



La Crosse Senior Life

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

OLDER AMERICANS MONTH



MAY IS OLDER AMERICANS MONTH!

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

AGING UNBOUND: MAY 2023

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local community center or elsewhere in your community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Tell us how you participate in *Aging Unbound*, whether it be an activity you have always done or perhaps something new! Share your stories, successes, and/or tips with us and we just may share in future editions of the La Crosse Senior Life! Mail to ADRC of La Crosse County, Attn: Senior Life-Aging Unbound, 300 4th Street North, La Crosse, WI 54601 or email adrc@lacrossecounty.org. Among submissions received, permission to publish, if selected, will be assumed unless otherwise noted. Anonymous submissions are welcome.



May 31st is National Senior Health & Fitness Day

This year's theme is
"Move More to Do More!"

Join us for a day of information, resources, and activities to help you "move more to do more!"

WHEN: Wednesday, 5/31/23
9:00 AM-2:00 PM

WHERE: Black River Beach
Neighborhood Center
1433 Rose St
La Crosse, WI

WHAT: Vendors, presenters, and activities will focus on showcasing our community's resources for older adults to stay active. For a complete schedule of events, including list of vendors, visit www.lacrossecounty.org/adrc two weeks prior to the event or call 608-785-5700.

South Side Neighborhood Center Congregate Dining Grand Opening Week!

Celebrate the opening of the La Crosse County Senior Nutrition Program's congregate dining at Southside Neighborhood Center with FREE activities! Note, participation in congregate dining requires advanced registration and the suggested donation per meal is \$4.00. To register, call 608-792-6996.

Date	Activity	Time
5/15	 Staying Active Together (<i>low-impact exercise class</i>)	9:30 AM-10:30 AM
5/16	 Outdoor Games	11:30 AM-1:00 PM
5/17	 Music: Therese Roellich & Friends	11:30 AM-1:00 PM
5/18	 Picnic with Scrabble, Cribbage, Bocce, & Yard-zee (<i>Congregate dining registration required to receive a meal.</i>)	11:30 AM-1:00 PM
5/19	 Music: Cut Thyme	11:30 AM-1:00 PM

A special thank you to the City of La Crosse Parks & Recreation Department for activity coordination!



Please join us for the 10th Annual La Crosse County
"Step into Mental Health Wellness" Thursday, May 25, 2023
La Crosse County Health & Human Services (HHS) Building
12 PM, presentation then guided walk through downtown La Crosse followed by resource fair from 1 to 4 PM in the HHS basement auditorium.
You are welcome to wear green in support of Mental Health Awareness Month.



WALK WITH US! June 15th!
Elder Abuse Awareness Walk
10:00 AM  Riverside Park



WORLD ELDER ABUSE
AWARENESS DAY
Building Strong Support for Elders

SENIOR FARMERS'
MARKET NUTRITION
PROGRAM VOUCHERS
ARE COMING SOON!

See page 6 for
more details.





TRANSPORTATION OPTIONS

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs? If you are over the age of 60, or perhaps have a disability, we can help. Whether it is for medical, nutrition (groceries), or employment, we can help you with some options:

Shared Ride Taxi Service provides door to door transportation to all citizens in Onalaska, Holmen and West Salem from 6:30am-6:30pm, 7 days a week. This option does not service fire numbers unless within city limits.

Shared Ride does not enter into La Crosse.

Prices range from \$3.25-\$4.50.

To schedule a ride call 784-0000.

La Crosse County ADRC (Abby Vans) offers transportation anywhere in La Crosse County Monday-Saturday from 7am-6pm and Sundays from 7am-2pm. Closed on holidays.

Door to door service is available with a 24 hour notice or a 48 hour notice in rural areas.

Wheelchair and electric scooters accessible.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$3.50 each direction

Zone 1B- Onalaska North, Holmen and French Island \$4.00 each direction

Zone 2- West Salem, Bangor, Brice Prairie and rural areas including Galesville, Trempealeau, Mindoro, La Crescent and Stoddard.

\$4.50 each direction.

You must register with the ADRC before calling Abby Vans directly for your rides

Just call the Aging and Disability Resource Center of La Crosse County at **608-785-5700** or **1-800-500-3910**.

Our transportation coordinator will be happy to talk with you about transportation options.

Abby Vans: 1-800-236-8438



**Sunday,
May 14th**

Happy Mothers Day

Funny Things Kids Say about Moms

(This is true responses from first grade students)

What kind of little girl was your mother?

I don't know because I wasn't there, but my guess would be she was pretty bossy.

How did your mother meet your dad?

Mommy was working in a store and daddy was shoplifting.

Why did your mother marry your father?

Grandma says that mommy didn't have her thinking cap on.

Describe the world's greatest mother?

The greatest mother in the world wouldn't make me kiss my fat aunts!

Is there anything about your mother that's perfect?

Her teeth are perfect, but she bought them from the dentist.

If you could change one thing about your mother, what would it be?

I'd make my mother smarter. Then she would know it was my sister who did it and not me.

She has this weird thing about me keeping my room clean. I'd get rid of that.

What is one question your mother couldn't answer for you?

"Why do we have to be born young and grow old, why can't we be born old and get young?"



MTM/ Veyo Medical Rides

For Medicaid & BadgerCare Plus recipients only, excluding Inclusa & My Choice Members.

Monday—Friday, 7am - 6pm

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

Visit the website at member.veyo.com

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

Find food assistance, help paying bills, transportation, legal, housing and other free or reduced cost programs in the La Crosse area, including programs for the Covid 19 pandemic.

www.findhelp.org



Donation 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 donation: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

ADRC General Support Elder Benefit Specialist

Caregiver Support Health Promotion

Congregate Dining Home-delivered Meals

Dementia Support Services Senior Life Newsletter

Disability Benefit Specialist Transportation Services

Please make checks payable and send to:

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

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To do so, you can complete the donation form above and mail to the address on the form, along with a check written to **ADRC of La Crosse County**, or to use a credit card, you can

go to our website at www.lacrossecounty.org/adrc

and click on the yellow "Donate" button

toward the bottom of the page.

Either way, thank you for your support!

La Crosse 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!





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

1st Wednesday Monthly 10:30am-12:00 at Minnesota Marine Art Museum (MMAM) Winona, MN

Register: Heather M. Casper, at 507-474-1910

3rd Wednesday Monthly 10:30 a.m. – 12:00 At Clearwater Farm 760 Green Coulee Rd. Onalaska

To Register: ajoswick@clearwaterfarm.org or call 608-385-4819.

Rediscover Love, Care & Happiness in Your Dementia Journey...and KEEP IT!

This VIRTUAL series about rediscovering and rebuilding the love, care and happiness in the dementia caregiving relationship! Register for one or all three programs. Great for ALL caregivers!

May 17th – Happiness is a warm puppy and a side of fries!

June 13th – How do I bring back care in my communication?

Sponsored by the Alzheimer's Association – Call 1-800-272-3900 to register. Email required.

Club Connectivity is designed specifically to meet the needs and interests of people who are living with **Early Onset Dementia/Mild Cognitive Impairment (MCI)**. The Club will provide a warm, welcoming atmosphere and offer fun, meaningful ways to stay socially connected and active in the community. Care partners and family members may be invited to participate too. If you are living with a diagnosis of Early Onset Dementia/MCI, we hope you will consider joining **Pizza Party at Community Connections Center on Monday, May 22, 2023 11:00am to 1:00pm** (1407 St Andrew Street, La Crosse) for pizza, games and fun conversation! Must Call to register La Crosse Parks & Rec at 608-519-2088 or 608-789-8640



SAFE AT HOME STUDY

Are you a friend or family member of someone with dementia who has access to firearms?

