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Make Your Voice Heard: Join Us for Aging Advocacy Day 2025

Aging Advocacy Day 2025 is your opportunity to speak directly with state legislators about the issues that matter most to older adults in Wisconsin. This annual event, organized by the **Wisconsin Aging Advocacy Network**, brings together older adults, caregivers, and advocates to ensure that policymakers understand the real-world impact of their decisions.

Why Participate?

State legislators play a crucial role in shaping policies that impact aging services and supports. **Policy drives funding**, determining where resources go and which services receive the financial support they need. Legislators rely on input from constituents to make informed decisions about budget priorities. This year's advocacy efforts focus on securing funding for **four key areas** that support older adults and strengthen our communities:

Investment in Aging and Disability Resource Centers (ADRCs): Ensuring ADRCs receive the funding necessary to continue providing essential services like benefit counseling, long-term care options, and caregiver support.

Direct Care Workforce Supports: Addressing the caregiver shortage by advocating for competitive wages, training programs, and workforce development initiatives.

Home-Delivered Meal Funding: Securing sustainable funding to expand and strengthen meal programs that provide nutrition and social connection.

Healthy Aging Grants—Falls Prevention: Increasing investment in evidence-based falls prevention programs to maintain independence and reduce healthcare costs.

State budgets reflect priorities, and without adequate funding, these critical programs struggle to meet the growing needs of Wisconsin's aging population. **Legislators need to hear from you** to ensure aging services remain at the forefront. By attending Aging Advocacy Day, you can help secure the funding necessary to support older adults, caregivers, and essential aging services across Wisconsin. Lets make a difference!

Event Details Tuesday, May 13, 2025

10:00 am-3:00 pm (check-in begins at 9 am)

Best Western Premier Park Hotel (22 S. Carroll St, Madison) and the Wisconsin State Capitol

Registration Details

Register online by **April 25, 2025**, at gwaar.org/aging-advocacy-day-2025

Information Needed to Register:
First name, last name, email, phone,
address, description of any assistance or
accommodations needed at event (e.g.,
interpreter), interest in lunch (yes/no).

Need Help Registering? Call the ADRC of La Crosse County at 608-785-5700.

Need Transportation? Free transportation to Madison is available! Reserve your spot by calling the ADRC of La Crosse County (608-785-5700) no later than April 25, 2025.



Your Voice Matters!

Join us in advocating for a stronger, well-funded support system for aging Wisconsinites—because your voice can make a difference!

Pictured on the left are the advocates from Aging Advocacy Day 2024! We Court

Celebrating our Volunteers: The Heart of our Community

April is **National Volunteer Month**, a time to recognize and celebrate the incredible individuals who give their time, energy, and compassion to support our community. At the ADRC, our volunteers are the heart of our work, making it possible to provide essential programs and services that improve lives.

Whether delivering meals, assisting with programs, or offering a helping hand, each volunteer plays a vital role in building a stronger, more connected community. A volunteer's kindness, generosity, and dedication does not go unnoticed.

To our volunteers: Your impact is immeasurable, and we are honored to have you as part of our team. The time and effort you give bring comfort, support, and joy to so many, and our community is stronger because of you. You inspire us every day with your selflessness and commitment, and we are truly grateful for all you do. We appreciate you today and every day. *Thank you!*

Honoring Fred & Sue Heuer: A Legacy of Service



After nearly 25 years of delivering meals, Fred and Sue Heuer are retiring from their volunteer roles. They began volunteering after retirement, seeing the meal program as a way to give back to the community. Along the way, they formed meaningful connections with participants who were always appreciative of their visits. "We enjoyed getting to know the people and having brief visits with them," they shared. Their dedication not only made a difference in the lives of others but also helped them discover and connect with the growing Holmen community. *Thank you*, Fred and Sue, for your years of kindness and service!

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.

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.

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.

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 Inclusa & 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

Golden Connections: Speed-Dating for Seniors

Tuesday, May 6 at 5pm

UW La Crosse - Health Science Center 1300 Badger Street

Join "Golden Connections" for seniors (65+)! Enjoy 5-minute speed-dating, light refreshments, and social interaction. Meet new friends and combat social isolation in a fun setting!

