of the Year Recognition

Foot & Nail Clinic: Dec 5, call for an appt.

Christmas Party: Dec 6, 11:30am, with Bingo

2nd Annual Reindeer Games: Dec 9, 11:30am, Lunch

Tech help drop in: Dec 17, 10:30am-12pm

ONALASKA PARK & REC EVENTS

608-781-9566 Omni, 608-781-9560 Park & Rec Dept

Events at the DASH Center

515 Quincy St. Onalaska

Open Pickleball- M/W/F, 6am-8am or 11am-3pm
and T/Th, 9am-1pm

Nickel Bingo- Tuesday & Fridays, 10:30am-11:20am

Walking Group- Monday-Friday from 8am-9am

Bridge Group- Mondays from 12:30pm -4pm

Mah Jongg- Wednesdays from 12:30pm -4pm

Year-end Financial Planning Strategies- Dec 2, 10am. Register

Walk-In Insurance Resources- Dec 5, 10am-4pm

Functional Medicine Seminar- Dec 11, 6pm-7:30pm

Holiday Ho Ho Down- Dec 15, 9am-12pm

Recognizing Scams & Frauds w/ Altra CU- Dec 18, 10:15am



OMNI CENTER EVENTS

Winter on Ice Spectacular: Dec 6

Holiday Themed Open Skate: Dec 21

Public Open Skate: Sundays, 5:30pm-7:30pm

Indoor Garage Sale: March 14

Hairball Concert: March 21





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 10:30am-11:30am 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
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
Pinedale Apts. Onalaska 9am-10am 4th Wednesday
Greendale Apts. Onalaska 10:15am-11:15am 4th Wednesday
Schu-Mullen Neighborhood 11am-12:00pm 4th Thursday

wafermobile@waferlacrosse.org or 782-6003
1603 George St. La Crosse

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



Every other Saturday
Nov 1 - April 18
9am-noon
Masonic Center
118 8th St S.
La Crosse
608-769-5564

Researching Long-term Care Facilities

By the GWAAR Legal Services Team

Thinking about having to leave your home or find a suitable place to trust with the care of a spouse or other loved one can be daunting. It is easy to want to avoid the issue until it's a pressing matter, when it can be too late to do your research and try to find the best fit. Here are some tips for researching potential facilities, and questions to think about when visiting.

- Keep in mind that you may be getting a tour from or meeting with a marketing person, whose job is to sell the facility to you. They may not know specifics regarding health care and finances. Ask to speak to someone with that knowledge before making any decisions.
- Is the facility publicly or privately owned? Changes in ownership can cause changes in practices at the facility. You can't assume that the way something is at the time you are considering a facility is the way it will remain for the duration of your/your loved one's stay.
- Your loved one's needs may change over time. A Community-Based Residential Facility (CBRF) may initially be appropriate, but if medical issues develop or progress, a Skilled Nursing Facility may be needed. Think about how you would transition if need be and ask the facility how they would handle increasing care needs.
- Ask the facility how they deal with conflict. What situations might cause them to ask someone to leave? What would that procedure look like? Would you get a refund of any funds paid in advance that weren't used?
- Don't rely on verbal assurances. Make sure to get things in writing that you are relying on when choosing a facility.
- Make use of Wisconsin's circuit court access tool (CCAP) <https://wcca.wicourts.gov>. Wisconsin Circuit Court Access allows you to search for a person or business to see legal proceedings. It's helpful to know if there are small claims, larger lawsuits, or bankruptcies involving a facility you're interested in. These may be red flags. Note that this issue can be complicated – the facility name may not bring up anything because it is owned by a larger entity. Inquire about the ownership structure of the facility to better assist your research.
- Consult a financial planner and/or estate attorney if you have questions about your private funds interacting with Medicaid. Don't rely on advice from long-term care facility staff regarding spending your personal money vs. using government funding.

Dec 9th
5pm-6pm

Onalaska
Methodist Church
212 4th Ave N.



ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!



3rd Wednesday of the month
December 17th
4:30pm—6pm
 Journey Lutheran Church
 2703 Sand Lake Rd. Onalaska

Everyone is welcome to attend! You will receive an abundance of grocery items. No income or residency requirements.
\$25 Cash Donation is required. www.rubyspantry.org

Coming Soon: La Crosse and Onalaska 2026 Tax-Aide Services

Free tax preparation of basic Federal and State returns for low to middle income Wisconsin residents of all ages

What's New for AARP Foundation Tax-Aide Services for 2026

You can get taxes prepared in either La Crosse or Onalaska at the following locations:

- ▶ The REACH Services and Resource Center, 212 11th St S, La Crosse
- ▶ Great Rivers United Way, 1855 E Main St, Onalaska

DO NOT contact REACH Services and Resource Center or Great Rivers United Way (they cannot help you with taxes)

More information will be available in the January *Senior Life*

Scheduling will begin mid to late January, 2026

Step 1: Determine If You Are Eligible

- You and your spouse lived in Wisconsin all of 2025 and you did not get divorced in 2025
- All income, including wages, self-employment income, and gambling, is from Wisconsin only
- If you are married, taxes will be filed jointly; both spouses must attend the appointment
- An appointment is required, drop ins will not be accepted
- Taxes will generally be prepared in one appointment, which might take up to 3 hours

Step 2: Schedule an Appointment Beginning Mid to Late January

More information about scheduling will be available in January.