We want to hear from you!

JOIN OUR RESEARCH STUDY

Receive compensation up to \$180

www.dementiasafety.org/safe-at-home-aging-english/

303-724-4077



LOCAL DEMENTIA SUPPORT GROUPS

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

All-Stages Caregiver Group

2nd Tuesday monthly
1:15pm-2:30pm
Good Shepard 4141 Mormon Coulee

This is an opportunity to learn from others who face similar experiences. For caregivers only

Club Connectivity - MCI/Early-Onset

*Outings to various locations in the area Mondays 1-2x monthly
**Call 608- 519-2088 for details

For persons diagnosed with MCI, early-onset dementias to stay connected in the community. Topics & activities determined by the group.

Parkinson's Disease Group

1st Monday monthly, 5:00-6:30pm
Black River Beach Neighborhood Center, La Crosse

For care partners and persons living with Parkinson's disease to meet and have the opportunity to ask questions, share resources & manage the disease. #608-789-8640

For Working Caregivers - Virtual

1st Monday monthly 7:00-8:00pm
Virtual via Google Meets.
Email kflock@lacrossecounty.org for link

For adults who provide caregiving responsibilities for their aging parents or family/friends of any stages of the disease. This group will foster a space for discussing the challenges and successes of working and caring.

All Stages Coffee Connect - Virtual

Mondays weekly, 10:00-11:00am
Virtual via Zoom or Dial-in by phone
Email kflock@lacrossecounty.org for link

For caregivers of all stages of the disease that fosters a space for sharing, insight, advice, and encouragement. Led by dementia care specialists - SW WI

Aging & Down Syndrome Caregiver Support Group- Virtual

3rd Wednesday/month from 5-6PM
Virtual via Zoom or Dial-in by phone
Email Abigail@dsaw.org for questions

For people who provide care for aging individuals with Down syndrome. Emotional support and experience sharing as well as an educational component. Focus on Alzheimer's and dementia in the Down syndrome community. DSAW & ALZ Assoc.

Grief Therapy Group

Meets weekly
Closed Group- Must Call/Text
Joy 651-412-6651

Dementia comes with so much loss. This group is shared with others experiencing similar trials and can work through grief. For care partners with loved ones in late stages, end of life or passed within the last 2 years.

The Dementia Friendly La Crosse County Coalition invites the public to attend events and activities throughout the month of June to raise awareness of Dementia and Brain Health! Look for full schedule of events coming in June!

Dementia Awareness month is to inform and unite individuals, organizations and the community with brain health opportunities, awareness of dementia and the variety of supports and resources available in La Crosse County. It takes us all to improve the lives of those living with dementia in our community, this month will engage everyone, not just those affected by dementia. We encourage everyone in the community to attend!

Event Highlights:

- Community Book Club Discussion
- Ice Cream Social & Choir Performance
- Movie Showings at the Libraries
- Activities for caregivers and persons with dementia to enjoy together
- BrainFit Bingo with prizes!
- Education Classes and workshops

For more information and full schedule of events:

Call the Aging & Disability Resource Center of La Crosse County 608-785-5700 or

<http://www.facebook.com/Dementia-Friendly-Community-La-Crosse-County-Dementia-Coalition-109029630543747>



Discover OASIS!

Thursdays at 11 am – 12 pm
Reserve your time to discover the OASIS Respite Program, designed for individuals in the beginning to mid

stages of an Alzheimer's, dementia, or brain related diagnosis. OASIS welcomes individuals, caregivers, and potential volunteers to discover all that OASIS provides during its respite time and receive forms needed to participate. OASIS Respite Program is an outreach program of Causeway Caregivers of La Crosse. Call to reserve Discovery Time (608) 780-0471 or email oasisrespiteprogram@gmail.com

Virtual Savvy Caregiver – Facilitated by Dementia Care Specialists of ADRC of Eagle & Vernon County.

Mondays 2-4pm May 15-June 26th

Contact to register: Teresa 608-637-5201 or Pam 608-548-3954

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals.

NOW ENROLLING! Grief and Loss Associated with Dementia Caregiving – Free Group Counseling for Care Partners (Late-Stage/End of Life)

Dementia can come with so much loss. Sometimes you feel like you're losing them over and over again only to lose them once more. This is a group where others who share similar trials can work through their grief and ambiguous loss together. Please consider joining the therapy group for care partners serving loved ones in the last stages and beyond of dementia. There is no cost to attend. Facilitated by La Crosse County Dementia Care Specialist and local counselor. **Registration and screening is required. Call or Text Joy for pre-registration Appointment 651-412-6651**

Questions? Call Kelsey Flock 608-386-0767

Who is this group for? The group is for anyone who is or has cared for someone with dementia and looking for support to cope with the grief associated with care transitions. Late-stage and after-end of life. Caring for someone with dementia entails a constant series of losses and this group will be for processing those feelings.

Watch Out for Health Fraud Scams

By the GWAAR Legal Services Team

Health fraud has been around for centuries. These scams involve selling drugs, devices, foods, or skincare products with claims that they will help with common health issues, like weight loss, memory loss, or joint pain. Unfortunately, these products usually don't work as advertised, and at worst, they're dangerous. Read on to learn about some common types of health fraud scams.

- **Miracle Cures**

These ads will often use testimonials from patients or medical providers who say that you'll get "miraculous results." Spoiler alert: you won't. Remember that success stories like these are easy to make up, and reviews you read on social media may be fake.

- **Quick Fixes**

Watch out for ads that promise results in "30 days or your money back" or other unrealistic timelines. Remember that few conditions can be treated quickly, even with proven treatments.

- **"Ancient Remedies" and "All Natural" Cures**

These words are used to try to make you believe that products are safer or have a longer track record than more mainstream treatments. Don't be fooled by these descriptions. Remember that some ancient civilizations believed that drinking mercury would increase a person's lifespan. (We now know that exposure to mercury can have serious effects, ranging from headaches and tremors to death.) In addition, the Food and Drug Administration (FDA) has found many products advertised as "all natural" treatments that actually contain high doses of prescription drug ingredients.

- **Scientific Breakthroughs**

These ads use words that sound scientific or refer to prestigious awards. Some examples include "Nobel Prize-winning technology," or "Extreme Thermogenic Formula." Sometimes ads will mischaracterize research studies and draw conclusions that the researchers themselves didn't make.

Before purchasing a product you've seen advertised, talk to your doctor or other health care professional. Ask whether the product works and whether there is any scientific research that supports the advertisers' claims. If you are taking any supplements or prescription drugs, ask whether using the product will lead to any harmful interactions. If the product is safe to use, ask how much you should take and whether there are any side effects you should know about.

You can also do some research on your own. Search for the name of the product online with the words "reviews," "complaints," or "scam." If the ad mentions any scientific studies, look up the researchers and whether the studies were published in a scientific journal.

If you think you've found a scam, consider reporting it to the Federal Trade Commission (FTC) at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud). The FTC and law enforcement agencies use these reports to stop scammers. If you experience side effects or illness related to a health care product, seek medical help immediately. You can report it later on the FDA's [MedWatch](https://www.fda.gov/medwatch) website.

Tips to Protect Your Privacy and Stay Safe on Social Media

By the GWAAR Legal Services Team

These days, there are so many different websites and applications that people use to connect with their family and friends or to share news and ideas with their communities and beyond. Each one of these websites or applications have different safety and privacy considerations along with settings that individuals can use to help ensure that their personal information remains safe.

