

La Crosse Senior Life



October 2023

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

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The Power of One! Being an Effective Advocate

It only takes one person to initiate change. Everyone has the ability to impact how a legislator feels about an issue. It takes just a few moments to have a meaningful interaction with an elected official, and to begin to build a long-lasting rapport with that person and their office staff. People working together can have an even greater impact.

What is Advocacy? (Advocacy Institute)

Advocacy is pursuit of influencing outcomes, including public policy, economic, and social systems and institutions that directly affect people's lives.

Advocacy consists of organized efforts and actions to change "what is" to "what should be." These organized actions seek to highlight critical issues that have been ignored and submerged, to influence public attitudes, and to enact and implement laws and public policies so that visions of "what should be" in a just, decent society become a reality. Advocacy organizations draw their strength from and are accountable to people—their members, constituents, and/or members of affected groups.

What is the difference between a paid lobbyist and citizen advocate?

A paid lobbyist should be the expert, knowing all details about a bill. Their function is to pass along information to multiple legislators and share why an issue is good public policy.

A citizen advocate has the passion! They do not necessarily need to know all the details about a bill, but enough of the facts to make a point clear. Their function is grassroots support, working with their own legislator, to prove the issue is good public policy.

How do I contact my legislator?

Phone calls are an effective means of advocating. Ask to speak to the legislator, or their staff handling the issue or program you are calling about. Stick to one topic for each phone call. Be sure to leave your name, address, telephone number, and email address. Send a follow-up communication after conversation, reminding legislator what was discussed.

Emails are not the most personal means, but are great for generating a substantial amount of communication and very convenient. Often the preferred method for many elected officials, as it reaches them quickly and makes it easy for them to record your contact.

Emails work best if your legislator already knows you. Be sure to include your full name, address, telephone number, and email address. Stick to one topic. Email blasts are not as effective. If using a "form/template" email, change subject line and personalize message.

Letters are another means to contact your legislator but will take several weeks for delivery. Use the correct address and salutation (i.e., The Honorable [insert name]). Type or write your letter clearly and use your own words and stationary. Letters should be short; stick to one page, one topic. Be specific and know your facts. Be timely with the issue you raise.

How do I find out who my Representative is, or who my U.S. Senators are?

To find out who your Representative is, enter your zip code in the search function at: www.house.gov/representatives/find. To find out who your U.S. Senators are, enter Wisconsin in the search function at: www.senate.gov. To call your Member of Congress, dial the U.S. Capitol Switchboard (202) 224-3121 or toll-free (866) 338-1015.

How do I achieve the highest impact?

Being a successful advocate requires more than the occasional phone call or letter. Treat the legislator as you would anyone you wish to create a lasting relationship with. Remember to send thank you cards or email messages after positive action is taken or acknowledge their good work in some sort of public form.

Never underestimate the power of a relationship or a personal story to influence!

Tips for More Effective Advocacy Efforts

1. Do not be intimidated.
2. Do not assume anything; keep it simple.
3. Make it personal.
4. Share the "ask."
5. Be persistent; follow-up, follow-up.

TAKE ACTION! Action Alerts

Get timely **Action Alerts** on the issues that may impact you! Send an email to cpagel@lacrossecounty.org to be added to our Action Alert distribution list.

NOTICE OF PUBLIC HEARING

The Aging & Disability Resource Center (ADRC) of La Crosse County will conduct a public hearing on Monday, October 2, 2023, 2:30 p.m., at the La Crosse County Administrative Building, 212 6th St N, La Crosse, WI 54601, Room 2106, to receive public comment on the proposed plan for spending the allocation of \$288,500 authorized under section 85.21 of the Wisconsin Statutes to implement the 2024 Specialized Transportation Assistance Program to transport older adults and individuals with disabilities.

All persons interested in providing input are invited to attend and testify. Alternatively, written comments may be sent to the ADRC of La Crosse County, Attn: Carissa Pagel-Smith, 300 4th Street N, La Crosse, WI 54601 or emailed to cpagel@lacrossecounty.org through Tuesday, October 31, 2023.

A draft of the ADRC of La Crosse County's 2024 Specialized Transportation Assistance Program application is available for examination on the ADRC of La Crosse County website (www.lacrossecounty.org/adrc) or a copy is available at the ADRC of La Crosse County located at 300 4th Street N, La Crosse, WI 54601, between the hours of 8:00 AM and 4:30 PM, Monday through Friday.

For more information, or to discuss transportation options or other accommodations to attend, please call the ADRC of La Crosse County at 608-785-5700

What is Specialized Transportation?

The County Elderly and Disabled Transportation Assistance Program provides counties with financial assistance to provide transportation services to older adults and individuals with disabilities.

Wisconsin counties are the only eligible applicants for funds available under s.85.21, Wis. Stats, which are allocated on annual basis as determined by current population estimates. Counties may prioritize travel for medical, nutrition, and work-related activities.

Locally, we (ADRC) contract with Abby Vans to provide our specialized transportation service to/from medical, employment, nutrition, education/training, social/recreational, and other personal needs. To access, individuals must first call the ADRC at 608-785-5700 to determine eligibility.

For more information about this or other transportation services, see page two or give us (ADRC) a call at 608-785-5700.

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 Galesville, Trempealeau, Mindoro, La Crescent, 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



Can You Spare an Hour?

The Aging and Disability Resource Center is in need of volunteers to help deliver meals to our elderly participants from 10:30am-12pm on a variety of days.

We have delivery routes available in La Crosse, Onalaska, Brice Prairie and Holmen

Volunteers are also needed to assist with packaging the meals at our Holmen and La Crosse meal sites.

Call us at 608-785-5700 to see how you can help.

WORDS, WORDS, WORDS

Poof, go the words of our youth, the words we've left behind. We blink and they're gone. Where have all those great phrases gone? Long gone: Pshaw, the milk man did it. Hey its your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses. See you later alligator! After while crocodile!

Okey Dokey.

We are the children of the 40's and 50's...no one will ever have that opportunity again. We were given one of the most precious gifts: Our memories.

Do You Have Extra Yarn? Material?



Do you have yarn or material you are not using and would like to donate to a local non-profit organization? Coulee Region Retired and Senior Volunteer Program (RSVP) Handcraft program is always looking for yarn or material donations to help create many various handcraft items (hats, mittens, scarves, wheelchair/walker bags, clothing protectors, etc) to donate to the various organizations in the area for their clients. They donate about 5,000 items each year, which means we always need more yarn or material.

If you have yarn or material give RSVP a call today. Check out their website at www.rsvplax.org or call 608-785-0500.

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 contributions 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!

DEMENTIA Live®

Proven. Powerful. Essential.

Experience for Professional and Family Caregivers

Experience What It's Like to Live with Dementia: Dementia Live Simulation

Dementia Live is an evidence-informed, high-impact experiential simulation that immerses participants into life with Dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. By "walking in their shoes," participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

Monday, Oct 23
 8:30am-3:30pm
 Gundersen Integrated Center for Education

Monday, Nov 6
 9:15am-3pm
 Onalaska Library

Friday, Nov 17
 8:30am-3:30pm
 Mayo Health Mary Crest Room

To register for the 1-hour training session call the Aging & Disability Resource Center at 608-785-5700.

