The La Crosse County community has a wide variety of programs that offer services to meet the needs, maintain the independence, and improve the quality of life for residents. This resource guide has been developed by the Aging and Disability Resource Center of La Crosse County. It is intended to provide information about assistance available to persons over age eighteen, including those with disabilities, aging, mental health or substance abuse issues. It is not a complete list of services and is not meant to be an endorsement or recommendation of these particular agencies. Please call the desired resource for most up-to-date information.

To obtain further information services or to update the current listing, contact the Aging & Disability Resource Center of La Crosse County at (608) 785-5700 or 1-800-500-3910.

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ADULT DAY SERVICES/RESPITE CARE/CAREGIVER SUPPORT

ADULT DAY SERVICES
Bethany St. Joseph- Merit Centre: North: 1020 Windsor St. La Crosse  608-784-2700
South: 3900 East Ave. So., La Crosse 608-788-2900
Catholic Charities Adult Day Services Program: 3710 East Ave. So., La Crosse 608-782-0710
Coulee Region Adult Day Center: 565 Braund St., Onalaska 608-519-2306
Creative Community Living Services Day Services: 704 Sand Lake Rd., Onalaska 608-779-4118
Aptiv Day Services Program: 3000 South Ave., La Crosse 608-784-9450 or 1-800-949-7380

RESPITE CARE
Coulee Region Adult Day Center: 565 Braund St., Onalaska 608-519-2306
Oasis Respite Care (for people with dementia): 123 Mason St., Onalaska 608-780-0471 www.oasisrespite.org
*See supportive home care section for possible resources for in home respite
*See nursing homes section for possible out of home respite

CAREGIVER SUPPORT
Aging & Disability Resource Center of La Crosse County 300 4th St. No., La Crosse 608-785-5700 or 1-800-500-3910
RSVP Friendly Caller Program: 608-785-0500
VA Caregiver Support Line: 1-855-260-3274
Causeway Caregivers-Peer Caregiver Support Program 608-775-9999

ALZHEIMER/DEMENTIA/MEMORY CARE SERVICES

SERVICES
Aging & Disability Resource Center of La Crosse County 300 4th St. No., La Crosse 608-785-5700 or 1-800-500-3910
Alzheimer’s Association 1-800-272-3900 (24 hour helpline)
Music & Memory Program ADRC of La Crosse County 300 4th Street N., La Crosse 608-785-5700 or 1-800-500-3910
Oasis Respite Care 123 Mason St., Onalaska 608-780-0471 www.oasisrespite.org
Alzheimer’s Foundation of America 1-866-232-8484
Lewy Body Dementia Association 1-866-507-7222

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE
Eagle Crest Communities
  Eagle Crest North Memory Care, 351 Mason St. NW, Onalaska  608-779-1700
  Eagle Crest South Memory Care, 622 Bennora Lee Court, La Crosse  608-791-2700
  Hearten House I  2573 7th St. S., La Crosse  608-784-4521
  Hearten House II  2571 7th St. S., La Crosse  608-784-4523
  Hearten House III  101 Juniper Lane, Holmen  608-526-6796
Bluffview Memory Care 2101 Bluffview Court, Holmen  608-526-5864
Brookdale Senior Living (60+ years of age) 3141 East Ave. S., La Crosse  608-788-7730
RBI Caring Hearts accepts persons with mild dementia 1614 Henry Johns Blvd., Bangor  608-486-4801
The Meadows at Springbrook 861 Critter Court, Onalaska  608-783-2292

NURSING HOMES WITH DEMENTIA CARE UNITS
Riverside Transitional Care 2575 7th St. S., La Crosse  608-406-3900
Bethany St. Joseph Care Center: 2501 Shelby Rd., La Crosse  608-788-5700
Hillview Healthcare Center: 3501 Park Lane Dr., La Crosse  608-789-4800
Lakeview Health Center: 962 Garland St. E., West Salem  608-786-1400
EMPLOYMENT ASSISTANCE
Aurora Vocational Services 1501 Saint Andrews St. Ste C202, La Crosse 608-785-5090
Catholic Charities – Disability Services 3710 East Ave. So., La Crosse 608-782-0710
Couleecap 700 North 3rd St., Suite 202B, La Crosse 608-782-4877
Independent Living Resources (ILR) 4439 Mormon Coulee Rd., La Crosse 608-787-1111 or 1-888-474-5745
· TTY 608-787-1148 or TTY 1-888-378-2198
Older Worker Program/WISE (Wi Senior Employment) 2615 East Ave So., La Crosse 608-789-5620 or 1-800-742-5627
ORC Industries 2700 Commerce St., La Crosse 608-781-7727
Aptiv 3000 South Ave., La Crosse 608-784-9450 or 1-800-949-7380
Senior Community Service Employment Program (SER) 205 5th Ave S. Suite 426, La Crosse 608-615-1845
VARC 1601 Ramsey Place, La Crosse 608-782-7010
Veterans Assistance Foundation Fort McCoy: 608-372-8387 - Wis Vets Hotline: 1-800-947-8387
Workforce Development Center of Western Wisconsin 2615 East Ave. So., La Crosse 608-789-5620
· Vocational Rehabilitation, Job Center, Workforce Connections, Unemployment, Worker’s Compensation

