

La Crosse Senior Life



March 2025

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

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March is National Nutrition Month: Food Connects Us!

March is **National Nutrition Month**, a time to focus on making informed food choices, embracing healthy eating habits, and recognizing the power of food in bringing people together. Established by the Academy of Nutrition and Dietetics, this annual campaign encourages us to make healthier food choices and stay active for overall well-being.

The theme for 2025, "Food Connects Us," highlights how meals create meaningful connections—whether gathering around the table with friends, sharing a favorite recipe, or participating in a community meal. As you may know, good nutrition plays a crucial role in maintaining health, preventing illness, and promoting independence. But just as important, food fosters social interaction, reducing isolation, and strengthening community ties.

At our congregate dining sites, we see firsthand how food fosters friendships and connection. That is why we are excited to announce a year full of **special events** designed to promote health, fun, and social engagement! With the exception of the August 21st event, all activities will take place at one or more congregate dining sites during the weeks or days noted. Mark your calendars and stay tuned for more details in future editions!



March 18, 2025: St. Patrick's Day Party

April 21-25, 2025: Volunteer Appreciation Week

May 28, 2025: National Senior Health and Fitness Day

June 2-6, 2025: Dementia Awareness Week

August 21, 2025: National Senior Citizen Day

September 22-26, 2025: Falls Prevention Awareness Week

November 10-14, 2025: Family Caregiver Appreciation Week



**Food
ConnectsUs**

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

You're invited to a...
St. Patrick's Day Party!



Tuesday, March 18th

Onalaska Omni Center
255 Riders Club Road
Onalaska, WI 54650



Nickel BINGO! 10:30-11:30 am
Lunch served at 11:30 am



MENU

Beef Stroganoff
(over noodles)
Peas & Carrots
Rosy Applesauce
Dinner Roll



All are welcome to attend BINGO and/or lunch. No registration required for BINGO, but to participate in the meal, you must be at least 60 years of age and register by noon on March 17th by calling 608-785-5775. The suggested donation per meal is \$4.50.

2025 Congregate Dining Sites

Holmen Area Community Center

600 N Holmen Drive
Holmen, WI 54636
Phone: 608-317-8104
Meal Time: 11:30 am

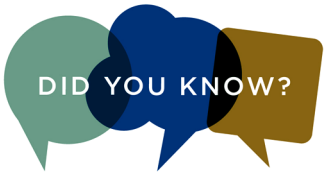
Onalaska Omni Center

(temporary location due to construction of
new Onalaska Community Center)

255 Riders Club Road
Onalaska, WI 54650
Phone: 68-317-9870
Meal Time: 11:30 am

South Side Neighborhood Center

1300 South 6th Street
La Crosse, WI 54601
Phone: 608-792-6996
Meal Time: 11:30 am



The **La Crosse County Senior Nutrition Program** operates three congregate dining sites where you can enjoy nutritious meals and socialize with others. These sites provide a great opportunity to maintain a healthy lifestyle connecting with others in your community.

What is Congregate Dining?

The Older Americans Act Congregate Dining Program is a federally funded initiative that provides meals and related nutrition services in group settings. Its purpose is to help maintain good health through balanced meals and combat isolation by offering space for social interaction. It serves individuals age 60 and older, and in some cases, their caregivers or spouses. For eligibility questions, call our nutrition experts at 608-785-5775.

How Do I Participate?

Meals are served Monday through Friday at 11:30 am. Check out our menu on page 7. Reservations are required at least 24 hours in advance, with Monday reservations due by noon on Friday. To reserve, call the congregate dining site.

On your first visit, you will be asked to complete a brief registration form. A \$4.50 per meal contribution is suggested. Feel free to attend as little or as much as you like!

Can I Volunteer at a Congregate Dining Site?

Yes! Our sites welcome volunteers to help with packaging home-delivered meals and serving lunch. To learn more, call us at 608-785-5700 or explore this or other volunteer opportunities on our website at www.lacrossecounty.org/adrc (click on "Get Involved").

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?

Shared Ride/DriftLink Transit 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.

New Rates and Regulation for 2025

ADRC of La Crosse County (Abby Vans)

For La Crosse County residents age 60yr+ or disabled adults.
Monday-Saturday from 7am-6pm
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 accessible.

Each rider is allowed 60 one way non medical, with no restriction on medical rides per year.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$4.50 each direction.
Zone 1B- Onalaska North, Holmen and French Island \$5.00 each direction.

Zone 2- West Salem, Bangor, Brice Prairie and rural areas
Galesville, Trempealeau, Mindoro, La Crescent, Stoddard.
\$5.50 each direction.

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

Call the Aging and Disability Resource Center of La Crosse County at **608-785-5700** or **1-800-500-3910**.
Our transportation coordinator will be happy to talk with you about transportation options.

Abby Vans: 1-800-236-8438 (once registered)



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.

Main Office hours of La Crosse MTU at 2000 Marco Dr will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens. Bus Passes and Tokens are available for sale at:

Transit Center, 314 Jay St, La Crosse
Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm



MTM Medical Rides

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

Monday—Friday, 7am - 6pm

Call **1-866-907-1493** to schedule a medical ride.
Visit the website at www.mtm-inc.net/wisconsin

Do You Need Home Repairs?

Couleecap's Home Rehab Program Can Help

Our home rehabilitation program helps homeowners repair their homes. The focus is on repairs that make the home safe, sanitary, and energy-efficient. Common home repairs include:

- ▶ Accessibility for individuals with disabilities
- ▶ Window replacement
- ▶ Well and septic repair or replacement
- ▶ Roof repair or replacement
- ▶ Siding repair or replacement
- ▶ Plumbing and electrical repairs

If you own your home and live in Crawford, La Crosse, Monroe, or Vernon counties contact us to learn more about how the home rehab program can help! Email: homerepairs@couleecap.org
Ph: 608-796-9062 www.couleecap.org



Join Our Great Team!

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



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

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

It's vital for our seniors to receive nutritious meals to support their independence and well-being.

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

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

Please make checks payable and send to:

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

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To donate by mail, complete the donation form above and send it, along with a check payable to ADRC of La Crosse County, to the address on the form. To donate online, visit www.lacrossecounty.org/adrc, click "Get Involved" and then "Donate", and select the yellow "Donate" button at the bottom of the page. Thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

Return to: Aging and 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!



Dementia Live® offers an ‘inside-out’ understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By “walking in their shoes,” participants will gain a heightened awareness and leave with valuable tips and tools to improve communication and connection.

April 14th
Mayo Clinic– Marycrest Room

TO REGISTER for a 1-hour training session:

Call 608-785-5700 or Scan QR Code →



Savy Caregiver Workshop


“Workshop for family caregivers of a person with dementia”

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

SPRING CLASS:
Mondays, 9:00am-11:30am
April 7-May 19
First Free Church
123 Mason St. Onalaska

For more information or to register:
The Aging and Disability Resource Center of La Crosse County
608-785-5700 or adrc@lacrossecounty.org

Register by April 1st.
Workbook provided. Donations accepted (\$10 suggested).



June is Brain Health & Dementia Awareness Month!

- Wine, Women and Dementia Documentary Showing & Alzheimer’s Association Walk Kick Off Event
- Brain Health week at Nutrition Meal Sites
- Dementia Live and Education Sessions
- Understanding Hospice: A Journey in Compassionate Care
- Open to the Public Community Pop Up Classes offered by the YMCA



SPARK!
CREATIVE ENGAGEMENT PROGRAMS for PEOPLE WITH MEMORY LOSS and THEIR CARE PARTNERS

SPARK! are creative engagement programs for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through creative engagement, workshops and programs.


SPARK! On the Go!
Second Monday Monthly, 1pm-2:30pm
March 10– Roadsters & Thunderbirds at Dahl Auto Museum
Register with Amber at 608-385-4819

SPARK!
Third Monday Monthly, 10:30am-12pm
March 17– Shamrock Shenanigans
Clearwater Farm, Onalaska
Register with Anna at 507-319-9156, info@clearwaterfarm.org

Embrace
12:30pm-2pm
March 12: Music with Joe Cody
March 26: Furs & Skulls with DNR Game Warden Paul
Black River Beach Neighborhood Center
To register call 608-789-8640

Embrace is a non-traditional support group that offers fun, engaging and creative activities for persons living with dementia. Support and education for caregivers offered in a separate room session. This program includes social and recreational activities, including music.