Www.localaarp.org/aarp-event/golden-connectionsspeed-dating-for-seniors

Questions contact AARP WI at wiaarp@aarp.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)					
ADRC General Support Elder Benefit Specialist					
Caregiver Support Health Promotion					
Congregate Dining Home-delivered Meals					
Dementia Support Services Senior Life Newsletter					
Disability Benefit Specialist Transportation Services					
Please make checks payable and send to:					

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!

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Giving Care & Taking Care!

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, 9am-2pm **Mayo Clinic La Crosse**

TO REGISTER for a 1-hour training session:

Call 608-785-5700 or Scan QR Code →



Next experience: May 19th for Caregivers



June is Brain Health & Dementia Awareness Month!

- Wine, Women and Dementia Documentary Screening & Alzheimer's Association Walk Kick Off Event on June 23rd
- Brain Health Week at the Nutrition Meal Sites
- Dementia Live and Education Sessions on June 5th
- Understanding Hospice: A Journey in Compassionate Care on June 26th
- Nourish Your Mind Retreat at the YMCA on June 16th

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





First Free Church 123 Mason St. Onalaska, WI 54650

Cocation:

Registration information coming soon!

Dementia Caregiver Support Group Listing

IN PERSON

Parkinson's Disease Group

1st Monday of the month, 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295

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

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

Navigating Together

3rd Thursday of the month, 1pm-2pm Holmen Area Community Center, Holmen Contact: ADRC 608-785-5700

Peer Caregiver Support Program

Causeway Caregivers at 608-775-9999

Grief Therapy Group

Closed series, offered annually. Call Kelsey to inquire about the next session, 608-397-0767

VIRTUAL

Monday Coffee Connect

Every Monday, 10am-11am Contact: kflock@lacrossecounty.org

Monday DISH

1st Monday of the month, 7pm-8pm Contact Scott at scott.seeger@adrc-cw.org

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

Aging & Down Syndrome Caregiver Support

3rd Wednesday of the month, 5pm Contact DSAW info@dsaw.org

Wednesday Conversations- for persons with MCI

1st & 3rd Wednesday of the month 10:30am-12pm

Contact Rob at rgriesel@co.dodge.wi.us Family Caregivers of Loved Ones Living at a Facility

Every other Friday, 10am-11:30am Contact Alz. Assoc. 1-800-272-3900

Coulee Region Giving Hearts Choir

Fridays, 10am- Rehearsals at North Presbyterian Church La Crosse. Creative support through your journey for people living with dementia and caregivers. No singing experience required. Call Ruth at 608-792-8608.

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Coulee Region Giving Hearts Choir Upcoming Concerts: Friday, April 4th, 11am at North Presbyterian Church La Crosse Friday, May 2nd, 11:30am at St. Mary's Church in Galesville



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 **April 14:** Courageous Pie Making Inspired by the Waitress! La Crosse Community Theatre Register with Amber at 608-385-4819

SPARK!

Third Monday Monthly, 10:30am-12pm April 21: Aprils Embrace: A Vibrant Planting Experience Clearwater Farm, Onalaska Register with Anna at 507-319-9156, info@clearwaterfarm.org

Embrace

12:30pm-2pm

4/9- Joe Cody music, 4/23-Beekeeping with Julia **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. Caregivers welcome to attend independently. Loved ones with dementia must have a caregiver present in caregiver group. Embrace is not respite.

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 earlystage 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/



Custodial Care Versus Skilled Care

By the GWAAR Legal Services Team

If you are a Medicare beneficiary who needs care outside the home, you will have many questions about what type of care is needed and whether Medicare will cover it. Medicare does not cover custodial care but will cover skilled care under specific circumstances. Knowing the differences between custodial care and skilled care will help you better understand your medical care choices and financial obligations.