FINANCIAL RESOURCES

BENEFITS ASSISTANCE
Aging & Disability Resource Center of La Crosse County 300 4th St. N., La Crosse 608-785-5700 or 1-800-500-3910
Couleecap 700 N. 3rd St. Suite 202b La Crosse 608-782-4877 or 1-866-904-4507
Independent Living Resources (ILR) 4439 Mormon Coulee Rd., La Crosse 608-787-1111 or 1-888-474-5745
· TTY 608-787-1148 or TTY 1-888-378-2198
La Crosse County Veterans Service Office 212 6th Street N., La Crosse 608-785-9719
Medicare 1-800-633-4227 · TTY 1-877-486-2048
Social Security Administration 210 7th St. S. Ste 100, La Crosse 1-866-770-2345 (La Crosse office) or 1-800-772-1213 · TTY 1-800-325-0778
State of Wisconsin Medigap Help-line 1-800-242-1060
Western Region Economic Assistance 1-888-627-0430
WI Emergency Rental Assistance 1-844-267-0033 (Rental/Utility Assistance related to COVID-19)

OTHER FINANCIAL RESOURCES
Catholic Charities 3710 East Ave. S., La Crosse 608-782-0710
City of La Crosse Housing Rehabilitation Program 400 La Crosse St., La Crosse 608-789-7513
Consumer Credit Counseling Service of La Crosse 505 King St., Ste. 212, La Crosse 608-784-8380
Couleecap 700 N. 3rd St. Suite 202b, La Crosse 608-782-4877 or 1-866-904-4507
GT Financial Services 215 Broadus Street, Sturgis MI 49091 1-877-659-4500
iLife Financial Management Services 6100 North Baker Road, Glendale WI 1-888-490-3966
Xcel Energy Personal Accounts Representatives (PAR Department) 1-800-331-5262

REPRESENTATIVE PAYEE SERVICES
Catholic Charities 413 3rd St. So., La Crosse 608-782-0710
Consumer Credit Counseling Service of La Crosse 505 King St., Suite 212, La Crosse 608-784-8380
GT Financial Services 215 Broadus Street. Sturgis MI 49091 1-877-659-4500
iLife Financial Management Services 6100 North Baker Road, Glendale WI 1-888-490-3966
Payee Service, Inc. 390 Red Cedar St., Menomonie, WI 54751 715-233-0203

TELEPHONE ASSISTANCE
Lifeline/Link-up Program: contact your telephone service provider
Safelink Wireless Cell Phone Program 1-800-234-9473
Telecommunications Equipment Purchase and Assistance Plans (TEPP) · Voice: 608-231-3305 ·

LEGAL ASSISTANCE
Legal Action of Wisconsin 205 5th Ave S. Ste 300 La Crosse 608-785-2809 www.legalaction.org
Legal Clinic · 3rd Wednesday of every month 6pm - 7:30pm First Baptist Church, 1209 Main St. La Crosse 608-782-6553
Wisconsin Elder Rights Project 1-844-614-5468 www.legalaction.org
Wisconsin State Bar Association 1-800-362-9082
Wisconsin Guardianship Support Center 1-855-409-9410
FOOD RESOURCES/SENIOR MEAL SITES

FINANCIAL ASSISTANCE FOR FOOD
Western Region Economic Assistance 1-888-627-0430 Online: access.wi.gov