Caregivers welcome to attend independently. Loved ones with dementia must have a caregiver present in caregiver group.



STAR
CENTER


Brain and Body Fitness
Mondays & Wednesdays
2:45pm-3:30pm (\$)
Star Center 1011 La Crosse St. La Crosse

Designed for people living with mild cognitive impairment (MCI) or early-stage dementias to maintain current functioning and increase socialization. A non-threatening way to remain active in the community that has been shown to improve physical fitness and mood in people living with dementia.


Register Call 608-797-6295 or online
<https://starcenterlacrosse.org/programs/>

Healthy Living with Mild Cognitive Impairment (MCI): Personalized Pathways to Wellness
David Rakel, MD, a UW Health family medicine physician and founder of the Integrative Health Program at UW–Madison, will be our guest speaker.
Friday March14th, 9:00-11:30am
(Program begins at 9:30am)
Black River Beach Neighborhood Center- Maplewood Room
Free, Registration required.
Call 608-785-5700

Save the Date!
2nd Annual Conference:
Bringing Hope & Light to the Dementia Journey
Keynote Speaker: Jolene Brackey
Author of Creating Moments of Joy
On site respite available




Date:
August 13, 2025



Time:
8:30a.m.-3:30p.m.

Location:
First Free Church
123 Mason St.
Onalaska, WI 54650

Registration information coming soon!



Dementia Caregiver Support Group Listing	
IN PERSON	VIRTUAL
Parkinson’s Disease Group 1st Monday of the month, 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295	Monday Coffee Connect Every Monday, 10am-11am Contact: kflock@lacrossecounty.org
Men’s Caregiver Support Group 1st Monday of the month, 9:30am-10:30am Onalaska First Lutheran Church 410 Main St. Contacts: ADRC 608-785-5700/Russ 608-792-9982	Monday DISH 1st Monday of the month, 7pm-8pm Contact Scott at scott.seeger@adrc-cw.org
All Stages Caregiver Groups 2nd & 4th Tuesday, 1:15pm-2:30pm 2nd Tuesday -Good Shepherd Church 4141 Mormon Coulee Rd. La Crosse 4th Tuesday -Black River Beach Neighborhood Center. Contact: Kathy at 608-386-8908	Online Men’s Caregiver Support Group 1st Tuesday of the month, 1pm-2:30pm Contact Alison at 608-240-7496 or resch.alison@countyofdane.com
Navigating Together 3rd Thursday of the month, 1pm-2pm Holmen Area Community Center, Holmen Contact: ADRC 608-785-5700	Aging & Down Syndrome Caregiver Support 3rd Wednesday of the month, 5pm Contact DSAW info@dsaw.org
Peer Caregiver Support Program Causeway Caregivers at 608-775-9999	Wednesday Conversations- for persons with MCI 1st & 3rd Wednesday of the month 10:30am-12pm Contact Rob at rgriesel@co.dodge.wi.us
Grief Therapy Group Closed series, offered annually. Call Kelsey to inquire about the next session, 608-397-0767	Family Caregivers of Loved Ones Living at a Facility Every other Friday, 10am-11:30am Contact Alz. Assoc. 1-800-272-3900

What is Wisconsin SeniorCare Prescription Drug Assistance Program?

By the GWAAR Legal Services Team (for reprint)

SeniorCare in Wisconsin is a prescription drug assistance program available to Wisconsin residents who are 65 years of age or older. There is no asset or resource limit for SeniorCare and there is no income limit either. However, a person's income will determine what level of SeniorCare they will be placed in.

SeniorCare levels are:

Level 1 is for individuals or couples who have income at or below 160% of the federal poverty level (FPL). For 2025, the annual amount is \$25,040 per individual or \$33,840 per couple. The benefits in Level 1 are as follows:

- No deductible or spenddown.
- \$5 co-pay for each covered generic prescription drug.
- \$15 co-pay for each covered brand name prescription drug.

Level 2a is for individuals who have income above 160% FPL but below 200% FPL. For 2025, these annual amounts are between \$25,040 to \$31,300 per individual and \$33,840 to \$42,300 per couple. The benefits in Level 2a are as follows:

- \$500 deductible per person.
- Pay the SeniorCare rate for drugs until the \$500 deductible is met.
- After \$500 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug.

Level 2b is for individuals who have income above 200% FPL but below 240% FPL. For 2025, these annual amounts are between \$31,300 to \$37,560 per individual and \$42,300 to \$50,760 per couple. The benefits in Level 2b are as follows:

- \$850 deductible per person.
- Pay the SeniorCare rate for most covered drugs until the \$850 deductible is met.
- After \$850 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug.

Level 3 is for individuals or couples who have income above 240% FPL. For 2025, the annual amount is \$37,560 or higher per individual and \$50,760 or higher per couple. The benefits in Level 3 are as follows:

- Pay retail price for drugs equal to the difference between the member's income and \$36,144 per individual or \$49,056 per couple. This is called "spenddown."
- Covered drug costs for spenddown will be tracked automatically. During the spenddown, there is no discount on drug costs.
- After spenddown is met, meet an \$850 deductible per person.
- Pay SeniorCare rate for most covered drugs until the \$850 deductible is met.
- After the \$850 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug.

You can enroll in SeniorCare at any time by submitting an application fee of \$30 for an individual or \$60 for a couple. The application requires you to provide a good faith estimate of your annual gross income. If your income goes up midyear, there is no need to do a new application, but if your income goes down, you may want to do a new application if it will put you in a lower level. You would just need to submit a new application and application fee. You must also do a renewal and pay the application fee each year to remain enrolled in SeniorCare.

SeniorCare does count as creditable coverage. This means that, as long as you are enrolled in SeniorCare, you will not have a Part D late enrollment penalty accruing. If you do want to enroll into a Part D plan, you may be able to do it at any time of the year if you are in levels 2b or 3 or if you have another special enrollment period (SEP). Additionally, you can use SeniorCare if you already have a Medicare Part D drug plan – the Part D plan will just pay first. However, you cannot have SeniorCare if you are enrolled in a Medicaid program. An additional consideration is that if you travel out-of-state, you will likely not find a pharmacy able to bill SeniorCare. You also cannot submit claims yourself – they have to be submitted by a participating pharmacy.

If you are interested in applying for SeniorCare, the application and instructions are here: <https://www.dhs.wisconsin.gov/library/collection/f-10076> or call the ADRC of La Crosse at 608-785-5700 to have an application mailed to you. You must then return the completed application form and a \$30 fee to:

SeniorCare
PO Box 6710
Madison, WI 53716-0710

Finally, if you have any questions, you can contact SeniorCare Customer Service at 800-657-2038.



La Crosse 2025 AARP Foundation Tax-Aide Services

Free tax preparation of basic Federal and State returns for low to middle income Wisconsin residents of all ages.



Step 1: Determine If You Are Eligible.

- a) You and your spouse lived in Wisconsin all of 2024
- b) You did not get divorced in 2024
- c) If you had wages, self-employment income, or gambling income it was from Wisconsin only
- d) If you are married, taxes will be filed jointly and both spouses must attend the appointment

Step 2: Schedule an Appointment.

- a) Schedule online at www.aarpfoundation.org/taxaide or email laxtaxquestions@gmail.com to receive a link to the La Crosse AARP Scheduler
 - b) **If you have a question or cannot schedule online, call 608-588-6124**
 - c) An appointment is required, drop ins will not be accepted
 - d) Taxes will be prepared in one appointment, which might take up to 3 hours
 - e) Appointments will be 8:30a.m.-3:30p.m. until April 2 at Hogan Administrative Center, 807 East Ave South
- DO NOT CONTACT HOGAN ADMINISTRATIVE CENTER WITH TAX AIDE QUESTIONS.**

Step 3: Pick Up an Intake Packet.

