

# La Crosse Senior Life



November 2023

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

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Permit No. 124

## November is National Family Caregiver Month

*A message from the Aging & Disability Resource Center (ADRC)...*

As we reflect on the month of November and the celebration of National Family Caregiver Month, we instantly think of the quote from former First Lady Rosalynn Carter:

*“There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”*

We believe there is a group of people she left out: people who do not identify as caregivers.

Many family members and friends do not see themselves as caregivers. Only about 19 percent of caregivers in the country are willing to identify themselves as such. If we ask you what your day looks like, and you respond, “I need to mow my neighbor’s lawn” or “watch my grandkids while their parents are working,” believe it or not, you are a caregiver.

Whether you are willing to identify as a caregiver or not, take a moment to reflect on the impact that you have on the person or persons who you are helping. And in this month of recognition, thank yourself for the care that you give. Take some time to enjoy a cup coffee or tea, get a new hairstyle, visit a museum, start a new exercise regime, work on a craft, and/or use the **self-care calendar** below. Remember to be kind to yourself and take some time for you! And if you do not feel that you can take some time for self-care, please reach out to us (Aging & Disability Resource Center of La Crosse County) for assistance!

### CAREGIVER RESOURCES & OPPORTUNITIES

- **Family Caregiver Support Programs** provide funding for respite and other services.
- **Powerful Tools for Caregivers** classes help you build the skills to take better care of yourself and the people you care for.
- **Emergency Planning** trainings teach you to be prepared for the unexpected.
- **Trualta** on-demand learning offers quick lessons, toolkits, and an online community.
- **The Caregiver Connection** newsletter informs you of local resources and recommendations from the ADRC’s caregiver support specialist.
- **La Crosse County Caregiver Coalition** addresses real issues affecting caregivers.

## MONTH OF NOVEMBER *Self-Care* CALENDAR

1	Write down 3 things to look forward to.	16	Do something fun or uplifting.
2	Find something to be optimistic about.	17	Take a small step to positive change.
3	Take a small step towards a goal.	18	Set realistic, hopeful goal for the week.
4	Start day with an important to-do task.	19	Identify a positive quality in yourself.
5	Be a realistic optimist; focus on good.	20	Tackle a task you have delayed.
6	Reminder, things can change for better.	21	Let go of expectations.
7	Look for the good in people.	22	Share helpful quote with friend.
8	Make progress in task you've avoided.	23	Recognize you have choice.
9	Share a goal with someone you trust.	24	Write down 3 things recently done well.
10	Reflect on your accomplishments.	25	You can't do all; write down 3 priorities.
11	Avoid blaming self or others.	26	Find new perspective to problem faced.
12	Look for positive reasons to be happy.	27	Be kind to self; progress takes time.
13	Ask for help to overcome an obstacle.	28	Ask, will it matter a year from now?
14	Do something constructive.	29	Plan fun activity to look forward to.
15	Thank yourself for your achievements.	30	Write down 3 things that give you hope.

*Modified from Action for Happiness October 2023 Calendar.*



## 2023 VETERANS BONANZA

November 4, 2023, 10AM - 4PM

The La Crosse Center

300 Harborview Plaza, La Crosse

- Federal, State, and Local Resource Expo
- Meet w/ County Veteran Service Officer
- Flu Shots offered by Tomah VA  
*\*must be enrolled in VA Healthcare*
- MUCH MORE!**

For more info, call 608-785-9719  
or visit [veteransbonanzalax.com](http://veteransbonanzalax.com)

## VETERANS DAY

THANK YOU TO ALL WHO SERVED

*Join Us!*

NOVEMBER 11, 2023

### VETERAN'S DAY CONCERT & DANCE

2:00PM - 4:30 PM

*Featuring the  
Grumpy Old Men Band*

Concordia Ballroom  
1129 La Crosse St

*\$5 at the door (for building repairs)*



Veterans are an important part of our community. Here are some facts about the veteran population of the United States:

- 10% of living veterans are women.
- 5.9 million veterans served during the Vietnam War, 7.8 million in the Gulf War, and 933,000 during the Korean War.
- About 167,000 Americans, of the 16 million who served during World War II, are still alive as of 2022.
- The top 3 states with the highest percentage of veterans were Alaska, Virginia, and Montana as of 2022.

*Veterans Day Facts, history.com, 11/09/22*



# TRANSPORTATION OPTIONS

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs? 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 Taxi 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 register with the ADRC before calling Abby Vans directly for your rides

Just 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.



The ADRC office and Senior Meal Sites will be closed for the holiday on Thursday, Nov 23 and Friday, Nov 24. Abby Vans transportation will be closed Thanksgiving Day only.

### Do You Have Extra Yarn? Material?

Do you have yarn or material you are not using and would like to donate to a local non-profit organization? Coulee Region Retired and Senior Volunteer Program (RSVP) Handcraft program is always looking for yarn or material donations to help create many various handcraft items (hats, mittens, scarves, wheelchair/walker bags, clothing protectors, etc) to donate to the various organizations in the area for their clients. They donate about 5,000 items each year, which means we always need more yarn or material.



If you have yarn or material give RSVP a call today. Check out their website at [www.rsvplax.org](http://www.rsvplax.org) or call 608-785-0500.

### 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!



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

Monday—Friday, 7am - 6pm

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

Visit the website at [member.veyo.com](http://member.veyo.com)



### Can You Spare an Hour?

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.

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.

### 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!



**Please Join Us on November 14th**

Martin Schreiber, former WI Governor & Caregiver for his wife with Alzheimer's. Presentation & Luncheon at UWL Bluff's Room. **Tuesday November 14, 11:30a-1:30p. \$20 ticket** Hosted by EndAlz Fest Foundation Free for Caregivers, call for tickets to OASIS at 608-780-0471 For the general public, visit [www.endalzfest.com](http://www.endalzfest.com)

**DEMENTIA Live®**  
Proven. Powerful. Essential.

**A**  **Experience for Professional and Family Caregivers**

*Experience What It's Like to Live with Dementia: Dementia Live Simulation*

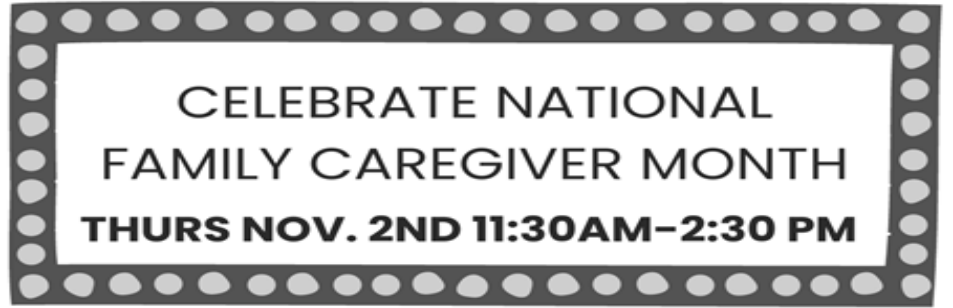
Dementia Live is an evidence-informed, high-impact experiential simulation that immerses participants into life with Dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

By "walking in their shoes," participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

**Monday, Nov 6**  
9:15am-3pm  
Onalaska Library

**Monday, Nov 13**  
8:30am-3:30pm  
Mayo Health Mary Crest Room

To register for the 1-hour training session call the Aging & Disability Resource Center at 608-785-5700.

