



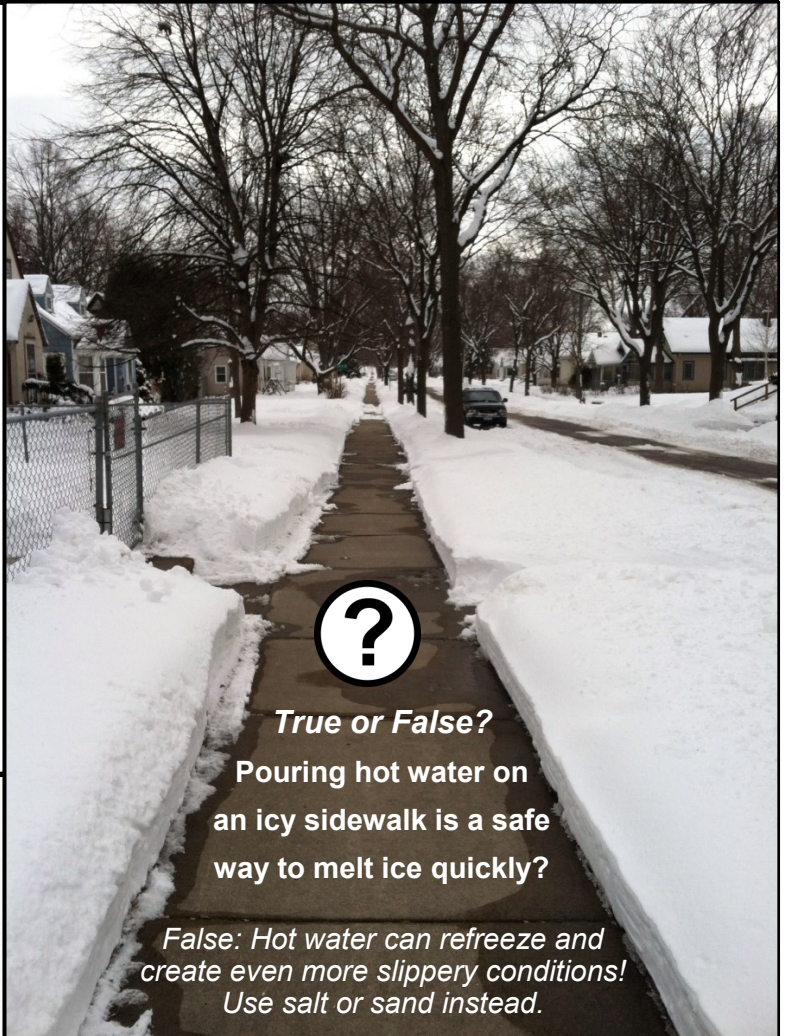
Aging and Disability Resource
Center of La Crosse County
300 4th Street North
La Crosse, WI 54601

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Staying Strong This Winter: Simple Steps to Prevent Falls and Stay Active

Winter brings beauty and challenges, and together we can take steps to stay safe and active. Slippery sidewalks and cold temperatures do not have to slow us down—here are practical ways we can keep moving confidently this season:

- ♥ **Choose the Right Gear:** Footwear matters. Select boots with non-slip soles and good ankle support. If you use a cane or walker, check the tips for wear and consider adding an ice grip attachment for extra stability.
- ♥ **Clear Our Paths:** Keep walkways free of snow and ice. Use salt or sand for traction, and if clearing your own sidewalk is difficult, reach out to neighbors or call the ADRC for list of local resources. Good lighting outdoors also helps us spot hazards before they cause trouble.
- ♥ **Take Our Time:** Plan ahead and allow extra time. Walk slowly, take shorter steps, and keep hands free for balance—avoid carrying heavy bags in both hands. Use backpacks or crossbody bags to keep arms free.
- ♥ **Stay Cozy Indoors:** Falls often happen inside too. Remove loose rugs or secure them with non-slip backing, keep floors clutter-free, and ensure hallways and stairways are well-lit. Consider nightlights for extra lighting.
- ♥ **Check In on Health:** Some medications can cause dizziness for affect balance. Schedule a medication review with your doctor or pharmacist. Regular vision checks and strength-building exercises (see StrongBodies class options below) also make a big difference in preventing falls.



DID YOU KNOW? In Wisconsin, falls are the **leading case of injury-related hospitalizations for adults age 65 and older**, and icy sidewalks are a major contributor during winter months. Most falls happen near home—on driveways, sidewalks, and entryways.

Stay Strong with StrongBodies!

We are excited to announce three upcoming, in-person StrongBodies sessions to help us stay strong, improve balance, and connect with others:

DASH CENTER

- 📍 515 Quincy Street, Onalaska
- 📅 Mondays & Wednesdays, February 9-April 29 (no class April 8)
- 🕒 Option 1: 8:00 AM—9:15 AM
- 🕒 Option 2: 9:45 AM—11:00 AM
- ✅ Register online: onalaska.recdesk.com/Community/Home
- ☎ Or call the Parks & Recreation Office: (608) 781-9560



LA CROSSE PUBLIC LIBRARY—MAIN LOCATION

- 📍 800 Main Street, La Crosse
- 📅 Wednesdays & Fridays, February 18-May 1
- 🕒 10:00 AM—11:15 AM
- ☎ Register by calling: (608) 789-7100

StrongBodies is a fun, research-based strength training program designed for us as we age. Build strength, improve balance, and enjoy social connections!

Winter At-Home Falls Prevention Checklist

Take a few minutes to review your home and make simple changes that can prevent falls this season:

- Entryway Safety**
 - Use mats to catch snow and water.
 - Keep shoes organized to avoid tripping.
- Lighting Check**
 - Add nightlights in bathrooms and halls.
 - Replace dim bulbs with brighter ones.
- Floor Hazards**
 - Remove clutter from walkways and stairs.
 - Secure or remove loose rugs.
- Bathroom Precautions**
 - Install grab bars near toilets and showers.
 - Use non-slip mats inside and outside tubs.
- Stairway Security**
 - Check handrails for sturdiness.
 - Keep stairs clear and well-lit.
- Footwear Indoors**
 - Wear shoes or slippers with non-slip soles.
 - Avoid socks on smooth floors.
- Emergency Plan**
 - Keep a phone within easy reach.
 - Consider a medical alert system.





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 Inlusa & 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**

Enlighten Some Ones Heart and Deliver Them a Meal

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.

TRANSIT EQUITY DAY 2026
<https://tinyurl.com/TEDLaCrosse-2026>

Feb 4: Free Fares on the MTU!
Open House, 4pm-7pm at Transit Center
Feb 6: SMRT ride from La Crosse to Viroqua

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 deliver the paper to the door each month. Give generously!



**HILLVIEW LIFE CENTER!
Where Generations Grow Together**

Location: Hillview Life Center, 3511 Park Lane Dr.
(Located at Hillview Healthcare Center)

The Hillview Life Center is a space for those newly diagnosed with neurocognitive disorders, including dementia that offers:

- ◆ **Person-Centered Programs**
- ◆ **Engaging Wellness Activities**
- ◆ **Bee Well Program – First in the U.S**
- ◆ **Social & Intergenerational Connections**
- ◆ **Caregiver Support**

Informational Drop-in Tours:

Monday January 26th, 4pm - 6pm
Wednesday Feb. 11th, 8:30am -10:00am

**Soft Launch! Come Experience the Life Center:
Bee Well Program**

February 24, 10am-11:30am

MUST Register to attend email:

hlcadulprograms@ywcalax.org by Feb 17th.

Join us starting at 9:30am for coffee & tea and stay until 2pm for lunch and fun. \$5 suggested donation.

