

La Crosse Senior Life



December 2023

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

PRST STD
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Platteville, WI 53818
Permit No. 124

The Wisconsin Department of Health Services (DHS) Marks 25 Years of Aging and Disability Resource Centers Serving Wisconsin Communities!

DHS is celebrating the 25th anniversary of aging and disability resource centers (ADRCs) helping older adults and people with disabilities in our state to thrive. ADRCs were first piloted in 1998 in nine counties and have since expanded to cover all 72 Wisconsin counties and 11 federally recognized Tribal Nations in the state, providing connections to resources like adaptive equipment, dementia care services, meal delivery, and more.

“ADRCs play a vital role in helping our friends, neighbors, and loved ones remain connected and engaged in their communities,” said DHS Secretary-designee Kirsten Johnson. “Wisconsin’s person-centered, full-service approach to long-term care education and assistance has become a national standard. We look forward to continuing this important work and ensuring we will be able to provide the high-quality, supportive community-based services people want and need for years to come.”

Every year, ADRCs and Tribal aging and disability resource specialist (ADRS) programs log hundreds of thousands of contacts with customers around the state. In 2022, they served over 141,000 unique customers and made over 535,000 direct contacts. In the same year, clients of elder benefit specialists and disability benefit specialists accessed over \$224 million worth of services, helping stabilize household budgets and lessen reliance on local crisis and emergency services.

ADRC services are available to families, friends, caregivers, and others who work with or care about older people or people with disabilities. Today there are 49 ADRCs and nine Tribal ADRSs providing a central source of reliable and objective information about a broad range of programs and services for our most vulnerable populations. ADRCs help people conserve their personal resources, maintain self-sufficiency, and delay or prevent the need for potentially expensive long-term care by enabling people to find resources in their communities and make informed decisions about long-term care.

DHS has dedicated American Rescue Plan Act (ARPA) funding to improve and modernize ADRCs throughout the state. This initiative aims to improve access to ADRC resources, increase awareness of ADRCs throughout Wisconsin, diversify and modernize ADRC services with a focus on equity, and support the increasing demand for ADRC services.

To learn more about ADRCs or find your local ADRC or Tribal ADRS visit the DHS website.

-DHS Press Release issued October 25, 2023

Cheers to 25 Years! The History of the ADRC of La Crosse County

- 1995** Planning for the redesign of Wisconsin’s long-term care system begins.
- 1996** Wisconsin aging resource center concept is introduced.
- 1997** Preliminary proposal released by Wisconsin DHS. Authorization and funding for resource center pilots included in the 1997-99 biennial budget.
- 1998** ADRC pilots begin in nine counties, including La Crosse County!
- 2006** Governor Doyle signs legislation authorizing statewide ADRC expansion.
- 2008** ADRC of La Crosse County joins partnership with Jackson, Monroe, and Vernon counties to become the ADRC of Western Wisconsin.
- 2009** La Crosse County Adult Protective Services integrate with La Crosse ADRC.
- 2016** La Crosse County aging services integrate with La Crosse ADRC.
- 2017** ADRC of Western Wisconsin dissolves, establishing separate ADRCs—ADRC of La Crosse County is reestablished; fully integrated with aging.
- 2018** ADRC of La Crosse County awarded Dementia Care Specialist position.
- 2023** Today, the ADRC of La Crosse County consists of a number of professionals and specialists to provide a variety of programs, services, resources, and supports! To learn more, give us a call at 608-785-5700!



Visit Your Local Senior Nutrition Program Meal Site for

FOOD • FELLOWSHIP • FUN

Enjoy a meal (and more!) at one of our congregate dining meal sites during the month of December. Festive meals will be served the week of December 18th!

DECEMBER 18TH

Glazed Ham with au gratin potatoes, broccoli, bran muffin, and oranges

DECEMBER 19TH

Swedish meatballs with mashed potatoes, vegetables, fruited jello, and fruit pie

DECEMBER 20TH

Chicken cordon bleu with baked sweet potato, vegetables, and fruit salad

DECEMBER 21ST

Ham balls with scalloped potatoes, beets, rye bread, and strawberry fruit fluff

DECEMBER 22ND

Meal sites closed due to holiday

MEAL SITES

Holmen Area Community Center

600 N Holmen Drive, Holmen

Meal served at 12 pm

To reserve meal, call 608-317-8104

Onalaska Community Center

515 Quincy Street, Onalaska

Meal served at 11:30 am

To reserve meal, call 608-317-9870

Community Connections Center

1407 St Andrew Street, La Crosse

Meal served at 11:30 am

To reserve meal, call 608-792-4487

Southside Neighborhood Center

1300 6th Street S, La Crosse

Meal served at 11:30 am

To reserve meal, call 608-792-6996

Individuals 60 years of age or older and their spouses, regardless of age, are welcome. Please call at least 24 hours in advance to reserve a meal. The suggested donation is \$4.00 per meal. If attending a meal site for the first time, you will be asked to complete a brief registration form.

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 meal sites will be closed Dec. 22, 25 and Jan. 1st

Transportation with Abby Vans will be closed Dec. 25 and Jan. 1st



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. Each time you board the bus you pay only **\$3.00 (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

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 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 Inclusa & 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



Give the Gift of Your Time

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!

Dementia Friends Information Session & Champion Training

January 11th at 11:00am

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

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



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

SPARK! on the Go!

Second Monday of every month - Jan. 8 – Children's Museum 1:00-2:30pm
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 January or February, resumes March 2024
10:30am-12:00pm
Clearwater Farm 760 Green Coulee Rd. Onalaska
To register- visit www.clearwaterfarm.org

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.

