



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

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Permit No. 124

SEPTEMBER IS NATIONAL FALLS PREVENTION AWARENESS MONTH
Join us for Falls Prevention Awareness Day September 22, 2023!

The Aging & Disability Resource Center (ADRC) of La Crosse County, in partnership with the La Crosse County Falls Prevention Coalition, and R.W. Houser Family YMCA, would like to invite you to participate in this year's *Falls Prevention Awareness Day* annual event! This year, we are excited to announce that activities will be held at the R.W. Houser Family YMCA located at 400 Mason St, Onalaska, WI.

Falls Prevention Awareness Day, September 22, is acknowledged across the United States at the start of the fall season. Falls are NOT a normal part of aging. This event will showcase local resources and information to help you stay informed, active, and free from falls.

September 22, 2023
R.W. Houser Family YMCA

Registration for breakout sessions is required. To register, call ADRC at 608-785-5700.

Time	Main Room (Gym A)	Breakout 1 (Studio A)	Breakout 2 (Studio B)	Breakout 3 (Room A)	Breakout 4 (Room B)	Breakout 5 (Lap Pool)
10:00-10:30 AM	Welcome					
10:30-11:00 AM	Keynote (TBD)					
11:00-11:30 AM						
11:30 AM-12 PM			Y Chair Circuit (session 1)	Interactive Vision Presentation	Medication Interventions for Falls Prevention	
12:00-12:30 PM	Fall/Risk Screening, Resource Tables, & Refreshments		Y Chair Circuit (session 2)	Balance & Brain Health as we Age	Fall Into Healthy Habits	Y Shallow Water Exercise (12:15-12:45 PM)
12:30-1:00 PM		Y Zumba Gold (session 1)	Y Chair Yoga (session 1)	Emergency Planning Basics	Bingocize (session 1)	
1:00-1:30 PM		Y Zumba Gold (session 2)	Y Chair Yoga (session 2)	Could a cane be helpful to my walking & balance?	Bingocize (session 2)	
1:30-2:00 PM	Self-Care...Far from Selfish					

Breakout descriptions, if available, are below. Go to www.lacrossestopfalls.org for additional information and updates.

Bingocize: Try this evidence-based health promotion program that combines the game of bingo, health education, and/or exercise!

Could a cane be helpful to my walking & balance? A discussion of types of canes, advantages and disadvantages, how to use one correctly, and why some people need lots of coaxing to use one! If time permits, participants will go on a guided walk around the building.

Emergency Planning Basics: Life is unexpected. If an accident or crisis happens, are you prepared? If you are a caregiver and something happens to you, do you have a plan for your loved one? It is time to start thinking about your emergency back-up plan. A good emergency plan includes all the information that someone else will need in order to take care of you or your loved one. This session will help you start!

Fall Into Healthy Habits: Check out a little cooking demo with samples to try! Health benefits of ingredients used will also be provided.

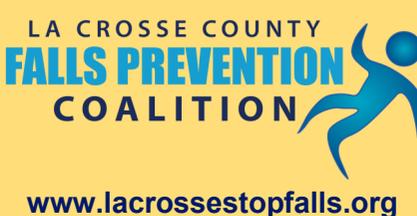
Medication Interventions for Falls Prevention: Review how the body changes as we age and how this effects the medications we take. Learn which medications may be inappropriate for use and identify strategies to take your medications correctly and safely.

Y Chair Circuit: This low-impact class incorporates cardio and strength training to provide a total body workout.

Y Chair Yoga: This slow-paced class moves through a series of seated and standing yoga poses and stretches focused on increasing flexibility, balance and range of movement.

Y Shallow Water Exercise: This is a low-impact class that incorporates cardiovascular and muscle conditioning exercises using the water as resistance. No lap swimming skills are necessary.

Y Zumba Gold: This low-impact dance fitness class focuses on balance, range of motion, and coordination. Come ready to sweat and groove to Latin and World rhythms, and prepare to leave empowered and strong.



www.lacrossestopfalls.org

TRANSPORTATION OPTIONS

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

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

Shared Ride does not enter into La Crosse.

Prices range from \$3.25-\$4.50.

To schedule a ride call 784-0000.

La Crosse County ADRC (Abby Vans) offers transportation for La Crosse County residents rides in La Crosse County

Monday-Saturday from 7am-6pm and Sundays from 7am-2pm. Closed on holidays.

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

Wheelchair and electric scooters accessible.

Cost varies by zones:

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

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

Zone 2- West Salem, Bangor, Brice Prairie and rural areas 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.

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

* With an ID card issued by MTU or a Medicare Card .75 cents is the cash fare, and \$25 is the cost of a monthly bus pass.

Call **789-7350** for more information or questions.

The lobby at **Grand River Station (314 Jay Street)** is open daily Monday-Friday from 9:00am to 5:00pm.



MTM/ Veyo Medical Rides

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

Monday—Friday, 7am - 6pm

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

Visit the website at member.veyo.com



VOLUNTEERS NEEDED!

Programs:

- Transportation Program
- Handyman Program
- Handcraft Program
- Telephone Reassurance Program



CONTACT US!

608-785-0500

@rsvplax.org

TTHURIN@RSVPLAX.ORG

GREEN BAY PACKERS SCHEDULE



REGULAR SEASON SCHEDULE

- 1 Sun, Sep 10 at Chicago 3:25 PM FOX
- 2 Sun, Sep 17 at Atlanta 12:00 PM FOX
- 3 Sun, Sep 24 vs New Orleans 12:00 PM FOX
- 4 Thu, Sep 28 vs Detroit 7:15 PM PRIME VIDEO
- 5 Mon, Oct 9 at Las Vegas 7:15 PM ESPN
- 6 BYE WEEK
- 7 Sun, Oct 22 at Denver 3:25 PM CBS
- 8 Sun, Oct 29 vs Minnesota 12:00 PM FOX
- 9 Sun, Nov 5 vs LA Rams 12:00 PM FOX
- 10 Sun, Nov 12 at Pittsburgh 12:00 PM CBS
- 11 Sun, Nov 19 vs LA Chargers 12:00 PM FOX
- 12 Thu, Nov 23 at Detroit 11:30 AM FOX
- 13 Sun, Dec 3 vs Kansas City 7:20 PM NBC
- 14 Mon, Dec 11 at NY Giants 7:15 PM ABC
- 15 Sun, Dec 17 vs Tampa Bay 12:00 PM FOX
- 16 Sun, Dec 24 at Carolina 12:00 PM FOX
- 17 Sun, Dec 31 at Minnesota 7:20 PM NBC



Contribution Designation Form

I want to help the Aging & Disability Resource Center (ADRC) of La Crosse County continue its effective community service to older adults, individuals with disabilities, and their families.

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

- ADRC General Support
- Elder Benefit Specialist
- Caregiver Support
- Health Promotion
- Congregate Dining
- Home-delivered Meals
- Dementia Support Services
- Senior Life Newsletter
- Disability Benefit Specialist
- Transportation Services

Please make checks payable and send to:

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

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



La Crosse 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 contribution delivers the paper to the door each month. Give generously!



Save the Date

Tuesday November 14, 11:30a-1:30p
 Presenting: Martin Schreiber, former WI Governor and Caregiver for Wife with Alzheimer's. Author of "My Two Elaine's" Presentation & Luncheon to be held at UWL Bluff's Room. Registration info to follow. Hosted by EndAlz Fest Foundation in recognition of Family Caregiver Month!

