

La Crosse Senior Life



February 2024

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

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If you are receiving this publication, and you no longer want to receive it, please call us (ADRC) at 608-785-5700 or email adrc@lacrossecounty.org. It costs 65 cents per paper to print and mail and we distribute roughly 5,300 papers each month. While we do receive donations (thank you!) to help cover this expense, the demand and cost continues to increase.

...to clean up our mailing list.

New Year, New Ways to Participate!

Looking for opportunities to connect with others, give your feedback, or contribute to programs and services that make a difference in the lives of many in our community?

Nutrition Advisory Council

Our La Crosse County Senior Nutrition Program is seeking members for its Nutrition Advisory Council. This Council meets the first Monday of every even month at 2:30 PM, in-person or virtually, to make recommendations regarding program operation and speak on behalf of current and future program participants. Ideally, Council members would regularly participate in congregate dining or home-delivered meals. However, family members or caregivers of participants are also encouraged to participate!

2025-2027 Aging Plan Committee

Every three years, the Aging & Disability Resource Center (ADRC) of La Crosse County develops and submits an Aging Plan. Mandated by federal law, the plan is required for the county to receive federal funds under the Older Americans Act of 1965, as amended. Additionally, the plan helps to structure the ADRC's priorities for aging services and programs for the three-year time period. To assist with the Aging Plan development, the ADRC is seeking members for a 2025-2027 Aging Plan Committee. Once committee members are identified, meeting frequency, time, and location will be identified based on member interest and availability. This is a unique, limited term opportunity!

If you are interested in either or both of these opportunities, or would like to learn more, give us (ADRC) a call at 608-785-5700 or email adrc@lacrossecounty.org.



February is Whole Grain and American Heart Month!



According to a 2022 report by America's Health Rankings, 21.3% (or 1 in 5) adults aged 65 and older in Wisconsin have cardiovascular disease and 59.1% have high blood pressure.

Cardiovascular disease refers to several conditions resulting from plaque building up in arteries, including coronary artery disease, chest pain, heart attacks, and strokes. Heart disease was the leading cause of death in the United States in 2020. Risk factors for cardiovascular disease include high blood pressure, high cholesterol, obesity, physical inactivity, unhealthy diet, diabetes, smoking, excessive alcohol consumption, high levels of stress, and a family history of heart disease or stroke.

Adding Barley and whole grains to your diet can help. Barley is cholesterol free, and rich in potassium, folate, iron, B vitamins, and other nutrients that support cardiovascular function.

The fiber in barley can help manage blood pressure and reduce cholesterol levels. Whole barley has a lower glycemic index, keeping your energy more constant, providing a sense of fullness over a longer period. It, along with other whole grains, is associated with heart healthfulness and is widely recommended for reducing the risk of heart disease and Type 2 diabetes. Barley is a delicious addition to soups, salads, baked goods, entrées, and more!

-Eat Well, Age Well, February 2023

BARLEY FOR 2

Ingredients

0.5 cup pearl barley Kosher salt
1.5 cups water or broth Parsley

Directions

1. Boil water or broth and add pearl barley. Season with a big dash of kosher salt.
2. Cover and reduce the heat to medium-low. Simmer until the liquid is absorbed (or mostly absorbed) and the barley is tender with a slightly chewy texture (about 25 to 30 minutes). Drain.
3. Fluff the cooked barley with fork. Add parsley for garnish, if desired.

Notes

- 0.5 cups of dry barley will yield about 1.5 cups cooked.
- Store barley in fridge in an airtight container for about 3 days or store in freezer-safe container for up to 1 month.

BEEF BARLEY SOUP FOR 2

Ingredients

2 tbsp each: chopped carrot, celery, onion
1 tsp vegetable oil
1 cup water
1 cup reduced-sodium beef broth
1/2 cup cubed cooked roast beef, ground beef (you can omit or substitute w/ beans)
1/2 cup canned diced tomatoes
1/4 cup quick-cooking barley
2 tbsp frozen peas
1/4 tsp salt or salt-free herb blend
1/4 tsp dried basil
1/4 tsp dried oregano
1/4 tsp pepper

Directions

In small saucepan, sauté the carrot, celery, and onion in oil until tender. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until barley is tender, stirring occasionally.



DID YOU KNOW?

Barley was the model for the size of an inch. In 1324, King Edward II of England standardized the measurement as "three grains of barley, dry and round, placed end to end lengthwise."



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



We Need You!

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



Join us for Transit Equity Days!

January 30– February 4, 2024

Ride MTU for free Jan 30-Feb 4

Ride SMRT for free Feb 1st

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 and click on the yellow "Donate" button toward the bottom of the page.

Either way, thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____

Address _____

City _____

State _____ Zip _____

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



DEMENTIA Live®

Proven. Powerful. Essential.

A  **Experience for Professional and Family Caregivers**

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

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

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



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

SPARK! on the Go!

Second Monday of every month - Feb 12, La Crosse Community Theater from 1:00-2:30pm.
Must register 4 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 February, resumes March 20, from 10:30am-12:00pm.
Clearwater Farm 760 Green Coulee Rd. Onalaska
To register- visit www.clearwaterfarm.org

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

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

WISCONSIN ALZHEIMER'S & OTHER DEMENTIAS ADVOCACY DAY
Tuesday, February 20, 9-4pm

Join Dementia Friendly Community Coalition; professionals and caregivers in Madison. Hear from key state policymakers, take away tools to empower your advocacy efforts, and meet with your state lawmakers to ensure that Alzheimer's and other dementia remain a legislative priority in Wisconsin in 2024 and beyond! A group will carpool to Madison.
If interested please contact Kelsey at 608-386-0767.

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!