Facebook

Facebook is, perhaps, the most popular of all social media websites. It is also one of the most robust sites with many different features. For example, on Facebook you can join groups, find local events, or buy or sell items on Facebook Marketplace. If you post on Facebook, the post may be limited to only your "friends," or you may be posting publicly in a group or on your page. If you post something and it has a globe icon next to it, this means that the post is visible to anyone, even if they are not your friend on Facebook. You will want to make sure that, by default, this is set to friends only. On Facebook, you can go into the settings and run a privacy checkup to change this. You may also change your settings to limit what people who are not your friend are able to see on your page.

A common scam on Facebook is for someone to pretend to be someone else and then send you a friend request. For example, a scammer might steal one of your friend's profile pictures and then create a new account with that person's name. Then, they will send a friend request to all of that person's friends. So, if you get a friend request from someone but you thought you were already "friends" with that person, double check before accepting the friend request.

Facebook also has a marketplace feature where people can buy and sell items. If you are buying something on Facebook marketplace, never give out your phone number or other personal information.

You will also want to meet the seller in a public location. Many police departments have areas in their parking lots for just this purpose. These same guidelines apply if you are selling an item as well. If you are selling an item, a common scam is for someone to message you as if they are interested and ask for your phone number to call. Then, they will ask you to share a Google voice verification code. Do not provide this number to the scammer! Instead, report the account to Facebook as a scam. For more information on this particular scam, visit: <https://consumer.ftc.gov/consumer-alerts/2021/10/google-voice-scam-how-verification-code-scam-works-and-how-avoid-it>.

Instagram/Twitter/TikTok

Instagram is owned by Meta, the same company that owns Facebook. Instagram is a platform for sharing pictures and short videos. When you create an Instagram account, you may want to set the account to private. If your account is not set to private, anyone can "follow" you and view the content you post. If you leave your account

public, you will want to be careful not to share any personal information in your posts. Similar to Facebook, people may create fake Instagram accounts to trick you into falling for a scam.

For more information on what to watch out for on Instagram, visit: <https://help.instagram.com/514187739359208>.

Twitter and TikTok are two very different kinds of social media platforms, but they are similar to Instagram in one regard. Like Instagram, on Twitter and TikTok you may have your profile public where anyone can follow you without having to approve those requests, or you can set your profile to private so that you must approve any requests to "follow" or see any content that you post. It's recommended that, unless you're a public figure or are trying to get famous, that you set your profiles to private.

Snapchat

Snapchat is an app where users can share photos or short videos directly with friends or a group of friends. These photos or videos will typically disappear after viewing. A common misconception is that this is a safer way to share content since the content disappears after viewing. However, this does not mean this content will go away forever. Someone may take a screen shot of a photo or record a video with another device. So, you will want to be careful about what you share on Snapchat.

Snapchat users can also create "stories" which is one or multiple photos and/or videos viewable for a 24-hour period. By default, only 'friends' you've added on Snapchat can contact you directly or view these stories. Another common misconception about Snapchat is, if you post a photo or video to the "Snap Map" these are viewable to any Snapchat user, even if you haven't added them as a "friend."

For more information on Snapchat safety, visit: <https://help.snapchat.com/hc/en-us/articles/7012304746644-How-to-Stay-Safe-on-Snapchat>.

Dos and Don'ts

Finally, some dos and don'ts that apply to most or all of these platforms.

- Do review the privacy settings in the app or website.
- Don't create a username containing identifying information, such as names, birthdays etc. For example, "ParkersGranny1952" is not a good username because it reveals the year the person was born and the name of one of their grandkids. A good username would be something like "Loves2Fish77889" or "BakewithGma9496" as long as those numbers don't mean anything like digits of a phone number or zip code.
- Do change your passwords for social media websites frequently.
- Don't give out your phone number to a stranger and don't ever give anyone a verification code that you get via text, email, or voice call.

BLACK RIVER BEACH Neighborhood Center

1433 Rose Street, La Crosse

Some programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Parkinson's Disease Support Group: May 1, 5pm-6:30pm. Free

International Folk Dance: May 3, 7pm; \$2/session

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

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

Retirement in a Volatile Market: May 11, 10am; reg. 1 day prior. Free

Dine at 5: May 11, 5pm, *Prairie Smoke*, hamburger bar; \$10; register 1 week prior

Great River Ringers Spring Concert: May 21, 2pm. Free-

Monthly Card Creations: May 31, 12pm-7pm; \$8/session; reg. Friday prior

COMMUNITY CONNECTIONS CENTER

1407 St. Andrew Street

Some programs require registration: 608-519-2088

www.cityoflacrosse.org/parks

Chair Fitness: Tuesdays, 10am; register by May 1. Free

Travel to Ghana with Charles Martin-Stanley: May 2, 2pm-3:30pm. Free

ALS Care Connections Support Group: May 2, 4pm-5:30pm

Wise Wednesdays: May 3 & 17; 10:30am-12pm; register. Free

Bingo: May 3 & 17, 1pm; register 1 day prior. Free

Art Club: May 3 & 17, 1pm, \$2/session

Coping Skills: May 5 & 19, 10am-11:30am; register. Free

Connect2Nature Series: Tuesdays, May 9-30, 12:30; reg. by May 8. Free

Pet Loss Support Group: May 9 & 23, 5pm-6:30pm. Free

Medicare 101: May 9, 10am or 6:30pm; reg. Friday prior. Free

SimpleSteps: Discovering Amazing Amazon, May 9, 10am; register

SimpleSteps: How to Stay Safe with Facebook, May 9, 6:30pm; register

Coping with Grief & Loss: May 10, 10am-11:30am. Free

What Seniors Should Know About Selling Their Home: May 10, 10am; reg. 1 week prior. Free

ConnectSmart: May 10 & 24, 12:30pm-2pm; reg. 2 days prior

Home is Where Your Stuff is: May 10, 2pm; reg. 1 week prior. Free

In-Person Tech Help: May 10 & 24, 11am; reg. 1 day prior. Free

Alzheimer's Education: May 11, 12pm-1:30pm; register. Free

Before the After: May 15, 12pm-2pm. Free

Club Connectivity: May 22, 11am-1pm, Pizza; reg. 5 days prior

Staying Active Together: Mondays & Thursdays, 9:30am. Free

Coulee Region Woodcarvers: Tuesdays, 12pm-7pm

Senior Meal Site Open: Lunch served at 11:30am, Monday - Friday. Must call La Crosse County ADRC at 785-5775 to register one day in advance. Home Delivered Meals are also offered from this meal site: Contact Dawn at ADRC at 608-785-5775.

Home Delivered Meals are also offered from this meal site Contact Dawn at the La Crosse County ADRC at 608-785-5775.

Holmen Area Community Center

600 N. Holmen Dr. Holmen | 608-399-1870

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

www.holmenc.org

Holiday Closure: May 29

Indoor Walking: Mon-Fri., 7am & 11 - 1pm

BINGO: Wednesdays at 1pm & Fridays at 1pm, \$1 per card

I Heart Art: Mondays at 9am

Chair Yoga: Mondays at 9:15am with Marty

Tai Chi with Marsha: May 10, 17at 10:45am

Ballroom Dancing: Fridays at 7pm

Mah Jongg: Mondays at 1pm. No experience necessary.