HEALTHY AGING CONFERENCE

Friday, Sept 15, 9am-1pm

Radisson Hotel

Cost: \$30

Alzheimer's & Dementia Care

For more information, call Gundersen Office of Public Health 608-775-4717



SPARK! on the Go!
 Second Monday of every month (Jan-Dec. 2024) 1:00pm-2:30pm

Locations will be announced (traveling throughout La Crosse County)

Register with the ADRC 608-785-5700.

* This is for Spark! On the Go! **NOT** Clearwater Farm Spark in Onalaska registration.

GRIEF & LOSS

Free Group Counseling for Care Partners (Late Stage Dementia/End of Life)

A group where others who share similar trials can work through their grief and ambiguous loss together.

Sessions meet Thursdays for 1.5 hours at

Crossway Church 1407 St Andrew St. La Crosse

Enroll now by calling Joy Buchman at 651-412-6651



Touching Moments Animal Assisted Program

For people living with dementia are able to visit the ranch and interact with the horses. 4 week session is free. Activities include grooming, petting horses and leading them through an obstacle course (assisted by volunteers) if comfortable.

Dates: Wednesdays, **Sept 13-Oct 4** from 6pm-7pm

Location: Windy Ridge Ranch
 8526 Union Ridge Drive, Hokah, MN

Contact for registration...Shelley Ellingson at 507-884-4365 or email windyrr@goacentek.net

Website: www.touchmoments.org

Conversations with Kathy – Dementia Caregiver Camaraderie

4th Tuesdays 1pm-2:15pm (Sept 26, Oct 24, Nov 28)
 La Crosse YMCA-GHS Healthy Living Center (south entrance to Dahl YMCA, parking lot off of King St.)

Questions? 608-386-8908

Connect Café

Connect Café offers fun, engaging and meaningful activities to help us stay active and connected in the community. Join us for a light snack and meet with others who are living with a diagnosis of Mild Cognitive Impairment (MCI), dementia or Parkinson's disease.

Care partners and family members are invited to participate too. Connect Café offers a judgement-free zone and safe place to share, laugh and learn from each other. FREE

Dates: **Tuesdays – Sept 19, Oct 17, Nov 21 & Dec 5**

Time: **10am to 11:30am**

Location: **Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Call: **608.519.2088 or 608.789.8640**

Kinship 4 Caregivers

Provides an hour of engaging, uplifting personal time for caregivers to practice self wellness, fun and education. Scheduled Thursdays so those in need of respite can utilize local programming for loved ones.

September 7th Coffee and Conversation: 1:15pm-2:30pm Mississippi Valley Conservancy Visitor Center N5727 County Road Z, Onalaska

September 21st Education: Services Savvy! 1:15pm-2:30pm Onalaska Community Center 515 Quincy St, Onalaska

Register separately for each offering at the Aging & Disability Resource Center at 608-785-5700.

BRAIN & BODY FITNESS

Group physical and cognitive fitness class for people living with mild cognitive impairment (MCI) or early to mild stage dementias. Facilitated by trained instructor. Pre-registration and physician approval required. Register by calling 608-785-5700.

Choose from:

La Crosse YMCA **Tuesdays 10:00-11:00am**

or

Onalaska YMCA **Fridays 10:00-11:00am**



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

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

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

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

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

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, 5:00pm-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 7:00pm-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, 10:00am-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 5p-6p
 Virtual via Zoom or Dial-in by phone
 Email Abigail@dsaw.org

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.

SUICIDE PREVENTION AWARENESS EVENT

Wednesday, September 20, 2023 (6:00 - 7:30 pm)

Increase your understanding of suicide, its prevalence and the risk factors for specific populations, and acquire tools for prevention, assessment and intervention.

Riverside Park, La Crosse, WI

SUICIDE PREVENTION SUMMIT

Thursday, September 21, 2023 (8:30 am - 4:30 pm)

A full education day to increase your knowledge base of suicide factors, rates, prevention, assessment, and intervention, including an overview of the CAMS Treatment Framework. Register at

www.lacrossesuicideprevention.org

UW-L Student Union, La Crosse, WI

GET HELP

HOPELINE (24/7 - Free - Trained Crisis Counselor) Text "HOPELINE" to 741741 Struggling? Having a bad day? Need Someone to Listen? Need Resources? WE CAN HELP www.centerforsuicideawareness.org

- Great Rivers 211 (24-hour crisis line and referral service)
Dial: 211 or 1.800.362.8255
- Mayo Clinic Health System Behavioral Health: 608.392.9555
- Gundersen Health System Behavioral Health: 608.775.2287 or 1.800.362.9567 ext 52287
- La Crosse County Crisis Line: 608.784.HELP (784-4357)
- La Crosse County Aging & Disability Resource Center 608.785.5700
- Mental Health Coalition of the Greater La Crosse Area
www.mentalhealthlacrosse.org
- National Alliance on Mental Illness (NAMI): 608.784.7532
Prevent Suicide Wisconsin - preventsuicidewi.org
Resilient Wisconsin - www.dhs.wisconsin.gov/covid-19/resilient.htm



**Your Medicare
Promoting Better Health**

**Medicare's Preventive Services
can help you feel better, live
healthier — and save you money**

The best way to stay healthy is to live a healthy lifestyle. Exercise, eating well, keeping a healthy weight, and not smoking all contribute to healthy living and disease prevention.

Medicare pays for many services to keep you healthy including:

- Exams
- Lab tests
- Counseling
- Health monitoring programs
- Education to help you take care of your own health
- Shots
- Screenings
- Annual Wellness Visit

Talk with your doctor or health care provider to find out what tests or other services you may need.

Medicare Part B Preventative Benefits

By the GWAAR Legal Services Team

Did you know that Medicare Part B covers many preventive benefits at no cost to beneficiaries, as long as the services are provided by a doctor or other qualified health care provider who accepts Medicare assignment? These preventive services include:

- Abdominal aortic aneurysm screenings for at-risk individuals (with a referral from a doctor or other qualified health care provider)
- Alcohol misuse screenings and counseling (up to four free counseling sessions per year)
- Bone mass measurements once every 24 months to check if an individual is at risk for broken bones (for people with certain medical conditions or who meet certain criteria)
- Cardiovascular behavioral therapy (discussion of aspirin use, blood pressure check, tips on eating well, etc.) one time per year to help lower the risk for developing cardiovascular disease
- Cardiovascular disease screenings once every five years that help detect conditions, such as high cholesterol, that may lead to a heart attack or stroke
- Cervical, vaginal and breast cancer screenings at least once every 24 months
- Colorectal cancer screenings, such as colonoscopies, to help find precancerous growths or find cancer early, when treatment is most effective. Note, however, that if a polyp or other suspicious tissue is found and removed during a screening procedure, the patient must pay 15% of the Medicare-approved amount for doctors' services and hospital fees
- Counseling to prevent tobacco use and tobacco-caused disease, up to 8 times per year
- Vaccines, including for COVID-19, flu, Hepatitis B (for those at medium or high risk for Hep B) and pneumococcal infections. Most other recommended adult immunizations (such as for shingles, tetanus, diphtheria and pertussis) are covered by Medicare Part D drug plans.
- COVID-19 monoclonal antibody treatments and products to help fight the disease and keep an individual out of the hospital (This treatment will be covered through the end of 2023. In 2024, Original Medicare will cover monoclonal antibody treatments if someone has COVID-19 symptoms. In the case of individuals with weakened immune systems, Part B will continue covering the cost, even following the end of the COVID-19 public health emergency on May 11, 2023.)
- Depression screenings (one per year), as long as it is performed in a primary care setting (like a doctor's office) that can provide follow-up treatment and/or referrals, if necessary
- Diabetes self-management training for diagnosed diabetics to learn to cope with and manage the disease, with a written order from the patient's doctor or other health care provider
- Glaucoma test, for those at high-risk, once every 12 months
- Screenings for Hepatitis B and C, as well as HIV and lung cancer, if certain conditions are met
- Mammogram screenings to check for breast cancer – once every 12 months for women 40+, and one baseline mammogram for women ages 35-39
- Behavior change program to help prevent type 2 diabetes (offered once-per-lifetime to high-risk individuals)
- Nutrition therapy services for individuals with diabetes or kidney disease and those who have had a kidney transplant in the last 36 months, as long as a physician referral is provided
- Obesity screenings and behavioral therapy for those with a body mass index (BMI) of 30 or more, to help individuals lose weight by focusing on diet and exercise. The counseling must be provided in a primary care setting (like a doctor's office), so that an individual's personalized prevention plan can be coordinated with the patient's other care.
- Prostate cancer screenings once every 12 months for men over 50
- Sexually transmitted infection (STI) screenings and counseling for high-risk individuals and those who are pregnant. Medicare covers these tests once every 12 months or at certain times during pregnancy. Medicare also covers up to two individual, 20-30 minute, face-to-face, high-intensity behavioral counseling sessions for high-risk adults. To be covered, counseling sessions must be provided in a primary care setting (like a doctor's office). Medicare will not cover counseling as a preventive service in an inpatient setting, such as a skilled nursing facility.
- "Welcome to Medicare" preventive visit during the first 12 months that someone is enrolled in Part B. The visit includes a review of the patient's medical and social history related to health. It also includes education and counseling about preventive services, including certain screenings, shots or vaccines (like flu, pneumococcal and other recommended shots or vaccines), as well as referrals for other care, if needed.
- Yearly "Wellness" visit after someone has had Part B for longer than 12 months, to develop or update the patient's personalized plan to prevent disease or disability based on current health and risk factors.

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Knitting Group: Thursdays, 5pm-7pm; \$1/week.
Mah Jongg Club: Tuesdays, 12pm-3:30pm; \$2/session.
International Folk Dance: Wed., Sept. 6 & Sat., Sept. 16, 7pm-9:30pm; \$2/session.
Parkinson's Disease Support Group: Mon., Sept. 11, 5pm-6:30pm
Zumba: Wed., Sept. 13, 20, & 27; Mon., Sept. 18 & 25; 5:30pm-6:30pm; register.
Estate Planning with Trusts: Thurs., Sept. 14, 10am-11:30am; register. Free
Line Dancing Class: Fridays, Sept. 15 & 29, 10am-11am; register 1 day prior; \$2/class.
Connect Café: Tues., Sept. 19, 10am-11:30am; register 1 day prior.
Medicare 101-Understanding ABCs of Medicare: Tues., Sept. 19, 10am-11am or 6pm-7pm; register. Free
After Dinner Concert: Sept. 21, 6pm-7pm, AARPapella. Free
Before the After: Fri., Sept. 22, 10am-12pm; register 1 day prior.
Rebuilding American Civics – Session 1: Fridays, Sept. 22, & 29, 12:30pm-2pm; register 1 day prior. Free
Monthly Card Creations: Sept. 27, 12pm-7pm; register Friday prior; \$8/session.

COMMUNITY CONNECTIONS CENTER

1407 St. Andrew Street

Most programs require registration: 608-519-2088

www.cityoflacrosse.org/parks

Art Club: First & third Wednesdays, 1pm-3pm, \$2/session
Staying Active Together: Mondays & Thursdays, 9:30am; register. No class Sept. 4. Free
Coping Skills: Fridays, Sept. 1 & 15, 10am-11:30am; register. Free
Wise Wednesdays: Sept. 6 & 20; 10:30am-12pm; register. Free
Bingo: Wednesdays, Sept. 6 & 20, 1pm; register 1 day prior. Free
Dare to Paint Abstracts: Sept. 7, 14, & 21, 1pm-3pm; register by Sept. 7
Drawing Part I: Sept. 11, 18, & 25, 1pm-3pm; register by Sept. 11
Peace by Piece-Caregiver Concerns-Clutter, Hoarding & Dementia: Tues., Sept. 12, 10am; register 2 days prior. Free
Connect2Nature-Climate Change Questions: Tues., Sept. 12, 1pm-2:30pm; register. Free
Coping with Grief & Loss: Wed., Sept. 13, 10am-11:30am; register.
Connect Smart: Sept. 13 & 27, 12:30pm-2pm; register 2 days prior.
In-Person Tech Help: Sept. 13 & 27, 11am; register 1 day prior. Free
What Seniors Should Know-Selling Home: Tues., Sept. 19, 10am-11am; register 2 days prior. Free
Travel Tales-London w/Dr. Martin-Stanley: Tues., Sept. 26, 1pm-2:30pm; register. Free

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 the ADRC at 608-785-5775.



600 N Holmen Dr.
608-399-1870

Indoor Walking: Mon-Fri., 7am – 10am & 11am-12pm
I Heart Art: Mondays at 9am
StrongBodies: Mondays & Wednesdays at 9am
Chair Yoga: Mondays at 9:15am with Marty
Mah Jongg: Mondays at 1pm. No experience necessary
Active Older Adult Fitness: Tuesdays & Thursdays at 10am
Mindful Yoga: Tuesdays & Thursdays at 8:45am with Jean
BINGO: Wednesdays at 1pm & Fridays at 1pm, \$1 per card
Crafternoon Social Group: 1st & 3rd Thursdays at 1pm -Bring your projects and enjoy the company
Diamond Art: Wednesdays at 9am
Euchre Tournament: 1st & 3rd Tuesday at 6pm
Book Club: Last Tuesday of the month, 6pm
WAFER Mobile Pantry: 4th Tuesday every month , 4pm-5:30pm
Hearing Evaluations with Andy: 1st Tuesday from 10am-12pm
Hearing Instrument Checks: 3rd Tuesday from at 10am – 12pm
Blood Pressure Checks with BrightStar: 4th Wed, from 11am-1pm
Visit with Therapy Dogs: 2nd & 4th Wednesday at 11am
SimpleSteps with Kathy: 2nd & 4th Monday at 10:30am-FREE help with technology
St. Croix Hospice: Learn more with Dana: September 21 at 10am -11am
Good News Singers: Concert on Friday, September 8 at 11am
Truth & Spirit Band: TBA
Book Club: The last Tuesday of the month at 6pm

Senior Nutrition Program: 12pm lunch, Mon-Fri. Call the meal site a day prior at 608-317-8104 to reserve a meal.

Visit www.holmenc.org for more programming details

South Side Neighborhood Center

1306 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: Mondays & Thursdays, 9:30am; in-person with virtual link to instructor; register. No class Sept. 4. Free
Pet Loss Support Group: Monday, Sept. 11, 5pm-6:30pm; register.
Music Café: Sept. 21, Tom Baker; Sept. 28, Therese Roellich/Friends. 1pm-2pm. Free
Yoga with Renae: Wednesdays starting Sept. 20, 5:30pm-6:45pm. Register by Sept. 29.

