

# La Crosse Senior Life



January 2024



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



## RESEARCH OPPORTUNITY: University of Wisconsin-Madison Seek Volunteers for Improving Bladder and Bowel Health

A study conducted by the Center for Disease Control (CDC) found that more than 60 percent of women experience incontinence (bladder and/or bowel leakage), showing these are common conditions in older women, but they do not have to be! According to Dr. Heidi Brown at the University of Wisconsin School of Medicine and Public Health, "It is possible to prevent or improve these problems, without medicine or surgery, but most women do not know that there are good solutions available. I take care of women in my clinic who have suffered for years before they end up getting help."

Dr. Brown is conducting a research study that is focused on how to best support women to prevent or improve bladder and/or bowel leakage. The goal of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of bladder/bowel leakage. Examples of information on the website include exercise suggestions (such as pelvic floor muscle exercises, also known as Kegels), how much and when to drink during the day, and how much fiber we should be eating every day. Women in the study will be asked to share a bit about their experience with incontinence and using the online program by responding to survey questions and one optional interview with the research study staff. The study activities (online program, surveys) are all in English and take place over a 6-month period.

### Who can join the study?

Women who are:

- ▶ At least 50 years old
- ▶ Have access to email
- ▶ Have an Internet-connected device (like a computer, tablet, or smart-phone)
- ▶ Able to read and write English because this study is conducted in English

### What does being in the study involve?

Women in this 6-month study will be asked to:

- ▶ Use a free online continence promotion program (on computer, tablet, or smart-phone)
- ▶ Complete four email surveys, about 15 minutes each, spread over 6 months
- ▶ Complete one optional phone or video interview, about 30 minutes

### Are women paid to participate in this study?

Yes, participants will receive up to \$125 for their time and participation.

### How do I learn more or join the study?

Please visit <http://www.obgyn.wisc.edu/womenonthego>. If you have questions, you can also contact one of the lead researchers, Megan Piper, by phone (608-265-5472) or email ([mep@ctri.wisc.edu](mailto:mep@ctri.wisc.edu)). Email is generally not a secure way to communicate sensitive or health related information as there are many ways for unauthorized users to access email. You should avoid sending sensitive, detailed personal information by email. Email should also not be used to convey information of an urgent nature. If you need to talk to someone immediately or would prefer not to receive study communication by email, please contact Dr. Megan Piper, Lead Researcher at 608-265-5472.



The ADRC of La Crosse County wants to find the **best snowman** in the County! Build a snowman between now and January 31st, 2024. Take a picture of your creation and submit it to the ADRC by February 2nd, 2024.

### CONTEST RULES

1. Entrants are to build their snowman in their own yard or a park within La Crosse County. (Get friends and family involved!)
2. Entrants must build their snowman between now and January 31st, 2024.
3. All entries must be appropriate for public display. (Accessories may be used.)
4. By submitting an entry, contestants grant the ADRC of La Crosse County permission and authority to use pictures, including but not limited to, publishing in the March edition of the La Crosse Senior Life.

### SUBMISSIONS

1. Families/groups in the submission picture are welcomed. Include first name(s) of builder(s) and location (city/town).
2. Email submissions, no later than February 2nd, 2024, to [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org).
3. Winner(s) will be published in the March edition of the La Crosse Senior Life.

*Stay active and have fun this winter!*

# 2024

HAPPY NEW YEAR

### CHEERS TO A NEW YEAR!

The Aging & Disability Resource Center (ADRC) of La Crosse County and senior nutrition sites will be closed on January 1st New Years Days and also on January 15th for Martin Luther King Day.



Department of  
**Obstetrics and Gynecology**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



Women on the Go



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

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

Shared Ride does not enter into La Crosse.

Prices range from \$3.25-\$4.50.

To schedule a ride call 784-0000.

**La Crosse County ADRC** (Abby Vans) offers transportation for La Crosse County residents rides in La Crosse County

Monday-Saturday from 7am-6pm and Sundays from 7am-2pm. Closed on holidays.

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

Wheelchair and electric scooters accessible.

**Cost varies by zones:**

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

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

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

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

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

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

**LA CROSSE MTU**

Senior Citizen Discount (ages 65 and older)

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

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

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



**MTM/ Veyo Medical Rides**

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

Monday—Friday, 7am - 6pm

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

Visit the website at [wi.ridewithveyo.org](http://wi.ridewithveyo.org)



**New Years Resolution: Volunteer in Your Community**

**The Aging and Disability Resource Center**

is in need of volunteers to help deliver meals to our elderly participants from 10:30am-12pm on a variety of days. Flexible to meet your schedule.

We have delivery routes available in La Crosse, West Salem Onalaska, Brice Prairie and Holmen

**Volunteers are also needed to assist with packaging the meals at our Holmen and La Crosse meal sites.**

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



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

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

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

Please call: **877-444-6543** or visit the [www.ridesmrt.com](http://www.ridesmrt.com)



**Join us for Transit Equity Days!**

**January 30 – February 4, 2023**

**Ride MTU for free Jan 30-Feb 4 !**

**Ride SMRT for free Feb 1 !**

**Join elected officials while riding a bus !**

**Contribution Designation Form**

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

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

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

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

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

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

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

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

**Please make checks payable and send to:**

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

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

**La Crosse Senior Life Newspaper**

Mailing List Request

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

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



**Dementia Friends Information Session & Champion Training**

January 11 - 11:00am

La Crosse County Administrative Building (212 6th St.)  
Call to register 608-785-5700 (deadline Jan. 8)

Dementia Friends...is a global movement that is changing the way people think, act, and talk about dementia. You become a Dementia Friend by attending a one-hour informational session to learn about living with dementia, and the simple things you can do to support someone living with the disease. Then, should you feel inspired, you'll be equipped to share dementia friends information sessions within your network by becoming a champion! Dementia Friend Champions facilitate Dementia Friends information sessions that gives people information about the personal impact of dementia, and what they can do to help; making participants "Dementia Friends". First hour info. Session. Last hour champion training. Join for the beginning or stay for both!



Free Programs for people living with early to mid-stage memory loss and their care partners.

**SPARK! on the Go!**

Second Monday of every month - Jan. 8 – Children's Museum  
1:00pm-2:30pm  
Must register four days before program to ensure adequate supplies and accommodations. Call the Aging & Disability Resource Center 608-785-5700.  
Hosted by EndAlz Fest Foundation in partnership with the Aging & Disability Resource Center Dementia Care Specialist Program.

**SPARK! at Clearwater Farms**

Third Wednesdays monthly \*not held in January or February, resumes March 20, 2024, 10:30am-12:00pm  
Clearwater Farm 760 Green Coulee Rd. Onalaska  
To register- visit [www.clearwaterfarm.org](http://www.clearwaterfarm.org)

**Book Club! "Keeping Love Alive as Memories Fade"**  
by Debbie Barr, Edward Shaw, Gary Chapman  
3<sup>rd</sup> Thursday, 1:30pm-2:30pm  
(March 21<sup>st</sup>, April 18<sup>th</sup>, May 16<sup>th</sup> & June 20<sup>th</sup>)  
First Lutheran Church (410 Main St, Onalaska)  
\* Books are available – request upon registration:  
Call 608-785-5700

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

**Brain & Body Fitness Class with LA CROSSE STAR Center**

Thursdays 2:30pm-3:30pm February 15 – April 18  
La Crosse Concordia Ballroom, \$40 for 9 week session  
Register by January 18<sup>th</sup> 608-797-6295 at [starcenterlacrosse.org](http://starcenterlacrosse.org).

