



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

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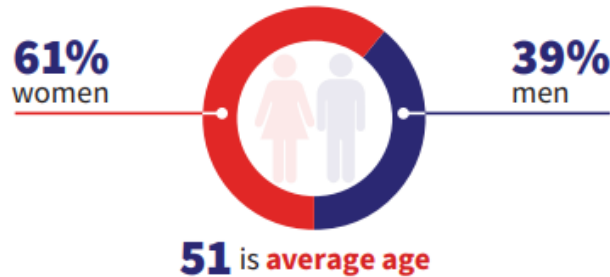
## November is National Family Caregiver Month

Across the nation, **63 million Americans—one in four adults—are family caregivers**, a number that has grown by 20 million in the past decade. Every day, family caregivers step into roles that require patience, strength, and deep love—helping aging parents with appointments, managing medications, supporting a spouse through illness, or providing a safe home for someone with a disability. Their care makes it possible for loved ones to live with dignity and independence.

But caregiving can also be demanding. **Nearly four in ten caregivers report emotional stress**, and one in five struggle to afford basic needs like food or housing. Many are balancing multiple responsibilities—seven in ten caregivers are working-age adults, and almost one-third are “sandwich generation” caregivers supporting both children and older relatives. Yet, despite these challenges, more than half say they find deep purpose in their caregiving journey.

**National Family Caregiver Month** is an opportunity to recognize their invaluable contributions and raise awareness about the support systems that help them sustain their caregiving role. It is also a time to remind every caregiver that they do not have to do it alone—the Aging and Disability Resource Center (ADRC) of La Crosse County is here to help.

### Who Are America’s Family Caregivers?



**NEARLY HALF** are **under 50** – younger than many expect.



**29%**  
are **sandwich generation caregivers** – caring for both children and adults



**18%**  
have a **disability** themselves



**27%**  
are caring for someone with **dementia** or **cognitive impairment**

Infographics pulled from Caregiving in the US 2025: A National Portrait of Family Caregivers published by AARP and the National Alliance for Caregiving.

### ADRC of La Crosse County: Supporting Caregivers Every Step of the Way

The ADRC’s **Caregiver Support Program** provides tailored support to caregivers through information and assistance, case management, coaching, and resource connections. Funding may be available for respite care, safety tools, adaptive equipment, and more to ease caregiving challenges.

Our **Caregiver Support Specialist** provides:

**Support Connections:** Access to support groups, peer connections, wellness programs, and educational resources.

**Coaching / Counseling:** Guidance on caregiving strategies, health care conversations, and advance care planning.

**Supportive Services:** Assistance with homemaking, personal care, safety equipment, and home modifications.

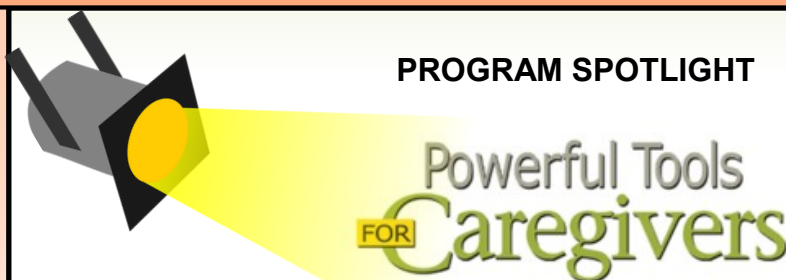
**Respite Care:** Temporary relief through in-home services, adult day programs, or facility stays.

To learn more about the Caregiver Support Program, and our Caregiver Support Specialist, contact us!

**608-785-5700**



#### PROGRAM SPOTLIGHT



**What It Is:** A six-week, evidence-based workshop that helps family caregivers build the skills and confidence needed to care for themselves while caring for a loved one. Learn practical strategies to reduce stress, communicate effectively, manage emotions, and make difficult decisions with greater ease.

**Why It Matters:** Caregivers who complete the workshop report:

- Greater confidence in handling caregiving challenges
- Better emotional well-being
- Increased use of self-care practices
- Greater awareness and use of community resources

**How to Participate:** The ADRC’s Caregiver Support Specialist offers this workshop several times each year. Watch upcoming editions of the *Senior Life* for dates and registration details!

**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.

**RSVP Transportation Program**



- Must be 55 + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- Curb – to – Curb Service.
- All drivers are volunteers & use their own vehicles.
- Ride reimbursement is .70/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

**Looking for a Fall Activity?**

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



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

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

**Contribution Designation Form**

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

**Please designate my contribution: (if applicable)**

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

And notify: \_\_\_\_\_

Address: \_\_\_\_\_

**To benefit the following: (check all that apply)**

- 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

**LA CROSSE MTU**

Senior Citizen Discount (ages 65 and older)

\*With an ID card issued by MTU or a Medicare Card

.75 cents is the cash fare, and \$25, monthly bus pass.

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



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

Transit Center, 314 Jay St, La Crosse

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

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



**MTM Medical Rides**

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

Monday—Friday, 7am - 6pm

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

Visit the website at [www.mtm-inc.net/wisconsin](http://www.mtm-inc.net/wisconsin)

**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](http://www.lacrossecounty.org/adrc), click "Get Involved" and then "Donate", and select the yellow "Donate" button at the bottom of the page. Thank you for your support!

**La Crosse Senior Life Newspaper**

Mailing List Request

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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



Happy Thanksgiving!

THE ADRC OFFICE AND MEAL SITES WILL BE CLOSED NOVEMBER 27TH & 28TH FOR THE HOLIDAY. TRANSPORTATION WITH ABBY VANS WILL BE CLOSED ON THANKSGIVING DAY.





**November 3**, 6pm at Holmen Area Community Center  
**November 4**, 10am-12:15pm at Eagle Crest South  
**November 13**, 1pm at DASH Center-Onalaska

**Call the Aging and Disability Resource Center at 608-785-5700.** 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,” participants will gain a heightened awareness and leave with valuable tips and tools to improve communication and connection. This experience is free and great for caregivers to better understand and interact with their loved one.

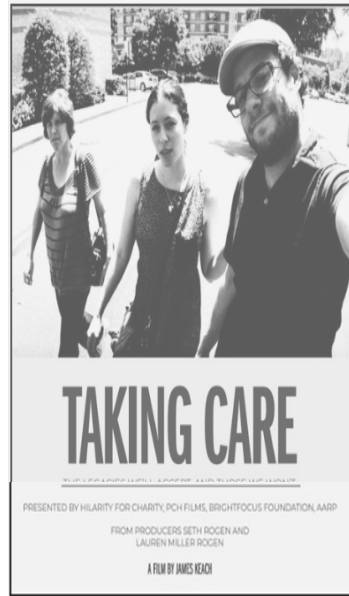
**Rejuvenate & Recharge for Caregivers  
 Caregiver Retreat  
 Thursday, November 6 10am-12:30pm  
 Black River Beach Neighborhood Center- Maplewood Room**

Take a morning just for you!  
 Join us at 10:00am for coffee and then unwind from 10:30am-11:30am with a peaceful sound experience featuring singing bowls and tuning forks led by Judy.  
 Afterward, stay to enjoy a healthy bite and conversation with fellow caregivers from 11:30am-12:30pm.  
 Registration required for seating, no cost to attend.  
**Call the Aging & Disability Resource Center at 608-785-5700.**

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

**Black River Beach Neighborhood Center- Maplewood Room  
 Friday, December 12, 9am-11:30am  
 Partnering with Your Healthcare Team**

Join us for research and education presentations (begin at 9:30am), stay afterwards for camaraderie and discussion. Complimentary refreshments funded by the Kathy & Jack Lucey Family Fund. The Healthy Living with Mild Cognitive Impairment (MCI) series is a support and education program about brain health and living well with MCI.  
 Free, registration required: 608-785-5700



**TAKING CARE**  
**Monday  
 November 17th  
 2:30 - 4:30 pm**  
**FREE Event Open to the Public**  
 Complimentary appetizers and refreshments will be served!



