

La Crosse County Resource Guide



The ADRC is your source for reliable and objective information about the broad range of programs and services available in La Crosse County.

Our goal is to empower you to make informed choices and to help you access the right services and supports to meet your needs.

We can help you understand and evaluate the various options available to you. Our services are free and available to older adults, adults with disabilities, their families, friends, and caregivers. **Please contact us for more information.**



608-785-5700
1-800-500-3910
Mon-Fri
8am-4:30pm



adrc@lacrossecounty.org
www.lacrossecounty.org/adrc



300 4th St. N
La Crosse, WI 54601
Walk-In Hours
M, Tu, Th, F
8:30am-3:30pm
Wed 10:30am-3:30pm

This guide has been developed by the Aging and Disability Resource Center (ADRC) of La Crosse County. It is intended to help you find resources in the community. It is not a complete list of services and is not meant to be an endorsement or recommendation of specific businesses or agencies. Please call the desired resource for the most up-to-date information. Updated 5/14/2024

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HOME HEALTH/PERSONAL/SUPPORTIVE HOME CARE

MA = Medicaid MC = Medicare VA = Veterans PI = Private Insurance

Almost Family 608-779-0900 *Accepts MA, MC, PI*

www.lhcgroup.com/locations/almost-family-home-health-care-of-lacrosse/

1052 Oak Forest Dr. Ste 150, Onalaska

Aptiv Community Supportive Living 608-784-9450

www.aptiv.org/services-we-offer/adults/learn/adult-day-service

3000 South Ave., La Crosse

Aveanna Home Health 608-406-3140 *Accepts MC*

www.aveanna.com/locations/328/la-crosse-wisconsin-54601/

2600 State Rd, La Crosse

BrightStar 608-519-4324 *Accepts PI, VA*

www.brightstarcare.com/locations/lacrosse/

1062 Oak Forest Drive, Ste 500, Onalaska

Christian Servants Home Care 262-939-0894

www.christianservantshomecare.com/

Comfort Keepers 608-455-6853 *Accepts VA*

www.comfortkeepers.com/offices/wisconsin/la-crosse/

2951 S. 21st Place, La Crosse

Commonheart Home Health and Hospice 844-206-4930

www.commonheart.com/

1045 Hill Street, Watertown, WI

Cornerstone Caregiving 608-200-3236

W6851 Industrial Blvd, Onalaska

Ebobb@cornerstonecaregiving.com

Grace Community Supported Living Services 608-963-4357

www.gracecsls.com/

1501 St Andrew St, Ste B201, La Crosse

Hallmark Homecare 608-315-8530

www.hallmarkhomecare.com/140

Integrity Home Care Solutions 608-987-0470 ext.203

www.integrityhomecaresolutions.com/

PO Box 110, Mineral Point, WI

International Quality Home & Personal Care Services 800-345-0669 *Accepts MA, MC, PI*

www.internationalquality.com/

1501 St Andrew St, Ste C202, La Crosse

La Crosse Home Care, LLC. 608-519-2914 *Accepts MA, MC*

1702 George St., La Crosse, WI

Lee Quality Home Care 608-519-3124 *Accepts MA, PI*

1511 George St., La Crosse, WI

Lori Knapp Companies 608-781-4594 *Accepts MA, MC, VA, PI*

www.loriknappcares.com/

938 Green Bay St. Onalaska

MCFI Home Care 1-888-381-5696 or 414-290-0050 *Accepts MA*

www.mcfihomecare.org/

Riverview Home Health Care, Inc 608-519-8080 *Accepts MA*

www.riverviewhomehealthcare.com/

3908 Circle Drive Ste. 100, Holmen

Veterans Affairs Home Based Primary Care 1-800-872-8662 ext. 67734 *Accepts VA*

www.va.gov/geriatrics/pages/Home_Based_Primary_Care.asp

Veterans Affairs Home Care Services 608-784-3886 *Accepts VA*

www.va.gov/geriatrics/pages/Homemaker_and_Home_Health_Aide_Care.asp

4000 State Rd 16 (Valley View Mall), La Crosse

HOSPICE

Gundersen Health System Hospice 608-775-8435

www.gundersenhealth.org/services/hospice-for-end-of-life-care

1900 South Ave., La Crosse

Mayo Clinic Health System Franciscan Healthcare Hospice 608-392-9790, Option 1

www.mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/hospice

620 South 11th St., La Crosse

Moments Hospice 608-399-6019

www.momentshospice.com/

4425 Mormon Coulee Rd., La Crosse

St. Croix Hospice 608-433-9704

www.stcroixhospice.com/

1540 Heritage Blvd Ste 201A, West Salem

CHORES/ERRANDS/REPAIRS

Causeway Interfaith Volunteer Caregivers 608-775-9999

www.causewaycaregivers.org/

Coulee Region Retired Senior Volunteer Program (RVSP) Handyman 608-785-0500 or 1-888-822-1295