Senior Citizen Social

9am–11am
1st & 3rd Thursdays
Pizza Ranch 3130 Chestnut Pl.
La Crosse



Meet new friends! A free gathering w/coffee & treats

HOLIDAY GIFT IDEAS FOR YOUR LOVED ONES

1. Adult coloring books-Adult coloring books offer senior citizens a fun way to relax and relieve boredom and stress.
2. Robotic vacuum-Robotic vacuums work best when the floor is uncluttered, so this may be worth considering depending on the senior's living environment.
3. Weather monitor-Many elderly parents appreciate knowing the weather before going outside. Look for one with large display.
4. Automatic jar opener-Presents that make everyday tasks easier often make the best gifts.
5. Sleep sound machine-These devices generate calming white noise or nature sounds to help people relax and sleep faster.
6. Gift baskets-Depending on your loved one's preferences, good things to include might be wine, gourmet snacks, chocolate, puzzle books, or hobby supplies.
7. Apple watch with fall detection- The Apple Watch SE is water-resistant, easy to set up and fully customizable, making it a great choice for seniors.
8. Single serve coffee maker-These single-serve coffee makers make brewing a cup of joe easy and simple.
9. Power lift chair-Give your loved one the ability to get into and out of an armchair easily.
10. Spend an afternoon driving the countryside while reminiscing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ leg/thigh chicken 1 Calico beans Broccoli Fruit salad	Roast beef & gravy 2 Mashed potatoes California vegetables Fresh fruit, Chocolate cake	Chicken parmesan 3 Penne pasta w/ garlic Green beans, grape juice Garlic breadstick	Chef salad 4 Fruit cup Blueberry muffin Peanut butter cookie	Baked cod, tartar sauce 5 Baked potato, sour cream Coleslaw Fruited jello
Chili w/ beans 8 Baked potato, sour cream Romaine salad Cornbread, Crackers	Goulash w/ beans 9 Glazed carrots Creamy coleslaw Orange wedges, Rye bread	Brat on a bun 10 German potato salad Baked beans Fruit salad	Roast pork & gravy 11 Mashed potatoes Broccoli & cauliflower Strawberry shortcake	Meatloaf w/ gravy 12 Garlic mashed potatoes Peas & carrots Sliced pears
Glazed ham 15 Au gratin potatoes Broccoli, Rye bread Mandarin oranges	Swedish meatballs 16 Mashed potatoes Country vegetables Lentil salad, Pumpkin pie	Chicken cordon bleu 17 Baked sweet potato Wisconsin vegetables Fruit salad	Ham balls 18 Baked potato Beets, Rye bread Strawberry fruit fluff	Chicken alfredo 19 Buttered noodles Broccoli Fresh fruit salad, Breadstick
Chicken rice casserole 22 Mixed vegetables Mandarin orange fluff	Spaghetti 23 Spinach salad Pears, Breadstick Black bean brownie	24 Meal Sites Closed Meal Sites Closed		Chicken breast supreme 26 Fresh sweet potato California vegetables Pineapple tidbits
Sloppy Joe on a bun 29 Green & wax beans Potato salad Fresh fruit Black bean brownie	Beef stroganoff 30 Buttered noodles Baby carrots Tropical fruit salad Orange juice	Salisbury steak 31 Mashed potatoes/ gravy Broccoli Peaches	1 Meal Sites Closed	

Banana Bread French Toast

4 large eggs
3/4 cup low-fat milk
1 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
8 slices store bought or homemade banana bread, 1" thick
2 tablespoons butter, divided
Toasted chopped walnuts, sliced banana and pure maple syrup for topping (optional)



Whisk eggs, milk, vanilla and cinnamon in a 4-cup measuring cup or mixing bowl. Arrange 4 slices of banana bread in a 9-by-13-inch baking dish. Pour half of the egg mixture over the bread. Let soak for 1 minute, then turn the slices over and soak for 1 minute more. Heat 1 tablespoon butter in a large nonstick skillet over medium heat. Add the slices and cook until golden, 2 to 3 minutes per side. Transfer to a plate and cover to keep warm. Repeat with the remaining banana bread, egg mixture and butter.

