

La Crosse Senior Life



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

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

May is Older Americans Month: Champion Your Health

Every May, the Administration for Community Living (ACL) leads the nation in celebrating **Older Americans Month**—a time to honor the contributions of older adults, spotlight aging trends, and reaffirm our shared commitment to supporting healthy aging in every community.

The theme for 2026, “**Champion Your Health**,” focuses on the essential role each person plays in their own well-being. Healthy aging is not just about genetics or good luck—it is about prevention, wellness, and taking small, consistent steps to care for your body, mind, and independence. This year’s theme encourages us to take an active role in managing our health, advocating for our needs, accessing preventive care, and making informed decisions that support long-term vitality.

Across the country, communities are highlighting the power of evidence-based programs, self-management tools, and strong community partnerships that help individuals live their healthiest lives. From fall-prevention workshops to chronic-disease management programs to local wellness resources, these efforts reinforce that everyone can be a champion for their own well-being.

And we hope you will join us in celebrating locally! To honor Older Americans Month together, the Aging and Disability Resource Center (ADRC) of La Crosse County invites you to our **Community Picnic on May 20** at Veteran’s Memorial Park in West Salem. Enjoy live music, a delicious picnic lunch, helpful resources, bingo, and plenty of opportunities to connect. Reservations for lunch are requested by May 15. We look forward to celebrating your health—and our vibrant community—with you!



Join us! Community Picnic



In recognition of Older Americans Month!

Schedule of Events:

- ✓ **Resource Fair**
Discover 20+ resources to help champion your health—wellness supports to mobility tools, free dementia-friendly IDs and more!
- ✓ **Live Music**
Enjoy music by Greg Grokowsky.
- ✓ **Picnic Lunch - 12 PM**
Must be at least 60 years of age. Reservations required by calling ADRC at 608-785-5700 by 5/15. \$5 suggested contribution.
Menu: Turkey or Ham Sandwich, Sun Chips, Baby Carrots, Fresh Fruit, Cookie, Choice of Drink
*Gluten-Free Option Available
- ✓ **Bingo - 2 PM**

Event Details:

- 📅 May 20, 2026
- 🕒 11:00 AM - 3:00 PM
- 📍 Veteran’s Memorial Park, West Salem

📞 608-785-5700

Hosted by the Aging and Disability Resource Center of La Crosse County

FREE EVENT!



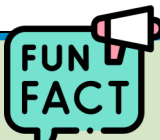
CHAMPION YOUR HEALTH: MAY 2026



Looking for a way to recharge, connect, and enjoy the spring weather? Join us for our first-ever **Caregiver Bike Day** on May 20, biking to and from the Older Americans Month Community Picnic!

To reserve your bike (free), call 608-785-5700.

See **page 10** for more details!



Just **10 minutes of easy biking** can help improve circulation, boost energy, and support joint mobility—making it a great low-impact activity!

TRANSPORTATION OPTIONS

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs?

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

Shared Ride does not enter into La Crosse. Prices range from \$3.25-\$4.50. To schedule a ride call **784-0000**.

ADRC of La Crosse County (Abby Vans)

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

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

Monday-Saturday from 7am-6pm

Sundays from 7am-2pm. Closed on holidays.

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

Cost varies by zones:

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

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

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

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

Do You Have Time on Your Hands?

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



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

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

RSVP Transportation Program



- Must be 55 + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- All drivers are volunteers & use their own vehicles.
- Ride reimbursement is .725/mile.
- Mileage is calculated from the time your driver leaves their home until the time that your driver returns to their home.
- Ride must originate from La Crosse County.

Call **608-785-0500** for more information

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!



The La Crosse County ADRC Office, Meal Sites and Abby Van Transportation will be closed Monday, May 25th.

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-8:00pm

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

MTM 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



For commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only **\$5.00 (cash) one way.**

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

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!





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.

April 14th

All About Llamas: Dale, Jr & Big Al
"Retro Picnic"
Nostalgic Music with Joe Cody

Register by April 10th



April 21st

Marsh & Lake Life
Marsh Painting with Jillian
Friends of the Marsh

Register by April 17th



April 28th

Baskets & Butterflies
May Day Basket Craft
The Nature Place Gardens

Register by April 24th



May 5th

Drumming with Bri
Mexican Culture Education
Papel Picado Craft

Register by May 1st



May 12th

Square Dancing Lessons with Nikki
from La Crosse Dance Cntr
Memory Camp Yard Games

Register by May 8th



May 19th

Paddleboats
River Education
Fun Casino Games

Register by May 15th



May 26th

Woodstock in Camp
Tie Dye and Headpieces
Aquarius & Aquariums

Register by May 22nd



Spring Camp held at:
The Nature Place

789 Myrick Park Drive
La Crosse



Summer Memory Camp

The Boys & Girls Club
1331 Clinton Street, La Crosse



June 2nd

Register by May 29th

July 14th

Register by July 3rd

July 21st

Register by July 17th

July 28th

Register by July 24th

Aug 4th

Register by July 31st

Summer Fun * Carnival Games * Nature Experiences * Engaging Enrichment

The fun is unlimited, but the space is not...

Register before the deadlines!

608.780.0471

OASIS Respite Program



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.



DEMENTIA Live®
An Eye-Opening Experience

For families, caregivers, professionals and community

Dementia Live® offers an 'inside-out' understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By "walking in their shoes," gain a heightened awareness and leave with valuable tips and tools to improve communication and connection.

May 18, 9am-10am

Black River Beach Neighborhood Center La Crosse

June 19, 12:30pm-1:30pm

DASH Center- Onalaska

Call the ADRC to register 608-785-5700

Dementia Friends Information Sessions

Dementia Friends is a global movement with the mission of changing the way people think, act, and talk about dementia. Learn a little about what dementia is, how to communicate and act in small ways and we can make life better for everyone. Presented by Dementia Care Specialists from the Aging and Disability Resource Center.

May 6, 2pm-3pm at West Salem Terrace

May 13, 3pm-4pm at Laurel Manor – Onalaska

Open to the Public. No need to RSVP.

Call Activity and Event Coordinator at Bethany St. Joseph Corp. Community Services at 608-783-1516 with questions.

Hillview life center Welcomes NEW Director!

"Hello, my name is Kaitlyn, and I am the Adult Program Director for the new Hillview Life Center! I graduated with my bachelor's degree in Recreational Therapy from the University of Wisconsin- La Crosse and will graduate with my master's degree in Recreation Management this summer! This center will be such a wonderful addition to our community, and I could not be more excited to be a part of it! I look forward to meeting you all!"

Save the Date!

