

La Crosse Senior Life



March 2024



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

PRST STD
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We Need You! Let Your Voice Be Heard!

A primary function of the aging unit is to work for the development of a comprehensive and coordinated system for the delivery of social and other needed services. To carry out this role, the aging unit conducts planning focused on how the system of services looks to older adults. In La Crosse County, the aging unit is integrated with the Aging & Disability Resource Center (ADRC) and while planning and evaluation of services is ongoing, the ADRC has just begun a more formal process known as a three-year aging plan.

The next three-years will cover the period of 2025-2027, however we need your help now. Your input and engagement is key to the develop of the plan. Aging plans, to the greatest extent possible, should address local needs as defined by the community, including the users or potential users of the services. To collect this input, we have developed a survey. This survey will be mailed (or perhaps you have already ready received) to subscribers of this publication residing in La Crosse County. Please complete and return, using the self-addressed stamped envelop provided. Alternatively, you can complete electronically:

www.surveymonkey.com/r/lacrossecountyagingplan

In addition to completing our survey, you can attend one or more listening sessions (see below) where ADRC staff will be present to listen to attendees as they share their input. Registration is encouraged, and required to attend a caregiver-focused listening session virtually. To register, call us (ADRC) at 608-785-5700 or email adrc@lacrossecounty.org.

What is an aging unit and why is it important to give my input?

Aging units are a creation of Wisconsin law. They reflect the Wisconsin tradition of vesting authority for the planning and provision of services with local government. In large measure, aging units are a uniquely Wisconsin manifestation of the “aging difference.”

The aging unit belongs to and is governed by older adults. Older adults fill major roles in governing aging units and in determining how the aging unit serves older adults.

The aging unit empowers older adults. A key understanding within the aging network is that older adults are best qualified to advocate for the needs of their peers. The aging unit is obligated to assist older adults in helping themselves.

The aging unit focuses on change. The Older Americans Act requires the aging unit to advocate for local and societal changes on behalf of older adults.

Thus, the aging difference recognizes the need to plan **with** (not **for**) older adults. Aging plans shall show evidence that older adults were involved to a significant degree in the development of the aging plan.

We need you. Your input is important!

Caregiver-focused Listening Sessions

All sessions offered in-person or virtual. If interested in participating virtually, link will be provided at time of registration.

Monday, March 11th, 2pm-3pm
La Crosse County Administration Building
212 6th St N, La Crosse, Room 2106

Tuesday, March 19th, 9am-10am
La Crosse County Administration Building
212 6th St N, La Crosse, Room 2106

Monday, March 25th, 5pm-6pm
Onalaska Public Library
741 Oak Ave S, Onalaska

Nutrition-focused Listening Sessions

Tuesday, March 5th, 11:30 am
Community Connections Center
1407 St Andrew St, La Crosse

Friday, March 8th, 10:45 am
Onalaska Community Center
515 Quincy St, Onalaska

Thursday, March 14th, 2:15 pm
Hazel Brown Leicht Memorial Library
702 Industrial Dr, West Salem

Wednesday, March 20th, 11:45 am
Holmen Area Community Center
600 N Holmen Dr, Holmen

Friday, March 29th, 11:30 am
South Side Neighborhood Center
1300 6th St S, La Crosse



Another way to access our brief survey!



2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS

March is **National Nutrition Month** and this year’s theme is “Beyond the Table,” which inspires us to look *Beyond the Table* when thinking about our health and the environment. According to the Academy of Nutrition and Dietetics, the choices we make daily, including what we are going to eat and drink, can make a big difference—both now and in the future. Here are a few tips!

Focus on a Healthy Eating Routine

Many restaurants provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales.

Seek the Help of a Registered Dietitian Nutritionist (RDN)

RDNs can help you explore ways Beyond the Table to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

Learn What is Involved in Growing Your Food

Visit local farms or farmers market and talk with the people who are growing and harvesting your food. Some local farms even have tours, so people can see how they operate. You can also grow your own fruits and vegetables at home. Limited space? Grow herbs or lettuce indoors.

To learn more, visit www.eatright.org/national-nutrition-month.



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

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

Shared Ride does not enter into La Crosse.

Prices range from \$3.25-\$4.50.

To schedule a ride call 784-0000.

La Crosse County ADRC (Abby Vans) offers transportation for La Crosse County residents rides in La Crosse County Monday-Saturday from 7am-6pm and Sundays from 7am-2pm. Closed on holidays.

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

Wheelchair and electric scooters accessible.

Cost varies by zones:

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

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

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

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

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

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

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

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

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

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



MTM/ Veyo Medical Rides

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

Monday—Friday, 7am - 6pm

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

Visit the website at wi.ridewithveyo.org



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

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

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

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

Senior Medicare Patrols

Toll-free Helpline:

888-818-2611

Email: smp-wi@gwaar.org

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

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



Home-Delivered Meals Delivery

Deliver lunch and a smile! Most drivers like to drive 1-2 days a week, but you can choose to drive as little or as much as you would like. A schedule will be set up and available in advance based on your availability. Drivers must have a valid driver's license, good driving record, and proof of insurance. A mileage stipend is available. If you enjoy meeting new people, and want to make a difference in someone's life, this is for you!

We are in need of volunteers for La Crosse, Onalaska, Brice Prairie, West Salem and Holmen.

Meal Site Volunteer

Assist with packaging home-delivered meals, serve congregate meals, and clean-up meal site after meal service at one of our Senior Nutrition Program dining sites. Congregate meals are served Monday-Friday at 11:30 AM or 12:00 PM. Volunteer as little or as much as you would like. A schedule will be set up and available in advance based on your availability. If you enjoy being with and helping others, you will enjoy this role!

Call the ADRC at 608-785-5700 to see how you can help.

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

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

Please make checks payable and send to:

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

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

Either way, thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____

Address _____

City _____

State _____ Zip _____

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



DEMENTIA Live®

Proven. Powerful. Essential.

A  **Experience for Professional and Family Caregivers**

Tuesday March 12th, 8:30am-3:30pm
Eagle Crest South Bldg 1 La Crosse Auditorium (622 Bennora Lee Ct.)

Dementia Live is an evidence-informed, high-impact experience that immerses participants into a simulation followed by facilitated discussion resulting in a deeper understanding. In “living in their shoes,” we can create compassion and empathy.

This experience is free and open to the public.
To register for a 1-hour training session:
Call the ADRC at 608-785-5700



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

SPARK! on the Go!

Second Monday monthly – March 11 – Pump House Fine Arts 1:00pm-2:30pm
Call the Aging & Disability Resource Center 608-785-5700
Hosted by EndAlz Fest Foundation in partnership with the Aging & Disability Resource Center Dementia Care Specialist Program.

SPARK! at Clearwater Farms

Third Wednesdays monthly – March 20- Feeling Lucky 10:30am-12:00pm
Clearwater Farm 760 Green Coulee Rd. Onalaska
To register- anna@clearwaterfarm.org OR Call the Aging & Disability Resource Center 608-785-5700

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.
We come together & share a love of music.
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 or if interested in joining our group.