Melting Potatoes

2 pounds Yukon Gold potatoes, peeled & cut into 1-inch slices
2 tablespoons butter, melted
2 tablespoons extra-virgin olive oil
2 teaspoons chopped fresh thyme, optional
1 teaspoon chopped fresh rosemary, optional
3/4 teaspoon salt
1/2 teaspoon ground pepper
1 cup chicken broth
5 cloves garlic, peeled and smashed
Preheat to 500°F.



Toss potatoes, butter, oil, thyme, rosemary, salt and pepper in a large bowl. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Do not use a glass) Roast, flipping once, until browned, about 30 minutes. Carefully add broth and garlic to the pan. Continue roasting until most of the broth is absorbed and the potatoes are very tender, about 15 minutes more. Serve hot.

Raffaello Balls

30 whole roasted almonds
3 cups unsweetened shredded coconut + 1/3 cup
14 oz. sweetened condensed milk
Mix 3c. coconut and milk in a bowl. Let stand 10 minutes. Take a small amount of the mixture and add an almond in middle to form a quarter size ball. Roll the ball into the extra coconut. Chill balls for 2 hours. Keep stored in the refrigerator in an air tight container.



NUTRITION GIFT CERTIFICATES

Good nutrition is good prevention.

Purchase a gift certificate for someone currently receiving home delivered meals through the Aging & Disability Resource Center. The suggested donation is \$5 for a home delivered meal. Purchase one week to one month of meals for that special person in your life. The ADRC can mail the gift certificates directly to the recipient or we can mail it to you to surprise your special someone.

To purchase a gift certificate, call the ADRC at **608-785-5775**.

Home Delivered Meal Cancellations and Bad Weather

If we decide to close, we will let you know by announcing it on the television (WKBT News8000 and WXOW Channel 19). You can also call us at 785-5700 to inquire anytime. Have in stock food packages that can be opened by hand, without an electric can opener and be ready to eat without heating. **BE PREPARED!**

ADRC NUTRITION OFFICE PHONE IS 608-785-5775



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 meet all criteria:

- 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**.

MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN LA CROSSE		HOME DELIVERED	792-4487
SOUTHSIDE	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR.	317-8104
ONALASKA	11:30AM	515 QUINCY ST	317-9870
WEST SALEM		HOME DELIVERED	785-5775
WEST SALEM LIBRARY	2ND & 4ND THURS	720 INDUSTRIAL DR.	785-5775
BANGOR LIBRARY	3RD THURS	1720 HENRY JOHNS	785-5775

La Crosse Main Library

800 Main Street | 608-789-7100

programteam@lacrosselibrary.org

Some workshops require registration. Contact the library.

Holiday Closure: Dec 24, 25, 31 and Jan 1

Chair Fitness: Mondays, 9am-9:30am. (Dec 1, 8 & 15)

Friends Monday Booksale: Mondays, 9am-12pm. \$1 or less

Monday Mornings at Main: 10am-11am, 50+yrs. See below topics.

Dec 1-Until My Memory Fails Me

Dec 8- History & Future of Kriskindlmarkt

Dec 15- Mittens on the Tree

Storytime for Adults: Dec 2, 6:30pm at Saxon Hall, Brownsville

Chair Yoga: Thursdays, 10am-10:45am. (Dec 4, 11 & 18)

Qigong: Dec 6, 9:30am

Chapters Book: Dec 10 at 1pm and Dec 13 at 10am. *A December to Remember.* Register

Tech Help Drop-In: Dec 17, 10:30am-12pm, Harry J Olson Center

Staying Safe from Internet Scams: Dec 9, 11am. All ages welcome

The Wreck of the Edmund Fitzgerald: Dec. 7 at 2pm

Career Navigation Assistance: Dec 11, 10am-2pm

Adult Snowman Craft: Dec 4, 3pm. Register

Adult Ugly Sweater Decorating: Dec 11, 5:30pm-6:30pm



Bangor • Campbell • Holmen • Onalaska • West Salem

Phone: 608-399-3390

Email: libraryprograms@lacrossecounty.org

Website: lacrossecountylibrary.org

Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

All library locations will be closed December 24 and 25 for Christmas. All locations close at 5pm on December 31 and are closed January 1 for New Year's Day.

Bangor "Cupcakes & Canvas" on December 2 at 6:30pm. Registration and \$15 fee required.

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

Campbell "Paper Quilling Snowflake" on December 10 at 6pm. Registration required.

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

Holmen "Regency Ball" on December 16 at 6pm. Registration required; all ages welcome.

Holmen movie on December 1 and 15 at 2:15pm and 6pm.

Holmen "Drop-in Tech Help" on December 18 from 11am-12pm and 4:30pm-5:30pm.