Brain & Body Fitness Class with LA CROSSE STAR Center

Thursdays 2:30-3:30pm February 15 – April 18

La Crosse Concordia Ballroom, \$40 for 9 week session

Register by January 18th 608-797-6295 at starcenterlacrosse.org, click on "Winter 2 registration."

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

Pre-registration required for participation. Facilitated by UW-La Crosse Recreation Therapy Students. Hosted by The STAR (Sports, Therapeutic and Adaptive Recreation) Association.

*For questions about the program or concerns regarding cost, please call the Aging & Disability Resource Center of La Crosse County at 608.785.5700.

Connect Café

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.

Tuesday, Dec 5

10am to 11:30am

Black River Beach Neighborhood Center, La Crosse
608.519.2088 or 608.789.8640

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

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 7115-538-1930 |
| 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 |

Kinship for Caregivers – Activity for At-home Connections

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

- January - Beach Get Away Bag! (pick up begins Dec. 14, 2023)
- February – Things to Love Bag! (pick up begins Jan. 18)
- March – Lucky Us Bag! (pick up begins Feb.22)

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

Call to request a bag 608-785-5700

2024 Medicare Costs

By the GWAAR Legal Services Team

The Centers for Medicare & Medicaid Services (CMS) recently released the 2024 premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2024 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

Medicare Part A Costs

Most Medicare beneficiaries do not have a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. Typically, this means for at least 10 years. People who do not qualify for premium-free Part A may be able to buy it by paying a monthly premium. In 2024, the premium will either be \$278 or \$505 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes.

Part A covers inpatient hospitalizations, skilled nursing facility care, hospice, inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period.

Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100. In 2024, these costs will be as follows:

- Inpatient hospital deductible: \$1,632
- Daily hospital coinsurance for 61st-90th day: \$408
- Daily hospital coinsurance for lifetime reserve days: \$816
- Skilled nursing facility daily coinsurance for 21st-100th day: \$204

Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A. In 2024, beneficiaries enrolled in Part B will pay a monthly premium of \$174.70. In addition, they will pay an annual deductible of \$240. Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2024, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$103.

Income-Related Monthly Adjustment Amounts for Part B, Part B-ID, and Part D

Beneficiaries who are on Medicare and who have higher incomes may have to pay a higher monthly premium amount for their Part B, Part B-ID, and prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA). Fewer than 5 percent of people with Medicare will pay an IRMAA, so most people are not affected.

TIME IS RUNNING OUT FOR Medicare Part D Annual Enrollment Period

The Annual Enrollment Period (AEP) for Medicare Beneficiaries to enroll in and/or change their Part C and/or Part D plans ends December 7.

1. Contact your local insurance agent
2. Go to the Plan Finder at www.medicare.gov
3. Call Medicare at 1-800-633-4227 (open 24 hours)
4. Call the Elder Benefit Specialist with the ADRC at 608-785-5700.

Social Security Basics—Applying for Disability

Presented by the Aging & Disability Resource Center

Thursday, Nov. 30 5-6pm

Thursday, Jan. 18 5-6pm

La Crosse County Human Services Building and VIRTUAL option

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

Registration required.

Phone: 608-785-5700

Email: adrc@lacrossecounty.org

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

MEDICARE 101: Understanding the ABC's of Medicare

Tuesday, Dec 12th

10am-11am or 6pm-7pm

Black River Beach Neighborhood Center

1433 Rose St. La Crosse

Free event but please register by Dec 8th by calling 608-789-8640

Presented by Tina Johnson, Elder Benefit Specialist with the ADRC

Need to Talk with Someone Over the Holidays? Help is Just a Phone Call Away!



Monday-Friday, 8:00 AM-4:30 PM
After-hour appointments and home visits available upon request.

608-785-5700
800-500-3910



www.lacrossecounty.org/adrc

300 4th St N, La Crosse

**Veteran's Caregiver Support Line 1-855-260-3274
Veterans Crisis Line 1-800-273-8255, press 1**

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, violence prevention & support in one spot.

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 • info@reachcenterlacrosse.org

*** findhelp.org**

Find food assistance, help paying bills, transportation, legal, housing and other free or reduced cost programs in the La Crosse area.
www.findhelp.org



National Alliance on Mental Illness of La Crosse County

Dedicated to improving the lives and fostering the dignity of all individuals and families affected by mental illness through support, education and advocacy.
<http://namilacrossecounty.org> or by calling 608-785-9658



**There is Always Help!
SIMPLY DIAL 211 TO GET HELP WITH LIFE...**
www.greatrivers211.org

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.
- Line Dancing Class:** Fridays, Dec. 1 & 15, 10am-11am; register 1 day prior; \$2/class.
- Parkinson's Disease Support Group:** Mon., Dec. 4, 5pm-6:30pm. Free
- Connect Café:** Tues., Dec. 5, 10am-11:30am; register 1 day prior. Free
- Zumba w/Lynne:** Mondays & Wednesdays, 5:30pm-6:30pm, Dec. 6, 11, 13; register.
- International Folk Dance:** Wed., Dec. 6 & Sat., Dec. 16, 7-9:30pm; \$2/session.
- Your Financial Life-ABLE Accounts & Spec. Needs Trusts:** Thurs., Dec. 7, 10am-11:30am; register 1 day prior. Free
- Medicare 101-Understanding the ABCs:** Tues., Dec. 12, 10am-11am or 6pm-7pm; register Friday prior. Free
- Great River Ringers:** Sunday, Dec. 17, 1pm-3pm. Free

Note: Closed/no programs at Black River Beach Neighborhood Center, Dec. 22, 2023 through Jan. 1, 2024.