Brain and Body Fitness occurs in a small group setting completing exercises that focus on brain and body health to improve physical fitness and mood. Designed specifically for people living with mild cognitive impairment (MCI) or early-stage dementias to maintain current functioning and increase socialization. An early intervention for dementia diagnosis, this class is a non-threatening way to remain active in the community. Pre-registration required for participation.

**Grief Education Support Group**

2nd Wednesday/month,  
10am-11:30am  
Community Connections 1407 St Andrews St. La Crosse  
Call: 608-519-2088  
An opportunity to connect with others while getting support and education. Each month will offer a different topic to provide helpful information for coping with grief and loss.

**Grief Therapy Group for Dementia Caregivers**

Thursdays at Crossway Church La Crosse (Class begins when registration fills)  
Call or text for a pre-registration appointment 651-412-6651  
Facilitated by Licensed Counselor Joy and Kelsey, Dementia Care Specialist at ADRC  
An unavoidable experience in caregiving - grief and ambiguous loss. The loss of a loved one has many faces. Whether it is an unexpected sudden death or a slow progression towards end of life, the grieving process can look different for every individual. Grief and Ambiguous loss are not openly discussed today; let's change that. This group will explore and process our experiences as care partners of people with dementia in the later stages and beyond of dementia. \*For questions regarding this program, please call the Aging & Disability Resource Center of La Crosse County at 608.785.5700.

**LOCAL DEMENTIA SUPPORT GROUPS**

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

**Kinship for Caregivers Activity for At-home Connections**

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

- January - Beach Get Away Bag!
- February – Things to Love Bag! (pick up begins Jan. 18)
- March – Lucky Us Bag! (pick up begins Feb.22)

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

Call to request a bag 608-785-5700

GROUP, TIME & LOCATION	DESCRIPTION & CONTACT
<b>All-Stages Caregiver Group</b> 2nd Tuesday monthly, 1:15pm-2:30pm Good Shepard Church 4141 Mormon Coulee	For caregivers only. Contact- Kathy 608-386-8908
<b>Parkinson's Disease Group</b> 1 <sup>st</sup> Monday monthly, 5pm-6:30pm Black River Beach Neighborhood Center	For care partners and persons living with Parkinson's disease. Register with La Crosse Park & Rec. 608-789-8640
<b>Connect Smart Group</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays, 12:30pm-2pm Community Connections 1407 St Andrew St	Group activity for people living with dementia. Care partner support and education in a separate room. Register with La Crosse Park & Rec. 608-789-8640
<b>Frontotemporal Dementia Group</b> 2nd Wed/Month, 2pm-3:30pm Holmen Area Community Center	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
<b>Conversations with Kathy</b> 4 <sup>th</sup> Tuesday monthly, 1pm-2:30pm La Crosse YMCA-GHS Healthy Living Center	Informal sharing with those who are on a similar journey. For caregivers only. Kathy 608-386-8908. Healthy Living Center is at the south entrance
<b>Circle of Support – Virtual</b> 3 <sup>rd</sup> Thursday/Month, 2pm-3pm	Led by dementia care specialists from WI. Call for the virtual link: Becky 7115-538-1930
<b>Monday Coffee Connect - Virtual</b> Weekly; Every Monday, 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link email: <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a>
<b>Evening Conversations - Virtual</b> Weekly; Every Thursday, 7:30pm-8:30pm	Led by dementia care specialists from WI. Call for the virtual link: Becky 7115-538-1930
<b>For working caregivers - Virtual</b> 1 <sup>st</sup> Monday monthly, 7pm-8pm	For those who provide caregiving responsibilities for their parents or family/friends of any dementia stage. For link email: <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a>
<b>Aging &amp; Down Syndrome - Virtual</b> 3rd Wednesday/month, 5pm-6pm	For people who provide care for aging individuals with Down Syndrome. Hosted by DSAW & ALZ Assoc. Email <a href="mailto:abigail@dsaw.org">abigail@dsaw.org</a> for questions/link

**La Crosse 2024 Tax-Aide Services**

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

**Tax-Aide phone number 608-588-6124  
This number will be active mid to late January 2024**

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

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

**2. Schedule an Appointment Beginning Mid to Late January, 2024**

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

**3. Before Your Appointment - Pick Up an Intake Packet**

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

**4. Bring These Important Documents to Your Appointment**

- a) Completed questionnaires
- b) Social Security Cards or Social Security form SSA-1099 (which includes the full social Security number) for all Taxpayers and Dependents
- c) Government issued Photo ID for all Taxpayers such as a driver's license, Passport, WI Identification card, University/College photo ID
- d) If you want your refund to be direct deposited, proof of your bank account routing and account numbers, such as a blank check or bank statement
- e) 2022 Tax Returns
- f) All income statements including SSI, Social Security Form SSA-1099, 1099 R's, W-2's, Interest and Dividend statements, Brokerage Statements, etc.
- g) Student Loan Interest Statement
- h) College Tuition Form 1098-T
- i) Information about child or dependent care expenses
- j) Signed Rent Certificate or Property Tax statement if you are applying for Homestead Credit
- k) Disability statement if you are applying for the Homestead Credit, are under 62 years old, and have no earned income
- l) Form 1095-A if your Health Insurance is from the Healthcare.gov Marketplace
- m) All other tax documents you receive from the IRS

**5. La Crosse Hogan Administrative Center Gymnasium  
807 East Ave S La Crosse**

- a) Enter the Main doors on the West side of the building, near the handicapped parking
- b) The door is open, please do **NOT** ring the doorbell
- c) **SMOKING IS PROHIBITED ON ALL SCHOOL DISTRICT PROPERTY, INCLUDING PARKING LOTS**

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

For help scheduling or to talk to a volunteer, call **(608) 588-6124 in mid to late January, 2024.**

*This AARP Foundation Tax-Aide site is made possible thanks to the dedicated volunteers of AARP Foundation, the staff of the Hogan Administrative Center, the staff of the La Crosse Public Library, and the staff and volunteers of RSVP*

**Brrrr....Cold Weather is Here**

**Wisconsin Home Energy Assistance Program (WHEAP)**

provides assistance for:

- ▶ Heating Assistance
- ▶ Electric Assistance
- ▶ Crisis Assistance
- ▶ Furnace Assistance
- ▶ Weatherization
- ▶ Water Conservation

**Income Guidelines for 2023-2024**

- 1 household- \$2,820.67 month
- 2 household- \$3,688.58 month
- 3 household- \$4,556.50 month
- 4 household- \$5,424.50 month



**La Crosse County residents can call 608-785-5582 or apply online <https://energybenefit.wi.gov>  
For after-hour fuel crisis: 608-782-6126**

**Free Interpreter and Translation Services for Medicaid Recipients**

*By the GWAAR Legal Services Team*

If you have Medicaid and use a language other than English (including sign language), free interpretation and/or translation services must be made available to you when you receive healthcare and have to communicate with your provider. It is your provider's responsibility to find a qualified interpreter or translator for you.

This individual will attend a health care appointment with you in person, over the phone, or on a computer or mobile device, and they will interpret or translate the conversation between you and your provider. The interpreter or translator is subject to the same health information privacy laws as your provider, and they will be familiar with the medical terms used by the provider.

You are not required to use an interpreter or translator, but if you want one, it is best to request an interpreter or translator at the same time you book your appointment. For additional information, visit <https://www.dhs.wisconsin.gov/publications/p03492.pdf>.