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

Onalaska movies on December 4 and 11 at 6pm.

West Salem movies on December 11 and 18 at 2:15pm.

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

West Salem "Books and Banter" Book Club meets the fourth Monday of the month at 6:30pm



The Nature Place

789 Myrick Park Dr, La Crosse 608-860-6864

www.natureplacelacrosse.org



Mon-Wed 10am-6pm; Thurs-Fri 8am-4pm; Sat 9am-12pm

Nature Saturday: Dec 6, 9:30am-11:30am, free for all ages

EviroWednesday: Dec 12, 7pm, ages 14+. Walk marsh

Winter Makers Market: Dec 7, 11am-4pm, vendors, workshops and refreshments

La Crosse Area Christmas Bird Count: Dec 20

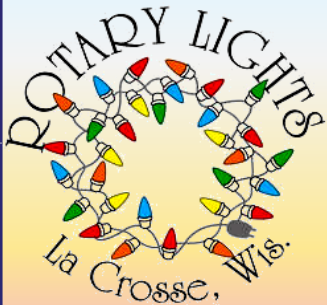
To help, contact dejackson2256@gmail.com

Closed to Public: Dec 24- Jan 1

NARVRE

National Association of Retired and Veteran Railroad Employees, Unit 047. **December 9th**, 10am at Huck Finns.

Lunch will be served after the meeting. \$22.00 Call for lunch reservations by 12/2: Patty Burr at 608-781-6032.



November 28—December 31

Opens at 5pm-10pm daily with the following exceptions:
Christmas Eve & Day: 5pm - 9 pm.
New Year's Eve: 5pm - 11 pm.

Carriage rides, Hayrides, Fireworks, Ice skating, Parade, Live nativity, Ice castle entertainment, and Santa and reindeer.

LA CROSSE CENTER

11/27: Thanksgiving Dinner, 10am-3pm

12/21: Card Show, 9am-4pm

12/24-12/25: Closed

12/29-12/30: Bi State Classic Wrestling



Dec 4, 11 & 18

4:30pm-7pm, \$50 person

Celebrate the season on a 2.5-hour tour through the winter wonderland of downtown La Crosse! Enjoy a festive stop at the Rivoli Art District for a meal and fun. Visit the historic Hixon House for a meet-and-greet with Santa, hot cocoa, cookies, and a special gift. The tour also includes a dazzling drive through the Rotary Lights Display at Riverside Park, a holiday favorite for all ages!



Sunday, December 7

5:00pm Parade Start

Location Starts at Onalaska City Hall

Santa is Coming!

December 7
Parade Route Starts at Onalaska City Hall up 4th Ave N to Quincy St. Then south down 6th Ave N. to City Hall

Blood Drives for DECEMBER

12/1: Viterbo University, 11am-4pm

12/2: Presbyterian Church West Salem, 11:30am-4:30pm

12/3: UWL Student Union, 11am-5pm

12/5: YMCA Onalaska, 10am-2:30pm

12/9: JF Brennan Co. 818 Bainbridge St., 9am-1pm

12/10: La Crosse County Human Services Bldg, 9am-2pm

12/12: First Free Church Onalaska, 9am-1:30pm

12/15: St Matthews Church Stoddard, 12:30pm-4:30pm

12/18: Shepherd of the Hills Church Onalaska, 1pm-5:30pm

12/18: Terry Erickson Boys & Girls Club, 8am-1pm

12/19: Chaseburg Village Hall, 9am-1pm

12/26: Valley View Mall, 11am-4pm

12/29: Blessed Sacrament Church, 11am-4pm

12/29: St Paul's Church Onalaska, 11am-4pm

12/31: Holmen American Legion, 9am-1:30pm

La Crosse Blood Donation Center— call for appt.
1-800-RED-CROSS

Versiti Blood Center— call for appt.
(877) 232-4376



New Year's Eve Skyrocketer's Show
6pm and 12am from Grandad Bluff



2025 Holiday Mailing & Shipping Dates Deadlines

For items sent to addresses in the contiguous United States (Lower 48 States)

USPS & FedEx Ground: **Dec. 17**

First-Class-Mail: **Dec. 17**

Priority Mail: **Dec. 20**

Priority Mail Express: **Dec. 21**

Snow Removal Safety Tips

By the GWAAR Legal Services Team

As we approach this very long Wisconsin winter, it is important to remember some tips to keep you safe when shoveling or using a snowblower to remove snow. During winter, there is always a risk of slipping and falling on ice. It is especially dangerous when that ice is hidden underneath freshly fallen snow. Shoveling heavy snow can also cause back, shoulder, knee and other orthopedic injuries. Additionally, shoveling or pushing a snow blower can cause a sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessels and decrease oxygen to the heart. All of these factors can increase strain on the heart and can trigger a potentially fatal heart attack.