www.rsvplax.org/

Coulecap Weatherization Program 1-866-904-4508

www.couleecap.org/home-weatherization.html

Friedman's Home Delivery Service 608-788-8777, option 6

ADULT DAY SERVICES

Aptiv Day Services Program 608-784-9450

www.aptiv.org/services-we-offer/adults/learn/adult-day-service

3000 South Ave., La Crosse

Bethany St. Joseph Merit Centre North 608-784-2700

www.bsicorp.com/community-programs/

1020 Windsor St., La Crosse

Bethany St. Joseph Merit Centre South 608-788-2900

www.bsicorp.com/community-programs/

3900 East Ave. So., La Crosse

Catholic Charities Adult Day Services Program 608-782-0710

www.cclse.org/support-specialist-la-crosse/

3710 East Ave. So., La Crosse

Coulee Region Adult Day Center 608-519-2306

www.couleeregionaduldaycenter.com/

565 Braund St., Onalaska

Creative Community Living Services Day Services 608-779-4118

www.cclswi.org/services.html

704 Sand Lake Rd., Onalaska

MEDICAL SUPPLIES & ADAPTIVE EQUIPMENT

A&J Mobility 715-874-6630

www.aandjmobility.com/

Access Elevator Inc. 608-784-9980

www.allaboutaccess.com/

65 Copeland Ave., La Crosse

Access Mobility Products 608-782-1069

www.accessmobilityproducts.com/

1542 Rose St., La Crosse

All Star Mobility 608-519-9292

www.allstarmobilityllc.com/locations/la-crosse/

66 Copeland Ave, La Crosse

American Cancer Society 1-800-227-2345

www.cancer.org/about-us/local/wisconsin.html

1285 Rudy St., Suite 103, Onalaska

Apria Healthcare 715-834-7517

www.apria.com/

1316 N. Hastings Way Ste. B, Eau Claire

4871 19th St. NW Ste. 100, Rochester **507-285-9959**

Cass St. Pharmacy Gundersen Health System 608-784-9922

www.gundersenhealth.org/locations/gundersen-pharmacy-cass-street

528 Cass St., La Crosse

Dan's Shoe Repair 608-782-3775

www.dansshoerepairlax.com/

112 5th Ave. No., La Crosse

Family Medical Supply and CPAP Store 608-791-1100 or 1-855-791-1549

www.familymedicalandcpap.com/

624 King St., La Crosse

Hanger Clinic: Prosthetics and Orthotics 608-782-5070 or 1-866-241-0606

www.hangerclinic.com/clinics/WI/la-crosse/losey-boulevard-s/

3440 Losey Blvd. S., La Crosse

Home Safety Innovations 920-379-4439 or 608-738-4219

www.homesafetyinnovations.com

Hilton Medical Supply 608-785-0390

www.hiltonmedicalsupply.com/

500 3rd St. So., La Crosse

Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745

www.ilresources.org/

4439 Mormon Coulee Rd.

Lincare 608-791-0018

www.lincare.com/en/

214 Copeland Ave., La Crosse

Limb Lab 608-782-1855

www.limblab.com/

1919 State Rd., La Crosse

Mayo Clinic Store 608-392-9797

www.mayoclinichealthsystem.org

700 West Ave. S, La Crosse

Wisconsin Council of the Blind and Visually Impaired 608-255-1166 or 1-800-783-5213

www.wcblind.org/

PERSONAL EMERGENCY RESPONSE SYSTEMS

Alert 1 1-866-474-1351

www.alert-1.com/

Comfort Keepers Health Watch Personal Response System 608-455-6853

www.comfortkeepers.com/care-services/in-home-care/safety-care/personal-emergency-response-system/

Family First Medical Alert 304-813-7878 or 801-738-0005

www.familyfirstalert.com/

Lively 1-800-918-8543

www.lively.com or at Best Buy or Walgreens

Liberty Honor Alert 1-800-872-8662 *for Veterans

www.honoralert.com/

LifeFone Medical Alert System 1-888-489-1186

www.lifefone.com/

Next Day Access 1-866-403-0090

Twin Cities, MN

VRI 1-800-860-4230

www.vricares.com/

Wear Tech 1-414-458-1349

www.wear-tech.com/

HEARING & VISION LOSS SERVICES

Hamilton Relay 800-618-4781

www.hamiltonrelay.com/

Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745

www.ilresources.org/

Medicare 1-844-258-3676

** Call to request accessible communications for persons with vision loss*

www.medicare.gov/

Office for the Blind and Visually Impaired (Central Office) 1-888-879-0017

www.dhs.wisconsin.gov/obvi/index.htm

Office for the Deaf and Hard of Hearing 855-359-5252

www.dhs.wisconsin.gov/odhh/index.htm

Telecommunications Equipment Purchase Program (TEPP) 608-231-3305

www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx

Vision Forward 1-414-615-0100

www.vision-forward.org/

Wisconsin Council of the Blind and Visually Impaired 1-800-783-5213 or 608-255-1166

www.wcblind.org/

WI Lions Foundation Hearing Project 715-677-4969 or 1-877-463-6953

www.wlf.info/hearing-program/

Wisconsin Telecommunications Relay Systems (TRS) Dial 7-1-1

www.wisconsinrelay.com/

TDD English **1-800-947-6644** TDD Spanish **1-800-833-7813**

Customer Service TDD **1-800-283-9877**

DEMENTIA CARE & SUPPORT

ADRC Dementia Care Programs 608-785-5700 or 1-800-500-3910

Alzheimer's Association 1-800-272-3900 (24-hour helpline)

www.alz.org/wi

Association for Frontotemporal Degeneration (24-hour helpline) 1-866-507-7222

www.theaftd.org

Lewy Body Dementia Association 1-800-539-9767

www.lbda.org

WI Parkinson Association 414-312-6990

www.wiparkinson.org

CAREGIVER SUPPORT

ADRC Caregiver Support Programs 608-785-5700

www.lacrossecounty.org/adrc/caregiver.asp

Causeway Caregivers-Peer Caregiver Support Program 608-775-9999

www.causewaycaregivers.org/peer-caregiver-support/

RSVP Friendly Caller Program 608-785-0500

www.rsvplax.org/

Tualta Online Learning for Caregivers Call the ADRC 608-785-5700 or visit their website at:

www.wisconsinaregiver.org

Veterans Affairs Caregiver Support Line 1-855-260-3274

www.caregiver.va.gov/

Wisconsin Family Caregiver Support Programs

www.wisconsinaregiver.org

RESPIRE CARE

See supportive home care section for possible in-home respite providers & see nursing homes section for possible out of home respite.