Taking Care is a 38-minute documentary that follows Seth Rogen and Lauren Miller Rogen as they face the challenges of Lauren's mother's early-onset Alzheimer's disease.

Taking Care is a story about family, resilience, and the power of taking action in the face of adversity. With expert insights and touching personal moments, the film is a powerful reminder of the difference we can all make in the effort to end Alzheimer's disease and dementia.



**Holmen Area Community Center**  
 600 N. Holmen Drive, Holmen WI  
 www.holmencc.org 608-399-1870

*Where Our  
 Community  
 Gathers!*

**Embrace  
 12:30pm-2pm**

**Nov 12: Music with Joe Cody  
 Nov 26: Timeslips w/ Rec Therapy  
 Black River Beach Neighborhood Center  
 To register call 608-789-8640**

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



**Caregiver Wishes Grant**

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

**Dementia Caregiver Support Group Listing**

**IN PERSON**

**VIRTUAL**

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

**Monday Coffee Connect** Every Monday: 10am  
 Contact Kelsey at [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

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

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

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

**Aging & Down Syndrome Caregiver Support**  
 3rd Wednesday of the month, 5pm  
 Contact DSAW [info@dsaw.org](mailto:info@dsaw.org)

**Living with Cognitive Impairment Support**  
 Once a month. Located in La Crosse  
 Contact Kelsey Flock at 608-386-0767

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

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

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



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

**Spark on the Go:**  
**Nov 10th**, 1:00pm-2:30pm  
*Old Hollywood*

La Crosse Community Theatre  
 428 Front St. La Crosse  
 Register with Amber at 608-385-4819.

**Spark at Clearwater Farms:**  
**Nov 17th**, 10:30am-12:00pm  
*Grateful Gatherings*  
 Clearwater Farm 760 Green Coulee Rd.  
 Onalaska

Register with Anna at 507-319-9156.  
[info@clearwaterfarm.org](mailto:info@clearwaterfarm.org)  
 Must pre-register. Call Amber at 608-385-4819

# MEDICARE



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

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

**Wednesday, November 19th**  
**10am-11am or 6pm-7pm**  
 Black River Beach Neighborhood Center  
 Register by calling 608-789-8640

## COLD WEATHER IS APPROACHING

### Wisconsin Home Energy Assistance Program

provides assistance for:

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

Income Guidelines for 2025-2026:

- 1 household: \$3,201 month
- 2 household: \$4,186 month
- 3 household: \$5,172 month
- 4 household: \$6,157 month



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



### The Benefits of the Winter Weatherization Program

#### Who is eligible?

Households who qualify for the Wisconsin Home Energy Assistance Program (WHEAP) may also qualify for weatherization.

#### What is the WI Home Energy Assistance Program?

The Wisconsin Home Energy Assistance Program (WHEAP) offers crucial support to eligible households during the heating season, spanning from October 1 to May 15. WHEAP provides a one-time payment that assists with a portion of energy costs but is not meant to cover the entirety of a residence's energy expenses. The specific amount of assistance you receive depends on several factors, such as your household size, income, and energy costs. WHEAP is a valuable resource for helping individuals and families manage their energy bills and maintain a comfortable living environment.

#### If you qualify for WHEAP, You May Also Qualify for Weatherization.

The Weatherization Assistance Program is a valuable resource for both homeowners and renters looking to reduce energy costs and enhance comfort within their homes. Weatherization improvements may also contribute to a safer and healthier home environment.

These improvements are installed by Couleecap.

By weatherizing your home, you can expect reduced energy bills, increased indoor comfort, and more sustainable living space.

If you qualify for home weatherization services you may receive one or more of the following energy efficiency measures:

- \* Insulation    \* Heating System Update
- \* Sealing air leaks    \* Energy-Saving Products

#### How to Apply Weatherization Services?

Apply for the Wisconsin Home Energy Assistance Program (WHEAP) by contacting your county in which you reside. Call for an appointment between October 1st and May 15th to receive a regular benefit. Applications can be accepted year round. Contact La Crosse County at 608-785-5582.

## Medicare Open Enrollment Period

Every year Medicare has an Open Enrollment Period (OEP) from October 15 to December 7. During this time period, you may change your Medicare enrollment. The list below outlines the changes available during OEP.

- 1) You can join a new Medicare Advantage Plan or Part D prescription drug plan;
- 2) Switch from Original Medicare to Medicare Advantage; or
- 3) Switch from Medicare Advantage to Original Medicare (with or without a Part D plan).

Understanding what Original Medicare covers is essential in helping you decide and compare the coverage options for Advantage Plans. You can use the Medicare & You Handbook found at <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>.

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you should have received an Annual Notice of Change (ANOC). The ANOC will have information about changes to coverage, benefits, costs, and service areas that your plan intends to make in the upcoming year. It's important to take the time to review your options to ensure that you get the most out of your Medicare benefits.

**Enroll before December 7, 2025** in the plan that best fits your health coverage needs. Once you have enrolled, your plan coverage will begin January 1, 2026. If you didn't enroll in a new plan, any changes to your current plan will take effect on January 1, 2026.

If you find that you need assistance during the OEP, there are several options available to you, listed below:

- ▶ Contact the Medigap Helpline  
Call 1-800-242-1060
- ▶ Contact the Medigap Part D & Prescription Drug Helpline  
Call 1-855-677-2783
- ▶ **Call your local Benefit Specialist. For La Crosse County please call the La Crosse County Aging and Disability Resource Center at 1-608-785-5700 for part D comparisons. These comparisons will be done by mail, email or by telephone only.** Remember, Benefit Specialists are not licensed insurance agents so they are not able to help you choose or compare a Medicare Supplemental plan but can compare prescription plans and Medicare advantage options using the [www.Medicare.gov](http://www.Medicare.gov) website tool that is available to anyone.  
**If you would like a telephone appointment**, where we will call you at a set appointment time, please call 785-5700 to schedule.

**If you would like to get the information by regular mail or email**, please mail or email your name and contact information along with your current part d plan, your current medications, names and dosages **and** preferred pharmacy to [tina.johnson@lacrossecounty.org](mailto:tina.johnson@lacrossecounty.org) or

Mail to:  
Aging and Disability Resource Center of La Crosse County  
300 North 4<sup>th</sup> St. La Crosse, WI 54601

### ENERGY EFFICIENCY TIP OF THE MONTH

**Turn your suds into savings.** Lower your energy use in the laundry room by washing clothes with cold water whenever possible, as heating water accounts for most of the energy use in a laundry cycle.

**Wash full loads** to make the most of energy savings, and use high-efficiency detergent designed for cold washes.

**For drying cycles**, clean the lint filter before each load to improve airflow and use dryer balls to reduce drying time.

Source: Riverland Energy

### We Would Like to Hear From You.....

- Do you have a question for the Aging and Disability Resource Center?**
- Do you want to see more on a certain topic in our *Senior Life* newsletter?**
- Is there something missing from *Senior Life* that interests you?**
- Did you know you have an option to receive the paper by mail or emailed?**
- We would like to hear from you. Contact the ADRC at 608-785-5700 or email: [seniorlife@lacrossecounty.org](mailto:seniorlife@lacrossecounty.org) with your questions or suggestions.**



**South Side Neighborhood Center**1300 6<sup>th</sup> Street, La Crosse

Most programs require registration: 608-789-8298

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class Nov. 6 & 27.)