**Social Security Basics- Applying for Disability**

Presented by the Aging & Disability Resource Center

**Thursday, Jan. 18th, 5pm-6pm**

La Crosse County Human Services Building  
or a VIRTUAL option.

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

Registration required by calling the ADRC at 608-785-5700.  
Email: [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)



**La Crosse SOUP is a collaborative celebration, a public dinner, and a platform for connection.**

**Thursday, Jan 25<sup>th</sup>, 5pm food & drinks (\$5 donation), 6pm program**

**Cleary & Friends Alumni Center  
615 East Ave N. La Crosse**

It is a quarterly micro-granting event for people of all ages and backgrounds with the goal of bringing our community together to support creative projects designed to make La Crosse an even better place. The mission is to promote community-based development through crowdfunding, creativity, collaboration, trust, and fun.

Attendees receive soup from local vendors, bread, and a vote.

Four groups will pitch their idea for four minutes each on how they plan to make a positive impact and improve our community.

The audience can ask up to four questions of each presenter.

Once all ideas are shared, everyone votes for their favorite. As the night ends, all the votes are counted and the winner goes home with the money raised to carry out their project.

Please visit [www.SoupNation.org](http://www.SoupNation.org).

**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 608-785-9658**



**UPLIFT WI**  
HERE WHEN YOU NEED AN EAR

Call 534-202-5438 to reach Uplift WI

**Need to talk to somebody who has gone through it?**

Call this line if you need someone to talk to for support when things are difficult, or when you just need a peer to connect with.

**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)



**Knitting Group:** Thursdays, 5pm-7pm; \$1/week.  
**Mah Jongg Club:** Tuesdays, 12pm-3:30pm; \$2/session.  
**International Folk Dance:** Wed., Jan. 3 & Sat., Jan. 20, 7pm-9:30pm; \$2/session.  
**Parkinson's Disease Support Group:** Mon., Jan. 8, 5pm-6:30pm.  
**Retirement to RMD's – 10 Important Years:** Thurs., Jan. 11, 10am-11:30am; register 1 day prior. Free  
**It Takes a Village – Discussion Group:** Thurs., Jan. 11, 1pm-2:30pm. Free  
**Line Dancing Classes:** Fri., Jan. 12, 10am-11am; register 1 day prior; \$2/session.  
**Zumba w/Lynne:** Mondays & Wednesdays starting Jan. 15, 5:30pm-6:30pm; register by Jan. 26.  
**Monthly Card Creations:** Wed., Jan. 31, 12pm-7pm; register Friday prior; \$12/session.



600 N Holmen Dr.  
608-399-1870

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

**Indoor Walking:** Mon-Fri., 7am – 10am & 11am-12pm  
**Active Older Adult Fitness:** Tuesdays & Thursdays at 10am  
**Pickleball:** Tuesdays & Thursdays at 12:30pm  
**Muscles in Motion:** Tuesdays at 9am  
**StrongBody Virtual Strength Training:** Mondays at 9am  
**Chair Yoga:** Mondays at 9:15am  
**Mindful Yoga:** Mondays & Thursdays at 8:45am  
**Tai Chi:** Tuesdays at 11am, starting Jan 9th  
**REV Fitness Class:** Mondays at 5:15pm  
**BINGO:** Wednesdays at 1pm & Fridays at 1pm, \$1 per card  
**Euchre Tournament:** Jan 2 & 16 at 6pm  
**Mah Jongg Club:** Mondays at 1pm  
**Book Club:** Last Tuesday of the month at 6pm  
**Diamond Art:** Wednesdays at 9am  
**Crafternoon Social:** Jan 4 & 18 at 1pm  
**Heart Art:** Mondays at 9am  
**WAFER Mobile Pantry:** Jan 23 at 12:30pm  
**Hearing Checks:** Jan 9, 10am-11am **Instrument Checks:** Jan 23  
**Medicare Information:** Jan 2 at 11am  
**Blood Pressure Checks with BrightStar:** Jan 24 at 11am  
**Music with Greg Grokowsky:** Jan 9 at 11:30am  
**FTD Support Group:** Jan 10 at 2pm  
**Grief Circle:** Jan 16, 23 & 30 at 10am  
**Good News Singers Concert:**  
**Veterans Services:** Jan 4, 1pm-4pm  
**Holmen Area Historical Society–** Jan 8 at 6pm.

**Senior Nutrition Program:** 12pm lunch, Mon-Fri. New clients register by calling 608-785-5775. Already registered, call the meal site at 608-317-8104 to reserve a meal.

**COMMUNITY CONNECTIONS CENTER**

1407 St. Andrew Street, La Crosse

Most programs require registration: 608-519-2088

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

**Coulee Region Wood Carvers:** Tues, 12pm-7pm.  
**Art Club:** Thurs, 12pm-3pm; \$2/session.  
**Staying Active Together:** On site or at home w/live link to instructor; Mons & Thurs, 9:30am-10:30am (no class Jan. 4); register.  
**Wise Wednesdays:** Jan. 3 & 17, 10:30am-12pm; register 1 day prior.  
**Bingo:** Wed., Jan. 3 & 17, 12:30pm-1:30pm; register 1 day prior. Free  
**Coping with Grief & Loss:** Wed., Jan. 10, 10am-11:30am. Free  
**ConnectSmart:** Weds, Jan. 10 & 24, 12:30pm-2pm; register 2 days prior. Free  
**Tech Help:** Weds, Jan. 10 & 24, 11am-12pm; register 1 day prior.  
**Chair Yoga:** Thurs, Jan. 11, 10am-10:45am (no class Jan. 25); register Friday prior. Free  
**Bridging Generations w/UWL Gerontology Club:** Tues., Jan. 16, 2pm-3pm. Free  
**What Seniors Should Know- Selling Their Home:** Tues., Jan. 23, 12:30pm-1:30pm; register 2 days prior. Free  
**Introduction to Tai Chi:** Thurs., Jan. 25, 10:45am-11:30am; register 2 days prior. Free  
**Line Dancing Classes:** Fri, Jan. 26, 10am-11am; register 1 day prior; \$2/session.  
**Senior Meal Site Open:** Lunch served in dining hall at 11:30am, Monday-Friday. Call 608-792-4487 by noon the day prior to reserve a meal. Suggested donation is \$4. Home delivered meals are also offered from this site by registering with the ADRC.

**South Side Neighborhood Center**

1306 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 (no class Jan. 4); register.  
**Yoga with Renae:** Wednesdays starting Jan. 10 (no class Jan. 17), 5:30pm-6:45pm; register by Jan. 26.  
**Senior Meal Site Open:** Lunch served in dining hall at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals are also offered from this site; when you call the ADRC.

**HARRY J OLSON CENTER**

1607 North St. La Crosse

608-781-2122

Email: [harryjolson@gmail.com](mailto:harryjolson@gmail.com)

Monday:	9:30am	<b>Tai Chi Class</b>
	9:30am	<b>Intro to Bridge Class</b> —call for details
Tuesday:	9am	<b>Strong Seniors</b> —call to register
	1pm	<b>500</b> (register at 786-1114)
	7pm	<b>Duplicate Bridge</b> (797-3587)
Wednesday:	1pm	<b>Euchre</b> (register at 786-1114)
	7pm	<b>Live Band Dance</b> —public welcome
	10am	<b>Watercolor class</b> , Third Wed of month
Thursday:	9am	<b>Strong Seniors</b> —call to register
	10:30am	<b>Chat Bridge</b> — call to register
	12:30pm	<b>Duplicate Bridge</b>
Friday:	9:30am	<b>Tai Chi Class</b>
	10:45am	<b>VIP Coffee Connection</b> — 1st Friday/mo.