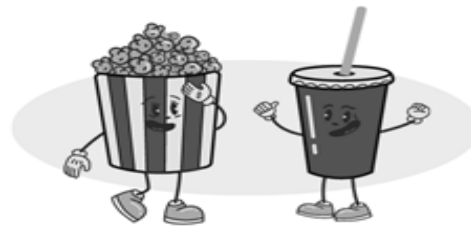


PRESENTING:

**HOW TO MARRY A MILLIONAIRE**

THE RIVOLI THEATRE | 117 NORTH 4TH ST. LA CROSSE

**FREE! REGISTRATION REQUIRED AS SPACE IS LIMITED: 608-785-5700**



ENJOY A MOVIE, SODA, POPCORN & THE COMPANY OF OTHER CAREGIVERS!

Kinship 4 Caregivers



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

**Clearwater Farm 760 Green Coulee Rd. Onalaska**

To Register: [ajoswick@clearwaterfarm.org](mailto:ajoswick@clearwaterfarm.org) or call 608-385-4819.

**LOCAL DEMENTIA SUPPORT GROUPS**

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

<p><b>All-Stages Caregiver Group</b> 2nd Tuesday monthly: 1:15pm-2:30pm Good Shepard 4141 Mormon Coulee Rd. Call Kathy 608-386-8908</p>	<p>An opportunity to learn from others who face similar experiences. For caregivers only.</p>
<p><b>Parkinson's Disease Group</b> 1st Monday monthly, 5:00pm-6:30pm Black River Beach Neighborhood Center Park &amp; Rec: 608-789-8640</p>	<p>For care partners and persons living with Parkinson's disease to meet and have the opportunity to ask questions/ share resources.</p>
<p><b>For working caregivers - Virtual</b> 1st Monday monthly 7:00pm-8:00pm Virtual via Google Meets. Email <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a> for link</p>	<p>For adults who provide caregiving responsibilities for their aging parents or family/friends of any stages of the disease.</p>
<p><b>Aging &amp; Down Syndrome Caregiver Support Group- Virtual</b> 3rd Wednesday/month from 5pm-6pm Virtual or Dial-in by phone Email <a href="mailto:abigail@dsaw.org">abigail@dsaw.org</a> for questions/link</p>	<p>For people who provide care for aging individuals with Down Syndrome. Emotional support and experience sharing as well as an educational component. Focus on Alzheimer's and dementia in the Down syndrome community. DSAW &amp; ALZ Assoc.</p>
<p><b>Connect Smart Group</b> 2nd &amp; 4th Wednesdays, 12:30pm-2pm Community Connections Ctr 1407 St Andrew St, Call Park &amp; Rec. 608-519-2088 or 608-789-8640</p>	<p>Small group activities for people living with dementia to maintain physical, social, emotional skills, including movement, art and music. Care partner support and education is offered in a separate room.</p>
<p><b>Frontotemporal Dementia Group</b> FTD Support and Education Group 2nd Wed/Month 2pm-3:30pm Holmen Area Community Center, Holmen Questions? 608-785-5700</p>	<p>Education and sharing with others involved in the FTD journey. Support group in partnership with the Association for Frontotemporal Dementias.</p>
<p><b>Grief Education Group</b> 2nd Wednesday/Month, 10:00am-11:30am Community Connections Ctr 1407 St Andrew St, Call Park &amp; Rec: 608-519-2088 or 608-789-8640</p>	<p>Join for the 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.</p>
<p><b>Conversations with Kathy</b> 4th Tuesday monthly: 1:00pm-2:30pm La Crosse YMCA-GHS Healthy Living Center (south entrance to Dahl YMCA, parking lot off of King St.) Call Kathy 608-386-8908</p>	<p>Informal sharing of tips, tricks and 'know how' from those who've been there and done that. For caregivers only.</p>

**LEARN + CONNECT**

**COGNITIVE & MEMORY LOSS EDUCATION**



Education for care partners of patients with cognitive disorders and memory loss. Ideal for young onset diagnoses, or newly diagnosed in the early stages. Pick from a variety of class offerings as well as workshops held throughout the year.

Held in Neurosciences 3rd Floor Conference Room A at Gundersen's East Building (724 Denton St.)

**"Dementia Diagnosis: What Now?"** Information for daily living with your diagnosis including a practical tool to guide you through care planning and resources for maintaining independence. Take the guess work out of your first or next step.

**Wed. Nov. 15th, 10:15am-Noon OR**

**Wed. Nov. 29th, 10:15am-Noon**

Must pre register by calling GHS (608) 775-2469 Space is limited. Only two care partners per patient.

*Hosted in Collaboration with the Dementia Care Specialist Program of ADRC of La Crosse County.*

**Connect Café**

Connect Café offers fun, engaging, and meaningful activities to help us stay active and connected in the community. Join us for a light snack and meet with others who are living with a diagnosis of Mild Cognitive Impairment (MCI), dementia or Parkinson's disease.

Care partners and family members are invited to participate too. Connect Café offers a judgement-free zone and safe place to share, laugh and learn from each other. FREE

Dates: **Tuesdays - Nov 21 & Dec 5**

Time: **10am to 11:30am**

Location: **Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Call: **608.519.2088 or 608.789.8640**



## Cool 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**

## Protecting Yourself from Marketing Violations

During Medicare's Open Enrollment Period (OEP), you will likely experience more marketing from private Medicare plans, like Medicare Advantage Plans and Part D plans. Companies try to reach consumers in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The government has rules, though, to protect you from aggressive or misleading marketing. Knowing the rules can help you make the best choices for yourself during OEP.

### Watch out for people who:

**Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll.** Someone can use this information to enroll you in a plan without your permission.

**Say they represent Medicare.** Plans are never allowed to state they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials in a way that implies this.

**Send you unsolicited text messages or phone calls.**

**Pressure you to enroll in their plan.** You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early.

**Offer you gifts to enroll in their plan.** Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15.

### New this year!

Plans must provide you with the option to opt out of communications about Medicare products. It must be done annually and in writing. Also, before enrolling you, plan representatives must explain the plan's effect on your current coverage. For example, if you have a Medigap, a plan representative must explain how you will lose that Medigap if you enroll in Medicare Advantage.

### Who to contact for more information:

**1-800-MEDICARE (633-4227):** Contact Medicare to request disenrollment if you were enrolled in a plan without your consent or based on misleading information.

### State Health Insurance Assistance Program (SHIP):

Contact your local SHIP to report any marketing violations or to request help correcting an unwanted enrollment.

**Senior Medicare Patrol (SMP):** Call your local SMP to report potential Medicare fraud, errors, and abuse, including marketing violations.

## 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>

Senior Medicare Patrols (SMPs) empower & assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

## Medicare Part D Annual Enrollment Period

**Each year from October 15 through December 7, there is an Annual Enrollment Period (AEP) for Medicare Beneficiaries to enroll in and/or change their Part C and/or Part D plans.**

During the AEP, a person can make any of the following changes:

- Join a Part D plan (if not already enrolled);
- Drop a Part D plan;
- Switch to a new Part D plan;
- Drop a Medicare Advantage plan and return to Original Medicare; or
- Join a Medicare Advantage plan with or without drug coverage.

The Annual Notice of Change (ANOC) notifies you of any changes to your Part D plan that become effective January 1, 2024 and arrives in your mail on or before September 30.

**The most effective way to choose a Part D plan** is by going on the [www.medicare.gov](http://www.medicare.gov) website and using the "planfinder" tool under the FIND PLANS section on the front page of the website. The planfinder asks you to enter your zip code, prescription medications, and preferred pharmacies. Based on that information, the planfinder will list the plans that would be most cost effective for you ranking them from the **lowest** cost plan to the most expensive plan.