**Expressive Drawing:** Tuesdays, 1pm-3pm. Register.

**Ukulele Lessons:** Tuesdays, November 4 & 11; Beginner 1: 9:30am-10:30am or 6:30pm-7:30pm. Register.

**Before the After:** Wednesday, November 5, 10am-12pm. Register by 1 day prior. Free

**Wise Wednesdays:** Wednesday, November 5 & 19, 10:30am-12pm. Register by 1 day prior. Free

**Bingo:** Wednesdays, November 5 & 19, 12:30pm-1:30pm. Register by 1 day prior. Free

**Music Café** (various musicians): Thursday, November 6, 1pm-2pm. Free; offerings for musicians appreciated

**Coping Skills:** Fridays, November 7 & 21, 10am-11:30am. Register by 1 day prior. Free

**Shuffle Together** (cards): Friday, November 14, 2pm-3:30pm. Register. Free

**Parkinson's Social Night:** Wednesday, November 19, 5:30pm-7pm. Call the Stars Center for details 608.797.6295

**Myths and Misconceptions of Hospice:** Wednesday, November 19, 10am-11am. Register by 1 day prior. Free

**Healing Through Sound:** Thursday, November 20, 6pm-7:30pm. Register.

**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 available by calling the ADRC at 608-785-5700.

**Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. (No class Nov. 6 & 27)

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

**Mah Jongg Club** (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session

**Art Club:** Thursdays, 12pm-3pm. Register. \$2/session. (No class Nov. 27)

**Knitting Group:** Thursdays, 1pm-3pm. \$1/week. (No class Nov. 27)

**Parkinson's Disease Support Group:** Monday, November 3, 5pm-6:30pm. (Call Star Center : 608.797.6295)

**International Folk Dance:** Wednesday, November 5 & Saturday, November 15, 7pm-9:30pm. Register. \$2/session

**Rejuvenate & Recharge for Caregivers – Caregiver Retreat:** Thursday, November 6, 10am-12:30pm. (Call ADRC 608-785-5700)

**Embrace** (for those with dementia & care partners): Wednesdays, November 12 & 26, 12:30pm-2pm. Register, free

**Medicare 101:** Wednesday, November 19, 10am-11am OR 6pm-7pm. Register by Friday prior, free

**Special Needs Planning Part 1 - A Blueprint:** Wednesday, November 19, 6pm-7:30pm. Register by 1 day prior, free

**HARRY J OLSON CENTER**

1607 North St. La Crosse

608-781-2122

Monday:	9:30am	<b>Chair Yoga/Tai Chi Class</b>
	12pm	<b>Coulee Region Woodcarvers</b>
Tuesday:	9am	<b>Strong Seniors</b>
	1pm	<b>500 Cards</b> register at 786-1114
	7pm	<b>Duplicate Bridge-</b> 797-3587
Wednesday:	1pm	<b>Euchre</b> register at 786-1114
	6:30pm	<b>Live Band Dance</b> –public welcome
Thursday:	9am	<b>Strong Seniors</b>
	10am	<b>Chat Bridge</b> – register 797-3587
	12:30pm	<b>Duplicate Bridge</b>
Friday:	9:30am	<b>Chair Yoga/Tai Chi Class</b>
Saturday:	9am	<b>Bridge Lessons</b> , register at bloedornjc@gmail.com

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

**Sons of Norway:** 1st Monday at 6pm.**Wednesday for Lunch:** Nov 19th, 11am-12:30pm.

Free, 55+ yrs, RSVP.

**Christmas Lighting Party:** Nov 19th, 6pm. Festive lighting of big pine and building, in honor of Mary Ann Pankratz. Refreshments and special guests!

**Tech Help Drop In by the Library**– Nov 19, 10:30am-12pm**ONALASKA PARK & REC EVENTS**

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

**Events at the DASH Center**

515 Quincy St. Onalaska

**Open Pickleball**– M/W/F, 6am-8am or 11am-3pm and T/Th, 9am-1pm**Nickel Bingo**– Tuesday & Fridays, 10:30am-11:20am**Walking Group**- Monday-Friday from 8am-9am**Bridge Group**- Mondays from 12:30pm -4pm**Mah Jongg**- Wednesdays from 12:30pm -4pm**SimpleSteps Tech Help**- 11/5 & 11/19, 10:30am-12pm. Free**Senior Scene Cinema**– 11/4 & 11/18, 12:30pm**Dementia Live**– 11/13, 1pm-2pm. Register at 608-785-5700**Brain Healthy Lifestyle Part 1**– 11/10, 11am**Brain Healthy Lifestyle Part 2**– 11/24, 12:15pm**Sleigh your Holiday Budget with Altra C.U.**– 11/20, 10:15am**OMNI CENTER EVENTS****BBB Bingo:** Wednesdays at 6pm**Festival Turkey Trot:** Nov. 27 at 8am**Winter on Ice Spectacular:** Dec 6**Public Open Skate:** SundaysHOLMEN AREA  
COMMUNITY CENTER

600 N Holmen Dr.

608-399-1870 [www.holmenc.org](http://www.holmenc.org)

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

**Trivia & Treats – Holmen DECA Students:** Oct 30, 1:15pm-2:15pm

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

**Pickleball Open Play:** Tuesdays & Thursdays 11am-1pm (Hours may vary)

**Spring Rolls with Tan Pham:** Monday, Nov 3 at 1pm \*registration required

**Holmen Area Historical Society:** Monday, Nov 3 at 6pm (WWII Collection)

**Dementia Live for Caregivers:** Monday, Nov 3 at 6pm register 608-785-5700

**Taking Care Documentary:** Monday, Nov 17 at 2:30pm-4:30pm

**StrongBodies Virtual Strength Training:** Mon & Wed, 9am, Fri. video, 10am

**Fun with Watercolor:** Mondays, 8:30am-11am

**Chair Yoga with Marty:** Mondays at 9:15am

**SimpleSteps Tech Help:** Nov 3 & 17 10:30am-12pm (appointments)

**Beginner Line Dancing:** Mondays, 1pm

**Intermediate Line Dancing:** Wednesdays, 1pm

**Mah Jongg Club:** Mondays, 1pm- 4pm

**Present Moment Yoga:** Tuesdays (Nov 4, 11, 18) at 9am

**Veterans Day Program:** Tuesday, Nov 11, 10am-11:30am

**Muscles in Motion:** Tuesdays 9am-10am

**Community Crafts with Jackie & Pam:** Nov 4, 1pm \*registration required

**Public Health Nurse Visits:** Nov 11, 8:30am-11am, Free Blood Pressure Checks

**Cardio & Strength Fitness:** Tuesdays and Thursdays at 10am

**Connect2Nature:** Nov 18, 1pm Topic: Raptor Resource Project

**Hearing Evaluations:** Nov 4, 9:30am-11:30am (appointments)

**Hearing Instrument Checks:** Nov 18, 9:30am-11:30am (appointments)

**Euchre Tournament:** Nov 4 & 18 at 6pm

**Family Fun Night – Gather & Gratitude:** Nov 11, 5pm-7pm

**Ukulele Lessons for Beginners:** Nov 4 & 11, 12pm-1pm

**Aging with Confidence: Protecting Your Health, Wealth and Peace of Mind:** Nov 5, 2pm- 4pm

**“Holiday Harmony–Your Guide to a Joyful, Stress-Free Season”:** Nov 25 at 1pm

**Diamond Art:** Wednesdays at 9am

**Bingo:** Wednesdays & Fridays at 12:30pm

**“A Joyful Life” Monthly Group for Women:** Nov 5, 2pm-3pm

**Cozy Readers Book Club:** Nov 19, 2pm-3pm

**Mocktails & Me – I’ll Be on Your CIDE-r:** Nov 6 at 6:30pm

**Veterans Service Hours:** Nov 6, 12:30pm- 4pm

**Fun & Games:** Thursdays, 1pm-4pm

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

**AA Meetings:** Thursdays, 6pm-7pm

**Music with Greg Growsky:** Nov 7, 11am-12pm

**Gentle Yoga for Beginners:** Nov 7 & 21 at 8am

**Chair Yoga with Samantha:** Nov 7 & 21 at 9:15am

**Good Morning Holmen!** Nov 21 at 9am

**American Red Cross Blood Drive:** Nov 14, 10am-3pm

Closed  
Nov 27  
& 28

**Coffee Connect for Visually Impaired Persons (VIP)**

Open to people with visual impairments and their caregivers.