- February – Things to Love Bag!
- 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 |
|--|---|
| All-Stages Caregiver Group 2nd Tuesday monthly, 1:15pm-2:30pm Good Shepard Church 4141 Mormon Coulee | For caregivers only. Contact- Kathy 608-386-8908 |
| Parkinson's Disease Group 1 st Monday monthly, 5pm-6:30pm Black River Beach Neighborhood Center | For care partners and persons living with Parkinson's disease. Register with La Crosse Park & Rec. 608-789-8640 |
| Connect Smart Group 2 nd & 4 th Wednesdays, 12:30pm-2pm Community Connections 1407 St Andrew St | Group activity for people living with dementia. Care partner support and education in a separate room. Register with La Crosse Park & Rec. 608-789-8640 |
| Frontotemporal Dementia Group 2nd Wed/Month, 2pm-3:30pm Holmen Area Community Center | Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700 |
| Conversations with Kathy 4 th Tuesday monthly, 1pm-2:30pm La Crosse YMCA-GHS Healthy Living Center | Informal sharing with those who are on a similar journey. For caregivers only. Kathy 608-386-8908. Healthy Living Center is at the south entrance. |
| Circle of Support – Virtual 3 rd Thursday/Month, 2pm-3pm | Led by dementia care specialists from WI. Call for the virtual link: Becky 7115-538-1930 |
| Monday Coffee Connect - Virtual Weekly; Every Monday, 10am-11am | Group for all stages of disease. Led by dementia care specialists from WI. For link email: kflock@lacrossecounty.org |
| Evening Conversations - Virtual Weekly; Every Thursday, 7:30pm-8:30pm | Led by dementia care specialists from WI. Call for the virtual link: Becky 715-538-1930 |
| For working caregivers - Virtual 1 st Monday monthly, 7pm-8pm | For those who provide caregiving responsibilities for their parents or family/friends of any dementia stage. For link email: kflock@lacrossecounty.org |
| Aging & Down Syndrome - Virtual 3rd Wednesday/month, 5pm-6pm | For people who provide care for aging individuals with Down Syndrome. Hosted by DSAW & ALZ Assoc. Email abigail@dsaw.org for questions/link |

La Crosse 2024 Tax-Aide Services

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

Tax-Aide phone number 608-588-6124

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

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

2. Schedule an Appointment

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

3. Before Your Appointment - Pick Up an Intake Packet

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

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

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

Report Misleading Medicare Ads

By the GWAAR Legal Services Team

The Centers for Medicare and Medicaid Services (CMS) are asking consumers and beneficiaries to help identify misleading Advantage plan sales practices that violate new federal marketing rules. That includes television ads promoting benefits that may not be available in the consumer's service area, as well as printed materials and telephone marketing practices.

CMS is asking people to watch for marketing efforts that:

- ▶ Suggest benefits are available to anybody who joins the plan.
- ▶ Mention benefits that are not available in the service area where they are advertised.
- ▶ Claim that the plan advertised will provide the "most" or "best" benefits or coverage.
- ▶ Promise unrealistic savings that most consumers will not realize.
- ▶ Fail to identify the name of the plan being advertised.
- ▶ Use the Medicare name or images of the Medicare membership card or logo without approval of CMS.
- ▶ Contact Advantage or drug plan members who have already told a plan or issuer not to contact them.
- ▶ Pretend to be representative of the government-run Medicare program.

The new marketing rules, which took effect September 30, require sales representatives to explain to consumers how any plan being offered differs from the consumer's current plan before making a switch. The rules also require insurers and third-party marketing companies to submit advertisements to CMS for review before going public. However, the sheer volume of Advantage plan advertising makes it unlikely that CMS will be able to catch every misleading sales pitch. CMS is asking consumers to report potentially misleading marketing efforts to 1-800-MEDICARE. Wisconsin residents can also report potential marketing violations to the Senior Medicare Patrol at 1-888-818-2611.

Wisconsin Home Energy Assistance Program

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



**Spring
Election
April 2nd**

Visit MyVote.wi.gov for the following:

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

Divestments: What are they and why are they important?

By the GWAAR Legal Services Team

What is a Divestment?

Divestment is a term related to long-term care Medicaid. It is defined as the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally by giving someone money, or unintentionally by not doing something that the person should have done.

Here are some examples of divestments:

- ▶ selling one's home at a discounted price;
- ▶ adding a person's name to the deed of a house if they did not pay towards the purchase of it;
- ▶ giving away a life estate or remainder interest in a home property without being paid for it;
- ▶ agreeing to waive a debt that is owed by another person;
- ▶ adding a person's name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their own personal spending;
- ▶ paying off debts or loans that the person is not legally obligated to pay for;
- ▶ donating more than 15% of a household's annual income to a religious or charitable organization;
- ▶ refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to;

Why is it important to be aware of divestment policy issues?

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000 divestment, then they will be ineligible for long-term care Medicaid for 323 days—that's almost a full year!

Do divestment penalties apply to all forms of Medicaid?

No, divestment penalties only apply to long-term care Medicaid, including institutional Medicaid (in the nursing home or hospital), FamilyCare, IRIS, PACE, and Partnership. Divestment penalties do not apply to card-services Medicaid (BadgerCare+, MAPP, Medicaid deductible, categorically needy Medicaid, etc.). Under federal law, divestment penalties also do not apply to Medicare Savings Programs such as QMB, SLMB, and SLMB+.

If a divestment penalty is assessed but inaccurate, how can that be resolved?

A person who is assessed a divestment penalty but believes it to be inaccurate can call the local Income Maintenance Consortium to discuss the situation. They can also file an appeal with the Division of Hearings and Appeals, a state agency that decides Medicaid appeals in Wisconsin. Be aware that there is a 45-calendar day appeal window and there are no provisions for late appeals.