Muscles in Motion: Tuesdays at 9am

Active Older Adult Fitness: Tuesdays & Thursdays at 10am

Mindful Yoga: Tuesdays & Thursdays at 8:45am with Jill

Crafternoon Social Group: May 4 & 18 at 1pm

Diamond Art: Wednesdays at 9am

Painting Class: May 4 at 6pm. Flowers for Mom

Board Games, Cards & Puzzles Oh My!: Mondays at 1pm and Wednesdays -10am

Rock Painting and a Side of Rock n Roll: May 10 at 3pm

Book Club: Last Tuesday of the month, 6pm.

WAFER Mobile Pantry: May 23, 4pm-5:30pm

Historical Society Program: May 1 at 6pm. Preserving Family History: Tracing Holmen Ancestors

Hearing Screening: May 2, 10am-11am

Hearing Instrument Checks & Adjustments: May 16 at 10am

Blood Pressure Checks: May 24 at 11am

Medicare Info: May 2 at 1pm

Stratton Strong Fundraiser: May 20, 2pm-6pm

Good News Singers Concert: May 31 at 11am

Senior Nutrition Program: 12pm lunch, Mon-Fri. Register at 608-785-5775

Intro to Pickleball for Adults

Tuesdays & Thursdays; June 6-July 27

At Trane Park

Register by June 16 by calling 789-7533

Onalaska Park & Rec Dept

415 Main St.

Onalaska / 608-781-9560

Cityofonalaska.com/parkrec

Yoga Classes-Tuesdays & Thursdays, 5pm at the Onalaska Community Center from May 2-June 8. \$84

ONALASKA OMNI CENTER EVENTS

255 Riders Club Rd.

608-781-9566

Mah Jongg: Wednesdays 1pm - 4pm

Bridge: Mondays 12:30pm - 3:30pm & Fridays 1pm - 4pm

Call Rita 608-780-7810

5/4-5/6- **Beer & Brewery Collectors Show**

MYRICK PARK CENTER

789 Myrick Park Dr, La Crosse 769-5766

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

Apr 30- Earth Fair, 11am-5pm

May 6- Migratory Bird Celebration, 9am-1pm

May 6-Parkinson's Awareness Walk, 9am-2pm. Walk, music, crafts, food trucks and resource booths

Shin Jin Do- May 1-Aug 30, 6:30pm. Call 789-7533

Come Dance on Sundays!



Concordia Ballroom

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

Dances every Sunday
from 1pm - 5pm, \$10

Harry Olson Center

1607 North Street, La Crosse - 781-2122

Questions? Email us at harryjolson@gmail.com

Monday:	9:30am	Tai Chi Class
	9:30am	Intro to Bridge Class -call for details
Tuesday:	9am	Strong Seniors -call to register
	1pm	500 (register at 786-1114)
	7pm	Duplicate Bridge (797-3587)
Weds:	1pm	Euchre (register at 786-1114)
	7pm	Public Dance
	10am	Watercolor class, Third Wed of month
Thursday:	9am	Strong Seniors -call to register
	12:30pm	Duplicate Bridge
Friday:	9:30am	Tai Chi Class

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

FARMER'S MARKET VOUCHERS ARRIVING

The Senior Farmers Market Nutrition Program (SFMNP), coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with vouchers to purchase fresh, nutritious, locally grown fruits, vegetables and herbs from participating farmers' markets, roadside stands and community supported agriculture (CSA) programs. **This year, SFMNP will be conducted by mail, email, in-person or fax on a first come, first served basis.** Beginning May 15th, eligible La Crosse County residents may request an application by calling the ADRC of La Crosse County at 608-785-5700 or visiting the ADRC of La Crosse County website at www.lacrossecounty.org/adrc/meals for additional options.

Eligible applicants must:

- Live in La Crosse County
- Be 60 years of age or older (or if Native American, 55 years of age or older)
- Be considered low-income (at or below 185% of the federal poverty guideline)
 - Household size 1-\$26,973/yr.
 - Household size 2-\$36,482/yr.
 - Household size 3-\$45,991/yr.
 - Household size 4-\$55,500/yr.

One set of vouchers (\$35) is allowed per person. A limited number of vouchers are available therefore completed applications will be processed in the order received.

We will mail the vouchers after June 1st or when the vouchers are received at the ADRC of La Crosse County. For more information, call the ADRC of La Crosse County at 608-785-5700 during the hours of 8:00 am and 4:30 pm Monday through Friday.



OPENING SOON

Cameron Park, La Crosse
May-Oct. Fridays 4pm-dusk, Saturdays 8am-1pm

Holmen Festival Foods
May 31-Oct. Wednesdays 3pm-7pm

Onalaska Festival Foods
June-Oct. Sundays 8am-1pm

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

Hmoob Cultural Agency 1815 Ward Ave
June-Oct. Thursdays 8am-3pm

La Crescent Vets Park Parking Lot
June-Oct. Tuesdays 4pm-7pm

STAR "CAN'T STOP ME" Parkinson's Programs

Rock Steady Boxing: Mon & Wed
 PD Music: Tues & Thurs
 PD Exercise: Tues & Thurs
May 7- July 8

Concordia Ballroom La Crosse

Registration required by visiting www.starcenterprograms.org



Tuesdays, July 11-August 22

9:00am-11:00am
 Gundersen Health System Onalaska, Lower Level Education Center.
 To register call 608-775-2011

Diabetes Support Group

May 16 at 5:30pm
 Gundersen Healthy Living Center
 1140 Main St. La Crosse 608-775-9430



- Forest Park-** 1st Wed, 9am-11am
- Salzer Square-** 1st Thur, 9am-10:30am
- The Parenting Place-** 1st Thur, 11am-12pm
- Becker Plaza-** 2nd Tues, 9am-11am
- Huber Ct-** 2nd Thur, 3pm-4pm
- River Crest Trailer Crt-** 2nd Thur, 1:30pm-2:30pm
- Stokke Tower-** 3rd Tues, 9am-11am
- Solberg Heights-** 2nd Wed, 9am-11am
- Sauber Manor-** 3rd Wed, 9am-11am
- Ping Manor-** 3rd Thur, 9am-11am
- Carroll Heights-** 2nd Thur, 12:15pm-1:15pm
- North Presbyterian Church-** 4th Thur, 12:30pm-1:30pm
- Schuh Homes-** 4th Thur, 2:30pm-4pm
- Stoffel Court-** 4th Tues, 9am-11am
- St. Elizabeth's Church Holmen-** 1st Tues, 9am-11am
- Onalaska American Legion-** 1st Fri, 9am-10am
- Holmen Area Community Center-** 4th Tues, 4pm-5:30pm
- Pinedale Apts Onalaska-** 4th Wed, 9am-10am
- Greendale Apts Onalaska-** 4th Wed, 10:15am-11:15am
- West Salem Anytime Fitness-** 1st Fri, 10:45am-12:15pm
- La Crosse Wafer Food Fair-**

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. **Subject to change- confirm by calling.**

Senior Stock Boxes

is a monthly meal program The Hunger Task Force of La Crosse has set up for seniors 60+ who meet a certain income level. The income limits are \$1,369 for a 1-person household, \$1,888 for a 2-person household, add \$492 for each additional person. These boxes will be delivered to the doors or certain pick-up sites of those participating in this program. The boxes may include items: cheese, canned fruits, canned vegetables, juice, cereal, canned and dry milk, peanut butter, canned meat, canned soup, rice, instant mashed potatoes, or pasta.