FOOD PANTRIES (call for information and eligibility)
A Place of Grace 919 Hood St., La Crosse 608-782-6224
First Free Church Food Pantry 123 Mason Street, Onalaska 608-782-6022
From the Heart Food Pantry 1010 Sill St. La Crosse lower level Trinity Lutheran Church 608-782-6200
Onalaska Emergency Food Basket 735 Sand Lake Road, Onalaska 608-783-7722
River of Life Church 1214 Cty PH Onalaska 608-782-2780 ext.1
Salvation Army 223 8th St. No, La Crosse 608-782-6126
WAFFER Food Pantry 403 Causeway Blvd., La Crosse 608-782-6003
West Salem Area Community Care & Share Pantry 359 North Leonard St., West Salem 608-786-0030

FREE MEALS (days and times may be subject to change)
A Place of Grace 919 Hood St., La Crosse 608-782-6224 Thursdays 5pm
Our Savior’s Lutheran Church Come for Supper 612 Division St., La Crosse 608-782-3468 Tuesdays & Thursdays 5p—6p
Presbyterian Church of West Salem 625 West Franklin St, West Salem 608 786-0910 4th Wed of the month 5pm-6pm
Salvation Army 223 8th St. No., La Crosse 608-782-6126 M—F 7:30a, 11:30a, and 4:30p for residents; M-W, F-Sat 11a—12:30p community to go lunch Meals Saturday & Sunday 8a, 12:30p, 4:30p for residents; Sat. 11a—12:30 community to go lunch
Trinity Lutheran Church 1010 Sill St., La Crosse 608-782-6200 Monday 5:00pm
Holmen’s Hope American Legion 419 1st Ave. Holmen 526-4444 Last Tues. of the month 5pm-7pm
Onalaska Methodist Church 212 4th Ave N., Onalaska 783-3380 2nd Tuesday of the month from 5:30pm-6:30pm
RAVE 4439 Mormon Coulee Road, La Crosse 785-9615 Mon. 9a-11a

HOME DELIVERED MEALS/FOOD PACKAGES
Aging and Disability Resource Center of La Crosse County Senior Nutrition Program 608-785-5700
Mobile Meals of La Crosse 2600 Quarry Rd., La Crosse 608-784-4623
Mom’s Meals 3210 SE Corporate Woods Drive, Ankeny, IA 1-877-508-6667
WAFFER Food Pantry Senior Share Program 608-782-6003 Free monthly food package delivery to eligible 60+ seniors

SENIOR NOON DINING CENTERS (weekdays)
For persons over 60, persons living with someone over 60 and any disabled person living in a building which is a meal site
(please call the Aging and Disability Resource Center of La Crosse County Senior Nutrition Program 608-785-5700 for eligibility information and to reserve 24 hours in advance)
Carroll Heights 3505 Park Lane Drive, La Crosse 608-792-6996 *Home delivered meals only
Forest Park 1230 Badger St., La Crosse 608-317-8174 *Home delivered meals only
Holmen Community Center 600 N. Holmen Dr., Holmen 608-317-8104
Onalaska Community Center 515 Quincy St., Onalaska 608-317-9870
Community Connections Center 1407 St. Andrew St., La Crosse 608-792-4487
Stokke Tower 421 6th St. So., La Crosse 608-317-8174 *Home delivered meals only
Whispering Pines 790 East Ave., West Salem 608-790-5082 *Home delivered meals only
HEARING AND VISION LOSS SERVICES

Lions Affordable Hearing Aid Project 1-630-203-3837, option 3
Medicare to request accessible communications for persons with vision loss 1-844-258-3676
Office for the Blind or Visually Impaired 205 5th Ave. South, Suite 409, La Crosse 1-888-879-0017
Office for the Deaf and Hard of Hearing 855-359-5252
Telecommunications Equipment Purchase and Assistance Plans TEPP 608-231-3305
Vision Forward 1-414-615-0100
Wisconsin Council of the Blind and Visually Impaired 1-800-783-5213 or 608-255-1166
Wisconsin Telecommunications Relay Systems (TRS) dial 7-1-1 TDD English 1-800-947-6644 TDD Spanish 1-800-833-7813
Customer Service 1-800-676-3777