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 year-round, 12pm-7pm
 - Staying Active Together:** Mondays & Thursdays, 9:30am; register. Free
 - Art Club:** First & third Wednesdays each month, 1pm-3pm. \$2/sess.
 - Coping Skills:** Fridays, Dec. 1 & 15, 10am-11:30am; register 1 day prior. Free
 - Drawing Part 2:** Mondays, Dec. 4, 11, & 18, 1pm-3pm; register.
 - Chair Fitness-Session 2:** Tuesdays, Dec. 5 & 12, 10am-11am; register Friday prior. Free
 - Wise Wednesdays:** Dec. 6 & 20, 10:30am-12pm; register. Free
 - Bingo:** Wednesdays, Dec. 6 & 20, 1pm-2pm; register 1 day prior. Free
 - Creative Acrylic Painting:** Thursdays, Dec. 7, 14, & 21, 1pm-3pm
 - Bridging Generations w/UW-L Students-Microwaveable Treats:** Tues., Dec. 12, 4pm-5pm; register. Free
 - Coping with Grief & Loss:** Wed., Dec. 13, 10am-11:30am. Free
 - ConnectSmart:** Wednesdays, Dec. 13, 12:30pm-2pm; register 2 days prior. Free
 - In-Person Tech Help:** Wednesdays, Dec. 13, 11am-12pm; register 1 day prior. Free
 - Peace by Piece:** Caregiver Concerns, Clutter: Thurs., Dec. 14, 12:30pm-2pm; register 2 days prior. Free
- Note: No programs at Community Connections Center, Dec. 22 through Jan. 1, 2024. (See meal site closed dates below.)**

Senior Meal Site Open: Lunch served at Community Connections Center at 11:30am, Monday-Friday. Call 608-792-4487 by noon the day prior to reserve a meal. Suggested donation is \$4. Home delivered meals are also offered from this site by registering with the ADRC.



HOLMEN AREA
COMMUNITY CENTER

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:** Tuesdays at 12:30pm
- Muscles in Motion:** Tuesdays at 9am
- REV Fitness Class:** Mondays 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 at 6pm
- WAFER Mobile Pantry:** Dec 26 at 12:30pm
- Hearing Instrument Checks:** 3rd Tuesday from at 10am – 12pm
- Blood Pressure Checks with BrightStar:** Dec 27 at 11am
- Norwegian Holiday Baking:** Dec 9 at 10:30am
- Member Appreciation Brunch:** Dec 10, 11am-1pm
- Dementia Support Group:** Dec 13 at 2pm
- Leif's Therapy Dogs:** Dec 13 at 11am
- The Good News Singers Concert:** Dec 13 at 11am
- Veterans Services:** Dec 7, 12:30pm-4:30pm
- Holmen Area Historical Society-** Dec 4 at 6pm. Holiday Potluck

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.



www.holmencec.org for more programming details

Holiday Closures: Dec 22 & Dec 25

Onalaska Park & Rec Dept

415 Main St.
Onalaska / 608-781-9560
Cityofonalaska.com/parkrec

Season of Lights Parade— Dec 3 at 5pm.
Starts at the High School

Ornament Painting— Dec 7, 2pm at Community Center

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

South Side Neighborhood Center

1306 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

- Staying Active Together:** In-person w/live link to instructor, Mondays & Thursdays, 9:30am; no class Dec. 25, 28, 1/1; register. Free
- Yoga with Renae:** Wed, Dec. 6 & 13, 5:30pm-6:45pm (class is full).
- Pet Loss Support Group:** Monday, Dec. 11, 5pm-6:30pm; register 1 day prior. Free

Note: No programs at South Side Neighborhood Center, Dec. 22 through Jan. 1, 2024.

Senior Meal Site Open: Lunch served at South Side Neighborhood Center at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals are also offered from this site; when you call the ADRC.



HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Email: harryjolson@gmail.com

- 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.

December 5– Rotary Lights/Dinner Bus Trip, meet at Ardie's at 4:45pm. Dinner and light show.

December 16—Christmas Party, 11:30am. Lunch by Pogys \$12

December 20– Christmas Wednesday Lunch, 11am-12:30pm

Call to make reservations for all the holiday events.

MYRICK PARK CENTER

789 Myrick Park Dr, La Crosse 769-5766

5K Ugly Sweater Run– Dec 2

Birding Programs– Dec 20, 7pm-9pm

www.natureplacelacrosse.org

5 Healthy Eating Tips for the Holidays

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks. How do you stick to your plan when everyone around you seems to be splurging? Here are 5 tips that can help:

1. **Holiday-Proof Your Plan**
 - Eat close to your usual times. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
 - Invited to a party? Offer to bring a healthy dish along.
 - If want a sweet treat, cut back on other carbohydrates (like potatoes and bread) during the meal.
 - Don't skip meals to save up for a feast, you'll be really hungry and more likely to overeat.
 - If you slip up, get right back to healthy eating with your next meal.
2. **Outsmart the Buffet**
 - Have a small plate of the foods you like best and then move away from the buffet table.
 - Start with vegetables to take the edge off your appetite.
 - Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
 - Avoid or limit alcohol, if you do consume do so in moderation.
3. **Fit in Favorites-No food is on the naughty list**
 - Choose the dishes you really love and can't get any other time of year.
 - Slow down and savor a small serving, and make sure to count it in your meal plan.
4. **Keep Moving-Being active is your secret holiday weapon and helps reduces stress**
 - Get moving with friends and family, such as taking a walk after a holiday meal.
 - Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
5. **Get Your Zzz's**
 - Aim for 7 to 8 hours per night to guard against mindless eating, when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food. Adapted from: <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