Safety tips to help prevent falls & orthopedic injuries:

See what you are shoveling/snow blowing. Make sure that your hat or scarf does not block your vision. Watch for ice patches and uneven surfaces. Avoid falls by wearing shoes or boots that have slip-resistant soles. Watch for black ice and ice under freshly fallen snow, and “walk like a penguin” until you are sure that the surface where you are walking is not icy.

Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping.

Space your hands on the tool grip to increase your leverage.

Warm up your muscles. Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise.

When possible, push the snow instead of lifting it. If you must lift, take small amounts of snow, and lift it with your legs: Squat with your legs apart, knees bent and back straight. Lift by straightening your legs, without bending at the waist. Then walk to where you want to dump the snow; holding a shovelful of snow with your arms outstretched puts too much weight on your spine.

Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

Safety tips to help prevent heart attacks:

Check with your doctor. Because this activity places high stress on the heart, speak with your physician first. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.

Talk to your doctor about an aspirin regimen or ask your doctor about taking a low dose of aspirin before you shovel.

Dress appropriately. Light, layered, water-repellent clothing provides

both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Cover your mouth to help prevent breathing cold air. Take a break if you feel yourself getting too hot or too cold. Clear snow early and often. Begin when a light covering of snow is on the ground to avoid trying to clear packed, heavy snow. However, avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up your muscles before starting by walking for a few minutes or marching in place. Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration. If you experience chest pain, shortness of breath or other signs of a heart attack, seek emergency care. Do not eat a heavy meal before or soon after shoveling because blood gets diverted from the heart to the stomach and can put extra strain on the heart. Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate. Do not drink alcohol before or immediately after shoveling. Alcohol can increase a person's sensation of warmth and may cause you to underestimate the extra strain your body is under in the cold. Watch for warning signs of a heart attack: lightheadedness, dizziness, being short of breath, or if you have tightness or burning in your chest, neck, arms or back. If you think you are having a heart attack, call 911.

Holiday Share
Women's Clothes Closet
Dec 2, 1pm-5pm
Dec 6, 9am-1pm
Our Savior's Lutheran Church
612 Division St. La Crosse
A special event to find what you need for
the season. Fill a bag with the wonderful
selection of fall and winter clothing, all
free of charge. 608-784-5745

Six Tips for a Better Holiday Experience with a Loved One with Dementia

1. Simplify your traditions. Consider simplifying your holiday traditions to relieve stress and expectations on yourself and on your loved one living with dementia.

Simplifying holidays with a loved one with dementia. For example, change your holiday meal from dinner time to lunch time when your loved one is more alert and engaged. Instead of cooking for everyone, make your holiday meal a potluck and ask your guests to bring a dish, or order your meal from a restaurant.

2. Prepare family and friends. Connect with family and friends prior to your holiday gathering and let them know of the changes in communication and appearance they may notice with your loved one. Ask everyone to wear a name tag – you can make a game out of it, and it may help reduce stress for your loved one.

Body language can be a tell-tale sign of anxiety in your loved one.

Fidgeting, tapping, rubbing the face or knee, wringing hands and bouncing the leg are just a few examples of discomfort or an unmet need like needing to use the restroom.

Ask your guests to simplify communication and offer talking points. Include the person in conversation and in social engagement.

3. Set up your holiday space for success. Enjoying holidays with a loved one with dementia.

- Keep the background noise low, i.e. music low and the television off. Instead of having multiple conversations and talking over each other, guide guests to speak one at a time.
- Be mindful of the room temperature – being too cold or too hot may cause distress for your loved one.
- Ensure there is ample light to see faces, food and walking paths.
- Use different and contrasting colors when setting the dining table (placemats and dishes) to provide visual cues for your person.
- Prepare activities that help the person unwind, such as watching a familiar movie, listening to favorite music, or going for a walk.

4. Consider these tips for communicating with a loved one living with dementia.

- Identify yourself and address the person by name.
- Avoid saying, “Don’t you remember...” Instead, use the phrase, “I remember when we...”
- Pay attention to your tone of voice and volume – dementia does NOT mean deaf. Speak slowly and clearly.
- Ask one question at a time and allow as much time as they need to process and respond.
- Resist pointing out the use of incorrect words, terms, names, dates or times, or arguing.