Book Club! “Keeping Love Alive as Memories Fade”

by Debbie Barr, Edward Shaw, Gary Chapman

3rd Thursday, 1:30pm-2:30pm
March 21st, April 18th, May 16th & June 20th
First Lutheran Church 410 Main St, Onalaska
* Books are available – request upon registration:
Call 608-785-5700

This book gently lifts a corner of dementia’s dark curtain to cultivate an emotional connection amid memory loss. Learn about the love languages and discuss how to apply them to your journey. Read about personal stories on how maintaining emotional intimacy amidst the disease.

Getting to Know Dementia– Teepa Snow Positive Approach to Care Workshop

Mondays 12:30pm-2pm
April 1st– May 6th

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

This workshop is designed to help participants:

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

Kinship for Caregivers Activity for At-home Connections

The Kinship program welcomes current and former dementia caregivers to participate to fostering new connections and preserve individual identity. Throughout the year, fun activities offered for caregivers and opportunity for education and conversation to improve the caregiving experience. During snowy months, at-home take and make bags for connection with your loved one are provided. Pick up bags at La Crosse County Aging & Disability Resource Center – while supplies last!

• March – Lucky Us Bag!

Hosted in collaboration with the La Crosse County Aging & Disability Resource Center Dementia Specialist Program, Dementia Friendly Community Coalition, Causeway Caregivers, and End Alz Fest Foundation.

Call to request a bag 608-785-5700

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

OASIS respite is a safe place for loved ones, allowing caregivers to make time for themselves along their caregiving journey. This program is designed to be affordable, through daily suggested donations, and provide purpose, social connections and stimulation for its participants.



Mondays 9am-11am and Thursdays 11am—3:00 pm
@ First Free Church in Onalaska

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

LOCAL DEMENTIA SUPPORT GROUPS

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

GROUP, TIME & LOCATION	DESCRIPTION & CONTACT
All-Stages Caregiver Group 2nd Tuesday monthly, 1:15pm-2:30pm Good Shepard Church 4141 Mormon Coulee	For caregivers only. Contact- Kathy 608-386-8908
Parkinson’s Disease Group 1 st Monday monthly, 5pm-6:30pm Black River Beach Neighborhood Center	For care partners and persons living with Parkinson’s disease. Register with La Crosse Park & Rec. 608-789-8640
Connect Smart Group 2 nd & 4 th Wednesdays, 12:30pm-2pm Community Connections 1407 St Andrew St	Group activity for people living with dementia. Care partner support and education in a separate room. Register with La Crosse Park & Rec. 608-789-8640
Frontotemporal Dementia Group 2nd Wed/Month, 2pm-3:30pm Holmen Area Community Center	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
Conversations with Kathy 4 th Tuesday monthly, 1pm-2:30pm La Crosse YMCA-GHS Healthy Living Center	Informal sharing with those who are on a similar journey. For caregivers only. Kathy 608-386-8908. Healthy Living Center is at the south entrance.
Circle of Support – Virtual 3 rd Thursday/Month, 2pm-3pm	Led by dementia care specialists from WI. Call for the virtual link: Becky 715-538-1930
Monday Coffee Connect - Virtual Weekly; Every Monday, 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link email: kflock@lacrossecounty.org
Evening Conversations - Virtual Weekly; Every Thursday, 7:30pm-8:30pm	Led by dementia care specialists from WI. Call for the virtual link: Becky 715-538-1930
For working caregivers - Virtual 1 st Monday monthly, 7pm-8pm	For those who provide caregiving responsibilities for their parents or family/friends of any dementia stage. For link email: kflock@lacrossecounty.org
Aging & Down Syndrome - Virtual 3rd Wednesday/month, 5pm-6pm	For people who provide care for aging individuals with Down Syndrome. Hosted by DSAW & ALZ Assoc. Email abigail@dsaw.org for questions/link

La Crosse 2024 Tax-Aide Services

Tax-Aide offers free tax preparation of basic Federal and State returns for low to middle income people of all ages

Tax-Aide phone number 608-588-6124

1. Determine If You Are Eligible for Tax Preparation With Tax-Aide

- You and your spouse lived in Wisconsin, entire year of 2023**
- If you or your spouse had jobs, earned income was from Wisconsin only
- You and your spouse are US citizens or have an ITIN
- You did not get married or divorced in 2023
- You have valid Social Security Cards for all taxpayers and dependents
- You have valid Photo IDs for all taxpayers
- If you are married, taxes will be filed jointly and both spouses will attend the appointment
- Only 2023 Taxes will be prepared

2. Schedule an Appointment

- Schedule using the National AARP Scheduler www.aarpfoundation.org/taxaide
- Email laxtaxquestions@gmail.com to receive a link to the La Crosse AARP Scheduler
- If you cannot schedule online, call (608) 588-6124 to schedule an appointment
- An appointment is required, drop ins will not be accepted
- Taxes will be prepared in one appointment, which might take up to 3 hours
- Appointments will be available **8:30 a.m. to 3:30 p.m.** from **February 5 - April 4** at the **La Crosse Hogan Administrative Center**, 807 East Ave South

3. Before Your Appointment - Pick Up an Intake Packet

- Intake Packets are available at any La Crosse Public Library
- This packet includes two questionnaires
- Fill out both questionnaires as thoroughly as possible and bring them to your appointment**
- If you are unable to pick up or to fill out these questionnaires, please arrive at your appointment 30 minutes early

Please do not call the Hogan Administrative Center with questions about Tax-Aide.

For help scheduling or to talk to a volunteer, call **(608) 588-6124**.

Watch Out for Social Security Scam Texts

By the GWAAR Legal Services Team (for reprint)

Some scammers have been using a new strategy to reach potential victims. The Social Security Administration (SSA) has received reports from people who received text messages on their cell phones that look like they were sent from SSA. The texts typically warn recipients about an issue with their Social Security Number (SSN) or their benefits and ask them to call a number to resolve the problem. Unfortunately, the goal of the texts is to convince recipients to call the number and disclose personal information, including SSNs, which may then be used to commit identity theft.

SSA will only send text messages to individuals who have opted in to receiving texts from the agency. In addition, SSA will only send texts:

- When individuals have subscribed to receive updates and notifications by text, or
- As part of the agency's enhanced security when individuals access their personal *my* Social Security accounts.

SSA will not send texts asking for return calls to an unknown number

If you owe money to SSA because of an overpayment, you will receive a letter that explains your appeal rights and payment options. The agency will not:

- Threaten you with arrest or other legal action unless you immediately pay a fine;
- Promise an increase in your benefits in exchange for payment;
- Require payment by gift card, wire transfer, bitcoin, or by mailing cash; or
- Send official letters or reports with your personal information via email.

If you receive a call, text, or email from SSA that appears to be suspicious, do not respond. Instead, you should report it online at

<https://oig.ssa.gov/scam-awareness/report-the-scam/>.

Handle Your Medications Safely at Home

By the GWAAR Legal Services Team (for reprint)

Keeping track of your medications can be complicated, especially if you are taking several prescription drugs for different medical conditions. Read on for tips for how to manage your medications safely.