- a) Intake Packets will be available at any La Crosse Public Library and the Holmen Community Center
- b) Email laxtaxquestions@gmail.com to receive a link to an Intake Packet
- c) This packet includes two questionnaires
- d) **You need to complete both questionnaires as thoroughly as possible and bring them to your appointment**

Step 4: Gather These Important Documents To Bring to Your Appointment.

- a) Two completed questionnaires from the Intake Packet
- b) Social Security Cards or Social Security form SSA-1099 for all taxpayers and dependents
- c) Government issued Photo ID for all taxpayers
- d) Proof of bank account numbers if you want a direct deposit
- e) All income statements including SSI, Social Security Form SSA-1099, 1099 R, W-2, Interest and Dividend Statements, Brokerage Statements, etc.
- f) All expense statements such as student loan interest, childcare expenses, college tuition form 1098T, property tax statements, child/dependent care expenses, etc.
- g) Signed Rent Certificate or Property Tax Statement if applying for Homestead Credit
- h) Form 1095-A if your Health Insurance is from www.healthcare.gov
- i) 2023 Tax Return

NOTE: If you are under the age of 62 and have no earned income you must bring a Disability statement from the Social Security Office stating the date your disability began

This AARP Foundation Tax-Aide site is made possible thanks to the dedicated volunteers of AARP Foundation, staff at the Hogan Administrative Center, staff at the La Crosse Public Library, and staff and volunteers at RSVP.

Wisconsin Better Business Bureau Scams with Tax Season

There are four scams people are asked to watch out for:

- **IRS or CRA impersonation scams**-These tax scams usually starts with a phone call and takes two primary versions. In the first version, the IRS agent says you owe back taxes and pressures you into paying with a prepaid debit card or wire transfer. In the other version, scammers claim they are issuing tax refunds and ask you for personal information to send your refund. This information can later be used for identity theft.
- **Tax identity theft scams**-This occurs when a scammer uses your Social Security number to file a tax return in your name and collect your refund.
- **Email phishing scams**- Emails that appear to be from IRS and include a link to a website that's designated to mirror the official IRS website. These emails state, "You are to update your IRS e-file immediately."
- **Mailing scams**-In this scam, taxpayers receive a cardboard envelope from a delivery service, which includes a fake letter from the IRS about an unclaimed refund and asks for personal and financial information.

If you are the victim of tax identity theft in the US, contact the IRS at 1-800-908-4490.

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Staying Active Together:

Mondays & Thursdays, 9:30am-10:30am; no class March 13. Register.

Moving with Moments:

On site or at home w/live link to instructor; Thursdays, 11am-12pm. Register. Free

Zumba with Lynne:

Mondays & Wednesdays, 5:30pm-6:30pm; no class March 3 & 31. Register.

Mah Jongg Club:

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

Art Club:

Thursdays, 12pm-3pm. Register. \$2/session.

Knitting Group:

Thursdays, 1pm-3pm. \$1/week.

Parkinson’s Disease Support Group:

Monday, March 3, 5pm-6:30pm. (CALL STAR CENTER TO REGISTER: 608.797.6295.)

International Folk Dance:

Wednesday, March 5 & Saturday, March 15, 7pm-9:30pm. Register. \$2/session.

Your Financial Life-Taxes & Income Dependent Benefits in Retirement:

Thurs., March 6, 10am-11:30am. Register by 1 day prior. Free

Healing Through Sound:

Sunday, March 9, 10am-11:30am. Register.

Medicare 101-Understanding the ABCs of Medicare:

March 12, 10am or 6pm. Register by Friday prior. Free

Embrace (for those with dementia & care partners):

Wednesdays, March 12 & 26, 12:30pm-2pm. (CALL ADRC TO REGISTER: 608.789.8640.)

Healthy Living with Mild Cognitive Impairment:

Friday, March 14, 9am-1pm. (CALL ADRC TO REGISTER: 608.789.8640.)

Rebuilding American Civics Session 2:

Wednesday, March 19, 12pm-1:30pm. Registration deadline was Feb. 5. Free

South Side Neighborhood Center

1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together:

On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am; no class March 13. Register.

Expressive Drawing:

Tuesdays, 1pm-3pm. Register.

Moving with Moments:

On site or at home w/live link to instructor; Thursdays, 11am-12pm. Register. Free

Travel Tales (various topics):

Tuesday, March 4, 10am-11am. Register by 1 day prior. Free

Awareness & Misperceptions of Hospice Care:

Wednesday, March 5, 10am-11am. Register by 1 day prior. Free

Wise Wednesdays:

March 5 & 19, 10:30am-12pm. Register

Bingo:

Wednesdays, March 5 & 19, 12:30pm-1:30pm. Register by 1 day prior. Free

Music Café (various local performers):

Thursdays, March 6, 13, 20, & 27, 1pm-2pm. Ages 50+. Free

Coping Skills:

Fridays, March 7 & 21, 10am-11:30am. Register by 1 day prior. Free

Coping with Grief & Loss:

Wednesday, March 12, 10am-11:30am. Register by 1 day prior. Free

Shuffle Together (cards):

Fridays, March 14 & 28, 2pm-3:30pm. Register.

Healing Through Sound:

Sunday, March 16, 10am-11:30am. Register.

Connect2Nature-Revolutionizing Conservation w/Drones:

Tuesday, March 18, 10am-11am. Register by 1 day prior. Free

Parkinson’s Disease Social Night:

Wednesday, March 19, 5:30pm-7pm. (CALL STAR CENTER TO REGISTER: 608.797.6295)

Senior Meal Site: Lunch served 11:30am, M-F. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation \$4.50



600 N Holmen Dr.

608-399-1870 www.holmenccc.org

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

*Registration required for some programs.

Indoor Walking:

M-F: 7am-10am & 11am–1pm (Hours may vary)

Pickleball Open Play Sessions:

Tuesdays & Thursdays 11am–1pm (Hours may vary)

Mindful Yoga:

Tuesdays at 8:45am

StrongBodies Virtual Strength Training:

Mondays, Wednesdays at 9am & Fridays at 10:15am

Chair Yoga:

Mondays at 9:15am

Cardio & Strength Fitness:

Tuesdays and Thursdays at 10am

Moving with Moments Fitness:

Thursdays at 1pm

Gentle Yoga for Beginners:

Friday, March 14 & 28 at 8am

Beginner Line Dancing Classes:

Mondays and Wednesdays at 1pm

Bingo:

Wednesdays & Fridays at 12:30pm

Fun & Games:

Thursdays from 1pm–4pm (new card & board games!)

Euchre Tournament:

1st & 3rd Tuesdays at 6pm

Mah Jongg Club:

Mondays at 1pm

Good Morning Holmen!

Friday, March 21st at 9am–10am “Friends of the Trempealeau Refuge”

Community Crafts with Pam & Jackie:

Tuesday, March 4th at 1pm Craft: Button Pins

Diamond Art:

Wednesdays at 9am

Crafternoon Social – Knit & Crochet:

March 6 & 20 at 1pm

Fun with Watercolor:

Mondays, 9am–10:30am (Social, fun and open to all levels of artists)

Music with Greg Grokowsky:

Tuesday, March 11 at 11am

Hearing Evaluations:

1st Tuesday each month at 9:30am–11:30am (call for an appointment)

Hearing Aid Instrument Checks:

3rd Tuesday each month, 9:30am – 11:30am (call for an appointment)

Holmen Area Historical Society:

Monday, March 3rd at 6pm “A Nurse Responds on 9/11” Judy Wolff

AA Meetings:

Thursdays at 6pm

FREE Wellness Checks – Winona State Nursing Students:

Thursdays March 6, 20 & 27 from 8:30am–2pm

Navigating Together – Support for Caregivers:

Third Thursday, March 20th at 1pm

Caregiving 101:

Tuesday, March 4 from 1pm–2:30pm (Monthly education and support series for family caregivers)

Muscles in Motion:

Tuesdays 9am–10am (Toddler Craft: Tuesday, March 18 at 10am; Toddler Story: Tuesday, March 25 at 10am)

Family Fun Night “Blast to the Past”:

March 11, 5pm–7pm

Build a Mini Terrarium:

Saturday, March 29 from 10am–12pm (Family Friendly Program)

Tomah VA Caregiver Summit & Resource Fair:

March 18, 1pm-3pm

Senior Meal Site open M-F, 11:30am luncheon. \$4.50 suggested donation. Call day before to register for a meal 608-317-8104.

