

La Crosse Senior Life



August 2024

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

PRST STD
U.S. Postage PAID
Platteville, WI 53818
Permit No. 124

National Senior Citizens Day: Celebrating the Contributions of Older Adults

Every year on August 21st, we come together to celebrate National Senior Citizens Day, a special day dedicated to honoring the remarkable contributions and achievements of older adults. This day is not only a time for younger generations to express their gratitude but also an opportunity for older adults to reflect on their incredible journeys and the legacy they continue to build.

The History of National Senior Citizens Day

The story of National Senior Citizens Day began in 1988 when President Ronald Reagan recognized the need to honor and celebrate older adults in our society. On August 19, 1988, President Reagan signed Proclamation 5847, officially designating August 21st as National Senior Citizens Day.

In his proclamation, he highlighted the invaluable contributions of seniors to the strength, freedom, and welfare of the United States, urging Americans to observe the day with appropriate ceremonies and activities.

President Reagan's vision was clear: to acknowledge the profound impact that older adults have had on shaping the nation and to inspire others to appreciate and support the senior community.

Why National Senior Citizens Day Matters

For many older adults, National Senior Citizens Day is a heartfelt reminder of the important roles they have played and continue to play in their families, communities, and the broader society. It is a day to take pride in their accomplishments, from raising families and building careers to volunteering and serving as mentors and role models.

This special day also brings attention to the unique challenges that older adults face, such as ageism, health care needs, financial security, and social isolation. By highlighting these issues, National Senior Citizens Day encourages advocacy and action to improve the quality of life for older adults.

Ways to Celebrate and Enjoy!

Celebrate National Senior Citizens Day by spending time with loved ones, sharing your stories, engaging in fun activities, and staying active and healthy. Many communities organize special events, like our celebration at the South Side Neighborhood Center on Wednesday, August 21st (see right). Please consider joining us for some or all of our activities as a thank you for your invaluable contributions to our community. This day is for you—celebrate it with pride and joy!

You're invited to our

NATIONAL SENIOR CITIZENS DAY EVENT

Wednesday, August 21st

South Side Neighborhood Center (1300 6th St, La Crosse)

11:30 AM: COOKOUT with the La Crosse County Senior Nutrition Program
Must be at least 60 years of age, reservation required by calling 608-785-5700, \$4 suggested donation

12:30 PM: BINGO with the City of La Crosse Parks & Recreation
Registration required by calling 608-789-8298

1:30 PM: ICE CREAM SOCIAL & MUSIC by the Driftless River Band
Sponsored by the ADRC of La Crosse County

MENU
Cheeseburger
Potato Salad
Baked Beans
Fresh Fruit Cup

An illustration at the bottom of the event flyer shows five diverse older adults engaged in various activities: a man walking a dog, a man sitting in a wheelchair, a man talking on a phone, a woman using a laptop, and a man riding a bicycle.

By 2040, it is projected that adults aged 65 and older will make up approximately 23% of the state's population, compared to about 15% in 2015. This substantial increase reflects the aging trend across the state!

LEGAL SERVICES - LA CROSSE AREA

by LEGAL ACTION OF WISCONSIN

700 N 3rd St Suite 203 La Crosse

Phone: 855-947-2529

www.legalaction.org/contact-us/la-crosse-area-office

Serves low-income individuals and families. No legal fees for eligible individuals; clients may have to pay filing and/or court costs unless they are waived by the court.

Offers advice and representation in civil cases including:

- Housing
- Landlord/tenant
- Consumer problems
- Debt collection
- W-2
- Medical Assistance
- Medicare
- Food Stamps
- Social Security Income
- Unemployment compensation
- Energy assistance programs
- Foster care assistance



No walk-in services. You must apply for services online or call (855)947-2529.



Have Extra Time on Your Hand this Summer?

The Aging & Disability Resource Center is looking for help to deliver meals to our seniors.

- ◆ Days are flexible. Hours range from 10am-12pm, Monday thru Friday.
- ◆ Mileage reimbursements monthly.
- ◆ Help packaging meals also available at our various meal sites.
- ◆ Great way for students/ families to give back to their community.

Contact the ADRC at 608-785-5700 for more details.



Take a Break from the Heat!

Northside Pool, 816 Sill St
Veterans Memorial, 1910 Campbell Rd

Free Admission at the pools:
Sunday, August 25th- Customer
Appreciation Day, free admission

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.

As of May 13th, 2024 the Main Office hours of La Crosse MTU at 2000 Marco Dr will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens.

Bus Passes and Tokens are available for sale at:

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm

MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

Visit the website at www.mtm-inc.net/wisconsin



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only \$4.00 (cash) one way no matter how far you ride.

Operates Monday-Friday, no weekends or holidays.

Service Routes Cover: La Crosse, Coon Valley, Westby, Viroqua, Stoddard, DeSoto, Prairie Du Chien, West Salem, Sparta and Tomah.

Please call: 877-444-6543 or visit ww.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)

- | | |
|--|---|
| <input type="checkbox"/> ADRC General Support | <input type="checkbox"/> Elder Benefit Specialist |
| <input type="checkbox"/> Caregiver Support | <input type="checkbox"/> Health Promotion |
| <input type="checkbox"/> Congregate Dining | <input type="checkbox"/> Home-delivered Meals |
| <input type="checkbox"/> Dementia Support Services | <input type="checkbox"/> Senior Life Newsletter |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Transportation Services |

Please make checks payable and send to:

ADRC of La Crosse County, 300 4th St N, La Crosse, WI 54601

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To do so, you can complete the donation form above and mail to the address on the form, along with a check written to ADRC of La Crosse County, or to use a credit card, you can go to our website at www.lacrossecounty.org/adrc and click on the yellow "Donate" button toward the bottom of the page. Either way, thank you for your support!

La Crosse Senior Life Newspaper
Mailing List Request
Return to: Aging & Disability Resource Center
300 4th Street N. La Crosse, WI 54601

Name _____
Address _____
City _____
State _____ Zip _____

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



OASIS Dementia Respite Program
For individuals with mild to moderate symptoms associated with Alzheimer's, Dementia or brain related impairments.

Mondays 9am-11am and Thursdays 11am—3pm
First Free Church - Onalaska

Every Thursday is Discovery Day- come check it out, and see if it's a fit for you and your loved one. Must REGISTER before attending: **608-780-0471**

BRAIN & BODY FITNESS

July 23rd—September 5th
Tuesday and Thursday, 2:30pm
Concordia Ballroom, La Crosse



This class is designed specifically for people living with mild cognitive impairment or early-stage dementias to maintain current functioning and increase socialization.



CHAIR ONE FITNESS

July 23rd– September 5th
Monday and Wednesday, 10am
Concordia Ballroom, La Crosse

Chair One Fitness is a fun chair-based dance fitness program which incorporates activities of daily living into cool dance moves.

To register call 608-797-6295. info@starcenterlacrosse.org

Connect Smart Group

2nd & 4th Wednesday, 12:30pm-2pm
August 14 & 28

Black River Beach Neighborhood Center
Offering fun and engaging creative activities for persons living with dementia. Care partner support and education is offered in a separate room during each session.