First, it is important to know what custodial care is. Custodial care encompasses assistance with activities of daily living (ADLs), including bathing, dressing, eating, repositioning, and oral care. The ADLs are non-medical care that can be done reasonably and safely by a non-skilled or non-licensed caregiver. Custodial care can also be done at home, in a nursing home, or in an assisted living facility. This type of care consists of activities you need to do daily to care for yourself.

Next, it's essential to understand skilled care. Skilled care must be provided by or under the supervision of a skilled or licensed medical professional. The care must be medically necessary and can only be safely performed by a skilled or licensed per-

medical professional. The care must be medically necessary and can only be safely performed by a skilled or licensed person. Examples of skilled care include physical therapy, occupational therapy, wound care, and intravenous injections. This type of care often happens in a skilled nursing facility. This care is usually more expensive than custodial care due to the complexity of the care and the need for a skilled or licensed provider to safely administer the care.

The most significant difference between custodial care and skilled care is the person providing the care. Skilled care must be performed by or under the supervision of a skilled or licensed person, while any caregiver can give custodial care. Custodial caregivers are not required to hold a formal license or complete medical training and are less costly to hire. If you are in a skilled nursing facility, skilled care should be covered, and custodial care will not be covered in that setting. In an assisted living facility, you will most likely receive custodial care that Medicare will not cover. In virtually all instances, custodial care will not be covered under Medicare.

Being informed about the medical care choices Medicare covers and your financial responsibility with those choices will help you be better prepared to meet your needs. Knowing the difference between custodial care and skilled care can help you prepare for decisions about long-term care choices. It will also help you advocate for yourself if you find yourself in a skilled nursing facility. It is essential to know what type of care Medicare will cover and what kind of care you will receive. Being informed will help you navigate your medical care and ensure you receive the care you need without financial surprises.

Social Security to Reinstate Overpayment Recovery Rate

The Social Security Administration (SSA) announced it will increase the default overpayment withholding rate for Social Security beneficiaries to 100 percent of a person's monthly benefit. The Office of the Chief Actuary estimates this change will result in an increase in overpayment recoveries (i.e., a program savings) of about \$7 billion in the next decade.

"We have the significant responsibility to be good stewards of the trust funds for the American people," said Lee Dudek, Acting Commissioner of Social Security. "It is our duty to revise the overpayment repayment policy back to full withholding, as it was during the Obama administration and first Trump administration, to properly safeguard taxpayer funds."

The agency strives to pay the right person the right amount at the right time, and issues correct payments to most beneficiaries. When an overpayment does occur, the agency is required by law to seek repayment.

As of March 27, the agency will begin mailing notices about the new 100 percent withholding rate, rather than the recent adjustment of just 10 percent. The withholding rate change applies to new overpayments related to Social Security benefits. The withholding rate for current beneficiaries with an overpayment before March 27 will not change and no action is required. The withholding rate for Supplemental Security Income overpayments remains 10 percent. People who are overpaid after March 27 will automatically be placed in full recovery at a rate of 100 percent of the Social Security payment. If someone cannot afford full recovery of their overpayment, they can contact Social Security at 1-800-772-1213 or their local office to request a lower rate of recovery.

Additionally, people have the right to appeal the overpayment decision or the amount. They can ask Social Security to waive collection of the overpayment, if they believe it was not their fault and can't afford to pay it back. The agency does not pursue recoveries while an initial appeal or waiver is pending.

For more information about overpayments, visit www.ssa.gov.

Start Composting to Reduce Waste

By the GWAAR Legal Services Team

Composting is an environmentally friendly way to reduce trash and build healthy soil. By turning food scraps and yard waste into compost, we keep these material out of landfills and put them to use creating healthy soil.