Senior Meal Site is open at the South Side Neighborhood Center. To participate in the afternoon lunches, call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4.

MYRICK PARK CENTER

789 Myrick Park Dr, La Crosse 769-5766

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

Movie in the Park– Sept 8, 8:30pm. *ET & Back to the Future*

Down Syndrome Awareness Walk– Oct 7, 10am-2pm

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	Intro to Bridge Class -call for details
Tuesday:	9am	Strong Seniors –call to register
	1pm	500 (register at 786-1114)
	7pm	Duplicate Bridge (797-3587)
Wednesday:	1pm	Euchre (register at 786-1114)
	7pm	Live Band Dance –public welcome
	10am	Watercolor class , Third Wed of month
Thursday:	9am	Strong Seniors –call to register
	10:30am	Chat Bridge – call to register
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga / Tai Chi Class
	10:45am	VIP Coffee Connection – 1st Friday/mo.

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

Sept 11– Craft Corner, 2:30pm. Wine Pumpkins, register
Sept 20– Wednesday for Lunch, 11am-12:30pm
Sept 21– Chicken Que, 11:30am-5:30pm. Call for a ticket.

Brain Teasers

In my hand I have two coins that are newly minted. Together, they total 30 cents. One isn't a nickel. What are the coins?

A quarter and a nickel

ONALASKA OMNI CENTER EVENTS

255 Riders Club Rd.

608-781-9566

Mah Jongg: Wednesdays 1pm - 4pm

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

Call Rita 608-780-7810

Iron Works 3 River Throwdown– Sept 9th

Wellness Fair– Sept 22 & 23

Job Fair– Sept 26th

Fall Gift & Craft Show– Oct 14-15

SENIOR FARMER'S MARKET VOUCHERS

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 a \$35 voucher 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. 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



September 18-22, 2023, is Falls Prevention Awareness Week!

We want to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling. More than 1 in 4 older adults fall every year in the US. But falls are not a normal part of aging. There are things you can do, and most falls can be prevented.

Exercising, managing your medications, having your vision and hearing checked, wearing good shoes, and making your home safer are a few steps you can take to prevent falls. Staying active keeps your muscles and joints healthy and strong and keeps you from falling. Of course, talk with your healthcare provider before starting any new activities or exercises. If a therapist or other healthcare provider recommends the use of a walker or cane, using that device will further reduce your risk of falling. Finally, talk about falls and your concerns with falling. Your family, friends, and healthcare provider want to help you!

Carrier Alert is a free service for people who live independently but may have difficulty reaching vital services in case of an accident like a fall or sudden illness. Carrier Alert is made possible through a partnership between the United States Post Office and Great Rivers 211. Call 211 today to get more information on the Carrier Alert program and if it is available in your area!

Simply dial the three-digit telephone number 2-1-1 or (800) 362-8255

**Language Interpretation is available
Chat with us at our website
www.greatrivers211.org
Or text your zip code to 898211**

**Kiwanis Day of Fun for Everyone
September 9th, 12pm-2:30pm
Trane All Abilities Park
1500 Chase St. La Crosse**

**Free food, games and entertainment
for kids and adults
with differing
abilities.**



**Saturday, September 16
Riverside Park, La Crosse**

**8:30am Event Opens, 9:40am Opening Ceremony, 10am Walk
Register at <https://act.alz.org/>**

COUNTDOWN TO TAKE CONTROL OF ANXIETY

Anxiety often is described as sustained, excessive worry that a person cannot control related to the anticipation of a future threat, such as a traumatic event. At times, anxiety can have a significant, adverse effect on daily life, work, relationships and overall happiness. Anxiety also can manifest as an irritable, worried, restless and debilitating stress response lasting minutes to days. Almost everyone has had anxiety surrounding a stressful situation.

Anxiety becomes an obstacle to a happy, healthy life when it affects your day-to-day life in these ways:

Emotionally, anxiety can appear as:

- Excessive worry
- Fatigue
- Irritability
- Panic attacks
- Paranoia
- Poor concentration
- Restlessness or Sleep disturbances

Physically, anxiety can appear as:

- Chest pain
- Diarrhea, stool pattern changes or upset stomach
- Headache
- Increased heart rate
- Muscle aches
- Shaking
- Shortness of breath
- Sweating

The negative effects of anxiety

Left unchecked, anxiety can negatively affect your life in these ways:

- **Interrupting daily life** Causing issues at home, school, work and socially.
- **Isolating** Not wanting to participate in normal daily activities.
- **Emotionally** Increasing risk for depression, suicide and failure to progress in life.
- **Physically** Increasing risk for physical distress, nausea, vomiting, diarrhea, constipation, chest pain and tremors.
- **Mentally** Increasing risk for poor decision-making.

Tips to combat anxiety. Try this exercise the next time your mind is stuck on the worry setting.

Sit quietly. Look around you and notice:

- **5 things you can see** Your hands, the sky, a plant on your colleague's desk
- **4 things you can physically feel** Your feet on the ground, a ball, your friend's hand
- **3 things you can hear** The wind blowing, children's laughter, your breath
- **2 things you can smell** Fresh-cut grass, coffee, soap
- **1 thing you can taste** A mint, gum, the fresh air

This exercise helps you shift your focus to your surroundings in the present moment and away from what is causing you to feel anxious. It can help interrupt unhealthy thought patterns.

When to seek advice or treatment from a medical professional. It's recommended you speak to a health care provider about your anxiety should any of these situations occur:

- Your anxiety becomes an obstacle in any aspect of everyday living, often causing difficulties for six or more months.
- Your anxiety becomes a negative influence in relationships creating barriers in life.
- Your anxiety leads to isolation producing thoughts of hopelessness or helplessness.
- Your anxiety controls your life with emotional or physical response to excessive worry.

Seek support from a therapist, medical professional, family member, friend, community support person, crisis line resource or a crisis center. Depending on the severity of your anxiety, a behavioral therapy plan, anti-anxiety medication and coping mechanisms may be recommended for your situation.

Recognition of anxiety is a key factor in dealing with excessive worry and moving forward in life. If you experience symptoms or difficulty controlling worry, ask yourself if it could be anxiety you're experiencing. It's important to share any concerns about excessive worry with your health care provider so we can help you identify ways to address your anxiety and move past the adverse effects of excessive worry.