La Crosse Coffee & Conversations

Java Vino 2311 State Rd. La Crosse
Feb 14 at 8am. Free beverage



Sunday, February 4, a free screening of the Peabody Award-winning film, **The Rebellious Life of Mrs. Rosa Parks** at the Rivoli Theater La Crosse at 1:30 pm

2-1-1

**There is Always Help!
SIMPLY DIAL 211 TO GET HELP
WITH LIFE...**

www.greatrivers211.org

Wisconsin

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Knitting Group: Thursdays, 5pm-7pm; \$1/week.
Mah Jongg Club: Tuesdays, 12pm-3:30pm; \$2/session.
Zumba w/Lynne: Mondays & Wednesdays, 5:30pm-6:30pm
Crafting Weekend: Friday, Sat. & Sun., Feb. 2-4; Fri. & Sat., 8am-9pm; Sunday, 8am-4pm; register by Feb. 1.
Parkinson's Disease Support Group: Mon., Feb. 5, 5pm-6:30pm.
International Folk Dance: Wed., Feb. 7 & Sat., Feb. 17, 7pm-9:30pm; \$2/session.
It Takes a Village Discussion Group: Thurs., Feb. 8, 1pm-2:30pm.
Line Dancing Classes: Friday, Feb. 9, 10am-11am; \$2/session.
Rebuilding American Civics – Session 1: Fri., Feb. 9 & 23, 12:30pm-2pm; register 1 day prior. Free
Medicare 101 – Understanding the ABCs: Wed., Feb. 14, 10am-11am OR 6pm-7pm; register Friday prior. Free
Great Rivers 211 – Disaster Preparations: Thurs., Feb. 22, 10:30am-11:30am. Free
Monthly Card Creations: Wed., Feb. 28, 12pm-7pm; register Friday prior; \$12/session.

COMMUNITY CONNECTIONS CENTER

1407 St. Andrew Street, La Crosse

Most programs require registration: 608-519-2088

www.cityoflacrosse.org/parks

Coulee Region Wood Carvers: Tuesdays, 12pm-7pm.
Art Club: Thursdays, 12pm-3pm; \$2/session.
Chair Fitness: Tuesdays, 10am-11am; register Friday prior. Free
Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; register.
Wise Wednesdays: Wednesday, Feb. 7 & 21, 10:30am-12pm; register 1 day prior. Free
Bingo: Wed., Feb. 7 & 21, 12:30pm-1:30pm; register 1 day prior. Free
Chair Yoga w/Jamie: Thurs, Feb. 8 & 22, 10am-10:45am; register.
Coping with Grief & Loss: Wed., Feb. 14, 10am-11:30am. Free
ConnectSmart: Wednesdays, Feb. 14 & 28, 12:30pm-2pm; register
Tech Help: Wednesdays, Feb. 14 & 28, 11am-12pm
What Seniors Should Know ... Selling Their Home: Thurs., Feb. 15, 12:30pm-1:30pm; register 2 days prior. Free
Bridging Generations w/UWL Gerontology Club: Tues., Feb. 20, 2pm-3pm. Free
Introduction to Yoga: Tues., Feb. 20, 10:30am-11:30am; register
Line Dancing Classes: Friday, Feb. 23, 10am-11am; register 1 day prior; \$2/session.
Peace by Piece: Tues., Feb. 27, 10am-11:30am, register the Friday prior. Free
Travel Tales – Romania w/Kristina Kovacs: Feb. 27, 12:30pm – 2pm.
Senior Meal Site Open: Lunch served in dining hall at 11:30am, Monday-Friday. Call 608-792-4487 by noon the day prior.



600 N Holmen Dr.
608-399-1870

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

Indoor Walking: M,W,F: 7am-10am & 11am-12pm; T & TH: 7am-10am & 11am-2:30pm
Active Older Adult Fitness: Tuesdays & Thursdays at 10am
Pickleball: Tuesdays & Thursdays at 12:30pm-2:30pm
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 until Feb 6th
REV Fitness Class: Mondays at 5:15pm
BINGO: Wednesdays at 1pm & Fridays at 1pm, \$1 per card
Euchre & Cribbage Tournament: Feb 6 & 20, 6pm
Mah Jongg Club: Mondays at 1pm
Book Club: Last Tuesday of the month at 6pm
Diamond Art: Wednesdays at 9am
Crafternoon Social: Feb 1 & 15, 1pm
I Heart Art: Mondays at 9am
WAFER Mobile Pantry: Feb 27, 12:30pm-1:30pm
Hearing Checks: Feb 6, 10am-11am. **Instrument Checks:** Feb 20
Medicare Information: Feb 6, 11am with Jerry Tiffany
Medicare 101: Feb 7, 11am with Tina Johnson, La Crosse ADRC
Blood Pressure Checks with BrightStar: Feb 28, 11am-1pm
Music with Greg Grokowsky: Feb 13, 11:30am
FTD Support Group: 2nd Wednesday at 2pm
Red Cross Blood Drive: Feb 9, starting at 11am
Veterans Services: Feb 1, 1pm-4pm
Holmen Area Historical Society– Feb 5, 6pm. Bob Hoffman guest
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.

South Side Neighborhood Center

1306 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live virtual link to instructor, Mondays & Thursdays, 9:30am-10:30am; register.
Yoga with Renae: Wednesdays (Feb. 7 & 14 are virtual; no class Feb. 21) 5:30pm-6:45pm; register.
Music Café: Thursdays, Feb. 15, 22, & 29, 1pm-2pm. Various groups.
Ukulele Lessons: Thursdays, Feb. 15, 22, & 29, 2:30pm-3:30pm; register by Feb. 9 (\$5).
Emergency Planning for Caregivers: Wed., Feb. 28. 12:30pm-1:30pm. To register, call 608.785.5700. Free
Senior Meal Site Open: Lunch served in dining hall at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals also offered.

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Email: harryjolson@gmail.com

Monday: 9:30am **Tai Chi Class**
 9:30am **Intro to Bridge Class**-call for details
 Tuesday: 9am **Strong Seniors** -call to register
 1pm **500** (register at 786-1114)
 7pm **Duplicate Bridge** (797-3587)
 Wednesday: 1pm **Euchre** (register at 786-1114)
 7pm **Live Band Dance** -public welcome
 10am **Watercolor class**, Third Wed of month
 Thursday: 9am **Strong Seniors** -call to register
 10:30am **Chat Bridge**- call to register
 12:30pm **Duplicate Bridge**
 Friday: 9:30am **Tai Chi Class**
 10:45am **VIP Coffee Connection**- 1st Friday/mo.
 Open daily from 9:00am-12:30pm for exercise & socializing.

Mondays- **Games with Gordo**, 1pm.

