

La Crosse County



Resource Guide

(608) 785-5700 or

1-800-500-3910

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.

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/RESPIRE 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 (formerly Riverfront, Inc.) Day Services Program: 3000 South Ave., La Crosse **608-784-9450** or **1-800-949-7380**

RESPIRE 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 No., 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 **1-800-539-9767**

Association for Frontotemporal Degeneration **1-866-507-7222**

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE

Eagle Crest Communities

Eagle Crest North Memory Care 351 Mason St., Onalaska **608-779-1700**

Eagle Crest South Memory Care, 622 Bennora Lee Court, La Crosse **608-791-2700**

Hearten House I 2573 7th St. So., La Crosse **608-784-4511**

Hearten House II 2571 7th St. So., La Crosse **608-784-4522**

Hearten House III 101 Juniper Lane, Holmen **608-526-6793**

Bluffview Memory Care 2101 Bluffview Court, Holmen **608-526-5864**

Brookdale Senior Living (60+ years of age) 3161 East Ave. So., La Crosse **608-788-4372**

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. So., 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**

Coulecap 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 TYY **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 (formerly Riverfront Inc.) 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 **608-789-5627**

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. No., La Crosse **608-785-5700 or 1-800-500-3910**

Coulecap 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 No., La Crosse **608-785-9719**

Medicare **1-800-633-4227 · TTY 1-877-486-2048**

Social Security Administration 210 7th St So 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 413 3rd St. So., 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**

Coulecap 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 **1-888-958-7695**

Xcel Energy 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 **1-888-958-7695**

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 **1-800-723-3546**

Telecommunications Equipment Purchase and Assistance Plans (TEPP) · Voice:**608-231-3305** ·

LEGAL ASSISTANCE

Legal Action of Wisconsin 205 5th Ave So. Suite 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 JUDICARE Inc. **1-800-472-1638** www.judicare.org

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 Catholic Worker House 919 Hood St., La Crosse 608-782-6224

First Free Church Food Pantry 123 Mason Street, Onalaska 608-782-6022

From the Heart 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

WAFER 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 Catholic Worker House 919 Hood St., La Crosse 608-782-6224 Tuesday 12-4pm ,Thursday 12-6pm

Our Savior's Lutheran Church Come for Supper 612 Division St., La Crosse 608-782-3468 Tuesday 5:00pm - 6:00pm

Presbyterian Church of West Salem 625 West Franklin St, West Salem 608 786-0910 4th Wed of the month 4pm-6pm

Salvation Army 223 8th St. No., La Crosse 608-782-6126 Monday - Friday 7:30am and 11:30am and 4:30pm,
Meals Saturday & Sunday 8:30am and 12:30pm and 4:30pm

Trinity Lutheran Church 1010 Sill St., La Crosse 608-782-6200 Monday 5:00pm– 6:00pm

Holmen's Hope American Legion 419 1st Ave. Holmen 526-4444 Last Tues. of the month 5pm-7 pm

Onalaska Methodist Church 212 4th Ave N., Onalaska 783-3380 2nd Tuesday of the month from 5:30pm-6:30pm

RAVE 1806 State St. La Crosse 785-9615 Mon. 9-11am

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

WAFER 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

Forest Park 1230 Badger St., La Crosse 608-317-8174

Holmen Community Center 600 N. Holmen Dr., Holmen 608-317-8104

Onalaska Community Center 515 Quincy St., Onalaska 608-317-9870

Saint Andrew Street 1407 St. Andrew St., La Crosse 608-792-4487

Stokke Tower 421 6th St. So., La Crosse 608-317-8174

Whispering Pines 790 East Ave., West Salem 608-790-5082

HEARING AND VISION LOSS SERVICES

Lions Affordable Hearing Aid Project 1-630-203-3837

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 608-789-5663 or 1-888-879-0017

Office for the Deaf and Hard of Hearing voice 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 TDD 1-800-283-9877 Customer Service Voice 1-800-901-8389