Brain Health

— ROADMAP —

A Community Brain Health & Dementia Awareness Event

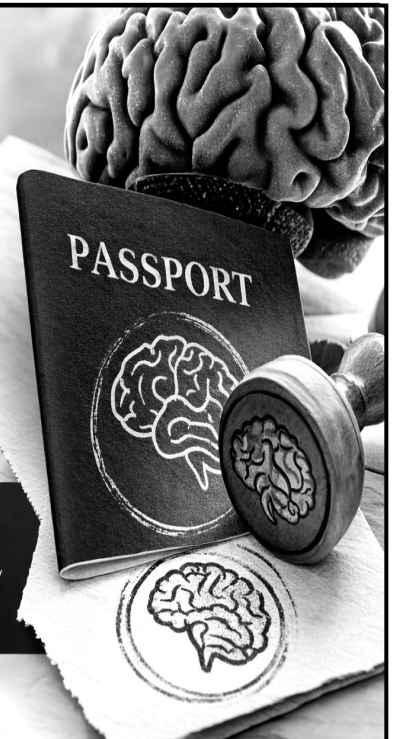
JUNE 11 | 9:00 AM - 2:00 PM

Free

DASH CENTER ONALASKA

Interactive Stations • Collect Stamps • Enter the Raffle

Questions? Call the Aging & Disability Resource Center of La Crosse County | **608-785-5700**



HILLVIEW
life center

eliminating racism
empowering women
ywca
La Crosse

Where Generations Grow Together

Location: Hillview Life Center, 3511 Park Lane Dr.

The Hillview Life Center is a space for people with early-stage neurocognitive disorders, including dementia.

Beginning in May - OPEN!!

Mondays & Wednesdays 9:30am-4:30pm

*closed 5/20 & 5/25



NEW MEMBERS MUST REGISTER - SCAN QR CODE:

Attended before? Email us! hlcadultprograms@ywcalax.org

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

Grand Opening: Thursday, May 1 | 4:00-5:30 PM

Remarks & Ribbon Cutting at 4:30 PM

This will be an interactive, student-led station-based event where guests engage directly with experiences that reflect the Life Center's goals and values, including: Intergenerational cookie decorating, Therapeutic gardening experiences, Meet our New Director, "Meet the Beekeeper" with Hillview Life Center's Chief Beekeeper, Julia, A visit with Rossi, the UW-La Crosse facility dog!



May 11, 1pm-2:30pm

La Crosse Community Theatre
GYPSY

Register with Amber
@ 608-385-4819



3rd Monday of the Month
May 18, 10:30am-12pm
Clearwater Farm
760 Green Coulee Rd. Onalaska

Register with Anna at
507-319-9156.
info@clearwaterfarm.org

Housing Insecurity is Harming Older Adults

By the GWAAR Legal Services Team

Today's housing market doesn't meet the needs of many people. Older adults are being hit particularly hard by issues of affordability, availability, and accessibility. According to American Community Survey data, the number of senior households spending more than half their income on housing has risen to nearly 11.7 million. Housing costs aren't just inclusive of rent or a mortgage payment, but include property taxes, insurance, and maintenance. Older adults, especially those with fixed incomes, have less flexibility to change their spending if needed. Renters, people of color, and people with very low income are the hardest hit by the increasing wealth gap and housing inequity. In addition to the issue of affordability, many older adults may be living in homes that no longer meet their needs. Some older adults counted on their home being a source of stability and safety in their later years and instead find that they are struggling to stay in it. The upkeep of a three-bedroom house may be more than someone living alone can manage. Older homes require increased maintenance for safety and to keep the home in good condition as an asset for future generations or future sale of the property.

Without the funds to make needed home modifications, some older adults may consider moving rather than staying in a home that raises safety concerns. Existing housing stock, however, can make moving challenging. The U.S. Census Bureau noted that only 10% of housing units in the U.S. are move-in ready for older adults, meaning 90% have stairs, bathrooms and/or bedrooms on just the upper floors, and other accessibility issues.

Between 2019-2022, the number of older adults experiencing homelessness increased by 37%, according to the Annual Homelessness Assessment Report. People who are unhoused experience negative health outcomes, safety issues, and disruption to their social networks. If you are facing a housing crisis, there are some emergency options available. Federal programs and local shelters can help, as well as informal networks such as family and friends or faith-based organizations. Preventing a housing crisis such as eviction or foreclosure may be possible if you look for warning signs, such as increased debt to pay for medications, service utilities being cut off, having to skip meals to pay for things besides food, or making other choices between housing and meeting your basic needs. If you are experiencing any of these, you may need to consider getting advice and support on how to make your housing situation more sustainable. Call 211 to get connected to local resources in your area, or reach out to another credible source of information.

Make sure you have documents available to easily allow you to apply for support, including identification, income verification and bank statements, medical documentation if you have any medical needs to take into consideration, and service records if you are a veteran. It can be stressful to think about preparing for a housing crisis, but it is best to be proactive and try to prevent a crisis from happening if you can. Take steps now to examine your housing situation and finances so you can stay safe and healthy later.

Enhanced Medicare.gov Log-in

By the GWAAR Legal Services Team

The Centers for Medicare & Medicaid Services (CMS) recently released enhanced login options for Medicare.gov accounts. You can now use one of the following identity verification options: ID.me, CLEAR, or Login.gov. These login options are already used by other federal agencies, like the Social Security Administration (SSA), Internal Revenue Service (IRS), and the Department of Veterans Affairs (VA). According to CMS, these services will better protect beneficiaries from fraud and identity theft.

In addition to increased security, these options offer improved user support. According to CMS, each login service offers a live chat. In addition, CLEAR and Login.gov offer assistance over the phone, while ID.me offers assistance via video call. ID.me and Login.gov offer in-person verification options. If you need immediate assistance, lose access to your account, or experience a service outage, you should call 1-800-Medicare.

You do not need a driver's license or REAL ID to create an account. You can use a state-issued photo ID, a U.S. passport, or other accepted documents. Each login service will explain which documents you can use to prove your identity.

Please note that your medical information will be stored securely by Medicare. Your identity verification information will be stored separately by the login service you choose. These companies are not allowed to sell your data.

There is no cost to create a login or to use the new login options. You do not need a smartphone to use these options. You can use public computers to create an account, and you can verify your identity in person at certain locations, like participating Post Offices. You can also get help over the phone. People with Medicare who already have Medicare.gov accounts can still choose to log in using their existing credentials for now.

May is American Stroke Month

By the GWAAR Legal Services Team

May is American Stroke Month. According to the American Stroke Association, strokes can happen to anyone, at any age, and having a stroke puts you at higher risk for a second one.

A stroke occurs when blood flow to part of the brain is blocked by a clot or when a blood vessel bursts or ruptures. Blood vessels carry oxygen and nutrients to the brain, and when part of the brain can't get the blood and oxygen it needs, brain cells begin to die within minutes. The most common risk factors for strokes include high blood pressure, diabetes, high cholesterol, smoking, and obesity.