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
Card/Sports Memorabilia Show- Feb 10, 9am-3pm
Psychic & Wellness Fair- Feb 17, 10am-5pm
Indoor Garage Sale- March 16, 8am-3pm

La Crescent Lions Frozen Apple Candlelight Hike
Saturday, February 17th,
5:30pm-8:30pm
 Start at La Crescent Veterans Park and walk along our cozy wooded trail. Fire pits at each end of the trail along with hot chocolate and cider at Veterans Park.
 Winter conditions are unpredictable, so please dress appropriately.
No restrooms on the trail.
 Free but donations appreciated.



What did the French groundhog see when he woke up? His chateau

Make it Meatless!

Eating plant-based meals improves your heart health by lowering cholesterol levels and blood pressure. Eating meatless meals can also save you money at the grocery store. According to the American Heart Association, "People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available."

Plan healthy meatless meals that include fruits and vegetables, whole grains, beans and legumes, unsalted nuts, and/or lower fat or fat-free dairy foods. There are many known benefits of adopting more meatless or vegetarian meals into our diets, but many people do not know how to begin. Eating meatless just one day of the week, such as adapting "Meatless Mondays" into your family's diet can have a significant impact on your overall health. Some of the known benefits of introducing more vegetarian type meals include:

- Reducing saturated fat intake
- Decreasing the risk of chronic diseases, such as cardiovascular disease
- Lowering "bad" or LDL cholesterol
- Increasing fiber intake

Cost-saving sources of protein

Making the switch to meatless meals can be easy and delicious. Many individuals find it easy to create hearty meatless dishes with beans, lentils or soy-based products, such as tofu. Cooking a meatless recipe can be done easily by replacing or reducing the meat ingredient with a plant-based ingredient. Some examples are bean tacos or burritos, portabella mushroom burgers or by using tofu in a vegetable stir-fry instead of beef or chicken.

Meatless meals will not only cut down on the amount of saturated fat from your meals, but also add an excellent source of fiber that is not offered through meat-based protein sources. Fiber helps curb our appetite between meals and promotes healthy regularity in our bodies. Using plant-based protein sources can also be very cost-effective. By purchasing dried beans or lentils and preparing them as instructed can offer multiple servings for your entire family that are full of protein and other key nutrients our bodies need, such as potassium and fiber.

Introducing your family to meatless meals can offer an easy, cost-saving opportunity that provides a variety of health benefits.



Lentil Spaghetti Sauce

- 1 cup dried lentils
- 2 ½ cups water
- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 2-4 celery stalks, depending on size, chopped (~1 cup)
- 4-5 cloves garlic (2-2 ½ teaspoons), minced
- 2 cups tomato puree
- 1 teaspoon each oregano, basil, and thyme

Combine lentils and water in a covered pot and bring to a boil. Reduce heat and simmer for 15-20 minutes, until the water is mostly gone.

Heat oil in a frying pan on medium heat. Add onion and stir for 2-3 minutes, add celery and garlic, and stir for a few more minutes until celery is soft.

Combine cooked vegetables, tomato puree, oregano, basil, and thyme with cooked lentils.

Simmer uncovered for about 30 minutes, stirring as needed, until sauce has thickened. Serves 6

Karie Johnson, FoodWise Nutrition Education Coordinator

Free Brain Checks

February 12th, 9am-3pm

Holmen Public Library, 121 W Legion St.



BrainCheck

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning. Just like blood pressure, cancer, or diabetes screening, brain checks can help you identify early; both the irreversible dementias and other reversible causes of dementia-like symptoms.

Resources & support are available. Open to the public. This is not intended for people with diagnosed dementias. Call for your 30 minute appointment. 608-785-5700.

Next Brain Check is March 11th at the Onalaska Library.



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

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

Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at wafermobile@waferlacrosse.org or 782-6003.

NEW LOCATION- 1603 George St. La Crosse

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

Senior Stock Boxes

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

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

Telephone Reassurance Program

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

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

Coulee Region RSVP

608-785-0500 www.rsvplax.org

COULEE REGION
RSVP

Top 10 Tips for Successful Aging

By the GWAAR Legal Services Team

"It's all in your mind" isn't just a saying, it's a life skill. According to neuroscientist Dr. Daniel Levitin, who studies brains as they age, these are the 10 life habits for successful aging:

1. Delay retirement, and when you do retire, take up volunteering or hobbies. Continue to be engaged in meaningful work.
2. Look forward, not back.
3. Exercise to get your heart rate going, preferably in nature.
4. Embrace a moderate lifestyle.
5. Keep your social circle exciting and new.
6. Spend time with people younger than you.
7. See your doctor regularly, but not obsessively.
8. Don't think of yourself as old.
9. Appreciate your cognitive strengths, including pattern recognition, crystallized intelligence, wisdom, and accumulated knowledge.
10. Practice cognitive transfer (the act of learning, remembering, and problem-solving).

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| | | | Shepard's pie 1 Broccoli Fresh Fruit Chocolate pudding | Turkey Tetrazzini 2 Romaine salad Peaches Peanut butter cookie |
| BBQ meatballs 5 Rosemary basil potatoes Broccoli & cauliflower Ice cream sundae | Stuffed chicken w/ broc 6 Baked potato California blend veggies Bishops cake  | Chicken supreme 7 Oven browned potatoes Peas & carrots Black bean brownie | Salisbury steak 8 Mashed potatoes & gravy Squash Banana | Spaghetti 9 Romaine lettuce salad Ambrosia Cup, Garlic toast Cherry poke cake |
| Hamburger on a bun 12 Baked beans Potato salad Oatmeal raisin cookie | Beef stew 13 Green beans Applesauce cake Biscuit, crackers | Potato crusted cod 14 Baked potato/ sr cream Coleslaw Pineapple & oranges | Glazed ham 15 Sweet potato bake Green beans Pineapple cake | Tuna noodle bake 16 Green beans Pineapple Cranberry juice |
| Chili & crackers 19 Baked potato/ sour cream Spinach salad, cornbread Molasses cookie | Scalloped potatoes 20 Ham Corn Pumpkin bar | Meatloaf 21 Dairy potato bake Glazed carrots Fruited jello | Baked 1/4 chicken 22 Garlic mashed potatoes Beets Fruit fluff | Salmon patty 23 Scalloped potatoes Creamed peas Carrot cake |
| Chicken salad on bun 26 Vegetable soup, crackers Tropical fruit salad 3 bean salad | Stroganoff 27 Mixed vegetables Orange juice Apple crisp w/ raisins | Stuffed chicken 28 Baked potato California blend veggies Bishop cake | Lasagna 29 Romaine salad Fresh fruit Grape juice Garlic bread stick | *All meals include milk or juice & bread. Menu subject to change without notice. |