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

Onalaska American Legion 731 Sand Lake Rd.

Zoom option available.

Contact Jeannie Nylander Phone: 608-781-3361

Email: [mjnylander@icloud.com](mailto:mjnylander@icloud.com) or [britney.hodson@gmail.com](mailto:britney.hodson@gmail.com)



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

[wafermobile@waferlacrosse.org](mailto:wafermobile@waferlacrosse.org) or 782-6003  
 1603 George St. La Crosse

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

**Mindful Eating: A Return to the Present Moment**

In a world of fast food and faster schedules, a quiet shift is happening at the dinner table. Mindful eating, the practice of being fully present with your food, is gaining popularity as people seek a more intentional relationship with what they eat. And it is not just about salads and smoothies. Even a cheeseburger and fries can be part of the experience.

Mindfulness means focusing on the present moment while calmly acknowledging and accepting your thoughts, feelings, and bodily sensations. When applied to eating, it transforms meals into moments of awareness and appreciation.

**Beyond the Bite**

Mindful eating begins long before the first bite. It starts at the grocery store, where shoppers are encouraged to make thoughtful choices. Creating a list with health in mind, sticking to it, and filling the cart with fresh produce helps reduce impulse buys and processed food consumption.

At mealtime, arriving with a gentle appetite, not extreme hunger, allows for a more enjoyable experience. Using smaller plates and starting with modest portions helps diners stay in tune with their body's natural cues.

**A Moment of Gratitude**

Before eating, a brief pause to reflect on the journey of the food from farm to table can foster a deeper sense of appreciation. Gratitude for the meal and the company at the table sets a tone of presence and connection.

During the meal, engaging all five senses enhances the experience. The colors, textures, aromas, and even the sounds of food preparation become part of the ritual. As each bite is chewed, identifying ingredients and seasonings can deepen the connection to the meal.

**Slow Down, Savor More**

Taking small bites and chewing thoroughly, sometimes 20 to 40 times per mouthful, allows flavors to unfold and digestion to improve. Putting down utensils between bites encourages a slower pace. Dedicating at least five minutes to quiet, focused eating before engaging in conversation helps anchor attention and satisfaction.

Mindful eating is not a diet. It is a way of being, one that invites presence, gratitude, and awareness to every meal. Whether it is a home-cooked dish or a favorite indulgence, the practice offers a path to deeper enjoyment and healthier habits.

Karie Johnson, FoodWise Coordinator

**Easy Beef Supper**

- 1 pound ground beef
  - 1 small onion, chopped
  - 1 bell pepper, chopped
  - 2 cans (about 30 ounces) no salt added diced tomatoes, drained
  - 1 cup macaroni, uncooked
  - 2 1/2 cups low-sodium tomato juice
  - 1/4 teaspoon black pepper
  - 1/2 teaspoon chili powder
  - 1 teaspoon oregano (optional)
  - 1 can (about 15 ounces) low-sodium kidney beans, drained
1. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
  2. Add onion, green pepper, and tomatoes to ground beef and cook until onion turns light brown.
  3. Turn down the heat to a simmer. Add macaroni, tomato juice, spices, and beans to the pan. Stir well.
  4. Cover the pan and simmer for about 20 minutes.
  5. Remove pan from heat, stir, and serve hot. Serves 6

**November 11**  
 5pm-6pm

**Onalaska Methodist Church**  
 212 4th Ave N.

ONALASKA, WISCONSIN  
**COMMUNITY DINNER**  
 In-person dining & Drive-thru available!

**Ruby's PANTRY**

3rd Wednesday of the month  
**November 19th**  
 4:30pm—6pm  
 Journey Lutheran Church  
 2703 Sand Lake Rd. Onalaska

Everyone is welcome to attend! You will receive an abundance of grocery items. No income or residency requirements.  
**\$25 Cash Donation is required.** [www.rubyspantry.org](http://www.rubyspantry.org)

**What happens when apples drink too much?**  
 They get sauced  
**What did the leaf name its baby?** Rustle  
**Who is never hungry on Thanksgiving?**  
 The turkey, because he's already stuffed!

Thanksgiving is a day when we pause to give thanks for the things we have.

**"Veterans Day"** is a day when we pause to give thanks to the people who fought for the things we have.

**Engaging November Activities for Seniors**  
 As the golden leaves of autumn give way to the crisp early whispers of winter, November brings its own magic. It's not just a month, but a mosaic of vibrant colors, cozy gatherings, and heartfelt memories. For seniors, it's a period brimming with activities that evoke nostalgia, cultivate connections, and embrace the serene beauty of the changing seasons.

**Leaf Artistry-** Seniors can collect a myriad of multicolored leaves and transform them into collages, bookmarks, or decorative centerpieces

**Thanksgiving Memory Sharing-** Share tales from their past Thanksgivings, letting every anecdote weave a rich tapestry of familial bonds and historical moments.

**Scrapbooking Seasons-**Using photographs, trinkets, and notes,

seniors can craft scrapbooks that encapsulate their year's memories.



**Pie Baking Sessions-** November is synonymous with pies.

**Cozy Movie Marathons-** Snuggled under blankets with favorite films from yesteryears playing can be a trip down memory lane, reigniting past passions and joys.

**Veteran's Day Reflections-** Share stories of valor, sacrifice, and patriotism, keeping history alive.

**Indoor Gardening-** As the outdoor gardens hibernate, seniors can turn to indoor gardening, cultivating herbs or ornamental plants, blending nature's charm with the indoor warmth.

November is not merely a month on the calendar; it's a rich tapestry of experiences waiting to be unraveled. For seniors, it's an opportunity to engage, reminisce, and create, ensuring that each day is painted with vibrant strokes of joy, nostalgia, and warmth.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatballs & gravy 3 Mashed potatoes Buttered corn Carrot cake, Fresh fruit	Chicken salad sandwich 4 3 bean salad Watermelon Sugar cookie, grape juice	Ham w/pineapple 5 Sweet potato bake Green beans, apple juice Chocolate pudding	Chili w/ beans 6 Baked potato w/ sr cream Spinach salad Cornbread, banana	Chicken supreme 7 Garlic mashed potatoes Peas & carrots Pineapple
Spaghetti w/meatsauce 10 Romaine salad Ambrosia cup Garlic bread, Brownie	Beef & mushrooms 11  Egg noodles Peas & carrots, roll Marble cake, applesauce	Baked 1/4 chicken 12 Baked sweet potato Country vegetables Fruit fluff, dinner roll	Salisbury steak/gravy 13 Mashed potatoes Glazed carrots Fruited jello	Fish sandwich on a bun 14 Baked beans Peas Peach cobbler, tartar sauce
Sweet & sour chicken 17 Rice blend Broccoli, Melon cup Blueberry muffin	Swedish meatballs 18 Mashed potatoes Glazed carrots, Roll Pears, Pudding	Lasagna 19 Romaine salad Fruit salad, Roll Garlic breadstick	Broccoli cheese soup 20 Grilled chicken sandwich Fruit cup, Applesauce Crackers, Mayo	Goulash w/ beans 21 Country vegetables Fresh fruit Pumpkin bar, rye bread
Egg, sausage, potato 24 Cheese bake Cinnamon applesauce Blueberry muffin, juice	Turkey & gravy 25 Mashed potatoes Green beans, Cranberries Pumpkin pie	Beef taco salad 26 Corn tortilla chips Banana, Sugar cookie Taco sauce, sr cream	27  <i>Happy Thanksgiving</i> All Sites Closed	28 All Sites Closed
<p><i>May your home be filled with laughter, your table with favorites and your hearts with gratitude.</i></p>				<p>*All meals include milk or juice &amp; bread. *Substitutions may occur.</p>