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Monday:

9:30am 12pm 12:30pm

Chair Yoga/Tai Chi Class

Coulee Region Woodcarvers

Duplicate Bridge register 797-3587

Tuesday:

9am 1pm 7pm

Strong Seniors

500 Cards register at 786-1114

Duplicate Bridge- 797-3587

Wednesday:

1pm 6:30pm

Euchre register at 786-1114

Live Band Dance –public welcome

Thursday:

9am 10am 12:30pm

Strong Seniors

Chat Bridge– register 797-3587

Duplicate Bridge

Friday:

9:30am

Chair Yoga/Tai Chi Class

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

Wednesday for Lunch: 3rd Wed. of the month, 11am-12:30pm. Free for 55+ yr olds

Crafty Corner: 2nd Thursday of the month, 1pm. Free

ONALASKA PARK & REC EVENTS

255 Riders Club Rd.

608-781-9566 Omni, 608-781-9560 Park & Rec Dept

Mah Jongg:

Wednesday’s, 1pm-4pm

Bridge:

Monday’s 1pm-4pm, Call Rita 608-780-7810

Water Color Painting:

Mar 5 & 19, 10am-11am. Register, free

Adult Wellness & Fitness:

starts April 15. Call to register

Puzzle Club:

Monday’s 2pm-4pm, no registration needed.

American Civics:

Mar 12, 19 & 26 at 12pm-1:30pm. Civic education and discussion. Call to register 608-789-8640

Book Club:

Mar 5 & 19, 2pm-3pm. You choose a book to discuss. No registration required.

Intro to Crochet:

Mar 13, 20, 27 and Apr 3 at 10am-11am. \$10, supplies included, register.

Discussions with Dan:

Mar 21 at 2:15pm. Dan wants to hear from you, what you would like to see from the Park & Rec?

OMNI CENTER EVENTS

Bingo:

Wednesdays at 6pm

3/1: Spring Pet Expo,

11am

3/8: Street Market Indoor Garage Sale,

8am-2pm

3/9: Family Fun Expo,

11am-3pm

3/22: Hairball,

7pm

3/28-3/30: Home & Builders Show

Spring is in the Air!

The first day of Spring is March 22nd, signaling the perfect time for a thorough cleaning. For many, this means tackling larger projects such as yard work, home repairs, waste disposal, or a deep clean of their living spaces. It’s important to consider that low-income individuals, older adults and folks with disabilities may need additional assistance or find it challenging to manage these tasks on their own.

While folks may seek assistance from neighbors, friends, and family, there may also be community programs available to provide support. Some of these services may be covered by Medicare or through county funding, while other services might be offered at little or no cost, by volunteers through specific organizations. If you are interested in volunteering to assist others, there are organizations available to help connect you with agencies that need volunteers.

Don’t hesitate to call. You don’t have to tackle it alone.

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

Available 24 hours a day, 7 days a week

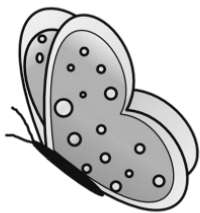
Free and Confidential

Serving Western Wisconsin, Southeastern Minnesota, and Northeastern Iowa

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

Language Interpretation is available.

Chat with us at our website www.greatrivers211.org



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

wafermobile@waferlacrosse.org or 782-6003

1603 George St. La Crosse

Drive thru pick up available Wednesday & Thursdays 10am-12pm



3rd Wednesday of the month
MARCH 19
4:30pm—6pm
Journey Lutheran Church
2703 Sand Lake Rd. Onalaska

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

March 11
5pm-6pm
Onalaska
Methodist Church
212 4th Ave N.



ONALASKA, WISCONSIN
COMMUNITY DINNER
In-person dining & Drive-thru available!



Feeding Our Neighbors
& Our World!

APRIL 5

Items Needed

- Peanut Butter
- Canned fruits in juice
- Canned meats
- Beans (baked, pork & beans, black beans)
- Pasta sauce
- Pasta (whole wheat please)
- Rice (brown preferred)
- Cereal, oatmeal, or pancake mixes
- Canned soups
- Shampoo & bar soaps
- Diapers & baby wipes
- Laundry soap
- Pet food
- Kwik Trip gift cards

Logan High School, 8am-12pm

community-wide food drive along with teams packing meals for an international community in need.

Interact Clubs from Aquinas, Caledonia, Central, Holmen, Logan, Onalaska & West Salem

Eat Well Spend Less

Karie Johnson, FoodWise Coordinator

Get the most for your dollar and save money at the grocery store. Money spent on food is a large household expense. Eat out less, prepare more home cooked meals, and follow a few simple tips to eat well and spend less.

Plan

- Take time to plan your meals, make a grocery list and organize your list into the store layout.
- Plan your meals to use seasonal foods such as oranges in the winter and peaches in the summer.
- Check kitchen cabinets and refrigerator when making your grocery list.
- Before going to the grocery store, plan a weekly menu of favorite dishes using healthy foods.
- Use recipes with similar ingredients and use for several different dishes.
- Stretch recipes by making a large batch and freezing for another meal.

Shop

- Shop with a list to reduce impulse buys and make fewer trips to the store.
- Find a local farmers market. Fruits and vegetables tend to be fresher and cheaper.
- Think of mileage. Shopping at many stores may not be worth the extra time and gasoline cost.

Buy

- In place of national brands, buy store brands when the taste and quality suit your needs.
- Compare the unit price of food items. The cost per ounce or per pound helps find the best value.
- Meat is expensive so add vegetables, whole grain pasta, or beans to make your meal go further and keep you fuller for longer.
- Check sell by and use by dates to be sure you buy fresh foods.
- Use frozen or canned fruits and vegetables for healthy substitutes to fresh produce.
- Buy food in it's whole form and chop or grate. It is cheaper than ready-to-eat options.




Track

- Know the regular prices of items you usually buy. A sale will then be easy to spot.
- Use itemized food receipts when checking out to help track food costs.
- Compare prices of nonfood items at the grocery store with the same item at a discount store.

Quick Chicken and Vegetable Soup

- 1 tablespoon onion (chopped)
- 1 can tomatoes, low-sodium (14.5 ounce, broken up)
- 1 cup potatoes (cut in pieces)
- 2 cups chicken broth, low-sodium (14.5 ounce can)
- 1/2 cup chicken, cooked and chopped
- 1 package mixed vegetables (10 ounce frozen)
- 1/4 teaspoon thyme
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

1. Put the tomatoes, potatoes and broth in the pot. Cook on medium heat until they boil.
2. Add the onion. Turn the heat to low, and simmer for 10 minutes.
3. Add the remaining ingredients.
4. Cover the pan.
5. Cook for at least 5 more minutes over low heat until vegetables are tender. Serves 4