- Follow your medication schedule, and take the proper dose. Confirm the dose and when to take each medication with your doctor or pharmacist. Remember that some medications should be taken with food while others should be taken on an empty stomach. Make taking your medications part of your daily routine. For example, you might take them as soon as you get up, after brushing your teeth, or with breakfast. Write down your medication schedule if that will help you remember, or consider using a pill organizer with compartments for days of the week and times of day so you know whether you've taken your medication.
- Make sure all of your medical providers know what medications you take and whether you are allergic to any medications. If you see different providers for different medical conditions, each provider might not know what the others have prescribed. Consider bringing a list of your medications and their dosages with you to appointments. Make sure your pharmacist knows about all of your prescriptions and over-the-counter medications. Filling all of your prescriptions at one pharmacy makes this easier.
- Talk to your medical providers about any possible side effects or medication interactions. For example, some medications interact poorly with alcohol, so ask your doctor or pharmacist if it is safe to drink alcohol while taking your medication. In addition, know who to call if you have a bad reaction to any medication.
- Store and handle medications safely. In general, you should keep them in a cool, dry place that is out of the reach of children. Some medications may need to be refrigerated. Medications that are not currently in your pillbox should be kept in their original containers. The labels on these containers have important information like the name of the medication, dosage, prescriber's name, and the expiration date. The labels might also tell you how to store the medication and what side effects may occur. Make sure you take your medication in a safe environment. For example, if you are in a room with poor lighting, or you are tired or distracted, you might take the wrong medication or the wrong dosage. Never take medication that was prescribed for someone else.
- If your doctor tells you to stop taking a medication, dispose of it immediately. You should also dispose of any medications that have expired. Do not keep them because you think you may need them in the future, as medications that have expired or that you have been told to stop taking may cause bad side effects or interact with other medications. The Wisconsin Department of Justice coordinates two drug take back days each year throughout the state. In addition, permanent drug drop boxes throughout the state are open year-round and can be found at hospitals, pharmacies, and police departments, as well as other locations. For more information about safe disposal of medications, please see: <https://www.dhs.wisconsin.gov/opioids/safe-disposal.htm>. Please note that you should never flush unused or expired prescription medications or pour them down a drain.

Social Security Basics – Applying for Disability

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

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

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

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

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

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

Must provide an email if attending virtually.

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Zumba w/Lynne: Mondays & Wednesdays, 5:30pm-6:30pm (no 3/4).
Mah Jongg Club: Tuesdays, 12pm-3:30pm; \$2/session
Knitting Group: Thursdays, 5pm-7pm; \$1/week
Parkinson's Disease Support Group: Mon., Mar. 4, 5pm-6:30pm. Free
International Folk Dance: Wed., Mar. 6 & Sat., Mar. 16, 7pm-9:30pm; \$2/session
Your Affairs in Order – Estate Planning for You & Family: Thurs., Mar. 7, 10am-11:30am; register 1 day prior. Free
It Takes a Village – Discussion Group: Thurs., Mar. 7, 1pm-2:30pm. Free
Line Dancing Classes: Fridays, Mar. 8 & 22, 10am-11am; register 1 day prior; \$2/session
Rebuilding American Civics – Session 2: Fridays, Mar. 8, 15, & 22, 12:30pm-2pm; register 1 day prior. Free
Medicare 101 – Understanding the ABCs: Wed., Mar. 13, 10am-11am OR 6pm-7pm; register Friday prior. Free
Great Rivers 211 – Disaster Preparations: Thurs., Mar. 21, 10:30am-11:30am. Free
Monthly Card Creations: Wed., Mar. 27, 12pm-7pm; register Friday prior; \$12/session

COMMUNITY CONNECTIONS CENTER

1407 St. Andrew Street, La Crosse

Most programs require registration: 608-519-2088

www.cityoflacrosse.org/parks

Coulee Region Wood Carvers: Tuesdays, 12pm-7pm.
Art Club: Thursdays, 12pm-3pm; \$2/session.
Chair Fitness: Tuesdays, 10am-11am; register Friday prior. Free
Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; register.
Wise Wednesdays: Wednesday, Mar. 6 & 20, 10:30am-12pm; register 1 day prior. Free
Bingo: Wed., Mar. 6 & 20, 12:30pm-1:30pm; register 1 day prior. Free
Connect2Nature – La Crosse Dive Unit; Canine Search/Rescue: Tues., Mar. 12, 12:30pm-2pm; register 1 day prior. Free
Coping with Grief & Loss: Wed., Mar. 13, 10am-11:30am. Free
Tech Help: Wednesdays, Mar. 13 & 27, 11am-12pm; register 1 day prior. Free
ConnectSmart: Wednesdays, Mar. 13 & 27, 12:30pm-2pm; register 2 days prior. Free
Chair Yoga w/Jamie: Thurs, Mar. 14 & 28, 10am-10:45am; register.
What Seniors Should Know ... Selling Their Home: Thurs., Mar. 14, 12:30pm-1:30pm; register 2 days prior. Free
Taste of Vietnam – Spring Rolls: Tues., Mar. 19, 10am-11:30am; register by March 12. Free
Bridging Generations w/UWL Gerontology Club: Tues., Mar. 19, 2pm-3pm. Free
Travel Tales – Back to Italy!: Tues., Mar. 26, 12:30pm – 2pm. Free
Introduction to Tai Chi: Thurs., Mar. 28, 10:45am-11:30am; register 2 days prior. Free
Senior Meal Site Open: Lunch served at Community Connections Center at 11:30am, Monday-Friday. Call 608-792-4487 by noon the day prior to reserve a meal. Suggested donation is \$4.



600 N Holmen Dr.
608-399-1870

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

Indoor Walking: Monday, Wednesday, Fridays: 7am-10am & 11am-12pm; Tuesday & Thursdays: 7am-10am & 11am-2:30pm
Pickleball: Tuesdays & Thursday: 12:30pm – 2:30pm
Line Dancing Classes: Mondays from 4pm – 5pm
Salsa Dancing Classes: 1st & 3rd Fridays from 6pm – 7pm
Active Adult Fitness: Tuesdays & Thursdays at 10am
Ukrainian Egg Decorating: Sunday, March 3rd or Tuesday, March 12th from 1pm – 4pm *Cost: \$25/\$30 (non-members)
Mindful Yoga: Tuesdays & Thursdays at 8:45am
Muscles in Motion: Tuesdays at 9am
StrongBodies Virtual Strength Training: Mondays at 9am
Chair Yoga: Mondays at 9:15am
Tai Chi: Tuesdays at 11am thru March 5th
Bingo: Wednesdays & Fridays at 1pm
Euchre & Cribbage Tournament: 1st & 3rd Tuesdays at 6pm
Mah Jongg Club: Mondays at 1pm
Good Morning Holmen! 3rd Friday each month from 9:30am – 11am (3/15)
Crafting with Pam: Thursday, March 14th at 1pm (Craft Project: Coaster Sets)
Diamond Art: Wednesdays at 9am
Crafternoon Social: 1st & 3rd Thursdays at 1pm
I Heart Art: Mondays at 9am
Wafer Mobile Pantry: 4th Tuesday each month 12:30pm-1:30pm
Hearing Evaluations: 1st Tuesday each month at 10am
Instrument Checks: 3rd Tuesday each month at 10am
Medicare 101: Wednesday, March 6th at 11am
FREE Blood Pressure Checks with Brightstar: 4th Wednesday 11am-1pm
Music with Greg Grokowsky: 2nd Tuesdays at 11:30am
FTD Support Group: 2nd Wednesday of each month at 2pm
Veterans Services Hours: 1st Thursday of each month at 12:30pm to 4:00pm
Holmen Area Historical Society: 1st Monday of each month at 6pm

Powerful Tools for Caregivers: Wednesdays, starting April 10th
Senior Nutrition Program: 12pm lunch, Mon-Fri. New clients register by calling 608-785-5775. Already registered, call the meal site at 608-317-8104 to reserve a meal.

www.holmenc.org for more programming details

South Side Neighborhood Center

1306 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live virtual link to instructor, Mondays & Thursdays, 9:30am-10:30am; register.
Yoga with Renae: Wednesdays, 5:30pm-6:45pm; register.
Music Café: Thursdays, Mar. 7, 14, & 21, 1pm-2pm. Various groups.
Senior Meal Site Open: Lunch served in dining hall at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals also offered.