Oasis Respite Care 608-780-0471

**for people with dementia*

www.oasisrespite.org

123 Mason St., Onalaska

Respite Care WI (RCAW) 608-222-2033

**Respite and caregiver resources, online trainings, and toolkits*

www.respitecarewi.org

SUPPORT GROUP INFORMATION

Call Great Rivers 2-1-1 or visit:

www.211wisconsin.communityos.org/

Call the ADRC 608-785-5700 for local dementia support and caregiver support groups.

HOUSING & HOMELESS RESOURCES

City of La Crosse Housing Rehabilitation Program 608-789-7512

www.cityoflacrosse.org/your-government/departments/community-development-and-housing/housing-rehabilitation

Couleecap 1-866-904-4508 or 608-782-4876

Homeowners Help/Rehabilitation, Weatherization program

www.couleecap.org/

REACH Services and Resource Center 608-781-2783, ext. 200

www.reachcenterlacrosse.org/

212 11th St. S. La Crosse

The Exchange - La Crosse Area Furniture Bank 608-301-5345

www.theexchangelacrosse.org/

1009 4th St. S., La Crosse * *Caseworker needed to access.*

TEMPORARY/EMERGENCY HOUSING

Catholic Charities Warming Center 608-782-0710

www.cclse.org/la-crosse-warming-center/

413 3rd St. S, La Crosse, *November 1st – April 30th 7pm – 8am*

New Horizons Domestic Abuse Shelter 608-791-2610 or 1-888-631-0066 (crisis line)

www.nhagainstabuse.org/

Salvation Army 608-782-6126

www.centralusa.salvationarmy.org/lacrosse/

223 N. 8th St., La Crosse

Veterans Assistance Foundation Fort McCoy: 608-372-8387 • Wis Vets Hotline: 1-800-947-8387

www.vafvets.org/

Veterans Homeless Hotline 1-877-4AID-VET (1-877-424-3838)

www.va.gov/homeless/nationalcallcenter.asp

DROP IN CENTERS

RAVE Recovery Avenue 608-785-9615 or 608-787-1111

www.ilresources.org/home-1

1806 State St, La Crosse

RHYMES Drop-in services at the REACH Center 608-781-2783

for 17-24 age group; also provides housing financial assistance.

www.blacklax.org/rhymes/

212 11th St S, La Crosse

The Center: 7 Rivers LGBTQ Connection 608-784-0452

www.7riverslgbtq.org/

230 6th St S, La Crosse

INDEPENDENT HOUSING

**Eligibility requirements such as age, disability and/or income limits may apply*

Al Baldus Manor (Impact Seven) 608-799-1898 or 1-800-685-9353

www.impactseven.org/apartments/al-baldus-manor/

1320 Pinecrest Lane, Onalaska **Chronic mental illness*

Bethany St. Joseph Corporation (62+ or 55+ with a disability)

www.bsicorp.com/

Mill St. Manor 840 Mill St., West Salem **608-786-2440**

OnaMain 920 Main St., Onalaska **608-781-7730**

OnaTerrace 1126 Main St., Onalaska **608-783-1516**

Prairie Home 620 Malin Ct., Holmen **608-526-4850**

Salem Terrace 104 Lewis St., West Salem **608-786-2440**

Welcome Home Apartments 3600 28th St. S., La Crosse **608-788-0254**

Windsor Place 1020 Windsor St., La Crosse **608-785-2271**

Carroll Heights Apartments 608-785-5500 ext. 1

www.lacrossecounty.org/hillview/carroll-heights

3505 Park Lane Drive, La Crosse **55+ or with disability*

Cedar Court Apartments 608-786-4101

321 Wagon Drive, West Salem **Income limits*

Christopherson House (Allegiant Properties) 608-784-1381

www.allegiantpropertymgmtllc.com/

2121 Sims Place, La Crosse **Income limits, physical disabilities*

Coulee View Apartments 608-637-6355

www.bethelhome.org/couleeview-apartments

98 Hiawatha St, Coon Valley, WI

Eagle Crest Communities (55+)

www.eaglecrestlife.org/

Heights Town Homes 102 Juniper Lane, Holmen **608-791-2709**

Eagle Crest North Independent Living 351 Mason St., Onalaska **608-779-1700**

Eagle Crest South Independent Living 622 Bennora Lee Ct., La Crosse **608-791-2700**