### Turkey Tenderloins with Raspberry Sauce

2 turkey breast tenderloins (5 oz each)  
1/8 teaspoon salt  
1/8 teaspoon pepper  
2 teaspoons olive oil  
1 teaspoon cornstarch  
1/4 cup cranberry-raspberry juice  
2 tablespoons preferred steak sauce  
2 tablespoons red raspberry preserves  
1/2 teaspoon lemon juice  
Sprinkle turkey with salt and pepper. In a large nonstick skillet over medium heat, brown turkey in oil on all sides. Cover and cook until a thermometer reads 165°, 10-12 minutes. Remove and keep warm.  
Combine cornstarch and juice until smooth; add to the pan. Stir in the steak sauce, preserves and lemon juice. Bring to a boil; cook and stir until thickened, about 1 minute. Slice turkey; serve with sauce.



### Twice Baked Potatoes for Two

2 medium potatoes washed  
1 T butter melted  
1/4 cup sour cream  
1 cup shredded cheese  
2 T cup bacon bits  
1/2 teaspoon salt or to taste  
pepper to taste  
Poke potatoes with fork. Bake in microwave on for 4 minutes. Cut the baked potatoes in half lengthwise while still warm. With a spoon, scoop out some of the potato flesh into a mixing bowl, leaving about 1/4 inch of potato inside the skin. Use a potato masher to stir potato, sour cream, cheese, bacon bits, and salt and pepper. Spoon the filling into the skins. Sprinkle shredded cheese and extra bacon bits over the tops. Broil for about 2 minutes. Top with sour cream or ranch, if desired.




### Cranberry Sauce for Two

1 cup fresh cranberries  
1/3 cup orange juice  
1/4 cup sugar  
1 1/2 teaspoon grated orange peel  
1 1/2 teaspoon triple sec or other orange-flavored liqueur (optional)  
In a medium saucepan over medium-high heat, combine ingredients. Bring to a boil, then reduce heat to low and simmer 10 minutes. Pour into a blender and process until smooth. Pour into a bowl and stir in liqueur, if desired. Chill at least 2 hours.



### FUNNY FAILS.....

 My husband and I have been laughing about this for years. I was making Lemon Meringue pie for the first time for our family's Thanksgiving dinner and the lemon part went perfect. Then I couldn't figure out why my meringue wasn't turning into stiff peaks...so my more talented hubs comes along and was like "Why are there green flecks in it and what is that smell?" Fun fact, Cream of Tartar and Tartar sauce are NOT the same thing!!! My husbands first time making guacamole, he peeled all the avocados with a potato peeler! "Slippery sumbitches" he said. While walking into the kitchen on a Sunday morning, I see my husband gently tapping an egg on the counter. I asked him what he was doing and he replied, "The recipe said to lightly beat the egg."



### 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.

### 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.

### Home Delivered Meal Cancellations and Bad Weather

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

### ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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

**La Crosse Main Library**

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

Some workshops require registration. Contact the library.

**Holiday Closure: November 18th and November 27th**

- Chair fitness: Mondays, 9am-9:30am
- Friends Monday Booksale: Mondays, 9am-12pm. \$1 or less
- Monday Mornings at Main: 10am-11am, 50+yrs, variety of topics
- Storytime for Adults: Nov 4, 6:30pm at Turtle Stack Brewery
- Chair Yoga: Thursdays, 10am-10:45am
- Qigong: Nov 1, 9:30am-10:30am
- Chapters Book: Nov 8, 10am and Nov 12, 1pm. *Northwoods*
- Repair Café: Nov 8, 10:30am-12:30pm
- Ethics for AI for Beginners: Nov 11, 10:30am-11:30am
- Career Navigation Assistance: Nov 13, 10am-12pm
- Sunday Matinee: *Wicked*: Nov 2, 1:30pm-4pm. For all ages
- Macrame Workshop: Nov 13, 5:30pm. Register
- Wicked Party: Nov 15, 5:30pm-7pm at North Library
- Gifts of Gratitude Crafting: Nov 18, 1pm. Register
- BookTok Bingo: Nov 18, 6:30pm at 608 Brewery
- Singing Bowl Sound Meditation: Nov 20, 5:15pm
- Governor's Award Reception for Dark La Crosse: Nov 24, 6:30pm



Bangor • Campbell • Holmen • Onalaska • West Salem

Phone: 608-399-3390  
 Email: [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org)  
 Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)  
 Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

**All library locations will be closed November 27-30 for the Thanksgiving holiday.**

- Bangor** movie on November 20 at 2:30pm and 6pm.
- Campbell** Book Club meets second Tuesday of the month, 6pm.
- Holmen** movie on November 3 and 17 at 2:15pm and 6pm.
- Holmen** "Cupcake Decorating 101" on November 13 at 6pm. Registration required.
- Holmen** "Drop-in Tech Help" on November 20 from 11am-12pm and 4:30pm-5:30pm.
- Onalaska** "Antique Appraisals" on November 1 from 11am-2pm. Call Onalaska Library at 608-781-9568 to make an appointment to have your item appraised. No registration needed to be in audience.
- Onalaska** "Able Programs Presents: Cupcake Decorating 101" on November 3 at 1:30pm; adapted for adults with disabilities but all are welcome. Registration required.
- Onalaska** "Senior Moments" on Wednesdays at 10am:
  - **November 5:** Protecting Our Night Skies
  - **November 12:** Arlington Cemetery
- Onalaska** "Jigsaw Puzzle Battle" on November 8 at 10am. Registration required.
- Onalaska** Book Club meets third Thursday of the month, 1:15pm.
- Onalaska** movies on November 6 and 13 at 6pm.
- West Salem** "Sourdough 101" on November 6 at 6pm. Registration required.
- West Salem** movies on November 13 and 20 at 2:15pm.
- West Salem** Afternoon Book Club meets the second Wednesday of the month at 1:30pm.
- West Salem** "Books and Banter" Book Club meets the fourth Monday of the month at 6:30pm.

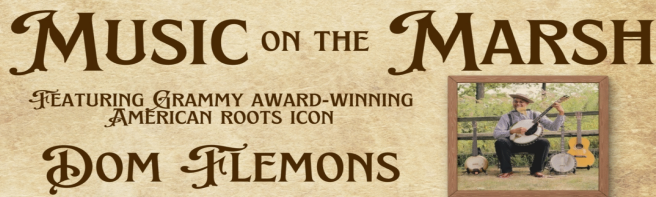
**The Nature Place**

789 Myrick Park Dr, La Crosse 608-860-6864  
[www.natureplacelacrosse.org](http://www.natureplacelacrosse.org)

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

- Nature Saturday:** Nov 1, 9:30am-11:30am, Free, all ages
- Exotic Animal Surrender:** Nov 1, 12pm-3pm, Free
- EnviroWednesday:** Nov 5, 7pm, ages 14+
- Music on the Marsh:** Nov 13, 6pm-9pm, tickets required
- Toy & Book Swap:** Nov 17-22, donate gently used or new
- Birding Program:** Nov 19, 7pm, Free for ages 14+
- Closed to Public:** Nov 24-29

Nov 13  
 6pm-9pm  
 The  
 Nature  
 Center/  
 Myrick Park



**LA-CROSSE CENTER**

- Nov 7-8: Professional Bull Riding
- Nov 15: Battle by the Border Wrestling
- Nov 20-23: Holiday Fair
- Nov 27: Thanksgiving Community Dinner

**NARVRE**

National Association of Retired and Veteran Railroad Employees Unit 047; Meeting **November 11**, 10am at the Onalaska American Legion. Speaker: Lindsay Neitzel on radon. Call to reserve to Jeanne 608-526-3304.