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Email: harryjolson@gmail.com



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

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

Mondays– **Games with Gordo**, 1pm.
 March 11– **Craft Corner**, 11am
 March 21– **Wednesday for Lunch**, 11am-12:30pm

Heroes Café

Fridays, 8am-10am

Festival Foods in the Village

Gathering together veterans for free coffee, donuts and conversation.



"Fishing for Memories"

Sunday, May 19th from 11am - 2pm

The Hatchery located within Riverside Park

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

Fundraising event to benefit Causeway

Caregivers Volunteer OASIS Day Respite Program.

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



ONALASKA OMNI CENTER EVENTS

255 Riders Club Rd.

608-781-9566

Mah Jongg: Wednesdays 12pm - 4pm
Bridge: Mondays 12pm-4pm & Fridays 12:30pm-3:30pm
Cornhole Tournament– Mar 9 for Childrens Miracle Network
Family Fun Carnival– March 10, 9am-4pm
Indoor Garage Sale– March 16, 8am-3pm
Home Show– March 22-24
Donkey Basketball– March 27, 6pm
Easter Egg Hunt–March 30, 7am-1pm
Cabin Fever Frenzy – Apr 5, & 6

Food Resources

With March comes the promise of spring, blooming flowers, and the planting of new crops. This time of year is essential for farmers and their communities that depend on produce in the coming months. Food resources can become a source of struggle for those that fall into hard times. In times of need, people may turn to food pantries for assistance. Oftentimes food pantries may be run by local churches or other nonprofit organizations in the community that may receive surplus food items from local farmers or grocery stores. Schools have their own food programs to help students and struggling families as well. These programs might include Brown Bag or "Backpack" programs, for students to take nutritious food items home over the weekend, or Free/Reduced lunch or Breakfast programs for those that meet income criteria. The U.S. federal government also administers the Supplemental Nutrition Assistance Program, formerly known as Food Stamps - to assist seniors and families that are low-income.

If you or someone you know is struggling with food resources, please contact 211 for information on food resources in that area!

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

Available 24 hours a day, 7 days a week

Free and Confidential

Serving Western Wisconsin, Southeastern Minnesota, and Northeastern Iowa

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

Language Interpretation is available.

Chat with us at our website www.greatrivers211.org

Or text your zip code to 898211

Food Product Dating

USDA estimates that 30 percent of the food supply is lost or wasted at the retail and consumer levels. One source of food waste arises from consumers or retailers throwing away whole-some food because of confusion about the meaning of dates displayed on the label. To reduce consumer confusion and wasted food, it is recommended that food manufacturers and retailers that apply product dating use a "Best if Used By" date.

Examples of commonly used phrases:

- A **"Best if Used By/Before"** date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- A **"Sell-By"** date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- A **"Use-By"** date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

A **"Freeze-By"** date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

Are Foods Safe to Eat After the Date Passes?

With an exception of infant formula if the date passes during home storage, a product should still be safe and wholesome if handled properly until the time spoilage is evident. Spoiled foods will develop an off odor, flavor or texture due to naturally occurring spoilage bacteria. If a food has developed such spoilage characteristics, it should not be eaten.

Cowboy Caviar

- 1 tablespoon oil (canola, olive, or vegetable)
- 1 tablespoon cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon Dijon mustard
- 1 can (15 ounces) beans (drained and rinsed)
- 3/4 cup frozen corn, thawed
- 1/2 cup onion, diced (1/2 medium onion)
- 1/2 cup bell pepper, diced (1/2 medium bell pepper)
- 1 cup tomatoes, chopped (1 medium tomato)
- 1 avocado, chopped

Whisk oil, vinegar, lemon juice, and mustard in a small bowl. Stir beans, corn, onion, bell pepper, and tomatoes in a medium bowl.

Pour liquids over bean mixture. Cover. Refrigerate until ready to serve.

Add avocado just before serving. Gently stir to combine. Serve 10
Karie Johnson, FoodWise Nutrition Education Coordinator



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

Clients may either receive a food package at the WAFER in-house pantry **or** at the Mobile Food Pantry, not both.

Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at

wafermobile@waferlacrosse.org or 782-6003.

NEW LOCATION- 1603 George St. La Crosse

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

Senior Stock Boxes

is a monthly meal program. The Hunger Task Force of La Crosse has set up for seniors 60+ who meet a certain income level. The income limits are \$1,580 for a 1-person household, \$2,137 for a 2-person household, add \$557 for each additional person. These boxes will be delivered to the doors or certain pick-up sites of those participating in this program. The boxes may include items: cheese, canned fruits, canned vegetables, juice, cereal, canned and dry milk, peanut butter, canned meat, canned soup, rice, instant mashed potatoes, or pasta.

To apply call The Hunger Task Force at 608-793-1002.

Free Brain Checks

March 11th, 9am-3:30pm

Onalaska Public Library



BrainCheck

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning. Just like blood pressure, cancer, or diabetes screening, brain checks can help you identify early; both the irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Open to the public. This is not intended for people with diagnosed dementias. Call for your 30 minute appointment. 608-785-5700.

Next Brain Check is April 8, West Salem Library

THE FOOD BASKET FEEDING PEOPLE IN NEED

735 Sand Lake Rd. Onalaska American Legion
608-783-7722 (building in back right corner of the parking lot)

Monday 3:30pm - 5:30pm

Tuesday 9am - 11am

Wednesday 9am - 11am & 2pm - 4pm

Thursday 9am - 1pm



Serving families in crisis and low income residents of Onalaska, Holmen, French Island, Galesville, Melrose and Mindoro.