Fox Hollow Senior Apartments 608-526-4000

990-1000 Linden Dr., Holmen **55+ or income limits*

Greendale Apartments 608-784-1381

321 13th Ave. S., Onalaska **Low-income adults with physical disabilities*

Havenwood of Onalaska 608-615-4700

www.havenwoodonalaska.com/

3770 Emerald Dr. E., Onalaska

Hidden Glen Apartments 608-526-9026 or 800-944-4866 ext. 1120

www.accmanagementgroup.com/properties/property.php?propertyid=349

100 Holmen Dr. S., Holmen **Income limits*

Heritage Haven (Allegiant Properties) 608-784-1381

www.allegiantpropertymgmtllc.com/

800 St. James St., La Crosse **62+ or disability income limits apply.*

Housing Authority of the City of La Crosse 608-782-2264

www.lacrossehousing.org/

1307 Badger St., La Crosse

La Crosse County Housing Authority 608-781-5365 TTY 1-800-283-9877

www.lcha.net/

615 Plainview Rd., La Crosse

Leo Fishman Manor (Impact Seven) 608-799-1898 or 1-800-685-9353

www.impactseven.org/apartments/leo-fishman-manor/

1106 Wilson St., Onalaska **Chronic mental illness*

Pinedale Apartments (Allegiant Properties) 608-784-1381

www.allegiantpropertymgmtllc.com/

501 13th Ave. S., Onalaska **62+ or disability*

Ponderosa Apartments 608-786-4101

1719 Viking Ave, Holmen **Income limits*

Redwood Terrace Apartments 608-783-6229

812 Redwood St., Onalaska **62+ or with disability; income limits*

River Oaks Apartments 608-787-0200

www.accmanagementgroup.com/properties/property.php?propertyid=350

3464 East Ave. S., La Crosse **Income limits*

Salzer Square I 608-785-7775 or 608-784-2935

1205 7th St. So., La Crosse **55+*

Salzer Square II 608-782-0585

1224 8th St. S., La Crosse **55+ and income limits*

Schumann Apartments (Allegiant Properties) 608-782-4001

www.allegiantpropertymgmtllc.com/

617 Bennora Lee Ct., La Crosse **Chronic mental illness and income limits*

Stonefield Manor 608-779-4906

1264 County Rd. PH, Onalaska **55+*

The Gardens at Kristy 608-498-4498

www.3amigosapartments.com/property/the-gardens-at-kristy

1077 Kristy Lane, Onalaska **55+*

ASSISTED LIVING

There are different types of assisted living facilities as described below:

Residential Care Apartment Complex (RCAC): Residence for adults that consists of independent apartments. Each apartment has own lockable entrance, kitchen with stove, private bathroom, sleeping and living areas. Can provide an individual with up to 28 hours of assistance per week.

Community Based Residential Facilities (CBRF): Residence for 5 or more adults. CBRF's may provide either private or semi-private rooms that do not have a kitchen. They may or may not have a private bathroom in each room. CBRFs provide more care than RCACs.

Adult Family Home (AFH): Residence for 1 to 4 adults. May provide private or semi-private rooms that do not have a kitchen. May or may not have a private bathroom in each room. Provides similar services as CBRF.

ADULT FAMILY HOMES (AFH)

ADRC of La Crosse County 608-785-5700 or 1-800-500-3910

Choosing an Adult Family Home: www.dhs.wisconsin.gov/guide/afh.htm

RESIDENTIAL CARE APARTMENT COMPLEXES (RCAC)

****Registered** RCAC facilities that only accept private funds. Others are *certified* and can accept public funds.

****Benedictine Living Community 608-788-9870 (62+)**

www.benedictineliving.org/la-crosse-wi/

2902 East Ave. S., La Crosse

Bethany St. Joseph Corporation (55+ disability or 62+)

www.bsicorp.com/

****Laurel Manor 608-783-1815**

108 17th Ave. S., Onalaska

Mill St. Manor 608-786-2440

840 Mill St., West Salem

Prairie Home 608-526-4850

620 Malin Ct., Holmen

Salem Terrace 608-786-2440

104 Lewis St., West Salem

Shelby Terrace 608-788-4477

2525 Shelby Rd., La Crosse

Brookdale Senior Living - The Villas 608-403-4647 (60+)

www.brookdale.com/en/communities/brookdale-lacrosse-al.html

3141 East Ave. S., La Crosse

Caretta Senior Living 608-465-4561

www.carettaseniorliving.com/

2120 Staphorst Lane, Holmen

Eagle Crest Communities

www.eaglecrestlife.org/

The Heights Assisted Living (55+) 608-526-2635

112 Juniper Lane, Holmen

Cass St. (55+) 608-784-6656

1315 Cass St., La Crosse

Eagle Crest North (62+) 608-779-1700

351 Mason St., Onalaska

Eagle Crest South (62+) 608-791-2700

622 Bennora Lee Ct, La Crosse

The Willows (55+) 608-406-3980

2555 7th St. S., La Crosse

Hillview Terrace 608-785-5500

www.lacrossecounty.org/hillview/hillview-terrace

3503 Park Lane Drive, La Crosse

Springbrook Community Assisted Living 608-783-2292

www.springbrookassistedliving.com/

861 Critter Ct., Onalaska

1384 County Rd. 25, La Crescent, MN **507-551-2034**

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)

Brookdale Senior Living La Crosse (60+) 608-403-4647

www.brookdale.com/en/communities/brookdale-lacrosse-al.html

3141 East Ave. S., La Crosse

Brookdale Senior Living Onalaska (60+) 608-291-9980

www.brookdale.com/en/communities/brookdale-onalaska.html

949 10th Ave. N., Onalaska

Caretta Senior Living 608-465-4561

www.carettaseniorliving.com/

2120 Staphorst Lane, Holmen

Eagle Crest South 608-791-2700 *High acuity assisted living.*

www.eaglecrestlife.org/

622 Bennora Lee Ct, La Crosse

Maplewood 608-786-1436 *servicing adults in mental health and substance use recovery.*