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatloaf 3 Mashed potatoes & gravy Creamed corn Green beans, Carrot cake	Rosemary pork loin 4 Mashed potatoes & gravy Squash, Dinner roll Marble cake 	Lemon pepper cod 5 Baked sweet potato Peas, Coleslaw Fruit salad, Dinner roll	Chili w/beans 6 Baked potato, sour cream Spinach salad & dressing Corn muffin, Banana	Cheese ravioli 7 Cauliflower Fresh fruit, Breadstick Blueberry crumble
Pulled pork sandwich 10 Hashbrown bake Baked beans Fruited Jello, BBQ sauce	Spaghetti 11 Romaine salad Ambrosia cup Cookie, Breadstick	Baked 1/4 chicken 12 Garlic mashed potatoes Country vegetables Fruit fluff, Dinner roll	Ham w/ pineapple 13 Sweet potato bake Broccoli, Rye bread Chocolate pudding	Baked cod w/ tartar sauce 14 Potato wedges Creamy coleslaw Dinner roll, Peaches
Irish Boiled Dinner 17 Corned beef, potatoes, cabbage & carrots Lime cake, Pears 	Beef stroganoff/noodles 18 Peas & carrots Rosy applesauce Dinner roll	Chef salad 19 Potato soup & crackers Muffin Sugar cookie	Turkey & gravy 20 Sage & celery stuffing Green bean bake Cranberry/pineapple Jello	Vegetable lasagna 21 Romaine salad Fruit cup, breadstick Chocolate chip cookie
Pork roast & gravy 24 Mashed potatoes Buttered peas Pineapple	Turkey tetrazzini 25 Romaine salad Peaches, breadstick Peanut butter cookie	Tator tot casserole 26 Broccoli Fruit salad, Bun Black bean brownie	Mushroom swiss burger27 Potato wedges Baby carrots Fruit cup, Bun	Fish sandwich on a bun 28 Oven browned potatoes Peas, tartar sauce Apple crisp w/ raisins
Sweet & sour chicken 31 Rice blend Green beans Blueberry muffin Melon cup			*All meals include milk or juice & bread. *Menu subject to change without notice.	 If a parsley farmer is sued, can they garnish his wages?

Corned Beef Hash

3 medium Yukon Gold potatoes (about 1 lb.)
3 Tbsp. unsalted butter, divided
1/2 tsp. kosher salt, plus more to taste
1/4 tsp. black pepper, plus more to taste
2 cups cooked corned beef, diced
1 cup yellow onion, diced
1 cup green bell pepper, diced
1 clove garlic, finely chopped
4 sunny-side up eggs, for serving

Place the potatoes on a microwave-safe plate. Prick 2 to 3 times each with a fork. Microwave on high, turning once, until you can press a fork into the potatoes easily, about 6 minutes (for large potatoes, this might take a couple of minutes longer). Let cool to room temperature, then dice.

Melt 2 tablespoons of butter in a large skillet over medium-high heat. Add the diced potatoes in a single layer, sprinkle with the salt and pepper, and let cook until golden brown on one side, about 4 minutes. Flip the potatoes and cook, flipping occasionally, until crispy on all sides, about 4 minutes more. Transfer the potatoes to a plate. Return the skillet to medium heat and add the remaining 1 tablespoon of butter, the corned beef, onion, and bell pepper. Cook, stirring occasionally, until the corned beef starts to brown and the vegetables soften, about 8 minutes. Stir in the garlic and cook 2 minutes more. Add the potatoes to the skillet and more salt and pepper, if you like. Stir to combine and reheat the potatoes for a couple of minutes. Serve with sunny-side up eggs. Serves 4



Sausage Cheese Puffs

1/2 pound bulk Italian sausage
1 1/2 cups biscuit/baking mix
2 cups shredded cheddar cheese
2/3 cup water

Preheat oven to 400°. In a large skillet, cook sausage over medium heat, until meat is no longer pink, 5-7 minutes, breaking it into crumbles; drain.

In a large bowl, combine biscuit mix and cheese; stir in sausage. Add water and toss with a fork until moistened. Shape into 1-1/2-in. balls. Place 2 in. apart on ungreased baking sheets. Bake until puffed and golden brown, 12-15 minutes. Makes 24





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 meet all criteria:

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

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

Rueben Stuffed Twice Baked Potatoes

4 russet potatoes
1-2 teaspoons oil
5-7 ounces cooked corned beef
3/4 cup sauerkraut, squeezed dry
1/2 cup Thousand Island dressing
1 cup Swiss cheese, shredded
salt and pepper , to taste

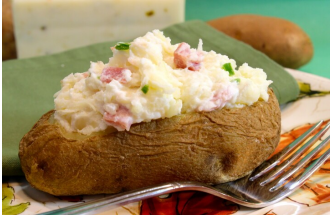
Preheat the oven to 350 degrees F.


Place the potatoes on a microwave-safe plate. Cook on high for 5 minutes, then turn the potatoes and continue cooking for 3-5 minutes, or until fork-tender.

Slice the potatoes in half when they are cool enough to touch. Place each half on a greased sheet pan. Use a spoon to gently scoop out the flesh of the potatoes. Leave a 1/2 inch or so on the bottom and edges. Add the potato innards to a medium skillet and set aside. Sprinkle the inside of the skins with salt and pepper.

Chop the corned beef into bite size pieces and add 3/4 cup sauerkraut squeezed dry. Add the corned beef, sauerkraut, and Thousand Island dressing to the skillet with the potatoes. Cook for about 5 minutes until warmed through, mashing the potato with a wooden spoon. Distribute the filing evenly amongst the skins. Top with 1 cup shredded Swiss cheese.

Bake at 375 for about 12-15 minutes, or until bubbly and warmed through.





Onalaska Congregate Dinners,

On **March 31** and **April 1**, at the Omni Center meal site we will be having lunch in the Boardroom due to elections.

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 \$5 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.

ADRC NUTRITION OFFICE PHONE IS 608-785-5775			
MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN DISTRIBUTION		HOME DELIVERED	792-4487
SOUTHSIDE NEIGHBORHOOD CENTER	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR., HOLMEN	317-8104
ONALASKA	11:30AM	OMNI CENTER ONALASKA	317-9870
WEST SALEM		HOME DELIVERED	785-5775

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



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

Monday Mornings at Main– 10am-11am. New speakers on variety of topics. For ages 50+. Registration not necessary
Qigong– March 1, 10am
Chair Fitness– Mondays at 9am, Tuesdays at 9:30am
Western Region for Economic Assistance– Wednesdays 11am-1pm. Drop ins welcome
Knit & Needle– March 5, 5pm-6:30pm
Chair Yoga– Thursdays at 10am
Islands of Brilliances: The Fellowship– Thursdays at 4:30pm
Chapters-The Museum of Ordinary People– March 8, 10am and March 12 at 1pm
BookTok Bingo– March 18 at 6:30pm at 608 Brewing Co.
BYOB Club– March 19 at 4:30pm at Java Vino
Friends Monday Book Sale– March 3, 10, 17 & 24 from 9am-12pm
Awe 101: Reboot Your Self-Care Toolbox- March 4 & 25 at 5:30pm
Mid-Week Movie- Ghostbusters Frozen Empire– March 5 at 2pm
Storytime for Adults– March 11 at 6:30pm at Turtle Stack Brewery
Indigenous Film Series– March 13 at 5pm at the Rivoli Theatre
Repair Café– March 22, 10:30am-12:30pm. Limit of 3 items to repair
Page to Screen: Murder on the Orient Express– March 23, 1:30pm
Energy Assistance and Repair Expo– March 27, 3:30pm-6:30pm

Myrick Park Center/ The Nature Place
789 Myrick Park Dr, La Crosse 608-860-6864
www.natureplacelacrosse.org

Mon-Wed 10am-6pm; Thur-Fri 8am-4pm; Sat 9am-12pm
3/1: **Nature Saturday**, 9:30am-11am
3/5: **EnviroWednesday**, 7pm. Topic-City Zoning Issues
3/19: **Free Bird Program**, 7pm-8:30pm
3/26: **Fireside Chats**, 5pm-6pm with La Crosse Library, Delena Leon. Hot drinks and snacks provided.