There are also factors that can't be controlled, such as increasing age, race, ethnicity, family history, and previous stroke, TIA, or heart attack.

Learning F.A.S.T. can save lives. When you spot a stroke warning sign, act fast. Recognizing the stroke warning signs and calling 911 immediately may make the difference between a strong recovery or long-term disability; survival or death.

What You Need to Know About the MOON: An Explanation of the Medicare Outpatient Observation Notice

By the GWAAR Legal Services Team

MOON stands for Medicare Outpatient Observation Notice. This is a notice that hospitals are required to give to people who are in a hospital for more than 24 hours and are receiving observational services. This notice is required due to the Notice of Observation Treatment and Implication for Care Eligibility Act or NOTICE Act that was enacted August 06, 2015. The NOTICE Act ensures that patients are informed of their hospital stay status so that they can understand their liability for costs incurred during their stay. This notice must be given no later than 36 hours after the individual receives observational services. The notice must include an oral explanation of the notice and should be signed by the individual to acknowledge the receipt of the notice.

The MOON notice was just updated, and the new version goes into effect on April 21, 2026. The Centers for Medicare & Medicaid Services (CMS) states the form has improved readability and design. There is now space to allow the hospital to explain why the patient is in observational status and not in inpatient status. Despite the improvements, the updates do away with important information.

The new MOON does not provide as detailed of an explanation of patient liability as it has in previous versions. It is vague, leaving individuals unsure about their out-of-pocket costs when they are under observational status during a hospital stay. It is important for individuals to understand what the consequence of an observational status has for them as far as their out-of-pocket costs and the effects it has on post hospital care, like Skilled Nursing Facility (SNF) care. For example, the new MOON does not explain that a patient who is receiving observational services will likely be responsible for the costs of medication they receive during their stay. In addition, the new MOON does not clearly explain that an individual must have a qualifying three-day stay as an inpatient at a hospital to qualify for SNF coverage.

If you receive a MOON and are unsure what your out-of-pocket costs will be, contact your local ADRC, call 1-800-Medicare (1-800-633-4227), or call your plan to receive more information.

F.A.S.T. is how we come together to end stroke®

Learn the stroke warning signs

F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
---------------	--------------	-------------------	------------------



Medicare 101: Understanding the ABC's of Medicare

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

APRIL 29th or MAY 6th
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/link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class May 21 & 25)**Expressive Drawing:** Tuesdays, May 5- Aug. 25, 1pm-3pm. Register by April 28.**Before the After:** Wednesday, May 6, 10am-12pm. Register by 1 day prior. Free**Wise Wednesdays:** Wednesdays, May 6 & 20, 10:30am-12pm. Register by 1 day prior. Free**Bingo:** Wednesdays, May 6 & 20, 12:30pm-1:30pm. Register by 1 day prior. Free**Coping Skills:** Friday, May 1 & 15, 10am-11:30am. Register by 1 day prior. Free**Shuffle Together** (cards): Friday, May 8 & 22, 2pm-3:30pm. Register by May 22. Free**Grief & Loss Support Group:** Wednesday, May 13, 10am-11am. Register by 1 day prior. Free**La Crosse Area Parkinson's Social Night:** Wednesday, May 20, 5:30pm-7pm. (CALL STAR CENTER FOR DETAILS: 608.797.6295)**Senior Meal Site Open:** Lunch served 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 are also offered from this site; when you call the ADRC, ask for Dawn.**Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640
www.cityoflacrosse.org/parks**ADA & Service Animals in Business Training:** April 28, 9am**ADA & Service Animals in Business Training:** April 29, 2pm**Staying Active Together:** On site or at home w/link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register.

(No class May 21 & 25)

Shin Jin Do: Mondays & Wednesdays, 6:30pm-8pm. Register.

(No class May 4, 13, & 25)

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, May 4, 5pm-6:30pm. (CALL STAR CENTER FOR DETAILS: 608.797.6295)**International Folk Dance:** Saturdays only, May 2 & 16, 7pm-9:30pm. Register. \$2/session.**Embrace** (for those with dementia & care partners): Wednesdays, May 13 & 27, 12:30pm-2pm. Register. Free**Medicare 101:** Wednesday, May 6, 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:** May 20, 11am-12:30pm, 55+ yrs**Foot & Nail Clinic:** call for date and appointment**Tech Help Drop-In:** May 20, 10:30am-12pm**ONALASKA PARK & REC EVENTS**

608-781-9560- Park & Rec Dept.

DASH Center Events

515 Quincy St.

Open Pickleball – M/W/F, 6am-8am**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**ALS Support Group** – May 7, 1pm-3pm**Chair Yoga** – Tues & Thurs at 2pm. Register**ADRC Caregiver Education Medicare Benefits 101:** May 21, 1pm**SimpleSteps to Technology Drop In Support:** May 12 & 26, 10:30am-12pm**OMNI CENTER EVENTS**

255 Riders Club Rd. 608-781-9566

Bingo: Wednesdays at 6pm**Beer & Brewery Collectible Show:** May 2, 9am-2pm**WI Ryder Cup:** May 8-9**Brews & Tunes:** May 8, 5pm-8pm**Hmoob American Day Celebration:** May 16, 10am-3pm**Senior Fair:** May 13, 12pm-2pm with local resources**Blood Drive:** May 18, 9am-5pm

HOLMEN AREA

COMMUNITY CENTER

600 N Holmen Dr.

608-399-1870 www.holmenc.org

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

*Registration required for some programs.