Visit MyVote.wi.gov for the following:

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



**Spring Election
April 2nd**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. Menu subject to change without notice.				Fish Sandwich on a bun 1 Oven browned potatoes Peas Apple crisp w/ raisins
Meatloaf 4 Mashed potatoes & gravy Creamed corn Banana cake	Rosemary pork loin 5 Mashed potatoes & gravy Squash, dinner roll Marble cake 	Ham w/ pineapple 6 Sweet potato bake Green beans, rye bread Chocolate pudding	Chili 7 Baked potato Spinach salad Cornbread muffin, banana	4 cheese Mac & Cheese 8 Broccoli & cauliflower Fresh fruit salad Blueberry crumble
Pulled pork on a bun 11 Hashbrown bake Baked beans Fruited jello	Spaghetti, breadstick 12 Romaine salad Ambrosia cup, Breadstick Snickerdoodle cookie	Baked 1/4 chicken 13 Garlic mashed potatoes Country blend veggies Fruit fluff, dinner roll	Irish boiled dinner 14 Pears Lime poke cake  Rye bread	Baked cod 15 Potato wedges Creamy coleslaw Peaches, dinner roll
Sweet & sour pork 18 Rice blend Green beans Melon cup, muffin	Beef stroganoff 19 Egg noodles Peas & carrots, dinner roll Rosy applesauce	Chef salad 20 Potato soup Muffin Sugar cookie, crackers	Turkey & gravy 21 Sage & celery stuffing Green bean bake Cranberry jello	Vegetable lasagna 22 Romaine salad Fruit cup, garlic breadstick Chocolate chip cookie
Pork roast & gravy 25 Mashed potatoes Buttered peas Pineapple	Turkey tetrazzini 26 Romaine salad Peaches Peanut butter cookie Breadstick	Tartor tot casserole 27 Broccoli Fruit salad Frosted brownie Bun	Mushroom swiss burger 28 Potato wedges Mixed vegetables Fruit cup Ketchup, mustard, onion	Holiday Sites Closed 29

Onion Pan Fried Pork Chops

- 1 (1 oz) envelope dry onion soup mix
- 2 pork chops
- 1/4 c. flour
- 1 c. olive oil for frying



Pour soup mix and flour into bowl. Heat oil in heavy skillet over medium heat. Coat pork chops in flour mixture and shake off the excess.

Carefully place in hot oil. Turn chops over after 30 seconds to quickly sear both sides. Cook for about 4 minutes per side until desired doneness. Serves 2

Ambrosia for One

- 1/4 c. canned pineapple tidbits, drained
- 1/4 c. canned mandarin oranges, drained
- 1/4 c. shredded coconut
- 4 maraschino cherries, sliced
- 1/4 c. mini marshmallows
- 2 T. chopped pecans
- 1/3 c. vanilla yogurt

Drain fruit well. Mix all ingredients gently into a bowl. Let the salad chill in refrigerator for at least one hour before eating.



Broiled Tomatoes for One

- 1 large ripe tomato
 - 1 t. olive oil
 - 1 clove minced garlic
 - 1/4 t. Italian seasoning
 - 1/3 c. parmesan cheese
- Preheat your broiler on high (500 deg) Position oven rack 6 inches below the heating element. Cut the tomato into halves and place on a foil-lined baking sheet. In a bowl whisk the oil, garlic and seasoning. Spoon the mixture over each tomato halves. Top with parmesan cheese. Broil for 3-4 minutes until lightly browned.



Creamed Eggs on Toast (perfect for leftover Easter eggs)

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 cup milk
- 2 hard boiled eggs
- 2 slices toast

In a small pot over medium heat, add butter and stir until melted. Sprinkle flour and salt in pan and whisk together with the butter.

Cook flour and butter for about 1 minute or until the flour and butter become fragrant. Add about half of the milk and stir until the mixture becomes thick.

Add the remaining milk and stir until the mixture becomes thick. Add chopped egg, reserving some of the chopped egg for garnish. Serves 2



Chicken Salad for One

- 1 c. diced cooked chicken
- 1 celery rib, chopped
- 1/2 c. chopped red grapes
- 1/4 c. chopped dill pickle
- 2 T chopped pecans (optional)
- 3 T mayonnaise
- 1 T mustard
- 1/8 t salt
- 1/8 t pepper

Add all ingredients into a bowl and stir well. Ways to serve: on sliced bread, lettuce wraps, stuff a ripe tomato, bed of greens or use as a cracker spread.



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

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

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

ADRC NUTRITION OFFICE PHONE IS 608-785-5775



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

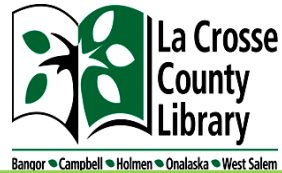
Meals are delivered Monday through Friday from various sites located in La Crosse County.

In order to qualify for this program, you must:

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

La Crosse Main Library**800 Main Street | 608-789-7100****Monday Mornings at Main:** Mondays from 10am-11am**Creation Space Open Lab:** Mon 3pm-5pm, Tues 1pm-3pm, Wed 5pm-6:30pm, Thurs 10am-12pm, Sat 9am-12pm.**Yoga for All:** March 9 at 10:30am**Chair Yoga:** March 7 & 21 at 10am**Chair Fitness:** Mondays at 9am**Hearthside Chapters:** March 9 at 10am, *Closer by Sea***Story Time for Adults:** March 19 at 6:30pm**Islands of Brilliance: The Fellowship–** Thursdays at 4:30pm**Spring Home Maintenance with Habitat for Humanity:** March 12 at 5:30pm**Indigenous Film Series:** March 14, 5pm**Knit & Needle:** March 6, 5pm-6:30pm**Technology & Skills Development:** March 20, 11am-12pm**Friends Book Sale:** Mondays 9am-12pm**Veteran Services:** March 5, 1pm-4:30pm**Homebound Delivery Service:** Free home delivery to any person who is temporarily or permanently unable to come to the library because of illness, disability, or other factors and lives within the city of La Crosse. 608-789-7125.

Bangor • Campbell • Holmen • Onalaska • West Salem

Phone: 608-399-3390

Email: libraryprograms@lacrossecounty.orgWebsite: lacrossecountylibrary.org

Locations in Bangor, Campbell, Holmen,

Care facilities are invited to participate in our Outreach Puzzle Battle. Teams have until March 23 to complete a 300-piece puzzle that we provide and can win a prize.

Email libraryprograms@lacrossecounty.org for details.

All locations: Can You Haiku? Submit a haiku poem in March for display on our outdoor Story Strolls in May.

Bangor “Game Day” meets the second Thursday at 1:30pm.

Bangor “Cupcakes & Canvas” on March 7 at 6:30pm. Cost is \$15; registration required.

Bangor “Jigsaw Puzzle Battle” on March 12 at 6pm. Registration required.

Bangor movie on March 21 at 2:30pm and 6pm.

Campbell Book Club meets the second Tuesday at 6pm.

Campbell movie on March 15 at 1:15pm.

Holmen movie on March 11 and March 25 at 2:15pm and 6pm.

Onalaska Senior Moments on Wednesdays at 10am:

March 6: Badger Aces

March 13: The Aprons of Evelina Grimes

March 20: Dead Lines with author George Hesselberg

March 27: In Search of the Wisconsin Sasquatch

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

Onalaska “Author Talk & Book Signing: John T. Umhoefer” on March 16 at 10am.

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

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

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

The La Crosse Area Retired Educator Association will hold their March luncheon meeting at Cedar Creek Country Club beginning at 11:30 on **Wednesday, March 6**. Our speaker will be discussing the **Enduring Families Project of the La Crosse Historical Society**. The cost of the meal is \$15.

All who have retired in public education in Wisconsin are invited to come. Reservations are required and may be made by calling Sherry at 608-788-3875 or through email at lacrosserea@gmail.com.