Call the ADRC to register: **608-785-5700**

Free Brain Checks

August 12th - La Crosse Main Library
September 9th - Holmen Library Study
October 14th - Onalaska Library Study



BrainCheck

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning.

Call for your 20 minute appointment.
ADRC of La Crosse County 608-785-5700

Learn & Connect

Cognitive & Memory Loss Education

Designed for those with young onset memory loss or newly diagnosed in the early stages, classes to help connect you to resources and help navigate daily living.

Wednesday's September 4th-25th from 2pm-4pm

Gundersen East Building, 3rd Floor Neuro.
Call to register: ADRC at 608-785-5700

Are You on the Dementia Newsletter Mailing List?
"The Guided Light"

La Crosse County's Dementia Newsletter
To sign up email adrc@lacrossecounty.org



Coulee Region Giving Hearts Choir- Fridays 10am Rehearsals at North Presbyterian Church La Crosse. Creative support through your journey for people living with dementia and caregivers. No singing experience required. Call Ruth at 608-792-8608 for more information or if interested in joining our group.

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 4141 Mormon Coulee	For caregivers only. Contact Kathy 608-386-8908.
Parkinson's Disease Group 1st 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.
Frontotemporal Dementia Group	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
Conversations with Kathy 4th Tuesday monthly: 1pm-2:30pm Black River Beach Neighborhood Center	Informal sharing with those who are on a similar journey. For caregivers only. Contact Kathy at 608-386-8908.
Monday Coffee Connect - Virtual Weekly; Every Monday 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link: rkamrowski@lacrossecounty.org
Evening Conversations - Virtual Every Thursday 7:30pm-8:30pm	Led by dementia care specialists from WI. For link: Teresa.gander@vernoncounty.org
Caring for a relative/parent with dementia - Virtual 1st Monday monthly 7pm-8pm	For adults who provide caregiving responsibilities for their aging parents or family/friends of any stages of the disease. For link: scott.seeger@adrc-cw.org
Aging & Down Syndrome - Virtual 3rd Wednesday/month from 5pm-6pm	for people who provide care for aging individuals with Down syndrome. Hosted by DSAW & ALZ Assoc. For link: info@dsaw.org
Lewy Body Dementia- Virtual 2nd & 4th Wednesday/ 1:30pm-3:30pm	For caregivers of people with Lewy Body Dementias. For link: rgriesel@co.dodge.wi.us



CULTURAL PROGRAMMING
for PEOPLE WITH MEMORY LOSS

SPARK! Programs – free cultural programming for people living with early-to-mid memory loss and dementias with their care partners/families/friends! Designed to keep participants actively engaged in their communities by providing experiences that stimulate conversation, provide peer support, and inspire creativity!

Register for either SPARK!
Call the Aging and Disability Resource Center 608-785-5700

SPARK! On the Go!

Second Monday Monthly 1pm-2:30pm
Hosted by EndALZ Fest Foundation
August 12– Children's Museum
*Must pre-register

SPARK! At Clearwater Farm

Third Wednesday Monthly
10:30am-12pm at Clearwater Farm (760 Green Coulee Rd. Onalaska) Hosted by Clearwater Farm Volunteers

August 21

*Must pre-register

Veterans Services- Burial Benefits

Headstones and Markers

VA provides headstones and markers for the graves of veterans anywhere in the world and for eligible dependents of veterans buried in national veteran, state veteran, or military cemeteries. Flat bronze, flat granite, flat marble, upright granite and upright marble types are available to mark the grave in a style consistent with the place of burial. Niche markers also are available to mark columbaria used for the interment of cremated remains.

Headstones and markers are inscribed with the name of the deceased, the years of birth and death, and branch of service. Optional items that also may be inscribed at VA expense are; military grad, rank or rate, war service (example: "World War II") months and days of birth and death; an emblem reflecting one's religious beliefs; valor awards, and the Purple Heart. Additional items may be inscribed at private expense.

All markers to be placed in private cemeteries are ordered through the County Veteran Service Office. Markers to be placed in state veterans or military cemeteries are ordered through the respective cemetery officials.

Burial Allowance Benefits

VA will pay a burial allowance of up to \$2,000 if the veteran's death is service connected. VA also will pay the cost of transporting the remains of a service connected disabled veteran to the national cemetery nearest the home of the deceased that has available grave sites. In such cases, the person who bore the veteran's burial expenses may claim reimbursement from VA. VA will pay a \$300 burial and funeral expense allowance for veterans who at the time of death, were entitled to receive pension or compensation. Eligibility is also established when death occurs in a VA facility or a nursing home with which VA contracted. Additional costs of transportation of the remains may be reimbursed. There is no time limit for filing reimbursement claims of service connected deaths. In other deaths, claims must be filed within 2 years after permanent burial or cremation.

VA will pay up to \$700 for a plot allowance when the veteran is not buried in a cemetery that is under U.S. government jurisdiction if the veteran was entitled to receive pension or compensation, or if the veteran died while hospitalized by VA.

Burial Flags

VA provides an American flag to drape the casket of an Active Duty veteran, a person entitled to retired military pay and to a reservist who completed at least one enlistment in the Selected Reserve. After the funeral service, the flag may be given to the next of kin or a close associate.

VA also will issue a flag on behalf of a service member who was missing in action and later presumed dead. In La Crosse County, flags are issued to funeral homes through the County Veterans Service Office.

Burial In National Cemeteries

Burial benefits in a VA national Cemetery include the gravesite, opening and closing of the grave, and perpetual care. Many national cemeteries have columbaria for the interment of cremated remains or special gravesites for the burial of cremated remains.

Spouses and minor children of eligible veterans and of armed forces members also may be buried in a national cemetery. A surviving spouse of an eligible veteran who married a non-veteran, and who is again single at the time of death, is eligible for burial in a national cemetery.

Gravesites in national cemeteries cannot be reserved. Funeral directors or others making burial arrangements must apply at the time of death.

For more information and other services available for veterans please visit:

Veterans Services
 300 4th Street North La Crosse, WI 54601
 Phone: (608) 785-9719
 Email: laxveterans@lacrossecounty.org
 Office Hours: 8:00 AM - 4:30 PM Weekdays

What is Guardianship of an Adult?

Guardianship is a legal relationship created by a court when an individual is unable to make or communicate their own decisions regarding their personal welfare, their finances, or both. The court appoints a guardian to make certain decisions on behalf of the individual (the "ward").

Guardians may be appointed if the individual has not been able to do any advance planning via power of attorney documents, if the individual's agents are unavailable, or if the individual's agents don't have sufficient authority to act on their behalf.

Because Wisconsin guardianship law starts from the belief that every adult has the right to make their own decisions, guardianship does not mean that an individual loses all their decision-making rights. While guardianship of a minor may provide the guardian with the authority to make any decisions in the best interests of the minor, the same is not true for adults. Part of the court process to appoint a guardian is to determine what types of decisions should be transferred to the guardian, and to what extent. The individual under guardianship retains all rights that have not been transferred to the guardian.