Questions? hlcadulprograms@ywcalax.org
or 608-781-2783 ext. 251

Dementia Diagnosis: Take the guesswork out of what's next.

Join us for an informative class series designed for individuals living with a diagnosis and their care partners. Each session offers practical guidance for everyday life, tools for planning ahead, and resources to support independence and confidence. Topics covered:

- *Partner with Your Medical Team and Being Informed*
- *Legal and Financial Planning*
- *Maximizing Independence and Getting Connected*
- *Other Considerations: Support, Safety, Resources*

Spring 2026 Dates: Wednesdays- March 4, 11, 18 and 25th
from 10am – 11:30am

Location: La Crosse Campus East Building
3rd floor Neurology, Conference Room A

For more information about the programs or services available, call Kelsey or Becky at La Crosse ADRC at (608) 785-5700 or email: adrc@lacrossecounty.org.



February 9, 1pm-2:30pm
La Crosse Area Heritage Center
506 Main St.
War Eagle history and 1912 St. Paul Steamer experience.
Register with Amber @ 608-385-4819

**Healthy Living with Mild
Cognitive Impairment Education Series Support**

March 6th, 9am-11:30am

Topic: Unpacking Ultra-Processed Foods presented by Beth Olson, PhD
Learn what ultra-processed foods are and explore why people who eat less of these packaged foods tend to have better health outcomes. Gain confidence in making food choices that support *97452 brain health and overall well-being.
The program will end with a Q&A session.

**Hillview Healthcare Campus
3501 Park Lane Dr.**

Join us for research and education presentations and stay afterwards for camaraderie and discussion with complimentary refreshments.

Free, registration required: 608-785-5700

**Are you on the Dementia Newsletter
Mailing List?**

“The Guided Light”

Email adrc@lacrossecounty.org
or call 608-785-5700

**2025 Dementia Care
Program Impact Summary**

In 2025, the Dementia Care Specialist (DCS) team whose role is to support individuals seeking a diagnosis or living with dementia, their caregivers, and the broader community through three core pillars:

- Building dementia-capable staff
- Creating Dementia-Friendly communities
- Support for individuals and families with dementia

The DCS team catalyzing action strengthens local systems of support. During the year, DCS received 116 referrals, with 96 being new to the DCS program. While not every person affected by dementia requires support from a Dementia Care Specialist, families receive guidance and great benefit from our aging and disability specialists who are a broad network of dementia-capable professionals equipped to provide timely information, guidance, and referrals to resources.

Through partnership with the Dementia Friendly Coalition, healthcare providers, first responders, and community agencies, families receive the right level of support at the right time.

In 2025, this work included:

- 30 Dementia Live® simulation experiences reaching 252 participants
- The creation of over 200 Dementia Friends (including youth)
- Expanded brain health and cognitive screening opportunities
- Delivery of crisis kits to emergency departments and ambulance services
- Training of new Dementia-Friendly businesses

All of our work helps strengthen a community where people living with dementia and their caregivers are understood and supported.

Embrace

**2nd & 4th Wednesday of the month
12:30pm—2pm**

**Black River Beach Neighborhood Center
To register call 608-789-8640**

Embrace is a free 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.



Winter Memory Camp
All Sessions 10:30 am - 1:30pm

**Respite Care with a
Camp Experience**

For Loved Ones with Dementia

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

The Nature Place in Myrick Park

- ▶ **Feb 3:** All About Football (register by Jan 30)
- ▶ **Feb 10:** Camp Zen & Yoga (register by Feb 6)
- ▶ **Feb 17:** Island Drumming (register by Feb 13)
- ▶ **Feb 24:** The Price is Right at Camp (register by Feb 20)
- ▶ **Mar 3:** A Cowboy Winter (register by Feb 27)

Register by calling OASIS at 608-780-0471

Social Security Cost of Living Adjustments for 2026

By the GWAAR Legal Services Team (for reprint)

The Social Security Administration (SSA) has announced a cost-of-living adjustment (COLA) of 2.8% for 2026. This means, beginning with your January 2026 Social Security Retirement, Disability, and/or Supplemental Security Income (SSI) payment (paid in February), you will see an increase of 2.8%.

Taxable Earnings and Maximum Benefit- The maximum taxable earnings for Social Security increased from \$176,100 in 2025 to \$184,500 in 2026. When you have earnings through most employers, your employer pays a Social Security tax of 6.2% and you pay 6.2%. If you are self-employed, you pay both portions of the tax, so 12.4%. Any earnings you have up to \$184,500 will be subject to this tax. However, there is no limit for the Medicare tax, so all earnings will be subject to Medicare tax of 1.45% paid by you and 1.45% paid by your employer. Or if you are self-employed, you will pay the entire 2.9% Medicare tax on all earnings. To qualify for premium-free Medicare Part A, you need 40 quarters of coverage. To earn a quarter of coverage, you need to earn over a certain amount in a quarter, but you cannot earn more than four quarters in one year, regardless of how much you earn. That threshold to earn a quarter of coverage for Medicare increased from \$1,810 per quarter in 2025 to \$1,890 per quarter. Also note that the maximum federal Social Security benefit for someone who retires at full retirement age has increased from \$4,018 per month in 2025 to \$4,152 per month in 2026.

Early Retirement Work Reduction- If you collect Social Security Retirement before you reach your full retirement age, your benefit will have a lifetime reduction. This reduction factor has not changed and typically does not change from year to year. However, if you collect Social Security Retirement early and continue to work, you may be subject to a reduction of your benefit if you earn over a certain amount. In 2025, that amount was \$23,400 per year or \$1,950 per month and in 2026 that amount has increased to \$24,480 per year or \$2,040 per month. One dollar for every two dollars you go over the limit will be withheld from your benefit. Essentially, this means that your benefit will be reduced by half of the amount that you go over this threshold.

This early retirement reduction is a little different if you are in the calendar year in which you reach your full retirement age, and it only applies for the months before the month you reach full retirement age. For example, if you reach full retirement age in June of 2026, the early retirement benefit reduction will only apply from January through May. Additionally, the earnings limit is much higher in the year you reach full retirement age, and the reduction is one dollar for every three dollars over the limit. In 2025 the earnings limit the year you reach full retirement age was \$62,160 per year or \$5,180 per month, and in 2026, that has increased to \$65,160 per year and \$5,430 per month.

Social Security Disability Thresholds- To be eligible for Social Security Disability Insurance (SSDI) benefits, you must be unable to engage in substantial gainful activity (SGA). If you are earning more than a certain monthly amount (less any impairment related work expenses or employer subsidies), you will be considered to be engaged in SGA and will therefore be ineligible for SSDI unless you are in your trial work period. This SGA amount for non-blind individuals in 2025 was \$1,620 per month and has increased to \$1,690 per month in 2026. For blind individuals in 2025, the SGA amount was \$2,700 per month and has increased to \$2,830 per month in 2026.

If you are on SSDI, you have the option to try to go back to work without losing your benefits. This is called a trial work period. The trial work period is nine months that can be consecutive or non-consecutive where you can earn money through employment without any limit. The earnings threshold that triggers a month to count as a trial work period month is less than the SGA amount. In 2025, that threshold was \$1,160 per month and in 2026 has increased to \$1,210 per month.

Supplemental Security Income (SSI)- Supplemental Security Income (SSI) is a needs-based cash benefit for individuals who have been determined disabled and/or who are over age 65 and have low resources and income. There is a resource limit to be eligible for SSI. Some resources are exempt, such as the home you live in or the vehicle you use as your primary mode of transportation. Any resources that are not exempt are your countable resources. The countable resource limit is \$2,000 for an individual and \$3,000 for a couple. There is also a countable income limit to qualify for SSI benefits. This amount does change from year to year and was \$967 per month for an individual and \$1,450 per month for a couple in 2025. In 2026, this amount has increased to \$994 per month for an individual and \$1,491 per month for a couple. In addition to being the countable income limit, this is also the maximum benefit payment amount for SSI. Note that some income is exempt and earned income and unearned income are counted differently to determine a person's countable income for SSI eligibility and benefit amount.