HOME CARE

HOME HEALTH/PERSONAL/SUPPORTIVE HOME CARE
Almost Family 1052 Oak Forest Drive Suite 150, Onalaska 608-443-9249
BrightStar Care 1062 Oak Forest Drive, Suite 500, Onalaska 608-519-4324
Comfort Keepers 2951 South 21st Place, La Crosse 608-455-6853
Department of Veterans Affairs-Home Based Primary Care 1-800-872-8662 ext. 67734
Innovative Services 1052 Oak Forest Dr. Suite 360, Onalaska 608-519-5438
International Quality Home & Personal Care Services 306 Main St., Suite 4, La Crescent, MN 888-304-6230
La Crosse Home Care, LLC. 1702 George St., La Crosse, WI 608-519-2914
Lee Quality Home Care 1511 George St., La Crosse, WI 608-519-3124
Lori Knapp Companies 938 Green Bay St., Onalaska, WI 608-781-4594
MCFI Home Care 1-888-331-5696 or 414-290-0050
Recover Health 700 North 3rd St., Suite 104, La Crosse 608-406-3140
Riverview Home Health Care, Inc 3908 Circle Drive Ste. 100, Holmen 608-519-8080
VA Home Care Services 4000 State Rd 16 (Valley View Mall), La Crosse 608-784-3886
Helping Hands Home Care for Vernon County and some Monroe County 608-637-2378

HOSPICE

Gundersen Health System Hospice 1900 South Ave., La Crosse 608-775-8435
Mayo Clinic Health System Franciscan Healthcare Hospice 620 South 11th St., La Crosse 608-392-9790 Option 1
St. Croix Hospice 1540 Heritage Blvd Ste 201a, West Salem 608-433-9704

CHORES/ERRANDS/REPAIRS

Brandon Balfanz operator of The Grounds Crew LLC 608-780-9201
Causeway Interfaith Volunteer Caregivers 608-775-9999
Coulee Cap Weatherization Program 1-866-904-4508
Friedman’s Home Delivery Service 608-788-8777, option 6
RSVP (Retired Senior Volunteer Program) 608-785-0500 or 1-888-822-1295
University of Wisconsin La Crosse Financial Aid Office (student volunteers or workers) 608-785-8604
Western Technical College Student Career Services 608-785-9440 wisconsintechconnect.com
Wiscorps 608-799-8966
HOUSING

*Contact Aging and Disability Resource Center for options or rental directory 1-608-785-5700 or 1-800-500-3910
CouleeCap 1-866-904-4508 or 608-782-4876 (CouleeCap’s homeless programs)
REACH Service and Resource Center 212 11th St. S. La Crosse 608-781-2783, ext. 200

TEMPORARY/EMERGENCY HOUSING

New Horizons Domestic Abuse Shelter 608-791-2610 Crisis line: 1-888-231-0066
Salvation Army 223 North 8th St., La Crosse 608-782-6126
Veterans Assistance Foundation 608-372-8387 Wis Vets Hotline: 1-800-947-8387
Veteran’s Homeless Hotline 1-877-4AID-VET (1-877-424-3838)
YWCA Ruth House (female only in recovery) 608-782-0706

INDEPENDENT HOUSING  (Eligibility requirements such as age, disability and/or income limits may apply)

Eagle Crest Communities (55+)
  Heights Town Homes 102 Juniper Lane, Holmen 608-791-2709
  Eagle Crest North Independent Living 351 Mason St. NW, Onalaska 608-779-1700
  Eagle Crest South Independent Living Plus 622 Bennora Lee Court, La Crosse 608-791-2700
Bethany St. Joseph Corporation  (55+ disability or 62+)
  Mill St. Manor 840 Mill St., West Salem 608-786-2440
  OnaMain 920 Main St., Onalaska 608-781-7730
  OnaTerrace 1126 Main St., Onalaska 608-783-1516
  Prairie Home 620 Malin Ct., Holmen 608-526-4850
  Salem Terrace 104 Lewis St., West Salem 608-786-2440
  Welcome Home Apartments 3600 28th St. S., La Crosse 608-788-0254
  Windsor Place 1020 Windsor St., La Crosse 608-785-2271

Carroll Heights Apartments (55+ or disability) 3505 Park Lane Drive, La Crosse 608-785-5500 ext 1

Cedar Court Apartments (income limits) 321 Wagon Drive, West Salem 608-786-4101

Christopher House (income limits, physical disabilities) 2121 Sims Place, La Crosse 608-784-1381 (Allegiant Properties)

Coulee View Apartments Coon Valley, WI 608-637-6355

Fox Hollow Senior Apartments (55+ or income limits) 990-1000 Linden Dr., Holmen 608-526-4000

Havenwood of Onalaska 3770 Emerald Dr. E., Onalaska 608-615-4700

Greendale Apartments (low income adults w/ physical disabilities) 321 13th Ave. S., Onalaska 608-784-1381 (Allegiant Properties)

Hidden Glen Apartments (income limits) 100 Holmen Dr. S., Holmen 608-526-9026 or 800-944-4866 ext. 1120