Karie Johnson FoodWise Nutrition Education Coordinator

FREE COMMUNITY DINNERS

| | | |
|-----------------------------------|----------------------------|--|
| Trinity Lutheran Church | 1010 Sill St | Mondays 5pm -6pm |
| Our Savior Lutheran Church | 612 Division St | Tuesdays 4:15pm - 5:15pm |
| United Methodist Church | 212 4th Ave N Onalaska | 2nd Tuesday of month 5:30pm -6:30pm |
| Presbyterian Church | 625 Franklin St West Salem | 4th Wednesday of month 5pm -6pm |
| Place of Grace | 919 Hood St | Tuesdays 12pm-4pm Thursdays 12pm-6pm |
| RAVE Recovery Ave | 1806 State St | Mondays 9am-11am 1st Wednesday 12pm-2pm |
| Salvation Army | 223 8th St N | M-F 11am-12:30pm To Go meals |
| New Beginnings | 122 5th Ave N. | Saturdays 5:30pm |

Foodshare: Your Income Could Make You Eligible Effective October 1, 2023– September 30, 2024

| 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 |

Winter Market

The Main-An Event Space

Saturdays: 9am-1pm

November 4-December 16

422 Main St, La Crosse, WI 54601



Anti-Inflammation

The body is trained to recognize foreign chemicals, bacteria, or anything that does not belong in the body. This process often leads to inflammation, which can affect one's health. An anti-inflammatory diet can greatly reduce inflammation and chronic disease.

Foods such as blueberries, apples, nuts, and leafy greens are high in antioxidants that reduce inflammation.

Blueberry, Almond and Greens Anti-Inflammatory Side Salad

- 1 c spinach
- 1/2 c kale
- 1/2 tomato, diced
- 1/8 c almonds (*Substitute option: walnuts*)
- 1/4 c fresh blueberries
- 1/2 tbsp extra virgin olive oil

Place the spinach and kale in a bowl
Dice the tomato and add it to the greens
Add the blueberries and almonds
Drizzle on the olive oil
Toss the salad together. Serve and enjoy your fresh salad!



- 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 or 782-6003. **NEW LOCATION- 1603 George St. La Crosse**
Drive thru pick up available Wednesday & Thursdays 10am-12pm

Act F. A. S. T to Identify a Stroke

The stroke treatments that work best are available only if the stroke is recognized and diagnosed **within 3 hours of the first symptoms**. Stroke patients may not be eligible for these if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and **do the following test:**

- F—Face:** Ask the person to smile. Does one side of the face droop?
 - A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
 - S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
 - T—Time:** If you see any of these signs, call 9-1-1 right away.
- Note the time when any symptoms first appear.** This information helps health care providers determine the best treatment for each person.
- Do not drive to the hospital or let someone else drive you.** Call 9-1-1 for an ambulance so that medical personnel can begin life-saving treatments.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| *All meals include milk or juice & bread. Menu subject to change without notice. | | | | Chicken broccoli casserole 1 Mixed vegetables Mandarin orange fluff |
| BBQ leg/thigh chicken 4 Au gratin potatoes Broccoli Fruit salad | Roast beef & gravy 5 Mashed potatoes Green bean bake Black forest cake | Chicken parmesan 6 Penne pasta, Grape juice Sicilian vegetables Italian bread, Apricots | Chef salad 7 Ham & bean soup Bran muffin, Crackers Peanut butter cookie | Baked cod 8 Baked potato & sour cream Coleslaw Fruited jello, Tartar sauce |
| Chili 11 Baked potato, sour cream Romaine salad Fruit cup, Corn muffin | Hungarian goulash 12 Glazed carrots Creamy coleslaw Orange wedges, rye bread | Brat on a bun 13 German potato salad Baked beans Fruit salad | Pork roast & gravy 14 Mashed potatoes Honey glazed carrots Strawberry shortcake | Meatloaf w/ gravy 15 Garlic mashed potatoes Peas & carrots Sliced pears |
| Glazed ham 18 Au gratin potatoes Broccoli, bran muffin Mandarin oranges | Swedish meatballs 19 Mashed potatoes Country vegetables Fruited jello, Fruit pie | Chicken cordon bleu 20 Baked sweet potato Wisconsin vegetables Fruit salad | Ham balls 21 Scalloped potatoes Beets, Rye bread Strawberry fruit fluff | Meal Sites Closed 22  |
| Closed for the Holiday 25  | Chicken Alfredo 26 Buttered noodles Broccoli Fresh fruit salad Garlic breadstick | Sloppy Joes 27 Green & wax beans Potato salad Fresh fruit Black bean brownie | Spaghetti 28 Spinach salad Pears Fruit turnover Garlic breadstick | Chicken breast supreme 29 Fresh sweet potato California vegetables Pineapple tidbits |

CAKE MIX PEANUT BUTTER COOKIES

1 cup peanut butter
2 eggs
1/2 cup vegetable oil
1 box yellow cake mix
Preheat your oven to 350 degrees and line a large baking sheet with parchment paper.
In a large bowl, mix together the peanut butter, eggs and oil until well combined.
Slowly add the contents of the dry cake mix to the batter and mix well until you get a thick cookie dough.
Use your hands to make about 15 even balls of dough; line them up on your baking sheet.
Press a fork into each dough ball to form a "cross hatch" design.
Bake for 10-15 minutes or until they start to turn slightly brown.



Cranberry Christmas Cake

3 large eggs room temp
2 C sugar
3/4 C unsalted butter softened
1 tsp vanilla extract
1 tsp almond extract
2 C all-purpose flour
12 oz fresh cranberries
Powdered sugar for garnish
Preheat oven to 350 degrees. Prep a 9 x13 pan with non-stick baking spray.
Beat the eggs and sugar together with an electric mixer until slightly thickened and light in color. This mixture should form peaks when you lift the beaters out of the bowl.
Add the butter, almond and vanilla extract to the egg mixture and continue to mix for two minutes.
Slowly add in the flour but just until combined. Stir in the fresh cranberries.
Bake at 350 degrees for 40-50 minutes. Allow the cake to cool completely before cutting into slices. Garnish with powder sugar.