If you are unsure how to pick and evaluate a plan, you can utilize the following resources:

**To find a new Part D plan that will work for you...**

- 1) **Contact your local insurance agent or local case worker**
- 2) **Go to the Plan Finder on the Medicare website at [www.medicare.gov](http://www.medicare.gov)**
- 3) **Call Medicare at 1-(800) 633-4227 (open 24 hours)**
- 4) **Call The Board on Aging and Long-Term Care Medigap helpline at (800) 242-1060**

5) **Call The Benefit Specialists with the La Crosse County Aging and Disability Resource Center at 1-608-785-5700 for Part D comparisons. These will be done by mail, email or by telephone only.** Remember, Benefit Specialists are not licensed insurance agents so they are not able to help you choose or compare a Medicare Supplemental plan but can compare prescription plans and Medicare advantage options using the [www.Medicare.gov](http://www.Medicare.gov) website tool that is available to anyone.

**If you would like a telephone appointment,** where we will call you at a set time please call 785-5700 to schedule a time for your phone appointment. You may need to leave a voice message; and someone will call you back to schedule a time. Please have a current list of medications, names and dosages **and** preferred pharmacy and the name of your current plan available for your phone appointment.

**If you would like to get the information by regular mail or email,** please mail or email your name and contact information along with your current part d plan, your current medications, names and dosages **and** preferred pharmacy to:

**[tina.johnson@lacrossecounty.org](mailto:tina.johnson@lacrossecounty.org)** or Mail to: Aging & Disability Resource Center of La Crosse County Attn: Tina Johnson 300 North 4<sup>th</sup> Street La Crosse, WI 54601

## Social Security Announces 3.2 % Benefit Increase for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

More than 66 million Social Security beneficiaries will see the 3.2 percent cost-of-living adjustment (COLA) beginning in January 2024. Increased payments to approximately 7.5 million people receiving SSI will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits).

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600 from \$160,200.

Social Security begins notifying people about their new benefit amount by mail starting in early December. Individuals who have a personal *my* Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in *my* Social Security.

People will need to have a *my* Social Security account by November 14 to see their COLA notice online. To get started, visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Information about Medicare changes for 2024 will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries enrolled in Medicare, their new 2024 benefit amount will be available in December through the mailed COLA notice and *my* Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.

To read more, please visit [www.ssa.gov/cola](http://www.ssa.gov/cola).





**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.  
**Zumba w/Lynne:** Mondays & Wednesdays, 5:30pm-6:30pm; no class Nov. 6 & 22; register.  
**International Folk Dance:** Wed., Nov. 1 & Sat., Nov. 11, 7-9:30pm; \$2/session.  
**Line Dancing Class:** Fridays, Nov. 3 & 10, 10am-11am; register 1 day prior; \$2/class.  
**Rebuilding American Civics – Session 2:** Friday, Nov. 3, 10, & 17; 12:30pm-2pm; register 1 day prior. Free  
**Parkinson’s Disease Support Group:** Mon., Nov. 6, 5pm-6:30pm.  
**Your Financial Life-Social Security & Medicaid Planning:** Thurs., Nov. 9, 10am-11:30am; register 1 day prior. Free  
**Medicare 101-Understanding the ABCs:** Tues., Nov. 14, 10am-11am or 6pm-7pm; register Friday prior. Free  
**After Dinner Concert:** Thurs. Nov. 16, 6pm-7pm, Prairie Smoke.  
**Before the After:** Fri., Nov. 17, 10am-12pm; register 1 day prior.  
**Connect Café:** Tues., Nov. 21, 10am-11:30am; register 1 day prior.  
**Monthly Card Creations:** Wed., Nov. 29, 12pm-7pm; register Friday prior to session.

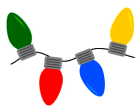


**600 N Holmen Dr.**  
**608-399-1870**  
**Mon. - Thurs. 7:30am- 4:30pm Friday 7:30am - 3pm**

**Indoor Walking:** Mon-Fri., 7am – 10am & 11am-12pm  
**I Heart Art:** Mondays at 9am register  
**Chair Yoga:** Mondays at 9:15am with Marty  
**Mah Jongg:** Mondays at 1pm. No experience necessary  
**Active Older Adult Fitness:** Tuesdays & Thursdays at 10am  
**Pickleball:** Nov 2 & 16 at 12:30pm  
**Muscles in Motion:** Tuesdays at 9am  
**REV Fit Fitness Class:** Nov 13, 20 & 27 at 5:15pm  
**BINGO:** Wednesdays at 1pm & Fridays at 1pm, \$1 per card  
**Crafternoon Social Group:** 1st & 3rd Thursdays at 1pm  
**Diamond Art:** Wednesdays at 9am  
**Euchre Tournament:** 1st & 3rd Tuesday at 6pm  
**Book Club:** Last Tuesday of the month, 6pm,  
**WAFER Mobile Pantry:** 4<sup>th</sup> Tuesday every month , 4pm-5:30pm  
**Hearing Evaluations with Andy:** 1st Tuesday from 10am-12pm  
**Hearing Instrument Checks:** 3<sup>rd</sup> Tuesday from at 10am – 12pm  
**Blood Pressure Checks with BrightStar:** Nov 22 from 11am-1pm  
**Medicare Info:** Tuesdays at 8am, register  
**SimpleSteps with Kathy:** 2<sup>nd</sup> & 4<sup>th</sup> Monday at 10:30am-Free  
**Lefse Making Workshop:** Nov 2 at 1:30pm or 6pm. Register  
**Sip & Paint:** Nov 9 at 5:30pm. Snowman & Rudolph  
**Leif’s Therapy Dogs:** Nov 1, 15 & 29 at 11am  
**Kathy Helgerson Salute to Veterans:** Nov 8 at 10:30am  
**Dementia Caregiver Support Group:** Nov 8 at 2pm  
**Veterans Services:** Nov 9 from 12:30pm-4:30pm  
**Granny Basketball–** Nov 6 at 6pm.  
**Holmen Area Historical Society–** Nov 6 at 6pm. “Historic Women’s Basketball”  
**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.

**Onalaska Park & Rec Dept**

415 Main St.  
 Onalaska / 608-781-9560  
[Cityofonalaska.com/parkrec](http://Cityofonalaska.com/parkrec)



**Fencing - Omni Center**  
 Monday Evenings | 6:00pm to 7:00pm  
 Session 2: November 13 to December 18

**Holiday Tree Lighting–** Nov 16 at 5:30pm, Dash Park  
**Season of Lights Parade–** Dec 3 at 5pm. Starts at High School