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

Mondays— **Games with Gordo**, 1pm. (no 1/1/24)  
 Jan 8— **Craft Corner**, 1pm  
 Jan 17— **Wednesday for Lunch**, Free 55+, BBQ luncheon

**ONALASKA OMNI CENTER EVENTS**

255 Riders Club Rd.

608-781-9566

**Mah Jongg:** Wednesdays 1pm - 4pm  
**Bridge:** Mondays 1pm-4pm & Fridays 12:30pm-3:30pm  
 Call Rita 608-780-7810  
**Open Skate**— Sundays, 5:30pm-7:30pm  
**Pet Expo**— Jan 20, 11am-3pm

**La Crosse Christmas Tree Collection: January 2nd-12th**

Please remove tinsel, ornaments, and tree bags and set your tree out on the boulevard by 7:00 AM on January 2nd. This collection does not coincide with your trash pick up schedule. If you would like to drop off your Christmas tree, that option is available. You may drop them off at **Myrick Park** in the parking lot east of the Gun Shelter. Or you may bring them, Monday-Friday between 7 AM and 3 PM, to 2000 Marco Drive, and place them in a pile south of the yard waste site, next to the green recycling dumpster.

Just a reminder that the Yard Waste & Brush Site is closed for the season so you may not drop off other materials; those items should be taken to the County Landfill, 608-785-9572.

## New Years Resolutions for Seniors

By Stellarliving.com

While your life might look different now than it did when you were younger, it's never too late to set goals and improve yourself. These new year's resolutions for seniors will prove that you don't ever have to settle for things the way they are. You still have the power to improve your life, your future, and yourself, no matter what stage of life you're in. Here are 10 ideas for New Year's resolutions for seniors.

### 1. Eat more nutritious foods.

Your health matters now more than ever. Adding more nutrient-dense foods to your diet can help you feel better and have better energy.

### 2. Move joyfully.

Find a method of movement or exercise you truly enjoy, and incorporate it into your daily habits. Physical activity is especially important for older people as it supports heart health, strengthens joints, and reduces the risk of injury from falls. Having trouble working out when the weather gets colder? Check out these winter workout tips for seniors.

### 3. Learn something new.

What have you always wanted to do, but never had the time for? A language, sport, or hobby? Learn it now! Set a goal to keep learning this year.

### 4. Make new friends, or spend more time with old ones.

Feeling lonely and isolated actually has serious health concerns. Loneliness increases the risk of heart attack and stroke as much as smoking! So set a goal either to make new friends, or keep in regular contact with old ones. If you're struggling to meet like-minded people in your same stage of life, you might consider moving to a senior living community.

### 5. Organize your life.

If you need to create a will, organize your finances, clean out the garage, or coordinate your medical records, this is the year to do it! What can you organize this year that will make your life easier in the future?

### 6. Sleep better.

Stop settling for low-quality sleep! Find solutions to sleep problems you might have, create a better nighttime routine, or talk to your doctor about insomnia or other concerns you might have about your sleep.

### 7. Stay creative.

Find creative outlets for your mind this year. You can try a new form of art, like watercolor painting or sculpting, or take up an old hobby you haven't visited in a while. Creativity is important for brain function, so prioritize being creative. If you need some inspiration, check out these creative projects that can be done with dementia.

### 8. Preserve your life story.

Your grandchildren and great-grandchildren want to know about your life, all of it, including the parts before they were born. Memorialize your life story in some way for your descendants to read or watch. You could scrapbook, compile photo albums, write a memoir, or record videos of yourself talking about your life.

### 9. Learn new technology.

It can seem pointless or impossible to keep up with technology these days, but failing to do so means you're missing out on ways to connect with the people who matter most to you. Try to learn and keep up with today's tech, so you can continue to experience everything good the world has to offer.

### 10. Be more authentic.

We sometimes spend most of our lives *not* having the hard conversations and *not* saying how we really feel about things. Now is the time to be truly honest with all those around you. Be your most authentic self.

## 10 Cooking Tips

1. Add brown sugar to your tomato sauce to make the overall flavor even richer. Whether it's white or brown sugar, adding just a tablespoon of it to tomato sauce will make the flavor really pop.
2. Sprinkle flour on your bacon to reduce grease splatters. It'll also make your bacon extra crispy.
3. Rinse your rice before cooking to prevent it from becoming gloopy. Most rice is not meant to be cooked without at least one rinse. Give it a wash or two to filter out any debris and surface starches.
4. Freshen up stale cookies by placing a piece of bread in your cookie container. If you want to revitalize cookies that have gotten tough, simply place them in a container with a fresh piece of soft bread. The cookies will soak up the bread's moisture in no time.
5. For a great hardboiled egg every time, bring your pot to a boil and then turn off the heat. Let your eggs sit in the heated pot for 12 minutes and then transfer to cold water.
6. If your recipe calls for buttermilk, you can use regular milk with lemon juice.
7. Keep your spices away from sources of heat like the stove or lights. Herbs and spices can lose their flavor when exposed to humidity/heat.
8. To prevent tears, cut off the root of the onion before you slice.
9. Don't add your pasta until the water is already boiling. Putting your pasta in too soon can make it sticky and gummy, which you definitely don't want.
10. Lastly, whatever you do: *Don't* rinse your pasta after cooking it. If you rinse the starch molecules off your pasta, the sauce will have a harder time clinging to it.



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

Clients may either receive a food package at the WAFER in-house pantry **or** at the Mobile Food Pantry, not both. Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at [wafermobile@waferlacrosse.org](mailto:wafermobile@waferlacrosse.org) or 782-6003. **NEW LOCATION- 1603 George St. La Crosse**  
**Drive thru pick up available Wednesday & Thursdays 10am-12pm**

## Senior Stock Boxes


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

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

## Hearing Loss Increases Fall Risks

Injuries from falls are one of the top causes of death among people aged 65 and older, and research shows that even mild hearing loss more than doubles the risk of falls. It is not clear why hearing loss increases fall risks. It may be that hearing loss affects the balance centers in our ears, or it may simply be that sound is an important cue we rely on to navigate our environments. The good news is that research published in the Journal of the American Geriatrics Society shows that using hearing aids can dramatically reduce the risk of experiencing a fall. According to the study, people who used hearing aids at all cut their fall risk nearly in half. Those who used hearing aids consistently – meaning at least four hours per day – cut their fall risk by nearly 65 percent.