To apply call The Hunger Task Force at 608-793-1002

As the saying goes, April showers bring May flowers. May brings new life but can also bring new challenges with the changing seasons. May is Mental Health Awareness Month. This brings awareness to mental health and tries to help reduce the stigma individuals face who are suffering from a mental illness. Providing support and services for mental health is vital to our society. That is why 2-1-1 has a crisis line and mental health resource line that are available to anyone day or night, 24/7. You don't have to go through things alone. We are here to support you and assist you with finding help. Self-care and mental wellness are a life-long journey, but we are just a phone call, text, or chat away to help you get started and get you the support you need.

Simply Dial 2-1-1 * Get Connected, Get Answers column is provided by Great Rivers 2-1-1, an information & referral and crisis line service. Professionally trained staff can answer your questions about local, statewide, and national resources and can assist you with all kinds of life situations and challenges.

Available 24 hours a day, 7 days a week
 Free and Confidential

Serving Western Wisconsin, Southeastern Minnesota, and Northeastern Iowa

Simply dial the three-digit telephone number 2-1-1 or (800) 362-8255 to learn more
Language Interpretation is available
Chat with us at our website www.greatrivers211.org
Or text your zip code to 898211

GREAT RIVER STATE BIKE TRAIL

A 24-mile trail through prairies & backwaters of the upper Mississippi River valley. Built on an abandoned railroad line, the trail has a finely crushed limestone surface suitable for walking and bicycling for much of the year and snowmobiling, cross country skiing in winter.



The Great River Trail is within the Mississippi Flyway and passes through two National Wildlife Refuges

Daily Pass \$5 per person per day, Annual pass \$25 per person
 Open Year Round 6am to 11pm, daily
dnr.wisconsin.gov/topic/parks/greatriver/maps

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger stroganoff 1 Buttered noodles Peas & carrot Oranges & pineapple	Roast beef & gravy 2 Mashed potatoes Asparagus Red velvet cake 	Brat on a bun 3 German potato salad Baked beans German chocolate cake	BBQ Ribette 4 Scalloped potatoes Corn Oranges, Rye bread	Chicken supreme 5 Oven browned potatoes Peas & carrots Peach cobbler
Hot dog on a bun 8 Macaroni & cheese Coleslaw Sugar cookie, Fruit juice	Chicken rice casserole 9 Cauliflower w/ cheese Fresh fruit Blueberry turnover	Baked dark chicken 10 Mashed potatoes/ gravy California vegetables Angle food cake/ berries	Chef salad 11 Sliced peaches Blueberry muffin Fruit pie, Breadstick	Spaghetti 12 Romaine salad Mixed fruit Garlic breadstick
Meatloaf 15 Dairy potato bake Broccoli Fruit cup	Chicken Cordon Bleu 16 Baked sweet potato Wisconsin blend veggies Fruited Jello	Pork loin 17 Mashed potatoes/ gravy Capri blend vegetables Pumpkin bar	Hamburger on a bun 18 Potato salad Baby carrots Watermelon, Cookie	Au gratin potatoes & ham 19 Broccoli & cauliflower Banana pudding Corn muffin
Sweet & sour pork 22 Brown rice blend Green beans Cookie, Cranberry juice	Chicken craisin salad 23 On bed of lettuce Pineapple/orange salad Blueberry muffin, icecream	Tuna casserole 24 Buttered peas Rosy applesauce Fruited Jello	Pulled pork on a bun 25 Rosemary potatoes Baked beans Oatmeal raisin cookie	Meatballs & gravy 26 Mashed potatoes Green beans, dinner roll Applesauce spice cake
 Holiday Site Closed 29	Salisbury steak 30 Mashed potatoes & gravy Creamed corn Chocolate pudding	Stuffed green pepper 31 Garlic mashed potato Spinach salad Strawberry fluff		Bread & Milk Served Daily

Spring Pea Pasta

1 onion finely chopped
3 garlic cloves minced
3 cups frozen peas
1 cup heavy/whipping cream
juice and zest of 1 lemon
½ cup Parmesan cheese
salt and pepper to taste
Approx 1lb pasta of your choice



Bring a large pot of salted water to the boil and add the pasta. Sauté the onion and garlic in a splash of olive oil until soft and translucent then add the peas and lemon zest. Pour in the cream and allow to simmer for a few minutes until the sauce coats the back of a spoon easily. Add lemon juice (start by adding half first as lemons can vary and you don't want the sauce to be too acidic) and season to taste. Drain the pasta, reserving 1 cup of cooking water, and add the pasta to the sauce with the Parmesan. Pour in some of the reserved cooking water and stir to coat the pasta in the sauce. Add more cooking water if necessary. You want the pasta to be creamy and glossy. Serve with extra grated Parmesan cheese and lemon for squeezing. Serves 4

How to Make Asparagus In The Air Fryer

1. Trim off the ends. Rinse asparagus first and trim/snap off the root ends.
2. Season generously. Liberally season your asparagus with parsley salt and olive oil.
3. Make it cheesy. After placing the asparagus in the air fryer basket (make sure to lay spears in an even layer), grate parmesan all over the top.
4. Bacon with asparagus. Slice up a couple of strips of bacon and add them directly into the air fryer alongside the spears.
5. Air fry! Set your air fryer to 400 and cook the asparagus for 7 minutes.



Easy Strawberry Jam

16 oz strawberries, hulled and coarsely chopped
¾ cup of sugar
2 tablespoons lemon juice

In a heavy bottom saucepan, mix strawberries, sugar, and lemon juice.

Stir over med-low heat until the sugar is dissolved. Increase heat to med-high and bring mixture to a rolling boil. Stir frequently mashing the strawberries as you stir, continuing to boil, until jam is thickened and bubbles completely cover the surface of the jam. (about 10 minutes.)

Transfer jam to a jar and let cool to room temperature. Seal jars and store in refrigerator for about 10 days (or freeze). Makes 1 ¾ cups

Strawberries are the first fruits to become ripe in the spring. In 13th century France, strawberries were once thought to be an aphrodisiac and were served in soups to newlyweds. Strawberries are the only fruits with seeds on the outside. Strawberries are a member of the rose family.

Congregate dining is now open at the South Side Neighborhood Center 1300 South 6th St, La Crosse!



To reserve a meal, call **608-792-6996**.

Grand opening week is May 15-19th!

Want to check out our meal sites? Need a ride?
Transportation is available to our meal sites.
Call the ADRC 608-785-5700, to arrange a ride.



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

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

In order to qualify for this program, you must:

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

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

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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

Please Note: Due to shortages in menu items/ packaging materials, substitutions may apply. We are sorry for any inconvenience.

La Crosse Main Library**800 Main Street | 608-789-7100****Music in May:** Mondays at 10am. Free concert for all ages. (no 5/29)**Creation Space Open Lab:** Tues 1pm-3pm, Wed 5pm-7pm, Thurs 10am-12pm, Sat 9am-12pm. Bring a project & create w/others**Yoga for All:** May 20 at 10:30am**BYOB Club:** May 25 at 7pm via Zoom**Between the Lines Book Luncheon:** June 1 at 11am. Reg by 5/22**Courtyard Chapters:** May 13, 10am. *The Jane Austen Society***Southside Chapters:** May 10, 12:30pm. *The Jane Austen Society***Friends Monday Booksale:** Mondays, 9am-12pm. (no 5/29)**Sunday Matinee:** April 30 at 1:30pm *A Man Called Otto***Technology & Skills Development:** May 17 at 11am, Navigating websites class or by appointment call 789-7122**A Loving Legacy: An Interactive Memory Book Workshop:** June 5 at 10:30am. Register with the ADRC by June 1. Free**Homebound Delivery Service:** Free home delivery to any person who is temporarily or permanently unable to come to the library because of illness, disability, or other factors and lives within the city of La Crosse. 608-789-7125.**La Crosse County Veterans Service Outreach** 4th Tuesday of the month from 12pm - 4pm in the study room on the 2nd floor.