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

October 5– Have a Gourd Time, 1:15pm at Jolivette's W2462 Hwy 16 West Salem & Swarthout Neshonoc Park W3373 Hwy 16 West Salem

October 19– Care & Support by Stage, 1:15pm at Community Connections Center 1407 St Andrew St. La Crosse

November 2– 11:30am at Rivoli Theater 117 N 4th St La Crosse

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



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

Oct 18th, 10:30 a.m. – 12:00pm –Tailgate!
Clearwater Farm 760 Green Coulee Rd. Onalaska

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

Brain & Body Fitness!

Group physical and cognitive fitness class for people living with mild cognitive impairment (MCI) or early to mid-stage dementia. Facilitated by trained instructor. Pre-registration and physician approval required.

Fridays 10am-11am, Onalaska YMCA
Register by calling 608-785-5700.

LOCAL DEMENTIA SUPPORT GROUPS

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

NEW! Coming Soon!
Learn & Connect: Cognitive & Memory Loss Education

Hosted by Gundersen Health System – Neurology Department and La Crosse County Aging & Disability Resource Center- Dementia Care Specialist Program. Education for care partners and patients with cognitive disorders and memory loss. Ideal for young onset diagnoses, or newly diagnosed in the early stages. Pick from a menu of class offerings as well as workshops. Held throughout the year on Gundersen La Crosse Campus. Launching in November 2023. Additional details forthcoming!

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

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 – 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**

All-Stages Caregiver Group

2nd Tuesday monthly: 1:15pm-2:30pm
 Good Shepard 4141 Mormon Coulee Rd.
 Call Kathy 608-386-8908

An opportunity to learn from others who face similar experiences. For caregivers only.

Parkinson's Disease Group

1st Monday monthly, 5:00-6:30pm
 Black River Beach Neighborhood Center
 Park & Rec: 608.789.8640

For care partners and persons living with Parkinson's disease to meet and have the opportunity to ask questions/ share resources.

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.

Aging & Down Syndrome Caregiver Support Group- Virtual

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

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.

Connect Smart Group

2nd & 4th Wednesdays, 12:30pm-2pm
 Community Connections Ctr 1407 St Andrew St,
 Call Park & Rec. 608.519.2088 or 608.789.8640

Small group activities for people living with dementia to maintain physical, social, emotional skills, including movement, art and music. Care partner support and education is offered in a separate room.

Frontotemporal Dementia Group

FTD Support and Education Group
 2nd Wed/Month 2-3:30pm
 Holmen Area Community Center, Holmen
 Questions? 608-785-5700

Education and sharing with others involved in the FTD journey. Support group in partnership with the Association for Frontotemporal Dementias.

Grief Education Group

2nd Wednesday/Month, 10:00-11:30am
 Community Connections Ctr 1407 St Andrew St,
 Call Park & Rec: 608.519.2088 or 608.789.8640

Join for the opportunity to connect with others while getting support and education. Each month will offer a different topic to provide helpful information for coping with grief and loss.

Conversations with Kathy

4th Tuesday monthly: 1:00pm-2:30pm
 La Crosse YMCA-GHS Healthy Living Center (south entrance to Dahl YMCA, parking lot off of King St.) Call Kathy 608-386-8908

Informal sharing of tips, tricks and 'know how' from those who've been there and done that. For caregivers only.

New RSV Vaccine for Older Adults

Following approval by the Food and Drug Administration, the Centers for Disease Control and Prevention’s Advisory Committee recently recommended the new Respiratory Syncytial Virus (RSV) vaccines for people ages 60 years and older. RSV is a respiratory virus that typically causes cold-like symptoms in healthy adults and older children but can lead to more serious illness, like pneumonia, as well as hospitalizations and even death in very young children and older adults. Adults at high risk include older adults, adults with chronic heart or lung disease, adults with weakened immune systems, and adults living in nursing homes or long-term care facilities. Each year, RSV causes an estimated 60,000-160,000 hospitalizations and 6,000-10,000 deaths among older adults. Because RSV may look like other respiratory infections, the number of RSV cases in older adults is likely undercounted. The new vaccines will help protect older adults against severe illness from RSV during the time of year when multiple respiratory illnesses are circulating in the population. In addition, vaccination of older adults may help prevent young children from being exposed to RSV. These vaccines involve a single-dose in one shot and are expected to be available at pharmacies this fall. Talk to your healthcare provider about whether the RSV vaccine is right for you and any other vaccines you might need this fall to help prevent illness.

Telecommunications Equipment Purchase Program (TEPP)

TEPP helps people with disabilities buy specialized equipment needed for the telephone.

- ▶ Must be hard of hearing, deaf, have a speech disability or a mobility/motion disability.
- ▶ No income or age requirements.
- ▶ A \$100 copay applies, but there is assistance if you cannot afford the copay.

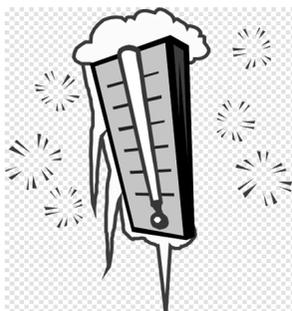
Examples of equipment that can be purchased with TEPP: amplified phone, amplified headset, captioned telephone, hands-free speaker phone, refreshable Braille display, eye gaze device, mobile phone, tablet and telephone signaling/alert device.

Visit: <https://psc.wi.gov/Pages/ForConsumers/TEPP.aspx>
 Call: Independent Living Resources at 608-787-1111

Cool Weather is Coming

Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for:

- ▶ Heating Assistance
- ▶ Electric Assistance
- ▶ Crisis Assistance
- ▶ Furnace Assistance
- ▶ Weatherization
- ▶ Water Conservation



Income Guidelines for 2023-2024

- 1 household- \$2,820.67 month
- 2 household- \$3,688.58 month
- 3 household- \$4,556.50 month
- 4 household- \$5,424.50 month

La Crosse County residents can call 608-785-5582 or apply online <https://energybenefit.wi.gov> For after-hour fuel crisis: 608-782-6126

Medicare Part D Annual Enrollment Period

Each year from October 15 through December 7, there is an Annual Enrollment Period (AEP) for Medicare Beneficiaries to enroll in and/or change their Part C and/or Part D plans.

During the AEP, a person can make any of the following changes:

- Join a Part D plan (if not already enrolled);
- Drop a Part D plan;
- Switch to a new Part D plan;
- Drop a Medicare Advantage plan and return to Original Medicare; or
- Join a Medicare Advantage plan with or without drug coverage.

The Annual Notice of Change (ANOC) notifies you of any changes to your Part D plan that become effective January 1, 2024 and arrives in your mail on or before September 30.

The most effective way to choose a Part D plan is by going on the www.medicare.gov website and using the “planfinder” tool under the **FIND PLANS** section on the front page of the website. The planfinder asks you to enter your zip code, prescription medications, and preferred pharmacies. Based on that information, the planfinder will list the plans that would be most cost effective for you ranking them from the **lowest** cost plan to the most expensive plan.