- Go with the flow. Be flexible and ready to change plans and conversations.
 - Focus on feelings, not facts. They may not remember your face or your name, but they will remember how you make them feel.
- 5. Focus on joyful engagement.** Planning intentional opportunities for connection between your loved one, yourself, and other guests can help make your gathering a positive and joyful experience for all.
- Include your loved one in the preparation for the holidays and modify the task to meet their abilities. For example: if they can no longer follow a recipe, ask them to help mix in and stir the ingredients you hand them.
 - Create a playlist or a collection of your loved one’s favorite music and play it during your holiday celebrations. Invite your loved one and guests to dance to the music.
 - Work on a holiday craft together, such as a floral centerpiece, a collage, painting or wrapping presents.
 - Make a holiday dish or bake a holiday loaf or cookies together.
 - Offer lots of hugs, smiles and laughter.
 - Be sure your guests acknowledge the person when they come in your door and when they leave.
 - Incorporate physical activity such as taking an outdoor stroll, tossing a football, washing and drying dishes.
 - Ask the person to help you set up for the holiday festivities to the best of their abilities.
 - Thank the person for their help and let them know how much they mean to you.
- 6. Take a moment to care for yourself.** For those caring for a loved one living with dementia, the holidays can add stress to what may already be an overwhelming time. Be compassionate with yourself and reach out to others for support when you can.
- Take time to step away, mingle and enjoy yourself. Accept offers from family and friends to provide you with moments of respite.
 - Don’t hesitate to ask others for help and be specific in your responses when others ask how they can help.
 - Ask guests to pitch in with meal preparation or run errands ahead of your gathering.
 - Take photos and videos to record special and humorous moments.

With a little preparation and empathy, you can experience joyful holidays with a loved one with dementia.

Source: *Christianlivingcommunities.org*



TIPS TO HELP WITH SEASONAL AFFECTIVE DISORDER (SAD)

By the GWAAR Legal Services Team

After the fall equinox, the days begin getting shorter and the nights become longer, so if you start feeling down during this time of year, you are not alone. Also known as the “winter blues,” Seasonal Affective Disorder or SAD affects millions of people, especially in the northern hemisphere.

According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed,
- Having problems with sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Additionally, symptoms of SAD that recurs in wintertime includes:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

So, if you're feeling this way around this time every year, what can you do feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D.

Medication

Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

Light Therapy

Your doctor may also recommend light therapy. Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright,

artificial light. Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting. These therapy lights, sometimes called “happy lights” or “happy lamps” can be purchased at many retailers. For more information and help selecting the light therapy box visit: Seasonal affective disorder treatment: Choosing a light therapy box - <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/in-depth/seasonal-affective-disorder-treatment/art-20048298>.

Psychotherapy

Your doctor may also recommend psychotherapy to help with SAD. According to NIMH, cognitive behavioral therapy (CBT) is type of psychotherapy that is effective for SAD. Traditional cognitive behavioral therapy has been adapted for use with SAD (CBT-SAD). CBT-SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

Vitamin D

Finally, your doctor may recommend taking a vitamin D supplement. According to NIMH, at present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect.

Outdoor Winter Activities

A great way to help treat SAD is to continue to spend time outdoors even in the wintertime. The key is to bundle up and dress for the weather. The best way to dress for cold weather is in layers – a base layer (e.g., long underwear), a middle layer for warmth, and an outer layer to protect against wind and rain. Once you are dressed for the weather, there are plenty of ways to get outside in the wintertime. You can engage in higher-impact activities such as snowshoeing, cross-country skiing, or ice skating. However, even talking a short walk or sitting on a bench to birdwatch or take photos, is a good way to get fresh air, soak up some vitamin D, and help reduce symptoms of SAD.

ALLOWABLE EXPENSES UNDER HEALTHY MEALS, HEALTHY MINDS

The Healthy Meals, Healthy Minds Grant enhances services and support for family caregivers by enabling them to access nutritious meal kits and invest in their mental health and wellness through funding for supportive services.

1. Nutritious Meals as Respite

Grant funds may be used for pre-prepared, nutritionally balanced meals that provide caregivers with a genuine break from meal planning, grocery shopping, and cooking.

Allowable:

- In-home prepared meals provided by a hired service or organization (not prepared by the caregiver or family)
- Delivered meal kits from a vendor that provides ingredients and recipes (e.g., Hello Fresh, Blue Apron, Orders Up)

Not allowable:

- Grocery-store deli or hot bar purchases
- Restaurant or fast-food meals
- Grocery items or meal kit pick-up orders that require the caregiver to shop or pick up in person

2. Mental Health and Wellness

Funds may also be used for activities or items that promote mental health and caregiver well-being, including:

- Mental health counseling (in-person or telehealth)
- Wellness classes (e.g., yoga, meditation)
- Gym or community center memberships
- Self-help or caregiver-support books
- Weighted blankets
- Light therapy lamps
- Virtual wellness subscriptions (e.g., Calm, Headspace, etc.)

Additional Notes

- The goal of the Nutritious Meals as Respite category is to provide caregivers with meaningful relief from meal-related responsibilities.
- HMHM is not intended as a grocery subsidy or a SNAP/food-share-style program. Reimbursing deli meals would shift the program away from its approved focus on respite and caregiver well-being.
- Approved meal services must include delivery directly to the home.
- Purchases that require the caregiver to pick up meals, shop in person, or prepare food themselves do not meet the program's intent.