Indoor Walking: M,W,F: 7-10am & 11am–1pm and T&TH: 7–10am & 11am–12pm**Pickleball Open Play:** T & TH, 12pm–2pm (Hours may vary)**Holmen Area Historical Society:** Monday, May 4 at 6 pm**StrongBodies Strength Training Video:** Mondays & Fridays at 10am**Fun with Watercolor:** Mondays, 8:30am–11am (open to all levels of artists)**Chair Yoga with Marty:** Mondays, 9:15am**Sound Bowls with Laurie Café:** Mondays, 10:30am (May 4, 11, 18)**Beginner Line Dancing:** Mondays 1pm**Intermediate Line Dancing:** Wednesdays 1pm *Registration**Mah Jongg Club:** Mondays, 1pm-4pm**Muscles in Motion:** Tuesdays, 9am–10am**Community Crafts with Jackie & Pam:** May 5, 1pm. Register**Medicare Fraud:** Important Things to Know: May 12, 1pm**The Water and You Health Benefits and Safety:** May 19, 1pm**Present Moment Yoga:** Tuesdays at 9am**Cardio & Strength Fitness:** Tuesdays at 10 am**Hearing Evaluations:** May 5, 9:30am–11:30am (call for an appointment)**Hearing Instrument Checks:** May 19, 9:30am–11:30am (call for an appt)**Connect2Nature:** May 19, 12:30pm Topic: Patagonia Wilderness**Evening Euchre Open Play:** May 5 & 19 at 6pm**Holmen Ukelele Group (HUG):** Tuesdays, 12pm Registration**Chair Yoga with Sarah:** Wednesdays at 8:30am**Cardio Fitness Video Workout:** Wednesdays at 10am**Bingo:** Wednesdays & Fridays at 12:30pm**A Joyful Life:** May 6 from 2pm Alene Keenan "Story of Inspiration"**Cozy Readers Book Club:** May 27, 2pm "The Life We Bury" by Allen Eskins**Wednesday Welcome:** May 13 at 2pm**NEW: One-derful Wednesdays:** May 20 at 2pm**Senior Housing Options:** May 7 at 11am**La Crosse County Veterans Service Hours:** May 7, 12:30pm–4pm**Total Body Conditioning Series:** Thursdays, 8:30am Registration**Beginner Pilates Series:** Thursdays at 9:30am Registration**Fun & Games:** Thursdays from 1pm-4pm**Crafternoon Social – Knit & Crochet:** Thursdays, 1pm-3pm**AA Meetings:** Thursdays, 6pm**Hello Holmen!** May 21 at 8:30am Topic: Learn about WIN) Open to all**Coping with Grief Support Group:** May 14 at 12:30pm. Open to the public**Intro to Improv 2 Special Guest:** Dennis Kern: May 14 at 6pm Registration**Music with Greg Grokowsky:** May 1, 11am**Gentle Yoga for Beginners:** May 8 & 22, 8 am Registration**Chair Yoga with Samantha:** May 8 & 22, 9:15am Registration**Yoga Nidra and Sound Bath:** May 22, 10:15 am Registration**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

Holiday Closure: Monday, May 25th for Memorial Day



- 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
- NEW-Campbell Community Center**, 9am-10:30am 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
- NEW- Bangor Library/Dutch Creek Manor**, 9:30am-11am 4th Thurs.

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

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

Fun Ideas to Celebrate Mother's Day

Mother's Day is a special day to celebrate the incredible women who have raised us, loved us, and shaped us into who we are today. It's an opportunity for communities to honor the mothers and grandmothers who call their community home.

There are many ways to celebrate Mother's Day but one of the best is through food. Food brings people together, creates a sense of community and connection, and makes people feel loved and appreciated.

Here are some ideas to celebrate and keep on celebrating:

Brunch: Brunch is a classic Mother's Day meal, and it's perfect for senior living communities. The dining team can create a special menu featuring all of Mom's favorites, such as quiche, fruit salad, muffins, and mimosas. Decorate the dining room with flowers and balloons, and make sure every mother receives a special gift.

High tea: For a more elegant and refined celebration, consider hosting a high tea. The dining team can create a menu of finger sandwiches, scones with clotted cream and jam, and petit fours.

Iced tea bar: An iced tea bar with a variety of flavors is a more relaxed version of afternoon tea.

Family BBQ: If the weather permits, consider hosting a family BBQ for Mother's Day. The dining team can prepare grilled meats, salads, and sides, while families bring their own desserts and drinks. Set up tables and chairs outside and decorate with balloons and streamers. It's a fun way to bring families together and celebrate Mother's Day in a relaxed and casual setting.

Mother's Day dinner: For a more formal celebration, consider hosting a Mother's Day dinner. The dining team can create a special menu featuring all of Mom's favorites. Decorate the dining room with flowers and candles, and make sure every mother receives a special gift.

Cooking class: Consider hosting a cooking class for mothers and their families. The dining team can lead a class on how to prepare a special Mother's Day meal, such as lasagna or chicken parmesan. After the class, everyone can sit down and enjoy the meal together.

Foods from around the world: Celebrate the many cultures in your community with a foods-from-around-the-world buffet.

Source: seniordining.org

MAY 12
5pm-6pm

Onalaska
Methodist Church
212 4th Ave N.



ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!

Senior Citizen Social

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

Meet new friends! A free gathering
with coffee & treats.



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, MAY 12

HILLVIEW TERRACE 3503 PARK LANE DR. LA CROSSE

THURSDAY, JUNE 11

DASH CENTER, 515 QUINCY ST. ONALASKA

PARKINSON'S WALK AND AWARENESS EVENT

May 9, 10am-2pm
Myrick Park, La Crosse

- ◇ 1-mile walk
- ◇ Live music
- ◇ Food trucks
- ◇ Resource booths
- ◇ Children's activities
- ◇ Exercise demonstrations

608-797-6295, Star Center La Crosse



SENIOR FARMER'S MARKET VOUCHERS

The Senior Farmer's Market Nutrition Program, coordinated locally by the Aging & Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with \$25.00 vouchers to purchase fresh grown fruits & vegetables from local participating Farmers Markets.

This year individuals may call the ADRC at 608-785-5700 starting **May 18th** to request a form to be mailed.

Eligible participants must live in La Crosse County, be 60 years of age or older (Native Americans, 55 years of age or older) and at or below a monthly income of \$2,461 if single or \$3,337 for couples.

Because there are a limited number of vouchers, the program is first come first serve and processed in the order received. Please be advised there may be a wait at time of distribution. If vouchers is requested by phone and form is received and completed, vouchers will be mailed. Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf.

ONLY ONE SET OF VOUCHER (\$25) PER PERSON.

LOCAL FARMER'S MARKETS

Pearl Street Market

Fridays, 2:30PM-6:30PM, May-Oct
Pearl Street La Crosse

Cameron Park Market

Sundays, 9AM-2PM, May 31 - Oct
400 King St. La Crosse

Great River Market

Tuesdays, 3:30PM-7PM, Jun - Aug
Great River Landing Onalaska

Onalaska Market

Sundays, 8AM-1PM, mid May - Oct
2928 Market Pl, Onalaska
(Ashley Furniture Parking Lot)

Holmen Market

Wednesdays, 3PM-6PM, starting June 3
Holmen American Legion Lot on Main St.