If you are unsure how to pick and evaluate a plan, you can utilize the following resources:

- To find a new Part D plan that will work for you....**
- 1) **Contact your local insurance agent or local case worker**
 - 2) **Go to the Plan Finder on the Medicare website at www.medicare.gov**
 - 3) **Call Medicare at 1-(800) 633-4227 (open 24 hours)**
 - 4) **Call The Board on Aging and Long-Term Care Medigap helpline at (800) 242-1060**
 - 5) **Call The Benefit Specialists with the La Crosse County Aging and Disability Resource Center at 1-608-785-5700 for Part D comparisons. These will be done by mail, email or by telephone only.** Remember, Benefit Specialists are not licensed insurance agents so they are not able to help you choose or compare a Medicare Supplemental plan but can compare prescription plans and Medicare advantage options using the www.Medicare.gov website tool that is available to anyone.

If you would like a telephone appointment, where we will call you at a set time please call 785-5700 to schedule a time for your phone appointment. You may need to leave a voice message; and someone will call you back to schedule a time. Please have a current list of medications, names and dosages **and** preferred pharmacy and the name of your current plan available for your phone appointment.

If you would like to get the information by regular mail or email, please mail or email your name and contact information along with your current part d plan, your current medications, names and dosages **and** preferred pharmacy to:
tina.johnson@lacrossecounty.org or Mail to: Aging & Disability Resource Center of La Crosse County 300 North 4th Street La Crosse, WI 54601

Do you have questions about Guardianship?

Contact the WI Guardianship Support Center
 Call 855-409-9410
 Or questions to: guardian@gwaar.org

DHS Launches Program to Train Professional Caregivers

By the GWAAR Legal Services Team

The Wisconsin Department of Health Services (DHS) recently **announced** a new program intended to train 10,000 workers as Certified Direct Care Professionals (CDCPs). The goal of the program is to provide employment opportunities and increase the availability of in-home service providers for programs like IRIS and Home and Community Based Medicaid services, as well as for residential settings like adult family homes and Community Based Residential Facilities (CBRFs). In partnership with the University of Wisconsin – Green Bay, the self-paced online curriculum will allow participants to receive free training and certification testing, and to be added to a directory of Certified Direct Care Professionals. Graduates of the program may also be eligible for up to \$500 in employment bonuses. A [companion website](#) will allow employers to post job opportunities and connect directly with program graduates. The CDCP program will complement the state’s existing [WisCareGiver Careers](#) CNA training program, which launched in 2018 and offers free Certified Nursing Assistant Training and testing along with employment bonuses

Please be AWARE of scams during the Medicare open enrollment period

- No one should be cold calling you to change or compare plans.
- No one should be going door to door to change plans.
- Be aware that Television (TV) advertisements may not work in our area and may be misleading about the types of benefits they offer.
- Research anything you see on TV as the information is often misleading and may not be available in our area.
- Be aware of email scams during this time as well. Do not open or click on any links in emails from companies you are not aware of.
- Be aware of post cards and other advertisements in the mail that sound too good to be true as they may be misleading about the types of benefits offered and may not be available in our area.

By Tina Johnson - ADRC of La Crosse County



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.
Parkinson's Disease Support Group: Mon., Oct. 2, 5pm-6:30pm. Free
Zumba w/Lynne: Mondays & Wednesdays, 5:30pm-6:30pm; no class Oct. 2 & 9; register.
Mah Jongg Class: Weds., Oct. 4, 11, 18, & 25, 10am-12pm; register.
Line Dancing Class: Friday, Oct. 6, 10am-11am; register 1 day prior; \$2/
Rebuilding American Civics 1: Friday, Oct. 6, 12:30pm-2pm; register
International Folk Dance: Sat., Oct. 7 & Wed., Oct. 18, 7-9:30pm; \$2
Medicare 101: Tues., Oct. 10, 10am-11am or 6pm-7pm; register
Before the After: Fri., Oct. 13, 10am-12pm; register 1 day prior. Free
Connect Café: Tues., Oct. 17, 10am-11:30am; register 1 day prior. Free
After Dinner Concert: Thurs. Oct. 19, 6pm-7pm, Seven Rivers Jazz
Crafting Weekend: Fri. & Sat., Oct. 20-22, register by Oct. 19
Monthly Card Creations: Wed., Oct. 25, 12pm-7pm; register
Rebuilding American Civics 2: Friday, Oct. 27, 12:30pm-2pm; register 1 day prior. Free
Gently Used Craft Supply Sale: Friday, Oct. 27, 9am-7pm



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

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

Indoor Walking: Mon-Fri., 7am – 10am & 11am-12pm
I Heart Art: Mondays at 9am
Boost Your Brain: Fridays from 9am-10:30am, register
Chair Yoga: Mondays at 9:15am with Marty
Mah Jongg: Mondays at 1pm. No experience necessary
Active Older Adult Fitness: Tuesdays & Thursdays at 10am
Muscles in Motion: Tuesdays at 9am
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
Diamond Art: Wednesdays at 9am
Euchre Tournament: 1st & 3rd Tuesday at 6pm
Book Club: Last Tuesday of the month, 6pm, *Hello Beautiful*
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
Blood Drive: Oct 16, starting at 12:30pm
Medicare Info: Tuesdays at 8am, register
Visit with Therapy Dogs: Oct 4 & 18 at 11am
SimpleSteps with Kathy: 2nd & 4th Monday at 10:30am-Free
Pumpkin Fest: Oct 21 at 3pm
St Croix Hospice Info: Oct 19 at 10am, register
Holmen Historical Society: Oct 2, 6pm. Human Library
Grief Support Group: Oct 3 & 10 at 10am
FTD Support & Education: Oct 11 at 2pm, education and informal support group
Senior Nutrition Program: 12pm lunch, Mon-Fri. New clients register by calling 608-785-5775. Already registered, call the meal site at 608-317-8104 to reserve a meal.

www.holmenc.org for more programming details

Onalaska Park & Rec Dept

415 Main St.

Onalaska / 608-781-9560

Cityofonalaska.com/parkrec

Learn to Curl - Omni Center

Sunday, October 15th | 4:00pm to 6:00pm OR 6:30pm to 8:30pm

Fencing - Omni Center

Monday Evenings | 6:00pm to 7:00pm

Session 1: September 25 to October 30

Session 2: November 13 to December 18

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

Gun Show– Oct 6-8

Fall Gift & Craft Show– Oct 14-15

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. Free
Drawing Part I: Oct. 2, 9, 16, & 23, 1pm-3pm; no class Oct. 30; register.
Chair Fitness-Session 1: Tuesdays, Oct 3, 10, 17, 24, & 31, 10am-11am;
Aging in Place-Home Modifications: Tues. Oct. 3. 1pm-2:30pm; register
Wise Wednesdays: Oct. 4 & 18, 10:30am-12pm; register. Free
Bingo: Wednesdays, Oct. 4 & 18, 1pm-2pm; register 1 day prior. Free
Great Rivers 211 Service: Oct. 5, 11am-12pm; register. Free
Dare to Paint Abstracts: Thursdays, Oct. 5, 12, & 19, 1pm-3pm; register.
Coping Skills: Fridays, Oct. 6 & 20, 10am-11:30am; register 1 day prior.
Connect2Nature-History of Hemp in WI: Tues., Oct. 10, 1pm-2:30pm; register 1 day prior. Free
Coping with Grief & Loss: Wed., Oct. 11, 10am-11:30am. Free
Connect Smart: Oct. 11 & 25, 12:30pm-2pm; register 2 days prior. Free
In-Person Tech Help: Oct. 11 & 25, 11am-12pm; register 1 day prior. Free
Book Discussion-The Wild Edge of Sorrow: Thursdays, Oct. 12, 19, & 26, 12:30pm-2pm; register by Oct. 10. Free
Peace by Piece-Holiday Prep., Control the Chaos!: Tues., Oct. 17, 12:30pm; register 2 days prior. Free
Dementia Caregiver Education-Care & Support by Stage: Thurs., Oct. 19, 1:30pm-2:30pm;
Line Dancing Class: Oct 20, 10am-11am. \$2/register
Senior Meal Site: Lunch M-F at 11:30am. Call one day in advance to reserve a meal at 608-792-4487.