www.lacrossecounty.org/lakeview/assisted-living/maplewood

994 Garland St East, West Salem

Monarch Manor 608-612-0441

www.lacrossecounty.org/lakeview/assisted-living/monarch-manor

848 Garland St E., West Salem

Neshonoc Manor 608-612-0661

www.lacrossecounty.org/lakeview/assisted-living/neshonoc-manor

998 Garland St E., West Salem

RBI– The Caring Hearts 608-486-4800 *accepts persons with mild dementia.*

www.rbicare.com/

1612 Henry Johns Blvd., Bangor

Springbrook 608-783-2292

www.springbrookassistedliving.com/

861 Critter Ct., Onalaska

1384 County Rd. 25, La Crescent, MN **507-551-2034**

Traditions of La Crescent 507-895-6447 *High acuity assisted living.*

www.traditionsliving.com/locations/la-crescent/

333 S. 2nd St., La Crescent, MN

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE

Bluffview Memory Care 608-526-5864

www.bluffviewmemorycare.com/

2101 Bluffview Ct., Holmen

Brookdale Senior Living (60+) 608-788-7730

www.brookdale.com/en/communities/brookdale-lacrosse-al.html

3141 East Ave. So., La Crosse

Caretta Senior Living 608-465-4561

www.carettaseniorliving.com/

2120 Staphorst Lane, Holmen

Eagle Crest Communities

www.eaglecrestlife.org/

Eagle Crest North Memory Care 608-779-1700

351 Mason St. NW, Onalaska

Eagle Crest South Memory Care 608-791-2700

622 Bennora Lee Ct., La Crosse

Hearten House I 608-784-4521

2573 7th St. S., La Crosse

Hearten House II 608-784-4523

2571 7th St. S., La Crosse

Hearten House III 608-526-6796

101 Juniper Lane, Holmen

Hope Stay Memory Care 608-790-9080

www.hopestayinc.com/

3908 Circle Drive, Holmen

RBI Caring Hearts 608-486-4801 *accepts persons with mild dementia.*

www.rbicare.com/

1612 Henry Johns Blvd., Bangor

The Meadows at Springbrook 608-783-2292

www.springbrookassistedliving.com/

861 Critter Ct., Onalaska

Traditions of La Crescent 507-895-6447 *High acuity assisted living.*

www.traditionsliving.com/locations/la-crescent/

333 S. 2nd St., La Crescent, MN

NURSING HOMES

***has Dementia/Alzheimer's care unit*

Benedictine Manor Rehabilitation Center 608-788-9870

www.benedictineliving.org/la-crosse-wi/

2902 East Ave. So., La Crosse

****Bethany St. Joseph Care Center 608-788-5700**

www.bsicorp.com/

2501 Shelby Rd., La Crosse

****Hillview Health Care Center and The Oaks (Short-Term Behavioral Health Facility) 608-789-4800**

www.lacrossecounty.org/hillview/hillview-health-care-center

3501 Park Lane Dr., La Crosse

****Lakeview Health Center 608-786-1400**

www.lacrossecounty.org/lakeview/

962 East Garland St., West Salem

Mulder Healthcare Facility 608-786-1600

www.atriumlivingcenters.com/

713 N. Leonard St., West Salem

Onalaska Care Center 608-783-4681

www.bsicorp.com/

1600 Main St., Onalaska

****Riverside Transitional Care 608-406-3900**

www.eaglecrestlife.org/community/riverside-transitional-care/

2575 7th St. S., La Crosse

REDUCED COST/FREE MEDICAL

Community Care Clinics Bronston Chiropractic 608-781-2225

www.bronstonchiro.com/

1202 County Rd PH, Onalaska

Family Health Center of Marshfield, Inc 1-800-782-8581 or 715-670-0400

N6571 Lumberjack Guy Rd, Black River Falls

La Crosse County Health Department 608-785-5753

www.lacrossecounty.org/health

Wisconsin Well Woman Program 300 4th St. N., La Crosse

Neighborhood Family Clinic

www.mynfclinics.com/

1526 Rose St., La Crosse **608-781-9880**

1580 Heritage Blvd, West Salem **608-518-3410**

N5560 CTH ZM, Onalaska **608-779-5323**

Planned Parenthood 608-657-5177

www.plannedparenthood.org

1201 Caledonia St., La Crosse

St. Clare Health Mission 608-519-4633

www.stclarehealthmission.org/

916 Ferry St., La Crosse

Scenic Bluffs Community Health Center

www.scenicbluffs.org/

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

REDUCED COST/FREE DENTAL

Affordable Dentures

www.affordabledentures.com/

4850 Keystone Crossing, Eau Claire **715-502-2784**

3434 55th St NW #100, Rochester **507-299-0658**

Black River Falls Dental Center 1-715-670-0400

www.marshfieldclinic.org

N6571 Lumberjack Guy Rd, Black River Falls

Dental Pain Clinic (La Crosse County Health Dept) 608-785-9723

**Must have dental pain and difficulty finding dental care*

Scenic Bluffs Community Health Center

www.scenicbluffs.org/

La Crosse Office 2030 7th St. S. (lower level of Smile Care Center), La Crosse **608-654-5100**

Cashton Office 238 Front St., Cashton **608-654-5100**

Wisconsin Dental Association, Inc. Donated Dental Services 1-866-812-9840

www.wda.org/

HOSPITALS

Gundersen Health System 608-782-7300

www.gundersenhealth.org/

1900 South Ave., La Crosse

Mayo Clinic Health System 608-785-0940

www.mayoclinichealthsystem.org

700 West Ave. South, La Crosse

Tomah Veterans Affairs Medical Center 1-608-372-3971

www.va.gov/tomah-health-care/

500 East Veterans St., Tomah

CLINICS

Gundersen Health System Express Care

www.gundersenhealth.org/services/expresscare-clinic

La Crosse Festival Foods, 2500 State Rd., 33, La Crosse **608-775-5858**

Onalaska Festival Foods, 1260 Crossing Meadows Dr., Onalaska **608-775-5858**

Gundersen Health System

www.gundersenhealth.org/

1900 South Ave., La Crosse **608-782-7300**

3111 Gundersen Dr., Onalaska **608-775-8100**

Ho-Chunk Nation Public Health House of Wellness Clinic 1-888-560-4616 Ext. 5506

www.health.ho-chunk.com/MSH.html

S2845 White Eagle Rd., Baraboo

Mayo Clinic Health System

www.mayoclinichealthsystem.org/locations/la-crosse

700 West Ave. S., La Crosse **608-785-0940**

1303 Main St., Holmen **608-526-3351**

191 Theater Rd., Onalaska **608-392-5000**

Veterans Affairs River Valley Integrated Health Center 608-787-6411

4000 State Rd. 16, La Crosse (Valley View Mall)

MENTAL HEALTH SERVICES

Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255

www.greatrivers211.org/

Gundersen Health System 608-775-2287

www.gundersenhealth.org/services/behavioral-health

Ho-Chunk Nation Behavioral Health 608-784-3083

www.ho-chunknation.com/

724 Main St., La Crosse

Independent Living Resources 608-787-1111 or 1-888-378-2198

www.ilresources.org/

4439 Mormon Coulee Rd, La Crosse

La Crosse County Integrated Support and Recovery Services 608-784-4357 (HELP)