American Legion Post 52

711 6th St. S., La Crosse

608-782-3232



3/3- SOS Breakfast, 7:30am-11am
3/8- RCCW Pro Wrestling, 6pm
3/9- Grumpy Old Men, 2pm, \$5
3/9- Spaghetti Dinner, 5pm until gone, \$10
3/15- Fish & Wings, Karaoke with Rose, 6pm-10pm
3/17- Corn Beef & Cabbage dinner, 11am til gone
3/1, 3/22 & 3/29- Fish Fry and live music

Concordia Ballroom

1129 La Crosse St. La Crosse

608-782-7049

www.concordiaballroom.com

Dances every Sunday, 1pm-5pm
3/15- **Grumpy Old Men Band**, 7pm

**American Legion Post 417**

700 Fisherman's Rd. French Island

783-1838

Chicken Que- March 2**West Salem American Legion Post 51**

West Salem 608-786-0051

3/1, 3/15 & 3/29-Fish & Shrimp

3/2- American Legion Birthday Party, 4pm

3/4- Bingo at 5:30pm

3/9- Gun Raffle at 4:30pm

3/10- Breakfast Buffet, 8am-11am

3/18- Corned beef & cabbage, 5:30pm

3/24- Designer Purse Bingo, 4pm

**Onalaska American Legion Post 336**

731 Sand Lake Rd. Onalaska 783-3300

Tuesdays– Bingo at 6pm, Taco specials**Thursdays**– Euchre, 12pm-3pm. \$4 burgers**Fridays**– Fish Fry, 11am-2pm & 4pm-8pm, Live Music**SAL Breakfast**– Mar 17 & 31, 7:30am-11am**Veteran Services Office**– 2nd Wed each month, 1pm-4:30pm**Racing Smoker**– Mar 16, 2pm-7pm**NARVRE Meeting**– Mar 12 at 10am**Holmen American Legion Post 284**

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

Thursdays– Bingo at 6pm**Fridays** Fish Fry– 4pm-7pm, Karaoke 8pm-12am

3/2- Mingles Night, 5pm-9pm for 55yrs+ socializing party

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

4/13- Adult Prom, 8pm-12am

**Blood Drives for March**

3/5- La Crosse YMCA, 9am-2pm

3/6- Bangor High School, 12pm-5:30pm

3/7- West Salem High School, 8:45am-2pm

3/11- St Joseph Cathedral, 11am-4pm

3/12- Onalaska YMCA, 10am-3pm

3/12- Moose Lodge, 11:30am-5pm

3/12- Journey Lutheran Church Onalaska, 10am-3pm

3/13- Moose Lodge, 7am-12pm

3/14- Moose Lodge, 9am-2pm

3/15- Valley View Mall, 11am-4pm

3/19- Onalaska Library, 12pm-5pm

3/21- St Matthews Church Stoddard, 12:30pm-4:30pm

3/21- River of Life Church Onalaska, 11am-4pm

3/25- West Salem Presbyterian Church, 12:30pm-5:30pm

3/25- Dahl Auto Museum La Crosse, 12pm-5pm

3/26- WTC Health & Science Center, 10am-3pm

3/28- Luther High School Onalaska, 10am-3pm

3/29- Pearl St Brewery, 11am-4pm



La Crosse Blood Donation Center– call for appt.

1-800-RED-CROSS

Versiti Blood Center– call for appt.

(877) 232-4376.

Old Main Cultural Center

20869 S College Ave. Galesville

608-582-4412

Yoga with Kim– Tues, Weds, Thurs **Qigong**– Tues
Board Game Social– 2nd Friday/month, 6pm-9pm
Mar 3– 2:30pm, **Iva Ugrcic & Satako Hayami Concert**
Mar 9– 1pm, **Ron Wigdal metal detector finds**
Mar 16– **Irish Holiday**, 6pm dinner, 7pm music
Mar 22– 7pm, Silent Movie “**Sheik**”
Mar 24– 3pm, **Pam Kelly Classic Concert**
Mar 30-5pm, **Wise Water botanical class**

Sharing Your Priorities for our Community's Health
 Greetings La Crosse County residents! Over the last year, the La Crosse County Health Department has been working closely with Great Rivers United Way and our regional partners on a project called the CHA, or Community Health Assessment. We are nearing the end of our project and before we wrap up, we want to talk about health with our community. We know there are many health topics to talk about, and we want to know which ones are most important to you, your family, and your neighbors. Your feedback will help us know where to focus our efforts in the next three years. Supporting you and your family is a priority of ours and your input is important. Join us at one of our upcoming events to chat with our team and share your thoughts!

<p>March 13, 2024 11 am - 12:30 pm</p> <p>Myrick Park Marshview Room 789 Myrick Park Dr. La Crosse, WI 54601</p>	<p>March 21, 2024 5:30 - 7 pm</p> <p>West Salem Library Community Room 702 Industrial Dr. West Salem, WI 54669</p>	<p>Virtual Option March 19, 2024 5:30 - 7 pm</p> <p>Can't make it in-person? Contact Liz Evans at levans@gruw.org to join the virtual group.</p>
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Independent Living Resources Assistive Technology & Donation Closet

Independent Living Resources (ILR) has a special closet where they keep helpful tools and medical equipment that people have used before but are still in good shape. These items are safe to use. People and groups in the community donate items, and then ILR gives them to people who need them. The best part is, it doesn't cost anything to get these items. Here are some examples of items in the donation closet:

- Wheelchairs
- Knee Scooters
- Walkers
- Shower Chair/Bench
- Leg Lifter
- Grab Bars
- Bed Handles
- Hearing/Vision Devices

ILR also has assistive technology (AT) devices available for short term loan and demonstration. An Independent Living Specialist can assist you in figuring out what devices are right for your needs. They can tell you where to buy them and if there is financial assistance available.

Need something from the closet? Want to donate? Call ILR! 608-787-1111

For more information visit: www.wisconsinat4all.com

Healthy Living with Mild Cognitive Impairment Education Series Support Luncheon
9:30am-11:30am on Friday March 15th
Black River Beach Neighborhood Center- Maplewood Room. Free, Registration required*: 608-785-5700
 For people and families living with Mild Cognitive Impairment (MCI). Live-stream facilitation by Dr. Nathaniel Chin, a memory clinic doctor, with UW Health and medical director of the Alzheimer's Disease Research Center.
 Join us for research and education presentations, then stay for casual conversation and lunch.
 Hosted by the ADRC of La Crosse County Dementia Care Specialist Program. Sponsored by Wisconsin Alzheimer's Institute Disease Research Center, Madison WI and Funded by The Kathy and Jack Lucey Family Fund for Alzheimer's.

REACH Services and Resource Center
 The REACH Center is a place where multiple agencies assist with housing navigation, homeless prevention, mental/AODA support, healthcare, violence prevention & support in one spot.