West Salem Market

Fridays, 9AM-12PM, May 29 - Aug 28
Village Square West Salem

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.				Sweet & Sour Chicken 1 Brown rice blend, soy sauce Cauliflower, Fruit punch Chocolate chip cookie
Hot dog on a bun 4 Baked beans, Peas Rosy applesauce Ice cream sundae	Turkey & gravy 5 Mashed potatoes Broccoli, Cranberries Carrot cake	Baked dark chicken 6 Baby red potatoes Glazed carrots Cake with strawberries	Chef salad & dressing 7 Sliced peaches Fruit pie, blueberry muffin Garlic knot	Spaghetti 8 Romaine salad & dressing Mixed fruit Garlic toast
Meatballs & gravy 11 Mashed potatoes Broccoli Pears	Chicken/broccoli Divan 12 Baked sweet potato Green beans Fruited jello	Pork loin & gravy 13 Mashed potatoes Mixed vegetables, Juice Black bean brownie	Hamburger on a bun 14 Calico beans Baby carrots, Watermelon Chocolate chip cookie	Ham & pineapple 15 Scalloped potatoes Beets, Cornbread muffin Banana pudding
Meatloaf 18 Mashed potatoes Peas & carrots Fruit salad	Chicken Craisin salad 19 On a bed of lettuce Pineapple orange salad Muffin, Ice cream	Salisbury steak 20 Mashed potatoes/gravy Carrots Fruited jello	Pulled pork on a bun 21 Rosemary potatoes Baked beans Fruit cup, Pumpkin bar	Baked fish 22 Baked sweet potato Coleslaw, Dinner roll Applesauce spice cake
 Closed For Holiday 25	Brat on a bun 26 German potato salad Baked beans Sauerkraut Chocolate pudding	Stuffed green pepper 27 Casserole Spinach salad Strawberry fluff	Beef stroganoff 28 Noodles Peas & carrots Rosy applesauce Orange juice	Turkey Tetrizzini 29 Romaine salad Peaches Peanut butter cookie

Spinach Salad with Rhubarb Dressing

2 cups chopped fresh or frozen rhubarb
 1/2 cup sugar
 1/4 cup white vinegar
 3/4 cup vegetable oil
 3 tablespoons grated onion
 1-1/2 teaspoons Worcestershire sauce
 1/2 teaspoon salt
 salad:
 6 cups torn fresh spinach
 6 bacon strips, cooked and crumbled
 1/2 cup bean sprouts
 1/2 cup shredded cheddar cheese
 1 to 2 hard-boiled large eggs, chopped
 If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out. In a saucepan, combine rhubarb, sugar and vinegar; cook over medium heat until the rhubarb is tender, about 6 minutes. Drain, reserving about 6 tablespoons juice; discard pulp. Pour juice into a jar with tight-fitting lid; add oil, onion, Worcestershire sauce and salt. Shake well. Refrigerate for at least 1 hour. Just before serving, combine salad ingredients in a large bowl. Add the dressing and toss to coat.



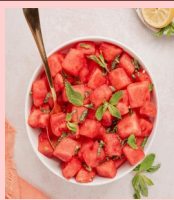
Mother's Day Croissant Breakfast Casserole

1 pound bakery croissants - about 6 large or 12 mini
 4 slices deli ham, cut into 2" strips - or cubed ham if you prefer
 1 cup grated gruyere cheese - Swiss is a good substitute
 6 large eggs
 2 cups half and half - half milk, half cream
 2 teaspoons dijon mustard
 1/2 teaspoon salt
 1/4 teaspoon ground black pepper
 Spray a 9 x 13 baking dish with non stick spray.
 Tear croissants into large pieces. About 3 inches.
 Scatter in baking dish.
 Add deli ham sporadically around the croissants. Sprinkle with one cup of grated gruyere cheese.
 In a medium size bowl beat 6 eggs. Add half and half, Dijon, salt and pepper. Whisk well. Pour egg mixture over croissants. Using your hands press down to submerge the croissants and work some of the cheese down into the casserole.
 Cover and refrigerate for at least one hour and up to 12. Occasionally remove from the refrigerator and press down on the croissants so they are fully soaked.
 Remove casserole from refrigerator 15 minutes before baking. Preheat oven to 350 degrees. Loosely cover casserole with foil and bake for 20 minutes. Remove foil and bake for another 15- 20 minutes until the custard is cooked all the way through in the middle.



Kentucky Derby Watermelon Mint Salad

6 cups cubed seedless watermelon
 2 tablespoons minced fresh mint
 1 tablespoon lemon juice
 1 tablespoon olive oil
 2 teaspoons sugar
 Place watermelon and mint in a large bowl. In a small bowl, whisk lemon juice, oil and sugar until sugar is dissolved. Drizzle over salad; toss gently to combine.



Spring Pea & Radish Salad

1/2 pound fresh wax or green beans
 1/2 pound fresh sugar snap peas
 2 cups water
 6 large radishes, thinly sliced
 2 tablespoons honey
 1 teaspoon dried tarragon and salt & pepper
 Snip ends off beans and sugar snap peas; remove strings from snap peas. In large saucepan bring water to a boil. Add beans and reduce heat; simmer, covered, 4-5 minutes. Add sugar snap peas and boil another 2-3 minutes. Drain. Add remaining ingredients and serve. Toss beans and peas with radishes. Stir together honey, tarragon, salt and pepper. Drizzle over vegetables.



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.

- Community Training:** Know Your Rights! Service Animals and the ADA: April 28 at 5pm
- Friend of the Library Booksale:** May 4, 11 & 18 at 9am-12pm
- Chair Fitness:** Mondays at 9am (no May 25)
- Chair Yoga:** Thursdays 10am-10:45am
- Monday Mornings at Main:** Mondays 10am-11am (no May 25)
- Qigong:** May 2, 9:30am
- Blind Contour Portraits:** May 4, 5pm-6:30pm. Register
- Footsteps of La Crosse History Tour:** May 4, 11 & 18, 5:30pm. Reg.
- La Crosse Veterans Services:** May 5, 9am-12pm
- Chapter Book:** May 9, 10am or May 13, 1pm. *Rednecks*
- Knit & Needle:** May 12, 5pm-7pm
- Older Adult Advisory Council:** May 13, 11am
- Perimenopause Panel:** May 14, 6pm-8pm.
- Crafts: Faux Stained Glass Bookmarks:** May 15, 10am. Register
- Community Blood Drive:** May 20, 11am-3pm
- Joy Harjo: Inhabiting Home on Earth Watch Party:** May 21, 7pm
- Harm Reduction Panel Discussion:** May 7, 5pm



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

All library locations will be **closed on Tuesday, May 12** for Staff Development.

- Senior Fair at the Omni Center** on May 13 from 10am to 12pm. Come explore a wide variety of local resources and volunteer opportunities for seniors in our community.
- Bangor** "Common Scams and Fraud" on May 14 at 6:30pm.
- Bangor** Library's 35th Anniversary Open House on May 20. Drop in from 10am to 8pm.
- Campbell** Book Club meets May 19 at 6pm.
- Holmen** movie May 4 and May 18 at 2:15pm and 6pm.
- Holmen** "Drop-in Tech Help" on May 21 from 11am-12pm and 4:30pm-5:30pm.
- Onalaska** "Senior Moments: Fur Trade" on May 6 at 10am.
- Onalaska** movies May 7 and May 21 at 6pm.
- Onalaska** "Author Visit & Book Signing: Nickolas Butler" on May 13 at 6pm.
- Onalaska** "Author Visit & Book Signing: Pat Harris" on May 27 at 10am.
- Onalaska** Book Club- third Thursday of the month at 1:15pm.
- West Salem** movies on May 14 and May 28 at 2:15pm.
- West Salem** Afternoon Book Club meets the second Wednesday of the month at 1:30pm.
- West Salem** "Books and Banter" Book Club 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: May 6, 7pm, ages 14+

International Migratory Bird Day: May 2, 9:30am-11:30am

Birding BioBlitz-Community Science: May 2, 10am-12pm

Nature's Living Room: May 2, 12pm-2pm. Family photo sessions against the marsh, community resources and workshops. Free

Free Birding Program: May 20, 7pm for ages 14+

NARVRE

National Association of Retired and Veteran Railroad Employees, Unit 047 meet May 12, 10am at the Onalaska American Legion. Speaker: Randy Skarlupka of Miller Ingenuity. Contact Patty Burr at 608-781-6032.