Bangor • Campbell • Holmen • Onalaska • West Salem

Phone: 608-399-3390

Email: libraryprograms@lacrossecounty.orgWebsite: lacrossecountylibrary.org

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

All Library Holiday Closure – May 29th**Bangor Game Day,** May 11 at 1:30pm**Bangor Learn to Create a Songbird Sanctuary,** May 4 at 6pm**Bangor Movie,** May 18 at 2:30pm or 6pm**Campbell Book Club,** second Tuesday at 6pm**Campbell Town Hall Book Sale** May 6 from 7:30am-12pm**Campbell Learn to Create a Butterfly Garden,** May 10 at 6pm**Campbell Bird Migration,** May 23 at 6pm**Campbell Movie,** May 19 at 1:15pm**Holmen Movie,** May 1 & 15, 2:15pm or 6pm**Holmen Free Brain Checks by ADRC,** May 8 from 9:30am-4pm**Onalaska Movie,** May 11 & 18 at 6pm**Onalaska Veterans Outreach,** May 4 from 12pm-4pm**Onalaska Senior Moments,** May 3-Battle of Midway 1942,

May 10-Eleanor Roosevelt, May 17-Castle La Crosse,

May 24-Senior Fair

Onalaska Book Club, Third Thursday at 1:15pm**Onalaska Historic Society,** May 16 at 6pm. *Last Bridge Home***West Salem Midday Movies,** Thursdays at 2:15pm**West Salem Afternoon Book Club** 2nd Wed. of month 1:30pm**West Salem Evening Book Club** 3rd Monday of the month at 7pm**West Salem Learn to Create a Butterfly Garden,** May 4 at 10am**West Salem Learn to Create at Songbird Sanctuary,** May 18 10am**West Salem Macrame Workshop,** May 20 at 10am. Register**West Salem Stretch with Sean V,** May 30 at 10am. Register**North American Squirrel Association****Outdoor Fun For Seniors and the Physically Challenged**

A pontoon is available at no charge to anyone with a disability and their family and friends, veterans, senior citizens over the age of 72, nursing facility groups, adult foster home groups, high school special education groups, youth groups, and other organizations working with the elderly, youth, or persons with disabilities.

Pontoon Rentals available for June- August only

- **Reservations open May 1, and reserved 30 days in advance**

- Mon. - Fri only, no weekends
- First rental at 8 am ... Last rental ends at 5pm
- Pontoon Rental limited to 1-2 hours
- The boat will only hold 9 passengers plus our captain. We can hold up to two wheelchairs at one time.
- To sign up for a pontoon cruise visit: www.nasasquirrel.org

Blood Drives for MAY:

5/1– 1pm-6pm, St Joseph's Ridge Hall

5/1– 12:30pm-5:30pm, Roncalli Newman Center Parish

5/4– 8am-1pm, Altra Credit Union Onalaska

5/4– 9am-2pm, River States Truck & Trailer Onalaska

5/5– 9am-2pm, Chaseburg Village Hall

5/11– 11:30am-5:30pm, Bangor High School

5/15– 1pm-6pm, Coon Valley Lutheran Church

5/15– 12pm-5pm, Our Redeemer Lutheran Church

5/16– 7am-12pm, Moose Lodge

5/17– 11:30am-5:30pm, Moose Lodge

5/18– 10am-3pm, Luther High School

5/18– 12:30pm-5:30pm, Journey Lutheran Church Ona.

5/19– 11am-4pm, Valley View Mall

5/19– 10am-3pm, Trinity Lutheran Church La Crosse

5/22– 12:30pm-5:30pm, Presbyterian Church, W.Salem

5/24– 12pm-6pm, Hokah Fire Station

5/25– 12pm-5pm, Stoney Creek Lodge

5/26- 11am-4pm, Dahl Auto Museum Showroom

La Crosse Blood Donation Center– call for appt.
1-800-RED-CROSS

Versiti Blood Center– call for appt. (877) 232-4376.

The La Crosse Area Retired Educator Association

May luncheon meeting- Thursday, May 4th

Cedar Creek Country Club at 11:30am. Cost \$15.

Coulee Region Cremation Group– Joe Schams

Reservations are required by noon one week in advance.

All who have retired from any position in public education in Wisconsin are welcome. Reservations may be made by calling Sherry at 608-788-3875 or email at lacrosserea@gmail.com.

American Legion Post 52

711 6th St. S., La Crosse

608-782-3232

**Euchre**– Every 1st & 3rd Friday of the month, 5:45pmMay 7th **SOS**May 12th **RCCW** 6:00 Food, 7:00 WrestlingMay 14th **Mothers Day Buffet** (Flowers for the Ladies)May 21st **Blues Fest**May 29th **Memorial Day****Onalaska American Legion Post 336**

731 Sand Lake Rd. Onalaska

783-3300

**Tuesdays**– Bingo at 6:30pm**Wednesdays**– Homemade lunches, 11am-2pm**Thursdays**– Euchre, 10am-3pm**Fridays**– Fish Fry, 11am-2pm & 4pm-8pm, Live Music**Mothers Day Breakfast**– May 14, 7:30am-11am**Memorial Day parade**– May 29**West Salem American Legion Post 51**

West Salem 608-786-0051

5/6– **Fire & Iron Ride**, 9am5/1– **Bingo Night**, 6:30pm5/5, 5/19, 5/26- **Fish & Shrimp**, 5:30-8pm5/14– **All you can eat breakfast**, 8am-11am5/29– **Memorial Day potluck** after program in the park**City of La Crosse "NO MOW MAY"**

The city of La Crosse is encouraging residents to not mow their lawns through May. It allows plant growth coming out of winter which creates habitat and forage for pollinators who may not have many options for feed. This is the second year that La Crosse is promoting No Mow May, and last year we saw an increase in the pollinator population and are hoping to see a bigger one this year. Registered participants are encouraged to put up lawn signs during May, showing that they have a reason not to cut the grass. Lawns will have to be mowed again by June 7 to comply with city rules. People who are registered can also receive e-mail updates throughout the month of May about lawn alternatives, pollinator research.

Questions can be directed toward 608-789-7560



BrainCheck

Monthly brain checks will be held on the 2nd Monday of the month from 9:30am-3:30pm to help consumers identify possible changes in cognition. ADRC professionals will discuss concerns, share brain health tips and resources available in the community during the 20 minute screen.

May 8– Holmen Library
June 12– Holmen Community Center
 Call the ADRC to register at 608-785-5700.

Please join us for the 10th Annual La Crosse County
“Step into Mental Health Wellness”

We gather together to support and promote mental wellness for all.

Thursday, May 25th
 Health and Human Services Building –front
 300 4th St N. La Crosse

12pm– Raising of the NAMI flag by Mayor Reynolds & proclamation
 12:15pm– Walk throughout downtown
 1-4pm– Mental Health Resource Fair in the La Crosse County HHS basement
 Please wear green in support of Mental Health Awareness

May is National Stroke Awareness Month!

This serves as an important reminder that stroke continues to be the fifth leading cause of death among adults and the top leading cause of disability among adults in the United States. Every second matters when it comes to stroke, so knowing the basic facts about stroke could help save your life or the life of someone around you.