When is Guardianship Needed?

Wisconsin splits guardianship of an adult into guardianship of the person (matters to do with health and safety, living and employment situations, etc.) and guardianship of the estate. An individual can have one or both. They may have the same guardian for both, or different guardians for each.

Wisconsin is not a "next of kin" or "family consent" state, which means that in most circumstances, if an individual is unable to make their own decisions, spouses and relatives don't automatically have the right to make decisions for them. These are a few instances in which friends and family can make decisions without having to get the court involved:

- Delegation of authority to others via previously completed power of attorney for healthcare and/or power of attorney for finances documents;
- Admission to hospice is needed and the individual does not have a power of attorney;
- Implied consent in emergency situations;
- Representative payees appointed to manage Social Security/SSI benefits.

Questions: Contact Wisconsin Guardianship Support 1-855-409-9410
 Source: gwaar.org

Community Outreach for Veterans Services

- Aug 1:** Holmen Community Center, 12:30pm-4pm
- Aug 6:** La Crosse Public Library, 1pm-4:30pm
- Aug 9:** Hillview Healthcare Center, 1pm-4pm
- Aug 14:** Onalaska American Legion, 1pm-4:30pm
- Aug 15:** West Salem Library, 1pm-4pm
- Aug 20:** La Crosse American Legion, 1pm-4pm
- Aug 22:** Holmen American Legion, 1pm-4pm
- Aug 26:** Onalaska Library, 1pm-4:30pm

Heroes Café

Fridays, 8am-10am

Festival Foods in the Village

Gathering veterans for free coffee, donuts & socialization



**Social Security Basics
 Applying for Disability**

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

September 16, 3:30pm-5pm at Holmen Area Community Center or VIRTUAL

Registration required by calling the Aging & Disability Resource Center at 608-785-5700.



The Home Energy Plus (HE+) HVAC program not only provides services for a non working or unsafe system for furnaces but now provides services to eligible homeowners when their **air conditioning** system stops operating or is operating in an unsafe manner. Home Energy Plus (HE+) HVAC assistance can include repairs, or in some situations, a total replacement of an inoperable system. Call 608 785 5582 for more information.

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; register.

Mah Jongg Club: Tuesdays, 12pm-3:30pm; \$2/session.

Knitting Group: Thursdays, 5pm-7pm; \$1/week.

Art Club: Thursdays, 12pm-3pm; register; \$2/session.

Health Matters-What is Comprehensive Medical Review?:

Thursday, Aug. 1, 10am-11am; register by 1 day prior. Free

Parkinson's Disease Support Group: Monday, Aug. 5, 5pm-6:30pm; register. Free

International Folk Dance: Wednesday, Aug. 7 & Saturday, Aug. 17, 7pm-9:30pm; \$2/session.

ConnectSmart: Wednesday, Aug. 14 & 28, 12:30pm-2pm. Free (CALL ADRC TO REGISTER: 608-785-5700)

Medicare 101: Wednesday, Aug. 21, 10am-11am OR 6pm-7pm; register by Friday prior. Free

Monthly Card Creations: Wednesday, Aug. 28, 12pm-7pm; register Friday prior; \$12/session.

South Side Neighborhood Center

1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am; register.

Moving with Moments-Senior Chair Exercise: Fridays, 1pm-1:45pm; register. Free

Recipe Rally-Vegetarian Options: Thursday, Aug. 1, 6pm-7pm; register by Monday prior. Free

Coping Skills: Friday, Aug. 2 & 16, 10am-11:30am; register, free

Pets, Poems, & Prose: Monday, Aug. 5, 1pm-2pm; register by Thursday prior. Free

Connect2Nature-Overview of Wisconsin Geology: Tuesday, August 6, 12:30pm-2pm; register by 1 day prior. Free

Wise Wednesdays: Wednesday, Aug. 7 & 21, 10:30am-12pm; free

Bingo: Wednesday, Aug. 7 & 21, 12:30pm-1:30pm; register, free

Before the After: Friday, August 9, 10am-12pm; register 1 day prior.

Shuffle Together (Cards): Friday, Aug. 9 & 23, 2pm-3:30pm; register. Free

Coping with Grief: Wednesday, Aug. 14, 10am-11:30am; register by 1 day prior. Free

What Seniors Should Know-Selling Their Home: Thursday, Aug. 15, 1pm-2pm; register by 1 week prior. Free

Connect2Nature-GROW Pollinator Project: Tuesday, August 20, 12:30pm-2pm; register by 1 day prior. Free

Great Rivers 211; Be Ready-Emergency/Disaster Preparedness:

Thursday, Aug. 22, 3:30pm-4:30pm; register by 1 day prior. Free

Travel Tales-Unveiling Secrets/Hidden Travel Tricks & Tips:

Tuesday, Aug. 27, 12:30pm-2pm; register by 1 day prior. Free

Senior Meal Site Open: Lunch served at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals are also offered from this site; when you call the ADRC at 785-5700.



600 N Holmen Dr.

608-399-1870 www.holmenc.org

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

Indoor Walking: Monday - Friday: 7am-10am (Summer hours)

Mindful Yoga: Tuesdays & Thursdays, 8:45am

StrongBodies Virtual Strength Training: Mondays & Wednesdays, 9am

Chair Yoga: Mondays, 9:15am

Walking in Place for Fitness: Tuesdays & Thursdays, 10am

Gentle Yoga: Friday, July 5 & 19, 7:30am

Beginner Line Dancing Classes: Mondays, 1pm-2pm

Bingo: Wednesdays & Fridays, 12:30pm

Euchre & Cribbage Tournament: 1st & 3rd Tuesdays, 6pm

Mah Jongg Club: Mondays, 1pm

Good Morning Holmen! Friday, August 16, 9am-10am

Holmen Area Historical Society Program: Monday, August 5, 6 pm

Community Crafts with Pam & Jackie: Tuesday, August 6, 1pm (Craft Project: Mason Jars) *registration required

Diamond Art: Wednesdays, 9am

Crafternoon Social – Knit & Crochet: August 1 & 15, 1pm-3pm

I Heart Art: Mondays, 9am

Family Watercolor Class: Saturday, August 17, 10am *For adults, teens, and kids 7+ Instructor: Lori Ehlke

Wafer Mobile Pantry: 4th Tuesday each month, 12:30pm-1:30pm

Hearing Evaluations: 1st Tuesday each month, 9:30am-11:30am

Hearing Instrument Checks: 3rd Tuesday of month, 9:30am-11:30am

Medicare 101: Wednesday, August 21, 2pm

SimpleSteps Tech Help with Kathy Helgerson: August 12 & 26, 10am-11:30am

SimpleSteps on Facebook with Kathy Helgerson: Tuesday, August 13, 2pm-3:30pm

Music with Allison Sky: Tuesday, August 6, 11am-12pm

Music with Greg Grokowsky: Tuesday, August 13, 11am-12pm

Veterans Services Hours: Thursday, August 1, 12:30pm-4pm

AA Meetings: Thursdays, 6pm-7pm

Build a Mini Terrarium: Monday, August 12, 1pm-3pm (Cost for class, registration required)

Cooking For One Is Fun! Wednesday, August 28, 3pm-4:30pm (Cost for class, registration required)

Mind Over Matter Sessions: Tuesday, August 27, September 10 & 24 12:30pm-2:30pm (registration required)

Learn about Grandpad: Thursday, August 8, 12:30pm

Beat the Heat Without A/C!