www.Mayoclinichealthsystem.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. Menu subject to change without notice.				Mushroom swiss burger 1 Seasoned potatoes Baked beans Snickerdoodle cookie
 Holiday Sites Closed	Chicken Cordon Bleu 5 Baked sweet potato California blend veggies Black forest cake 	Pork roast & gravy 6 Mashed potatoes Baby carrots Rosy applesauce	Spaghetti 7 Romaine lettuce salad Pineapple Garlic toast, parm cheese	Baked cod 8 Baked potato Coleslaw Fruited jello
Beef stroganoff 11 Buttered noodles Baby carrots Tropical fruit salad, OJ	Ham 12 Au gratin potatoes Green bean bake Applesauce spice cake	Chicken salad sand. 13 3 bean salad Watermelon, grape juice Sugar cookie	Meatballs & gravy 14 Mashed potatoes Squash Fruited jello	Beef taco salad 15 Corn tortilla chips Sugar cookie Taco sauce, sour cream
Meatloaf 18 Mashed potatoes & gravy California blend veggies Fruit, Ice cream sundae	Pulled pork sandwich 19 Rosemary potatoes Calico beans Banana pudding	Potato soup, crackers 20 Turkey sandwich Broccoli raisin salad Cream pie	Brat on a bun 21 German potato salad Coleslaw Chocolate cake	Broccoli chicken casserole 22 Beets Fresh fruit salad Chocolate chip cookie
Chicken supreme 25 Baby red potatoes Stewed tomatoes Fresh fruit	Egg salad sandwich 26 Vegetable soup & crackers Cucumber salad Black bean brownie	BBQ Ribbette 27 Scalloped potatoes Corn Orange wedges Rye bread	1/4 baked chicken 28 Mashed potatoes & gravy Squash Apple crisp w/ raisins	Salisbury steak & gravy 29 Mashed potatoes Green beans Peaches

CINNAMON ROASTED BUTTERNUT SQUASH

- 1 large butternut squash, *peeled and cut into 1-inch cubes*
- 1 1/2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons maple syrup
- 3/4 teaspoons salt
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground black pepper
- 1 tablespoon chopped fresh rosemary



Preheat the oven to 400 degrees. Coat baking sheet with nonstick spray.

Place the squash cubes in a large bowl. Drizzle with the olive oil and maple syrup, then sprinkle the salt, cinnamon, and pepper over the top. Toss to coat, spread the cubes in a single layer on the prepared baking sheet, taking care that they do not overlap.

Bake for 15 minutes. Remove, toss squash and return to oven. Continue baking until the squash is tender, about 10 to 15 additional minutes. Remove from the oven and sprinkle the rosemary over the top. Serve warm. Serves 4

EASY APPLE CRISP

- 6 apples - peeled, cored, and sliced
- 2 tablespoons white sugar
- 1 1/2 teaspoons ground cinnamon, divided
- 1 cup brown sugar
- 3/4 cup old-fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup cold butter



Preheat the oven to 350 degrees F.

Toss apples with white sugar and 1/2 teaspoon cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish.

Mix brown sugar, oats, flour, and 1 teaspoon cinnamon in a separate bowl. Cut in cold butter with 2 knives or a pastry blender until the mixture resembles coarse crumbs; spread over apples and pat down gently until even.

Bake in the preheated oven until golden brown and sides are bubbling, about 40 minutes. Serves 4

Gravy Booster Tips:

- Herbs:** For a subtle, fragrant note, toss a hearty herb—like thyme or rosemary—in with the broth. **Mustard:** Give your gravy a bite by whisking in a dollop of Dijon or whole-grain mustard at the end.
- Paprika:** Add 1/2 teaspoon smoked, spicy, or sweet paprika to the thickening flour for rich flavor and color.



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**.

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

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

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



RecipeBox:

Do you have a favorite recipe you would like to share? If so, share it with the ADRC and our readers.

If you wish to share your name please include that.

Recipes will be printed throughout the year.

Complete a recipe card and email to:

adrc@lacrossecounty.org or

mail to: ADRC of La Crosse County

300 4th St N. La Crosse, WI 54601



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

If you're not supposed to have midnight snacks, then why is there a light in the fridge?

La Crosse Main Library

800 Main Street | 608-789-7100

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: Sept 9 at 10:30am

Chair Yoga: Sept 7 & 21 at 10am

BYOB Club: Sept 29 at 7pm

Knit & Needle: Sept 6, 5pm-6:30pm

Qigong: Sept 6 at 11:30am

Book Discussion: Sept 18 at 5:30pm. *Out in Print*

Courtyard Chapters: Sept 9, 10am. *The Candy House*

South Library Chapters: Sept 13, 12:30pm. *The Candy House*

Friends Monday Booksale: Mondays, 9am-12pm

Technology & Skills Development: Sept 20 at 11am

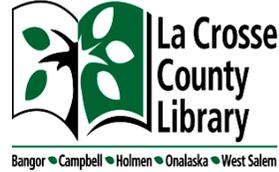
Lawyers in the Library: Sept 21, call for an appointment

Public Health Outreach: Sept 11 & 25, 10am-12pm

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.

Holiday Closure– Sept 2nd—4th



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

All library locations will be closed on Monday, Sept 4, for Labor Day.

We are participating in the Driftless Regional Read of the book *What Happened to You?: Conversations on Trauma, Resiliency, and Healing*, by Bruce D. Perry and Oprah Winfrey. Events run Sept 8 - December.

Bangor "Game Day" on Sept 14 at 1:30pm.

Bangor "Yoga on the Library Lawn" on Sept 19 at 5:30pm. Register

Bangor movie on Sept 21 at 2:30pm and 6pm.

Campbell Book Club meets second Tuesday at 6pm.

Campbell movie Sept 22 at 1:15pm.

Holmen "Understanding Grief" on Sept 12 at 10am.

Holmen "1920s Dance Lessons" on Sept 18 at 5:45pm. Register

Holmen "Staying Safe with Facebook" on Sept 21 at 1pm.

Holmen "Driftless Regional Read Book Discussion" on Sept 25 at 11am.

Onalaska Book Club meets the third Thursday at 1:15pm.

Onalaska Senior Moments on Wednesdays at 10am:

Sept 6: Victorian's Secrets

Sept 13: The Highground: Veterans Memorial Park

Sept 20: Frenchtown Chronicles of Prairie du Chien

Sept 27: Warmth and Color: Norwegian Coverlets

Onalaska "Free Brain Checks with ADRC" on Sept 11 from 9:30am to 4pm. Call ADRC to schedule your appointment at 608-785-5700.

Onalaska "Public Speaking Workshop with the La Crosse Toastmasters Club" on Sept 14 at 6pm.

Onalaska drop-in free tech help on Sept 20 from 10am-12pm.

Onalaska "Stress, Trauma, Resilience, and Healing" with Ted Stein on Sept 20 at 6pm.

Onalaska "Driftless Regional Read Book Discussion" on Sept 28 at 1:30pm.

West Salem "Public Health Outreach" on Sept 7, 10am-12pm. La Crosse County Health Department will provide blood pressure checks, tobacco cessation guidance, health care and food benefits. No appt necessary.

West Salem "Cheesecake & Canvas" on Sept 21 at 6:30pm. Register.

West Salem Midday movies on Thursdays at 2:15pm.

West Salem Afternoon Book Club second Wednesday at 1:30pm.

West Salem Evening Book Club, third Monday at 7pm.

The La Crosse Area Retired Educator Association

Next meeting: September 7th

Speaker: Martin Schreiber, author and former Governor

Cedar Creek Country Club at 11:30am. Reservations are required by noon one week in advance. All who have retired from *any* position in public education in Wisconsin are welcome. Reservations call Sherry at 608-788-3875 lacrosserea@gmail.com.

Steppin' Out in Pink Sept 9th

7:00 am - 11:30 am starting at Riverside Park this year!