HOME CARE

HOME HEALTH/PERSONAL/SUPPORTIVE HOME CARE

Almost Family 2400 Rose St., Suite 14 La Crosse 608-779-0900

BrightStar Lifecare 1062 Oak Forest Drive, Suite 240, 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

Heritage Health Services 5331 Spring St. Ste 101, Mt. Pleasant, WI 1- 262-554-8800

Innovative Services 1052 Oak Forest Dr. Onalaska 608-519-5438

Integrity Home Care Solutions PO Box 110, Mineral Point, WI 608-987-0470 ext. 203

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 Greenbay 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 1828 E. Main St. Ste 10, Onalaska, 608-519-8080

VA Home Care Services 4000 State Rd 16 (Valley View Mall), La Crosse 608-784-3886

Helping Hands Home Care for Stoddard and Coon Valley areas 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

Coulecap Weatherization Program 1-866-904-4507

Friedman's Home Delivery Service 608-788-8777 (shops on Mon. Tues. & Thurs.)

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 Housing Programs 608-782-4877

TEMPORARY/EMERGENCY HOUSING

New Horizons Domestic Abuse Shelter 608-791-2600 or 1-800-231-0066

Salvation Army · 223 North 8th St., La Crosse 608-782-6126

Veterans Assistance Foundation · Fort McCoy: 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., 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. So., 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

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

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

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 608-299-9590

Greendale Apartments (low income adults with physical disabilities) 321 13th Ave. So., Onalaska 608-784-1381

Hidden Glen Apartments (income limits) 100 Holmen Dr. So., Holmen 608-526-9026

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

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

The Gardens at Kristy (55+) 1065-1077 Kristy Lane, Onalaska 608-498-4498

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

Ponderosa Apartments (income limits) 1709 Viking Ave., 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. So., La Crosse 608-7874-2935

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

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

Schumann Apartments (chronic mental health and income limits) 617 Bennora Lee Court, La Crosse 608-782-4001

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 own 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., 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. So., La Crosse **608-406-3980

Bethany St. Joseph Corporation (55+ disability or 62+)

Laurel Manor 108 17th Ave. So., 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 and 2527 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) 2904 East Ave. So., La Crosse **608-668-6366**

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)

Brookdale La Crosse 3141 East Ave. So., La Crosse **608-403-4647**

Brookdale Onalaska 949 10th Ave. No., Onalaska **608-291-9980**

Traditions of La Crescent 333 So., 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 **608-486-4801**

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>

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. So., La Crosse **608-668-6366**

****Riverside Transitional Care:** 2575 7th St. So., 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:** 902 East Garland St., West Salem **608-786-1400**

Mulder Healthcare Facility: 713 North 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 Clinics Bronston Chiropractic 1202 County Rd PH, Onalaska **608-781-2225**

Planned Parenthood (formerly Options Clinic) 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. No., La Crosse **608-785-5753**

Neighborhood Family Clinic

1526 Rose St., La Crosse **608-781-9880**

N 5560 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. No., 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 -S2845 White Eagle Road, Baraboo **1-888-560-4616 x5506**

Mayo Clinic Health System

700 West Ave. So., La Crosse **608-785-0940**

1303 Main St., Holmen **608-526-3351**

191 Theater Rd., Onalaska **608-392-5001**

232 3rd Street No., La Crosse **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. South, La Crosse **608-785-0940**

Tomah VA Medical Center 500 East Veterans St., Tomah **1-800-372-3971**

REDUCED COST/FREE DENTAL

Affordable Dentures Eau Claire **715-502-2784**, Rochester **507-299-0658**

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

Scenic Bluffs Community Health Center

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

Wisconsin Dental Association, Inc. Donated Dental Services **1-866-812-9840**

MEDICAL EQUIPMENT/SUPPLIES

Access Transit Mobility Products – 226 Hood St La Crosse **608-782-1069**

American Cancer Society – 1285 Rudy Street, Suite 103, Onalaska **608-783-5009**

Apria Healthcare – 1316 N. Hastings Way Ste B, Eau Claire **715-834-7517 or 1-888-492-7742**