The State of Wisconsin also pays any SSI-eligible individual an additional supplement of \$83.78 per month for an individual or \$132.05 per month for a couple. This payment amount is the same regardless of the amount of the individual or couple's federal SSI payment amount. Additionally, this amount does not change from year to year and has been the same for decades.

La Crosse and Onalaska Tax-Aide Services 2026

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

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
- If you are married, taxes will be filed jointly; both spouses must attend the appointment
- Taxes will generally be prepared in one appointment, which might take up to 3 hours
- **Due to scheduling limitations, if you have tax forms with multiple transactions, volunteers may decide you need to return for a second visit**
- **If you have income from another state, you may need to return for a second visit**

Step 2: Schedule an appointment in La Crosse or Onalaska

- | La Crosse | Onalaska |
|--|---|
| <ul style="list-style-type: none"> • Location: REACH Services and Resource Center • Address: 212 11th St S, La Crosse • Schedule online: www.aarpfoundation.org/taxaide or email laxtaxquestions@gmail.com to receive a link to the La Crosse Scheduler • For Scheduling Help: call 608-588-6124 • Intake Packets: available at the Main La Crosse Public Library or email laxtaxquestions@gmail.com to receive a link • Appointments available Mon, Tues, Wed from Feb 9-Apr 8 | <ul style="list-style-type: none"> • Location: Great Rivers United Way • Address: 1855 E Main St, Onalaska • Schedule online: www.aarpfoundation.org/taxaide or email onatataaide@gmail.com to receive a link to the Onalaska Scheduler • For Scheduling Help: call 608-501-2544 • Intake Packets: available at Onalaska and Holmen Public Libraries or email onatataaide@gmail.com to receive a link • Appointments available Mon, Tues, Wed from Feb 9-Apr 9 |
- DO NOT contact Reach Services about Tax-Aide**
- DO NOT contact United Way about Tax-Aide**

Step 3: Before Your Appointment - Pick up an Intake Packet or Email for a Link**Step 4: Bring These Documents to Your Appointment**

- **The two questionnaires from the Intake Packet need to be thoroughly completed;** if you are unable to pick up an Intake Packet, arrive at your appointment 30 minutes early to complete the questionnaires
- Social Security Cards or Social Security form SSA-1099 for **ALL** taxpayers and dependents
- Government issued Photo ID for **ALL** taxpayers
- **IRS is no longer providing refunds by check; bring bank account information, preferably a check**
- **NOTE:** WI Department of Revenue still provides refund checks
- All income statements including Federal and State SSI, Social Security Form SSA-1099, 1099 R, W-2, Interest and Dividend Statements, all pages of the Brokerage Statements, etc.
- All expense statements including student loan interest, childcare expenses, college tuition form 1098T, property tax statements, child/dependent care, etc.
- **ONLINE TAX DOCUMENTS MUST BE PRINTED** including W-2, 1099R, Brokerage Statement, Dividend Statement, 1098T, etc.
- Signed Rent Certificate or Property Tax Statement if you are applying for Homestead Credit
- **NOTE:** If you are under the age of 62 and have no earned income you must bring a Disability statement from the Social Security Office stating the date your disability began
- Health Insurance Premiums you paid out of pocket or Form 1095-A if your Health Insurance is from the Marketplace www.healthcare.gov
- 2024 Tax Return, if available
- If you received an Identity Theft PIN from the IRS, bring the new PIN Number you received online or in the mail in December 2025 or January 2026

**Medicare 101: Understanding the ABC's of Medicare**

This program is geared towards those new to Medicare in the coming year.

Wednesday, February 18th
10am-11am or 6pm-7pm
 Black River Beach Neighborhood Center

Register by calling 608-789-8640

South Side Neighborhood Center1300 6th Street, La CrosseMost 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.**Before the After:** February 18, 10am-12pm. Register. Free**Wise Wednesdays:** February 4 & 18, 10:30am-12pm. Register by 1 day prior. Free**Bingo:** February 4 & 18, 12:30pm-1:30pm. Register by 1 day prior. Free**Coping Skills:** February 6 & 20, 10am-11:30am. Register by 1 day prior. Free**Music Café:** February 12, 19, & 26, 1pm-2pm. Free**Shuffle Together (cards):** February 13 & 27, 2pm-3:30pm. Register. Free**Grief & Loss Support Group:** February 11, 10am-11am. Register by 1 day prior. Free**La Crosse Area Parkinson's Social Night:** February 18, 5:30pm-7pm. (Call STAR Center for details at 608.797.6295.)**Ukulele Lessons--Beginner 1:** February 24, 9:30am-10:30am OR 6:30pm-7:30pm. Register by February 9.**Senior Meal Site:** Lunch at 11:30am, M-F. Call 608-792-6996 1 day prior to reserve a meal.**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.**Shin Jin Do:** Mondays & Wednesdays, 6:30pm-8pm. Register. (No class Feb. 2, 4, & 16)**Mah Jongg Club** (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session.**Art Club:** Thursdays, 12pm-3pm. Register. \$2/session.**Knitting Group:** Thursdays, 1pm-3pm. \$1/week.**Parkinson's Disease Support Group:** Monday, February 2, 5pm-6:30pm. (Call STAR Center for details: 608.797.6295.)**International Folk Dance:** Saturdays only, February 7 & 21, 7pm-9:30pm. Register. \$2/session.**Embrace** (for those with dementia & care partners): February 11 & 25, 12:30pm-2pm. Register. Free**Retirement to RMDs-10 Important Years:** February 12, 10am-11:30am. Register by 1 day prior. Free**Medicare 101:** February 18, 1am-11am OR 6pm-7pm. Register by Friday prior. Free**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:** , Feb 18th, 11am-12:30pm.
Free, 55+ yrs**Foot & Nail Clinic:** call for date and appointment**Tech Help Drop-In:** Feb 18, 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, Mon-Fri 9am-1pm**Nickel Bingo**– Tuesday & Fridays, 10:30am-11:20am**Walking Group**- Monday-Friday from 8am -9am**Bridge Groups**- Mondays from 12:30pm -4pm (competitive/social)**Mah Jongg**- Wednesdays from 12:30pm -4pm**Zumba**– Mondays & Wednesday, 5:30pm. Register**Strong Bodies**–Feb 9-Apr 29, Mon & Wed, 8am or 9:45am classes. Limited to 20 participants per class. Register**Frozen Finger Puzzle Palooza**– Sat. Feb 14, 1pm. Register**ALS Support Group**– Jan 29, 1pm-3pm**Chair Yoga**– Tues & Thurs at 2pm. Starting Feb 10th. Register**Getting the Credit You Deserve w/ Altra**– Feb 19, 12:30pm**OMNI CENTER EVENTS****Public Open Skate:** Sundays, 5:30pm-7:30pm**Holistic Expo:** February 14, 10am-5pm**Indoor Garage Sale:** March 14**Hairball Concert:** March 21**Home Show:** March 27-29HOLMEN 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.