HILLVIEW LIFE CENTER GRAND OPENING!

UWL STUDENTS WILL LEAD ACTIVITIES FOR ALL AGES!!!
 HELP US CREATE A COMMUNITY ART PROJECT, MAKE A FAIRY GARDEN, DECORATE COOKIES, MEET OUR CHIEF BEE KEEPER, AND DON'T MISS THE RIBBON CUTTING CEREMONY AS WE OPEN THE NEW LIFE CENTER!

May 1, 2026, 4-5:30pm

Ribbon Cutting and Remarks: 4:30

Address: Hillview Life Center

3511 Park Lane Drive,
 La Crosse, WI, 54601

For more information contact
 jtaylor@uwlax.edu or (608) 785-8216



The Hillview Campus Open House is Tuesday, May 6, from 3-6 p.m.
 Visitors can tour the remodeled nursing home and the new Evergreens Assisted Living (CBRF – Community Based Residential Facility). The event includes a 3:15 p.m. ribbon cutting, live music, a silent auction and raffle baskets, and refreshments.

LIGHT & BEAUTY: STAINED GLASS TREASURES OF LA CROSSE TOUR BY TROLLEY OR SELF GUIDED

May 3, 1:00 pm- 4:00 pm

701 Franciscan Way La Crosse, WI

Tour stops include:

1. Mary of the Angels Chapel
2. San Damiano Chapel
3. First Lutheran Church
4. Christ Episcopal Church
5. St. Joseph the Workman Cathedral

Supporting goes directly to WAFER Food Pantry.

Purchase tickets at <https://fsc.retreatportal.com/> or call 608-782-5610.



The La Crosse Area Retired Educators' Association
 next luncheon is on **Thurs., June 4** at Cedar Creek Country Club. Arrive by 11:10am. Cost is \$20. Speaker: Kris & Lisa Rish Reserve at lacrosserea@gmail.com by May 26th. Please bring your own leftover containers.

Market on Market

May 9, 11am-2pm

2102 Market St. La Crosse

Vendors, Live Music, Food

Hosted by: Beer By Bike Brigade

Blood Drives for MAY

- 5/1: Shepherd of the Hills Church Onalaska, 11:30am-4pm
- 5/4: St Joseph Ridge Town Hall, 1pm-6pm
- 5/5: Onalaska American Legion 9am-1pm
- 5/6: Bangor High School, 12pm-5:30pm
- 5/7: Church of Latter-day Saints Onalaska, 1pm-6pm
- 5/8: Valley View Mall, 11am-4pm
- 5/11: Chaseburg Village Hall, 11am-4pm
- 5/11: St Matthews Church Stoddard, 12:30pm-4:30pm
- 5/13: Moose Lodge, 10am-3pm
- 5/18: Cashton Community Hall, 9am-2pm
- 5/18: Omni Center, 9am-2pm
- 5/19: YMCA La Crosse, 9am-1:30pm
- 5/20: Onalaska American Legion, 10am-2:30pm
- 5/20: La Crosse Library, 11am-3pm
- 5/22: Trinity Lutheran Church La Crosse, 10am-2:30pm
- 5/22: First Free Church Onalaska, 9am-1:30pm
- 5/27: Allergy Associates Onalaska, 9am-2pm
- 5/28: Journey Lutheran Church Onalaska, 12:30pm-5:30pm
- 5/28: Luther High School Onalaska, 10am-3pm



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

May is Mental Health Awareness Month: Understanding the Signs

Mental health is just as important at age 80 as it is at age 18. However, telling the difference between "expected" aging and a mental health condition isn't always easy. There is no simple test; instead, we look for changes in patterns.

For older adults, mental health challenges often "hide" behind physical symptoms or are mistaken for a normal part of getting older. Knowing the warning signs can help you support a friend, a neighbor, or even yourself.

Common Warning Signs in Adults

Each individual is different, but keep an eye out for these significant changes:

- **Emotional Changes:** Excessive worrying, feeling "low" or sad for long periods, or extreme mood swings that feel out of character.
- **Social Withdrawal:** Avoiding friends, skipping long-standing social activities, or losing interest in hobbies.
- **Cognitive Shifts:** Confused thinking, difficulty concentrating, or a "lack of insight"—being unable to recognize changes in one's own behavior or personality.
- **Physical Indicators:** Changes in sleeping or eating habits, low energy, or ongoing "aches and pains" (like headaches or stomach issues) that don't have a clear medical cause.
- **Safety Concerns:** Thinking about suicide, increased use of alcohol or drugs, or an inability to carry out daily activities like hygiene or paying bills.

Mental Health and Your Independence

At **Adult Protective Services**, we often see that untreated mental health conditions—such as severe depression or anxiety—can lead to "Self-Neglect." When we aren't feeling our best mentally, it becomes much harder to keep up with the physical demands of maintaining a home and staying safe.

Addressing mental health early isn't just about "feeling better"—it is about protecting your ability to live independently and safely in our community.

Where to Get Help

If you or someone you know is struggling, you are not alone. There are local resources ready to support you:

- **La Crosse County Crisis Line:** Call **608-784-HELP (4357)** – (available 24hrs/day)
- **NAMI West Central Wisconsin:** Visit namiwestcentralwi.org for local support groups and education.
- **988 Suicide & Crisis Lifeline:** Call or text **988**, or chat at 988lifeline.org (available 24hrs/day)
- **Primary Care:** Your doctor is often the best first step to rule out physical illnesses that may be mimicking mental health symptoms.
- **La Crosse County Adult Protective Services:** **608-785-5700** *If you SEE something, SAY something.*



MENTAL HEALTH AWARENESS WALK

MAY 21, 12PM-3PM

La Crosse County Human Services Bldg. 300 N 4th St
Walk Downtown, Speaker, Resources, Refreshments

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

National Alliance on Mental Illness of La Crosse County

Dedicated to improving the lives and fostering the dignity of all individuals and families affected by mental illness through support, education and advocacy.