**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

**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 Woodcarvers:** Tuesdays year-round, 12pm-7pm  
**Staying Active Together:** Mondays & Thursdays, 9:30am; register.  
**Art Club:** First & third Wednesdays each month, 1pm-3pm, \$2/sess.  
**Wise Wednesdays:** Nov. 1, 15, & 29, 10:30am–12pm; register. Free  
**Bingo:** Wednesdays, Nov. 1, 15, & 29, 1pm-2pm; register 1 day prior.  
**Creative Acrylic Painting:** Thursdays, Nov. 2-Dec. 21, 1pm-3pm;  
**Book Discussion-The Wild Edge of Sorrow:** Thursdays, Nov. 2, 9, & 16, 12:30pm-2pm; register. Free  
**Coping Skills:** Fridays, Nov. 3 & 17, 10am-11:30am; register.  
**Drawing Part 2:** Mondays, Nov. 6-Dec. 18, 1pm-3pm; register.  
**Peace by Piece-Pass it On/What to Do with All Your Stuff:** Tues., Nov. 7, 10:30am-12pm; register 2 days prior. Free  
**Coping with Grief & Loss:** Wed., Nov. 8, 10am-11:30am. Free  
**Connect Smart:** Wednesdays, Nov. 8 & 22, 12:30pm-2pm; register.  
**In-Person Tech Help:** Wednesdays, Nov. 8 & 22, 11am-12pm  
**What Seniors Should Know-Selling Their Homes:** Thurs., Nov. 9, 1pm-2pm; register 2 days prior. Free  
**Chair Fitness-Session 2:** Tuesdays, Nov. 14, 21, & 28, 10am-11am  
**Bridging Generations w/UW-L Students-Game Night:** Tues., Nov. 14, 4pm-5pm; register. Free  
**Connect2Nature-All My Insect Friends:** Tues., Nov. 14, 1pm-2:30pm  
**Wellness Series-Introduction to Yoga:** Thurs. Nov. 16, 4:30pm-5:30pm, register. Free  
**Travel Tales-Finding a Good Snowbird Rental:** Tues., Nov.28, 1pm-2pm; register. Free  
**Winter Connections w/WTC Students-Holiday Trivia/Activities:** Tues., Nov. 28, 2pm-4pm; register. Free  
**Senior Meal Site Open:** Lunch served at 11:30am, Monday-Friday. Call 792-6996 by noon the day prior to reserve a meal.

**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:** In-person w/live link to instructor, Mondays & Thursdays, 9:30am; no class Nov. 23; register. Free  
**Yoga with Renae:** Wednesdays, 5:30pm-6:45pm; no class Nov. 15 & 22 (class is full).  
**Pet Loss Support Group:** Monday, Nov. 13, 5pm-6:30pm; register 1 day prior. Free  
**Senior Meal Site Open:** Lunch served at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals are also offered from this site; when you call the ADRC 608-785-5775, ask for Dawn.

**MYRICK PARK CENTER**

789 Myrick Park Dr, La Crosse 769-5766

**Nature Saturday:** 1st Saturday of month, 9:30am - 11am

**Fall Moonlight Walk–** Oct 26 & Nov 28, 6pm

**Birding Programs–** Wednesdays, 7pm-9pm

**Enviro-Wednesdays–** 1st Wednesday at 7pm

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

**HARRY J OLSON CENTER**

1607 North St. La Crosse  
 608-781-2122

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

Monday:	9:30am	<b>Chair Yoga / 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>Chair Yoga / Tai Chi Class</b>
	10:45am	<b>VIP Coffee Connection</b> – 1st Friday/mo.

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

**Fall and Winter Virus Season**

The most effective way to protect yourself from this season's viruses is to get your Fall vaccines. This is the first year that three major respiratory viruses all have vaccines to help us reduce the burden of illness. That includes vaccines for Influenza (Flu), COVID and RSV (Respiratory Syncytial Virus). Now is the time to think about scheduling your vaccine appointment. Flu vaccine is recommended annually for anyone ages 6 months and older. The 2023-2024 COVID vaccine is also available now in many locations and is recommended for everyone ages 6 months and older. RSV vaccine is recommended for those aged 60+ using shared clinical decision making between a medical provider and patient. Call your provider to see if an RSV vaccine is recommended for you. In addition to vaccines, we can protect ourselves through everyday actions such as covering coughs and sneezes, frequent handwashing, wearing masks, improving air quality, and staying home if you are sick. If you have questions about where to find a vaccine appointment most convenient for you, call the La Crosse County Health Department at 608-785-9872 or visit [www.vaccines.gov](http://www.vaccines.gov).

**Prevention:**

What are everyday preventive actions?

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For most respiratory illnesses, CDC recommends that you stay home for at least 24 hours after fever is gone except to get medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.

\*\*The stay-at-home guidance for COVID-19 - Use a home test when you first feel symptoms. If it is positive for COVID, call your medical provider to see if you would benefit from using anti-viral medication. Avoid contact with others for 5 days, the most infectious period. Wear a high-quality mask if you must be around others. Through day 10, avoid being around people who might get very sick from COVID and use a mask around others or when in public. Free At-Home tests are available at [www.covid.gov/tests](http://www.covid.gov/tests) or call 1-800-232-0233.

**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 News8000 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!**

**Foodshare: Your Income Could Make You Eligible Effective October 1, 2023– September 30, 2024**  
 Visit: <https://access.wisconsin.gov/>

Household size	*200% FPL Gross Income Limit	130% FPL Gross Income Limit Reporting Limit	Maximum Allotment
1	\$2,430	\$1,580	\$291
2	\$3,288	\$2,137	\$535
3	\$4,144	\$2,694	\$766
4	\$5,000	\$3,250	\$973

**Safe Activity in Colder Weather**

Cold weather shouldn't stop you from enjoying the outdoors. Sun exposure can boost vitamin D, an important nutrient that supports bone, nerve, and immune system health. Here are some fun ways to get moving during the chilly winter months:

**Take a walk:** Keep it simple by strolling around your yard, neighborhood, or local park. If you don't feel comfortable or motivated walking alone, find a walking buddy or exercise group to go with you. Don't worry about the distance or duration—focus on a brief and relaxed session. Over time, when it starts to feel easy, add a few minutes or pick up the pace. If you stick to a regimen, research has shown that walking regularly can lower the risk of stroke, reduce stress levels, and improve sleep quality.

• **Take up cross-country skiing and snowshoeing:** Many ski centers have significant discounts for older adults and veterans. Some ski resorts offer daily and seasonal discounts on solo and group activities for adults 65 and older. And if you're new to the sport, ask about lessons. Why not try something new?

• **Tend to the garden or yard:** Gardening is a year-round physical activity. Many root vegetables, leafy greens, and flowering plants grow during winter months. They might require watering, sowing, soil changes, or fertilizing—all activities that require squatting, digging, carrying, and pulling. And yard work, like raking leaves or shoveling snow, is considered a moderate-to-vigorous activity that gets your heart pumping.

Before heading outside, be aware of winter weather risks. When exposed to the cold, your body must adapt to prevent heat loss. Some adaptations slow with age or have negative consequences for those who have chronic conditions, leaving some older adults vulnerable to cold weather injuries. Falling on icy surfaces is also a concern, but with the right preparation, you can stay safe outdoors during the winter months.

• **Bundle up:** If you plan to head outside, dress in layers and protect your body from the elements. It's better to wear too much than not enough. You can always shed layers if necessary. Opt for waterproof jackets and gloves in the rain and snow and bring an extra change of clothes if you get wet to avoid hypothermia.

• **Prioritize a warm-up:** Getting ready to do some heavier outdoor activities? You may need to warm up your body with stretches or mild exercises first. You can avoid injury by easing into movement, and once your body generates some heat, you'll feel loose enough to take it up a notch.

• **Avoid icy conditions:** If you spot some slick surfaces outside, it's best to stay safe and opt for an indoor activity. Water on the ground from rain can freeze overnight, and snow can melt and refreeze, creating ice on sidewalks and roads and posing a significant fall risk. Listen closely to your local weather channel to determine if it's safe to venture outdoors. If you need to shovel your driveway after a snowfall, do so while the snow is fresh, or find someone who can help.

• **Opt for shoes with good traction:** Wearing a shoe with adequate traction will help you grip the ground, especially while navigating hills, wet surfaces, or loose earth. Choose shoes with rubber soles and deep grooves. If you need more traction for snowy conditions, snow boots are the best option because they're warm and typically waterproof. Traction cleats that strap onto your existing footwear can be a budget-friendly solution, but you may be sacrificing protection from water and cold. This can be dangerous for those with diabetes due to the limited foot sensation it can cause. Without adequate protection from the cold, you risk tissue damage from frostbite.