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. Free
Pet Loss Support Group: Oct 9, 5pm-6:30pm. Register, free
Music Café: Oct 5-Cut Thyme, Oct 10-Driftless Duclimers, Oct 19-Right Chords, Oct 26-AARPALLA at 1pm-2pm. Free
Yoga with Renae: Oct 4 & 25, 5:30pm-6:45pm. Register

Senior Meal Site is open at the South Side Neighborhood Center. To participate in the 11:30am 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

Birding Programs: Wednesday's at 7pm-9am

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

Coulee Region Hunger Walk/Run/Bike– Oct 8, 1:30pm

Fall Moonlight Walk– Oct 26, 6pm

www.natureplacelacrosse.org

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.



Cooking for One or Two

Preparing meals for a family or friends often brings a sense of accomplishment. Eating alone or 'just the two of us' can seem like a big effort for a small reward. Instead of saying, "Why bother?" use some of these ideas to prepare healthy meals that taste great, are quick to fix, and do not produce too many leftovers. Here are a few reasons not to hang up your apron!

- ▶ Homemade meals are usually more nutritious and better tasting than eating out.
- ▶ Enjoy any foods you like. If you want an omelet with veggies for dinner or reheated chili for breakfast, you have the flexibility to eat what you want.
- ▶ Prepare meals ahead, cook once and eat twice. Utilizing your freezer is a great tip for those extras and is convenient to have extra meals on hand when you don't have time to prepare one.
- ▶ Invite a friend, neighbor, or family member over to enjoy a meal together when using a recipe that has larger number of servings.
- ▶ Adapt your favorite family large scale recipe. Start by halving the recipe, adding seasonings gradually and reducing the cooking time. Check for doneness of the item using a food thermometer since the recipe will likely cook more quickly.

Reducing Recipes	
Half of a Recipe	
When the recipe calls for	Use
¼ cup	2 tablespoons
½ cup	2 tablespoons + 2 teaspoons
¾ cup	¾ cup
1 cup	¾ cup
1 ½ cup	6 tablespoons
1 tablespoon	1 ½ teaspoon
1 teaspoon	½ teaspoon
½ teaspoon	¼ teaspoon
Third of a Recipe	
¼ cup	1 tablespoon + 1 teaspoon
½ cup	1 tablespoon + 2 ½ teaspoons
¾ cup	2 tablespoons + 2 teaspoons

Shopping Ideas

- ▶ Buy only what you can use and store safely. This may be a smaller, more expensive container. It's not a deal if you must throw it away.
- ▶ Buy frozen vegetables so you can thaw out only what you will eat.
- ▶ Larger amounts of meat can be divided into smaller serving sizes and frozen for later use.
- ▶ Use nonfat dry milk for cooking or baking.
- ▶ Buy fresh fruit at different stages of ripeness and eat as it ripens.

Cooking Ideas

- ▶ Cook a pot of stew, soup, or chili and freeze in small portions.
- ▶ Try batch cooking with items such as brown rice and add to multiple meals throughout the week.
- ▶ Prepare a family-sized recipe and save half for another meal.
- ▶ Try a new recipe sized for one or two. Or look for and use cookbooks designed for one or two.
- ▶ Use "Planned Overs" for foods such as ham. Eat the ham for dinner, in an omelet for breakfast, and in a sandwich for lunch. Ham still leftover? Make scalloped potatoes and ham later in the week.

Karie Johnson

FoodWise Nutrition Education Coordinator

Been to the local Farmers' Market. Farmer A sells pumpkins, farmer B sells squashes, what does Farmer C sell?

Medicine

**Family Nature Walks
Oct 21 at 10am**

Walk at the Trempealeau National Wildlife Refuge. Meeting locations will vary based on conditions and phenology. You will be emailed a meeting location and parking instructions the week of the walk. Free, registration required. Please email driftless@happydancingturtle.com or call 218-587-2303 to reserve spots in a walk.



- Forest Park**– 1st Wed, 9am-11am
- Salzer Square**– 1st Thur, 9am-10:30am
- Coach Lite Estates Mobile Homes**– 1st Thurs, 11am-12:30pm
- Becker Plaza**– 2nd Tues, 9am-11am
- Huber Ct**– 2nd Thur, 3pm-4pm
- North Presbyterian Church**– 4th Thur, 12:30pm-1:30pm
- 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
- 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

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. **NEW LOCATION- 1603 George St. La Crosse**
Drive thru pick up available Wednesday & Thursdays 10am-12pm



The best way to protect yourself and those you love from getting sick from the flu is to get a yearly flu vaccine. Other steps like washing your hands, avoiding others when sick, and covering your nose and mouth when you sneeze or cough can slow the spread of the flu.

Even if you typically don't get sick, getting vaccinated will stop you from spreading it to others at higher risk of getting hospitalized or dying from the flu. Since it takes about two weeks after getting the vaccine for your body to build up defenses against flu infection, the Centers for Disease Control and Prevention (CDC) and Wisconsin Department of Health Services (DHS) recommend that everybody age 6 months and older get a flu vaccine in the fall or early winter. But if you are not able to get your vaccine by the fall, please still get vaccinated because the vaccine can protect you for the rest of the winter and spring. Flu vaccines protect against the four viruses that research suggests will be most common in that particular flu season. This season, all flu vaccines are quadrivalent, meaning they protect against four different viruses (including two influenza A viruses and two B viruses). There are three flu vaccines that are now preferentially recommended for people 65 years and older. If none of the three flu vaccines recommended for people 65 years and older is available, people in this age group should get any other age-appropriate flu vaccine instead. Please take advantage of the available flu vaccine, rather than staying unprotected against the flu while waiting for a specific vaccine. Egg-free (quadrivalent recombinant and cell-based vaccines) and needle-free options (FluMist nasal spray) are available as well. Talk with a doctor or pharmacist about which vaccine is the best choice for you.

If you do become sick with the flu, there are steps you can take to make sure you don't spread your illness to others:

- If possible, stay home when you are sick, and only go out for medical care or for other necessities. CDC recommends staying home for at least 24 hours after your fever is gone without using fever-reducing medicine.
- Wash your hands often with soap and warm water for 20 seconds, or with an alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it.