<http://namilacrossecounty.org>
or by calling 608-784-HELP (4357)

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.*

Stepping On reduces falls, builds confidence for seniors

In people age 60 and older, falls are a leading cause of injury, hospitalization, loss of independence and death. Through the Stepping On program, participants learn how to prevent falls through strength and balance exercises, improved home and environment safety, safe footwear and more.

Reduce your risk of falling and maintain an active life

Mondays, June 29 - Aug. 10

2 to 4 p.m.

Gundersen Onalaska Clinic
Lower Level Education Center

Cost is \$15 for the series. Refreshments will be provided.

Sign up for Stepping On by calling
Gundersen Trauma Services at
(608) 775-3054 today.

wiha
Wisconsin Institute
for Healthy Aging

emplify
HEALTH
by Gundersen

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

Caregiver Guilt *(reprinted from Trualta)*

Complex feelings like guilt, resentment, and frustration are common to experience in your caregiving journey. You'll likely experience them at one time or another, and they can come about differently for every person and their unique situation. Learn more about how to recognize guilt, as well as some helpful strategies to help you cope with it.

What Does Caregiver Guilt Look Like?

People often experience guilt when they feel real or perceived responsibility for something negative that happened. Whatever the case, it's important to examine your feelings of guilt and what you can do to address them. As a caregiver, you may have experienced feelings of guilt from time to time—whether you realize it or not. It may come up in different ways. You may feel guilty about:

- Making a hard decision, like moving your care recipient out of their home.
- Wanting a break from caregiving or from your care recipient.
- Becoming angry or irritated with your care recipient.
- Your relationship with your care recipient before their change in health.

Guilt can also look like:

- Comparing yourself to other caregivers.
- Feeling like a burden for accepting help from others.
- Believing you could have prevented something bad from happening.

Is Guilt Helpful Or Harmful?

Guilt isn't always bad. Sometimes, it can lead us to make helpful changes to the way we act. For instance, if you have a big argument with someone, guilt might motivate you to apologize and repair the relationship. In these cases, you should take responsibility and forgive yourself. Forgiving yourself is a key step in being able to move on from guilt. Remind yourself that you're human—and humans make mistakes! Nobody is perfect.

However, guilt can also come up in situations that you can't change. You may feel responsible for something that you had no control over. In these cases, guilt can be harmful. If you don't address guilt, it can impact your relationships with the people around you.

3 Strategies to Address Caregiver Guilt**Shift Your Perspective**

Ask yourself the following questions:

- "What are the facts?" Take a pause and think about the events that occurred that were in your control vs. not in your control. Feeling guilty doesn't always mean a situation can be changed.
- "What is realistic for your situation?" If you're trying to do too much and not meeting your expectations, you may be setting yourself up to feel guilty. Remind yourself that you're doing the best you can.
- "Did I make the best decision with the information I had at that time?" You can only make decisions based on what you know in the present. When thinking about past decisions, the best choice can seem more obvious. Remember that you couldn't have predicted the future and be kind to yourself.
- "What would I say to a friend who was experiencing caregiver guilt?" Often, we're kinder to our friends than we are to ourselves. You might take the opportunity to remind your friend that they're doing the best they can to juggle all the demands of life and caregiving.

Seek Support

A helpful way to navigate feelings of caregiver guilt is to seek support from others. In addition to being able to get other perspectives and feel heard, connecting socially is important to maintain your well-being. Here are some helpful informal and formal sources of support:

- Friends
- Family members
- Other caregivers
- A caregiver support group
- Faith or spiritual leaders
- Mental health professionals

Set Realistic Caregiving Goals

If you frequently experience caregiver guilt, write down your definition of what realistic caregiving looks like for you. This will help remind you of what's possible for your situation and will give you realistic goals to aim for. When writing your definition, ask yourself the following questions to guide you:

- "What are your limits?" You may not be able to meet every caregiving demand while balancing your health, work, and life. How much time and how often can you realistically provide support?
- "What are your caregiving priorities?" Some tasks are essential, and some are nice to do. You can write down everything you do or want to do and then circle the most important ones.
- "What tasks are most important for you to do with your care recipient?" Certain tasks may go more smoothly if they're done by you rather than someone else. In those cases, are you able to lighten your load in other ways? For example, if you help bathe your care recipient, someone else could run errands during that time. Connect with your extended support system and see if anyone is available to assist.
- "Can you care for your care recipient in other ways?" If you can't provide hands-on care, brainstorm other ways to help. For example, making meals or picking up prescriptions.

CAREGIVER WISH GRANT

This grant aims to ease the challenges of caregiving and improve the quality of life for caregivers and their families.

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

**CAREGIVER
BIKE DAY****MAY 20, 2026**

Time: 10 AM to 2 PM

Meet at the West Salem Bike Depot (corner of Leonard and Jefferson Streets), bike to Veteran's Memorial Park for the Nutrition Picnic and return to West Salem.



Drift Bikes will provide the bikes!

Bring your water bottle!

Cost: \$5 donation for lunch

Call 608-785-5700 to reserve your bike and lunch!

This will be a leisurely ride on a portion of the La Crosse River Bike Trail!

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

Questions??
Contact Kristine Meyer
608-386-0922
kmeyer@lacrossecounty.org

Family Caregiver Support Group

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

May 14, 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

2026 Caregiver Education Series

DASH Center
515 Quincy St. Onalaska

Time: 1pm—2:30pm

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

May 6, 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.

- May 2: Mega Stars of Country– Middleton
- May 8: Elvis My Way– Sheldon
- May 14: Fort Snelling and National Cemetery
- May 19: Classic Cars, Local Brews and a Pizza Farm
- June 10: Little Women– Guthrie Theatre
- June 17: Nobody's Perfect – Day Trippers
- June 25: Million Dollar Quartet – Fireside
- July 9: Wicked—Orpheum
- July 15: Celebration Belle River Cruise - Dubuque
- July 24: Incident at Our Lady of Perpetual Help-Lanesboro
- July 27: Paddle Boat Tour and Stillwater Shopping
- Aug 5: Guys and Dolls– Chanhassen

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

- Watercolor Painting-May 2,9 & 16, 10am-12pm
- Tom Vergoront portraying Henry Dodge & Capt HenryYoung– May 9, 7pm
- Car Show– May 24, 8am-2pm
- Gallery Artist for May– Kari Hogden

Arnold House at East Side Farm

19408 Silver Creek Rd. Galesville

City-Wide Rummage

May 8, 8am-6pm
May 9, 8am-2pm

Summer Tours start June 13 & 14

North American Squirrel Association

Outdoor Fun For Seniors and the Physically Challenged

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

Pontoon Rentals available for June- August only

- **Reservations open May 1, and reserved 30 days in advance**

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



MISSISSIPPI MELODIES

12pm-1pm

June 2: *Grumpy Old Men*

June 9: *Under Paris Skies*

GREAT RIVERS SINGERS CONCERT

May 17, 2pm-3pm

Concerts are free and open to the public.
Black River Beach Neighborhood Center, La Crosse



Thursdays, 5:30pm-8pm

June 4 - August 27
Riverside Park

Free concert for the whole family.
Food trucks on site.