Apart from reducing fall risks, hearing aids can help address other challenges associated with hearing loss, such as social isolation, reduced enjoyment of social activities, and mental health concerns. Although people often delay getting hearing aids or are reluctant to wear them due to the way they look or sound, evidence of the health benefits may help convince more seniors to consider taking steps to help address hearing loss.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 Closed</p>	<p>2 Chicken cordon bleu  Mashed potatoes California blend vegetables Pumpkin pie</p>	<p>3 Chicken craisin salad Pineapple orange salad Blueberry muffin Ice cream</p>	<p>4 BBQ ribette Steamed baby reds Calico beans Peaches</p>	<p>5 Beef stroganoff Buttered noodles Baby carrots Applesauce, Orange juice</p>
<p>8 Sloppy joes on a bun Baked beans Mixed vegetables Tropical fruit salad</p>	<p>9 Tator tot casserole Broccoli Fruit salad, garlic toast Black bean brownie</p>	<p>10 Lasagna Romaine salad Banana Grape juice, Garlic toast</p>	<p>11 Beef stew Coleslaw, Biscuit Orange slices Chocolate cake</p>	<p>12 1/4 BBQ chicken Au gratin potatoes Asparagus Apple crisp w/ raisins</p>
<p>15 Sites Closed</p> 	<p>16 Goulash Country style vegetables Pudding, Rye bread Apple juice</p>	<p>17 Hamburger on a bun Potato wedges Baked beans Fruit salad</p>	<p>18 Chicken rice casserole Glazed carrots Fruited jello</p>	<p>19 Meatloaf Baked sweet potato California blend vegetables Strawberry shortcake</p>
<p>22 Pepper steak Dairy potato bake Green beans Pineapple lemon dream</p>	<p>23 Broccoli &amp; cheese soup Grilled chicken sandwich Oriental coleslaw Fruit salad, Crackers</p>	<p>24 Pulled pork sandwich Rosemary potatoes Mixed vegetables Peach cobbler</p>	<p>25 Chicken &amp; gravy Over biscuits Peas &amp; carrots Fruited jello, Cookie</p>	<p>26 Potato crusted cod Baked potato, sour cream Coleslaw Spice applesauce cake</p>
<p>29 Egg sausage bake Cinnamon applesauce Blueberry muffin Orange juice</p>	<p>30 Spaghetti Spinach salad Pears Fruit turnover Garlic breadstick</p>	<p>31 Taco Salad Corn tortilla chips Pears Taco sauce Sour cream</p>	<p>*All meals include milk or juice &amp; bread. Menu subject to change without notice.</p>	

### Bacon Cheese Puffs

- 1 pound sliced bacon
- 2 1/2 cups shredded Cheddar cheese
- 2 tablespoons prepared mustard
- 1 cup mayonnaise
- 1 pound sliced pumpernickel party bread squares



Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside. Preheat oven to broil. In a medium bowl combine the bacon, cheese, mustard and mayonnaise. Stir well. Arrange party bread on a cookie sheet. Spoon mixture onto each slice of bread. Broil for 5 minutes, or until bubbly.

### Chicken Cordon Bleu Crescent Ring

- 1 tube (8 ounces) refrigerated crescent rolls
- 2 cups shredded Swiss cheese
- 2 cups cubed cooked chicken
- 3/4 cup mayonnaise
- 1/2 cup cubed fully cooked ham
- 2 tablespoons honey mustard



- Preheat oven to 375°. Unroll crescent dough and separate into triangles. On an ungreased 12-in. pizza pan, arrange triangles in a ring with points toward the outside and wide ends overlapping. Press overlapping dough to seal.
- In a large bowl, mix the remaining ingredients. Spoon across wide ends of triangles. Fold pointed ends of triangles over filling, tucking points under to form a ring (filling will be visible).
- Bake 15-20 minutes or until golden brown and heated through.

### We have an amazing group of Volunteers!

The Aging & Disability Resource Center would like to acknowledge all our volunteers who gave their time throughout 2023.

You may not hear the thank you's that the ADRC receives from our Seniors. They are very appreciative to the those who deliver their hot meals, prepare the meals, serve them at our meal sites or help out at one of our community events.

Your dedication as volunteers is an inspiration to others, and the world is better today than it was yesterday, thanks to the efforts of each of you.

Thank you on behalf of our seniors for a great 2023!

### Home Delivered Meal Cancellations Due to Bad Weather

If the La Crosse County Meal Sites decide to close, we will let you know by announcing it on the television (WKBT Channel 8 and WXOW Channel 19). You can also call us at 608-785-5700 to inquire anytime. Be prepared for cancellations and have non-perishable food on hand such as: canned tuna, meat, poultry, baked beans, fruit/vegetable juices, spaghetti, evaporated milk and other items like water, peanut butter, Cheese Whiz, bread, crackers, rye crisps, Instant Breakfast, ready to eat cereal, pudding/fruit cups, dried fruits. Make sure that food packages can be opened by hand, without an electric can opener and be ready to eat without heating. **BE PREPARED!**

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

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

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



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

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

In order to qualify for this program, you must:

- Be 60 years of age or the spouse of that person
- Be homebound--you don't get out under normal circumstances
- Be unable to prepare your own meals or get groceries
- Be home when your meal is delivered & within our delivery area

If interested or if you have questions, speak with Dawn at the ADRC at (608) 785-5775.

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

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



**La Crosse Main Library**  
**800 Main Street | 608-789-7100**  
**Monday Mornings at Main: 10am-11am.**



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

**Creation Space Open Lab:** Tues 1pm-3pm, Wed 5pm-7pm, Thurs 10am-12pm, Sat 9am-12pm.

**Yoga for All:** Jan 13, 10:30am. Bring a mat or towel.

**Chair Yoga:** Jan 4 & 18, 10:45am, Main Hall

**Brick it!**- Jan 17, 5pm. Creation Space (Legos)

**Hearthside Chapters:** Jan 10 at 1pm and Jan 13 at 10am

**Out in Print:** Jan 22, 5:30pm via Zoom. LGBTQ book theme

**Qigong:** Jan 10 at 11:30am, register. Auditorium

**Sunday Matinee:** January 14 at 1:30pm. Auditorium. *Oppenheimer*

**Technology & Skills Development:** Jan 17, 11am. Web Navigation

**Homebound Delivery Service:** Free home delivery to any person who is temporarily or permanently unable to come to the library because of illness, disability, or other factors and lives within the city of La Crosse. 608-789-7125.

**La Crosse County Veterans Service Outreach** – Jan 2, 1pm-4:30pm

**Holiday closure:** December 31 and January 1.

**All locations will be closed January 1 and January 15.**  
 Hot Reads for Cold Nights reading challenge runs January 16 – February 26.

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

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

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

**Holmen** “Budgeting Basics with Coulee Bank” on January 9 at 10am.

**Holmen** “Learn the Charleston” on January 22 from 5:45pm-7pm. Registration required.

**Holmen** movie on January 29 at 2:15pm and 6pm.

**Holmen** “Hot Chocolate Bar” on January 31; drop by for a free hot chocolate between 1pm-6pm.

**Onalaska** “Budgeting Basics with Coulee Bank” on January 10 at 6pm.

**Onalaska** “Poetry Writing” geared for adults with special needs, January 18 at 1:30pm and January 25 at 1pm. Registration required; all community members welcome.

**Onalaska** “Pilates Basics” on January 24 and 31 at 8am. Registration required.

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

**NEW! West Salem** “Crafternoon” meets the first Tuesday of the month from 2pm-4pm.

**West Salem** Evening Book Club meets January 22 at 7pm.

**West Salem** “Jigsaw Puzzle Battle” on January 27 at 10am.

Team registration required.

**West Salem** Midday movies on Thursdays at 2:15pm.

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

**Do You Have Extra Yarn? Fabric?**



Do you have yarn or fabric you no longer need and would like to donate to a local nonprofit organization?

Coulee Region Retired and Senior Volunteer Program (RSVP) is always looking for donations for their Handcraft Program. RSVP volunteers make thousands of items for donation to local hospitals and other social service organizations. They make hats, mittens, scarves, quilts, afghans, wheelchair/walker bags and countless other items. RSVP donates about 5,000 handcrafted items every year. All needle-work supplies are accepted, and what they can't use for making items for donation will be saved for a needlecraft sale in the spring, to support the Handcraft Program.