If you have any questions about allowable expenses under the Healthy Meals, Healthy Minds Grant Program, we encourage you to contact us before making a purchase. Feel free to email us at info@respitcarewi.org for assistance.





La Crosse Parks & Rec Senior Excursions

For ages 50+

Call 608-789-8298 or 608-789-8640 to register.

PLEASE NOTE: Excursions below had availability when submitted for print; we cannot guarantee availability at time of publication.

December 3: White Christmas – Chanhassen Dinner Theatre

January 11: Piano Men Generations – Fireside Theatre

January 18: Hamilton – Overture Center

February 13: Garden Expo – Alliant Center

February 21: Barricade Boys - A Broadway Party – Middleton

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

Nov 28: White Christmas movie, 7pm

Dec 12: Christmas Sing-along, 7pm

Dec 14: Hooray for Rudolph, 2pm



The Arnold House

19408 Silver Creek Rd. Galesville
608-865-1047

Nov 29: Holiday Tours & Treats, 11am-3pm

Dec 5-6: Victoria Dinners, 5:30pm

Reservations required

Jan 1: GEPS Breakfast, 8am-12pm



Norskedalen Nature & Heritage Center

N455 Ophus Rd.
Coon Valley
(608) 452-3424

OLD-FASHIONED CHRISTMAS

DECEMBER 6

10AM- 4PM

NORWEGIAN FOOD, CRAFTS,
WAGON RIDES, YULE LOG HUNT AND
A BELL CHOIR CONCERT.

Hixon House Holiday

We're getting ready to celebrate the holidays at Hixon House—1947 style!

Did you know that right after WWII, Hixon House served as a dormitory for about 20 young women attending the Vocational School (now WTC) and the Teachers College (now UWL)? Alice



Green Hixon opened the family's home to them during the postwar housing shortage, and these "dorm girls" filled the rooms with laughter, late-night chats, and holiday cheer. This year's holiday tours recreate that moment in time with an end-of-term party—complete with foil wreaths, bubble lights, big band sounds, and plenty of punch!

Nov. 21-23 & Dec. 5-7

Fri 4-6 pm | Sat 11 am-3 pm | Sun 12-4 pm

Complimentary punch and cookies in the Visitor Center!
More information and tickets: <https://www.lchshistory.org>

WEBER CENTER FOR THE PERFORMING ARTS

608-784-9292

www.webercenterarts.org

Nov 28-Dec 20: One Christmas Eve at Evergreen Mall

Dec 13: Holiday Gala

Dec 5-21: Frozen (Senior Preview 12/4, \$15 tickets available at the Neighborhood Centers)

Jan 23: A Johnny Cash Tribute



VITERBO UNIVERSITY FINE ARTS CENTER

Viterbo University Fine Arts Center

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

Dec 2: The Wizards of Winter

Dec 6: A Viterbo Christmas

Dec 10: Theatre & Musical Improv Show

Dec 12-14: The Nutcracker Ballet

Jan 19: MLK Community Celebration

Jan 23: A Johnny Cash Tribute (Weber Center)

Jan 29-Feb 1: I Love You Because

TOLAND THEATER- UWL

333 N 16th St. La Crosse 608-785-6696

December 4-7: The Game's Afoot

Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

Holly Jazzy Christmas - December 11 & 12, 7:30 pm

Coulee Chordsmen Winter Concert - Dec 9, 7:00pm

Giving Hearts Choir Concert - Dec 14, 3:00pm

Pump House Regional Arts Center

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

Dec 9,10, 12 & 13: Cocktails & Cabaret

Dec 17-19: String Ties Holiday Concert



THE MUSE THEATRE

1353 Avon Street La Crosse
608-397-3752

Dec 17-20: SLAY BELLES BURLESQUE

MARIE HEIDER CENTER FOR THE ARTS

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



12/16: Simple Gifts-Christmastide Tour

Concordia Ballroom

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

www.concordiaballroom.com

Dances every Sunday, 1pm-4pm.

Zumba & dance classes available.

Dec. 12- Fire & Ice Holiday Ball



Lights Over North La Crosse
Copeland Park • Nov 29th at 5PM



Family Fun ~ Bonfire ~ Fireworks ~ Food ~ Music

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



Downtown La Crosse Christmas 1962

The store windows were always decorated so lovely. It was fun to walk along and see the Christmas displays. Christmas bells ringing, smell those wonderful aromas coming from all the wonderful bakeries and restaurants of the day and see all the smiling faces of the Christmas shoppers.