Baked Potato Soup

- 6 slices bacon
- 1/3 cup butter
- 1/3 cup all-purpose flour
- 3 1/2 cups milk
- 2 large baked potatoes, peeled and cubed
- 2 green onions, chopped
- 3/4 cups shredded Cheddar cheese
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper



Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 8 to 10 minutes. Drain bacon slices on paper towels; crumble and set aside. Meanwhile, melt butter in a stockpot or Dutch oven over medium heat. Gradually add flour, whisking until well-combined. Slowly pour in milk, whisking constantly until smooth and thickened. Add potatoes and onions and bring to a boil, stirring frequently. Reduce heat and simmer for 10 minutes. Stir in crumbled bacon, Cheddar cheese, sour cream, salt, and pepper. Continue cooking and stirring until cheese is melted. Serves 3

Asparagus Ham Dinner

- 2 cups uncooked corkscrew or spiral pasta
- 3/4 pound fresh asparagus, cut into 1-inch pieces
- 1 medium sweet yellow pepper, julienned
- 1 tablespoon olive oil
- 6 medium tomatoes, diced
- 6 ounces boneless fully cooked ham
- 1/4 cup minced fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/8 to 1/4 teaspoon cayenne pepper
- 1/4 cup shredded Parmesan cheese



Cook pasta according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, saute asparagus and yellow pepper in oil until crisp-tender. Add tomatoes and ham; heat through. Drain pasta; add to mixture. Stir in parsley and seasonings. Sprinkle with cheese. Serve 6

Spiced Cranberry Cider

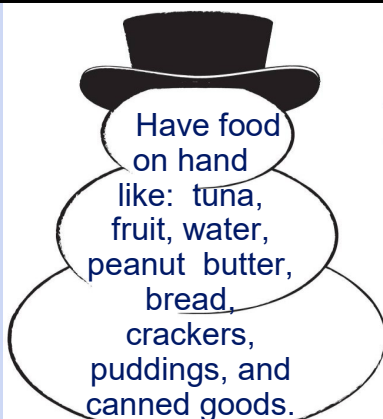
- 1/2 quart apple cider
- 1 1/2 c cranberry juice
- 1 lemon, thin sliced
- 1 T packed brown sugar
- 1 cinnamon stick
- 1/2 tsp whole cloves



Combine all ingredients in a medium pot. Bring to a boil. Reduce heat and simmer 15 minutes. Use a slotted spoon to remove lemon, cinnamon and cloves. Serve hot in a mug.

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!



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: Mondays from 10am-11am**Creation Space Open Lab:** Mon 3pm-5pm, Tues 1pm-3pm, Wed 5pm-6:30pm, Thurs 10am-12pm, Sat 9am-12pm.**Yoga for All:** Feb 10, 10:30am**Chair Yoga:** Feb 1 & 15, 10am**Hearthside Chapters:** Feb 10 at 10am or Feb 14 at 1pm**Qigong:** Feb 14, 11:30am**Music with Leonardo:** Feb 11, 3:30pm**Brick It:** Feb 21, 5pm**Technology & Skills Development:** Feb 21, 11am-12pm.**Friends Book Sale:** Feb 5, 12, 19 & 26. 9am-12pm**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 – Feb 6, 1pm-4:30pm**

Bangor • Campbell • Holmen • Onalaska • West Salem

Phone: 608-399-3390

Email: libraryprograms@lacrossecounty.orgWebsite: lacrossecountylibrary.org

Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

Hot Reads for Cold Nights reading challenge runs Jan 16 – Feb 26
Care facilities are invited to participate in our Outreach Puzzle Battle. Teams have until February 10 to complete a 300-piece puzzle that we provide and can win a prize. Call/email for details.

Bangor “Game Day”, second Thursday of the month at 1:30pm.**Bangor** movie on February 15 at 2:30pm and 6pm.**Campbell** Book Club, second Tuesday of the month at 6pm.**Campbell** movie on February 16 at 1:15pm.**Holmen** movie on February 12 and February 26 at 2:15pm & 6pm.**Holmen** “Art in the Library for All: Painting” on February 1 at 1pm and February 6 at 2pm. Geared for adults with special needs; registration required.**Holmen** “Jigsaw Puzzle Battle” on February 17 at 10am. Team registration required.**Onalaska** “Pilates Basics” on February 7 and February 14 at 8am. Registration required.**Onalaska** Senior Moments on Wednesdays at 10am:**February 14:** John Armbruster, author of *Tailspin***February 21:** Mississippi Valley Archaeology Center Artifacts**February 28:** The Shovelmen**Onalaska** Book Club, third Thursday of the month at 1:15pm.NEW! **West Salem** “Crafternoon” first Tuesday of the month from 2-4pm.**West Salem** Evening Book Club meets the third Monday of the month at 7pm.**West Salem** “Charcuterie Make + Take” on February 5 at 6pm. Registration required.**West Salem** Midday Movies on Thursdays at 2:15pm.**West Salem** Afternoon Book Club, second Wednesday of the month at 1:30pm.**NARVRE**

National Associates of Retired and Veteran Railroad Employees, Unit 047, La Crosse meets 2nd Tues. 2/13/24; speaker will be Steve Mau planning for end of life documentation at the Onalaska American Legion at 10 AM.

Info Patty Burr at 608-781-6032.