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

Dan’s Shoe Repair – 112 5th Avenue No., La Crosse **608-782-3775**

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

Hilton Medical Supply 500 3rd Street So., 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 Street, La Crosse **608-782-0014**

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

Mayo Clinic Store 700 West Avenue So. (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 of La Crosse 2109 South Ave., La Crosse **608-782-5070 or 1-866-241-0606**

Prosthetic Laboratories of La Crosse Onalaska Office 831 Critter Court, Suite 300, Onalaska **608-783-2009**

Limb Lab 1919 State Road, La Crosse **608-782-1855**

Veterans of Foreign Wars (VFW) Loan Closet Post 1530 , 630 6th St. So., La Crosse **608-785-1530**

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

PERSONAL EMERGENCY RESPONSE SYSTEMS

5 Star *GreatCall 1-866-829-4527 or at your local Walmart

Advance Security / Life Assist 1-888-860-8098

Alert 1 1-877-659-8379

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

Family First Medical Alert 1-877-9169

Guardian Alert 911 for Veterans Veteran’s Administration Medical Center, Tomah **1-800-872-8662**

LifeFone Medical Alerts System 1-844-253-7939

Mayo Clinic Health System - Lifeline Alert Service **608-392-9797** (La Crosse)

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. So., La Crosse, **608-392-9555**

La Crosse County Human Services-Integrated Support and Recovery Services 300 4th St. No., La Crosse **608-784-4357 (HELP)**

Scenic Bluffs Community Health Centers: 238 Front Street, Cashton, **608-654-5100**

VA River Valley Integrated Health Center-Mental Health Clinic 1525 Losey Boulevard, La Crosse **608-787-6411**

Vet Center 20 Copeland Avenue, La Crosse **608-782-4403**

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

MENTAL HEALTH / ADDICTION SERVICES (continued)

COMMUNITY BASED RESIDENTIAL FACILITY (CBRF)

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

ADDICTION TREATMENT CENTERS

AMS (Addiction Medical Solutions) of Wisconsin 9532 East 16 Frontage, Suite 100, Onalaska 608-783-0506

Gundersen Health System 608-775-7991

Mayo Clinic Health System Behavioral Health 608-392-9555

ADDICTION RELATED RESOURCES

Coulee Recovery Center (formerly Coulee Council on Addictions) 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. No., 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) 1806 State St., 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. No. 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

A Cab 608-781-6655

**Bee Cab 608-784-4233

Bullet Cab 2709 South Ave. La Crosse 608-519-3200

Coulee Region RSVP Volunteer Driver 608-785-0500

**Coulee Region Taxi 608-881-2050

**CTS Taxi 608-784-7700

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

La Crosse Municipal Transit Utility (MTU) 608-789-7350 MTU Mobility Plus 1-800-236-8438 option 1

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 60yrs + 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 or 608-775-1359

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

**MTM (Medical Transportation Management) 1-866-907-1493 Medicaid / Medical Assistance recipients only

**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

ADAPTIVE RECREATIONAL OPPORTUNITIES

Arts Buddies (Causeway Interfaith Volunteer Caregivers) 608-775-9999

Flying Horse Stable 608-317-1448 <http://www.flyinghorsestable.net/>

HorseSense for Special Riders 608-791-4868 www.hssr.org

NASA (North American Squirrel Association) 608-234-5988 www.nasasquirrel.org

Special Olympics, La Crosse Park & Recreation Department 608-789-7596 <http://www.cityoflacrosse.org/parks/specialrec>

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 or 608-519-5516 www.laxymca.org

The Aging & Disability Resource Center of La Crosse County

(608) 785-5700

Toll Free: (800) 500-3910

Internet: <http://www.lacrossecounty.org/adrc>

IN-

FORMATION & 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

(CRISIS)

24 – HOUR CONTACT INFORMATION

CALL

608-784-4357

(608-784-HELP)