www.lacrossecounty.org/humanservices/

300 4th St. N., La Crosse

Mayo Clinic Health System Behavioral Health Services 608-392-9555

www.mayoclinichealthsystem.org/

615 S. 10th St., La Crosse

Scenic Bluffs Community Health Center 608-654-5100

www.scenicbluffs.org/

238 Front St., Cashton

Veterans Affairs River Valley IHC Mental Health Clinic 608-784-3886

www.va.gov/tomah-health-care/locations/la-crosse-va-clinic/

4000 State Rd., La Crosse (Valley View Mall)

MENTAL HEALTH CRISIS INTERVENTION

Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255

www.greatrivers211.org/

La Crosse County Crisis Responders 1-608-784-HELP (4357)

www.lacrossecounty.org/humanservices/services/our-services/adult-mental-health

Suicide and Crisis Lifeline Dial 9-8-8

www.preventsuicidewi.org/county-crisis-lines

Veteran's Crisis/Suicide Prevention Hotline 1-800-273-TALK (1-800-273-8255)

www.veteranscrisisline.net/

COUNSELING SERVICES

Call Great Rivers 2-1-1 or visit:

www.211wisconsin.communityos.org/

ADDICTION TREATMENT CENTERS

AMS (Addiction Medical Solutions) of Wisconsin 608-783-0506

www.amswisconsin.com/

9532 East 16 Frontage, Onalaska

Gundersen Health System 608-775-7991

www.gundersenhealth.org/services/behavioral-health

Mayo Clinic Health System Behavioral Health 608-392-9555

www.mayoclinichealthsystem.org/

ADDICTION-RELATED RESOURCES

Coulee Recovery Center 608-784-4177

www.couleerecovery.org/

933 Ferry St., La Crosse

Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255

www.greatrivers211.org/

La Crosse County Integrated Support and Recovery Services 608-784-4357 (HELP)

www.lacrossecounty.org/humanservices/services/

300 4th St. No., La Crosse

National Council on Problem Gambling 1-800-522-4700

www.ncpgambling.org/

Wisconsin Council on Problem Gambling 1-800-426-2535

www.wi-problemgamblers.org/

FOOD PANTRIES (call for information and eligibility)

A Place of Grace 608-782-6224

919 Hood St., La Crosse

Care and Share Food Pantry 608-786-0030

Our Savior's Lutheran Church, 359 N. Leonard St, West Salem

Catholic Charities Food Pantry 608-782-0710

508 5th Ave S, La Crosse

Coulee Recovery Center 608-784-4177

933 Ferry St, La Crosse

First Free Church Food Pantry 608-782-6022

123 Mason St., Onalaska

From the Heart Food Pantry 608-782-6200

1010 Sill St. La Crosse **Lower-level Trinity Lutheran Church*

Holmen Area Food Pantry 608-526-4424

St. Elizabeth Ann Seton Catholic Church, 525 N. Main St, Holmen

La Crosse Public Library's Little Pantry 608-789-7100

800 Main St, La Crosse

Onalaska Emergency Food Basket 608-783-7722

735 Sand Lake Rd., Onalaska

Onalaska Schools Food Pantry 608-783-5644 / 608-799-8419

Irving Pertzsch Elementary School, 524 Main St, Onalaska

River of Life Church 608-782-2780 Ext. 1

1214 County PH, Onalaska

WAFER Food Pantry 608-782-6003

1607 George St, La Crosse

WAFER Food Pantry-Mobile Distribution 608-782-6003

Anytime Fitness Parking Lot, 1500 WI-16, West Salem

Vivent Health Food Pantry 608-785-9866

811 Rose St, La Crosse

FREE COMMUNITY MEALS (days and times may be subject to change)

A Place of Grace 608-782-6224 Tuesdays 12pm – 4pm; Thursdays 12pm – 6pm

919 Hood St., La Crosse

New Beginnings Christian Fellowship 608-782-8030 Saturdays 5:30pm

122 5th Ave N, La Crosse

Onalaska United Methodist Church 783-3380 2nd Tuesday of each month from 5pm– 6pm

212 4th Ave N., Onalaska

Our Savior's Lutheran Church Come for Supper 608-782-3468 Tuesdays 5pm – 6pm

612 Division St., La Crosse

Presbyterian Church of West Salem 608 786-0910 4th Wednesday of the month 5pm – 6pm

625 West Franklin St, West Salem

RAVE Recovery Avenue 608-785-9615 Monday 9am—11am

4439 Mormon Coulee Rd., La Crosse

Salvation Army 608-782-6126 Monday - Saturday 11am – 12:30pm *community to-go lunch.*

223 8th St. N., La Crosse

Trinity Lutheran Church 608-782-6200 Monday 5:00pm

1010 Sill St., La Crosse

SENIOR NOON DINING CENTERS (weekdays)

Call the ADRC Senior Nutrition Program 608-785-5700 for eligibility information and to reserve your meal 24 hours in advance.