1. Open your windows at night.
2. Close your window coverings during the day.
3. Insulate your home. This works for cold and hot days.
4. Bake and wash at night.
5. Fire up the grill instead of the oven.
6. Install an awning, porch or shade tree by your west windows.
7. Use fans to keep air circulating. Remember to turn on exhaust fans in the kitchen and bath also. Put a bowl of ice in front of a fan.
8. Set ceiling fans to rotate counter clockwise during the summer.
9. Run a dehumidifier to take the humidity out of the room.
10. Shut doors to stop hot air from generating in from other rooms.



HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Email: harryjolson@gmail.com

Monday:	9:30am	Chair Yoga/Tai Chi Class
	9:30am	Defense Bridge
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
Thursday:	9am	Strong Seniors –call to register
	10:30am	Chat Bridge – call to register
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga/Tai Chi Class
	10:45am	VIP Coffee Connection – 1st Friday/mo.
Open daily from 9:00am-12:30pm for exercise & socializing.		

Onalaska Park & Rec Dept

415 Main St.

Onalaska / 608-781-9560

cityofonalaska.com/parkrec

Pickleball Courts– located at 2011 Craig Lane W. Borrow equipment from the Park & Rec office today!

Senior Nutrition Program– Mon-Fri at 11:30am at the Community Center. Call 608-317-9870 to reserve a meal.

Great River Sound at Dash-Park– every Tuesday at 6:30pm

National Night Out– Aug 6, 5pm-8pm, Onalaska Community Center, Quincy St.

ONALASKA OMNI CENTER EVENTS

255 Riders Club Rd.

608-781-9566

Mah Jongg: Wednesday's 1pm - 4pm

Bridge: Monday's 1pm-4pm, Call Rita 608-780-7810

Brews & Tunes: Aug 9, 5pm-8pm. Music, food, games, and family fun

BBB Bingo: Wednesday's 6pm, vendors, food

Pet Expo– Aug 17, 11am-3pm

still Available! Get Yours Today!

SENIOR FARMER'S MARKET VOUCHERS

The Senior Farmer's Market Nutrition Program, coordinated locally by the Aging & Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with \$45.00 vouchers to purchase fresh grown fruits & vegetables from local participating Farmers Markets.

This year, vouchers will be distributed at the ADRC office or individuals may call the ADRC at 608-785-5700 to request a form to be mailed.

Eligible participants must live in La Crosse County, be 60 years of age or older (native Americans, 55 years of age or older) and at or below a monthly income of \$2,321.75 if single or \$3,151.16 for couples.

Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf. **ONLY ONE SET OF VOUCHER (\$45) PER PERSON.**



Cameron Park, La Crosse
Fridays 4pm-dusk

Holmen American Legion Lot
Wednesdays 3pm-6:30pm

Onalaska Festival Foods
Sundays 8am-1pm

West Salem, Jefferson & Mill St.
Wednesdays 3pm-6:30pm

Hmoob Cultural & Community Center 1815 Ward Ave
Thursdays 8am-3pm

La Crescent Vets Park Parking Lot
Tuesdays 4pm-7pm

Galesville, On the Square
Saturdays 8am-12pm

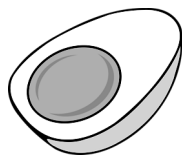
Sparta's Farmers Market
Saturdays, 8am-1pm
120 N Water St.

Best Way to Make Hard-Boiled Eggs

For anyone that may not know, the best way to make hard-boiled eggs is in the oven!

1. Place the eggs in a muffin tray to prevent them from moving around.
2. Preheat the oven to 325 degrees Fahrenheit.
3. Pop the tray in the oven for about 25-30 minutes.
4. Remove the eggs from the oven. Let cool.

Not only are the eggs tastier, but they also are much easier to peel!



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

Clients may either receive a food package at the WAFER in-house pantry or at the Mobile Food Pantry, not both. Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at wafermobile@waferlacrosse.org or 782-6003. 1603 George St. La Crosse
Drive thru pick up available Wednesday & Thursdays 10am-12pm



3rd Wednesday of the month
August 21
4:30pm—6pm
Journey Lutheran Church
2703 Sand Lake Rd. Onalaska

Everyone is welcome to attend! You will receive an abundance of grocery items. No income or residency requirements. **\$25 Cash Donation is required.** www.rubyspantry.org

HARVESTING AT THE KANE STREET GARDEN

Every Monday, Thursday, and Saturday during the harvest season volunteers assist with harvesting vegetables for distribution. Come to the garden on harvest days during the hours listed below, register as a volunteer, and wait for instruction from staff member.

Harvest Hours:


- Monday 3:00pm- 4:30pm-Distribution 4:30pm-6:00pm.
- Thursday 3:00pm- 4:30pm-Distribution 4:30pm-6:00pm.
- Saturday 10:00am- 11:30am-Distribution 11:30am-1:00pm.

After harvesting, distribution to individuals is determined by order of sign-up, but anyone coming to the garden will receive produce.

(608) 386-3319 <https://lacrossehtf.org>

FREE COMMUNITY DINNERS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Menu subject to change			Egg salad sandwich 1 Vegetable soup/ crackers 3 bean salad Fresh fruit, Cookie	Beef stroganoff 2 Buttered noodles Baby carrots Applesauce, Orange juice
Sloppy Joes/ bun 5 Sweet potato wedges Corn Tropical fruit salad	Turkey & gravy 6 Mashed potatoes Green bean bake Marble cake, Cranberries	1/4 BBQ Chicken 7 Au gratin potatoes Hubbard squash Carrot cake	Brat on a bun 8 German potato salad Baked beans Chocolate cake	Lasagna 9 Romaine salad Fresh fruit Garlic breadstick, Grape juice
BBQ Ribette 12 Steamed baby reds Peas & carrots Watermelon	Goulash w/ beans 13 Country style vegetables Pumpkin pie Rye bread	Pulled pork sandwich 14 Rosemary potatoes Calico beans Pumpkin bars	Chicken craisin salad 15 On romaine lettuce Pineapple orange salad Muffin, Ice cream	Meatloaf 16 Baked sweet potato Buttered peas Strawberry shortcake
Fish sandwich on bun 19 Potato wedges Carrots Rosy applesauce	Broccoli cheese soup 20 Chicken salad sandwich Oriental coleslaw Fruit cup, Crackers	Cheeseburger on bun 21 Potato salad Baked beans Fresh fruit cup	Chicken & gravy 22 Over biscuits Mixed vegetables Fruited jello, Cookie	Pepper steak w/ tomatoes 23 Dairy potato bake California blend vegetables Choc pudding, Marble bread
Meatballs 26 Mashed potatoes Creamed corn Pumpkin bar	Chef salad 27 Watermelon Corn muffin Fruit pie	Salisbury steak 28 Mashed potatoes, gravy Cauliflower & broccoli Blueberry crisp	Spaghetti 29 Spinach salad Pears Black bean brownie Garlic breadstick	Chicken alfredo 30 California blend vegetables Grapes Fruit fluff Garlic breadstick

Roasted Beets & Balsamic Glaze

2 pounds red beets, medium-sized, scrubbed clean, tops removed
2 teaspoons extra virgin olive oil
1/2 cup balsamic vinegar
2 teaspoons sugar
1 teaspoon grated orange zest
Freshly ground black pepper and salt
Preheat oven to 400°F: Line a sheet pan with aluminum foil.