Nutrition Gift Certificates Now Available!

Good nutrition is good prevention.

Purchase a gift certificate for someone currently receiving home delivered meals through the Aging & Disability Resource Center. The suggested donation is \$4.00 for a home delivered meal. Purchase one week to one month of meals for that special person in your life. The ADRC office can mail the gift certificates directly to the recipient or can mail to you to surprise your special someone.

To purchase a gift certificate, call the ADRC at **608-785-5775**.

Home Delivered Meal Cancellations Due to Bad Weather

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

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

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

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



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

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

In order to qualify for this program, you must:

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

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

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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

La Crosse Main Library
800 Main Street | 608-789-7100

Monday Mornings at Main: 10am-11am. **Dec 4**– Mrs Dickens Reads a Christmas Carol **Dec 11**– Great River Ringers. For ages 50+
Creation Space Open Lab: Tues 1pm-3pm, Wed 5pm-7pm, Thurs 10am-12pm, Sat 9am-12pm. **Dec 5**-Crochet Holiday Ornaments, 5:30
Yoga for All: Dec 9 at 10:30am
Chair Yoga: Dec 7 & 21 at 10am
Chair Fitness: Dec 4 & 11, 9am
BYOB Club: Dec 14 at 7pm, online
Qigong: Dec 6 at 11:30am
Sunday Matinee: Dec 17 at 1:30pm. Free popcorn
Technology & Skills Development: Dec 20 at 11am, Facebook
Lawyers in the Library: Dec 21 from 10am-2pm
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.
Holiday Closures: Dec 22-25 and Dec 29-Jan 1



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

All locations will be closed Friday, December 22, through Monday, December 25.

December 1-7: National Cookie Cutter Week—Check out a cookbook and receive a free cookie cutter!
Bangor “Game Day” on December 14 at 1:30pm.
Bangor movie on December 21 at 2:30pm and 6pm.
Campbell Book Club meets the second Tuesday of the month at 6pm.
Campbell movie December 15 at 1:15pm.
Holmen movies on December 4 and 18 at 2:15pm and 6pm.
Holmen “Holocaust Remembrance” on December 12 at 10am.
Onalaska Book Club meets the third Thursday of the month at 1:15pm.
Onalaska “Music for Community Connection” on December 5 at 6pm. Registration required.
Onalaska movies December 7 and 14 at 6pm.
Onalaska “Consumer Protection for Young Adults” on December 13 at 6pm.
West Salem Midday Movies on Thursdays at 2:15pm.
West Salem Afternoon Book Club meets 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



Dances every Sunday at 1pm !
Dec 15– Cheers Big Band Holiday Dance, 7pm.
Dec 24– Closed for the Holiday

Senior Social Hour

La Crescent Public Library
 321 Main Street
 La Crescent, MN

Looking to meet new faces,
 read the paper, and relax?
 Join Us!
 Tuesdays 8am - 9:30am



American Legion Post 417
 700 Fisherman’s Rd.
 French Island
 783-1838



Chicken Que
 December 2, 4p-7p



Blood Drives for December:

- 12/1– Chaseburg Village Hall, 11am-4pm
- 12/5 & 12/6– UW-L Student Union, 11am-6pm
- 12/5– Hokah Fire Station, 1pm-7pm
- 12/7– Moose Lodge, 9am-2pm
- 12/11– Our Redeemer Lutheran Church, 12pm-5pm
- 12/13– Bangor High School, 12pm-5:30pm
- 12/14– Pearl Street Brewery, 11am-4pm
- 12/15– Holmen Boys & Girls Club, 11am-4pm
- 12/18– Cashton Community Hall, 11am-4pm
- 12/21– Shepherd of the Hills Lutheran Church, 1pm-6pm
- 12/22– Radisson Center Ballroom, 8:30am-1:30pm
- 12/26– Valley View Mall, 12pm-5pm
- 12/27– Journey Lutheran Church Onalaska, 10am-3pm
- 12/28– River of Life Church Onalaska, 11am-4pm
- 12/29– Valley View Mall, 11am-4pm



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



West Salem American Legion Post 51

West Salem 608-786-0051
Fish & Shrimp– Dec 1 & 15, 5:30pm
Holiday Craft Show– Nov 26, 10am-3pm
Bingo– Dec 4, 5:30pm
Breakfast w/ Santa– Dec 2, 8am-11am
Bake Sale– Dec 16
New Years Eve Party– Dec 31, 5:30pm



Onalaska American Legion Post 336

731 Sand Lake Rd. Onalaska 783-3300

Tuesdays– Bingo at 6:30pm, Taco specials
Thursdays– Euchre, 12pm-3pm. \$4 burgers
Fridays– Fish Fry, 11am-2pm & 4pm-8pm, Live Music
Saturdays– Bar Breakfast, 9am-12pm
Sundays– Packer Parties
SAL Breakfast– Dec 17, 7:30am-11am
New Years Eve Day Dance– Dec 31, 2pm-6pm

The La Crosse Area Retired Educator Association will hold their monthly luncheon meeting at Cedar Creek Country Club **December 6 at 11:30am.**

Life in Harmony talking about music therapy and sing-along. 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.