• **Keep your phone nearby:** Take your phone wherever you go outdoors, even if you're just in the backyard, so you can call family, friends, or emergency assistance in case of emergency. Many phones also have a global positioning system (GPS), a digital map to help navigate your environment, get home safely, or tell others where you are.

• **Use the buddy system:** If you're headed to a less populated area, like a hike into a forest, don't go alone. Find a friend or family member to accompany you, or join a local hiking club.

• **Consider a medical alert system:** Regardless of age or physical ability, quick access to help provides peace of mind, and a phone doesn't always cut it. Medical alert systems are an excellent backup because they contact emergency services for you when you press the help button. Some of the best medical alert systems are mobile, which means they use cellular towers to contact help wherever you go.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Baked Ziti 1 Broccoli Pumpkin bar, Juice cup Garlic breadstick	Broccoli cheese soup 2 Chicken salad sandwich Fruit cup Crackers, Apple juice	Meatballs & gravy 3 Mashed potatoes Buttered corn Carrot cake, Wheat bread
Meatloaf 6 Mashed potatoes & gravy Creamed corn Banana cake	Beef & mushrooms 7 over egg noodles Peas & carrots, roll Rosy applesauce, Cake	Glazed ham 8 Sweet potato bake Green beans, Rye bread Chocolate pudding	Chili & crackers 9 Baked potato, sr cream Spinach salad Corn muffin, Banana	Chicken supreme 10 Garlic mashed potatoes Peas & carrots Pineapple
Pulled pork on a bun 13 Hashbrown casserole Baked beans Fruit salad	Spaghetti 14 Romaine salad Ambrosia cup, Breadstick Snickerdoodle cookie	Baked 1/4 chicken 15 Scalloped potatoes Country vegetables Fruit fluff, dinner roll	Salisbury steak & gravy 16 Mashed potatoes Glazed carrots Fruited jello, wheat bread	Fish sandwich on a bun 17 Oven browned potatoes Peas Lemon dream dessert
Sweet & sour pork 20 Rice blend Broccoli, Melon cup Blueberry muffin	Swedish meatballs 21 Mashed potatoes Green bean bake Pumpkin pie, dinner roll	Lasagna 22 Romaine salad Fruit salad, breadstick Chocolate cake	23 <b>Holiday</b> <b>Site Closed</b> 	24 <b>Site</b> <b>Closed</b>
BBQ Ribbette 27 Steamed baby reds Peas & carrots Grapes Fruit fluff	Beef taco salad 28 Corn chips Banana Sugar cookie Taco sauce, sour cream	Mushroom burger 29 Mac & cheese Mixed veggies Fruit cup	Goulash 30 Country style vegetables Pumpkin pie Rye bread	*All meals include milk or juice & bread. Menu subject to change without notice.

### Sweet Potato Casserole

- ¼ cup of white sugar
- 4 tablespoons butter
- ½ teaspoon salt
- ½ cup of evaporated milk
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon of cinnamon
- ¼ teaspoon of ground cloves
- ¼ teaspoon of ground nutmeg



Mix ingredients until smooth and pour into a baking dish.  
 Topping: Combine 1 cup of brown sugar and 2/3 cup of all-purpose flour in a bowl. Add 6 tablespoons of softened butter and mix until you get a coarse mixture. Add 1 cup of chopped pecans. This mixture serves as your topping.  
 Sprinkle the topping generously over the potato mixture.  
 Pop it in the oven at 325 degrees F for 30 minutes, or until the topping turns slightly brown.

### Paula Deen's Corn Casserole

- 1 (15 1/4 oz) can whole kernel corn, drained
- 1 (14 3/4 oz) can cream-style corn
- 1 cup sour cream
- 1/2 cup (1 stick) melted butter
- 1 (8-oz) package of corn muffin mix
- Medium block of cheddar cheese, shredded



Preheat the oven to 350 degrees Fahrenheit. Grease a 9x9- or 11x7-inch baking dish with oil or cooking spray.  
 In a large bowl, stir together the two cans of corn, sour cream, and butter.  
 Add the corn muffin mix, gently mix just until well-combined.  
 Pour the mixture into the greased baking dish and cover it with the lid.  
 Bake for 20 minutes and then remove the lid. Bake for another 20 to 25 minutes or until the corn casserole is golden brown.  
 Top the casserole with shredded cheddar cheese and bake in the oven for 5 minutes or until the cheese has melted.

I went to the paint store to get thinner. It didn't work!

Where did you find this recipe?  
Google, Google?

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.

### Cherry Crunch Cake (3 ingredients)

- 2 (21 ounce) cans cherry pie filling
- 1 (18.25 ounce) package white cake mix
- ½ cup butter, melted



Preheat oven to 375 degrees F  
 Spread cherry pie filling in a 9x12-inch glass dish.  
 Pour dry cake mix into a large bowl. Stir in butter slowly until mixture is crumbly. Sprinkle crumbly mixture over cherry pie filling.  
 Bake in the preheated oven until top is golden, 30 to 32 minutes.

**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:** Monday's from 10am-11am. New speaker and topic each week. For ages 50+**Creation Space Open Lab:** Tues 1pm-3pm, Wed 5pm-7pm, Thurs 10am-12pm, Sat 9am-12pm. Bring a project & create w/others**Yoga for All:** Nov 11 at 10:30am**Chair Yoga:** Nov 2 & 16 at 10am**BYOB Club:** Nov 16 at 7pm, via Zoom**Qigong:** Nov 1 at 11:30am**Hearthside Chapters:** Nov 11, 10am. *Sea of Tranquility***South Library Chapters:** Nov 8 at 12:30pm. *Sea of Tranquility***Mindfulness Basics:** Nov 9, 5:30pm**Technology & Skills Development:** Nov 15, 11am. Using Google**Lawyers in the Library:** Nov 16, 10am-2pm. Call for appt.**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** 4th Tuesday of the month from 12pm - 4pm in the study room on the 2nd floor.**South Community Library**— will be permanently closing December 1.

Bangor • Campbell • Holmen • Onalaska • West Salem

Phone: 608-399-3390

Email: [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org)Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)

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

On Wednesday, November 15, **all** locations will close at 12pm for staff training.**All** locations will be closed Thursday, Nov 23 and Friday, Nov 24 for Thanksgiving.**Bangor** "Game Day" on November 9 at 1:30pm.**Bangor** movie on November 16 at 2:30pm and 6pm.**Bangor** "Cupcakes & Canvas" on Thurs, November 30 at 6:30pm. Registration required.**Campbell** Book Club meets second Tuesday at 6pm.**Campbell** movie November 17 at 1:15pm.**Holmen** movies on November 6 and 20 at 2:15pm and 6pm.**Onalaska** Book Club meets the third Thursday of the month at 1:15pm.**Onalaska** movies November 2 and 30 at 6pm.**Onalaska** Senior Moments on Wednesdays at 10am:

Nov 1: Holocaust Remembrance

Nov 8: History of McGilvray Road

Nov 15: One-Room Schools

Nov 29: Coulee Region Giving Hearts Choir

**Onalaska** "Dementia Live" on November 6 from 9:15am to 3:30pm. Call ADRC to schedule a one-hour timeslot.**Onalaska** "Writing Their Way Home: Veterans' Stories and Survival with Doug Bradley" on November 7 at 1pm.**Onalaska** "Uke for the Holidays" rehearsal on November 11 at 12pm. Registration required.**Onalaska** drop-in free tech help: November 15 from 10am-12pm.**Onalaska** "Jigsaw Puzzle Battle" on November 18 at 10:30am. Registration required.**Onalaska** "Supporting Your Child's Speech & Language Development" on November 29 at 6pm.**West Salem** Midday Movies on Thursdays at 2:15pm.**West Salem** Afternoon Book Club meets on the second Wednesday of the month at 1:30pm.**West Salem** Evening Book Club meets the third Monday of the month at 7pm.**Concordia Ballroom**1129 La Crosse St. La Crosse  
608-782-7049[www.concordiaballroom.com](http://www.concordiaballroom.com)**Dances every Sunday at 1pm !****Saturday, Nov 4**— New Riverside Ramblers at 6:30pm**Saturday, Nov 11**— Grumpy Old Men, Veterans Day Dance**Friday, Nov 17**— Under Paris Skies at 6:30pm**American Legion Post 417**700 Fisherman's Rd. French Island  
783-1838**Chicken Que**— November 4**West Salem American Legion Post 51**

West Salem 608-786-0051

Fish &amp; Shrimp— Nov 3, 17 &amp; 24

Oktoberfest Grenadier's Dinner— Nov 4, 11am

Bingo— Nov 6, 6:30pm

Feather Party— Nov 10, 5:30pm

Veterans Dinner— Nov 13, 5:30pm

Breakfast— Nov 19, 8am

Holiday Craft Show— Nov 26, 10am-3pm

**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**Saturdays**— Bar Breakfast, 9am-12pm**Sundays**— Packer Parties**SAL Breakfast**— Nov 12The La Crosse Area Retired Educator Association will hold their October luncheon meeting at Cedar Creek Country Club beginning at 11:30 on **Wednesday, November 1st.****The speaker is Ann Wales the Chaplain of the La Crosse Jail Ministry.** The cost of the meal is \$15.All who have retired from *any* position in public education in Wisconsin are invited to come. Reservations are required and may be made by calling Sherry at 608-788-3875 or through email at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com).**Grief Share****Surviving the Holidays**

Nov 12, 2pm-4pm

River of Life Church

1214 Cty PH Onalaska

608-963-0367

Coffee and snacks will be provided. Open to the public.

**A THANKSGIVING POEM***May your stuffing be tasty**May your turkey plump,**May your potatoes and gravy have nary a lump.**May your yams be delicious and your pies take the prize,**And may your thanksgiving dinner stay off your thighs!***Blood Drives for November:****11/1 & 11/2**— 9:30am-2:30pm, La Crosse County 300 N 4th St.**11/2**— 9am-2pm, Central High School**11/3**— 9am-2pm, Galesville High School**11/3**— 12pm-5pm, Stoney Creek**11/6**— 12:30pm-5:30pm, Presbyterian Church West Salem**11/9**— 9am-2pm, YMCA La Crosse**11/10**— 8am-1pm, Centurylink Bldg 333 Front St La Crosse**11/14**— 10am-3pm, YMCA Onalaska**11/16**— 8am-1pm, Altra Credit Union Onalaska**11/17**— 10am-3pm, Black River Beach Community Center**11/20**— 12:30pm-4:30pm, St Matthews Lutheran Church Stoddard**11/24**— 12:30pm-5:30pm, Moose Lodge**11/24**— 11am-4pm, Valley View Mall**11/30**— 11am-4pm, Chaseburg Village Hall**11/30**— 1pm-6pm, Church of Latter Day Saints Onalaska**La Crosse Blood Donation Center**— call for appt.

1-800-RED-CROSS

**Versiti Blood Center**  
232-4376.

— call for appt. (877)





**How to Become an Organ Donor in Wisconsin**

*By the GWAAR Legal Services Team*

Did you know that there are currently more than 120,000 people in the U.S. waiting for an organ transplant and that a new name is added to the waiting list every 9 minutes? Every day, an average of 17 people die in the U.S. waiting for transplants that cannot happen, due to a shortage of donated organs. By donating your organs after you die, you can save up to eight lives. In addition, being an organ donor can help your family cope with your loss by knowing that your organ(s) live on in other people and helped save lives. Sometimes, people want to become organ donors, but they think they are too old to do it. Age does not matter, however; all that matters is the condition of the organs at the time of death. In fact, 1 out of 3 deceased donors is over the age of 50.

If you would like to become an organ donor in Wisconsin, here are the steps you should follow:

- Complete a Wisconsin Driver License Application, Form MV3001, or Wisconsin Identification Card (ID) Application, Form MV3004, and check the box indicating you wish to be a donor. You can check the box when renewing or first obtaining a license.
- Register your name with the Wisconsin Donor Registry.
- Sign and keep a Donor Card in your wallet. To find a Donor Card, go to the last page on this link.
- Designate someone you trust to be your healthcare power of attorney (POA), and make sure that they are aware of your wishes. When filling out the healthcare POA form, be sure to check the relevant box under "Anatomical Gifts."

As an organ donor, you can make a difference through transplantation, therapy, education or research. If you are 18 years of age or older, your decision cannot be overridden by your family or any other person, so be sure to share your decision with your family. Registering to be a donor allows you to authorize the donation of your organs, tissues and/or eyes upon your death. You can change your mind at any time prior to your death, as well.

**NEURODIVERSE CONNECTIONS**

Speed-Meeting Event  
You decide...Pass-Friendship-Date  
Ages 18+ (grouped by age)

Thursday, Nov. 9th, 4pm-6pm  
Union Market, Kumm Center  
Western Technical College

RSVP by Oct. 27th  
To register visit: <https://forms.gle/x9HSZjV8cR6AMV7XA>

**Purposeful Paws - Animal Assisted Support Group for People with Neurocognitive Changes**

Wednesdays November 1, 8, 15  
2:30pm -3:30pm

Location: UW- La Crosse campus, Health Science Center (13<sup>th</sup> and Badger street)

UWL's Recreational Therapy Program invites persons with neurocognitive changes, and their caregivers, to join a social support and well-being group. Connect with student coaches, attendees, instructors, facility dog Rossi, and special robot guests in a seven-week animal assisted intervention program.  
RSVP: Helpful 608-785-8203 or [tdelong@uwlax.edu](mailto:tdelong@uwlax.edu)



**Can't Stop Me Parkinson's Programs**

Fall programs include:

Rock Steady Boxing, PD Exercise, Drums Alive, Chair One Fitness, Adaptive Strength, Pickleball, & Badminton

Location: Concordia Ballroom & Central High School

Register at: [www.starcenterlacrosse.org](http://www.starcenterlacrosse.org) or call 608-797-6295

*A Reader sent us this article to share with all of you.*

**Dear Abby:**

This is a message about our senior population. Our children grow up, marry and have children.



DEAR ABBY  
Syndicated columnist

Each grandchild is special. We love them and adore being with them. Then the grandkids grow up and have little ones of their own. By this time we're old and sometimes need help with housework, yard

work, or just would like to get out of the house to go eat or shop. We still have feelings, and we're not dead. But while it may not be intentional, it seems there is no time for the elderly.

We may say we're fine and don't mind being alone, but it IS lonely at times. No one calls to say hello or ask if we need anything. How long does it take to make a call? It would be nice if each family member called once a week or came by once a month. The love we've always had for family is still there and strong.

Children and grandchildren, please think about this and remember: The most important thing you can give your elderly relatives is your TIME. Time is the most precious gift of all and doesn't cost a thing. Someday you will be old, too!