Place the beets in the pan. Rub olive oil over the beets, and sprinkle with salt. Cover the beets with another sheet of aluminum foil. Roast for 1 to 2 hours, depending on the size of the beets and how old they are. After 1 hour, test every fifteen minutes by poking a beet with a fork. Once the fork tines go in easily, the beets are tender and cooked. Remove from the oven.

While the beets are cooling, prepare the balsamic glaze. In a small, shallow sauté pan, add the balsamic vinegar and sugar. Heat on high until the vinegar has reduced to a syrup consistency. Remove from heat.

After the beets have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the beets into quarters or more bite-sized pieces.

Place beets in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest, and add salt and pepper to taste.

Kitchen Tips: How to Jazz Up Fresh Garden Green Beans



Toss blanched beans with olive oil, lemon juice and zest, garlic, and salt to pep up their flavor. Or dress them up more with toasted almonds or pine nuts, grated parmesan cheese, red pepper flakes, or herbs like basil, parsley, or thyme.

Store Tomatoes with Stem Up or Down?



Unripe tomatoes are still green and should be stored stem side down in a cardboard box or brown paper bag.

This will encourage ripening. Ripe tomatoes should be kept stem side up, at room temperature and away from sunlight. Do not store uncut tomatoes in the refrigerator. Eat them within a few days for best taste.

MANY WAYS TO COOK CORN ON THE COB

OVEN BAKED: Preheat oven to 450 degrees. You can either leave husk on corn or remove husk. If removing husk, butter corn and wrap in foil. Place corn on a cookie sheet and roast for 20 to 25 minutes.

MICROWAVE IN HUSK: Place the corn in the microwave, do not remove the husk. Microwave the corn on the high setting for 4 minutes. Note that every microwave is different. If this timing over-cooks the corn in your microwave, reduce it to 2 to 3 minutes the next time.

MICROWAVE WITHOUT HUSK: Wrap shucked ears of corn in moist paper towels, so that they are entirely wrapped. Place 1 or 2 ears in your microwave at a time and cook for 3 minutes.

Using a pot holder, remove the hot ears of corn. Add butter, salt, and pepper.

BOILING: Fill a large pot with water until it's about halfway full, then bring it to a boil over medium-high heat. Once the water is boiling, seasoning generously with salt. This is very important, as it will season the corn and bring out its natural sweetness. Add the corn to the boiling water. Do not overcrowd ears. Boil the corn until the kernels turn bright yellow and are crisp tender, 4 to 5 minutes.

Carefully remove with tongs to a serving platter.

GRILLING: Preheat your grill to 325 to 350 degrees Fahrenheit at least 15 minutes before adding the corn. You can grill corn husked or unhusked. If you remove husk, butter corn and wrap in foil. Place corn on the grill for 15 minutes. To ensure even grilling, turn the corn halfway through. After grilling corn with the husk on, unwrap the husk once cool to touch and add butter or oil and seasoning. As for corn grilled in aluminum foil, add more seasoning to taste.

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 ADRG 608-785-5700, to arrange a ride.



Do you qualify for the Home Delivered Meal Program through the ADRG 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 meet all criteria:

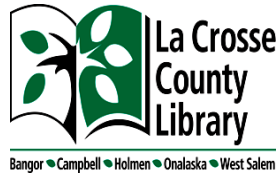
- Be 60 years of age or the spouse of that person
- Be homebound--you don't get out under normal circumstances
- Be unable to prepare your own meals or get groceries
- Be home when your meal is delivered & within our delivery area

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

ADRG NUTRITION OFFICE PHONE IS 608-785-5775

MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN DISTRIBUTION		HOME DELIVERED	792-4487
SOUTHSIDE NEIGHBORHOOD CENTER	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR., HOLMEN	317-8104
ONALASKA	11:30AM	515 QUINCY ST., ONALASKA	317-9870
WEST SALEM		HOME DELIVERED	785-5775

La Crosse Main Library
 800 Main Street | 608-789-7100
programteam@lacrosselibrary.org



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

Knit & Needle: August 7, 5pm-6:30pm
Courtyard Concert: August 18, 1:30pm, Cassie Davis
Chair Yoga: Thursdays, 10am-10:45am. Drop-ins welcome
Courtyard Chapters: August 10, 10am & August 14, 1pm
Friends Monday Booksale: Mondays, 9am-12pm
History Club Meeting: August 28, 5:30pm
Tech Support: August 21, 11am-12pm, Tablets on Tablets
Veterans Services: August 6, 1pm-4:30pm
Partisan Primary Election: August 13
Mushroom Identification Walk: August 24, 9:30am, register
Islands of Brilliance: Thursdays, 4:30pm
BYOB: August 29, 6pm
Holiday Closure: August 31– Sept 2 for Labor Day

Community Health Priorities Have Been Set!

The health department completes a community health assessment (CHA) every three years to find our health priorities. The CHA was completed with help from residents, partners, and health department staff. The team gathered information to tell the story of our community's health. We held community conversations this spring to share progress on the assessment. Together, we determined the health priorities to focus on in the next three years. Our priorities for 2025-2027 are:

- Behavioral Health – includes mental health, substance use prevention, and suicide prevention
- Healthy Environment – includes safe housing, food access and nutrition, and active transportation
- Access to Care – includes access to health services and dental health

If you're interested in learning more, our Community Health Assessment report is found on our website at <https://www.lacrossecounty.org/health/data-and-publications/cha-chip>. The report includes details on the process, the story of health in La Crosse County, and our core data set. We look forward to our next steps of creating positive community-wide change that enhances health for all!

Summer Book Bingo runs June 17 – August 10. Pick up a Bingo card or play on Beanstack to win prizes.
Campbell Yoga on the Library Lawn at 6:15am on August 7, 14, and 21. Registration required.
Campbell Book Club meets the second Tuesday of the month at 6pm.
Onalaska Book Club meets the third Thursday of the month at 1:15pm.
Onalaska Senior Moments on select Wednesdays at 10am:
 August 14: Bikers Against Child Abuse
 August 21: Honor in the Air Documentary
 August 28: Bizarre History of Wisconsin with Chad Lewis
Onalaska Summer Outdoor Book Sale on August 15 from 10am to 6:30pm.
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.