Vaccines are available at local pharmacies, health care agencies and local health departments. Call 608-785-9872 to learn about eligibility or to schedule an appointment at La Crosse County Health Department.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pepper steak 2 Garlic mashed potatoes Glazed carrots Ice cream sundae	Pork roast & gravy 3 Mashed potatoes Green bean bake Bishop's cake 	Chef salad 4 Ham & bean soup Bran muffin, crackers Peanut butter cookie	BBQ meatballs 5 Rice blend Broccoli Peaches	Hamburger stroganoff 6 Buttered noodles Peas & carrots Mandarin fluff
Ham 9 Sweet potato bake Corn Pineapple	Beef stew 10 Creamy coleslaw Orange wedges, biscuit Peanut butter cookie	Spaghetti 11 Romaine salad Garlic toast Apple juice, Lemon bar	Chicken & gravy over 12 Biscuit Mixed vegetables Fruit salad, Turnover	Brat on a bun 13 German potato salad Baked beans Oatmeal cookie
Chicken rice casserole 16 Monte Carlo vegetables Grape juice Ice cream sundae	ALL MEAL SITES CLOSED FOR INSERVICE	Mushroom burger 18 Potato wedges Tossed salad Pudding	Scalloped potatoes 19 with ham Beets Snickerdoodle cookie	Sloppy Joes 20 Parslied potatoes Broccoli w/ cheese sauce Black bean brownie
Turkey & gravy 23 Mashed potatoes Green bean bake Pumpkin bar	Tuna noodle casserole 24 Peas & carrots Rosy applesauce Fruited jello	Pulled pork on a bun 25 Baked beans Ranch potatoes Frosted yellow cake	Chili & crackers 26 Baked potato, sour cream Spinach salad Orange wedges	Meatloaf 27 Dairy potato bake California blend vegetables Carrot cake
Fish sandwich on bun 30 Potato wedges Carrot coleslaw Banana	Beef taco salad 31 Corn tortilla chips Sugar cookie Taco sauce, sour cream		*All meals include milk or juice & bread. Menu subject to change without notice.	

Stuffed Sweet Potatoes

- 1 medium sweet potato (about 8 ounces)
- 2 teaspoons light brown sugar, divided
- 2 teaspoons butter, softened
- 1/8 teaspoon cinnamon
- 1/4 teaspoon orange zest
- 1 tablespoon orange juice
- Pinch of nutmeg
- Pinch of salt
- 10 mini marshmallows
- 1 tablespoon chopped toasted pecans



Preheat to 425°F. Prick sweet potato all over with a fork. Place on a baking sheet and bake until tender when pierced with a knife, 45 to 50 minutes. Switch oven to broil. When cool enough to handle, halve the sweet potato lengthwise and, leaving the skin intact, scoop out the flesh into a medium bowl. Add 1 teaspoon brown sugar, butter, cinnamon, orange zest, orange juice, nutmeg and salt; mash until chunky-smooth. Fill the potato skins with the sweet potato mixture and top with the remaining 1 teaspoon brown sugar and marshmallows. Broil until the marshmallows are browned on top, 1 to 2 minutes. Top with pecans before serving. Serves 2

Zesty Lemon Fish for Two

- 1/2 pound fish fillets, whitefish (cod, halibut)
 - 2 Tablespoons lemon juice
 - 1/2 small onion
 - 1/2 teaspoon canola oil
 - 3/4 teaspoon lemon pepper, optional
 - 1/2 teaspoon dried parsley
 - Dash paprika, optional
- Separate fish into two serving size pieces, placing on an ungreased baking dish. Top with onion slices.
Drizzle lemon juice and oil evenly over fish.
Sprinkle lemon pepper and parsley and dust with paprika if desired.
Cover and let stand for 5 minutes.
Bake at 350° for 20 minutes or until fish flakes easily with a fork.
May cook, covered, in microwave for 7-8 minutes or until fish flakes easily.



Reminder:

Please use your Senior Farmer's Market Vouchers by the end of the month.

Microwave Tricks

- Revive Stale Bread-** Make that bread good as new. Wrap stale bread in a damp paper towel, place it on a microwave-safe dish and microwave on high for 10 seconds. You can also put a glass of water in the microwave with the bread for more softness.
- Reduce Onion Tears-** No more crying! Before you chop onions, place the whole onion in the microwave for 45 seconds. By heating the onion before cutting it, you help break down the chemicals that cause your tears.
- Cook Scrambled Eggs-** If you're in a pinch for a quick and delicious breakfast simply beat two eggs, two tablespoons of milk and a pinch of salt and pepper in a microwave-safe bowl. It only takes a couple minutes to make an easy plate of scrambled eggs.
- Cook Crispy Bacon-** No more splattering bacon fat in the frying pan. With the help of some paper towels and a microwave-safe plate, you'll be enjoying delicious, crispy bacon in your microwave in minutes.
- Bake Potatoes-** Prick a clean and dry baking potato with a fork. Then, place on a microwave-safe plate and heat for about seven minutes. Once the potato has cooled a bit, cut with a butter knife and top with plenty of cheese, sour cream, chives and butter!
- Make Corn on the Cob-** For one or two ears of corn, microwave on high for three minutes. Serve with plenty of butter, salt and pepper.

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.



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:

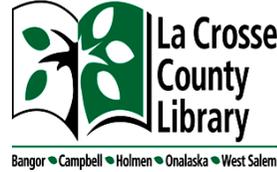
- Be 60 years of age or the spouse of that person
- Be homebound--you don't get out under normal circumstances
- Be unable to prepare your own meals or get groceries
- Be home when your meal is delivered & within our delivery area

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

La Crosse Main Library
800 Main Street | 608-789-7100



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

Monday Mornings at Main: Monday's from 10am-11am. New speaker and topic each week. For ages 50+

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: Oct 14 at 10:30am

Chair Yoga: Oct 5 & 15 at 10am

BYOB Club: Oct 26, 7pm-8pm

Qigong: Oct 4 at 11:30am

Courtyard Chapters: Oct 14 at 10am, Mrs. March

South Library Chapters: Oct 11 at 12:30pm, Mrs. March

Friends Monday Booksale: Mondays, 9am-12pm

Technology & Skills Development: Oct 18, 11am-12pm, OverDrive

Lawyers in the Library: Oct 19, 10am-2pm. Call for an appointment

Spooky Stroll: Oct 17, 6pm at the Marsh Trail

Friends Fall Book Sale: Oct 21, 9am-1pm

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.