— Wise Woman in North Carolina



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



**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

**REACH Services and Resource Center**

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

Walk-in services available: Monday & Tuesday 8am-4pm, Wednesday 10am-4pm, Thursday & Friday 8am-4pm  
212 11th St S. La Crosse 608-781-2783 ext 200  
[Reachcenterlacrosse.org](http://Reachcenterlacrosse.org) • [info@reachcenterlacrosse.org](mailto:info@reachcenterlacrosse.org)

# HOW TO HIRE & TRAIN RESPITE PROVIDERS

**THURS. DEC 7, 2023**

**5:00 PM - 6:30 PM**

**HUNTER'S LAST CHANCE BAR & GRILL  
140 LEONARD ST S, WEST SALEM**

**OPEN TO PROFESSIONALS  
& FAMILY CAREGIVERS**

**PIZZA INCLUDED**



PRESENTED BY  
**VAL MADSEN, M.S., CTRS**  
TRAINING & DEVELOPMENT SPECIALIST

WITH RESPITE CARE  
ASSOCIATION OF  
WISCONSIN

**REGISTER BY NOV 17, 2023**  
**608-785-5700**  
**ADRC@LACROSSECOUNTY.ORG**



## Museums for All

By the GWAAR Legal Services Team (for reprint)

Anyone with a FoodShare or SNAP EBT card can gain free or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The website [Museums4All.org](http://Museums4All.org) has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations including:

- Above & Beyond Children's Museum in Sheboygan
- Atlas Science Center in Appleton
- Betty Brinn Children's Museum in Milwaukee
- The Building for Kids Children's Museum in Appleton
- Central Wisconsin Children's Museum in Stevens Point
- Charles Allis Art Museum in Milwaukee
- Children's Museum of Eau Claire in Eau Claire
- Children's Museum of Fond du Lac, Fond du Lac
- Children's Museum of La Crosse, La Crosse
- Door County Maritime Museum—Death's Door Maritime Museum, Ellison Bay
- Door County Maritime Museum—Sturgeon Bay Museum, Sturgeon Bay
- Ephraim Historical Foundation, Ephraim
- Explore Children's Museum of Sun Prairie, Sun Prairie
- Madison Children's Museum, Madison
- Manitowoc County Historical Society, Manitowoc
- Milwaukee Public Museum, Milwaukee
- The Mining & Rollo Jamison Museums, Platteville
- Northwoods Children's Museum, Eagle River
- Wausau Children's Museum, Wausau
- Wisconsin Maritime Museum, Manitowoc

There are also many great participating museums in Chicago, Illinois, including the Shedd Aquarium, Chicago Botanic Garden, the Museum of Contemporary Art, Chicago History Museum, Adler Planetarium, Abraham Lincoln Presidential Library and Museum, Lincoln Park Zoo, the National Veterans Art Museum, and many more.

Pre-registration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.

The Museums for All initiative was launched in 2015 by the Institute of Museum and Library Services, a federal agency based in Washington, D.C. Since 2015, more than five million visitors nationwide have been served through the program, allowing people of all income levels to feel welcome at cultural institutions.

## Holiday Activities for Families Who Are Apart

Reprinted from Tualta

Is your family spread apart this holiday season? Distance and continued COVID-19 strains might make it hard to get together. However, you can still make connecting with one another a priority over the next few weeks. With a bit of thought, you can recreate the experience of being together even when you aren't all in the same room together.

### Getting Together Can Be a Challenge

The holidays are a time when people want to be together celebrating. However, it's not always feasible especially as families grow and change. Barriers to celebrating the holiday season together can include:

- COVID-19 precautions, especially when older adults are considered to be an at-risk population.
- Difficulty traveling due to your loved one's physical or cognitive challenges.
- Busy work or personal schedules.
- Challenge of hosting a large event for family members.
- Family members who argue or don't get along.

### Benefits of Intergenerational Relationships

It can feel easier to skip family holiday events – but there are important benefits of getting together. Intergenerational relationships can benefit the whole family. Intergenerational relationships aren't just between older adults and kids; in fact, anytime people who are different ages connect, there are benefits like:

- Passing down family history or information.
- Decreased feelings of depression or anxiety.
- Having more hope for the future.
- Increased feelings of purpose.
- Increased empathy for other generations and people with different abilities.
- Better social skills.
- Increased feelings of stability.

### Holiday Connection Inspiration

Making the effort to connect with one another will still give you benefits. As you plan new ways to connect this year, remember to give yourself and your family members grace. You are all doing the very best you can.

Here are a few ideas that can inspire you to plan your own events that connect you this season and beyond:

#### Connect with Video or Text

- Start a family caroling chain. Record a video to send over text of you singing the first part of a holiday song. Then the next person records the next part of the song and sends it along to someone else. Share old holiday photos or videos via text.
- Have everyone make pancakes and jump on a video call together for a Pajama Pancake Party - or even just a cup of coffee.

#### Connect with Social Media

- Start a family recipe thread on social media to share your favorites. You can also share photos of recipes you try out.
- Ask a younger family member to create an easy holiday dance. Then have different family members do the dance and post it to a private social media thread or send it to one another via email.
- Use social media to ask a family trivia question every week.
- Play games together via online versions of scrabble, poker, or other favorites.

#### Connect Through the Mail

- Draw names and addresses to assign family pen pals. Have pen pals send letters and treats to their assigned person throughout the holiday season.
- Make and send a holiday decoration to every household in the family.
- Start a family journal where you answer a few reminiscing questions and then ask a few before mailing the journal to the next family member.
- Send old fashioned cards with personalized notes in the mail to one another.

#### Help Your Loved One Participate

You can support your loved one by helping them participate too:

- Schedule phone calls with individual family members and treat it like an event: make hot cocoa and talk about it all day as you look forward to it.
- Help navigate social media, video chats, and other apps so they can still participate.
- Encourage them to share their thoughts and reminisce about the past. Video record these and share them for family members to enjoy too. Any of the above ideas can create connections, relationships, and even family jokes that will last well into the next generation. You might even start a new tradition without realizing it.

**2-1-1**

Wisconsin

**There is Always Help!**  
**SIMPLY DIAL 211 TO GET HELP**  
**WITH LIFE...**  
[www.greatrivers211.org](http://www.greatrivers211.org)





**La Crosse Park & Rec  
Senior Excursions**  
For ages 50+

**Nov 10**– Tundra Swans, Brownsville, MN  
**Nov 18**– Greatest Piano Men, Middleton, WI  
**Jan 29**– International Owl Center  
**Feb 6**– Church Basement Ladies  
**Feb 17**– Remembering Bobby Vee, Middletown, WI  
**April 25**– Lion King Orpheum, Minneapolis  
 To register please call 789-7533



**WEBER CENTER**  
FOR THE PERFORMING ARTS

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

**A Nice Family Christmas**– Nov 24-Dec 16  
**The Wizard of Oz**– Dec 1-17 (Sr Preview 11/30)  
**LCT Holiday Gala**– Dec 9  
**Christmas with Lorie Line**– Dec 23

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.