OUR MISSION: Through the effective reuse of donated items, **theExchange** collaborates with local organizations to provide home essentials for community members in need.
DONATE GOODS: We accept basic furniture and home goods in excellent condition. We do not accept excessively large, heavy furniture or decorative items. See our website for a complete list of what is acceptable. Contact us in advance of large item drop off or if you need help with large item transport. We suggest a minimum donation of \$25-\$50 for this service. Website: theexchangelacrosse.org or phone 608-301-5345.

NARVRE

National Associates of Retired and Veteran Railroad Employees, Unit 047, at the Onalaska American Legion on August 13 at 10 AM- Rob Walensky, Sheriff Dept. Contact Patty Burr at 608-781-6032.

Blood Drives for AUGUST



- 8/2– Trinity Lutheran Church La Crosse, 9am-1:30pm
- 8/6– West Salem High School, 10:30am-3:30pm
- 8/7– La Crosse State Office Building, 11am-3pm
- 8/7 & 8/8– La Crosse County Health & Human Services, 9:30am-2:30pm
- 8/8– Church of Jesus Christ of Latterday Saints Onalaska, 1pm-6pm
- 8/8– Hokah Fire Dept, 12pm-6pm
- 8/12– St Pauls Lutheran Church Onalaska, 12:30pm-5:30pm
- 8/13– Chaseburg Village Hall, 11am-4pm
- 8/15– Moose Lodge, 9am-2pm
- 8/16– Valley View Mall, 11am-4pm
- 8/16– First Free Church Onalaska, 12:30pm-5:30pm
- 8/21– YMCA La Crosse, 9am-1pm
- 8/22– St Joseph Workman Cathedral, 11am-4pm
- 8/22– Shepherd of the Hills Lutheran Church Onalaska, 1pm-6pm
- 8/26– Onalaska American Legion, 9am-1pm

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



August 6th
 5pm-8pm

Visit your local community center or park for a night of free family fun.

Gardens & Gazing on St Josephs Ridge

August 17, 5:30 pm–9:00 pm
FSPA on St. Joseph Ridge, W2658 WI-33, La Crosse
 Enjoy a garden tour, a hike, children's activities, and a guide who will enlighten you about the wonders of the night sky. Bring lawn chairs, binoculars, and snacks to enjoy while relaxing on the grounds before stargazing begins. **ADVANCE REGISTRATION IS REQUIRED.** Contact Karen Solverson at karen@mississippivalleyconservancy.org or call 608-784-3606 ext. 8.

Games in the Garden At the Hixon House

Sunday, July 28th
 1:00pm–4:00pm
 429 7th St N. La Crosse

Join the La Crosse County Historical Society for Victorian games, tours and FREE ice cream from Ranison's.



Gundersen Medical Foundation, our mission is simple. We walk today so that future generations won't have to.
September 14
Riverside Park
 7am-12:30pm- Vendors
 9am– Official walk
steppinoutinpink.donordrive.com

HEAT AND MEDICATIONS**Medications and heat interact in three primary ways:**

- Some medications interfere with thermoregulation and/or fluid balance, amplifying the risk of harm from hot weather (e.g., diuretics, some antipsychotic medications, some antidepressants, some antihypertensive agents).
- Heat can degrade or damage some medications, and patients can be counseled on how to best store their medications when temperatures are high (e.g., inhalers, EpiPens, insulin).
- Some medications can increase skin sensitivity from sun exposure, and counseling on skin protection can help protect patients (e.g., some antifungals, some antibiotics).

What Clinicians Can Do:

Medication regimens can be reviewed with your patients, with consideration to their risk profiles related to heat. A plan can be made in advance of hot weather to adjust medication regimens as needed on hot days and for when to seek medical care. Patients can be reminded to avoid abruptly stopping any medications without having a plan in place.

Plans can include the following:

1. Potential adjustments to medication doses or frequency based on an assessment of medication interactions with heat, with particular attention to medications most likely to interact with heat. This is especially important for patients, including older patients, who take multiple medications that may amplify risk of harm from heat via different mechanisms.
2. Potential adjustment to fluid restrictions on hot days, especially for patients who take medications that may lead to dehydration or affect electrolytes.
3. Identification by your patient of a point of contact to check on them if they take medications that may increase the risk of harm from heat, especially for older patients and patients with altered cognition.
4. A clear list of symptoms that may indicate drug interactions with heat, symptoms that constitute an emergency, and a clear plan for when a patient should seek care.

Medication-Heat Interactions:

Some commonly prescribed medications that increase risk from heat include diuretics, anticholinergic agents, and psychotropic medications. Certain combinations of medications, such as the combined use of angiotensin converting enzyme (ACE) inhibitor or an angiotensin II receptor blocker (ARB) with a diuretic, may significantly increase risk of harm from heat exposure. Angiotensin Receptor-Nepriylsin Inhibitors (ARNIs) may carry the same additive risk. For children and adolescents, medications to be aware of include non-selective antihistamines (e.g., diphenhydramine), stimulants like methylphenidate for attention-deficit/hyperactivity disorder (ADHD), SSRIs and tricyclics, and diuretics.

Medications can contribute to heat sensitivity in the following ways:

- Reduced thirst sensation (e.g., diuretics, ACE inhibitors, ARBS).
- Interference with central thermoregulation (e.g., antipsychotics, anticholinergics, stimulants).
- Impaired sweating and therefore impaired cooling (increased with Selective Serotonin Reuptake Inhibitors (SSRIs), Serotonin and Norepinephrine Reuptake Inhibitors (SNRIs), decreased with Tricyclic Antidepressants (TCAs), typical and atypical antipsychotics, anticholinergic agents).
- Volume depletion, hypotension, and/or reduced cardiac output with increased risk of fainting and falls, and potentially reduced renal blood flow and renal injury from nephrotoxic drugs, as can happen with non-steroidal anti-inflammatory drugs (NSAIDs) (e.g., diuretics, beta blockers, TCAs, laxatives).
- Reduced blood vessel dilation and impaired ability to dissipate heat (e.g., aspirin, beta-blockers, and clopidogrel).
- Drug toxicity from reduced clearance of medications in people who are dehydrated, especially for medications with a narrow therapeutic index (e.g., apixaban, carbamazepine, and lithium).
- Electrolyte imbalance (e.g., diuretics, beta blockers, calcium channel blockers, antacids, laxatives, lithium, and trimethoprim-sulfamethoxazole).
- Sedation or cognitive impairment with increased risk of falls and reduced thirst sensation (e.g., opiates, benzodiazepines, typical and atypical antipsychotic medications, antidepressants, anticonvulsants).

In addition, heat exposure may damage medication delivery devices and may degrade medications. Inhalers, for example, can burst in hot environments. EpiPens may malfunction or deliver less epinephrine when exposed to heat. Insulin, which should be stored in a refrigerator, may become less effective if left in the heat.

Some medications can increase the sensitivity of the skin to the sun. Antifungal medications like flucytosine, griseofulvin, and voriconazole and antibiotics like metronidazole, tetracyclines and fluoroquinolones can increase sun sensitivity and lead to a sunburn-like rash. For patients on these medications, sun avoidance, protective clothing and hats, and broad-spectrum sunscreen that filters out UVA and UVB rays, with an SPF of 30 or higher, are recommended.