Nixon House Holidays

Come join young Frank Hixon as he celebrates the New Year’s holiday with friends and family at the Hixon House! It is the holiday season, and 19-year-old Frank, the eldest son of Gideon and Ellen, has returned home from his job at the Hixon and Company lumber plant in Hannibal, Missouri. His parents had just completed a major addition and redecoration of their home. The house is decorated for Christmas, the eggnog, sandwiches and cakes are plentiful, and the music is merry!

Saturday and Sunday, December 2-3, & 9 -10, 11:00 am – 3:00 pm.

Complimentary punch and cookies available in the Visitors Center afterward!

Historic Hixon House, 429 7th Street North, La Crosse
 Tickets: LCHS Members & Member Guests \$6, Students \$8, Seniors \$12, Adults \$15. Tickets can be purchased online at lchshistory.org or at the door.

Coming Soon: 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 608-406-4074

This number will be active mid to late January 2024

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

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

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

- a) Schedule using the National AARP Scheduler www.aarpfoundation.org/taxaide
- b) Email laxtaxquestions@gmail.com to receive a link to the La Crosse AARP Scheduler
- c) If you cannot schedule online, call (608) 406-4074 to schedule an appointment
- d) An appointment is required, drop ins will not be accepted
- e) Taxes will be prepared in one appointment, which might take up to 3 hours
- f) Appointments will be available **8:30 a.m. to 3:30 p.m.** from **February 5 - April 4** at the **La Crosse Hogan Administrative Center, 807 East Ave South**

3. Before Your Appointment - Pick Up an Intake Packet

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

4. Bring These Important Documents to Your Appointment

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

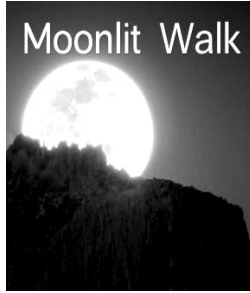
**5. La Crosse Hogan Administrative Center Gymnasium
807 East Ave S La Crosse**

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

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

For help scheduling or to talk to a volunteer, call **(608) 406-4074 in mid to late January, 2024.**

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



Moonlit Walk

Full Moon Candlelit Walk

December 21 at 6pm

Upper Hixon Forest

Snacks and beverages, fire pits & smores.

For all abilities. No need to register.

La Crosse Coffee & Conversations

December 13, 8am-10am

Java Vino 2311 State Rd. La Crosse



Reach Out & Play Boardgames Night

January 13, 5:30pm. All ages welcome.

Black River Beach Neighborhood Center

Can't Stop Me Parkinson's Programs



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

or call 608-797-6295



Complimentary Outreach Clinics

DEC. 7, 1 - 3 PM

No appointment needed!

Services available:



PUBLIC HEALTH NURSE:

- Blood pressure checks



HEALTH EDUCATOR:

- Support at any stage of your smoke free journey
- Access to nicotine replacements
- Connect to WI. Fax to Quit program



SOCIAL WORKER:

- Discover local resources and benefits
- Food share information
- Check eligibility for healthcare

**HEALTH DEPARTMENT, HEALTH AND HUMAN SERVICES BUILDING
300 4TH ST. N, LA CROSSE**

For further information please contact Paula Silha, Chronic Disease and Injury Prevention at 608-785-9872



Snow & Ice Removal from Sidewalks

The City of La Crosse would like to remind property owners and residents of the need to clear snow and ice from public sidewalks adjacent to their homes, businesses, and properties. For the safety of our citizens and visitors, the City has an Ordinance that requires snow and ice to be removed from the sidewalk and curb ramps within twenty-four (24) hours after it ceases to fall. Pushing, dumping or throwing snow onto a public street is prohibited.

Failure to comply with Ordinance 40-8 will result in the clearing of the sidewalk at a cost billed to the adjacent property owners. The City provides sand mixed with salt for residents to use on the City sidewalks. Residents are required to bring their own shovels & containers.

Mix is typically available to residents at:

Fire Station 2 - 626 Monitor St
Erickson Field parking lot (north end off of 21st Pl S)
SE corner of Hood St and Marco Dr

Gathering for the Holidays?

Get four free at-home COVID-19 tests on

COVIDTests.gov

Call 1-800-232-0233 (TTY 1-888-720-7489).

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 calling
608-785-5700
ADRC@Lacrossecounty.org



**Most bald men still own a comb.
They just cant part with it.**

Holidays and the Elderly: Planning Celebrations

Here are a few expert tips when planning holiday events and celebrations with your elderly loved ones:

- **Be realistic** about timing and what the person can do. It may make sense to arrange shorter gatherings or modify times. If your loved one lives in a nursing home or assisted living, talk to the care staff to understand what help the person might need on an outing.
- **Bring the celebration to the elder.** Why not come over and cook a meal at the elder's home where he/she may be more comfortable (of course, bringing what's needed and cleaning up after)? Travel can be hard on a person with limited mobility or health issues, so it may be the time to come to them.
- **Consider health/eating restrictions and plan alternatives** or modified versions of holiday favorites. There are so many recipes online to make favorites with low sugar, reduced fat, no meat, low sodium or substitute ingredients. Find out if your loved one's medications' interact with any foods (for example, grapefruit should not be eaten with several medications and people on blood thinners often have restrictions on foods and alcohol).

Holidays and the Elderly: Activity Ideas

Whether you're a family or professional caregiver, make the holidays special with some enjoyable activities:

- Make a favorite family holiday recipe together. Create a recipe book/document family recipes.
- Assist the elder with holiday cards and correspondence, shopping, and mailing packages.
- Help set up Skype or Facetime with long-distance relatives.
- Decorate the home or room together. If the elder lives in a nursing home or assisted living, you could go buy some simple decorations to make the room more festive. Window clings are one great example. Small touches can personalize and warm up the space.
- Watch a holiday movie together. Listen to holiday music or watch TV specials.
- Find out about special events in the area and plan an outing. Orchestras and choirs often have holiday music events. Schools have plays and shows. There are holiday craft fairs and other events of interest.
- Talk about holiday traditions and memories. Help your loved one (or care recipient) document special memories and create a photo book with captions or simply assist in writing a letter or recording information to send to family members.