Closure– Oct 13 for Staff Development Day

AARP® Tuesday, October 10th, 5:30pm
HomeFit Workshop, Black River Beach Neighborhood Center, 1433 Rose St.
 Register: <https://aarp.cvent.com/Oct23LAXHomeFit> or 877-926-8300

Wednesday, October 11th, **Coffee & Conversations**, 8-10 a.m., Java Vino, 2311 State Rd., Register: <https://aarp.cvent.com/LaxCoffeeCovno23> or 877-926-8300



American Legion Post 417
 700 Fisherman's Rd. French Island
 783-1838
Chicken Que– Oct 7



West Salem American Legion Post 51
 West Salem 608-786-0051
Fall Craft Show– Oct 7, 9am-2pm
Wicked Wine & Beer Walk– Oct 26, 5pm



American Legion Post 52
 711 6th St. S., La Crosse
 608-782-3232

Euchre– Every 1st & 3rd Friday of the month, 6pm
RCCW-Tricks & Treats X– Oct 13, 7pm
Special Needs Halloween Dance– Oct 29, 1pm



Onalaska American Legion Post 336
 731 Sand Lake Rd. Onalaska 783-3300

Tuesdays– Bingo at 6:30pm, Taco specials
Thursdays– Euchre, 10am-3pm. \$4 burgers
Fridays– Fish Fry, 11am-2pm & 4pm-8pm, Live Music
SAL Breakfast– Oct 7, 9am-12pm
Murder Mystery Dinner Theatre– Oct 13, 5pm



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

All locations are participating in an October Mini Reads for Adults.
Bangor “Game Day” on October 12 at 1:30pm.
Bangor movie on October 19 at 2:30pm and 6pm.
Campbell Book Club meets second Tuesday at 6pm.
Campbell movie October 20 at 1:15pm.
Holmen “1920s Dance Lessons” on October 2 & 16 at 5:45pm.
Holmen “Women in Baseball” October 7. At 9am watch “A League of Their Own,” and at 11:30am hear Dolly (Vanderlip) Ozburn’s talk about her time as a pitcher.
Holmen movies on October 9 and 23 at 2:15pm and 6pm.
Holmen “Understanding and Overcoming Caregiver Stress” on October 10 at 10am.
Holmen “1920s Jazz Night” on October 16 at 7pm.
Onalaska book sale October 5 from 12pm-6pm; October 6 from 9am-5pm; October 7 from 9am-12pm.
Onalaska Book Club: third Thursday of the month at 1:15pm.
Onalaska Senior Moments on Wednesdays at 10am:
 October 4: Peshtigo Fire
 October 11: National Alliance on Mental Illness: What You Should Know
 October 18: History of McGilvray Rd
 October 25: The (Real) Fort McCoy
Onalaska movies October 12 and 19 at 6pm.
Onalaska drop-in free tech help on October 18 from 10am-12pm.
Onalaska Heart Strings Harp Circle on October 25 at 6pm.
West Salem “Driftless Regional Read Book Discussion” on October 3 at 1pm. Registration recommended.
West Salem “Wisconsin Science Festival” on October 19 from 6:30pm-8pm.
West Salem “The Salem Witch Trials” on October 28 at 10am.
West Salem Midday Movies on Thursdays at 2:15pm.

The Largest Veteran Event in the Tri-State Area

ATTENTION VETERANS
2023 - Veterans Bonanza!

LA CROSSE CENTER

Saturday, November 4, 2023, from 10:00 a.m. – 4:00 p.m.

If you are a Veteran, have a family member or have a friend who is a Veteran, mark your calendar!



Services Available:

- Dental
- Economic Assistance
- Nursing Care
- Financial Advice
- VA Claims
- Education
- Retirement Planning
- End of Life Planning
- Military Records
- Employment
- Recreation
- Housing Assistance
- Healthcare (Mental, Counseling, In-Home)
- CVSO Clinic – come meet with a CVSO on the spot and go over benefits!

Blood Drives for October:

- 10/2– United Methodist Church Onalaska, 1pm-6pm
- 10/3– Journey Lutheran Church Onalaska, 12:30pm-5:30pm
- 10/4– Caledonia High School, 9am-2pm
- 10/6– Chaseburg Village Hall, 10am-2pm
- 10/9– St Joseph’s Ridge Hall, 1pm-6pm
- 10/10– Moose Lodge, 7am-12pm
- 10/11– Moose Lodge, 11:30am-5:30pm
- 10/12– St Patrick’s Church Onalaska, 1pm-6pm
- 10/12– Prince of Peace Church La Crescent, 12pm-6pm
- 10/13– Mt Calvary Church Trempealeau, 11am-5pm
- 10/13– Cashton Community Hall, 12pm-5pm
- 10/16– Our Redeemer Lutheran Church, 12pm-5pm
- 10/16– Holmen Community Center, 12:30pm-5:30pm
- 10/18– Bangor High School, 12pm-5:30pm
- 10/19– Cashton Community Hall, 11am-4pm
- 10/20– Valley View Mall, 11am-4pm
- 10/23– Stoney Creek Lodge, 12pm-5pm



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

HOW TO SUPPORT A LOVED ONE WITH CHRONIC PAIN

For millions of people, living with chronic pain can significantly affect daily activities, relationships, work and well-being. Chronic pain typically is categorized based on the duration of pain experienced.

The pain or discomfort people feel while recovering from an injury or illness is considered acute or subacute. Pain lasting beyond usual recovery from a trauma-related event or surgery, typically 12 weeks, is considered chronic. Pain can transition from acute to chronic, depending on a person's recovery process.

Effect of chronic pain on daily life

Chronic pain can cause a person to avoid activities that cause further pain. This can lead to muscle weakness, joint problems and being more prone to injury. These avoidance behaviors also can lead to psychological isolation and stress. Moving the body and being physically active are crucial for long-term pain management. Encouragement from family, friends and caregivers to stay active and motivated is vital in improving physical health and psychological well-being for a person with chronic pain.

Central sensitization pain presents additional challenges, including mood changes and fatigue. Patients with central sensitization pain may experience heightened pain responses during physical activity.

Supporting loved ones with chronic pain

It's important that loved ones understand the effect of chronic pain on a person's daily life. Not being able to engage with family and friends can lead to mood symptoms like anxiety, helplessness and hopelessness.

It's beneficial to encourage people with chronic pain to maintain a sense of normalcy, remain involved in social activities and stick to a routine sleep schedule.

However, caregivers should balance encouraging activity and enabling passivity, as helping can exacerbate physical and psychological limitations and dependency.

When supporting someone with chronic pain, here are some ways a loved one can help:

- **Understand the nature of chronic pain.** Recognize that chronic pain differs from acute pain and can last beyond the expected recovery period. Be aware of the different types of chronic pain and the effect on your loved one's life.
- **Encourage movement and physical activity.** Motivate the person to do gentle exercises, stretching or physical therapy, even if it initially causes some discomfort. Gradually increasing activity levels can help improve pain and overall functioning.
- **Support a balanced routine.** Help establish a regular sleep schedule and ensure the person is exposed to daylight during the day. Encourage healthy habits such as maintaining a nutritious diet and avoiding substances like drugs or smoking. Understand that someone with chronic pain may have fluctuating levels of pain. Encourage them to participate in social events and integrate into family meals or outings when they feel up to it.
- **Provide emotional support.** Chronic pain can take a toll on a person's mental health. Listen when needed, offer emotional support and encourage open communication about their feelings and experiences. Help them seek professional help if needed. Understand that chronic pain can be unpredictable, and the person may have good and bad days. Practice patience, flexibility and adaptability to accommodate their needs and limitations.
- **Avoid enabling behaviors.** While being empathetic is important, avoid reinforcing a sedentary or inactive lifestyle. Encourage independence and motivate the person to participate in their daily activities as much as possible.
- **Stay informed and advocate for proper medical care.** Educate yourself about the specific condition causing chronic pain, available treatments and strategies for managing pain. This knowledge will help you better understand and support the person's journey. Help the person find health care providers who specialize in chronic pain management. Advocate for their needs and ensure they receive appropriate medical attention, including seeking second opinions if necessary.
- **Encourage self-care.** Remind the person to prioritize self-care, including practicing relaxation techniques, pursuing hobbies and engaging in activities that bring joy and reduce stress.