Source: cdc.gov

Coffee Connect for Visually Impaired Persons (VIP)

Open to people with visual impairments and their caregivers. **Meets 1st Friday of the month, 10:30am—12pm**, Onalaska American Legion 731 Sand Lake Rd. Zoom option available. Contact Jeannie Nylander Phone: 608-781-3361 Email: mjnylander61@charter.net



AARP FRIENDLY VOICE-CONNECTING PEOPLE TO PEOPLE

We may be isolated, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times. Trained AARP Friendly Voice volunteers will provide a call to say hello. **Request a call: 1-888-281-0145**

Coffee & Conversation— August 14 at 8am.
JavaVino 2311 State Rd. La Crosse.

Social Walk Around— August 13 at 5pm.
Chad Erickson Memorial Park.

Diabetes Support Group

August 20th, 5:30pm-6:30pm

The Healthy Living Center
YMCA 1140 Main St. La Crosse
Free: Register online at
gundersenhealth.org/living-well
For questions call 608-775-6870

Foot & Nail Clinic

2nd & 4th Wednesdays / month
Appointments from 9am-11am.

Harry J Olson Center 1607 North St. La Crosse

Please call HJO at 608-781-2122.

This service is provided by licensed podiatric professionals.

This clinic is for 55+ Seniors!



If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience

urine or bowel leakage sometimes!

The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Mind Over Matter: Healthy Bowels, Healthy Bladder is a 3-session workshop for senior women that include information, group activities, and simple exercises to do at home. Donations accepted.

Join us at The Holmen Area Community Center
August 27; 12:30pm-2:30pm
September 10; 12:30pm-2:30pm
September 24; 12:30pm-2:30pm

To sign up, call the Aging and Disability Resource Center of La Crosse County at 608-785-5700.

wiha
Wisconsin Institute for Healthy Aging

Beware of the summer heat. Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the clinic to find out if you need treatment.

All Aboard Family Caregivers!

We are taking you on a riverboat tour of the mighty Mississippi River. Join us for an afternoon of sightseeing and relaxation aboard the La Crosse Queen. Enjoy free pizza and refreshments. All expenses paid for family caregivers. The person you are caring for is also welcome to join at no cost (limit of 2 per caregiver).



Saturday, Sept 14th
1:30pm-3:00pm
 **Must arrive by 1:10pm
 for boarding.
 Park at "River Cruise Parking
 Area" on the north end of
 Riverside Park.

If you are not sure whether you are a family caregiver or if you have any barriers to attending, please let us know so we can try to help.
 Sign up now! Call the ADRC of La Crosse County at 608-785-5700 or email adrc@lacrossecounty.org

CAREGIVER EDUCATION SERIES
 The ADRC of La Crosse County and the Caregiver Coalition of La Crosse County are excited to announce a free Caregiver Education Series.

Each month there will be a different topic

August 20th

Time: 1pm—2:30pm

How to Hire Caregivers for your Home
 Hazel Brown Leicht Memorial Library
 201 Neshonoc Rd. West Salem, WI 54669

Register by calling the ADRC of La Crosse County 608-785-5700 or 1-800-500-3910

kmeyer@lacrossecounty.org

**SAVE
THE
DATE**

10.26.24

10AM - 4PM

**CARING
BETTER
BRAVER**

*A day of self-care
& learning for
family caregivers*

**REGISTER
STARTING
AUG 15**

Featuring Kari Berit
 Speaker. Author. Caregiving Expert.

\$20 includes lunch
 at the Holmen Area Community Center

Brought to you by:

**Kinship4Caregivers Program**

Unique opportunities that welcome current and former caregivers for a variety of gatherings throughout each month.

August 15, 1:30pm

Self Preservation While Caring

First Lutheran Church

410 Main St. Onalaska

Please Register: Call the ADRC at 608-785-5700

Family Meeting #2 Creating a Communication Plan for Caregiving Families

Last month we talked about the importance of inviting family members to be part of the support network. Once they have committed, you will need a communication plan. Every family's plan will look different depending on the number of members and the information you choose to share. It is tempting as the next step to discuss everything from planning to immediate needs to assigning responsibilities. My suggestion, before diving into the details of the caregiving situation, is to create a communication plan that will serve your family for the duration of the caregiving process.

Why develop a communication plan?

- To ensure that all family members are kept informed of changes impacting the health and wellbeing of the care partners/care recipient.
- To enable family members to update others on changes in availability, resources identified, research, and any information of interest to family members.
- To ensure all family members are notified in case of an emergency.
- To promote collaboration and affirm the family members' importance in the caregiving journey.

Steps to developing a family communication plan:

1. Set Expectations: With buy-in from all family members, decide what will and won't be communicated. You may choose important information only, as opposed to day-to-day updates. For example: Communicate significant changes in health status of the care receiver,
2. Segment audiences: Immediate family members may receive specific health status updates regularly. Friends and extended family members may receive general updates once or twice a year. Perhaps local family members would be the only ones contacted for help with schedule changes. Financial questions might be directed only to the family member who is designated to advise on finances. Every situation is different and it's important not to overwhelm the family or network with unnecessary information.
3. Decide on communication preferences: there are many options to simplify communication. Will you use texting, e-mail, communication apps like GroupMe, Family Wall, or Caring Bridge? Determining the type of communication used will depend upon ease of use for the person in charge of communication, as well as family members' comfort level with technology.
4. Choose a communication director: It may be the caregiver, or another person designated to manage family/network communication.

Regular communications to family or network members will reduce the chances of misunderstandings, misinterpretations, and potential disagreements. It promotes involvement in accordance with the wishes of the care partners. It is the roadmap that enables families to make the caregiving journey together.

by Mary Berk, LCSW Certified Mediator Family Mediation & Conflict Coaching, Lifespan of Greater Rochester, Inc.

VA Caregiver Support Program

The Program of General Caregiver Support Services (PGCSS) offers skills training, mobile support, one-on-one coaching, group support, self-care training & education.

The Program of Comprehensive Assistance for Family Caregivers (PCAFC) offers a financial stipend, health insurance (if eligible), beneficiary travel skills training, & supports.

- You must be a caregiver for a Vet in the VA healthcare.
- Contact the Caregiver Support Line 1-855-260-3274 or visit <https://www.caregiver.va.gov/>

**Listening Together
Grief Support Group**
**5:30pm-6:30pm on the second
Monday of the month**

Franciscan Spiritual Center
 920 Market St. La Crosse
 No registration is necessary.
 608-791-5295



**La Crosse Parks & Rec
Senior Excursions**

For ages 50+
Call 608-789-8640 to register.