Holmen Community Center 608-317-8104 Meal served 11:30am

600 N Holmen Dr., Holmen

Onalaska Community Center 608-317-9870 Meal served 11:30am

515 Quincy St., Onalaska

South Side Neighborhood Center 608-792-6996 Meal served 11:30am

1300 6th St. S., La Crosse

HOME DELIVERED MEALS/FOOD PACKAGES

ADRC Senior Nutrition Program 608-785-5700

www.lacrossecounty.org/adrc/meals.asp

Homestyle Direct 1-866-735-0921

www.homestyledirect.com/

Mobile Meals of La Crosse 608-784-4623

www.usetconnected.org/agency/detail/?agency_id=43867

Mom's Meals 1-877-508-6667

www.momsmeals.com/

WAFER Food Pantry Senior Share Program 608-782-6003 **Free monthly food package delivery to eligible seniors 60+*

FINANCIAL ASSISTANCE FOR FOOD

Front Door Ministry 608-782-0322 ext. 2 Mondays 9am – 12pm

www.cathedralsjworkman.org/parish-life/outreach/

530 Main St., La Crosse **Also provides gas & bus tokens: limited assistance for housing/utilities.*

Western Region Economic Assistance 1-888-627-0430

www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm

TELEPHONE & INTERNET ASSISTANCE

Lifeline 608-267-3595 **Phone, cell & internet*

www.lifelinesupport.org/

Public Service Commission of WI

www.psc.wi.gov/Pages/ForConsumers/AssistancePrograms.aspx

Telecommunications Equipment Purchase Program (TEPP) 608-231-3305

www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx

Telecommunications Relay Service (TRS) dial 7-1-1

TDD English **1-800-947-6644** TDD Spanish **1-800-833-7813**

Customer Service TDD **1-800-283-9877**

www.fcc.gov/consumers/guides/telecommunications-relay-service-trs

FINANCIAL MANAGEMENT

Consumer Credit Counseling Service of La Crosse 608-784-8380

www.cccsonline.org/

505 King St., Ste. 212, La Crosse

REPRESENTATIVE PAYEE SERVICES

Catholic Charities 608-782-0710

www.cclse.org/

413 3rd St. S., La Crosse

iLife Financial Management Services 1-888-490-3966

www.ilife.org/

6100 North Baker Rd., Glendale WI

Payee Service, Inc. 715-233-0203

390 Red Cedar St., Menomonie, WI 54751

BENEFIT ASSISTANCE

ADRC Benefit Specialist 608-785-5700 or 1-800-500-3910

**Assists with Medicaid, Medicare, SSDI/SSI, prescription drug coverage, private insurance, and more*

Aptiv 608-784-9450

www.aptiv.org/

3000 South Ave., La Crosse **Work incentive benefit counseling*

Couleecap 608-782-4877 or 1-866-904-4507

www.couleecap.org/

700 N. 3rd St. Suite 202b, La Crosse *SOAR Program

Covering Wisconsin 608-261-1455 *Marketplace health insurance

www.coveringwi.org/

Deaf Disability Benefit Specialist 262-347-3045 (video phone/telephone)

**Serves people who are Deaf, hard of hearing, or Deaf-Blind*

www.dhs.wisconsin.gov/odhh/benefits.htm

Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745

www.ilresources.org/

4439 Mormon Coulee Rd., La Crosse *Child/youth disability applications

La Crosse County Veterans Service Office 608-785-9719

www.lacrossecounty.org/veterans

Medicare 1-800-633-4227 · TTY 1-877-486-2048

www.medicare.gov/

Social Security Administration 1-866-770-2345 (La Crosse office) or 1-800-772-1213 · TTY 1-800-325-0778

www.ssa.gov/

210 7th St S. Ste 100, La Crosse *SSDI, SSI, SS Retirement, Survivor benefits

State of Wisconsin Medigap Help-line 1-800-242-1060 *Medicare plans

www.dhs.wisconsin.gov/aging/medigap

Tribal Nation Benefit Specialist

www.dhs.wisconsin.gov/benefit-specialists/tribes.htm

Western Region for Economic Assistance (WREA) 1-888-627-0430

**WI Medicaid Programs, Foodshare, Senior Care*

www.lacrossecounty.org/humanservices/services/

Wisconsin Home Energy Assistance Program (WHEAP) 608-785-5582

www.energyandhousing.wi.gov/Pages/AgencyResources/energy-assistance.aspx

212 6th St. No., La Crosse *Veterans benefits

TRANSPORTATION (NON-MEDICAL)

Providers with wheelchair accessible vehicles available.

ADRC/La Crosse County Mini-Bus 608-785-5700 or 1-800-500-3910

Coulee Region Taxi 608-881-2050

Bee Cab 608-784-4233

Bullet Cab 608-519-3200

Coulee Region RSVP Volunteer Driver 608-785-0500

www.rsvplax.org/volunteering

Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000 or 1-866-666-2561

www.cityoflacrosse.org/your-government/departments/municipal-transit-mtu/information/other-transportation-options/onalaska-holmen-west-salem-service

Scenic Mississippi Regional Transit (S.M.R.T.) Bus 1-877-444-6543

www.ridesmrt.com

TRANSPORTATION (NON-EMERGENCY MEDICAL)

Providers with wheelchair accessible vehicles available.