Heritage Haven (62+ or disability income limits apply) 800 Saint James St., La Crosse 608-784-1381 (Allegiant Properties)

Housing Authority of the City of La Crosse 1307 Badger St., La Crosse 608-782-2264

Impact Seven 608-799-1898 or 1-800-685-9353
  Leo Fishman Manor: (chronic mental illness) 1106 Wilson St., Onalaska
  Al Baldus Manor: (chronic mental illness) 1320 Pinecrest Lane, Onalaska

La Crosse County Housing Authority 615 Plainview Rd., La Crosse 608-781-5365 · TTY 1-800-283-9877

Michael Heights (55+) 420 5th Ave. S., La Crosse 608-386-5301

The Gardens at Kristy (55+) 1077 Kristy Lane, Onalaska 608-498-4498

Pinedale Apartments (62+ or disability) 501 13th Ave. S., Onalaska 608-784-1381 (Allegiant Properties)

Ponderosa Apartments (income limits) Holmen 608-786-4101

Redwood Terrace Apartments (62+ or disability income limits apply) 812 Redwood St., Onalaska 608-783-6229

River Oaks Apartments (income limits) 3464 East Ave. S., La Crosse 608-787-0200

Salzer Square I (55+) 1205 7th St. S., La Crosse 608-785-7775 or 608-784-2935

Salzer Square II (55+ and income limits) 1224 8th St. S., La Crosse 608-782-0585

Schumann Apartments (chronic mental health and income limits)
  617 Bennora Lee Court, La Crosse 608-784-1381 (Allegiant Properties)

Stonefield Manor (55+) 1264 County Rd. PH, Onalaska 608-779-4906
HOUSING (continued)

ASSISTED LIVING OPTIONS

The type of Assisted Living Facility is based on how the facility is licensed:

**Residential Care Apartment Complex (RCAC):** Residence for adults that consists of independent apartments. Each apartment has a lockable entrance, kitchen with stove, private bathroom, sleeping and living areas. Can provide an individual with up to 28 hours of assistance per week.

**Community Based Residential Facilities (CBRF):** Residence for 5 or more adults. CBRF's may provide either private or semi-private rooms that do not have a kitchen. They may or may not have a private bathroom in each room. CBRFs provide more care than RCACs.

**Adult Family Home (AFH):** Residence for 1 to 4 adults. May provide private or semi-private rooms that do not have a kitchen. May or may not have a private bathroom in each room. Provides similar services as CBRF.

RESIDENTIAL CARE APARTMENT COMPLEX (RCAC)

**RCAC facilities that are registered facilities and can only accept private funds. The others are certified and can accept public funds.**

**Eagle Crest Communities**
- The Heights Assisted Living (55+ years of age) 112 Juniper Lane, Holmen 608-526-2635
- Cass Street (55+ years of age) 1315 Cass St., La Crosse 608-796-1091
- Eagle Crest North (62+ years of age) 351 Mason St. NW, Onalaska 608-779-1700
- Eagle Crest Senior (62+ years of age) 622 Bennora Lee Court, La Crosse 608-779-2700
- **The Willows (55+ years of age) 2555 7th St. S., La Crosse 608-406-3980**

**Bethany St. Joseph Corporation (55+ disability or 62+)**
- **Laurel Manor 108 17th Ave. S., Onalaska 608-783-1815**
- Mill St. Manor 840 Mill St., West Salem 608-786-2440
- Prairie Home 620 Malin Court, Holmen 608-526-4850
- Salem Terrace 104 Lewis St., West Salem 608-786-2440
- Shelby Terrace 2525 Shelby Rd., La Crosse 608-788-4477

**Brookdale Senior Living - The Villas (Ages 60+) 3141 East Ave. So., La Crosse 608-403-4647**

**Hillview Terrace** 3503 Park Lane Drive, La Crosse 608-785-5500

**Benedictine Living Community (62+ years of age) 2902 East Ave. S., La Crosse 608-615-7733**

**Spring Brook Assisted Living** (contact for eligibility) 861 Critter Ct., Onalaska 608-783-2292
- 1384 County Road 25, La Crescent, MN 507-551-2034

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)

**Eagle Crest Communities**
- Eagle Crest South, High Acuity Assisted Living 622 Bennora Lee Court, La Crosse 608-791-2700
- **Brookdale Senior Living (60+ years of age) 3141 East Ave. S., La Crosse 608-403-4647**
- Brookdale Onalaska 949 10th Ave. N., Onalaska 608-291-9980