Miss RemarkAble™

Empowering Women with Disabilities

Saturday, May 30, 2026 | 3PM

UW-La Crosse Union Bluffs Room

<https://www.apitiv.org/>

WEBER CENTER FOR THE PERFORMING ARTS

608-784-9292

www.webercenterarts.org

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

- 4/30: Gypsy- Senior Preview
- 5/1-5/17: Gypsy: A Musical Fable
- 6/13: Girls Night: The Musical
- 7/29: Glenn Miller Orchestra



CONCERTS IN THE PARK- HOLMEN

Sundays from 5pm-7pm, June 7 thru August 30
Halfway Creek Park Band Shell (300 W Roberts St.)
Rain location @ Holmen Library
Visit www.holmenwi.gov for complete schedule

MOVIE IN THE PARK- JUNE 5 AT DUSK, FREE FOR ALL



GREAT RIVER SOUND CONCERTS

Every Tuesday evening from 6:30 pm to 8:30 pm
Great River Sound brings the most talented local musicians to scenic Dash-Park Onalaska for a FREE to the public concert.
Concerts run from June through August.

Concordia Ballroom



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

www.concordiabalroom.com

Dances every Sunday, 1pm-4pm.
Zumba, Salsa and line dance classes also available.

Senior Card Players: MWF, 1pm-3pm

Central Latino Party: May 1, 5pm

Line Dance Party: May 16, 7pm

Pump House Regional Arts Center

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

Film Society– May 17

ARTSPIRE– June 13, Riverside Park

An Evening with Norman– May 13

La Crosse Symphony Orchestra

929 Jackson St. La Crosse
608-783-2121

5/2: **Andrey Returns!**

BREWS & TUNES May 8 & June 12

5pm-8pm, Omni Center Onalaska

Each month will showcase a local musician/band, a local winery or brewery and food trucks. Sip and listen while socializing with friends, family, or community members. Enjoy free access to yard, board and card games. Coloring pages, juice boxes and more for the kids to enjoy!

This is a dog friendly event and is indoor/outdoor, held rain or shine. Free admission

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



Senior Life newsletter Questions?

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

The Road Into Veterans Freedom Park is Named After the Man on the Left



The road into Veterans Freedom Park is named Louis Ferris Memorial Drive after a kid who joined the National Guard while a student at Logan. He served in the Korean War and went on to lead drives to add memorials to Veterans Freedom Park on French Island across from Copeland Park. He was often seen on hands and knees plucking weeds around them at age 91 in 2021, the year he died. A Marine who'd known Louis well spoke up at the meeting where well-intended people were asking the city to name the park after Louis. The Marine said Louis would definitely not want that, that Louis was devoted to EVERY veteran being remembered. Fortunately, the Marine's correct judgement of Louis carried the day. But we can all be glad the road into the park has since been named Louis Ferris Memorial Drive, because he was one of La Crosse's great givers. Source: G.H. Facebook share

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Monday:** First Monday, 6pm Bingo @ Valley View Mall food court
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
- Tuesdays:** 6pm Bingo @ Features West Salem
- Wednesdays:** Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
- Wednesdays:** 6pm Bingo @ Features in Holmen
- Wednesdays:** 6pm Bingo @ Omni Center
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 5/1 & 5/2:** Wild Fest, 500 Division St Stoddard. Food, music, fishing
- 5/2:** Spring Market on the Mississippi, Fox Hollow, 11am-3pm
- 5/2:** Pedretti's Barn Vendor Fair, 10am-3pm Viroqua
- 5/6:** Children's Miracle Network Chicken Q, 11am-6pm at 2707 Midwest Dr. Onalaska Fire Fighters Credit Union
- 5/8-5/10:** FFA Plant Sale, Viroqua HS, 8am-3pm
- 5/8-5/9:** Northside Elementary School Plant Sale, 1611 Kane St. Fri 3pm-6pm and Sat. 9am-12pm. Vegetables and perennials
- 5/9:** Holmen Booster Bash, 5pm-11pm at Holmen Legion for all
- 5/9:** Pork in the Park, starting at 9:30am, Gaylord Park Rockland with car show, UTV ride, food and live music
- 5/10:** All-U-Can-Eat Mothers Day Breakfast, 8am-11am at the West Salem American Legion
- 5/13:** Senior Fair, 12pm-2pm at the Omni Center Onalaska
- 5/14 & 5/16:** La Crescent City-Wide Rummage Sales
- 5/14-5/16:** West Salem Village-Wide Rummage Sales
- 5/15:** Music Themed Bingo, 5pm. Elmaro Vinyard Trempealeau
- 5/16:** Campbell Fire Dept Community Breakfast, 6am-11am
- 5/16 & 5/17:** Westby's Syttende Mai with music, vendors and parade
- 5/16:** La Crosse Speedway Opener, 2pm
- 5/25:** La Crosse Loggers Kick Off at 3:05pm vs Duluth Huskies

SAVE THE DATE

HMOOB AMERICAN DAY

Saturday, May 16, 10AM-3PM Onalaska Omni Center

A free community event at the Onalaska Omni Center featuring entertainment, activities, and lunch provided by Cia Siab, Inc..

GROW PLANT SALE & MORE

WESTERN TECHNICAL COLLEGE HORTICULTURE CENTER
624 VINE STREET, LA CROSSE

THURSDAY, MAY 7, 2026

3 PM TO 6 PM

- Garden Themed Appetizers
- Plants for Sale
- Build Your Own Hanging Basket or Fairy Garden

FRIDAY, MAY 8, 2026

8 AM TO 6 PM

- Plants for Sale
- Mother's Day Gift Make and Take
- Build Your Own Hanging Basket or Fairy Garden

SATURDAY, MAY 9, 2026

9 AM TO 1 PM

- Plants for Sale - Buy One Get One Free from 12 - 1 pm
- Compost Workshop 10am to 11am
- Mother's Day Gift Make and Take

All activities and plants are while supplies last

Thank you to the Cultivator Level event sponsors:



All proceeds go directly towards connecting youth to healthy food and nature.



Kentucky Derby

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

- | | | |
|----------------------|-------------------|------------------|
| My Old Kentucky Home | Run For The Roses | American Pharoah |
| Woodford Reserve | Churchill Downs | The Twin Spires |
| Winner's Circle | Kentucky Oaks | Triple Crown |
| Secretariat | Mint Julep | Sir Barton |
| Hats | | |