Walk-in services available: Monday & Tuesday 8am-4pm, Wednesday 10am-4pm, Thursday & Friday 8am-4pm
 212 11th St S. La Crosse 608-781-2783 ext 200

Reachcenterlacrosse.org • info@reachcenterlacrosse.org

Online Adult Support Group
 Peer support for adults with Autism 18+ years old
Every other Tuesday 7:00pm
 This online, peer-led support group is for adults with autism. It is an opportunity to meet other autistic adults in a casual and welcoming environment, to share experiences, resources, challenges, triumphs, and to lessen feelings of isolation.
 Register online: www.autismgreaterwi.org

Livin' Ona Spare! Adaptive Bowling
March 11, April 8 & May 13
5:30pm @ Features in West Salem
For adults 18+ with cognitive or mobility challenges
\$8 for 2 games and shoes
 Contact Keri: meske@onalaskaschools.com




35th Annual Conference— Autism Society of Greater Wisconsin
April 25-27, 2024
 Kalahari Resort & Convention Center- Wisconsin Dells

Connect. Learn. Engage. This conference brings the Autism community together to learn, connect and belong. It is a place where Autistic adults, parents, family members and professionals come to share experiences and learn together.
 Learn more and register online at: www.autismgreaterwi.org/2024-annual-conference/
 Questions? Contact: Amber LeFevre, alefevre@autismgreaterwi.org

Coffee Connect for Visually Impaired Persons (VIP)
 Open to people with visual impairments and their caregivers.
Meets 1st Friday of the month, 10:45am—12pm
 Harry J. Olson Senior Center 1607 North St., La Crosse
 Zoom option available.
 Contact Jeannie Nylander Phone: 608-781-3361 Email: mjnylander61@charter.net

Stepping On Classes
Mar 25 – May 6
 2pm-4pm
 Gundersen Clinic Onalaska



7 week program designed for people over 60 years, living at home and have experienced a fall or concerned about falling. This class is not for those suffering from dementia. To register call Gundersen Health Systems at 775-2011

Agging Mastery Program
March 28-April 25 Thursdays, 1:00pm-2:30pm
Holmen Area Community Center

Each week will focus on a different topic related to aging (exercise, sleep, healthy eating, financial fitness, medication management, advance planning, healthy relationships, fall prevention, and community engagement). Each participant will utilize an *Agging Mastery Playbook*, a book developed by the National Council on Aging, to help guide us through these topics. Classes will include presentations from area experts, hands-on activities and facilitated discussion among participants.
 Register at holmenc.org or call (608) 399-1870.

Powerful Tools FOR Caregivers



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources
Balance your Life
Take Care of Yourself



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

Participants will learn to:

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

Class meets for 90 minutes once a week for 6 weeks

Dates: April 10, 2024, to May 15, 2024 from 1:00 PM to 2:30 PM

Location: Holmen Area Community Center
600 N. Holmen Dr
Holmen, WI 54636

Cost: Workshop is FREE!

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

Space is limited!

You do not need to be a La Crosse County Resident to attend this class.

To register contact:
ADRC of La Crosse County
at 1-800-500-3910
or 608-785-5700

Choosing The Right Products When Assisting In The Bathroom (reprinted from Trualta)

What is incontinence?

Incontinence means a lack of bladder or bowel control. Incontinence is a common problem that people who have physical or cognitive challenges face. As people age, the likelihood of incontinence increases. The good thing is, we live in at a time where there are many products available that can be used to manage incontinence.

Products for Minor or Occasional Incontinence

If your loved one has incontinence that is limited to occasional leaking of urine, it can usually be managed using small disposable pads. Thin menstrual pads or products designed for urinary incontinence are readily available and inexpensive. These products attach to underwear using built-in tape. These products are discreet and comfortable.

Products for Frequent Incontinence

There are many products available for frequent incontinence. Disposable underwear and incontinence briefs are readily available and useful. You may also opt to use reusable cloth briefs. However, reusable products do not keep skin as dry as disposable products and some find them to be less convenient. The most inexpensive way to purchase them is to buy them in bulk.

Some products attach to belts with buttons or other fasteners. While slightly less expensive, these types can leak and are not recommended.

Adult Incontinence Briefs make care easier

Adult incontinence briefs work well for people that have less ability to move around on their own. For example, individuals who must remain in a bed, use a wheelchair, or need assistance with transfers and positioning can benefit from adult incontinence briefs. The tab openings on the sides of incontinence briefs make them easier for caregivers to change than products that are designed like underwear. Trying out a few different products might help you decide which one works best for your loved one.

Important Note

There are some new tools available which relieve incontinence by putting pressure on the urethra. The use of these devices is not recommended for individuals who are unable to perform self-care of these devices. The devices may be forgotten and left in place for too long. Irritation of the urethra can also occur. An increased risk of urinary tract infections may occur with the use of these products.

Ensure Healthy Skin

- Always clean the skin carefully every time your loved one experiences incontinence. Clean the skin from front to back. Do not reuse washcloths or disposable cleansing cloths by repeatedly wiping from front to back.
- Consider buying and using a skin barrier if your loved one experiences incontinence frequently. There are a variety of skin barrier products available. Creams or ointments that contain zinc oxide, lanolin, or petrolatum form a barrier on the skin, preventing skin breakdown. There are also sprays or wipes that can create a clear, protective film over the skin. Speak to your local pharmacist or health care professional about products to help protect the skin.
- Do not apply double layers of incontinence products to increase absorbency. This prevents air flow and increases the risk of skin breakdown.

Other Tips

- Dispose of soiled incontinence products by putting them in a plastic bag and placing them in a covered garbage container.
- Carry incontinence products, cleansing products, disposable gloves, and plastic bags when you and your loved one are away from home. Bring an extra change of clothes with you so that way you will be prepared if your loved one experiences incontinence.

Caregiver Fun!

April 4- 1:30-2:30pm Conversation Over Cups at Panera Bread 1230 Crossing Meadow Drive Onalaska

May 2- 1:30-2:30pm Growing Connections: Plant a succulent! Black River Beach Neighborhood Center 1433 Rose St. La Crosse

June 6- 12:30-2:30pm Celebrate June Dementia Awareness Month! West Salem Library (702 Industrial Dr.)

July- Summer Sampler take home kit only
* Pick-up at ADRC or OASIS. Available by June 24 and while supplies last!

August 1- Pontoon Ride on Lake Onalaska.
Time TBD

Please Register: Call the ADRC at 608-785-5700

Looking for a few good MEN...

TO JOIN THE MEN'S CLUB STEERING COMMITTEE

What do men need to be active, engaged, sharing skills, having fun, and making contributions?

What opportunities would you like to see in your community?

2024 Meeting Dates
Time: 2:00 to 3:00 PM

January 23
February 27
March 26
April 23
May 28
June 25

Location: ADRC of Monroe County
Conference Room
315 Oak St S
Sparta, WI 54656

For more information, call:
VA Caregiver Support/ Veteran Community
Partnership
608-372-3971 x66279
ADRC of Monroe County 608-269-8690
ADRC of La Crosse County 608-785-5700



**La Crosse Parks & Rec
Senior Excursions**

For ages 50+
Call 608-789-7533 to register.