A stroke occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. A stroke can cause lasting brain damage, long term disability, or even death.

The signs and symptoms of a stroke are sudden numbness or weakness in the face, arm, or leg (especially on one side of the body), sudden confusion, trouble speaking, or difficulty understanding speech, sudden trouble seeing with one or both eyes, sudden trouble walking, dizziness, loss of balance, or lack of coordination, and sudden severe headache with no known cause. Although anybody can be affected by a stroke, there are certain risk factors that can increase the likelihood of an individual having a stroke. Individuals who are most at risk for a stroke are people who: have high blood pressure, have diabetes, use tobacco products, have high cholesterol, are obese, and are physically inactive.

If you or someone you know is at a higher risk for stroke, there are lifestyle changes as well as medical steps that can be taken to decrease the risk of stroke. These lifestyle changes include choosing healthier food and drink options, increasing physical activity, maintaining a healthy weight, and limiting or stopping the use of tobacco products and alcohol. Medical measures that can be taken include regular checkups with your health care team, knowing your cholesterol and blood pressure levels, consistent use of medications prescribed by your physician, and treating diabetes as well as heart disease.



Know the signs of a stroke! **BE FAST**

BALANCE
 EYES
 FACE
 ARM
 SPEECH
 TERRIBLE HEADACHE

TIME TO CALL 9-1-1

WISCONSIN COVERDELL STROKE PROGRAM

Call 911 right away if you or somebody you are with has any of the symptoms of a stroke!

MAY IS MENTAL HEALTH AWARENESS MONTH
Warning Signs & Symptoms:

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
 - Feeling excessively sad or low
 - Confused thinking or problems concentrating and learning
 - Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
 - Prolonged or strong feelings of irritability or anger
 - Avoiding friends and social activities
 - Difficulties understanding or relating to other people
 - Changes in sleeping habits or feeling tired and low energy
 - Changes in eating habits such as increased hunger or lack of appetite
 - Changes in sex drive
 - Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
 - Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
 - Overuse of substances like alcohol or drugs
 - Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
 - Thinking about suicide
 - Inability to carry out daily activities or handle daily problems and stress
 - An intense fear of weight gain or concern with appearance
- Mental health conditions can also begin to develop in young children. Because they’re still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral.

Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Where to get help: Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.

Contact the NAMI HelpLine to find out what services and supports are available in your community. NAMI La Crosse Vernon, Inc. at <https://namilacrossecounty.org> or call the NAMI La Crosse County Crisis Line Helpline at **(608) 784-HELP (4357)**

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

National Alliance on Mental Illness of La Crosse County

Dedicated to improving the lives and fostering the dignity of all individuals and families affected by mental illness through support, education and advocacy.

<http://namilacrossecounty.org>
 or by calling 608-785-9658



National Alliance on Mental Illness



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

**Connect with Resources
Balance your Life
Take Care of Yourself**



Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 90 minutes once a week for 6 weeks

Dates: Thursday's, May 4th - June 8th, 2023

Time: 6:00pm-7:30pm

Location: Virtually on Microsoft Teams

Cost: Workshop is FREE! Suggested donation of \$20 for Caregiver Help book

Space is limited! Register by calling

ADRC of Marquette County 1-855-440-ADRC (2372)

Email Melissa, Dementia Care Specialist, at mklebs@co.marquette.wi.us

Or

ADRC of La Crosse County 1-800-500-3910

Email Kristine, La Crosse County Caregiver Coordinator, at Kmeyer@lacrossecounty.org

EMERGENCY PLANNING FOR CAREGIVERS

A good emergency plan includes all the information that someone else will need to take over temporary care. This class will help you start your plan. Participants will receive a complimentary emergency planning workbook.

Two Opportunities

Tuesday, May 16 at 3pm

Merit Centre North 1020 Windsor St. La Crosse
Register by May 12th.

Or

Tuesday, June 20 at 12:30pm

Holmen Area Community Center
Register by June 16th.

Respite options may also be available.

Register with the ADRC of La Crosse County at
608-785-5700/ adrc@lacrossecounty.org

Find Your Meaning

A lot of changes happen as you age from retirement, kids growing up and having children of their own, health issues, and family or friends passing away. With all these changes and new experiences, it may be hard to recognize your place and find meaning in your life.

Meaning is linked to the feeling we get when we make a difference that matters to others. A sense of meaning in life can come from many sources including family, friends, work, health, religion, personal development, leisure activities, or creativity. Purpose is our journey or calling and what we live for, like our goals or helping others.

If you are feeling alone, remember there are many others out there who feel the same way and there are a lot of reasons why you might feel like your meaning and purpose is lost or hard to attain. Reasons like slowing down as you age might be a change of pace from a busy lifestyle. Empty nest syndrome where the kids grow up and leave the family home to start families of their own might cause some loneliness. You may have accomplished all your life and career goals, which could leave you empty and wondering what to focus on next. Maybe you are less interested or not capable of doing the things you once enjoyed.

Now you might be wondering, where do I look to find my purpose. There are many new opportunities and experiences out there to find your meaning and to find purpose. Try changing your routine, learn something new, interact with family members, try a new hobby like painting or drawing. There are plenty of senior classes hosted by the ADRC and community centers where you can try new hobbies like woodwork or painting and meet new people along the way. Your mindset is a big determinant of finding meaning. Sometimes the negatives of aging can get in the way but focusing on the positive aspects of life will lead to a more optimistic mindset. Learn to let go of expectations, develop gratitude, and humor to find more meaningful moments.

There are many positive health effects linked to having a sense of meaning and purpose including protecting against Alzheimer's and cardiovascular problems, better physical function and increases in longevity.

If you notice that a neighbor, grandparent, or parent has lost sight of their meaning in life, encourage your loved one to start an engaging daily exercise like writing in a journal, completing a task that matches their skill level, or documenting family history. Get them involved with activities in the community hosted by the ADRC, community centers and libraries to discover classes, meet new people and learn something new.

By Nicole Popp, Student UW-L

Helpful Sensory Stimulation Hints

Excerpted from Trualta

Sensory stimulation experiences can be even better with a few of these tips:

- Invite your loved one into the kitchen with you for a sensory experience of baking and cooking. There are so many sounds and delicious smells! Take extra time to smell the nutmeg before it goes into the batter or to feel the spinach before it goes into the pot.
- Try making small sensory kits and keep them in bins in your car or the closet. You can put a few materials, like the lavender lotion and nail polish in a container so it's easy to grab.
- Sensory stimulation for relaxation works best when your loved one isn't already agitated. Try to give a relaxing hand massage about 30-60 minutes before your loved one is usually anxious and pacing.
- The music you choose will set the tone. Relaxing music makes for a soothing atmosphere. Upbeat music makes for a bright atmosphere. Choose wisely.
- Don't expect your sensory experience to last for hours. Instead, aim for 15-30 minutes, depending on their abilities.



La Crosse Park & Rec Senior Excursions

For ages 50+

May 23– Forestville– Mystery Cave State Park
Preston, \$68. Register by May 8

June 7- Murder on the Orient Express
Minneapolis, \$57.