Indoor Walking: M,W,F 7am-10am & 11am–1pm; T & TH 7am–10am & 11am–12pm**Pickleball Open Play:** Tuesdays & Thursdays 12pm–2pm (Hours may vary)**Holmen Area Historical Society:** Feb 2, 6pm (Indian Boarding Schools)**StrongBodies Strength Training Video:** Mondays & Fridays at 10am**Fun with Watercolor:** Mondays, 8:30am–11am**Chair Yoga with Marty:** Mondays at 9:15am**Beginner Line Dancing:** Mondays at 1pm**Intermediate Line Dancing:** Wednesdays at 1pm**Mah Jongg Club:** Mondays, 1pm-4pm**Muscles in Motion:** Tuesdays, 9am–10am**Community Crafts:** Feb 3, 1pm (Paper Roses Picture Frame) Register**Mindful Yoga Video Sessions:** Tuesdays at 8:45am**Cardio & Strength Fitness:** Tuesdays at 10am**Hearing Evaluations:** Feb 3, 9:30am–11:30am (by appointment)**Hearing Instrument Checks:** Feb 17, 9:30am–11:30am (by appointment)**Evening Euchre Open Play:** Feb 3 & 17 at 6pm**Holmen Ukelele Group (HUG):** Tuesdays at 12pm. Register**Family Fun Night – I Heart My Family:** February 10, 5pm–7pm. Register**Cardio Fitness Video Workout:** Wednesdays at 10am**Bingo:** Wednesdays & Fridays at 12:30pm**A Joyful Life:** Feb 4, 2pm–3pm**Cozy Readers Book Club:** Feb 18, 2pm, "The Secret War of Julia Child"**Wellness Checks:** Thursdays, 8:30am–2pm. FREE**La Crosse County Veterans Service Hours:** Feb 5, 12:30pm–4pm**Beginner Pilates Series:** Thursdays at 8:30am. Register**Total Body Conditioning Series:** Thursdays at 9:45am. Register**Connect2Nature:** February 17, 12:30pm. Travel to Bhutan with Judy Bautch**Fun & Games:** Thursdays, 1pm–4pm**Crafternoon Social – Knit & Crochet:** Thursdays, 1pm-3pm**JoyRise Art Session:** Feb 26, 6pm–7:30pm. Register**AA Meetings:** Thursdays at 6pm**Hello Holmen!** Feb 19 at 8:30am. Wine and Chocolate**NEW Coping with Grief Support Group:** Feb 12 at 12:30pm. FREE**Music with Greg Grokowsky:** Feb 6, 11am–12pm**Gentle Yoga for Beginners:** Feb 13 & 27 at 8am**Chair Yoga with Samantha:** Feb 13 & 27 at 9:15am**Music by Cut Thyme:** Feb 20 at 11am, 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



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

5 Foods to Eat When You Have the Flu

1. Warm Broth and Soups: Chicken broth or vegetable broth is a classic flu remedy for good reason. Warm liquids soothe a sore throat, loosen mucus, and keep you hydrated. Broth is easy to digest and provides electrolytes like sodium and potassium, which are essential when you have a fever and might be sweating more than usual. Try a simple homemade chicken soup with carrots, celery, and garlic. The steam can also help clear nasal congestion, making breathing easier.

2. Citrus Fruits and Vitamin C-Rich Foods: Oranges, grapefruits, strawberries, and kiwi are packed with vitamin C, an antioxidant that supports the immune system. While vitamin C won't cure the flu, it can help reduce the duration and severity of symptoms.

If you find whole fruits hard to eat, try fresh-squeezed juices or smoothies that combine citrus with other nutrient-dense ingredients like spinach or ginger.

3. Ginger and Herbal Teas: Ginger has natural anti-inflammatory and antiviral properties. Drinking ginger tea can help relieve nausea, soothe a sore throat, and reduce inflammation. Herbal teas like chamomile or peppermint also provide comfort and hydration without caffeine, which can dehydrate you.

4. Leafy Greens and Vegetables: Spinach, kale, and other leafy greens are rich in vitamins A, C, and folate, which support immune function and tissue repair. Steamed or lightly cooked vegetables are easier to digest when your appetite is low.

Adding a handful of greens to soups or smoothies can boost your nutrient intake without overwhelming your system.

5. Yogurt and Probiotic Foods: Flu and some medications can disrupt your gut bacteria, which play a role in immune health. Yogurt with live active cultures or other probiotic-rich foods like kefir and sauerkraut can help restore balance.

Choose plain, unsweetened yogurt to avoid added sugars that might worsen inflammation.

3 Foods to Avoid When You Have the Flu

1. Sugary and Processed Foods: Foods high in sugar can suppress the immune system and increase inflammation. Candy, soda, pastries, and other processed snacks offer little nutritional value and may prolong recovery.

2. Fried and Greasy Foods: Heavy, greasy foods can be hard to digest and may worsen nausea or stomach upset, common flu symptoms. Fried chicken, fast food, and rich sauces can also increase inflammation, making it harder for your body to heal.

3. Dairy for Some People: While yogurt is beneficial, some people find that milk and cheese increase mucus production, which can worsen congestion. If you notice thicker mucus or more coughing after consuming dairy, it's best to avoid it until you feel better.

How to Stay Hydrated During the Flu: Flu often causes dehydration through fever, sweating, and reduced fluid intake. Staying hydrated is critical for recovery. Water is the best choice, but other fluids like herbal tea, broth, and electrolyte drinks can help maintain balance. Avoid caffeinated or alcoholic beverages, which can dehydrate you further. Drinking small amounts frequently is easier than trying to consume large quantities at once, especially if you have nausea.

Balancing Rest and Activity to Boost Your Flu Recovery

In addition to these dietary considerations, it's essential to understand the role of rest in recovery from the flu. Sleep is a powerful ally in the body's fight against illness, as it allows the immune system to function optimally. During sleep, the body produces cytokines, which are proteins that help combat infections and inflammation. Ensuring that you get adequate rest can significantly enhance your body's ability to heal and recover from the flu more quickly.

Source: wxow.com

WINTER



FARMERS MARKET

Every other Saturday
 Now - April 18
 9am-noon
 New Location:
 La Crosse Center
 608-769-5564

Vary Your Veggies from myplate.gov

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Start your day with vegetables

Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!

Add variety to salads

Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.

Try a stir-fry

Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.

Spruce up your sandwich

Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.

Go for a dip or a dunk

Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.

Take vegetables on the go

Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also make an easy snack.

The benefits of healthy eating add up over time, bite by bite.

5-A-DAY SALAD

4 cups fresh spinach
 4 cups romaine lettuce
 2 cups chopped green peppers (or red, yellow, or orange peppers)
 2 cups cherry tomatoes
 1 cup broccoli (chopped)
 1 cup cauliflower (chopped)
 1 cup yellow squash (sliced)
 1 cup cucumber (sliced)
 2 cups carrot (chopped)
 1 cup zucchini (sliced)
 Wash all the vegetables and mix them together in a large mixing bowl.
 Top this colorful meal with the nonfat or low-fat dressing of your choice. Serves 4
 Each serving = 5 cups of vegetables (Eight 5-A-Day servings).

FREE Brain Checks



NORMAL AGING OR SOMETHING ELSE???

Early Detection is Important

A brain-checkup is a wellness tool that can identify possible changes in cognition, capture a baseline and allow for conversation and planning if something is detected. Similar to other health screenings, brain checks can help you identify early; both irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available.

Results are free and confidential.



NOT intended for people diagnosed with dementia.