**The La Crosse Retired Educators' Association**

next luncheon is on  
**Wednesday, December 3rd** at Cedar Creek Country Club  
**\$20-** Bring your own container for leftovers.  
 Enjoy the entertainment of Community Carolers and 50/50 raffle.  
 Reserve at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com) by November 26th  
 Please arrive before 11:10 for payment, dues collection, & visiting.

**Senior Citizen Social**

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



Meet new friends!  
 A free gathering with coffee, treats and games.



**November 28-December 31**  
**The opening night parade**  
**November 28th at 5pm,**  
**immediately followed by the**  
**opening ceremony and**  
**fireworks.**



**G-E-T PERFORMING ARTS CENTER**  
 17511 N. MAIN ST. CALESVILLE  
 608-484-4458  
**11/25: A CELTIC CHRISTMAS BY A**  
**TASTE OF IRELAND**

*A Month for Giving*  
**Blood Drives for NOVEMBER**

- 11/4: YMCA La Crosse, 9am-1:30pm
- 11/7: Trinity Lutheran Church, 10am-2:30pm
- 11/13: Journey Lutheran Church, Onalaska, 12:30pm-5:30pm
- 11/13: Church of Latter-day Saints, Onalaska. 1pm-6pm
- 11/14: G.E.T. High School, 9am-2pm
- 11/17: Halfway Creek Church, Holmen. 9:30am-2pm
- 11/17: Chaseburg Village Hall, 9am-2pm
- 11/18: Hokah Fire Dept. 12pm-6pm
- 11/19: Logan High School, 9am-2pm
- 11/19: Altra CU Corporate, Onalaska, 7:30am-12:30pm
- 11/21: Moose Lodge, 12pm-4pm
- 11/25: Onalaska American Legion, 9am-1pm
- 11/28: Valley View Mall, 11am-4pm

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



## Remembering The Perfect Storm: 1940

History does repeat itself! It is equally true that Mother Nature can be fickle. Amidst glorious days of sunshine and warmth, she produces rain, cold, and other less-than-desirable weather. Fortunately, these “bad weather” days usually come and go, yet some live on in infamy. Such is the case with the Nov. 11, 1940, Armistice Day storm, often referred to as “The Day the Duck Hunters Died.”

Records indicate that 50 to 85 Midwestern hunters were among the 150 to 160 who lost their lives in that “perfect storm.”

Back then, duck hunting was a popular sport. In Minnesota alone, there were 120,000 duck hunters compared to 80,000 today. And a box of birdshot cost a mere \$1.25. Yet, these hunters were without today’s conveniences: synthetic underwear, insulated waders, reliable and powerful outboard motors, and cell phones. Without these accessories, staying warm and dry could be difficult, and it was impossible to seek emergency assistance or check the latest weather.

In fact, in those days, the Midwest – La Crosse included – received its weather from a U.S. Weather Bureau in Chicago, which was only staffed during daytime hours. In the fall of 1940, the forecasts were filled with “Indian-Summer” weather conditions. One detriment of those warm days was that there were few ducks flying overhead. But, on Sunday, Nov. 10, the forecast for Monday finally looked “duck-hunter friendly” with clouds, colder temperatures, and even some snow flurries. With Monday being Armistice Day, now known as Veterans Day, most people had a partial or full day off from work or school. For duck hunters, this provided an ideal opportunity to be outdoors with a shotgun in hand.

The morning weather did not disappoint! At 6 AM, the sun was shining, and it was 48 degrees in La Crosse. With temperatures expected to reach 60 degrees, those in the outdoors dressed for the balmy weather. By 11 AM, the temps had climbed to 52 degrees. A chorus of shotgun blasts could be heard amidst light rain as hordes of ducks flew overhead. It was a hunter’s heaven!

But a “hell” was brewing. A strong storm system in the Pacific Northwest had crossed through the Rocky Mountains and instead of weakening, as was usually the case, it joined a low-pressure system and produced rain before meeting up with an arctic mass from Canada. To seek shelter from the impending storm, waterfowl were flocking to the Mississippi River valley.

Duck hunters, like Dick Bice, 16, and La Vern Rieber, 18, of La Crosse, were unaware of this. After attending a morning Armistice Day program at Logan High school, the two teens – along with Rieber’s dog – headed to Lake Onalaska in Brice Prairie. When they put their homemade skiff in the water between noon and 1 PM, the sun was shadowed by clouds, and temperatures started to drop. Still, they paddled out to some small islands to ambush the ducks. During the next two hours “All Hell Broke Loose.” According to La Crosse’s meteorologist at the time, A. D. Sanial, winds were gusting at 30 MPH in the city, 40-45 MPH at the airport, and possibly 60 MPH on the open roads. The light rain eventually turned to sleet and then blowing snow. Of even greater concern was that the barometric pressure dropped as fast as a head-shot mallard to an all-time low of 28.72, a record that endured through 1982 and has only been surpassed three times in La Crosse (1982, 1998, and 2010). Amidst this unexpected “turn of the weather,” Rieber left Bice and paddled the skiff to retrieve a drake he had shot. But, he was unable to paddle back due to an unexpected gale-like wind that carried him to another island. Rieber shot his gun until it froze and called out “Dick” to no avail. Both young men were now alone on separate islands.

La Crosse’s weather report shows the change in temperature, the

## The Rescued and the Rescuers



L. to R. James Bice, La Vern Rieber, Mr. Smith, Dick Bice, Cone Fauver.

snowfall, and strong winds on Armistice Day 1940.

By 4 PM, the temperature had dropped to 28 degrees. Fortunately, Rieber attained a source of warmth when another group of hunters stopped and gave him a canvas tarp since they were unable to rescue him.

Rieber wrapped the tarp around a bush and took shelter underneath it as well as the skiff. He then commenced a ritual of standing and then sitting. He knew that he needed to stay upright and awake. The same was true of his hunting partner. A quarter-mile away, Bice ran in circles with brief breaks during which he knelt and huddled with Rieber’s dog.

In the meantime, as evening approached, there were no weather updates from Chicago since the weather office was closed. Both boys’ fathers, Raymond Bice and Joe Rieber, drove through the blizzard in hopes of rescuing their sons. Knowing that the odds were against them, they still attempted to launch a 16-foot motorboat in 50-mph winds. As expected, the waves tossed the boat back onto land. The two fathers then spent an anxious night inside the Bice vehicle. Raymond Bice later commented, “I’ve wondered how moving water could freeze, but I saw waves four feet high congeal like Jello.” By dawn, with wind, snow, and six-degree temps, the two attempted another rescue on an ice-covered lake. After breaking through the ice several times, the two men dragged the bottom out of the wooden boat. Fortunately, though, an active outdoorsman and teacher at Logan High School, Burton Smith, managed to rescue La Verne Rieber.

Not willing to give up on his son, Raymond Bice, who later served as a Wisconsin state senator from 1953-1965, shot a padlock off a nearby skiff that had a metal bottom. Nearly three hours later – at about 2 PM, he was reunited with his son who was still alive. Both Dick Bice and La Vern Rieber were un-injured by the ordeal, and both went on to live full lives.

Unfortunately, not everyone weathered the storm as well as these two young men. At least 20 hunters along the Mississippi River alone failed to survive. Within the public, many died in crashes or froze to death in stalled cars. Survivors were likely to have experienced the usual ill-effects of strong winds as well as downed power lines, delayed train travel, and livestock deaths. An estimated 1.5 million Thanksgiving turkeys perished during the storm and were sold for \$.25 each as “fresh frozen.”