If you have any questions or would like to drop off a donation, call 608-785-0500. Coulee Region RSVP is located at 2920 East Ave. S, La Crosse and or on the web at [www.rsvplax.org](http://www.rsvplax.org).

**American Legion Post 417**

700 Fisherman's Rd. French Island  
 783-1838



**Chicken Que- January 6**

**West Salem American Legion Post 51**

West Salem 608-786-0051



**Fish & Shrimp**– January 5, 19 & 26

**Bingo**– January 1, 6:30pm

**Breakfast**– January 14, 8am-11am

**New Years Eve Party**– Dec 31, 5:30pm

**Onalaska American Legion Post 336**

731 Sand Lake Rd. Onalaska 783-3300

**Tuesdays**– Bingo at 6:30pm, Taco specials

**Thursdays**– Euchre, 12pm-3pm. \$4 burgers

**Fridays**– Fish Fry, 11am-2pm & 4pm-8pm, Live Music

**SAL Breakfast**– Jan 21, 7:30am-11am

**New Years Eve Day Dance**– Dec 31, 2pm-6pm

**La Crosse Co Veterans Service Office**– Jan 10, 1pm-4:30pm

**Blood Drives for January**

1/2– First Lutheran Church Onalaska, 12:30pm-5:30pm

1/2– Moose Lodge, 7am-12pm

1/3– Moose Lodge, 12pm-5pm

1/4– River States Truck, Kinney Coulee Rd., 1pm-6pm

1/15– Coon Valley Lutheran Church, 1pm-6pm

1/16– YMCA Onalaska, 10am-3pm

1/18– Presbyterian Church West Salem, 12:30pm-5:30pm

1/19– First Free Church Onalaska, 12:30pm-5:30pm

1/23– Altra Federal Credit Union Onalaska, 8am-1pm

1/24 & 1/25– La Crosse County Human Services, 9:30am-2:30pm

1/25– Central High School, 9am-2pm

1/29– 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.

**Rev. Dr. Martin Luther King Jr. Community Celebration**

Viterbo University Fine Arts Center

929 Jackson St., La Crosse,

**7 p.m. Monday, January 15, 2024**

The featured speaker for the event is Rev. Dr. Alexander Gee, the CEO of The Center for Black Excellence and Culture.

**Admission: \*FREE\***

For event information, contact Richard L. Kyte at [rlkyte@viterbo.edu](mailto:rlkyte@viterbo.edu) or Keith Knutson at [kaknutson@viterbo.edu](mailto:kaknutson@viterbo.edu).



**Concordia Ballroom**

1129 La Crosse St. La Crosse

608-782-7049

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

**Dances every Sunday, 1pm-5pm**

**Jan 19– Continental Dancers, 7pm-10:30pm**





**STAR Center Programs:** January 8th-March 7th  
For all ages and ability levels

**Chair One Fitness**  
Mon & Wed, 10:00-11:00 am  
Concordia Ballroom  
January 22nd-March 7th.  
For all ages and ability

**Brain and Body Fitness**  
Thurs, 2:30-3:30 pm  
Concordia Ballroom  
February 15th-April 18th  
For individuals with early-stage dementia

**Adaptive / Para Pickleball**  
Sun, 2:30-4:00 pm  
Central High School  
January 14th-March 7th  
For all ages and ability levels

**Drums Alive- Drummercise**  
Tue & Thur, 10:15-11:15 am  
Concordia Ballroom

**Can't Stop Me: PD Exercise**  
Tue & Thur, 11:30-12:30 pm  
Concordia Ballroom  
January 8th-March 7th  
For individuals with Parkinson's

**Can't Stop Me: Rock Steady Boxing**  
Mon & Wed, 11:30-12:30 pm  
Concordia Ballroom  
January 8th-March 7th  
For individuals with Parkinson's

Registration can be done online (<https://starcenterlacrosse.org/>) or by calling 608-797-6295.



**Prevent T2 Diabetes Program**

Classes begin Feb. 25th and Mar. 1st.  
As a part of a Prevent T2 group, you will work with a trained lifestyle coach to learn the skills for eating healthy, adding physical activity, manage stress and staying motivated. Free 3 month Y membership.  
More information at [www.laxymca.org](http://www.laxymca.org) or call 782-9622.

**Will Anyone Know? Safety Nets for Living Alone**

What if I fall and can't get up? What if I get sick and can't get to the phone? What if I don't wake up? How long will it be before anyone notices? If you or a loved one lives alone, you may often think—what will happen if ...? Whether or not you've lived alone for a long time or if this is all new to you, it is possible to employ a variety of creative and traditional methods to ensure your safety.

**Find a Safety Buddy**

Many people make a daily plan with a friend, neighbor, or family member to check in. It can be as simple as opening the blinds by a certain time of day, making sure the newspaper has been taken in, or an email or phone call to say good morning.

**Phone Check-In Program**

The RSVP Telephone Reassurance Program is for older adults and adults with disabilities who live alone. It is a safety check and serves as a catalyst for home-bound citizens to socialize daily. RSVP volunteers offer reassurance to the participants, their families and friends that someone will be calling them. Contact Coulee Region RSVP at 608-785-0500 or [www.rsvplax.org](http://www.rsvplax.org).

**Technology** can also support safety at home.

Organizations offer personal emergency response systems (PERS) that are worn on your wrist or as a necklace and allow you to call for help when you need it. Some versions allow the device to work when you are away from home using a cellular system. A number of smart watches on the market feature medical alert options such as falls detection, heart monitoring, and the ability to reach 911 at the touch of a button. Whichever method, or combination of methods you choose, it will be reassuring to you and your family and friends to know that you have a plan in place.

**Healthy Living with Chronic Pain**

A six-week workshop for adults who have – or are living with someone who has – on-going pain. This program does not replace existing treatments but serves to complement your medical treatment plan. It is not intended to be a solution for addiction to pain medication  
Held virtually on Wednesdays, **Feb 7-Mar 13th.**

8:30am-11am  
Cost: \$30, includes textbook  
Pre-register by calling 608-775-6870  
Visit [gundersenhealth.org/living-well](http://gundersenhealth.org/living-well)

**Here are Some Suggestions for Preventing Falls During the Winter:**

1. Plan ahead. When possible, plan trips around the weather. If you do not need to go out, don't go out.
2. Allow enough time to get where you are going. The chances of falling increase when you rush and use less caution.
3. Exercise caution when getting into and out of vehicles. Always hold securely to a door or another person.
4. Take the path of least resistance. Look for the safest route to your location, including the paths into buildings.
5. Ask for help. Ask someone to help you navigate slippery or unsafe paths.
6. Concentrate on the path ahead. Take your time and walk slowly and deliberately. Try to place each foot flat on the ground with each step.
7. Wear appropriate footwear. Wear shoes or boots with rough-textured soles that provide good grip in all kinds of weather conditions.
8. Avoid carrying items.
9. Use handrails when they are provided.
10. Clean your shoes after going inside. Snow and ice can freeze onto the soles of shoes and become treacherous, even indoors.



**Boost Your Brain & Memory Class**

**Monday's, February 5-March 25**

**1 pm-2:30 pm**

**La Crosse Dahl YMCA—Training Room (basement)**

**Registration: Call the ADRC at 608-785-5700**

**Home Energy-Saving Tips for Winter**

Is your house ready for Old Man Winter's return? Follow the low-cost, easy recommendations below to help ensure the energy efficiency of your home during the winter season.