TUESDAY, MARCH 10TH

DASH CENTER 515 QUINCH ST. ONALASKA

THURSDAY, APRIL 23RD

EAGLE CREST SOUTH 622 BENNORA LEE CT. LA CROSSE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Tetrizzini 2 Mixed vegetables Romaine salad Peaches, Cookie	Meatballs & gravy 3 Mashed potatoes California blend veggies Oranges, Cake 	Chicken supreme 4 Oven browned potatoes Peas & carrots Black bean brownie	Salisbury steak 5 Mashed potatoes & gravy Squash Banana	Spaghetti 6 Romaine salad Ambrosia cup, Garlic toast Cherry poke cake
Hamburger on a bun 9 Baked beans Romaine salad, Corn Oatmeal raisin cookie	Beef stew w/ crackers 10 Green beans Pumpkin bar Biscuit, Apple juice	Meatloaf 11 Dairy potato bake Glazed carrots Fruited jello	Glazed ham 12 Sweet potato bake Green beans, Apple juice Pineapple cake	Shepard's pie 13 Broccoli Fresh fruit Chocolate pudding
Chili w/beans, crackers 16 Baked potato, sour cream Spinach salad, Cookie Cornbread muffin	Scalloped potatoes/Ham 17 Squash Pineapple Spice applesauce cake	Potato crusted cod 18 Baked potato, sr cream Coleslaw Pineapple & oranges	Baked 1/4 chicken 19 Garlic mashed potatoes Beets Fruit fluff	Egg salad on a bun 20 Hearty vegetable soup Tropical fruit salad 3 bean salad, Crackers
Turkey & gravy 23 Mashed potatoes Squash Melon salad, Cranberries	Stroganoff 24 Broccoli Apple crisp w/ raisins Orange juice	Chicken broc. Divan 25 Baked sweet potato Buttered peas Fresh fruit, Choc. cake	Lasagna 26 Romaine salad Fresh fruit, grape juice Garlic bread stick	Fish sandwich w/cheese 27 Oven browned potatoes Coleslaw Peach cobbler
*All meals include milk or juice & bread. *Substitutions may occur.				DENTURES SHOULD BE CALLED SUBSTI-TOOTH 

APPLE CAKE

10 tablespoons unsalted butter (1 full stick + 2 tablespoons)
3/4 cup sugar
3 large eggs
1 3/4 cups flour, sifted
2 teaspoons baking powder
1 tablespoon lemon rind, grated
2 medium apples, pared, cored, sliced
2 teaspoons sugar
8 tablespoons apricot jam (1/2 cup)
Preheat the oven to 350 degrees F.
Beat butter with sugar until creamy. Add eggs one at a time, beating until well blended.
Add flour, baking powder, and lemon rind, beat 4 minutes.
Pour into greased 9-inch spring-form pan.
Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
Bake 1 hour at 350 degrees F in preheated oven.
Remove from pan, brush apples with jam, cool. 12 servings



APPLESAUCE PANCAKES

1 cup applesauce, unsweetened
1/4 cup dry milk powder, non-fat instant
1 cup water
2 eggs
1 tablespoon oil
2 cups all-purpose flour
2 tablespoons sugar
1/2 teaspoon cinnamon
2 teaspoons baking powder
In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil. Add flour, sugar, cinnamon, and baking powder. Stir until mixture has only small lumps. Place large skillet on medium-high heat. Spray skillet with non-stick cooking spray. Pour 1/2 cup batter onto skillet. Turn pancake when bubbles form on top of batter. Cook the other side for about 1 minute or until golden brown. 6 servings



BAKED POTATOES PRIMAVERA

4 medium potatoes
4 cups mixed vegetables (frozen)
1 cup sour cream
1/2 teaspoon dried oregano and or basil
Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato. Steam mixed vegetables until hot. Mix the sour cream with the herbs and pepper. Split the potatoes in the center and fill with steamed veggies. Top with sour cream and serve hot. Serves 4



ENGLISH MUFFIN PIZZA

2 split English muffins
1/2 cup pizza sauce
1/2 cup mozzarella or cheddar cheese, shredded
1/4 cup green pepper, chopped
1/4 cup mushrooms, fresh or canned, sliced
other vegetable toppings (as desired)
Italian seasoning (optional)
Top bread or muffin with pizza sauce, vegetables and cheese. Sprinkle with Italian seasoning as desired. Heat in preheated oven 350* until cheese melts.



Home Delivered Meal Cancellations & 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!**



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**.

If you do not qualify for the home delivered meal program, you may have the option for the in-person dining program. Meals for those age 60 and over are paid for on a donation basis with \$4.50 being the suggested donation for in-person and home delivered \$5.

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

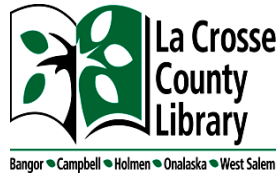
MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN LA CROSSE		HOME DELIVERED	792-4487
SOUTHSIDE	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR.	317-8104
ONALASKA	11:30AM	515 QUINCY ST	317-9870
WEST SALEM		HOME DELIVERED	785-5775
WEST SALEM LIBRARY	2ND & 4ND THURS	720 INDUSTRIAL DR.	785-5775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

La Crosse Main Library

800 Main Street | 608-789-7100
 programteam@lacrosselibrary.org

M-Th 9am-7pm, Fri 9am-5pm, Sat 9am-1pm, Sun closed
 Some workshops require registration. Contact the library.

- Monday Mornings at Main:** Mondays at 10am-11am
- La Crosse County Veteran Services:** Feb 3, 9am-12pm
- Chair Yoga:** Thursdays at 10am- 10:45am
- Chair Fitness:** Feb 2, 9 & 16 at 9am
- Narrative Healing:** A Program for Writing & Reflection: Feb 14, 10:30am -12pm
- BookTok Bingo:** Feb 17, 6:30pm at 608 Brewery
- Chapter Book:** Feb 11, 1pm and Feb 14, 10am. *The Rom-Commers*
- Children Author Visit: Angela Dominguez:** Feb 26, 5:30pm
- Adult Craft: Victorian Puzzle Purse Valentines:** Feb 5 at 5:30pm
- Qigong:** Feb 7, 9:30am-10:30am
- Tea & Technology: Libby & Hoopla-** Feb 10 at 10am. Bring a device
- No Sew Heart Pillows:** Feb 13 at 1pm. Register
- Midwest Card Fest:** Feb 21, 10:30am-12pm. Euchre and cribbage with no experience necessary.
- Storytime for Adults:** Feb 3, 6:30pm-8pm at Saxon Hall Brownsville
- BookTok Bingo:** Feb 17, 6:30pm-8pm at 608 Brewery La Crosse



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

"Hot Reads for Cold Nights" winter reading program: Read or listen to any 3 books between January 20 and February 28 to win prizes. Pick up a reading record at any of our locations to participate.

Bangor movie on February 19 at 2:30pm and 6pm.
Bangor "Eleanor Roosevelt" historical reenactment on February 24 at 6pm.
Holmen "Hot Chocolate Bar" on February 2 from 1pm - 5pm.
Holmen "Hmong Story Time for All Ages" on February 4 at 6:30pm.
Holmen movies February 9 and February 23 at 2:15pm and 6pm.
Holmen "Drop-in Tech Help" on February 19 from 11am-12pm and 4:30pm-5:30pm.
Onalaska movies February 5 and February 19 at 6pm.
Onalaska "Senior Moments" on Wednesdays at 10am:

- ▶ **February 11:** John Fuchs, musician
- ▶ **February 18:** Charles Lindbergh
- ▶ **February 25:** The Nine Devines from Chippewa Falls

Onalaska Book Club: the third Thursday of the month at 1:15pm.
West Salem movies on February 12 and February 26 at 2:15pm.
West Salem "Embroidery 101" on February 21 and February 28 from 9:30am -11:30am. Registration required.
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-Fri 9am-4pm, Sat 9am-12pm

EnviroWednesday: Feb 4, 7pm, Friends of La Crosse River Marsh Meeting, all welcome

Nature Saturday: Feb 7, 9:30am-11:30am, free for all ages

Free Birding Program: Feb 18, 7pm for ages 14+.