This financial benefit of “The Day the Duck Hunters Died” was of little compensation for the lives lost. This tragic storm, however, did lead to some significant long-term improvements. From here on out, La Crosse city and county officials agreed to blow train whistles and ring church bells to warn people of an impending serious storm. Of even greater significance is that the National Weather Service began staffing offices 24-7 and added a Minneapolis office to assist with Midwest forecasts. Now, if Mother Nature generated another “perfect storm” of this magnitude, the event would be less tragic. While history can “rhyme,” it doesn’t need to repeat itself!

If you would like to view the actual weather records for Armistice Day 1940, read newspaper clippings about the event, or even delve into the book All Hell Broke Loose, visit the La Crosse Public Library Archives on the second floor of the Main Street library.

written by Carla Swerman, La Crosse Public Library Archives staff

## Wisconsin Well Woman Program

The Wisconsin Well Women Program helps women get FREE breast and cervical cancer screening, such as mammograms, pap tests, and other follow-up tests.

You may qualify for the program if:

- you are a woman aged 40-64, or aged 35-39 with breast symptoms or concerns
- You do not have health insurance, or your insurance policy has a high deductible for screenings or tests
- Your income is within the guidelines

Family Household Income

1- to \$39,125

2- to \$52,875

3- to \$66,625

4- to \$80,375

5+Add \$13,750 for each additional family member

La Crosse County Health Department staff work with women in Buffalo, Monroe, La Crosse, Vernon, and Crawford counties.

For more information go to <https://www.dhs.wisconsin.gov/wwwp> or contact the La Crosse County Health Department at 608-785-9872.

For information on how to do a self-breast exam, follow the link <https://www.nationalbreastcancer.org/breast-self-exam/>

## Elder Abuse

**Elder abuse is “a single, or repeated act, or lack of appropriate action, which causes harm or distress to an older person.” Elder abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect.**

**To report elder abuse, call the Wisconsin Elder Abuse Hotline at 1-833-586-0107 or visit**

**ReportElderAbuseWI.org.**

**If a resident of La Crosse County, you may also call La Crosse County Adult Protective Services/Aging & Disability Resource Center at 608-785-5700.**

## NOVEMBER IS FAMILY CAREGIVER MONTH!

Did you know that 57% of Wisconsin Caregivers report that they struggle to find free time?  
 Did you know that 48% of Wisconsin Caregivers report they struggled with paid respite?  
 Did you know that 33% of Wisconsin Caregivers report that they struggled with having enough social time with family and friends?  
 Did you know that 31% of Wisconsin Caregivers reported that they struggled to find people willing to help?  
 Did you know that 53 million people care for someone close to them?  
 Did you that family caregivers provide unpaid \$470 billion of services and supports each year?

As the population ages, family and friends are taking on the role of caregiving a person close to them, most of them without payment of any kind. The month of November has been designated as National Family Caregiver Month to celebrate all the contributions by family and friends.

We celebrate this month through education and awareness of the trials, tribulations, and celebrations of caregivers. Wisconsin Family and Caregiver Support Alliance will be promoting daily opportunities to promote free time for family caregivers, to find respite and funding for the respite, to encourage spending social time with family and friends, and to create a support network. Check out some of the events and resources below. Also watch Facebook, Instagram, and/or LinkedIn for more information and resources.



### Let's Talk About Caregiving

**Caregiver Connections, a Livestream Show with Kristin Voss**  
<https://www.youtube.com/@centerforcaregiverserenity>

**Tuesday, November 4- Let's Talk Caregiving!** Join Caregiver Connections at **1:00 PM** on YouTube with host Kristin Voss, founder of the Center for Caregiver Serenity. She'll stream live from UW–Madison's Nancy Nicholas Hall, featuring In Care Of: Postcard-Sized Portrayals of Caregiving in Wisconsin and a chat on finding and using free time with other family caregivers. Can't watch live? The recording will be on Facebook and YouTube at a later date.

**Tuesday, November 11- Paid Respite Care is a Public Health Issue.** Our legislators need to hear from family caregivers! Join founder & caregiver Kristin Voss at **1:00 PM** on YouTube as she talks advocacy at the state Capitol. Let's make our voices heard!

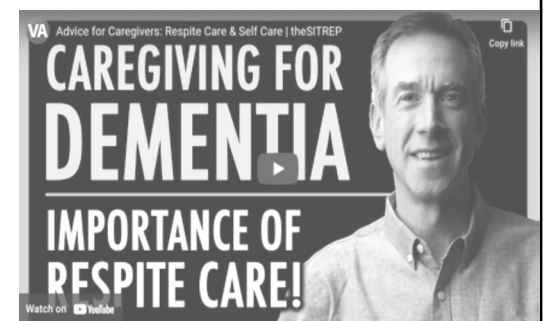
**Tuesday, November 18- Let's Talk about Having Fun with Friends and Family!** Social time is essential for caregivers to ease the isolation that can come with caregiving. Join at **10:00 AM** on YouTube for Caregiver Connections with Kristin Voss, for Week 3 of National Family Caregivers Month. She visits Milwaukee's Wehr Nature Center to meet caregivers and share ideas for fitting connection into busy schedules.

**Tuesday, November 25- Join at 1:00 PM!** Tune in to Caregiver Connections for the final session. Kristin chats with fellow caregivers over coffee about one of the toughest topics—how to ask for help.

**Can't Join Live?**

**Catch the replays on YouTube: CenterforCaregiverSerenity**

VA expert Dr. Andrew Budson discusses the value of respite care and tips for prioritizing self-care when supporting someone with dementia. In this episode, SITREP asks Andrew Budson, M.D., about the importance of dementia caregivers taking time and using respite:  
<https://www.youtube.com/watch?v=xY0npxUKQD4>



### Looking for help with managing your time?

Check out this web article:

**"Coping With Time Demands"**

Go to: [caregiveraction.org/time-demands/](http://caregiveraction.org/time-demands/)



### Feeling guilty about needing a break?

Check out this web article:

**"Overcoming Guilt with  
Enjoying a Break from  
Caregiving"**

Go to: [respitecarewi.org/news/overcoming-guilt-with-enjoying-a-break-from-caregiving/](http://respitecarewi.org/news/overcoming-guilt-with-enjoying-a-break-from-caregiving/)



### Looking for ways to build your support system?

Check out this web article:

**"Developing Your Support  
System"**

Go to: [socialwork.buffalo.edu/resources/self-care-starter-kit/additional-self-care-resources/developing-your-support-system.html](http://socialwork.buffalo.edu/resources/self-care-starter-kit/additional-self-care-resources/developing-your-support-system.html)



Learn more by going to: <https://wisconsincaregiver.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.

**December 3:** White Christmas – Chanhassen Dinner Theatre

**January 11:** Piano Men Generations – Fireside Theatre

**January 18:** Hamilton – Overture Center

**February 13:** Garden Expo – Alliant Center

**February 21:** Barricade Boys - A Broadway Party – Middleton

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

**Nov 1:** Military Chamber Musicians, 7pm

**Nov 9:** Marilyn Lee Recital, 4pm

**Nov 14:** Game Night, 6pm-9pm

**Nov 28:** *White Christmas* movie, 7pm

**The Arnold House**

19408 Silver Creek Rd. Galesville  
608-865-1047

**Nov 22:** Christmas Rummage & Lunch, 10am-2pm

**Nov 30:** Holiday Tours & Treats, 11am-3pm



*Music for the Soul*

Music has proven successful in reducing anxiety, calming feelings of agitation and inspiring memories for persons living with dementia.

Call the ADRC at 608-785-5700 for a referral to receive personalized music devices.