Winter's Coming... Now What?

By Kristine Meyer, Caregiver Support Specialist



As the cold weather season approaches, we look to ways that we can safely survive the snow, cold, and ice. I started researching for an article that I could "cut and paste" into the news. I looked at several articles that gave the "basics" that: get your furnace checked, have a stockpile of non-perishable food items, wear layers of clothing when going outside, and walk like a penguin to reduce the chance of falling. My search resulted in some tips that may not have crossed your mind.

Care.com recommends that it's important to eat a variety of foods, including increasing your intake of foods high in Vitamin D, like milk, grains, and seafood like tuna and salmon. They also recommended having a social check-in system where a network of friends and neighbors check in on each other.

EZ Access suggested that you tuck a pair of gloves in each coat that you wear. You then have gloves with you if forget to grab some. Or you can change your gloves if the ones you are wearing get wet or dirty from getting the walker or wheelchair out of the car.

The Department of Homeland Security recommends that you keep your gas tank at least half full. This prevents gas lines from freezing and ices forming in the gas tank.

Continuing, Caregiver.com recommends that you store your shoes on floor mats when you come in from outside. When the snow melts, the mat will catch the water and not create a puddle that you can slip on. Also, have a light set to a timer to turn on near the entryways so you can see when you return home after the early sunsets.

Lastly, the ADRC of La Crosse County recommends that you develop an emergency plan. This plan should address who will care for your loved one if something happens to you, the caregiver. The plan also should address effective strategies for supporting your care recipient. If you would like assistance to develop an emergency response plan, contact the ADRC of La Crosse County 608-785-5700.

High School Transition Planning Basics

Presented by the Aging & Disability Resource Center

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

La Crosse County Human Services Building and
VIRTUAL option

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

Registration Required. Phone: 608-785-5700

Email: adrc@lacrossecounty.org

Enroll in Carrier Alert Program in La Crosse County

Carrier Alert is a free service for people who live independently and may have difficulty reaching vital services in case of an accident or sudden illness. Carrier Alert is made possible for La Crosse County residents through a partnership between the United States Post Office and Great Rivers 211.

Great Rivers 211 is a telephone helpline available 24 hours per day, serving La Crosse County and surrounding areas. Great Rivers 211 will help you enroll in the program. You will be asked to provide some basic contact information and the names of two emergency contacts.

An emergency contact is someone you trust who would be willing to stop by your home to check on you if needed. You may want them to have a key to your home, too.

Once registered with the Carrier Alert program, a special decal is placed inside your mailbox. If your mail carrier sees you have not picked up your mail or other signs of distress, they will report this to Great Rivers 211. Then, a call specialist at Great Rivers 211 will try to call you. If they are unable to reach you, they will call your emergency contacts to check on you. If your emergency contacts are unavailable, they will ask local emergency response to check on you.

Interested in learning more? Call Great Rivers 211 at 2-1-1 and say you'd like to learn more about the Carrier Alert program. Ready to sign up? Visit <http://bit.ly/3DFIM5V> to register!



La Crosse Park & Rec Senior Excursions

For ages 50+

Jan. 29: International Owl Center (register by Jan 12)
Feb. 17: Remembering Bobby Vee, Middleton
Feb. 25: Popovich Comedy Pet Theater, Sheldon Theater

To register please call 789-7533



WEBER CENTER
FOR THE PERFORMING ARTS

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

Dec 8- Looney Lutherans-"Hold the Lutefisk"

LA-CROSSE CENTER

BBBB Bingo- Mondays at 6pm

Frothbite- Dec 2

www.lacrossecenter.com

Pump House Regional Arts Center

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

Dec 5- **A Night with an Adventurer**

Dec 8- **Sana Illahe**

Dec 14 & 15- **String Ties**

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



VITERBO UNIVERSITY
FINE ARTS CENTER

Viterbo University Fine Arts Center

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

Dec 19- Macy Gray & the California Jet Club

Dec 13- Away in the Basement:

A Church Basement Ladies Christmas

Dec 2 & 3- A Viterbo Christmas: The Holly and the Ivy

Dec 8, 9 & 10- La Crosse Dance Center
Nutcracker Ballet

The La Crosse Chamber Chorale Concert
Glad Tidings!
December 17 at 3pm
 Christ Episcopal Church
 111 N 9th St. La Crosse
 (608) 780-6107 laxchorale@gmail.com



La Crosse Symphony Orchestra

929 Jackson St La Crosse
783-2121 www.lacrossesympphony.org



Dec 16- 125 Strong: Holiday Celebration, 7:30pm

University of Wisconsin-La Crosse Dept of Theater & Dance

Toland Theatre
333 16th St N, La Crosse

Dec 1-10, The Wolves

Online ticket sales at 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

Dec 2- **The Music of Charlie Brown Christmas, 7pm**

Dec 3- **La Crosse Girl Choir Winter Concert, 3pm**

Dec 8 & 9- **Holly Jazzy Christmas, 7:30pm**

Dec 10- **La Crosse Boys Choir Rejoice!, 2pm**

UW-LA CROSSE BAND CONCERTS

Dec 1- Jazz Concert, Bluffs Ballroom, 7:30pm

Dec 8- Winter Concert Band at West Salem High School, 7:30pm

Dec 8- Holiday Choir Concert, Christ Episcopal Church, 7:30pm

Dec 9- Wind Ensemble Concert, Annett Hall, 2pm

Dec 9- Orchestra Concert, Annett Hall, 4pm



Norskedalen Nature & Heritage Center

Dec 2- An Old Fashioned Christmas

608-452-3424

www.norskedalen.org



New Adventure Tours

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

Call New Adventure Tours at 608-293-4080

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

Pick ups: Hogan Admin Center-6:30 am/
Woodman's-7:00 am

\$130.00-includes bus, show and a cinnamon roll!!
Contact cbeff@yahoo.com for more information!