FREE Sled Library: outside main entrance 24/7

ORA Candlelit Walks!

These are free, all-ages events that begin at 5pm, and last until 7pm, or until we run out of fire wood!

February 7 - Upper Hixon, special event day

March 3 - Gateway Trailhead



Each location chosen utilizes a path that is considered "easy to moderate" to navigate. Candles will light the route but consider wearing a headlamp or bringing a flashlight.
 Contact@oratrails.org for more information.

NARVRE

National Association of Retired and Veteran Railroad Employees, Unit 047 meet **Feb 10th**, 10am at the Onalaska American Legion. Speaker: Tony Beyer from Altra CU. Patty Burr at 608-781-6032.

The La Crosse Retired Educators' Association

next luncheon is on

Wednesday, March 4 at 11:10am at Cedar Creek Country Club Reserve at lacrosserea@gmail.com by Feb. 24th.

Speaker is Brittney Waraxa from CASA

(Court Appointed Special Advocates for Children) along with a 50/50 drawing. Please bring your own leftover containers.

FREE Wisconsin Neighbor Weekend

February 14-15

International Owl Center

126 E Cedar St. Houston, MN 507-896-6957



Residents of Trempealeau, Vernon, and La Crosse Counties, including college students, are specially invited to visit the International Owl Center located just 30 minutes west of La Crosse.

Come see live owls in person, check out our hands-on displays, and stay for our live programs each day. Please bring a driver license, student ID or other form of identification to verify your place of residence.

NEXT STEP EVENT

March 2

Lunda Center at WTC

4pm: Registration/Dinner/Vendors

5pm: Breakout Sessions

Cost: \$5 includes parents and transitioning student

Fun and learning about the next step for you and/or your child! Sessions to include: Mental Health Care Transitions, Disability Services Panel, Department of Vocational Rehabilitation, Guardianship, Social Security, Healthy Relationships, Transportation, Financial Planning, Process of Financial Aid and Renting 101.

Register with Nicole at **608-792-3145** by February 20th.



American Legion Post 52

711 6th St. S. La Crosse

608-782-3232

2/1: SOS Breakfast, 7:30am-12pm

2/6: Fish & Wings, 5pm-8pm

2/16: Lifeline Screenings, 8:15am-5:30pm

2/21: German dinner, 5pm-7pm



Blood Drives for FEBRUARY

2/4: State Office Bldg, 11am-4pm

2/4: La Crosse County Human Services, 9:30am-2pm

2/5: Church of Latter Day Saints, Onalaska, 1pm-6pm

2/5: Altra Credit Union Office Onalaska, 7:30am-12:30pm

2/9: Coon Valley Lutheran Church, 1pm-6pm

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

2/10 & 2/11: UW-L Student Union, 11am-5pm

2/13: Onalaska High School, 9am-2pm

2/19: Boys & Girls Club, La Crosse, 9am-1pm

2/20: Valley View Mall, 11am-4pm

2/24: Shepherd of the Hills Church Onalaska, 1pm-5:30pm

2/25: Logan High School, 9am-2pm

2/26: Onalaska American Legion, 9am-1pm

2/26: St Patrick's Church Onalaska, 1pm-6pm

La Crosse Blood Donation Center— call for appt.

1-800-RED-CROSS

Versiti Blood Center— call for appt.

(877) 232-4376



Feb 12: La Crosse Sport Show

Feb 14: Winter Roots Festival

Mar 8: Wedding World

Mar 12: Josh Turner

Mar 13-15: Custom Auto Show

Mar 27: Bob Dylan

Social Isolation of Older Adults Peaks in Winter Months

Winter in Wisconsin is famous for snow and cold. We layer up, we salt our driveways, and we hunker down. But for many seniors in La Crosse County, the long winter brings a quieter danger that is harder to spot than black ice: **Social Isolation**.

According to a recent report highlighted by Wisconsin Public Radio, social isolation peaks during these winter months. Snow and ice create physical barriers; many older adults stop driving or leaving their homes entirely because they fear falling or getting sick. As one aging specialist noted, "It's not just feeling blue." It is a physical trap that can cut seniors off from their community, their doctors, and their families.

The "Snowball" Effect on Health The U.S. Surgeon General has warned that loneliness is a major factor in failing health, increasing the risk of heart disease, stroke, anxiety, and dementia.

In the winter, these risks are compounded. Lack of sunlight and Vitamin D can increase anxiety and shorten patience. Furthermore, mental health struggles often "snowball" into physical ones. When seniors feel isolated, they often stop taking care of themselves—skipping meals, disrupting sleep patterns, or neglecting hygiene. In our line of work, we call this **Self-Neglect**, and without intervention, it can be deadly.

The Barrier to Asking for Help Even when resources like transportation services or food delivery are available, isolation creates a barrier to using them. "A lot of times, it seems like people even struggle to ask for that help when they're isolated," noted a mental health nurse in the WPR report. Pride, fear of burdening others, or simple exhaustion can keep a senior from picking up the phone.

What Neighbors and Families Can Do Adult Protective Services often sees a surge in referrals after the holidays, when visiting family members notice that a loved one isn't doing as well as they claimed over the phone. But if family lives far away, neighbors are the first line of defense.

Please keep an eye out for these "Silent Signals" of distress:

- **The Pantry:** Is the refrigerator full of uneaten, expired food? Are they losing weight?
- **The Home:** Is the driveway un-shoveled days after a storm? Are newspapers/mail piling up? Is the house adequately heated?
- **The Person:** Do they appear disheveled or dressed inappropriately for the weather?

The Mood: Are they repeating the same questions, or showing sudden spikes in anxiety or confusion?

We Are Here to Help If you are concerned that a neighbor, friend, or family member is unsafe or neglecting their care, you do not have to solve it alone. **La Crosse County Adult Protective Services** can help connect them with the resources they need to get through the winter safely.

Call us at 608-785-5700. *If you SEE something, SAY something.*

37th Annual Conference

April 23 - 25, 2026

Kalahari Convention Center, WI Dells

www.autismgreaterwi.org to register



Telephone Reassurance Program

The Telephone Reassurance Program is offered to any older adult, persons with disabilities, or veterans who are homebound that need socialization.

- ▶ It is a safety check and serves as a catalyst for homebound citizens to socialize daily.
- ▶ RSVP volunteers offer reassurance to the participants, their family and their friends that someone will be calling them.
- ▶ There is no charge to participate in the program.
- ▶ Calls are weekdays between 8am and 5pm. No weekends or holidays.
- ▶ You will be matched with a volunteer based on your interests.

Coulee Region RSVP

608-785-0500 www.rsvplax.org



FREE HEALTH SCREENING

Brain checks and balance screening by UWL Physical Therapy students.

- **Forest Park** 1230 Badger St. February 16 & 18, 2:30pm-4:30pm
- **Stoffel Ct** 333 S 7th St. February 23 & February 25, 2:30pm-4:30pm
- **Sauber Manor** 1025 Liberty St. February 25 and March 2, 2:30pm-4:30pm

To register call the Housing Authority at 608-782-2264
You are welcome to schedule if you live in another high-rise.

La Crosse County Adult Protective Services

If you SEE something, SAY something.

Every adult deserves to live with dignity and safety. Please contact us if you have concerns that an elder or vulnerable adult is experiencing:

- **Physical or Emotional Abuse**
- **Neglect or Self-Neglect**
- **Financial Exploitation**

Call us to ask questions or submit a report



608-785-5700

Confidential • Professional • Supportive

REACH Services and Resource Center

Walk-in services available: Monday & Wednesday 8am-2:30pm, Tuesday & Thursday 8am-4pm, Friday by appointment only
Housing & Legal, Violence Prevention, Healthcare, Communication and Basic Needs

212 11th St S. La Crosse 608-781-2783 ext 200
Reachcenterlacrosse.org • info@reachcenterlacrosse.org

FRIGID TEMPS ARE HERE. APPLY TODAY!