NARVRE

National Association of Retired and Veteran Railroad Employees
Unit 047; Meeting March 11, 10am at the Onalaska American Legion. Guest speaker: Trust Point & BNSF CU.
More information call Jeanne 608-526-3304

Blood Drives for MARCH



3/1: Holmen American Legion, 9am-2pm
3/3: West Salem High School, 8am-1:15pm
3/3: Onalaska United Methodist Church, 1pm-6pm
3/4: Aquinas High School, 8:30am-1:30pm
3/7: Pearl Street Brewery, 11am-4pm
3/10: St. Matthew's Church, Stoddard, 12:30pm-4:30pm
3/11: St. Joseph's Cathedral, 11am-4pm
3/11: Journey Lutheran Church Onalaska, 12:30pm-5:30pm
3/12: Moose Lodge, 10am-3pm
3/14: Trinity Lutheran Church La Crosse, 10am-2:30pm
3/14: Valley View Mall, 11am-4pm
3/18: Onalaska Public Library, 12pm-5pm
3/18: La Crosse Public Library, 11am-3pm
3/24: Chaseburg Village Hall, 11am-4pm
3/25: Onalaska YMCA, 11am-4pm
3/27: Luther High School Onalaska, 10am-2:30pm
3/31: Presbyterian Church West Salem, 11:30am-5pm

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



WTC E-Waste Recycling Event & Drive Thru Clothing Donation Drive
March 7, 9am-3pm



WTC Lot H 430 8th St N. La Crosse
Waste event will accept: modems, speakers, PC's, keyboards, laptops, printers and monitors.
Clothing drive-thru will accept new and gently used clothing of all ages. More info: www.westerntc.edu

Bangor “Game Day” on March 13 at 1:30pm.
Bangor movie on March 20 at 2:30pm and 6pm.
Campbell Book Club meets the second Tuesday at 6pm.
Holmen movie on March 10 and March 24 at 2:15pm and 6pm.
Holmen “Enduring Families Project” on March 12 at 1pm.
Holmen “Jigsaw Puzzle Battle” on March 29 at 10am. Registration required and opens March 3.
Onalaska “Chair Yoga” on March 3, 10, & 17 at 10:30am. Registration recommended.
Onalaska “Author Visit: Raymond Boland” on March 4 at 10am. Registration recommended.
Onalaska Senior Moments on Wednesdays at 10am:
March 5: Wisconsin Prisoner of War Camps in WWII
March 12: Fraud & Identity Theft
March 19: Statue of Liberty
March 26: Letters Home to Sarah: The Civil War Letters of Guy C. Taylor
Onalaska “Farm Tales with Daryl Wermedal” on March 20, 10am.
Onalaska movies on March 6 and March 20 at 6pm.
Onalaska Book Club meets the third Thursday at 1:15pm.
West Salem movies on March 13 and March 27 at 2:15pm.
West Salem Afternoon Book Club meets the second Wednesday at 1:30pm.
West Salem Evening Book Club meets the third Monday at 7pm.

Teaching the Holocaust Workshop Schedule
Viterbo University, March 19-20, 2025



Wednesday, March 19 Fine Arts Center FSPA Lobby		
7:30-8:00am	Registration and Continental breakfast	
8:00-9:00am	Welcome and Introductions	Darryle Clott
9:00-10:00am	"Finding the Balance Between Teaching and Traumatizing"	Karen Shawn
10:00-10:15am	Break	
10:15-11:30am	"Finance & Business: Weimar and Nazi Germany"	Stephen Feinberg
11:30-12:00pm	"My Journey to Discover My Mother's Holocaust Survival Story"	Maureen Freedland
12:00-1:00pm	Lunch	
1:00-2:00pm	"A Grid for Genocide: Understanding and Teaching the Ten Stages of Genocide"	Jon Renier
2:00-2:15pm	Break	
2:15-3:30pm	"Understanding Jewish Resistance in the Shadow of Destruction"	Karen Shawn



Free Community Clothing Event
Wednesday, March 19th
4:00pm-6:00pm
Lunda Center, 319 7th St. N



New and gently used clothing for all ages will be available for the community.
Remaining items after the event will be donated to local organizations.
The event is free and open to the public.
Contact engage@westernntc.edu

Neighbors Day 2025

Saturday, April 26th
8 am to 3 pm



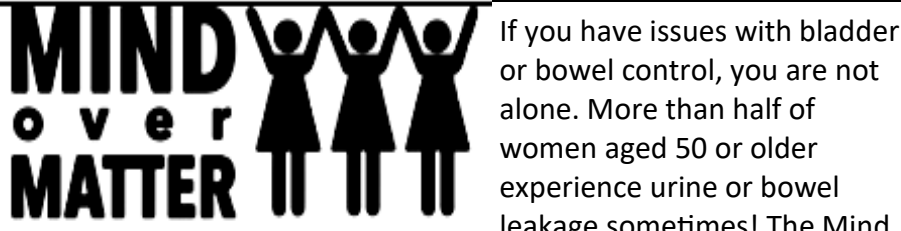
Do you need assistance cleaning up your yard, ranking leaves, trimming shrubs, or cleaning first floor windows?

We have volunteers ready to help you!

- Must live in the City of La Crosse, Town of Shelby, or Town of Campbell.
- Must be elderly and/or disabled.
- Our volunteers can not clean windows if they have to stand on a ladder to reach them.

Sign up by April 17th to receive assistance:

- Call 608-406-4363
- E-mail info@habitatlacrosse.org
- Register online at www.habitatlacrosse.org/neighbors-day/



If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Mind Over Matter: Healthy Bowels, Healthy Bladder is a 3-session workshop for senior women that include information, group activities, and simple exercises to do at home. Class size limited to 12 women.

April 1, 15 & 29
10:15am – 12:15pm
Harry J Olson Senior Center

To sign up, call the Aging and Disability Resource Center of La Crosse County at **608-785-5700**. ***Suggested Donation \$10.***

Coffee Connect for Visually Impaired Persons (VIP)

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


HULA Fest 2025 WDSD celebration

Where: YMCA Onalaska 400 Mason Street Onalaska, WI 54650
When: March 21, 2025
Time: 5pm - 7pm
RSVP before March 16, 2025

www.dsaw.org/la-crosse-events

Celebrate with us at the 1st Annual **HULA Fest** for **World Down Syndrome Day 2025!** **Hearts Uplifting Limitless Abilities** will take center stage as we unite through music, dancing, fun activities, and laughter to honor the incredible strengths that make everyone unique. Don't miss the chance to meet new friends, dress tropical for a chance to win prizes, and make lasting memories! 🌺💖🌺💖

Facebook: Down Syndrome Association of WI-Greater La Crosse
Down Syndrome Association of Wisconsin
Telephone: 414-327-3729



Stepping On

Building Confidence and Reducing Falls

Wednesdays, March 5 - April 16, from 1:30pm to 3:30pm
Gundersen La Crosse Clinic
1836 South Ave., La Crosse, WI
Please meet in the 5th Floor Clinic Conference Room

Mondays, April 7 - May 19, from 2pm to 4pm
Gundersen Onalaska Clinic
3111 Gundersen Drive, Onalaska, WI
Please meet in the Lower Level Education Center

The Stepping On program is a 7-week program designed for people over 60 years, 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 **(608) 775-3054**.

Wisconsin Well Woman Program

The Wisconsin Well Women Program helps women get **FREE** breast and cervical cancer screening, such as mammograms, pap tests, and other follow-up tests.
You may qualify for the program if:

- you are a woman aged 40-64, or aged 35-39 with breast symptoms or concerns
- You do not have health insurance, or your insurance policy has a high deductible for screenings or tests
- Your income is within the guidelines (new income guidelines)


Family Size	Household Income
1	Up to \$39,125
2	Up to \$52,875
3	Up to \$66,625
4	Up to \$80,375
5+	Add \$13,750 for each additional family member

La Crosse County Health Department staff work with women in Buffalo, Monroe, La Crosse, Vernon, & Crawford counties. 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**.

For information on how to do a self-breast exam, follow the link below.
<https://www.nationalbreastcancer.org/breast-self-exam/>

Outdoor Recreation Alliance Candlelit Walks


A crowd favorite! ORA will host a series of candlelit walks when the moon is fullest each month. These are free, all-ages events that begin at 5pm, and last until 7pm.



March 13, 2025 - Grandad Bluff Park
Visit: www.oratrails.org

Free Brain Checks

March 6th, 9am-3:30pm
Eagle Crest South, La Crosse



BrainCheck

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning. Just like blood pressure, cancer, or diabetes screening, brain checks can help you identify early; both the irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Open to the public. This is not intended for people with diagnosed dementias. Call for your 30 minute appointment. 608-785-5700.