STEPPIN' OUT IN PINK

Gundersen Medical Foundation

Facebook: @Steppin' Out in Pink - Gundersen Medical Foundation

Email: steppinout@gundersenhealth.org Phone: 608-775-7647

Blood Drives for September:

9/1– Valley View Mall, 11am-4pm

9/5– First Lutheran Church Onalaska, 12:30pm-5:30pm

9/6– Stoney Creek, 12pm-5pm

9/7– Moose Lodge, 9am-2pm

9/11– Coon Valley Lutheran Church, 1pm-6pm

9/13– UWL Student Union, 11am-6pm

9/14– UWL Student Union, 11am-6pm

9/15– Onalaska Public Library, 11am-4pm

9/15– First Free Church Onalaska, 12:30pm-5:30pm

9/18– Trinity Lutheran Church Sparta, 12pm-5pm

9/23– Chaseburg Village Hall, 8:30am-1:30pm

9/25– River of Life Church Onalaska, 11am-3pm

10/3– Journey Lutheran Church Onalaska, 12:30pm-5:30pm



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

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

West Salem American Legion Post 51

West Salem 608-786-0051



Fish & Shrimp: Sept 1, 15 & 29

Bingo: Sept 4 at 6:30pm

Breakfast Buffet: Sept 10 at 8am

Chicken Q– Sept 9 at 11am in park

American Legion Post 52

711 6th St. S., La Crosse

608-782-3232



Euchre– Every 1st & 3rd Friday of the month, 6pm

Sept 8 RCCW Wrestling 6pm Food, 7pm Wrestling

Sept 14th Veterans Service Officer 11am to 4pm

Sept 21st Bourbon & Wine Tasting 6pm, \$20.00

Sept 27th to 30th Brat Sales 11am to 7pm

Sept 29th Cutting of the Golden Brat, 8am

Sept 29th Breakfast Buffet 6am to 10am, All you can eat

Aug 26th NCC Free Community Luncheon 11am to 2pm

Concordia Ballroom

1129 La Crosse St. La Crosse

608-782-7049



Dances every Sunday!

500 Card play: M, W, F: 12:50 pm to 3 pm, \$3/person

Zumba: T & TH, 5:30-6:30 pm:

contact: Ncarmosini@gmail.com

Square Dancing: 2nd & 4th Wed., 6-9 pm, beginners 6-7

The Historic Tour is narrated by the La Crosse County Historical Society members as you tour through historic neighborhoods.

Trolley boarding starts at 10:15am, tour starts at 10:30am - 12:00pm.

Dark La Crosse Tour, boarding at 12:15pm, tour starts at 12:30pm- 1:30pm

2023 Saturday Tour Dates
 August 26th
 September 2nd, 9th, 16th, 23rd

Call Explore La Crosse's office at 608-782-2366.



Onalaska American Legion Post 336

731 Sand Lake Rd. Onalaska 783-3300

Tuesdays– Bingo at 6:30pm, Taco specials

Wednesdays– Homemade lunches, 11am-2pm

Thursdays– Euchre, 10am-3pm. \$4 burgers

Fridays– Fish Fry, 11am-2pm & 4pm-8pm, Live Music

Sundays– Bar Pot Luck

SAL Breakfast– Sept 17

How to Choose a Medical Alert System

A medical alert system — often referred to as a personal emergency response system (PERS), medical emergency response system (MERS), health monitor or fall monitor — can provide increased independence for loved ones and peace of mind for family caregivers.

How do you find the one that's best for your situation? It can be complicated. Medical alert systems have evolved far beyond a basic, wearable device (like a bracelet or pendant) with a button that triggers a call to a response center in case of emergency.

Now a medical alert device might include GPS, cellular connectivity, fall detection or prevention, in-home health and well-being monitors, activity trackers, movement sensors and more. Alert services might come with smartphones or as a feature of home security systems.

Start by evaluating your loved ones' specific needs and abilities, present and future. For example, if she has dementia, will she understand how to operate a system — or is something automatic, like a fall-detection device, more appropriate? Does he have a disorder that could hinder communication with a call center, like aphasia or hearing loss? Will limited fine motor skills make putting on a device or pushing a button too difficult? Here are some key things to think about and questions to ask in choosing a medical alert system. Once you've made a selection, be sure to monitor how it is working for your loved ones. Don't hesitate to switch to another service if it isn't a good fit — it could save a life.

What do you need it to do?

Fall detection. Falls are perhaps the most common motivator for obtaining a medical alert system. Nearly 36 million older Americans a year experience a fall, and more than 1 in 5 falls causes an injury, according to the U.S. Centers for Disease Control and Prevention.

Call for help. Devices with help buttons can connect the wearer to a live person at a response center or to emergency services such as the police or fire department.

The button sends a signal to a base unit connected to a phone, which makes the call.

Medical monitoring. Some systems can be set to monitor vital signs and provide medication reminders.

Cellular. Mobile MERS can be used anywhere cellular service is available.

Location detection and tracking. A device with GPS is especially useful if your loved one is still driving and relatively independent.

In-car. These compact devices plug into your vehicle's 12V power outlet (what used to be the cigarette lighter) and have GPS capability. Some can be connected to a smartphone via Bluetooth.

Movement monitoring. Motion detectors and beacons track movement in the home.

Daily check-in services. Some monitoring companies will check in with your loved one every day, electronically or via a live phone call.

Activity and fitness tracking. These have features like step counters to monitor healthy activity and fitness goals.

Virtual family connections. Some systems enable users to make or receive ordinary calls, making it easy for family members and friends to check in.

Display time. Alert devices might include a watch feature. Or vice versa: Some smart watches include health monitoring and fall-detection apps.

Home security monitoring. The system detects danger from fire, smoke and carbon monoxide.

Contact the ADRC of La Crosse County for more information and how to obtain a device. 608-785-5700

Article source: Amy Goyer, AARP

Boost Your Brain & Memory Class
Fridays 9:00am-10:30am Sept. 15-Nov.3
 Lounge at Holmen Area Community Center
 OR



Boost Your Brain & Memory Class
Mondays 1:00-2:30pm Oct. 2-Nov. 20
 La Crosse Dahl YMCA – Multipurpose Room (2nd Floor)

Facilitated by Viterbo University Nursing students. Hosted by the Aging & Disability Resource Center of La Crosse County (ADRC) and Holmen Area Community Center

Have you ever wondered if there were ways to take care of your brain as you age? The Boost Your Brain & Memory class focuses on a variety of lifestyle factors that impact brain health and memory strategies that participants can implement in their daily lives. Learn about 6 dimensions of Brain Health & develop strategies for incorporating them in your life. This program offers a unique approach to brain fitness. Sessions include informational video segments, followed by group discussion, activity, and goal setting. To Register for either class, call ADRC 608-785-5700

Can't Stop Me
Parkinson's Programs

STAR
 CENTER

Fall programs starting in September
 Rock Steady Boxing, PD Exercise,
 Drums Alive, Chair One Fitness, Adaptive Strength,
 Pickleball, & Badminton
Location: Concordia Ballroom & Central High School
Register at: www.starcenterlacrosse.org
 or call 608-797-6295

Public Health Outreach

Available staff and resources include: Social Workers,
 Health Educator and Registered Nurse.
 Help with applying for Medicaid or Foodshare,
 answers on health concerns and needs and free blood
 pressure checks.

La Crosse Main Library– Sept 11 & 25, 10am-12pm
 West Salem Library– Sept 7, 10am-12pm
 No appointment needed.