**MARIE HEIDER CENTER FOR THE ARTS**  
405 E Hamlin St. West Salem  
608-786-2550 [www.heidercenter.org](http://www.heidercenter.org)

**Nov 18**– B2Wins  
**Dec 8**– Looney Lutherans-”Hold the Lutefisk”

**LA-CROSSE  
CENTER**

**Nov 3 & 4**– Prof. Bull Riding  
**Nov 4**– Veterans Bonanza  
**Nov 16-19**– Holiday Fair  
**Nov 21**– Cirque Misca Holiday  
**Nov 22**– BoDeans

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



**Viterbo University  
Fine Arts Center**  
929 Jackson St. La Crosse  
608-796-3100  
[www.viterbo.edu/fac](http://www.viterbo.edu/fac)

**Nov 2**– The Wailin’ Jennys  
**Nov 17-19**– She Kills Monsters  
**Dec 2 & 3**– A Viterbo Christmas: The Holly & the Ivy  
**Dec 8-10**–Nutcracker Ballet  
**Dec 13**– Away in the Basement: A Church Basement Ladies Christmas

**Pump House Regional Arts Center**

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

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

*La Crosse Symphony Orchestra*

929 Jackson St La Crosse  
783-2121 [www.lacrossesympphony.org](http://www.lacrossesympphony.org)

**Nov 11**- Hollywood Magic, 7:30pm  
**Dec 16**- 125 Strong: Holiday Celebration, 7:30pm

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

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

**Nov 10-12**—Momma Mia!  
**Nov 18**– Ring of Kerry, 7pm

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

**West Salem Park & Rec**

175 S Leonard St  
786-0222

[www.westsalemwi.gov](http://www.westsalemwi.gov)

**11/8**– 1st Responder Chili Supper at WS High School

**The Care & Share Food Pantry** supports those needing food assistance in West Salem, Bangor, & Mindoro. 10am-Noon, Saturdays at Our Saviors Lutheran Church 359 Leonard St. N.

**University of Wisconsin-La Crosse  
Dept of Theater & Dance**  
Toland Theatre  
333 16th St N, La Crosse  
**Nov 2-5**, Fuddy Meers  
**Dec 1**- The Wolves

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

**Cappella Performing Arts Center**

721 King St, La Crosse  
608-299-7248

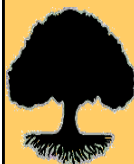
**The Journeymen Chorus**– Nov 4

**New Adventure Tours**

**Nov 11**– Mall of America, Bloomington, MN  
\$64 includes bus from Onalaska or La Crosse & coupon book

**Dec 15**– Scrooge, The Musical, Ft. Atkinson, WI  
\$173 includes bus, Musical, Gourmet lunch.

Call New Adventure Tours at 608-293-4080



**Norskedalen  
Nature & Heritage Center**

**Dec 2**– Old Fashioned Christmas

608-452-3424  
[www.norskedalen.org](http://www.norskedalen.org)

**Veterans Day**  
Honoring All Who Served  
**November 11**



Join Cheryl and Arlene on a coach bus trip to see  
**The Jersey Boys at The Fireside in Ft. Atkinson**  
**Saturday, January 20th**

Pick ups at Hogan Admin Center–6:30 am/Woodman’s—7:00 am  
 \$130.00–includes bus, show and a cinnamon roll!!  
 Contact [cbeff@yahoo.com](mailto:cbeff@yahoo.com) for more information!



**Senior Life newsletter Questions?**  
To reach the Aging and Disability Resource Center you can locally call **608-785-5700** or toll free **1-800-500-3910**.  
Email: [seniorlife@lacrossecounty.org](mailto:seniorlife@lacrossecounty.org) or fax to 785-6135



1960—Newburg's Store ready for Holiday shoppers

**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 from 6pm-8pm at Moose Lodge  
**Thursdays:** 6pm Bingo @ Holmen American Legion  
**10/29—** Screaming Eagle Band home field show, 1pm Mitchell Hall Gym 785-8113 for questions.  
**11/3—** 1st Friday Downtown Art Walk, 4pm-7pm. La Crosse  
**11/4—** Chasin Dreams Flea Market, N4440 Hwy 162 Bangor  
**11/6—** Pork Roast Supper, 4pm-6pm. St Johns UCC 630 West Ave La Crosse. Drive thru or carry out available.  
**11/10—** Magic & Mind Reading by Isiah, 7pm. LeChateau Rest.  
**11/10—** Holiday Open House, La Crosse Club, starts 6pm  
**11/4—** Gift & Craft Show, 9am-3pm. Houston High School, MN  
**11/4—** Christmas in the Valley, 8am, Coon Valley Dairy Supply  
**11/4—** Norwegian Dinner, 3:30pm-6:30pm. Our Saviors Lutheran Church West Salem  
**11/4—** Holiday Market, 9am-3pm Havenwood Center Sparta  
**11/11—** John Denver Tribute, 7pm. Leo & Leonas Bangor  
**11/11—** Fall Artisan Show, 10am-3pm Journey Lutheran Church 2703 Sand Lake Rd Onalaska  
**11/11—** Paws at the Pub, 6pm-10pm. Fox Hollow West Salem  
**11/12—** Bestie Fest, 11am-3pm, Stoney Creek Onalaska with music, blingo, vendors, workshops, food & drinks  
**11/14—** Soup-a-thon, 5pm-6pm. United Methodist Church Onalaska. Drive thru or eat in dinner for the community.  
**11/17 & 18—** Mistletoe Market, Maple Grove Venue West Salem  
**11/26—** Town of Holland Holiday Show, 11am-5pm at town hall

November

1. TCNLOSEEI \_\_\_\_\_
2. MVROEENB \_\_\_\_\_
3. VSEELA \_\_\_\_\_
4. BLAOF LTO \_\_\_\_\_
5. ETASHRV \_\_\_\_\_
6. GNNHVITGKSAI \_\_\_\_\_
7. ELRCOO \_\_\_\_\_
8. TEEWRSSA \_\_\_\_\_
9. KNISUPPM \_\_\_\_\_
10. LLFA \_\_\_\_\_
11. UEYTRK \_\_\_\_\_



**DECEMBER 2ND**

**JINGLEFEST**  
Downtown Holmen

**STREET ACTIVITIES AND CRAFT/ARTISAN FAIR: 10AM-4PM**  
**KIDS ACTIVITIES AND STORYTIME WITH SANTA AT LIBRARY: 10AM-4PM**  
**HOLIDAY PARADE: 5PM**  
**ROTARY TREE LIGHTING: AT END OF PARADE**  
**FOOD TRUCKS/WARM DRINKS**



**BETWEEN THE BLUFFS BEER & BITES FESTIVAL**

**December 2**  
**2pm-6pm**  
**La Crosse Center**

Enjoy some winter beverages, jolly bites, live music and games.



November 18th, 3pm.  
University of WI  
La Crosse  
Union Bluffs Room  
[www.aptiv.org/events/miss-remarkable-pageant](http://www.aptiv.org/events/miss-remarkable-pageant)

**Answers to the above word scramble:**  
 1. Elections 2. November 3. Leaves 4. Football 5. Harvest 6. Thanksgiving 7. Cooler 8. Sweaters 9. Pumpkins 10. Fall 11. Turkey

**Festival Foods**  
**Turkey Trot**  
November 23, 8am  
Onalaska Omni Center



November 25 - December 31  
Riverside Park, La Crosse  
5pm - 10pm Daily  
12/24 & 12/25: 5pm - 9pm



**Onalaska & Holmen Community Thanksgiving Dinner**  
**November 23rd**  
**WI Army National Guard Armory | 910 Oak Forest Dr., Onalaska**

website: [www.octd.org](http://www.octd.org)  
 phone: **608-871-3183**

Serving a free traditional dinner with turkey, potatoes, gravy, stuffing, vegetable, rolls, pumpkin pie and various desserts, coffee, and milk. This event is made possible through the generosity of community monetary and in-kind donations along with the numerous volunteers who assist each year.

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



**La Crosse Community Thanksgiving Dinner**

La Crosse Center  
November 23rd, 11am-3pm  
Free dinner and entertainment for the family.  
Visit: [laxthanksgivingdinner.com](http://laxthanksgivingdinner.com) to volunteer or order a meal.