**Viterbo University Fine Arts Center**

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

**Nov 1:** Roy Wood Jr  
**Nov 7:** Ben Folds and a Piano Tour  
**Nov 8:** Marshall Tucker Band  
**Nov 15:** Songs of Freedom  
**Nov 20-23:** Antigone  
**Dec 2:** The Wizards of Winter  
**Dec 6:** A Viterbo Christmas  
**Dec 12-14:** The Nutcracker Ballet

**TOLAND THEATER- UWL**

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

tick, tick...BOOM! November 7-16

The Game's Afoot: December 4-7

8 am: Opening Ceremony  
9 am: Walk Begins  
1pm-5 pm: Welcome Back Party

1st Annual

**VETERANS SUICIDE AWARENESS WALK**

Saturday, Nov 8

8am-5pm.

La Crosse Center



**CITY OF LA CROSSE LEAF COLLECTION**

**October 27- November 21**

Crews will be spread throughout the city and will attempt to make one collection per week.

Leaves must be placed on the boulevard, within 3 feet of the curb line, for collection. Pickup DOES NOT coincide with your garbage or recycling collection day.

**Collection Placement/Guidelines:**

- Do not park in front of piles as this slows down collection time.
- Place leaf piles within 3 feet of the curb line.
- Do not put leaf piles into the street, gutter, or over catch basins.
- Do not pile leaves around trees or poles.
- Leaves that are bagged, covered, or mixed with brush will not be collected.

**Leaf drop-off sites:**

- Hummingbird Rd off of County B
- South end of West Copeland Park (by boat harbor)
- Isle La Plume, 2000 Marco Dr.
- SW corner of Bennett St & 16th St S (Trane parking lot)
- Shelby Ball Field Parking lot off of 33rd St
- East end of Sunnyside Dr off Hwy 35
- Myrick Park is no longer available as a drop-off site

**Pump House Regional Arts Center**

119 King Street La Crosse, WI 54601  
608.785.1434 [contact@thepumphouse.org](mailto:contact@thepumphouse.org)

Nov 6-8 & Nov 13-15: **Heart of La Crosse**

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

**MARIE HEIDER CENTER FOR THE ARTS**

405 E Hamlin St. West Salem  
608-786-2550 [www.heidercenter.org](http://www.heidercenter.org)



11/22: **The Musical-The Home for the Holidays**

12/16: **Simple Gifts**

**Concordia Ballroom**

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

[www.concordiaballroom.com](http://www.concordiaballroom.com)

Dances every Sunday, 1pm-4pm.

Zumba & dance classes available.

11/14 - Flower Child Fall Dance, 8pm

**WEBER CENTER FOR THE PERFORMING ARTS**

608-784-9292

[www.webercenterarts.org](http://www.webercenterarts.org)

**Nov 9: America's Sweethearts, 2pm**

**Nov 28 - Dec20: One Christmas Eve at Evergreen Mall**

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



NOV 6TH, 5:30PM AT THE COURT ABOVE MAIN. TICKETS: [Laxymca.org](http://Laxymca.org)

**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](mailto:seniorlife@lacrossecounty.org) or fax to 785-6135

## Giving Thanks for a Century of Erickson's Bakery Memories



La Crosse Public Library Archives photo

Starting in 1883, Erickson's Bakery gave the La Crosse area over a century of meaningful things to be thankful for. The wonderful and to-die-for aroma of baking bread wafting from 320 5th Ave South. The donation by its president of the money to create Erickson Park. The Official Green Bay Packers Training Table Bread that brought Packer greats like Bart Starr and Ray Nitschke to La Crosse, and led to the Bart Starr line of La Crosse Rubber Mills tennis shoes. **And crowning it all, Little Miss Sunbeam**, for whom my love and devotion since childhood has never waned, albeit from afar.

## Thanksgiving Foods

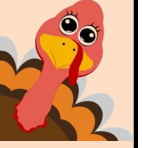


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**WORD LIST**

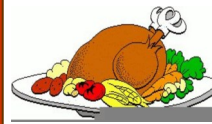
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|-----------------|----------------|--------------|--------------|
| APPLE PIE       | CREAMED CORN   | HAM          | SOUP         |
| BRUSSEL SPROUTS | DINNER ROLLS   | MAPLE SYRUP  | SQUASH       |
| CASSEROLE       | DRUMSTICK      | MULLED CIDER | STUFFING     |
| CHERRY PIE      | GIBLETS        | PARSNIPS     | SWEET POTATO |
| COLLARD GREENS  | GLAZED CARROTS | PECAN PIE    | TURKEY       |
| CORNBREAD       | GRATIN         | POTATOES     | VEGETABLES   |
| CORNUCOPIA      | GRAVY          | PUMPKIN PIE  | YAMS         |
| CRANBERRY SAUCE | GREEN BEANS    |              |              |

**WHAT'S GOING ON IN THE NEIGHBORHOOD:**



- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
- Tuesdays:** 6pm Bingo @ Features West Salem
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall (Nov 5)
- Wednesdays:** Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
- Wednesdays:** 6pm Bingo @ Omni Center.
- Wednesdays:** 6pm Bingo @ Features in Holmen
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 11/1:** Norwegian Dinner & Bake Sale, 3:30pm-6:30pm at Our Savior Lutheran Church in West Salem
- 11/2:** Beaver Moon Bazaar, 9am-2pm. Stoddard American Legion
- 11/5:** Meatball & Lefse Dinner, 3:30pm-6:30pm at 1010 Sill St LaX
- 11/7:** Downtown Art Walk, 4pm-7pm. Music, art and food
- 11/8:** Holly Berry Fair: 716 Windsor St. Providence Academy, 8am-2pm
- 11/8:** Holiday Show, 9am-2pm, Journey Lutheran Church Onalaska
- 11/8:** Craft/Vendor Fair, 9am-3pm at Holmen High School
- 11/8:** Craft Fair, bake sale, lunch at 1818 Redfield St., 9am-2pm
- 11/8:** Christmas in the Valley, 8am-5pm, Coon Valley Dairy Supply
- 11/10:** Free Turkey Dinner for Veterans, 5:30pm West Salem Legion
- 11/15:** Holiday Makers Market, 9am-2pm, Havenwood in Sparta
- 11/15:** Holiday Bazaar, 8am-2pm. Our Redeemer Lutheran Church
- 11/15:** Holiday Marketplace, 9am-2pm, Good Shepherd Luth Church
- 11/15:** Craft Bazaar, 9am-1pm, Our Savior Luth. Church La Crosse
- 11/22 & 23:** Mistletoe Market at Fox Hollow Golf Course, 9am-3pm
- 11/22:** Blaze Orange Bazaar, 1-4pm. Elmaro Vineyard Trempealeau
- 11/22:** Downtown Galesville Holiday Walkabout, 9am-4pm
- 11/22:** Sparta American Legion Craft/Vendor Show, 9am-3pm
- 11/29:** Holiday Market, La Crescent Event Center, 9am-3pm
- 11/30:** Holiday Parade, 3pm-6pm, Central Park Trempealeau

### Onalaska & Holmen Community Thanksgiving Dinner



**November 27th, 11am-2pm**  
National Guard Armory

910 Oak Forest Dr., Onalaska

website: [www.octd.org](http://www.octd.org)

phone: **608-799-3315** for home delivery

Serving a free traditional dinner along with entertainment.

**DINE IN, CARRY OUT OR HOME DELIVERED**



### La Crosse Community Thanksgiving Dinner

La Crosse Center

**November 27, 10am-3pm**

Free dinner and entertainment for everyone.

Dine In, Carry out or Delivery

[laxthanksgivingdinner.com](http://laxthanksgivingdinner.com)

to order a delivered meal or need transportation.

Online and phone # will be available Nov. 1st.



**BE ALERT FOR DEER WHILE DRIVING, ESPECIALLY AT DAWN AND DUSK.**