Next Brain Check: April 8th at Onalaska Library

Tomah VA Caregiver Summit & Resource Fair

Tuesday, March 18th
1pm-3pm
Holmen Area Community Center
For more info: 1-800-872-8662 ext 64441




VA Caregiver Support

Healthy Living with Diabetes

Once a week, virtual workshop
March 3 –April 7
10am-12:30pm.
Cost is \$30.
To register call: 608-775-6870

A 6-week workshop proven to help people with diabetes better manage their condition.

Diabetes is a chronic, life-long condition. While you may see a physician or another healthcare provider several times a year, most days you are the one who controls your diabetes through monitoring, nutrition, exercise and managing your symptoms. **Healthy Living with Diabetes** is a researched and proven program designed to help you do that.



emplyfy

HEALTH
by Gundersen



We're thrilled to announce that **Trualta** is once again available for caregivers in Wisconsin—completely **FREE!** Trualta offers an incredible library of resources designed to support family caregivers in their journey. From expert tips to practical skills, this platform empowers you with the tools you need to confidently provide care and take care of yourself, too.

What You'll Get:

- ☑ On-demand caregiver training
- ☑ Interactive lessons and guides
- ☑ Stress management techniques
- ☑ Expert insights on dementia care, mobility, and more

Whether you're new to caregiving or a seasoned pro, Trualta has something for everyone.

The website is <https://wisconsincaregiver.trualta.com> . If you had an account previously, you do not need to create a new one. Your account has been reopened to you. If you did not have an account in the past, please set up an account, you will not be disappointed. Check out the new information, along with some virtual support groups and classes!

The Ultimate Guide to Adaptive Clothing
(Dress Yourself With Ease)

By Scott Grant, Certified Senior Advisor®, SHSS®
Reprinted from Graying with Grace

Adaptive clothing offers specific design features like velcro, magnetic closures, pull-on waists, open backs, higher rises, seamless construction, and tagless tags to help seniors and people with disabilities dress themselves independently, comfortably, and fashionably despite conditions like limited mobility, reduced dexterity, stroke, or Alzheimer's.

If you're a senior or a person with disabilities who struggles with dressing, adaptive clothing provides specific design features to make getting dressed easier and more comfortable.

Adaptive clothes have modifications like velcro, magnetic closures, open backs and sides, and pull-on waists to account for limited mobility and dexterity. They are made to be stylish, high-quality, and meet your unique needs.

You can find adaptive options from specialty brands like Joe & Bella, Resident Essentials, and Seven7 Jeans focused on senior and disability-friendly apparel. Major retailers like Tommy Hilfiger, Amazon, Zappos, and JCPenney also carry adaptive clothing lines. Plus size and big and tall adaptive styles are available too! Insurance usually doesn't cover adaptive clothing, but if your budget is tight, modifications to existing clothes, like adding velcro and elastic, can make them more accessible.

This guide shares the full range of adaptive clothing benefits and options to address your specific dressing challenges. Keep reading for details on features, finding the right fit and style, and how to choose adaptive clothes to suit your needs.

What Is Adaptive Clothing?

Adaptive clothing is designed for people with physical disabilities or those experiencing difficulty dressing due to not having a full range of motion or the inability to manipulate closures, such as seniors. It helps preserve independence in personal care and dressing for wearers and makes dressing easier for caregivers. Adaptive clothing is aimed at helping seniors who find dressing difficult because of disabilities and people with sensory problems that may find regular clothes either painful or uncomfortable. Conditions affecting health, such as Alzheimer's, stroke, and arthritis, may affect a person's ability to dress and undress, particularly if the motor skills required to operate zippers and buttons are reduced.

Sensory processing issues can make tags and seams that others might not even notice unbearable. Adaptive clothing is available for adults and children at various companies, and even major retailers, such as Target, now carry them. Many recently launched adaptive garments have been designed to look just like regular clothes. Elastic waist pants are convenient and comfortable for people with limited mobility.

What Are the Features of Adaptive Clothing?

Adaptive clothing is designed to make self-dressing much easier. To do so, designers typically consider the limitations of the people that will be using it and focus on ways to ease those issues. There are many different types of adaptive clothing available. But, here are some of the most common features that you will usually find on adaptive clothing:

Hook and Loop Fasteners

Hook and loop fasteners (aka Velcro) are closures that can easily open, close, and adjust as needed. Best of all, they will stay put all day. For maximum comfort, try looking for softer, thinner hook and loop closures without hard edges that dig into the skin.

Continued....



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

Connect with Resources

Balance your Life

Take Care of Yourself



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

Participants will learn to:

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

Class meets for 90 minutes once a week for 6 weeks

Dates: April 17, 2025 to May 25, 2025 (Thursdays)

Time: 10:30 AM to 12:00 PM

Location: Harry J Olson Senior Center
1607 North St
La Crosse, WI 54603

Cost: Workshop is FREE!
Suggested donation of \$20 to cover the cost of *The Caregiver Helpbook*

Space is limited!

You do not need to be a La Crosse County Resident to attend this class.

To register contact:
ADRC of La Crosse County
at 1-800-500-3910
or 608-785-5700

CAREGIVER EDUCATION SERIES

Monthly education for family caregivers to offer support & resources.

March 4th– Caregiving 101 **April 1st–** Emergency Planning
1pm-2:30pm at the Holmen Area Community Center
To register contact the ADRC at 608-785-5700.

Magnetic Closures

If Velcro-like fasteners are too stiff for your loved one, seek out pants and shirts with magnetic closures, which are incredibly easy to work with. The magnets remain stuck together until you grasp the fabric panels and move them apart. Keep in mind, however, that clothing with magnetic closures isn't suitable for people with pacemakers.

Elastic Waists

Elastic waist pants are a great option, even for those that don't have a disability. They are especially convenient and comfortable for people with limited mobility. Elastic waists do away with the need for closures and ensure that clothes can stretch or shrink to accommodate any weight fluctuations or swelling.

Open Backs or Sides

Shirts and pants featuring either open backs or sides have overlapping fabric panels in strategic areas that ensure modesty for the wearer while providing easy dressing and access to catheters and other medical devices. The panels may be held in place by Velcro, stamps, and other fasteners, and the open slip may descend either partway or all the way down the garment. Another version is pants that unzip on the sides either partially or all the way. This variation makes pant or brief changes easier for bedridden people or wheelchair users. For example, the chinos from Joe & Bella unzip all the way – from waist to ankle – in either direction.

Pull-Over Designs

Shirts and dresses sometimes do away with the fasteners completely and go for a pull-over design instead. These designs are ideally used by people with enough upper body mobility to raise their arms. Wider necklines and armholes are preferable so the wearer isn't too restricted when putting them on or off.

Higher Backs on Pants

Pants usually pull down in the back when you sit, and this can be a major issue for people that use wheelchairs or those that spend most of the day in a sitting position.

Adaptive pants are usually designed such that the back rises higher than the front, ensuring that wearers always have sufficient coverage.

Pull-Up Tabs

Pull-up tabs are stretchy straps on the sides of pants and are intended to make them easier to pull up. Once released, the elastic returns to its original position and lays flat against the waistband, ensuring maximum comfort for the wearer.

Tagless Tags

Tags often cause many sensory issues for people, so if you find them bothersome, you should seek out garments that print the tag directly on the garment rather than having a separate bit of fabric flapping around. Then, you will never need to worry about dealing with a rough seam or cutting out a tag again.

Seamless Construction or Flattened Seams

Seams are yet another source of discomfort for people with sensory issues. Look for garments with flattened seams, or completely remove them and go with seamless construction instead. Then, you will never need to worry about chafing again.



**La Crosse Parks & Rec
Senior Excursions**

For ages 50+

Call 608-789-8640 or 608-789-8298 to register.

PLEASE NOTE: Excursions below had availability when submitted for print; we cannot guarantee availability at time of publication.