The University of Wisconsin La Crosse Planetarium

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

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

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



New Year's Eve Gala

VARC Foundation is hosting a New Year's Eve Gala on December 31 at 6pm at the Waterfront, Cargill Room in La Crosse.

Reserve your tux, dust off your evening gown, and ring in the New Year with formal dining, dancing, auctions, and plenty of champagne!

Get your tickets early to what will be known as La Crosse's most exclusive New Year's Eve celebration. Revel in a candlelit evening of fine dining, elegantly dressed guests, firework show, unique auction items, and music by DJ Four7!

Tickets at <https://www.varcinc.com/gala/>



- 1930- Mickey Mouse doll
- 1932- Sock monkey
- 1933-Kewpie doll
- 1935-Shirley Temple doll
- 1937- Pedal cars
- 1938- Red Ryder gun
- 1941- Tinker toys
- 1945- Slinky
- 1949- Cootie game
- 1951- View master
- 1952- Mr. Potato Head
- 1955- Betsy Wetsy
- 1956- Play doh
- 1959- Barbie doll
- 1960- Lego's
- 1962- Lincoln logs
- 1964- GI Joe

What was the most popular toy that you remember as a child?

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

| | | | |
|--------|-------|-------|---------|
| boots | hat | plow | slip |
| coat | ice | scarf | snow |
| cold | melt | skate | snowman |
| forts | mitts | ski | socks |
| frozen | play | sled | winter |



- WHAT'S GOING ON IN THE NEIGHBORHOOD:**
- Mondays:** 6pm Bingo @ Eagles Club 1254 La Crosse
 - Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
 - 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
 - Tuesdays:** 6:30pm Bingo @ Onalaska American Legion
6:30pm Bingo @ Holmen Features
 - Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
 - Wednesdays:** Ukulele Jam, 6pm-8pm Moose Lodge (no 12/27)
 - Thursdays:** 6pm Bingo @ Holmen American Legion
 - Dec 1:** Sparta Holiday Parade, 6pm
 - Dec 1-3:** Holiday Craft Fair at Feature's Field House W Salem
 - Dec 1:** First Friday Downtown Artwalk, 4pm-7pm La Crosse
 - Dec 2:** Tom Wopat Christmas Concert, 7pm Leo & Leona's Hwy 33 Bangor
 - Dec 2:** Houston Holidazzle, 10am at Houston High School
 - Dec 2:** Holiday Craft Fair and Bake Sale, 9am-2pm Onalaska United Methodist Church
 - Dec 2:** Cookie Walk/Craft Fair, 9am-1pm, Presbyterian Church of West Salem
 - Dec 2:** Coon Valley Craft Show, 8am-1:30pm Village Hall
 - Dec 2:** St Joseph Cathedral Christmas Bazaar, 8am-3pm
 - Dec 2:** Arts & Crafts Vendor Fair, Valley View Mall, 10am-3pm
 - Dec 2 & 9:** The Berry Market Christmas, 1pm-8pm Centerville. Ice skating, Santa, xmas trees, vendors, food and live music.
 - Dec 3:** Holiday in the Village of Bangor starting at 5pm
 - Dec 8:** Tribute to the Doors, 8pm at the Cavalier Theater
 - Dec 9:** Craft Fair, 9am-3pm, Pedretti's Party Barn Viroqua
 - Dec 9:** Outdoor Kris Kringle Market, Elmaro Vineyard Galesville
 - Dec 9:** Holiday Craft Fair, 9am-3pm, La Crescent Event Center
 - Dec 9:** Holiday Cookie Walk & Crafts, 8am-2pm, Holy Trinity
 - Dec 9:** Bethel Church Cookie Walk, 1931 Loomis St. 8am-12pm
 - Dec 9:** Mary, Mother of the Church Cookie Walk, 7:30am-1pm
 - Dec 9:** Greenfield Town Hall Holiday Craft Show, 9am-2pm
 - Dec 31:** 6pm and Midnight, the Skyrockers off Grandad's Bluff

DECEMBER 2ND

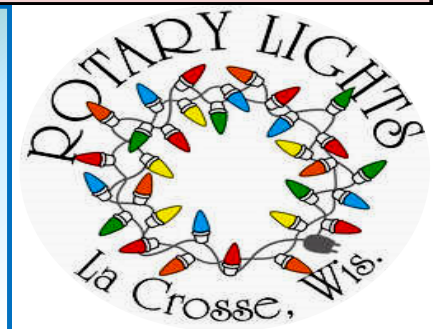
JINGLE FEST

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

Jingle Bell Run and Rudolph's Dash for Kids
December 16 at 8am
RW Houser YMCA Onalaska
<https://www.laxymca.org/>

November 25 -
December 31
Riverside Park, La Crosse
5pm - 10pm Daily
12/24 & 12/25:
5pm - 9pm
12/31: 5pm - 1am



Canadian Pacific Holiday Train Dec 5th Arrival

Sparta: 6:40pm-7:20pm at S. Water & Milwaukee St
La Crosse Amtrak: 8:25pm-9pm

Consider bringing a donation of a non-perishable food item or cash to help area food banks