Remember, a person's experience with chronic pain is unique to them, so it's essential to tailor your support to their needs.

Qasim Raza, M.B.B.S., M.D., is a pain medicine specialist in Barron and Eau Claire, Wisconsin.



Can't Stop Me Parkinson's Programs

Fall programs include:

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

NEURODIVERSE CONNECTIONS

Speed-Meeting Event
You decide...Pass-Friendship-Date
Ages 18+ (grouped by age)

Thursday, Nov. 9th, 4pm-6pm
Union Market, Kumm Center
Western Technical College

RSVP by Oct. 27th
To register visit: <https://forms.gle/x9HSZjV8cR6AMV7XA>

Boost Your Brain & Memory Class

Mondays 1:00-2:30pm Oct. 2-Nov. 20

La Crosse Dahl YMCA – Multipurpose Rm
Facilitated by Viterbo University Nursing students. Hosted by the Aging & Disability Resource Center of La Crosse County (ADRC) **Register by calling 608-785-5700.**



Living Well with Chronic Conditions is an evidence-based workshop for people with ongoing health problems such as arthritis, obesity, high blood pressure, heart disease, depression and others. It's offered in both English and Spanish. It meets for 2½ hours, once a week, for six weeks. The workshop provides participants with tools to better navigate life's "ups and downs" and increase their health knowledge. The small group (6-10 people) is highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

October 3rd- November 7th

Houser YMCA in Onalaska, Classroom ONA MPR A

Tuesdays, 1:00 pm - 3:30 pm

The cost is \$25

For more information and to register online:

<https://www.laxymca.org/living-well/>

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Breast Cancer is the second leading cause of cancer death among women. One in eight women in the United States will be diagnosed with breast cancer in her lifetime. Chances are, you know at least one person who has been personally affected by breast cancer. Early identification improves the success of treatment and cure. This month we encouraged women to take charge of their health.

The WI Well Woman Program is a statewide program to help women with low-income pay for pap tests and mammogram screenings.

If you are 40 years and older with a high deductible or no health insurance, you may qualify for the Wisconsin Well Women Program.

Income guidelines are updated each February. La Crosse County Health Dept. serves women in Buffalo, Vernon, Monroe and Crawford Counties as well as La Crosse County.

Current income guidelines:

Family Size	Household Income
1	Up to \$36,450
2	Up to \$49,300
3	Up to \$62,150
4	Up to \$75,000
5+	Add \$12,850 for each additional member

For more information go to <https://www.dhs.wisconsin.gov/wwwp> or talk with someone about enrolling by contacting the La Crosse County Health Department at 608-785-9872.

4 Ways to Respond to Repetition

1. First! Reply to What They are Saying

This is a really important step. It tells the person that you are listening to them and not ignoring them. It will also make it easier to redirect them or use another strategy later.

- If they are worried about getting to work on time, share your own worries about being late to things or ask them what time their work shift starts.
- If they are asking if someone is here to pick them up, offer to take a walk to the front window with them to look.

2. Redirect the Conversation

During frustrating conversations, try talking to your care recipient about a similar topic or an unrelated topic.

- If your care recipient is worried about getting to work but has been retired for many years, you can ask them to tell you what their job was like.
- If they ask to see or speak to someone who has passed away, you can ask them to tell you their favorite memory about that person.

3. Use Distraction

You can also try to get your care recipient to focus on another conversation or activity. By the time they are engaged in a new thought or activity, it is possible that they will have forgotten what they were talking about before.

- You could tell them that they need to have a snack before they go out.
- Point out something you see outside the window.
- Suggest that you do an activity together for a few minutes.

4. Look for the Meaning or Emotion Behind the Words

Remind yourself, that even if the facts aren't real, the feelings that your care recipient has are real. If your care recipient is asking to see someone or go somewhere, it is often because they have an unmet physical or emotional need.

If they are repeating a story, it might be because it is important to them.

- Ask your care recipient if there is something you can help them with.
- Ask if they would like to do something with you, like go for a walk or make a snack.

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?

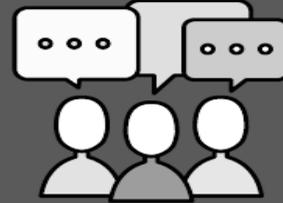
What opportunities would you like to see in your community?

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



HOW TO HIRE & TRAIN RESPITE PROVIDERS

THURS. DEC 7, 2023

5:00 PM - 6:30 PM

**HUNTER'S LAST CHANCE BAR & GRILL
140 LEONARD ST S, WEST SALEM**

OPEN TO PROFESSIONALS & FAMILY CAREGIVERS

PIZZA INCLUDED



PRESENTED BY
VAL MADSEN, M.S., CTRS
TRAINING & DEVELOPMENT SPECIALIST

WITH RESPITE CARE
ASSOCIATION OF
WISCONSIN

**REGISTER BY NOV 17, 2023
608-785-5700
ADRC@LACROSSECOUNTY.ORG**



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.



LA CROSSE COUNTY
CAREGIVER COALITION



*Payment options available upon registration

Monthly Brain Checks
October 9th, 9:30am-3:30pm **BrainCheck**
Town of Holland Hall, Holmen

Help consumers identify possible changes in cognition. ADRC professionals will discuss concerns, share brain health tips & resources during the 20 minute screen.

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

Call the ADRC to register at 608-785-5700.

The ADRC has a selection of DVDs for check out on a variety of caregiving topics.

Some titles include: Teepa Snow Understanding Lewy Body Dementia, Dementia & driving, Structure & Support, and more. Available at the La Crosse County ADRC, 300 N 4th St La Crosse. Call for more titles and to arrange pick up 608-785-5700.





**La Crosse Park & Rec
Senior Excursions**
For ages 50+

- Oct 10**– Explore Stillwater/ Trolley Ride
- Oct 18**– Visit Galena
- Oct 24**– It's More Than Spam! Austin, MN
- Nov 5**– She Loves Me at the Commonweal Theater
- Nov 10**– Tundra Swans, Brownsville, MN
- Nov 18**– Greatest Piano Men, Middleton, WI
- Nov 28, Dec 5 & 12**– Holiday Lights Trolley Tour
- Nov 30**– Christmas Carol, Minneapolis, MN

To register please call 789-7533



WEBER CENTER
FOR THE PERFORMING ARTS

www.webercenterarts.org
608-784-9292

- Fiddler on the Roof**– Oct 6-22
(Senior Preview Oct 5)
- A Nice Family Christmas**– Nov 24-Dec 16
- The Wizard of Oz**– Dec 1-17

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 E Hamlin St. 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

- Oct 22**– Scaled Up Reptile Expo
- Nov 3 & 4**– Prof. Bull Riding
- Nov 4**– Veterans Bonanza
- Nov 16-19**– Holiday Fair
- Nov 21**– Crique Misca Holiday
- Nov 22**– BoDeans



**Viterbo University
Fine Arts Center**

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

- 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

Pump House Regional Arts Center

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

- Newberry & Verch**– Oct 5
- Tales of the Creepy & Scary**– Oct 13

La Crosse Symphony Orchestra

929 Jackson St La Crosse
783-2121 www.lacrossesymphony.org

- Oct 21**– Saluting Our Own, 7:30pm
- Nov 11**– Hollywood Magic, 7:30pm

G-E-T Performing Arts Center

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

- Sept 29**– Van Morrison Tribute, 7pm
- Nov 18**– Ring of Kerry, 7pm

Tickets and more information at www.getpac.org

West Salem Park & Rec

175 S Leonard St
786-0222

www.westsalemwi.gov

The Care & Share Food Pantry supports those needing food assistance in West Salem, Bangor, & Mindoro. 10am-Noon, Saturdays at Our Saviors Lutheran Church 359 Leonard St. N.