Stepping On Falls Prevention Program

September 5 - October 24
(Tuesdays - no class September 19)
9am-11am at Gundersen Winona Campus
2pm-4pm at Gundersen Lutheran Onalaska Clinic

The Stepping On program is a seven-week program designed for people over 60 who are living at home and have experienced a fall or are concerned about falling. It is an evidence-based program that is proven to significantly reduce falls in older people living in the community by incorporating strategies to include positive lifestyle changes to keep them confident, independent and active.

For more information and to register for the series, please call Gundersen Clinic at 608-775-2011.

La Crosse EXPAND
EXercise Program for Adults with Neurologic Disorders

UWL Physical Therapy Program offers a physical activity program specifically designed for individuals with neurologic disorders.
 Target Population: Parkinson disease, Multiple Sclerosis, balance disorders, and those recovering from stroke or head injury
Participants work with PT students to develop and implement a physical activity program designed to meet goals for health & function. Participants need to have some ability to walk - with or without help.

Attend 2 sessions per week in individual or small group-based activities designed to promote fitness, wellness, and the prevention of falls.
12 week sessions Sept-Dec., Monday & Wednesday afternoons.

Inga Cluppert, PT, DPT; Phone: 785-5072; Email: icluppert@uwlax.edu

Do you have a loved one who needs your help to get meals, get dressed, or get out of the house?

Do you have a plan for your loved one if something happens to you?

You must evacuate your home. Would you need to scramble to get together what you and your loved one needs to be gone from the house for a week?

If you answered YES to any one of these questions, then this event is for you...

EMERGENCY PLANNING FOR CAREGIVERS

Sponsored by
Bethany St. Joseph MERIT Centre

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. Led by Kristine Meyer, Caregiver Support Specialist at the Aging & Disability Resource Center of La Crosse County. You will receive a complimentary emergency planning workbook.

Tuesday, September 12, 2023
3pm- 4 pm
MERIT Centre North
1020 Windsor St. La Crosse, WI 54603
Registration deadline: Friday, September 8th

This is a **FREE** event!
On-site Respite is available. Questions and registration through the ADRC of La Crosse County at 608-785-5700 / adrc@lacrossecounty.org

"To care for those who once cared for us is one of the highest honors."

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. 16th
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

Looking for a few good MEN...

WHO ARE INTERESTED IN FORMING A MEN'S GROUP

What do men need to be active, engaged, sharing skills, having fun, and making contributions?

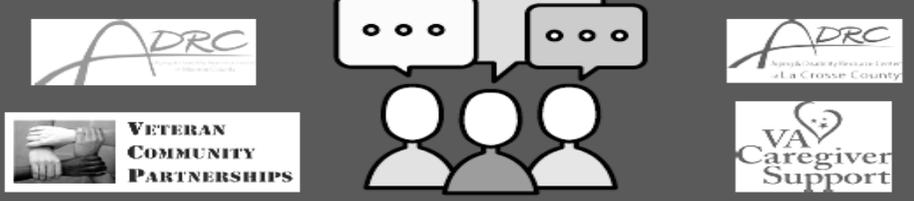
What opportunities would you like to see in your community?

For more information and to get on a list contact:

ADRC Monroe
608-269-8690

ADRC La Crosse
608-785-5700

Veteran Community Partnership
608-372-3971 x66279 / 608-785-6203



Caring Better & Braver

A conference for family caregivers

October 28, 2023

10AM-3PM

Black River Beach Neighborhood Center
La Crosse, WI 54601

Lunch included

Register by Oct 13th

Call: 608-785-5700

Email: adrc@lacrossecounty.org

Find us on Eventbrite

\$10 suggested donation*



Conference Schedule

- 10:00am: Welcome
- 10:15am: Bust the Burnout
- 11:00am: Assistive Technology
- 11:40am: Lunch
 - Chair Chi activity
 - Guided meditation
- 12:40pm: The Techy Caregiver
- 1:20pm: Laugh for the Health of It
- 2:15pm: Open connection & resource tables

Respite options may be available!

Please indicate if you have this need when you register.



*Payment options available upon registration

ADRC is Launching the First Disability Newsletter

"It's about time" was the feedback we heard when we first started telling people that the ADRC was creating a newsletter specifically geared for the disability community. When the suggestion to publish this newsletter came earlier this year from our Advisory Committee member, we couldn't have agreed more.

The newsletter is called the "**Access Guidebook.**"

Your source for disability resources and support.

If you would like to get on the Access Guidebook mailing list, call the ADRC at 608-785-5700 or email adrc@lacrossecounty.org.

If you have ideas, new resources and stories that deserve to be shared, we want to know.

Nothing about you without you, is our motto.

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.

Open to the public, but not intended for people with dementia.

September 11- Onalaska Library
Call the ADRC to register at 608-785-5700.



La Crosse Park & Rec Senior Excursions

For ages 50+
Call 608-789-7533 to register



- Sept. 7: Wisconsin Quilt Expo
- Sept. 16: Soldiers Walk, Winery, & Orchard Tour
- Oct. 4: Celebration Belle Cruise
- Oct. 10: Explore Stillwater & Trolley Ride
- Oct. 18: Visit Galena
- Oct. 24: It's More Than Spam!
- Nov. 5: She Loves Me at the Commonweal Theater
- Nov. 10: Tundra Swans
- Nov. 18: Greatest Piano Men, Middleton Performing Arts Center
- Nov. 28: Holiday Lights Trolley Tour
- Nov. 30: Christmas Carol at Guthrie Theater
- Dec. 3: Candlelight Tour of Mayowood & Shopping Apache Mall



WEBER CENTER
FOR THE PERFORMING ARTS

www.webercenterarts.org
608-784-9292

Adventures Await- Sept 1-2
The Lion in Winter- Sept 22-23
Fiddler on the Roof- Oct 6-22
(Senior Preview Oct 5)

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

MARIE HEIDER CENTER FOR THE ARTS

405 Hamilton St E. West Salem
608-786-2550 www.heidercenter.org

- Oct 8- Purdue Varsity Glee Choir
- Nov 18- B2Wins
- Dec 8- Looney Lutherans-"Hold the Lutefisk"

LA CROSSE CENTER

www.lacrossecenter.com

- Sept 8-10 Elvis Explosion
- Sept 15- So You Think You Can Drag
- Sept 21- Taste of Downtown

Pump House Regional Arts Center

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

- A Night with an Adventurer- Sept 12, 6:30pm
- Harmonious Wails: Simon and Simon- Sept 14, 7:30pm
- Michael Perry- Sept 22, 7:30pm



VITERBO
UNIVERSITY
FINE ARTS CENTER

Viterbo University Fine Arts Center

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

- Sept 9- The Oak Ridge Boys Front Porch Singin' Tour
- Sept 13- Dave Marck & Friends: Over the Rainbow- free
- Oct 12-15- 42nd Street
- Oct 16- "The Presidents Own" U.S. Marine Band- free
- Oct 28- Tig Notaro
- Nov 2- The Wailin' Jennys
- Nov 17-19- She Kills Monsters

Fourth Fridays

Sept 22, 4pm-8pm

Food and drink vendors, arts and crafts, music, and fun to downtown La Crosse. Free for all ages to attend. Bring your blankets, chairs, and enjoy Fourth Fridays in Riverside Park!