**Take Advantage of Heat from the Sun**

Open curtains on your south facing windows during the day to allow sunlight to naturally heat your home. Be sure to close them at night to reduce the chill you may feel from cold windows.

**Cover Drafty Windows**

Try using a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Make sure the plastic is sealed tightly to the frame to help reduce infiltration. Install tight-fitting, insulating drapes or shades on windows that feel drafty after weatherizing.

**Adjust the Temperature**

When you are home and awake, set your thermostat as low as is comfortable.

When you are asleep or out of the house, turn your thermostat back 10 degrees for eight hours and save around 10% a year on your heating and cooling bills. A smart or programmable thermostat can make it easy to set back your temperature.

**Find and Seal Leaks**

Seal the air leaks around utility cut-throughs for pipes (plumbing penetrations), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets. Add caulk or weather stripping to seal air leaks around leaky doors and windows.

**Maintain Your Heating Systems**

Schedule service for your heating system. For furnaces and heat pumps, replace your filter once a month or as needed. For wood and pellet burning heaters: Clean the flue vent regularly, as well as the inside of the appliance with a wire brush periodically.

Source: [energy.gov](http://energy.gov)

**Senior Medicare Patrols**

**Toll-free Helpline: 888-818-2611**

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

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

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



# CARE ACT:

## SUPPORT WISCONSIN FAMILY CAREGIVERS

In Wisconsin, **580,000** caregivers provide more than **540,000,000** hours of unpaid labor per year

More than 4 in 5 employers (88%) say caregiving will be an important issue in the next 5 years **88%**

Employers lose nearly \$33 billion every year due to lower productivity and early retirement related to caregiving

Per year, Wisconsin family caregiver labor is valued at \$9.2 billion

### Lack of Support During Hospital Discharge

**76%**

of family caregivers didn't receive any training upon discharge

Hospital readmissions due to lack of proper training increases stress for providers

**81%**

of family caregivers were given 24 hours or less notice of discharge

Last minute hospital discharge instructions can be rushed and confusing for caregivers

Caregivers miss work and lose pay because of last minute hospital discharge decisions

### Worse Outcomes for Patients, Providers, and Caregivers

### The Caregiver Advise, Record, Enable (CARE) Act requires hospitals to:

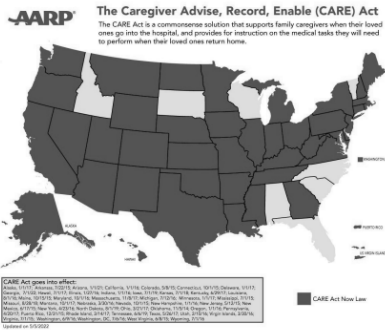
1. Ask patients if they have a caregiver and record in the medical record
2. Contact that caregiver if the patient is to be transferred or discharged
3. Teach the caregivers how to provide the care needed after discharge

Wisconsin is one of only 8 states that has not yet enacted the CARE Act

### Did you know?

-There is already funding for the CARE Act! Clinicians can bill the hospital for educating and training family caregivers

-8 in 10 registered voters in WI over 40 support the components of the CARE Act



Champion this legislation and help reintroduce bill AB 584/SB 516 from the 2019-2020 Legislation Session

Contact Bryn Ceman, Caregiver Support Specialist, at the Greater Wisconsin Agency on Aging Resources to learn more about how to collaborate and become an ally on this legislation. Contact Bryn through email at [bryn.ceman@gwaar.org](mailto:bryn.ceman@gwaar.org) or by phone at (608)-228-8096

### New to Autism Virtual Group



The **New to Autism Group** is a monthly virtual group for parents/caregivers of children that have been recently identified as autistic. Join us to connect with other parents for a casual discussion about shared experiences, community resources, and to learn more about the Autism Society.

Visit: [www.autismgreaterwi.org](http://www.autismgreaterwi.org)

January 15 @ 6:30pm-7:30pm

**Do you have a loved one who needs your help to get meals, get dressed, or get out of the house?**

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

**You must evacuate your home. Would you need to scramble to get together what you and your loved one needs to be gone from the house for a week?**

**If you answered YES to any one of these questions, then this event is for you...**

### EMERGENCY PLANNING FOR CAREGIVERS

A good emergency plan includes all the information that someone else will need to take over temporary care. This class will help you start your plan. Led by Kristine Meyer, Caregiver Support Specialist at the Aging & Disability Resource Center of La Crosse County. Participants will receive a complimentary emergency planning workbook.

**Wednesday, February 28, 2024**

**12:30 pm (following the Senior Dining Meal)**

**South Side Neighborhood Center**

**1300 6<sup>th</sup> Ave S La Crosse, WI 54601**

**Registration deadline: Friday, February 23, 2024**

This is a **FREE** event!

Questions and registration through the ADRC of La Crosse County at 608-785-5700 / [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

### High School Transition Planning Basics

Presented by the Aging & Disability Resource Center

**Tuesday, Jan. 16, 5:30pm-6:30pm**

La Crosse County Human Services Building and **VIRTUAL** option

Transition planning starts early. Get to know the ADRC as one of your transition partners outside of school. Learn about what services the ADRC offers and things you should be thinking about to prepare for life as an adult.

Registration Required. Phone: 608-785-5700  
Email: [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

### FAMILY CAREGIVER FACEBOOK SUPPORT GROUP



This Family Caregiver Facebook Support Group is a space for family caregivers to come together, share tips and find comfort. We post caregiving discussion topics in the group, but we also encourage others to share their own caregiving experiences.

**HOW TO JOIN:** You can find this group ([facebook.com/groups/familycaregiversupport](https://facebook.com/groups/familycaregiversupport)) by going to the St. Croix Hospice Facebook page and clicking on "Groups" at the top menu bar under "More". This group is not exclusive to St. Croix Hospice patients and family members, anyone can join.

*There when you need us the most.*  
855-278-2764 • [stcroixhospice.com](http://stcroixhospice.com)

Please join us in the development of a **Men's Club** for the La Crosse and Monroe Counties. A Men's Club is designed for men to meet other men, get educated on topics the group feels important, and provide an outlet from the daily routine.

### Men's Club Steering Committee Meeting January 23, 2pm-3pm

ADRC of Monroe County Conference Room  
315 Oak St S., Spa rta, WI 54656

To add your name to the mailing list or for more information please contact the ADRC of La Crosse County at 608-785-5700. *This is a joint venture between the ADRC of Monroe County, VA Caregiver Support, and the Veteran Community Partnership.*



**La Crosse Park & Rec Senior Excursions**

For ages 50+

**Jan. 29:** International Owl Center (register by Jan 12)  
**Feb. 17:** Remembering Bobby Vee, Middleton  
**Feb. 25:** Popovich Comedy Pet Theater, Sheldon Theater  
**Mar. 12:** National Eagle Center & Villa Bellezza Winery  
 To register please call 789-7533

**G-E-T Performing Arts Center**

17511 N. Main St  
 Galesville, WI  
 (608) 484-4458

**Acafest 2024**— January 6, 7pm

Tickets and more information at [www.getpac.org](http://www.getpac.org)

**Viterbo University Fine Arts Center**

929 Jackson St. La Crosse  
 608-796-3100  
[www.viterbo.edu/fac](http://www.viterbo.edu/fac)



**The Complete Bartok String Quartets**  
 Jan. 7, 14, & 21 at 3 p.m.  
 Viterbo Fine Arts Center Nola Starling Recital Hall

**Mallrats Presents MTV Unplugged**  
 Saturday, Jan. 20 at 7:30 p.m.  
 Weber Center for the Performing Arts Lyche Theatre

**Matt Vee and The Killer Vees Celebrate the Music of Neil Diamond**  
 Saturday, Feb. 3 at 7:30 p.m.  
 Viterbo Fine Arts Center Main Theatre



**Don't Get the Winter Blues, Start Singing!**

**THE VARIETY SINGERS**

Looking for people who love to sing! The Variety Singers travel throughout the community visiting Care Centers to give some joy through music. You don't need a great singing voice, you just have to like singing! If this is something that may interest you, we rehearse the first Thursday of the month at the Harry J Olson Center at 9:30am. For more information please call Darlene at 608-881-0348.