June 12– Vesterheim Museum & Seed Savers Exchange
Decorah, IA, \$51. Register by June 5

June 22– See the beautiful Mississippi
Winona, \$63. Register by June 1

July 6- Legends in Concert at the Fireside Theater
Ft Atkinson, \$118. Register by June 6

July 13– Mystery Tour
\$47, Register by June 30

Aug 9- Into the Woods at Guthrie Theater
Minneapolis, \$76. Register by June 9

To register please call 789-7533

SUMMER CONCERTS

Mississippi Melodies

Pettibone Park, La Crosse

Tuesdays, June 6-August 29

12pm-1pm. Come early and eat lunch at food truck.



Moon Tunes

Riverside Park, La Crosse

Most Thursdays, starting in June, 5:30pm-8pm

La Crosse Concert Band

Riverside Park La Crosse

Wednesdays, starting in June, 7pm



Great River Sound

Dash Park Onalaska

Tuesday at 6:30pm starting in June

Free concert. Check out the concert schedule at www.greatriversound.com

Concerts in the Park

Halfway Creek Bandshell, Holmen

Sundays at 5pm, starting in June

www.holmenwi.com/concertsinthepark



Concerts in the Park

Evan Bosshard Park Sparta

Wednesdays, starting May 31st at 7pm

Free music, Food truck, Fun for the family

Summer Parties in the Park

National Fitness Day

May 6, 1pm-3pm. Copeland Park, Fun for all ages!

National Chocolate Ice Cream Day

June 7, 12pm-1pm. Burns Park, Free ice cream

Movies in the Park

May 19, 8:30pm Red Cloud Park– Matilda

June 2, 8:45pm Chad Erickson Park–

A League of Their Own

July 21, 8:45pm Black River Beach-Finding Nemo

West Salem Park & Rec

175 S Leonard St

786-0222

Village Park Activities

5/29– Memorial Day Program, 10am

6/9– Movie in the Park, Minions

www.westsalemwi.gov

WEBER CENTER

FOR THE PERFORMING ARTS

www.webercenterarts.org

608-784-9292

Rent– May 5-21, (Senior Preview May 4)
Dog Sees God- June 2-11, (Senior Preview June 1)

The La Crosse Community Theater sells **Senior Preview Tickets** to adults over the age of 62. These tickets are \$15 and must be paid for at the time of purchase. Tickets are available at the Black River Beach Neighborhood Center, the South Side Neighborhood Center, or the Community Connections Center through 12pm the day of the show. Tickets are only provided for select shows and limited quantities are available.

LA-CROSSE CENTER

www.lacrossecenter.com

May 8– The Circus is Coming

May 10– Chicago

Pump House Regional Arts Center

119 King Street La Crosse, WI 54601

608.785.1434 contact@thepumphouse.org



May 23– A Night with an Adventurer, 6:30pm

Artspire– June 10, 10am-5pm

La Crosse Symphony Orchestra

929 Jackson St La Crosse

783-2121 www.lacrossesympphony.org

SPRINGTIME IN PARIS– MAY 6

Old Main Cultural Center

20869 S College Ave. Galesville

608-582-4412

May 6– Spring Thaw Celebration, 10am-2pm

May 13– Norwegian Holiday, Movie at 7pm

May 19 & 20– Gale Star Festival

Yoga with Kim– Weds, Thurs, Fri

Summer Concerts Series starts June 24th

G-E-T Performing Arts Center

17511 N. Main St

Galesville, WI

(608) 484-4458

May 5– Good Morning Bedlam & GET Jazz Ensemble

May 6– Spring A Cappella Show

May 19– Quad & GET Jazz Ensemble

May 25– Uncommon Denominator & GET Jazz Ensemble

June 3– Danceworkz in Motion

Tickets and more information at www.getpac.org

Cappella Performing Arts Center

721 King St, La Crosse

608-299-7248

May 6 -La Crosse Boychoir Spring Concert, 2pm

May 9– Cheers to 40 yrs Fundraiser for ufah.org

May 26– Silent film “Wings”, 7pm

Publisher: Woodward Printing Service
11 Means Drive
Platteville, WI 53818

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... Losey Blvd & State Rd La Crosse K-Mart opened in 1965 and closed it's doors in 2017. Remember the "Blue Light Specials" and the lunch counter in the rear of the store of K-Mart. You could walk across the street to the Kentucky Fried Chicken also.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254 La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Features Holmen & also some Saturdays Call 526-3600
- Tuesdays:** 6:30pm Bingo @ Onalaska American Legion
- Wednesday:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 5/1-** Forks & Corks, 5:30pm Waterfront Restaurant
- 5/5-** Downtown La Crosse Art Walk, 4pm-7pm
- 5/5-** MMIW 5K at Riverside Park, 11am registration
- 5/5-5/6-** Spring Market on the Mississippi, at Maple Grove in West Salem
- 5/6-** Craft & Vendor Show, 10am-3pm at Holmen High School
- 5/6-** La Crosse Marathon, Granddads Bluff to Riverside Park
- 5/6-** West Salem Fire Dept, Blue Collar 40 Concert, 7pm-11pm
- 5/11-** Chicken Q, 11am-6pm at Mary Mother of the Church LaX
- 5/12 & 5/13-** Midwest Music Fest, Winona Levee Park
- 5/13-** Drive thru Chicken Q at Village Park West Salem 11a-1pm
- 5/13-5/14-** Plant Sale & Open Barn, Clearwater Farm Onalaska
- 5/18-5/19-** West Salem Village wide rummage sales
- 5/18-5/20-** Westby Syttende Mai Festival. Visit the website for details www.westbysyttendemai.com
- 5/19-** Tribute to Stevie Nicks & James Taylor , Leo & Leonas Bangor, 7pm
- 5/19-5/20-** Plant Sale, Northside Elementary 1611 Kane St.
- 5/19 & 5/20-** Broadway Musical Concert at Onalaska HS, 7:30p
- 5/20-** Gale-Etrick FD Chicken Q, 11am at Etrick Fire Dept
- 5/20-** La Crosse Speedway Season Opener, 2pm
- 5/20-** Tri State Classic Show, La Crosse Fairgrounds 8am-7pm
- 5/25, 3-7pm & 5/26, 8am-2pm-** Bethel Lutheran Rummage Sale, Loomis St. La Crosse. Bag sale \$6. Half price Fri at noon.
- 5/30 & 5/31-** La Crosse Loggers game at Copeland Park
- 6/2-6/4-** June Dairy Days West Salem

Save the Date!!
WORLD ELDER ABUSE AWARENESS WALK
10am on JUNE 15th
Riverside Park Bandshell

MEMORIAL DAY

Honoring the memory of those who served

Word Search

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

SAVE THE DATE

Earth Fair

LA CROSSE, WISCONSIN

Make EVERY Day Earth Day

APRIL 30, 2023 11AM-5PM

Pollinator Party

May 13, 1pm-3pm

Justin Trails Resort, 7452 Kathryn Ave. Sparta

Birds, bats, bees, butterflies, beetles, and other small mammals that pollinate plants are responsible for bringing us one out of every three bites of food.

Free event and the first 50 to register will receive a free gift from Prairie Moon Nursery

walk

MS

Walk MS

May 20th, 9-2pm

La Crosse Center

MEMORIAL DAY
REMEMBER AND HONOR

The ADRC of La Crosse County Office, Transportation & Senior Meal Sites will be closed Monday, May 29th for Memorial Day

- | | | | |
|---------------|-------------|---------------|---------------|
| 1. Veterans | 5. Flowers | 9. Remember | 13. Ceremony |
| 2. Decoration | 6. Memorial | 10. May | 14. Sacrifice |
| 3. Day | 7. Service | 11. Americans | 15. Heroes |
| 4. Flags | 8. Honor | 12. Holiday | 16. Freedom |