G-E-T Performing Arts Center

17511 N. Main St
Galesville, WI
(608) 484-4458

Sept 29- Van Morrison Tribute, 7pm.
Tickets and more information at www.getpac.org

West Salem Park & Rec

175 S Leonard St
786-0222

Village Activities:

- Flags of Honor- Sept 8-10 at Village Park
- Village Wide Garage Sales-Sept 15 & 16
- Garland Days- Sept 16 & 17, car show, music, food

www.westsalemwi.gov

BLUFF TO BLUFF EXPERIENCE



September 9th & 16th
October 7th, 14th, 21st, & 28th
2:00pm - 6:00pm
SATURDAY, SEPTEMBER 9th ONLY
Calling all Elvis Tribute Artist Fans!

The Bluff to Bluff Experience brings you the KING! Enjoy all of the captivating trolley experience alongside an Elvis Tribute Artist that will be performing in the 2023 Elvis Explosion at the La Crosse Center all weekend long!

This 4 hour tour starts at Explore La Crosse, 123 7th St South, La Crosse. You will then travel through historic downtown La Crosse before venturing up into the bluffs of the La Crosse Region. As your experience comes to an end, a final stop at Le Chateau will provide nibbles to tantalize your taste buds.

Tickets at www.explorelacrosse.com

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

Yoga with Kim- Weds, Thurs, Fri
Qigong- Sept 5, 12 & 26

FALL FESTIVAL- Sept 16

Telephone Reassurance Program

The Telephone Reassurance Program is offered to any older adult, persons with disabilities, or veterans who are homebound that need socialization.

- ▶ It is a safety check and serves as a catalyst for home-bound citizens to socialize daily.
- ▶ RSVP volunteers offer reassurance to the participants, their family and their friends that someone will be calling them.
- ▶ There is no charge to participate in the program.
- ▶ Calls are weekdays between 8am and 5pm. No weekends or holidays.
- ▶ You will be matched with a volunteer based on your interests.



Coulee Region RSVP
608-785-0500 www.rsvplax.org



Woodstock Tribute
Saturday, September 9
3pm-9pm
Riverside Park



Blast from the past...

During the fall of 1960, several officials of the La Crosse based G. Heileman Brewing Company, Roy Kumm, Don Rice, John Coleman, and Ray Ping were discussing an annual promotion. News of these discussions spread through the firm, eventually reaching the malt house, where two of the employees suggested having an Oktoberfest. One was John Dickow, who while in the army was stationed in Germany and attended Munich's fall festival. The idea was quickly accepted, for two primary reasons:

1. October is the time of color, as the leaves change from summer green to the brilliant fall colors.
2. Early October usually marks the end of the harvest and the preparation for winter. It was believed that a festival at this time would provide an ideal "relief valve" and a way to give thanks for a bountiful harvest.

Fun Facts: The first Oktoberfest in La Crosse was called a "farm show" by many people. A cow chip throwing contest and catching a greased pig were attractions. Old-fashioned steam engines also participated in a demo of early log cutting during the lumber era of La Crosse. Art exhibits, train rides, and a rodeo were also favorite early events in 1962.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254 La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- Tuesdays:** 6:30pm Bingo @ Onalaska American Legion
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Wednesdays:** Ukulele Jam from 6pm-8pm at Moose Lodge
- Saturdays:** Chasin Dreams Flea Market, 8am-8pm. N4440 Hwy 162 Bangor. Market, bounce house, outdoor art & fishing
- 9/4-** Labor Fest at Copeland Park, 10am parade and festivities
- 9/8 & 9/9-** Mississippi Mayhem Car Show La Crosse Fairground
- 9/8-9/10-** Spanferkel Festival, Mindoro Lions Club
- 9/8-9/10-** Cashton Fall Fest, Village Park
- 9/9-** Second Saturday Market, Second & Main St La Crosse, 11am-5pm. Art, music, food and fun for the whole family.
- 9/9-** Clearwater Farm Taste of Summer, 4pm-7pm. Onalaska
- 9/8-9/9-** Mississippi Mayhem Car Show, La Crosse Fairgrounds
- 9/9-** 3rd Annual Harvest Fest, 3pm-6pm 923 12th Ave S. Onalaska. Food trucks, live music, games, vendors
- 9/10 & 9/17-** Holmen Concert in the Park, 5pm-7pm
- 9/14-** Chicken Q, 11am-6pm, pick up or delivered. Mary, Mother of the Church Weston St. La Crosse 788-5483
- 9/15-9/16-** Fall Market, Maple Grove Venue West Salem
- 9/16-** Patsy Cline Tribute, 7pm at Leo & Leona's Bangor
- 9/16-9/17-** Horse Show, La Crosse Fairgrounds, horse arena
- 9/22-9/24-** Warren's Cranberry Festival
- 9/23-** Fall Market, Coon Valley Dairy Supply, 8am
- 9/22-9/23-** Viola, WI Horse & Colt Show. Music, parade & pull
- 9/23-** Chaseburg Cancer Society Sole Burner, 11am-6pm at Village Park. Auctions, food, music, vendors, kids activities



Sept 28-Oct 1 La Crosse Festgrounds

- Sept 27-** Festmaster's Ball, 5pm at La Crosse Center
- Sept 28-** Senior Breakfast, 7am-9am, Festgrounds
Torchlight Parade, 7pm, Gillette St to Clinton St
Torchlight Party, 7:30pm, Logger's Field
- Sept 29-** Opening Ceremonies, 11am, Festgrounds
- Sept 30-** Run/Walk, 7am
Maple Leaf Parade, 10am
Fireworks, 9pm
- Oct 1-** Carnival, music and food all day



AQUINAS FEST

SEPT 15, 3PM-8PM

Cameron St Parking Lot

Live music, Beer garden, Pig roast, Kids games

608.784.8585

Hmong New Year

September 23-24

Veteran's Memorial

Park

West Salem

- Experience the Culture
- Traditional food & Ice Cream
- Arts & Crafts
- Vendors
- Dance Competitions
- Open to the Public
- Sports & Games

Sept 15-17

Applefestusa.com

Senior Luncheon-Sept 13, 11am-1pm at La Crescent Area Event Center
595 Veterans Pkwy.



LA CRESCENT, MN



September 4th
The ADRC Office, Meal Sites and Abby Vans transportation will be closed for the Holiday.
Enjoy your Labor Day!



Norskedalen
Nature & Heritage Center

Sept 10- Twilight Tour Dinner at 5pm & tour
Oct 14- Civil War Reenactment

608-452-3424

59th Annual Midwest Banjo Fest

Friday, Sept 15th, 5:30pm-8:30pm, The La Crosse Bierhaus
Saturday, Sept 16th, 11:30am-2pm, Houghton's Jackson St. Pub
Saturday, Sept 16th, 7:30pm, Concordia Hall, Main Event
Sunday, Sept 17th, 1:30pm-3:15pm, La Crosse Queen Cruise
Sunday, Sept 17th, 5pm, The Freighthouse Restaurant
More information visit www.midwestbanjofest.com

2023 Big Boat Shore Stops
Riverside Park

Viking Mississippi- Sept 4, 14 & 18
American Countess Paddlewheel- Sept 3 & 7
American Queen Paddlewheel- Sept 30



Sept 3rd, 11:30am-7pm

8 bands, food, beverages and dancing.
American Legion, French Island

Pride in the Park

Sept 9, 11am-6pm

Riverside Park

Vendors, food, kids events, community groups and fun for the whole family.
7riverslgbtq.org