Old Main Cultural Center20869 S College Ave. Galesville
608-582-4412**Yoga with Kim–** Tues, Weds, Thurs**Qigong–** Tues**Board Game Social–** 2nd Friday/month, 6pm-9pmFeb 3– **Classical Concert**, 7pmFeb 9 & 10– **Sweetheart Dinner**, 5:30pmMar 16– **Irish Holiday**, 6pm dinner, 7pm music**American Legion Post 417**700 Fisherman’s Rd. French Island
783-1838**Chicken Que– Feb 3****West Salem American Legion Post 51**

West Salem 608-786-0051

**Fish & Shrimp–** Feb 2, 16 & 23**Bingo–** Feb 5, 6:30pm**Breakfast–** Feb 11**Bowling Fundraiser–** Feb 3, 11am at Features**Liver Lovers Dinner** Feb 10, 5:30pm-8pm**Heart of West Salem–** Feb 25**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–** Feb 18, 7:30am-11am**Veteran Services Office–** 2nd Wed each month, 1pm-4:30pmFeb 11– **Valentines Day Dance**, 1pm-4pm**Concordia Ballroom**1129 La Crosse St. La Crosse
608-782-7049www.concordiaballroom.com**Dances every Sunday, 1pm-5pm**Feb 10– **Lindy Hop & Swing Dance**, 7pmFeb 16– **Continental Dancers**, 7pm-10:30pm**American Legion Post 52**

711 6th St. S., La Crosse

608-782-3232

**Feb 2–** Pat McCurdy Concert, 7pm**Feb 4–** SOS Breakfast, 7:30am-11am**Feb 9–** RCCW: Broken Hearts Broken Bones, 7pm**Feb 11–** Potluck Superbowl Party**Feb 16 & 23–** Fish and Wing, music**Feb 25–** SAL Breakfast, 8am-11am**Blood Drives for February**

2/2– Valley View Mall, 11am-4pm

2/9– GET High School, 9am-2pm

2/12– Chaseburg Village Hall, 11am-4pm

2/14 & 15– UW-L Student Union, 11am-6pm

2/15– St Patrick’s Church Onalaska, 1pm-6pm

2/19– Our Redeemer Lutheran Church, 12pm-5pm

2/19– St Paul’s Lutheran Church Onalaska, 12:30pm-5:30pm

2/22– Hokah Fire Station, 12pm-5pm

2/26– Rivoli Theater, 10am-3pm

2/28– Sparta High School, 9am-2pm

2/29– Cashton Community Hall, 9am-2pm

**La Crosse Blood Donation Center–** call for appt.

1-800-RED-CROSS

Versiti Blood Center– call for appt.

(877) 232-4376.

Wisconsin Neighbor Weekend

February 3rd & 4th

Live programs each day,

International Owl Center

126 E Cedar St.

Houston, MN 55943

(507) 896-OWLS (6957)

Karla@InternationalOwlCenter.orgINTERNATIONAL
OWL CENTERMaking the world a
better place for owls

Residents of Trempealeau, Vernon, and La Crosse Counties including college students, are specially invited to visit the International Owl Center for FREE on Neighbor Weekend. Bring an ID please.

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 or call 782-9622.

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



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

8 Tips to Beat Winter Dry Eye

One of the most common patient complaints during the winter months is dry eyes. In the cooler climates, cold winds and dry air, coupled with dry indoor heating can be a recipe for eye discomfort. Dryness and irritation can be particularly debilitating for those who wear contact lenses or suffer from chronic dry eyes – a condition in which the eyes produce a low-quality tear film.

Symptoms of Dry Eye- Harsh weather conditions can reduce the natural moisture in your eyes and the irritation usually results in a burning or itching sensation that often leads to rubbing or scratching your eyes which can worsen the symptoms. Sometimes it feels like there is a foreign object in your eye and for some, dry eyes can even cause excessive tearing, as your eyes try to overcompensate for their lack of protective tears. Prolonged, untreated dry eyes can lead to blurred vision as well.

Dry Eye Treatment- Whatever the symptoms, dry eyes can cause significant discomfort during the long winters and relief can seriously improve your quality of life. Here are eight tips to keep your eyes comfortable during the harsh winter months:

1. To keep eyes moist, apply artificial tears/eye drops a few times a day. If you have chronic dry eyes, speak to your eye doctor about the best product for your condition.
2. Drink a lot of fluids – keeping your body hydrated will also help maintain the moisture in your eyes.
3. If you spend a lot of time indoors in heated environments, use a humidifier to add some moisture back into the air.
4. Try to situate yourself away from sources of heat, especially if they are blowing. While a nice cozy fire can add to the perfect winter evening, make sure to keep your distance so dry eyes don't ruin it.
5. Staring at a computer or digital device for extended amounts of time can further dry out your eyes. If you spend a lot of time staring at the screen, make sure you blink often and practice the 20/20/20 rule – every 20 minutes, look 20 feet away for 20 seconds.
6. Don't rub your eyes! This will only increase irritation and can also lead to infections if your hands are not clean.
7. Give your eyes a break and break out your glasses. If your contact lenses are causing further irritation, take a break and wear your glasses for a few days. Also, talk to your optometrist about switching to contacts that are better for dry eyes.
8. Protect your eyes. If you know you are going to be venturing into harsh weather conditions, such as extreme cold or wind, make sure you wear protection. Try large, 100% UV protective eyeglasses and a hat with a visor to keep the wind and particles from getting near your eyes. If you are a winter sports enthusiast, make sure you wear well-fitted ski goggles.

If you find that after following these tips you continue to suffer, contact your eye doctors. It could be that your condition requires medical intervention.
 Source: www.theeyecenter.us

BRAIN & BODY FITNESS

Exercise & cognitive stimulation program for people in early to mid stage of Alzheimer's/dementia

February 15-April 18
 Thursdays, 2:30pm-3:30pm
 Concordia Ballroom, La Crosse
 Cost: \$40
 financial assistance available
 Veterans participate free.
 Contact STAR Center to register
 608-797-6295
<https://starcenterlacrosse.org>

Cold Weather Pet Safety Tips

WI Dept of Agriculture, Trade & Consumer Protection

Provide Adequate Food & Water- Outdoor pets need extra, high quality food to produce body heat. They also need fresh, tepid water.