**Traditions of La Crescent** 333 S., 2nd Street, La Crescent, MN 507-895-6447

**Monarch Manor** 848 Garland St E. West Salem 608-612-0441

**Neshonoc Manor** 998 Garland St E. West Salem 608-612-0661

**RBI – The Caring Hearts** accepts persons with mild dementia 1612 Henry Johns Blvd., Bangor 608-486-4800

**Springbrook** 861 Critter Ct., Onalaska 608-783-2292
- 1384 County Road 25, La Crescent, MN 507-551-2034

ADULT FAMILY HOMES (AFH)

For information regarding Adult Family Homes.

*Aging and Disability Resource Center of La Crosse County 608-785-5700 or 1-800-500-3910*

State website-Choosing an Adult Family Home: [http://www.dhs.wisconsin.gov/guide/afh.htm](http://www.dhs.wisconsin.gov/guide/afh.htm)

**Aurora Residential Services** 1501 Saint Andrews St. Ste B100, La Crosse 608-785-5090
HOUSING (continued)

NURSING HOMES

**has Dementia/Alzheimer care unit

Benedictine Manor Rehabilitation Center: 2902 East Ave. S., La Crosse 608-615-7733

** Riverside Transitional Care: 2575 7th St. S., La Crosse 608-406-3900

** Bethany St. Joseph Care Center: 2501 Shelby Rd., La Crosse 608-788-5700

** Hillview Healthcare Center: 3501 Park Lane Dr., La Crosse 608-789-4800

** Lakeview Health Center: 962 East Garland St., West Salem 608-786-1400

Mulder Healthcare Facility: 713 N. Leonard St., West Salem 608-786-1600

Onalaska Care Center: 1600 Main St., Onalaska 608-783-4681

MEDICAL / DENTAL

REDUCED COST/FREE MEDICAL

Community Care Clinic Bronston Chiropractic 1202 County Rd PH, Onalaska 608-781-2225

Planned Parenthood 1201 Caledonia St., La Crosse 800-657-5177

Family Health Center of Marshfield, Inc Black River Falls, 1-800-782-8581 or 715-670-0400

La Crosse County Health Department Wisconsin Well Woman Program 300 4th St. N., La Crosse 608-785-5753

Neighborhood Family Clinic
1526 Rose St., La Crosse 608-781-9880
N5560 CTH ZM, Onalaska 608-779-5323
1580 Heritage Blvd, West Salem 608-518-3410

St. Clare Health Mission 916 Ferry St., La Crosse 608-519-4633

Scenic Bluffs Community Health Center
Cashton Office 238 Front St., Cashton 608-654-5100
Norwalk Office 200 West North St., Norwalk 608-823-7853

Salvation Army Caring, Inc. 223 8th St. N., La Crosse 608-782-6126

CLINICS

Gundersen Health System Express Care
La Crosse Festival Foods – 2500 State Rd., 33, La Crosse 608-775-5858
Onalaska Festival Foods – 1260 Crossing Meadows Dr., Onalaska 608-775-5858

Gundersen Health System
1900 South Ave., La Crosse 608-782-7300
3111 Gundersen Dr., Onalaska 608-775-8100

Ho Chunk Nation Public Health -House of Wellness Clinic -72845 White Eagle Road, Baraboo 1-888-560-4616 x5506

Mayo Clinic Health System
700 West Ave. S., La Crosse 608-785-0940
1303 Main St., Holmen 608-526-3351
191 Theater Rd., Onalaska 608-392-5001
232 3rd Street N. Ste. 100, La Crosse (Belle Square) 608-392-9769

VA River Valley Integrated Health Center 4000 State Rd 16 (Valley View Mall) 608-787-6411

HOSPITALS

Gundersen Health System
1900 South Ave., La Crosse 608-782-7300

Mayo Clinic Health System
700 West Ave. S., La Crosse 608-785-0940

Tomah VA Medical Center 500 East Veterans St., Tomah 608-372-3971

REDUCED COST/FREE DENTAL

Affordable Dentures Eau Claire 1-715-502-2784, Rochester 507-299-4959

Black River Falls Dental Center Black River Falls, 715-670-0400

Dental Pain Clinic (La Crosse County Health Dept.) 608-785-9723 *Must have dental pain and difficulty finding dental care