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
- Tuesdays:** 6pm Bingo @ Features West Salem
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall (Dec 3)
- Wednesdays:** Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
- Wednesdays:** 6pm Bingo @ Features in Holmen
- Thursdays:** 6pm Bingo @ Holmen American Legion

- 11/28-11/30:** Vendors Fair at Valley View Mall
- 11/30:** Bagpipe Concert at Valley View Mall, 1pm-3pm
- 11/30:** Holiday Vendor Fair, 9am-3pm, Town of Holland in Holmen
- 11/30:** Holiday Light Up Parade, Trempealeau Central Park, 5pm
- 12/5:** Downtown Art Walk, 4pm-7pm
- 12/5:** Sparta's Holiday Parade, 6pm. Water St to Bosshard Park
- 12/5:** Holiday Social, 4:30-7:30pm, 201 3rd St N. La Crosse
- 12/6:** Merry Market on Main St, 9am-2pm, Hokah
- 12/5-12/7:** Holiday Craft & Vendor Fair, Features Fieldhouse W.S.
- 12/6:** Tom Wopat Christmas, Leo & Leona's Bangor, 6:30pm
- 12/6:** Cookie Walk & Thrift Sale, Olivet Church, 7am-10am
- 12/6:** Holiday Fair, 2pm-4pm, Onalaska Care Center
- 12/6:** Breakfast with Santa, 8am, Stoddard American Legion
- 12/6:** Holiday Bazaar, 10am-4pm, 716 Copeland Ave.
- 12/6:** Craft & Vendor Fair, 9am-3pm, Pedretti Party Barn Westby
- 12/6:** Holiday Market, 11am-3pm, The Vault in Rockland
- 12/7:** Spanferkel Craft Fair, 8am-?, Mindoro American Legion
- 12/7:** Pancake breakfast, bake sale, , 8am-4pm, Mindoro Town Hall
- 12/12:** Jingle Bell Jamboree & Run, 5pm-8pm, Onalaska YMCA
- 12/13:** Breakfast w/ Santa, 8:30am-11am, West Salem Legion
- 12/13:** A Home for the Holidays Gala, Radisson Ballroom, 5:30pm. Tickets: 608-606-2273
- 12/13:** Kris Kringle Market, 1pm-4pm, Elmaro Winery Trempealeau
- 12/13:** Cookie Walk, 7:30am-1pm, Mary, Mother of the Church
- 12/13:** Cookie Walk, 7am-11am, North Presbyterian Church
- 12/13:** Santa on the Square, 8am-12pm, Galesville
- 12/13-12/14:** Frost Sled Hockey Holiday Invitational, Green Island
- 12/14:** Holiday Maker's Market, Pettibone Resort, 10am-3pm
- 12/20:** Bake Sale, 9am-1pm, Christmas Potluck Party starting at 5pm, West Salem American Legion



The UGLY SWEATER 5k
SATURDAY, DEC. 6, 2025
Presented By Northwestern Mutual
ONEUGLY5K.COM
La Crosse Rotary After Hours

The event starts at 4:15 p.m. in Myrick Park and finishes at the Rotary Lights in Riverside Park.

CANADIAN PACIFIC HOLIDAY TRAIN

Holiday Train shows are free. Bring a cash or non-perishable food donation, if able.



December 11th

Tomah: 5:30 PM | 205 North Superior Avenue
Sparta: 6:50 PM | South Water & Milwaukee Streets
La Crosse: 8:30 PM | 601 Saint Andrew Street



Christmas Word Scramble

EHESPRHD _____	LDUHRPO _____
LNGEA _____	YRSFTO _____
ENSRTAONM _____	ECIOKO _____
RSMHCIATS _____	VLESE _____
NADYC ANEC _____	STMEOELTI _____
TRAS _____	IEDERENR _____
LACRO _____	TASAN _____
NTUESTCH _____	LOLYJ _____
WSNO NMA _____	UPNDGDI _____
AMGRNE _____	GERBNIDREGA _____
SNTCIGOK _____	DYLIAOH _____
SJUSE _____	FTGIS _____
GSHLIE _____	CFEURTIK _____
HRAWTE _____	ETRE _____



DECEMBER 6th
JINGLE FEST
Downtown Holmen

STREET ACTIVITIES AND CRAFT/ARTISAN FAIR: 10AM-4PM
KIDS ACTIVITIES AND STORYTIME WITH SANTA AT LIBRARY: 10AM-4PM
HOLIDAY PARADE: 5PM
ROTARY TREE LIGHTING: AT END OF PARADE
FOOD TRUCKS/WARM DRINKS



Sorry We're **CLOSED** for the HOLIDAYS

The ADRC Office and Meal Sites will be closed
December 24th
December 25th
January 1st
Transportation with Abby Vans will be closed
December 25th
January 1st