Create Proper Shelter- Outdoor animals need a dry shelter that is large enough to comfortably stand, sit, turn and lie down. Line the bottom with dry nonabsorbent material.

Clean Up Antifreeze- Leaked or spilled antifreeze is a deadly lure to animals with its sweet taste.

Use Caution When Walking- Rub petroleum jelly on your pet's paws before heading out for a walk. It protects them from salt.

Provide Spaces for Sleeping- Indoor animals need a warm place to sleep, off of the floor and away from drafts. This is especially true for old or ill animals.

Use Caution with Cars- Cats crawl under cars and into engine compartments seeking shelter and warmth. Bang on the hood before starting your car on cold days to startle animals.

Stepping On Classes



Jan 22– Mar 4

10am-12pm

Eagle Crest North, Onalaska

-or-

Mar 25– May 6

2pm-4pm

Gundersen Clinic Onalaska

7 week program designed for people over 60 years, living at home and have experienced a fall or concerned about falling.

This class is not for those suffering from dementia.

To register call Gundersen Health Systems at 775-2011

Aging Mastery Program

March 28-April 25 Thursdays, 1:00pm-2:30pm

Holmen Area Community Center

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

Register at holmenc.org or call (608) 399-1870.

Resisting Care (reprint from Trualta)

Have you ever tried to get your care recipient to shower when they don't want to? Has your care recipient ever started acting aggressively when they don't want to do a task? Many caregivers believe that their care recipients are resisting care or being stubborn on purpose. However, your care recipient is likely *not* doing this on purpose. Instead, they are trying to communicate to you that something doesn't feel right. What can you do?

Trigger Reduction

Your care recipient may be resisting care because they are trying to communicate that they have an unmet need, are overstimulated, or are uncomfortable. By identifying what might be wrong, or what the trigger is, you can help prevent resistance to care by reducing these triggers. Ask yourself the following questions to help identify triggers:

- Are they too cold or too hot?
- Are they in pain?
- Are they afraid of something?
- Are they used to doing this task at a different time of day?

If your care recipient always resists doing the same task, you can ask yourself more specific questions to identify the trigger. For example, if your care recipient often resists showering, you can ask yourself:

- Do they have any traumatic experiences with water, such as drowning?
- Do they have any traumatic experiences related to privacy or consent, such as sexual assault?
- Are they feeling uncomfortable because they don't recognize the person that is helping them shower?
- Are they a very private or modest person?
- Is there something that could make them more comfortable in this situation?

Once you know what the trigger is, you can make specific changes to reduce that trigger. For example, if your care recipient is afraid of the water, you can slowly increase their tolerance to it over time.

Expert Tip: Follow these steps to gradually increase tolerance to water in the shower:

- Start with a sink sponge bath.
- Next time, move closer to the shower.
- Next time, keep water off but sponge bath in shower.
- Next time, turn water on and sponge bath in shower without shower water connection.
- Next time, allow shower water to reach legs and sponge bath.
- Continue to gradually incorporate shower to desired comfort level.

Prepare to stop or pause if you notice signs of anxiety or fear in your care recipient.

Routine Establishment

A routine can help make care tasks more familiar and comfortable. This can help reduce resistance to care. When creating your care routine, consider things like:

- Does this task require a lot of energy? If so, at what time of day do they have the most energy?
- Have they done this task at a certain time of day their whole life? For example, have they always showered in the morning or at night?
- How long does this task take?
- When is it convenient for both you and your care recipient to do this task?
- Can this task be skipped? For example, showering can be skipped but taking heart medications can't be skipped.

Environment Set Up

Your care recipient may not always understand what is happening. Setting up the environment with familiar items and creating a relaxing environment can help make them more comfortable and provide distraction. This can help reduce resistance to care. For example, if your care recipient often resists showering, you can try:

- Giving them the same brand of shampoo, they have always used.
- Giving them a loofah or a washcloth, depending on what they are used to.
- Playing their favorite relaxing music.
- Turn the water on a few minutes before they come in so that the room warms up.
- Have all the necessary supplies nearby and ready for use so that they aren't waiting.

Redirecting

If you have tried to identify and reduce triggers, establish a routine, and set up the environment but your care recipient still does not want to do the task, that is ok. Remember that it is their body, and they still have the right to say no. In these situations, it is best not to force the person. Instead, redirect them to a different activity or room and try to come back to the task later.

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 6th 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

Looking for a few good MEN...

TO JOIN THE MEN'S CLUB STEERING COMMITTEE

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

What opportunities would you like to see in your community?

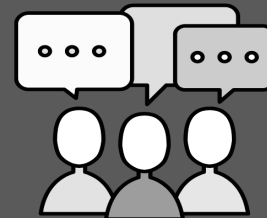
2024 Meeting Dates
Time: 2:00 to 3:00 PM

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

Location: ADRC of Monroe County
Conference Room

315 Oak St S
Sparta, WI 54656

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



Caregiver Tip: Be Gentle with Their Spirit
Now, years later, I recall the many times I said, "Be careful," or "slow down" or "are you sure that is a good idea?" and I feel slivers of regret. Time has allowed me to see that while I had the best intentions (and my parents knew I was motivated by love), my words might have felt like I was robbing them of their agency.

Preserving dignity and free will is essential to their spirit and the desire to continue living. I found that caregiving is a delicate balance between advocating for safety and not sending a message that makes the recipient feel like they are no longer an independent and valuable person.

New to Autism Virtual Group



www.autismgreaterwi.org

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.



La Crosse Park & Rec Senior Excursions

For ages 50+

- Feb. 25:** Popovich Comedy Pet Theater, Sheldon Theater
 - Mar. 12:** National Eagle Center & Villa Bellezza Winery
 - Mar. 24:** Mamma Mia, Overture Center Theater
 - Apr 2:** All Things Polish-You Bet Your Sweet Dupa, Winona
 - Apr 13-** Texas Tenors, Middleton Arts Center
 - Apr 19-** Beautiful: Carole King Musical, Fireside Theater
- To register please call 789-7533



WEBER CENTER
FOR THE PERFORMING ARTS

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.