ADRC/La Crosse County Mini-Bus 608-785-5700 or 1-800-500-3910

Making a Way Transport 608-782-4200

Abby Vans 1-800-236-8438

**If 60+ or disabled call the ADRC to arrange your ride at reduced rate*

Due North Transportation, LLC 608-394-4900 or 844-509-1234

www.duenorthsts.com

Gundersen Health System Coulee Trails 608-637-8884 or 1-800-771-8884

www.tristateambulance.org/coulee-trails/

MTM 1-866-907-1493

**For Medical Assistance recipients only excluding Inclusa and My Choice WI members*

Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000

www.cityoflacrosse.org/your-government/departments/municipal-transit-mtu/information/other-transportation-options/onalaska-holmen-west-salem-service

American Cancer Society Road to Recovery 1-800-227-2345

www.cancer.org/involved/volunteer/road-to-recovery.html

Coulee Region RSVP Volunteer Driver 608-785-0500

www.rsvplax.org/volunteering

Disabled American Veterans 1-800-872-8662 Ext. 66227

www.dav.org/

LEGAL ASSISTANCE

Lawyer in the Library 608-789-7122 3rd Thursday 10am – 2pm *appointment required.

www.lacrosselibrary.org/event/lawyer-library-17

800 Main St., La Crosse

Legal Action of Wisconsin 608-785-2809

www.legalaction.org

205 5th Ave S. Suite 300 La Crosse

Legal Clinic 608-782-6553 3rd Wednesday of every month 6pm – 7:30pm

www.wisbar.org/Directories/LawRelatedOrgs/Pages/LCCBA-Free-Legal-Clinic.aspx

First Baptist Church, 1209 Main St. La Crosse

Wisconsin Elder Rights Project 1-844-614-5468

www.legalaction.org

Wisconsin State Bar Association 1-800-362-9082

www.wisbar.org/Pages/default.aspx

Wisconsin Guardianship Support Center 1-855-409-9410 Email: guardian@gwaar.org

ADVOCACY

Centro Latino 608-515-9134

www.centrolatinolacrosse.org/en/

1209 Main St., La Crosse

Disability Rights WI Family Care and IRIS Ombudsman 1-800-928-8778

www.disabilityrightswi.org/program/family-care-and-iris-ombudsman-program/

Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745

www.ilresources.org/

4439 Mormon Coulee Rd., La Crosse

Long-Term Care Ombudsman 1-800-815-0015

www.dhs.wisconsin.gov/aging/ltcombud.htm

The ARC of La Crosse 608-782-4799

www.thearc.org/chapter/the-arc-of-la-crosse/

1035 Green Bay St. #4, La Crosse

The Center: 7 Rivers LGBTQ Connection 608-784-0452

www.7riverslgbtq.org/

230 6th St S, La Crosse

Veyo Ombudsmen 1-866-907-1493

www.wi.ridewithveyo.com/contact-us/

WI Disability Vote Coalition 1-844-347-8683 Email: info@disabilityvote.org

WI Board for People with Developmental Disabilities 608-266-7826

www.wi-BPDD.org

EMPLOYMENT ASSISTANCE

Aptiv 608-784-9450 or 1-800-949-7380

www.aptiv.org/

3000 South Ave., La Crosse

Aurora Vocational Services 608-785-5090

www.auroraservices.com/vocational

1501 Saint Andrews St. Ste C202, La Crosse

Catholic Charities-Disability Services 608-782-0710

www.cclse.org/disability-services/

3710 East Ave. So., La Crosse

Couleecap 608-782-4877

www.couleecap.org/

700 N. 3rd St., Suite 202B, La Crosse

Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745

www.ilresources.org/

4439 Mormon Coulee Rd., La Crosse

Older Worker Program/WISE (WI Senior Employment) 608-789-5620 or 1-800-742-5627

www.dhs.wisconsin.gov/wise/index.htm

2615 East Ave So., La Crosse

ORC Industries 608-781-7727

www.orcind.com/

2700 Commerce St., La Crosse

Senior Community Service Employment Program 608-615-1845

www.dol.gov/agencies/eta/seniors

205 5th Ave. S. Suite 426, La Crosse

VARC 608-782-7010

www.varcinc.com/

3120 South Avenue, La Crosse

Veterans Assistance Foundation (VAF)

www.vafvets.org/

1118 Superior Avenue, Tomah

Fort McCoy: **608-372-8387**

Wis Vets Hotline: **1-800-947-8387**

Workforce Development Center of Western Wisconsin 608-789-5627

**Vocational Rehabilitation, Job Center, Workforce Connections, Unemployment, Worker's Compensation*

www.westernwdb.org/

2615 East Ave. So., La Crosse

VETERANS SERVICES

La Crosse Area Veterans Mentor Program, Inc. 608-785-6420

www.lavmp.org/

300 4th Street North, La Crosse

La Crosse County Veteran Service Office 608-785-9719

www.lacrossecounty.org/veterans

300 4th Street North, La Crosse

La Crosse Veterans Center 608-782-4403

www.va.gov/la-crosse-vet-center/

20 Copeland Ave., La Crosse

ADAPTIVE RECREATIONAL OPPORTUNITIES

Arts Buddies (Causeway Interfaith Volunteer Caregivers) 608-775-9999

www.causewaycaregivers.org/outreach-programs/arts-buddy/

Center on Disability Health and Adapted Physical Activity, UW-La Crosse, 608-785-8000

www.uwlax.edu/center/cdhapa

Driftless Recreation

www.sites.google.com/driftlessrec.com/lax/home

Flying Horse Stable 608-317-1448

www.flyinghorsestable.net/

HorseSense for Special Riders 608-518-5356

www.horsesensewi.org

Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745

www.ilresources.org/

NASA (North American Squirrel Association) 608-234-5988

www.nasasquirrel.org

Special Olympics, La Crosse Park & Recreation Department 608-789-7533

www.cityoflacrosse.org/your-government/departments/parks-recreation-forestry/

STAR Center 608-797-6295

www.starcenterprograms.org

YMCA Inclusion and Adaptive Programs 608-782-9622

www.laxymca.org/inclusion/