BLUFF TO BLUFF EXPERIENCE

October 7th, 14th, 21st, & 28th
2:00pm – 6:00pm



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

Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

- La Crosse Jazz Orchestra*– Oct 20, 7:30pm
- Silent Film: Metropolis**– Oct 30 & 31

New Adventure Tours

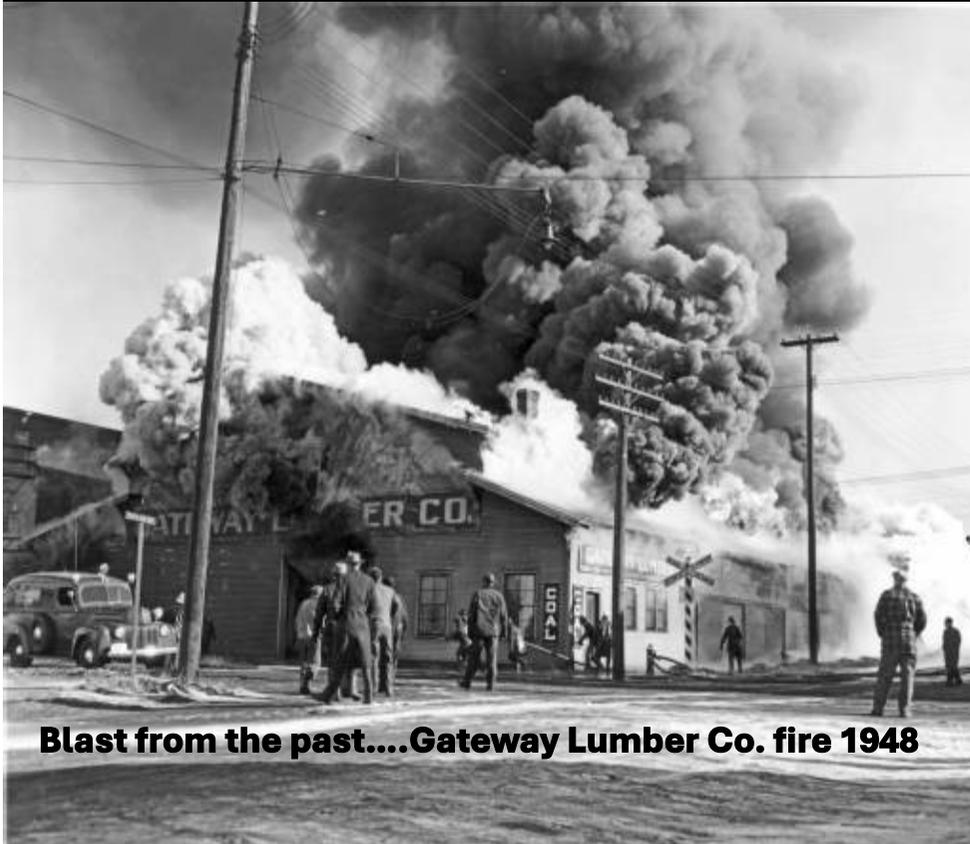
- Oct 5**– **Celebration Belle Mississippi Cruise**
Prairie Du Chien to Dubuque boat ride
\$195 includes bus from Onalaska or La Crosse, Cruise, Live Music, Lunch buffet and Prime Rib Dinner.
 - Oct 7**– **Titanic, the Musical, Ft. Atkinson, WI**
\$172 includes bus from Onalaska or La Crosse, Musical, Gourmet lunch.
 - Nov 11**– **Mall of America, Bloomington, MN**
\$64 includes bus from Onalaska or La Crosse & coupon book
 - Dec 15**– **Scrooge, The Musical, Ft. Atkinson, WI**
\$173 includes bus, Musical, Gourmet lunch.
- Call New Adventure Tours at 608-293-4080

**University of Wisconsin-La Crosse
Dept of Theater & Dance**

Toland Theatre
333 16th St N, La Crosse

- OCT 13-22, DR. FAUSTUS**
- Nov 2-5, Fuddy Meers**

Online ticket sales at www.uwlax.edu/theatre-arts or go to the box office or call 608-785-6696

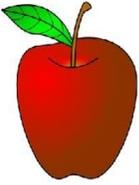


Blast from the past....Gateway Lumber Co. fire 1948

- 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
 - 10/5-10/8-** Oktoberfest Race Weekend at the Speedway
 - 10/5-10/7-** Viroqua city wide garage sales
 - 10/6-** Downtown La Crosse Art Walk, 4pm-7pm.
 - 10/7-** Fall Market Festival, 9am-1pm. 412 Leonard St W. Salem
 - 10/7-** Fall Fest, Sparta downtown, 8am-3pm. Market, crafts, food
 - 10/12-** Chicken Q & Bake Sale, Holy Trinity Church, 11am-gone
 - 10/20-** Pumpkin Bash, 3-7pm Holmen Square Mall
 - 10/21-** Fall Craft Show, 9am-3pm. Logan High School
 - 10/21-** Bethel's Fall Bazaar, 8am-1pm. 1931 Loomis St. LaX
 - 10/23-10/27-** World Owl Conference, Stoney Creek Onalaska
 - 10/28-** Downtown Trick or Treating, 11am-2pm
 - 10/28-** Holmen High School Craft Show, 9am-3pm
 - 10/31-** Trick or Treat hours 4pm-8pm

Pettibone Haunted Mile
Oct 20th, 5pm-8pm
Drive through haunted Pettibone Park




Apple Affair
October 7, 2023
Galesville, WI
Trempealeau County Fairgrounds

Tribute to Outstanding Women
October 7th, 6pm-10pm
UWL Student Union
For more information visit:
www.givebutter.com/ywcalaxtribute2023


Norskedalen
Nature & Heritage Center
Oct 14- Civil War Reenactment
608-452-3424
www.norskedalen.org


Burns Park Fall Celebration
October 10, 4pm-7pm
701 Main St. La Crosse
Pumpkin carving, music, food & drinks and children's activities
Brought to you by the La Crosse Park & Rec Dept.

2023 Big Boat Shore Stops
Riverside Park

Viking Mississippi- Oct 13 & 16
American Queen Paddlewheel- Oct 4

Halloween Costumes
Word Search

ANGEL
BUMBLEBEE
CAT
COWBOY
DOCTOR
FIREFIGHTER
GHOST
GORILLA
MONSTER
MUMMY
PRINCESS
SUPERHERO
VAMPIRE
WEREWOLF
WITCH

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