Wisconsin Home Energy Assistance Program

provides assistance for:

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

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



Crisis Line

608-784-4357(HELP)

La Crosse County Crisis Intervention Services

Providing 24 Hour Crisis Mental Health Services

Services are available to adults and children living or experiencing a mental health crisis in La Crosse County. Our services aim to keep children and adult in their home/community setting.

- ▶ **Crisis Intervention**
- ▶ **Consultation & Follow Up**
- ▶ **Crisis Stabilization**

**There is a charge for Crisis Intervention Services provided through La Crosse County Human Services Department. Your insurance will be billed directly for any services you receive. If you do not have insurance or find that these services are not covered by your insurance, you may apply for a reduced fee by scheduling a Financial Review with our billing department.*

At Your Limit? Make A Safety Plan

Reprinted from Trualta

Burnout and compassion fatigue negatively affect both caregivers and care recipients. Factors like living with a care recipient, exposure to prolonged stress, relationship conflicts (as well as several others) are associated with increased risk of elder abuse. Elder abuse can include neglect, emotional abuse, and psychological abuse, among others. When you hit your limit emotionally, mentally, and physically, it can be hard to access the mental resources that help you stay calm and keep going. You might feel completely depleted and want to give up or walk away, or you might feel so overwhelmed or upset that you behave angrily towards your care recipient. Your care recipient will still require care when you hit this limit. Their safety is still the top priority. That's where your safety plan comes in. It's your go-to resource that tells you who you can ask for help, what kind of care needs to happen, and what you need to do to help yourself. Review the questions below to help you make a safety plan.

What Needs To Happen To Make Them Safe?

Consider important factors about your care recipient's safety needs, including:

- ▶ Do they have dietary restrictions or allergies? Do they follow a specific diet plan?
- ▶ What medications do they need to take? What is the schedule, and where are they kept?
- ▶ Do they have any mobility restrictions? For example, if they've just had surgery, are there certain movements they aren't allowed to do while they heal, like pushing or pulling with their arms?
- ▶ Do they engage in unsafe behaviors? For example, are they at risk for wandering? Do they hurt themselves when agitated?
- ▶ Do they have their own emergency plan? For example, if they have a chronic condition like heart failure, are there warning signs to watch out for where they'd need to go to the hospital?

Who Can You Call For Backup?

Ask yourself the questions below and consider contacts in your life who could help, like:

- ▶ A spouse or partner
- ▶ Family members
- ▶ Friends
- ▶ Neighbors
- ▶ Paid caregivers, like home care organizations
- ▶ Respite care organizations
- ▶ Other

» **Who has the skills and abilities to care for my care recipient?** Consider factors like physical strength, chronic illnesses or pain, and dependability.

» **Who has knowledge about my care recipient's needs?** Do they know your care recipient well or have caregiving experience?

» **Who is physically closest and could get to us the quickest?** Depending on the level of urgency, this may be an important factor. Consider how they will get to you—do they have a reliable source of transportation?

» **What is their availability generally like?** Do they work night shifts at their jobs? Do they have children to care for? Are they retired?

» **How long are they generally able to help?** Can they help for a few hours or days at a time?

» **Do you have the resources to ask for their help?** For example, if they're a paid caregiver, do you have the financial resources or insurance coverage?

» **Do they know they're on your safety plan?** It's important to ask this question so that they can be prepared.

When You Need A Break

- ▶ Who can you call for Support?
- ▶ What can you do to rest and recharge? Consider what makes you feel better on a tough day.
- ▶ How long do you typically need?
- ▶ Where can you go to get some space and recharge?
- ▶ What do you need to take with you? Consider necessities like medications.

Family Caregiver Support Group

The focus is on reducing the stress of family caregivers, not a specific diagnosis.

February 12

1:30pm-2:30pm

Franciscan Spirituality Center

920 Market St. La Crosse

Contact Kristine Meyer at 608-386-0922 or email kmeyer@lacrossecounty.org with questions.

Lifestyle & Habits for a Good Nights Sleep

- **Stick to a Schedule:** Go to bed and wake up at the same time daily, even weekends, to regulate your internal clock.
- **Get Daylight & Exercise:** Morning sunlight helps, and regular physical activity improves sleep, but avoid intense workouts within 3 hours of bedtime.
- **Manage Intake:** Cut caffeine (coffee, soda, chocolate) and alcohol, especially in the evening; limit fluids before bed to reduce nighttime bathroom trips.
- **Limit Naps:** Keep daytime naps short (20-30 mins) and avoid late-afternoon naps.

Bedroom Environment

- **Cool & Dark:** Keep your room cool, quiet, and dark (use blackout curtains if needed).
- **No Screens:** Turn off TVs, phones, tablets at least an hour before bed, as blue light disrupts sleep.
- **Sleep Zone:** Reserve the bedroom for sleep and intimacy; if you can't sleep, get up and do something relaxing until sleepy.

Bedtime Routine

- **Wind Down:** Read, listen to calm music, stretch, or meditate.
- **Warm Bath:** A warm bath can help you relax.
- **Try Natural Aids (with doctor's okay):** Chamomile tea, warm milk, or melatonin may help.

When to See a Doctor

Talk to your doctor if sleep issues continue; they can check for medical conditions, sleep disorders or medication side effects.

Source: mdanderson.org

Do you have a plan for your loved one if something happens to you?

EMERGENCY PLANNING FOR CAREGIVERS

Tuesday, Feb. 24th

12:30 pm—2 pm

Hillview East Community Room

Register with the ADRC at 608-785-5700.

This is a FREE event!

2026 Caregiver Education Series

DASH Center

515 Quincy St. Onalaska

Time: 1pm-2:30pm

March 17: Caregiving 101: The Roadmap

April 16: Emergency Planning

May 21: Benefits 101: Medicare, Medical Assistance & Veteran's Administration

Contact Kristine Meyer at 608-386-0922 or email kmeyer@lacrossecounty.org with questions.

Virtual Working Families Caregiver Support Group

First Wednesday of the month

Starting February 4, 6pm-7pm

Do you have family caregiving responsibilities in addition to traditional child rearing? It may surprise you to learn that one in four working-age adults provides care or financial assistance to an older family member, an adult child or other loved one with a disability, or a spouse with a long-term illness.

This Support Group is open to ALL Working Family Caregivers! The focus will be on reducing the stress of working family caregivers, who are juggling work, homelife and caregiving. Meet other working family caregivers and share the caregiving journey!

To Register: Call the ADRC of La Crosse at 608-785-5700, or contact Kristine Meyer at 608-386-0922 or kmeyer@lacrossecounty.org



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.