Scenic Bluffs Community Health Center
Cashon Office 238 Front St., Cashon 608-654-5100
Norwalk Office 200 West North St., Norwalk 608-823-7853
La Crosse Office 2030 7th St. S. (lower level of Smile Care Center), La Crosse 608-654-7471

Wisconsin Dental Association, Inc. Donated Dental Services 1-866-812-9840
MEDICAL EQUIPMENT/SUPPLIES

Access Transit Mobility Products – 1542 Rose St. La Crosse  608-782-1069
American Cancer Society – 1285 Rudy St., Ste. 103, Onalaska  1-800-227-2345

Apria Healthcare
  1316 N. Hastings Way Ste. B, Eau Claire  715-834-7517
  4871 19th St. NW Ste. 100, Rochester  507-285-9959

Cass Street Pharmacy
Gundersen Health System – 528 Cass St., La Crosse  608-784-9922

Dan’s Shoe Repair – 112 5th Avenue N., La Crosse  608-782-3775

Family Medical Supply and CPAP Store  705 State St., La Crosse  608-791-1100 or 1-855-791-1549

Hilton Medical Supply  500 3rd St. S., La Crosse  608-785-0390

Independent Living Resources (ILR) – 4439 Mormon Coulee Road  608-787-1111 or 1-888-474-5745

Lenny’s Shoe Repair  721 Clinton St., La Crosse  608-782-0014

Lincare  214 Copeland Ave., La Crosse  608-791-0018

Mayo Clinic Store  700 West Avenue S. (main hospital building), La Crosse  608-392-9797

Midwest Off-Road Center  65 Copeland Ave., La Crosse  608-784-9980 or 1-800-626-1001

Prosthetic Laboratories  3440 Losey Blvd S. La Crosse  608-782-5070 or 1-866-241-0606 3440

Limb Lab  1919 State Rd., La Crosse  608-782-1855

Wisconsin Council of the Blind and Visually Impaired  608-255-1166 or 1-800-783-5213

PERSONAL EMERGENCY RESPONSE SYSTEMS

Lively  lively.com  1-800-918-8543 or at Best Buy or Walgreens

Advanced Cable/ Life Assist + VRI  1-888-860-8098

Alert 1  1-866-474-1351

Comfort Keepers Health Watch Personal Response System  2951 S. 21st Place, La Crosse  608-455-6853

Family First Medical Alert  304-813-7878 or 801-738-0005

Liberty Honor Alert Veteran’s Administration Medical Center, Tomah  1-800-872-8662

LifeFone Medical Alerts System  1-844-253-7939

Safe Living Technologies  1-519-240-8735

MENTAL HEALTH / ADDICTION SERVICES

MENTAL HEALTH CRISIS INTERVENTION

La Crosse County Crisis Responders  1-608-784-4357 (HELP)

Great Rivers  2-1-1: Dial 2-1-1 or 1-800-362-8255

Veteran’s Crisis/Suicide Prevention Hotline · 1-800-273-TALK (1-800-273-8255)

MENTAL HEALTH SERVICES

Gundersen Health System  608-775-2287

Ho-Chunk Nation Behavioral Health  724 Main St., La Crosse  608-784-3083

Independent Living Resources  4439 Mormon Coulee Rd, La Crosse, 608-787-1111 or 1-888-378-2198

Mayo Clinic Health System Behavioral Health Services  212 11th St. S., La Crosse, 608-392-9555

La Crosse County Human Services-Integrated Support and Recovery Services  300 4th St. N., La Crosse  608-784-4357 (HELP)

Scenic Bluffs Community Health Centers:  238 Front St., Cashton, 608-654-5100

VA River Valley Integrated Health Center  4000 State Road 16, La Crosse (Valley View Mall)  608-784-3886

Great Rivers  2-1-1: Dial 2-1-1 or 1-800-362-8255

COMMUNITY BASED RESIDENTIAL FACILITY (CBRF)

Maplewood  994 Garland St. E., West Salem  608-786-1436

ADDICTION TREATMENT CENTERS

AM5 (Addiction Medical Solutions) of Wisconsin  9532 East 16 Frontage Rd, Onalaska  608-783-0506

Gundersen Health System  608-775-7991

Mayo Clinic Health System Behavioral Health  608-392-9555
MENTAL HEALTH / ADDICTION SERVICES (continued)

ADDITION RELATED RESOURCES

Coulee Recovery Center 933 Ferry St., La Crosse 608-784-4177
Great Rivers 2-1-1: Dial 2-1-1 or 1-800-362-8255
La Crosse County Human Services-Integrated Support and Recovery Services 300 4th St. N., La Crosse 608-784-4357 (HELP)
National Council on Problem Gambling 1-800-522-4700
Wisconsin Council on Problem Gambling 1-800-426-2535