Viterbo University Fine Arts Center

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



VITERBO
UNIVERSITY
FINE ARTS CENTER

Matt Vee and The Killer Vees
Celebrate the Music of Neil Diamond

Saturday, Feb 3, 7:30 pm
Viterbo Fine Arts Center Main Theatre

Tar Beach

Feb 2-4
Conservatory for the Fine Arts

Heart By Heart

Feb 10, 7:30pm
Weber Center

Dallas String Quartet: A Bridgerton Inspired Show

Feb 14, 7:30pm
Viterbo Fine Arts Center Main Theater

Steely Dan

Feb 24, 7:30pm
Weber Center

Bat Boys: The Musical

Mar 1-3
Conservatory for the Fine Arts

LA CROSSE CENTER

www.lacrossecenter.com

- BBBB Bingo- Mondays at 6pm
- Feb 8-11, La Crosse Sports & Travel Show
- Feb 10, Winter Roots Festival
- Feb 15, Don Felder

MARIE HEIDER CENTER FOR THE ARTS

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

- Feb 10- **Four Guyz in Dinner Jackets**
- Mar 8- **How Sweet It Is-Music of James Taylor**
- Mar 16- **The Little Mermen**
- Apr 12- **A Celebration of Carole King**

Pump House Regional Arts Center

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

- Feb 6- **Pump & Pour**
- Feb 10- **Magic & Mystery** 
- Feb 14-17- **Cocktails & Cabaret**
- Feb 18- **Film Society**

Feb 22 & 23- **Will Dilg & Scenes of the Mississippi**

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**



www.lacrossemardigras.com

- Jan 27-** Costume Ball, Radisson Ballroom
- Feb 2-** Community Tour /Catholic schools
- Feb 13-** Fat Tuesday, Bierhaus, La Crosse

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 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, 2024
 - Beautiful-The Story of Carole King** on Saturday, May 4th
 - Nunsense** on Saturday, June 15
 - Miracle on 34th Street** on Saturday, November 9th
- Pick ups at Hogan Admin Center-6:30 am or Woodman's-7:00 am
\$130.00-includes transportation, a delicious dinner with dessert (gratuity included), fantastic show, and a cinnamon roll for breakfast!!
Contact Cheryl at cbeff@yahoo.com or 608-788-2727

La Crosse Symphony Orchestra

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



34th Annual Valentine Ball
Saturday, Feb 10th, 6pm
The Cargill Room at The Waterfront
Elegant dinner, dancing and auction.
LaCrossesympphony.org



Blast from the past...Downtown La Crosse in 1959 after a snow storm. ❄️

"Wisconsin Favorites" in music, cuisine, local beer and spirits.



February 10, 2024
La Crosse Center

SUPER BOWL
Sunday, Feb. 11
in Las Vegas
on CBS



Let's Go Fishing
2024 Derbies

Jan 29- Atomic Derby, Mississippi River Clubhouse at Island Outdoors, French Island

Feb 2- Brice Prairie Conservation Club Derby. Clubhouse at Mosey's Landing. Fishing sunrise until 3pm. Prizes

Feb 10- Onalaska Lions Club Derby. Clubhouse at Mosey's Landing. Fun for the whole family.

Music Café

Thursdays; February 15, 22 & 29

1pm-2pm @ South Side Neighborhood Center

Are you looking for something to do that will be free, fun, entertaining, and the opportunity to meet new people? Local musicians will provide entertainment, while sharing their experience and appreciation of music.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Sundays:** 2pm Bingo @ Drugans Holmen
- 3rd Sunday:** 11am Bingo & Brunch @ Sparta Soda Works
- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 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
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- 2/2- First Friday Downtown Art Walk**, 4pm-8pm
- 2/2- Spaghetti Dinner & Silent Auction**, 5pm-7pm.
1215 Redwood St Onalaska- Shepherd of the Hills Church
- 2/3- Cabin Fever Fundraiser- Holmen American Legion**, 5:30pm with music, games, food and raffles. Free
- 2/3- La Crosse Rotary Bingo**, 3pm at Colgan Air hangar #4
- 2/2 & 2/3- Westby Ski Jump Tournament**
- 2/3- Grand River Invitational**, 8am at La Crosse Central
- 2/6- Lions Ground Hog Dinner** at Moose Lodge, 4pm-7:30pm
- 2/10- Chili Cook Off**, 12pm-3pm @ Holmen American Legion
- 2/13- Winter Market**, 4pm-7pm. La Crescent Event Center
- 2/14- Valentine's Makers Market**, 10am-3pm. The Main Event
- 2/16 & 2/17- La Crosse Gun Show**, All Star Lanes & Banquet
- 2/16 & 2/23- Fish Fry**, 5p-7:30p, St Patrick's Church Onalaska
- 2/17 & 2/18- La Crosse Showtime Basketball**, 7pm at Features Fieldhouse West Salem
- 2/17- 25th Annual Winter Ball**, Pearl St Brewery
- 3/1 & 3/2- Candyland: Adventure on Ice** @ Green Is. Ice Arena

Valentine's Day Scramble

- LACCOHTEO _____
- NELEAVTIN _____
- HTEESWTAER _____
- DRE _____
- PCUDI _____
- RHATE _____
- SERO _____
- DIMEAR _____
- VELO _____
- WFRLOE _____
- RRBFAUEY _____
- NADCY _____
- WROAR _____
- KIPN _____
- ELVO SRDBI _____
- ECSRET _____
- RINEFD _____

I wouldn't say my love life is bad, but the last guy I turned on was Mr. Coffee.



I like nice, warm muffins in the morning. So I wear long johns.



Save the Date:
March 2

Annual Polar Plunge

LA CROSSE
POLAR PLUNGE



Black River Beach

Galentine's Day Brunch

February 10, 2024 9am - 11:30am
La Crescent Area Event Center



THANK YOU TO OUR PRESENTING SPONSOR



608-791-2610