- February 13:** Garden Expo – Alliant Center
- February 21:** Barricade Boys - A Broadway Party – Middleton
- February 27:** Dancing Queen, ABBA Salute – Legacy Theatre
- March 10:** Minnesota Art Museum Tours – Minneapolis
- March 18:** Little Brown Church & Worlds Smallest- Nashua
- March 25:** Bello's Circus Extreme– Legacy Theatre



Viterbo University Fine Arts Center

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

- Feb 20:** Spamilton
- Feb 21:** Eclipse-Pink Floyd
- Feb 24:** Mania-ABBA Tribute
- Feb 28:** Steely Dane (Weber Center)
- Mar 1:** Puppy Pals (Weber Center)
- April 11:** Tribute to Creedence Clearwater Revival (Weber Center)

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

- 2/7: **Hard Days Night**, movie, 7pm
- 2/14: **Silly Symphonies**, movie, 2pm
- 2/22: **Beaver Creek Band**, 2pm

Arnold House at East Side Farm

19408 Silver Creek Rd. Galesville
608-865-1047

2/7 & 2/8: **Sweet Heart Dinners**, reservations

TOLAND THEATER– UWL

333 N 16th St. La Crosse 608-785-6696
Feb 27-Mar 8: **MACHINAL**

Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

March 19 & 20: Singing All About that Bass

Pump House Regional Arts Center

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

- Feb 7:** Intro to Wood Carving Workshop
- Feb 17:** Flow State Literary Series
- Feb 20:** The Nunnery + Westerlund & Hagen
- Feb 20:** Celtic Stories & Songs

MARIE HEIDER CENTER FOR THE ARTS

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

- Feb 14: **Seraph Brass**
- Mar 21: **Let's Hang On**

Concordia Ballroom

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

www.concordiabalroom.com

- Dances every Sunday, 1pm-4pm.**
- Zumba & line dance classes available.
- Senior Card Players: MWF, 1pm-3pm**
- Feb 7: **Midwinter Dance, 6pm**
- Feb 13: **Latin Salsa Dance, 7pm**

FEBRUARY 14, 2026 LA-CROSSE CENTER
GENERAL ADMISSION DOORS OPEN AT 12:00 PM



PASCOAL RIBEIRO | GARBIN RODITI | ASSIS BRASIL

MODERN BRAZILIAN JAZZ
JAZZ FACULTY RECITAL

FRIDAY, FEBRUARY 13 | 7:30 P.M.
ANNETT RECITAL HALL | LOWE CENTER FOR THE ARTS
FREE & OPEN TO THE PUBLIC

38TH ANNUAL BIG BAND CABARET & DANCE PARTY

Friday, February 27 | 7:30 P.M.
Bluffs Ballroom | UWL Student Union

Reservations: UWLAX.EDU/VPA
Free swing dance lessons start at 6 p.m.

Cash Bar

WEBER CENTER FOR THE PERFORMING ARTS

608-784-9292

www.webercenterarts.org

(Senior Preview \$15 tickets available at the Neighborhood Centers on select shows)

- Feb 6-15: **Vanya & Sonia & Masha & Spike**
(Feb 5: Senior preview)
- Feb 20: **The Mousetrap**
- Feb 27-28: **Twilight Bowl**
- Mar 13-29: **Come From Away**
(Mar 12: Senior preview)



Join the La Crosse Area Chamber of Commerce 2026 Driftless Day at the Capitol on Feb 11th

Our focus will be on a variety of critical issues impacting the Driftless Region, including:

- Identifying a sustainable funding mechanism for the La Crosse Regional Airport
- Securing full funding for the La Crosse Corridor Construction Projects
- Continuing essential advocacy for PFAS mitigation efforts
- Support Next of Kin Legislation to Benefit Patients and Families, and improve care, rehabilitation, and access to hospitals and skilled nursing facilities

Bus will leave Valley View Mall at 6:30am.
Contact sam@lacrossechamber.com



Hoeschler Bull Statue Put Out to Pasture



In 2006, after nearly 30 years, the big fiberglass bull atop the former Hoeschler Realty building at 224 N. Sixth St. in downtown La Crosse was put out to pasture. The bull stood for his slogan "We're bullish on La Crosse". A La Crosse Sign Co. crane lifted the bull off the roof and onto a truck for delivery to a company that sold it for local realtor and developer Jay Hoeschler. That's him watching the removal, which he said was because he was selling the building. La Crosse Tribune photo.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Monday:** First Monday, 6pm Bingo @ Valley View Mall, (Feb 2)
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
- Tuesdays:** 6pm Bingo @ Features West Salem
- Wednesdays:** Bridge, 2:30pm, Ukulele Jam, 6pm, Moose Lodge
- Wednesdays:** 6pm Bingo @ Features in Holmen
- Wednesdays:** 6pm Bingo @ Omni Center starting March 4th
- Thursdays:** 6pm Bingo @ Holmen American Legion
- Sundays:** 2:30pm Bingo @ Drugan's Holmen
- 2/2:** Groundhog Dinner, 4pm-7:30pm at the Moose Lodge
- 2/4:** Transit Equity Day, Open house at Grand River Station, 4p-7p
- 2/7:** Cabin Fever Fun: Holmen American Legion, 5:30pm
- 2/7:** Heart Walk & Expo, 8am-11am at YMCA Onalaska
- 2/7:** Brice Prairie Fishing Derby, Mosey Landing, sun-up til 3pm
- 2/7:** Chili Cook Off, 11:30am-2:30pm, Holmen High School
- 2/7:** Galentine's Day Brunch for New Horizons, 9:30am at the La Crescent Area Event Center
- 2/8:** Super Bowl / Valentines Makers Market, 10am-3pm at the Pettibone Resort
- 2/10:** Winter Market, 4pm-7pm, La Crescent Event Center
- 2/21:** Bloody's and Bingo, 9am-12pm West Salem American Legion
- 2/21:** Rummage Sale, 8am-3pm, Moose Lodge
- 2/22:** Bingo & More, 1pm-4pm, La Crosse Eagles Club
- 2/27:** Winter Choir Festival, Trinity Lutheran 1010 Sill St., 4pm.



Snowflake Ski Jumping Tournament 2026
Feb 6, 2026 – Feb 7, 2026
WESTBY, WI



Super Bowl LX (60)
Sunday, February 8, 2026
5:30 PM Levi's Stadium, Santa Clara
TV Broadcast: NBC, Telemundo, Peacock

GRANDMA'S OLD VALENTINE

In grandma's day the valentines
Were surely odd and weird,
Not much like the pretty ones
We're sending out this year.

Grandma has one she has treasured
For forty years or more;
It is one of the choicest keepsakes
Of all her precious store.

It's a valentine my grandpa
Made her long, long years ago
When she was young and handsome,
And he, her gallant beau.

There are scallops around the edges,
And a border, curved and quaint,
And a lady pasted on it
Who looks like quite a saint.

And the verse that's written on it,
With my grandpa's goose quill pen,
Is very sweet and tender -
Quite in love he must have been!

I don't think it's one bit pretty,
But grandma, in her stubborn way,
Likes it better than the fancy
Valentines we send today.

I wonder, will my valentines
As odd and old fashioned be
To children fifty years from now
As grandma's is to me?

Valentine's Day Word Search

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

- | | | |
|-------------|--------|-----------|
| BE MINE | CANDY | CARD |
| CHOCOLATES | CUPID | FEBRUARY |
| FOREVER | HEARTS | HUGS |
| I LOVE YOU | KISSES | LOVE |
| LOVE LETTER | ROSES | VALENTINE |

Cold Weather Pet Safety Tips

- WI Dept of Agriculture, Trade & Consumer Protection**
- Provide Adequate Food & Water**– Outdoor pets need extra, high quality food to produce body heat. They also need fresh, tepid water.
- Create Proper Shelter**– Outdoor animals need a dry shelter that is large enough to comfortably stand, sit, turn and lie down. Line the bottom with dry nonabsorbent material.
- Clean Up Antifreeze**– Leaked or spilled antifreeze is a deadly lure to animals with its sweet taste.
- Use Caution When Walking**– Rub petroleum jelly on your pet's paws before heading out for a walk. It protects them from salt.
- Provide Spaces for Sleeping**– Indoor animals need a warm place to sleep, off of the floor and away from drafts. This is especially true for old or ill animals.
- Use Caution with Cars**– Cats crawl under cars and into engine compartments seeking shelter and warmth. Bang on the hood before starting your car on cold days to startle animals.