- March 24:** Mamma Mia! at the Overture Center Theater
- April 2:** All things Polish – “You Bet Your Sweet Dupa,” Winona
- April 13:** Texas Tenors at the Middleton Performing Arts Center
- April 19:** Beautiful: The Carole King Musical! at the Fireside Theater
- April 30:** National Brewery Museum and Dickeyville Grotto



**WEBER CENTER
FOR THE PERFORMING ARTS**

www.webercenterarts.org
608-784-9292

- March 1 & 2– Come Back**
- March 15-24- The Odd Couple**
- March 29-Just Like Me free event**
- April 19-28– A Doll House Part 2**
- April 20– Charlotte’s Web**

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

**Viterbo University
Fine Arts Center**

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



**VITERBO
UNIVERSITY
FINE ARTS CENTER**

- Bat Boys: The Musical- March 1- 3**
- UWL Wind Ensemble & Symphony
Orchestra Concerts–March 3**
- Natalie MacMaster & Donnell Leahy– March 13**
- Malevo– March 22**
- Godspell– April 19-21**

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

**LA-CROSSE
CENTER**

www.lacrossecenter.com

- 3/3– Wedding World
- 3/15– Wrestling Championship
- 3/16– Pabst vs Old Style 1-5pm
- 3/23– Brantley Gilbert Concert
- 3/22-24 Custom Auto Show
- 4/1– Daughtry Concert

MARIE HEIDER CENTER FOR THE ARTS

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

- Mar 8– How Sweet It Is-Music of James Taylor**
- Mar 16– The Little Mermen**
- Apr 12– A Celebration of Carole King**

**Join the Upper Mississippi River National Wildlife and
Fish Refuge – Aldo Leopold and the Refuge’s 100th
birthday!** N5727 County Rd Z Onalaska Brice Prairie
Visitor Center doors will open at 11:45 pm.

- 12pm** presentation: “Fins, feathers and firebrands: 100 years of conservation on the Upper Mississippi River Refuge”
 - 1pm** presentation: “Prairie gardening 101: how to add beauty to your yard or public space” by Dr. Melinda Knutson.
 - 2pm** Guided winter plant walk on 1/3 mile trail loop
 - 12pm – 2:30pm:** Native plant giveaway
 - 2:30pm – 4pm:** Plant a seed to take home!
- Plants available while supplies last, please limit 2 per person.

Thank you to the Mississippi Valley Conservancy and the Friends of the Refuge – Mississippi River Pools 7 & 8 for providing the seeds and planting pots! Find out more about the Leopold Celebration event here: facebook.com/UpperMissNWFR or call 608-779-2399!

Pump House Regional Arts Center

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

- 3/2– Magic of Isaiah**
- 3/9– Improvisation Station**
- 3/10– Film Society**
- 3/16– Celtic Stories & Songs**
- 4/5– The Wildwoods**

**University of Wisconsin-La Crosse
Dept of Theater & Dance**

Toland Theatre
333 16th St N, La Crosse

James & the Giant Peach– Apr 5-Apr 14

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

Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

- Mar 14 & 15– Silent Film: The Cameraman**
- Mar 22 & 23– La Crosse Jazz Orchestra with Tom Wopat**

La Crosse Symphony Orchestra

March 2 Mozart & Rising Stars
Viterbo Fine Arts Center, 929 Jackson St. La Crosse
783-2121 www.lacrossesympphony.org

**Don’t worry about traffic, parking, where you will eat
or if you will have a good seat!!**

Join Cheryl and Arlene on a comfortable coach bus trip to The Fireside in Ft. Atkinson to see:

- Fiddler on the Roof** on Saturday, March 16th, 2024
- Beautiful–The Story of Carole King** on Saturday, May 4th
- Nonsense** on Saturday, June 15

Miracle on 34th Street on Saturday, November 9th
Pick ups at Hogan Admin Center–6:30 am or Woodman’s—7:00 am
\$130.00–includes transportation, a delicious dinner with dessert (gratuity included), fantastic show, and a cinnamon roll for breakfast!!
Contact Cheryl at cbeff@yahoo.com or 608-788-2727

coulee hoolie Ceili
A small valley formed by running water • Hoolie - An Irish gathering or party
Ceili - Irish music, singing, traditional dancing and storytelling

FUNDRAISER

**Saturday, March 23rd
6pm-10pm
La Crosse American
Legion 711 6th St S.
La Crosse
Live music, silent
auction, food and
drinks. Fun for the
entire family.**

BEST SNOWMAN CONTEST FROM JANUARY



Andre Schuttenhelm sent us his best snowman pictures. He had a chance to build a big one in early January but by the end of January it was small.



Mary Schmidt from Bangor said this was the closest she could come to having a snowman in her yard. It's her light pole.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Sundays:** 2pm Bingo @ Drugan's in Holmen
- 3rd Sunday:** 11am Bingo & Brunch @ Sparta Soda Works
- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
6:30pm Bingo @ Holmen Features
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Wednesdays:** Ukulele Jam, 6pm-8pm Moose Lodge
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- 3/1- Downtown Art Walk, 4pm-7pm
- 3/2- Polar Plunge, Black River Beach Neighborhood Center
- 3/1 & 3/2- Candyland: Adventure on Ice @ Green Is. Ice Arena
- 3/2- Sparta High School Craft Show, 9am
- 3/2- Grumpy Old Men concert. 7pm, Journey Lutheran Church 2701 Sand Lake Rd Onalaska
- 3/2- Project L.I.V.E Adapted Sports League, 11am. Features in West Salem. Bingo, bowling, auctions, raffles and prizes.
- 3/3- Lions Pancake Breakfast, 7am-12pm Bangor Elementary
- 3/8- Candlelight Hike at Norskedalen Center 608-452-3424
- 3/8-3/10- Sports Card & Collectible Show, AmericInn La Crosse
- 3/10- Family Fun Expo Carnival, 11am-4pm Omni Center
- 3/16- Spring Craft Show, Log Cabin Bangor, 9am-3pm
- 3/17- Chicken Q, 10am-5pm. Shelby Fire Dept on Ward Ave
- 3/17- Chaseburg Chicken Q, 11am-2pm Tippy Toe Inn
- 3/18- West Salem Business Expo, 11am-3pm at High School
- 3/30- Easter Egg Hunt, Onalaska High School football field. Vendors, food trucks, prizes and games. 12:30pm-3:30pm
- 3/1-3/22- Friday Fish Fry, St Patricks Church Onalaska 5-730p

Sunday, March 10

SPRING FORWARD



1st Annual **HO-CHUNK NATION**

FOUNDER'S DAY POWWOW

LA CROSSE CENTER
300 HARBORVIEW PLAZA, LA CROSSE, WI 54601

SATURDAY **GRAND ENTRIES**
March 30, 2024 **Noon & 7pm**

Contest Singing & Dancing
Moccasin Tournament | Lacrosse Games
Arts & Craft Vendors | Concessions

FREE ADMISSION
OPEN TO THE PUBLIC


Powwow Contact: Waylon Pettibone 715.299.5508



"Down for Nature" 2024
World Down Syndrome
Day Family Celebration

The Nature Place 789 Myrick Park
La Crosse, WI 54601

March 16, 1:30pm~3:30pm
Activities for everyone. Light lunch served.



ST PATRICK'S DAY

PARADE

SATURDAY, MARCH 16TH
DOWNTOWN LACROSSE

PARADE STARTS AT NOON
ON 2ND & STATE TRAVELING UP
MAIN STREET



Happy Easter
May your Easter Basket be Full of Joy, Peace & Love...

The Aging & Disability Resource Center and Senior Meal Sites will be closed for the Spring Holiday on Friday, March 29th.

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

- | | | | |
|------------|-------|---------|---------|
| SHAMROCK | GOLD | EMERALD | CHARM |
| HOLIDAY | IRISH | IRELAND | PATRICK |
| RAINBOW | MARCH | GREEN | CLOVER |
| LEPRECHAUN | LUCK | JIG | BLARNEY |