March 19: Mustard Museum – Middleton
April 11: The Highway Men at the Legacy Theatre
April 13: Looney Lutherans at the Sheldon Theatre
May 7: Looney Lutherans & Leinenkugels tour in Chippewa Falls
June 11: Back Roads of SE Minnesota & Niagara Cave
June 20: Church Ladies-The Last Potluck Supper at the Fireside
June 25: Veterans Museum, State Capitol, Babcock Dairy
July 24: Circus Juventas-Lumiere Acrobatic Show, St. Paul

Pump House Regional Arts Center

119 King Street La Crosse, WI 54601
608.785.1434 contact@thepumphouse.org
3/6-3/9: Cocktails & Cabaret
3/15: Celtic Stories & Songs

WEBER CENTER
FOR THE PERFORMING ARTS

608-784-9292
www.webercenterarts.org



Feb 28: The Music of the Carpenters
Feb 28-Mar 1: August-Osage County
Mar 2: Wisconsin Singers
Mar 14-23: Steel Magnolias

Senior Preview: March 13, Steel Magnolias, \$15 and April 3, Adventures Await. Purchase at Black River Beach Neighborhood Center

University of Wisconsin-La Crosse
Dept of Theater & Dance
Toland Theatre
333 16th St N, La Crosse

Feb 28, Mar 1-9: Much Ado About Nothing
Apr 25-27 & May 1-4: Cabaret

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



Viterbo University
Fine Arts Center
929 Jackson St. La Crosse
608-796-3100
www.viterbo.edu/fac

Mar 15: The Magic of Bill Blagg
Mar 21: Music of Billy Joel & Elton John
Mar 26: Ukulele Orchestra of Great Britain
Apr 10-13: The Sponge Bob Musical
Apr 25: Dance Kaleidoscope
Apr 27: Step Afrika

3/2: Wedding World
3/7: Sesame Street Live
3/14: Harlem Globetrotters
3/14-3/16: Custom Auto Show
608-789-7400

**LA CROSSE
CENTER**

www.Lacrossecenter.com

**Big Brothers Big Sisters
Catered for Kids' Sake**



Thursday, March 20 at 5pm

Cargill Room at the Waterfront Restaurant
Guest speakers, live music, local restaurants compete in a friendly competition for the year's "Best of" in different categories. A night full of delicious food.
www.7riversbbbs.org

MARIE HEIDER CENTER FOR THE ARTS
405 E Hamlin St. West Salem
608-786-2550 www.heidercenter.org

Feb 27: The Hall Sisters, 7:30pm
Mar 8: Jared and the Vagabonds, 7:30pm
April 10: The Highway Men, 7:30pm

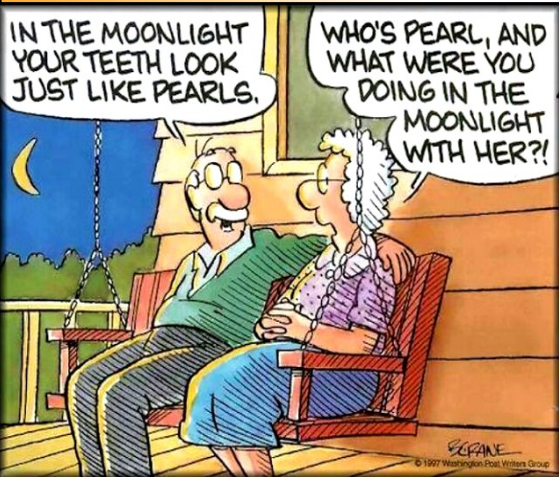
Old Main Cultural Center
20869 S College Ave. Galesville
608-582-4412

3/1: Coulee Classic Barber Shop, 7pm
3/9: Eric Brisson Performance, 3pm
3/14: Board Game Social, 6pm
3/16: Irish Story Telling, 2pm

Cappella Performing Arts Center
721 King St, La Crosse
608-299-7248

3/9: Reed Music Recitals, 9am-1pm
3/16: Onalaska Music Academy, 3pm. Free
3/21: Drag Show, 7:30pm
4/13: WI History Makers Tour, 6pm

**FAMILY FUN
EXPO**
SUPER HERO
SUNDAY, MARCH 9 11-3 PM
ONALASKA OMNI CENTER FREE!



I finally did it!
Bought a new pair of shoes
with Memory Foam insoles.
No more forgetting why
I walked into the kitchen!



ADRC
Aging and Disability Resource Center
of La Crosse County

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



Written by Scott Brouwer, Archives Staff-La Crosse Public Library

“Boober” Parizek may not be a name familiar to baseball fans in La Crosse today, but for a generation of American Legion players in the 1960s and '70s, he was “Mr. Baseball.” William “Boober” Parizek helped revitalize the American Legion program in La Crosse, taking over the struggling program as head coach in 1963. He led the team to the state tournament in 1964, taking second place; that high finish was followed by a fourth place in 1967 and a third place in 1970. Parizek's love for the game and all its intricacies were legendary among his players and those who knew him. Bob Lamb, writing for the *La Crosse Tribune* on May 26, 2008, shortly after Parizek's death, said this: *“He was a walking baseball encyclopedia, historian, teacher of the game, a great coach and father all rolled into one little man barely 5-foot-6 inches tall.”*

Parizek worked the graveyard shift at the U.S. Post Office in La Crosse, though he never had a driver's license. He either rode his bike or had his wife, Lorraine, drive him wherever he needed to go. Players remember him sitting in the backseat, with Lorraine driving, on the way home from road games with a flashlight and a pencil finalizing the meticulous box score that he would be dropping off at the La Crosse Tribune before he reported to work. When not working or coaching, he could often be found at the La Crosse Public Library reading newspapers from all over the United States, poring over major league and minor league baseball stories. Though Parizek died in 2008 at the age of 88, his name lives on in the Boober Parizek Classic baseball tournament that is held each June in La Crosse.



Daylight Savings starts Sunday, March 9th.
Advance your clocks ahead 1 hour.
The American Red Cross asks that everyone test
their smoke alarms and change batteries as needed.

Mondays: 6pm Bingo @ Eagles Club 1254, La Crosse
Mondays: 1pm Euchre @ Moose Lodge, \$5 register
Tuesdays: 6pm Bingo @ Features in Holmen also **3/1** at 1pm
Tuesdays: 6pm Bingo @ Features in West Salem
Tuesdays: 6pm 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: Bridge, 12:30pm, Ukulele Jam, 6pm @ Moose Lodge
Wednesdays: 6pm Bingo @ Omni Center. see Beer by Bike Brigade facebook page for monthly calendar
Thursdays: 6pm Bingo @ Holmen American Legion
Fridays: Fish Fry, 5pm-7:30pm, St Patrick's Church Onalaska
Saturdays: 11am Bingo @ Shimmy's La Crosse
Sundays: March 2, 2:30pm Bingo @ Drugan's Holmen
1st & 3rd Thursday: 6pm Bingo @ Moose Lodge
2/28 & 31/1: Figure Skating Show at Green Island Ice Arena
3/1: Polar Plunge at the Black River Beach starting at 8:30am
3/2: Cabin Fever Fest, 12pm. St Peters Parish Middle Ridge with euchre tournament and luncheon.
3/7: First Friday Art Walk, 4pm-7pm Main St. La Crosse
3/18: West Salem Business Expo, 11am-3pm at the High School
3/18: La Crescent Farmers Market, 4pm-7pm. 595 Veterans Way.
3/22: Spring Craft Show, Logan High School, 9am-3pm
3/29: Vietnam Veteran Welcome Home 50th Anniversary, 12pm-4pm at the Onalaska American Legion with guest speakers and a lunch.

Saturday, March 15th

**PARADE STARTS AT NOON
ON 2ND & STATE TRAVELING UP
MAIN STREET TO 9TH**



St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
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A	P	A	T	R	I	C	K	M	A	F	C	T	H	A

CLOVER	IRELAND	PARADE
COINS	IRISH	PATRICK
CORNER BEEF	LEPRECHAUN	POT OF GOLD
TRADITION	LUCK	RAINBOW
GREEN	MARCH	SHAMROCK