DROP IN CENTERS

RAVE (Recovery Avenue) 4439 Mormon Coulee Road, La Crosse 608-785-9615 or 608-787-1111

SUPPORT GROUP INFORMATION contact Great Rivers 2-1-1

TRANSPORTATION

NON-MEDICAL TRANSPORTATION **wheelchair accessible vehicle available

Aging & Disability Resource Center of La Crosse County 300 4th St. N. La Crosse 608-785-5700 or 1-800-500-3910
**La Crosse County Mini-Bus 608-785-5700
La Crosse County Volunteer Drivers 608-785-5700
**Bee Cab 608-784-4233
Bullet Cab 2001 State Rd, La Crosse 608-519-3200
Coulee Region RSVP Volunteer Driver 608-785-0500
**Coulee Region Taxi 608-881-2050
**CTS Taxi 226 Hood St., La Crosse 844-665-5232
Groome 1-888-781-5181 or 608-781-5181 www.groometransportation.com
Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000 or 1-866-666-2561
Scenic Mississippi Regional Transit (S.M.R.T. bus) www.ridesmrt.com 1-877-444-6543

MEDICAL TRANSPORTATION NON-EMERGENCY **wheelchair accessible vehicle available

Aging & Disability Resource Center of La Crosse County 300 4th St. No., La Crosse 608-785-5700 or 1-800-500-3910
**Access Medical Transit 608-782-4200 or 1-800-658-9054
**Abby Vans 1-800-236-8438 (if 60+ or disabled call the ADRC to arrange ride at reduced rate)
American Cancer Society – Road to Recovery 1285 Rudy St., Suite 103, Onalaska 1-800-227-2345
Coulee Region RSVP Volunteer Driver 2920 East Avenue So., Suite 104, La Crosse 608-785-0500
Disabled American Veterans 1-800-872-8662 ext. 66227
**Gundersen Health System Coulee Trails 608-637-8884 or 1-800-771-8884
**Veyo (replaced MTM) 1-866-907-1493 Medical Assistance recipients only (excluding Inclusa and My Choice WI members)
**Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000

VETERAN’S SERVICES

For programs and eligibility contact La Crosse County Veteran Service Office 608-785-9719
La Crosse Area Veterans Mentor Program, Inc. 212 6th St. North, Room 450, La Crosse, WI 54601 608-785-6420

ADAPTATIVE RECREATIONAL OPPORTUNITIES

Arts Buddies and Sports Buddy (Causeway Interfaith Volunteer Caregivers) 608-775-9999
Flying Horse Stable 608-317-1448 http://www.flyinghorsestable.net/
HorseSense for Special Riders 608-518-5356 http://horsesensewi.org
NASA (North American Squirrel Association) www.nasasquirrel.org
Special Olympics, La Crosse Park & Recreation Department 608-789-7596
Center on Disability Health and Adapted Physical Activity, UW-La Crosse 608-785-8000 http://www.uwlax.edu/center/cdhapa
YMCA Inclusion and Adaptive Programs 608-782-9622 https://laxymca.org/inclusion/
INFORMATION & ASSISTANCE

The Aging & Disability Resource Center of La Crosse County offers information and assistance to residents of La Crosse County.

The Aging & Disability Resource Center of La Crosse County provides information and assistance regarding services available in the community. You may call (608) 785-5700 or come to our conveniently located office at 300 4th Street North in La Crosse. Please contact us for more information about our services in the community. If you prefer, staff will meet with you in your home to answer questions and provide more in-depth consultation.

One of the goals of the Aging & Disability Resource Center of La Crosse County is to help people plan for current or future long-term care needs. The Aging & Disability Resource Center of La Crosse County professionals are familiar with all the local community services. They can help determine which services best meet your needs.

People often need help understanding what types of services would be available in their home. Our social workers can offer suggestions and advice on which services and supports will meet a person’s needs while remaining as independent as possible.

If you would like to have a representative of the Aging & Disability Resource Center of La Crosse County make a presentation to your group or organization, call (608) 785-5700.

LA CROSSE COUNTY

EMERGENCY MENTAL HEALTH SERVICES

(MOBILE CRISIS)

24 – HOUR CONTACT INFORMATION

CALL

608-784-4357

(608-784-HELP)