**Coulee Region Giving Hearts Choir**

Friday weekly rehearsals at 10am  
 North Presbyterian Church 1327 Salem Road  
 Engage Socially...Have Fun Together...Contribute to our community. We are a non-profit group for those in the early to mid-stages of Memory Loss along with Care Partners, family or friends.  
 We come together and share a love of music.  
 Register with Director, Ruth Kapanke 608-792-8608

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

Toland Theatre  
 333 16th St N, La Crosse  
**Feb 16-18, Art in Motion-A Concert of Dance**

Online ticket sales at [www.uwlax.edu/theatre-arts](http://www.uwlax.edu/theatre-arts) or go to the box office or call 608-785-6696

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

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

**Fiddler on the Roof** on Saturday, March 16th  
**Beautiful**—The Story of Carole King on Saturday, May 4th  
**Nunsense** on Saturday, June 15

Pick ups at Hogan Admin Center or Woodman's \$130.00—includes transportation, a delicious dinner, and show.  
 Contact Cheryl at [cbeff@yahoo.com](mailto:cbeff@yahoo.com) or 608-788-2727 for more information!



**WEBER CENTER FOR THE PERFORMING ARTS**

[www.webercenterarts.org](http://www.webercenterarts.org)  
 608-784-9292

**Feb 9-18, The Last Five Years**  
**March 15-24, The Odd Couple**

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

**LA-CROSSE CENTER**

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

BBBB Bingo- Mondays at 6pm  
 Jan 21- Wedding Expo  
 Jan 26- Hairball  
 Feb 8-11, La Crosse Sports & Travel Show

**MARIE HEIDER CENTER FOR THE ARTS**

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

Jan 18-Yesterday Once More-  
**The Sounds of Karen Carpenter**

Jan 19 & 20- **West Salem WonderStruck Choirs**

**Pump House Regional Arts Center**

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

Jan 12 & 13- **Johnsmith**

Jan 26 & 27- **Heart of La Crosse: Dr Pendleton's Laughter & Improv-erization Show**

**FEB 10- MAGIC & MYSTERY**



*La Crosse Symphony Orchestra*

*March 2 Mozart & Rising Stars*

Viterbo Fine Arts Center, 929 Jackson St. La Crosse

**Cappella Performing Arts Center**

721 King St, La Crosse  
 608-299-7248

**Mar 14 & 15- Silent Film: The Cameraman**

**Mar 21 & 22- La Crosse Jazz Orchestra with Tom Wopat**

**The University of Wisconsin La Crosse Planetarium**

**Public Programs** at 1:00 pm on Saturdays. A fun family activity for all ages. Admission is \$5.00 for adults and \$3.00 for students and Senior Citizens. The first part of each program is a talk on the current evening sky. The second is a multimedia audiovisual presentation on an astronomical subject.

**Album Encounters** are multimedia light and laser shows set to rock music at 8:00 pm on Fridays. Admission is \$5.00 for all.

Park in the Stadium Lot (Commuter Lot 2 or C-2). It is on the northeast corner of East Avenue and Pine Street.

[allen.robe@eagle.uwlax.edu](mailto:allen.robe@eagle.uwlax.edu) or at 608-785-8669



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799 SECTIONS  
PAGE SEVEN SEVEN

# WE'VE HAD IT!

## All-Time Record Snowfall Hits City

### Schools, Roads, Industry Closed

**Mail Train Trapped In Snowdrift**  
**TURBULENT AIR DROPS PLANE 4,000 FEET**  
**'Stay Home,' Say Sheriffs In Region**  
**22 Inches Of Snow Piled Up By March Blizzard**  
**Crowd Packs Courtroom For**

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

**Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse  
**Mondays:** 1pm Euchre @ Moose Lodge, \$5 register  
**1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge  
**Tuesdays:** 6:30pm Bingo @ Onalaska American Legion  
 6:30pm Bingo @ Holmen Features  
**Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall  
**Wednesdays:** Ukulele Jam, 6pm-8pm Moose Lodge (no 1/03)  
**Thursdays:** 6pm Bingo @ Holmen American Legion  
**1/5-** First Friday Downtown Art Walk, La Crosse. 4pm-7pm  
**1/12-** Magic of Isaiah, Le Chateau 400 Cass St, 7pm  
**1/16-** Winter Market Indoor Artisan & Farmers at La Crescent Event Center, 4pm-7pm  
**1/18 & 1/19-** Freezin' for a Reason, American Legion Post 52 La Crosse  
**1/20-** Chaseburg Trail Days, 5:30pm  
**2/3-** Cabin Fever Fundraiser- Holmen American Legion, 5:30pm with music, games, food and raffles. Free  
**2/17-** 25th Annual Winter Ball, Pearl St Brewery, 5pm

**Blast from the past...**The 1958-59 winter was one of the snowiest ones on record. Residents had truly "HAD IT!" by March 5-6 with a reported dumping of 18" at the La Crosse airport and 22" at the Southeast end of the city. This article reports that there were not enough snowplows to manhandle the snow. While Highway 14/16 was cleared to the county lines, no other highway travel was possible. In addition, this was the first time that La Crosse closed all of its public and parochial schools.

**Coulee Region MARDI GRAS**  
**Mardi Gras Costume Ball**  
**January 27 -**  
 Radisson Ballroom  
 4:30pm - 12pm.

**NEW YEARS WORD SEARCH**

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

- |           |            |           |
|-----------|------------|-----------|
| BALL      | CELEBRATE  | CHEERS    |
| CLOCK     | CONFETTI   | COUNTDOWN |
| DROP      | END        | FAMILY    |
| FIREWORKS | FRIENDS    | GATHERING |
| GOALS     | HAPPY      | JANUARY   |
| KISS      | MIDNIGHT   | NEW       |
| PARTY     | RESOLUTION | SPARKLERS |
| START     | TOAST      | YEAR      |

**Ski Jump Tournament - February 2 & 3**

**SNOWFLAKE SKI CLUB**  
WESTBY, WI-101 YEARS OF FUN  
1923 - 2024

**Sad News from Minnesota**  
 The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75 years old. Doughboy was buried in a lightly greased coffin.  
 Dozen of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The grave side was piled with many flours.  
 Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.  
 Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty ole man and was considered a positive roll model for millions.  
 Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is survived by his elderly father, Pop Tart.  
 The funeral was held at 3:50 for about 20 minutes. If you smiled while reading this, please rise to the occasion and pass it on to someone having a crummy day and is kneading a lift.

**GREAT TRI-STATE RAIL SALE**  
**Saturday, January 27th, 9am-3pm**  
**La Crosse Center**  
[www.4000foundation.com](http://www.4000foundation.com)

**300 Vendors**      **\$5 Admission**