- August 20:** Sneaky Pete's Wild West Dinner Show
- August 25:** Ring Around the Moon – American Players Theatre
- September 6:** Villa Louis Carriage Classic, Fort Crawford, & Brisbois House
- September 11:** Gays Mills Apple Capital of Wisconsin
- September 24:** Minnesota Landscape Arboretum
- September 26:** Winona Boat Cruise and Pizza Farm
- October 2:** Celebration Belle Cruise – Prairie Du Chien
- October 8:** International Crane Foundation
- October 13:** Ain't Too Proud at the Ordway
- October 17:** The Drifters, Sheldon Theatre



AUGUST 23-25
RIVERSIDE PARK
FAMILY FRIENDLY, 3 STAGES FOR MUSIC & DANCE, FOOD TRUCKS
WWW.GREATRIVERFOLKFEST.ORG

19TH ANNUAL
Irishfest
la crosse

AUG. 9-11, 2024
SOUTHSIDE FEST GROUNDS
LA CROSSE, W

Fantastic Live Irish/Celtic Music
Harp Stage • Cultural Tent
Wee Folks Area • Highland Games
Genealogy Tent • And Much More



**Kathy Buckley: A Night of
Comedy & Inspiration**

August 17, 7pm

Viterbo Fine Arts Center
929 Jackson St. La Crosse

Comedian, actress, and motivational speaker. 796-3100

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

- Yoga** – Tues, Weds, Thurs
- Board Game Night**- Aug 9th, 6pm-9pm
- Concert on the Lawn**-Aug 24, 6pm. *Big Liquor*
- Silent Movie**– Aug 30th, *Metropolis*
- Coulee Classic Barbershop**– Sept 7, 7pm
- Main Event, Ryan Howe & TUGG**- Sept 21, 11am-4pm



Norskedalen
Nature & Heritage Center
N455 Ophus Rd. Coon Valley
(608) 452-3424

Music in the Valley

July 31, August 7 & August 14
5:30pm-7:30pm.
Food available or carry in.
Free family event.

WEBER CENTER
FOR THE PERFORMING ARTS

Take Me Home:
Music of John Denver
August 10, 3pm



Church & State
Sept 20 & 21

www.webercenterarts.org

SUMMER CONCERTS

Mississippi Melodies

Pettibone Park, La Crosse
Tuesdays, now-August 27
12pm-1pm. Come early & eat lunch at food truck.



Moon Tunes

Riverside Park, La Crosse
Most Thursdays, 5:30pm-8pm
www.moontuneslacrosse.com

La Crosse Concert Band

Riverside Park La Crosse
Wednesday, July 31st, 7pm



Great River Sound

Dash Park Onalaska
Tuesday at 6:30pm,
Free concert. Check out the concert schedule at
www.greatriversound.com

Concerts in the Park

Halfway Creek Bandshell, Holmen
Sundays at 5pm
www.holmenwi.com/concertsinthepark



Concerts in the Park

Evan Bosshard Park Sparta
Wednesdays, 7pm
Free music, Food truck, Fun for the family

JAZZ IN THE PARK

Riverside Park, La Crosse
July 28 & August 4, 7pm



**Viterbo University
Fine Arts Center**

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

- August 24**– Treasure Island (Missoula Childrens Theatre)
- Sept 13**– Paula Poundstone at the Weber Center
- Sept 14**– Gavin Degraw
- Sept 21**– All Things Equal: The Life & Trials of Ruth Bader Ginsburg at the Weber Center
- Sept 27**– Atsuko Okatsuka: Full Grown Tour

Concordia Ballroom

1129 La Crosse St. La Crosse
608-782-7049

www.concordiaballroom.com
Dances every Sunday, 1pm-4pm



Shore Stops at Riverside Park

- August 4:** American Melody, 8am-11pm
- August 8:** American Serenade, 8am-11pm
- August 13-14:** Viking Mississippi overnight
- August 19:** Viking Mississippi, 8am-5pm
- August 22:** American Serenade, 8am-11pm
- August 29:** Viking Mississippi, 9:30am-5pm
- September 2:** Viking Mississippi, 8am-5pm
- September 5:** American Melody, 8am-11pm
- September 12:** American Viking, 9:30am-5pm



* dates are subject to change

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



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



Blast from the past...

1940's La Crosse Voiture 40-8 train in front of Heileman's offices


WHAT'S GOING ON IN THE NEIGHBORHOOD:
Mondays: 6pm Bingo @ Eagles Club 1254, La Crosse
Mondays: 1pm Euchre @ Moose Lodge, \$5 register
Wednesdays: 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
Wednesdays: Ukulele Jam, 6pm-8pm Moose Lodge
Thursdays: 6pm Bingo @ Holmen American Legion
1st & 3rd Thursday: 6pm Bingo @ Moose Lodge
Saturdays: 8am-3pm Flea Market N4440 Hwy 162 Bangor
8/4- Holmen Historical Society Old Fashion Ice Cream Social, 1pm-4pm at Green Acres 507 State St Holmen. All welcome.
8/10- Medary Fun Days, 12pm-4pm, food, music and games. Smith Valley Rd park
8/10- Summer Indoor Craft Fair, 9am-4pm Features Fieldhouse
8/10- Melrose Corn Broil & Cornhole, Melrose Rod & Gun
8/10-8/11- Bangor Fun Daze, parade, vendors, car show, food
8/14-8/18- Houston County Fair, Caledonia
8/15- Galesville Downtown Walk About- 4pm-7pm. Vendors, music and food for whole family.
8/15-8/17- Larry Fest, music festival in La Farge with camping, food and vendors. Visit www.larryfest.org for music schedules
8/21- Root River Jam, 5:30pm La Crescent Library lawn
8/22-8/24- Downtown Summer Sidewalk Sales, La Crosse
8/24- Community Movie Night, 7pm. Copeland Park, free
8/24- Rockin' the Prairie, Brice Prairie EMS building
8/24- Hamlin Garland Read-A-Thon & Scavenger Hunt, 10am-4pm, Garland House in West Salem. Win prizes.
8/30- Features Fest XVII at La Crosse Speedway with Dustin Lynch at 5pm



August 16th - 17th
Oktoberfest Grounds
Veterans Breakfast-17th, 7am-9am
Live music, guided rides, stunt shows, bike show, vendors
www.bigriverrally.com



175th Celebration Party
August 24
Village Park
Waffle breakfast, parade, tractor show, car show, softball, games, food and fun.



RIVERROAST
Aug 16th, 5pm-10pm
 Charmant Hotel
 101 State St.
 Free outdoor concert for all ages.
www.eventbrite.com

Market on Market
 August 11th
 11am-2pm
 2102 Market St. La Crosse
 Listen to music while enjoying a variety of vendors shares their products.



Aug 23rd, 4pm-8pm
 Front St. La Crosse
 Food, music, vendors

Second Saturday Art Market
 August 10 & September 14, 10am-4pm
 Second & Main St. Downtown La Crosse Art, Music, Food, Fun

ONALASKA COMMUNITY DAYS
FAMILY. FUN. MUSIC
August 2-3
Onalaska American Legion
Music, Food trucks, Texas Hold Em, Bingo and Family Activities



HOLMEN KORN FEST
August 16-18
 Holmen American Legion
 Fireworks, 5K Run, St Elizabeth's breakfast, music, parade-Saturday, car show-Sunday, horseshoe tournament, carnival, famous charcoal chicken and corn on the cob.

LA CROSSE COUNTY ADRC WORD SEARCH

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 M W P C R C Y O H O U S I N G U
 D H B S S O B U L Q W P X E I E
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