Compost is produced when organic materials break down. It replenishes soil nutrients and beneficial microorganisms. Adding compost to soil can help sandy soil hold more moisture and improve clay soil's ability to drain. It can also repair damage caused by erosion. In addition, it can help plants grow and is a safer alternative to burning yard waste. People who compost at home can use the material for their gardens. The table shows what can/ cannot be composted at home:

What to Compost	What NOT to Compost		
Vegetable and fruit scraps	Meat or fish scraps, bones, and packaging		
Coffee grounds and filters	Dairy products (milk, cheese, butter, etc.)		
Tea bags	Egg yolks		
Nutshells	Fats and oils or food containing fats and oils		
Eggshells	Pet waste		
Clean, unwaxed paper, like newspaper and cardboard	Diseased or insect-ridden plants		
Animal manure (not pet waste)	Highly invasive plants, like garlic mustard		
	Plastics labeled as "compostable"		
Yard waste (leaves, small sticks, etc.)	or "biodegradable," which should		
	go to a composting facility		

To compost at home, you can use a compost bin or pile. In general, bins are an easier way to manage the materials. Although there is no statewide law governing composting at home, you should attempt to minimize odors and avoid attracting pests.

Correction about Social Security Direct Deposit and Telephone Services by SSA.gov

Recent reports in the media that Social Security plans to eliminate telephone services are inaccurate. SSA is increasing its protection for America's seniors and other beneficiaries by eliminating the risk of fraud associated with changing bank account information by telephone.

SSA continuously investigates and analyzes potential threats to strengthen and secure our programs and protect people who receive benefits. SSA's current protocol of simply asking identifying questions by telephone is no longer enough to prevent fraud.

If someone needs to change their bank account information on SSA's record, they will need to either:

 Use two-factor authentication with SSA's "my Social Security" service; or

Visit a local Social Security office to prove their identity.
 These methods align with most major banks.
 All other SSA telephone services remain unchanged.

April is National Stress Awareness Month!

By the GWAAR Legal Services Team

It is important to learn about stress and how to manage it, because if left uncontrolled, it can have adverse health effects, from headaches, stomachaches, difficulty sleeping, to even heart attacks. Here are some helpful suggestions for how to manage stress in everyday life:

Exercise: Moving our bodies can help reduce stress and improve our mood. Try going for a walk, riding a bike, or playing a sport you enjoy.

Deep breathing: Taking slow, deep breaths can help us feel calmer and more relaxed. Try inhaling for a count of four, holding for a count of seven, and exhaling for a count of eight.

Talk to someone: Sometimes, sharing what is bothering us with someone we trust can help make us feel better.

Write in a journal: Writing down our thoughts and feelings can be a helpful way to express ourselves and reduce stress.

Practice mindfulness: Mindfulness refers to paying attention to the present moment without judging our thoughts or feelings. Try sitting quietly and focusing on your breath or the sensations in your body. This can help you relax and remove yourself, at least for a few minutes, from a stressful thought or situation.

Sleep: Make sure you are getting enough sleep. Experts recommend that adults should get at least 7 hours of sleep per night. If you are struggling with sleep issues, it might be time to talk to your doctor about ways to improve your sleep.

Black River Beach Neighborhood Center 1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640 www.cityoflacrosse.org/parks

Staying Active Together: On site or home w/live instructor; Mon & Thurs, 0.20cm, 10.20cm, no close April 2, & 21

Thurs, 9:30am-10:30am; no class April 3 & 21

Moving with Moments: On site or home, live instructor; Thurs, 11am-12pm. Register. Free

Zumba with Lynne: Mon & Wed, 5:30pm-6:30pm; no class April 7

Mah Jongg Club: Tues, 12pm-3:30pm; \$2/session Art Club: Thurs, 12pm-3pm. Register. \$2/session Knitting Group: Thurs, 1pm-3pm. \$1/week

International Folk Dance: Wed, April 2 & Sat, April 12,

7pm-9:30pm. Register. \$2/session

Healing Through Sound: Sun, April 6, 10am-11:30am. Register **Parkinson's Disease Support Group:** Mon, April 7, 5pm CALL STAR CENTER TO REGISTER: 608.797.6295

Medicare 101-Understanding the ABCs of Medicare: April 9, 10am or 6pm. Register by Friday prior. Free

Embrace (for those with dementia & care partners): Wed, April 9 & 23, 12:30pm-2pm. CALL ADRC TO REGISTER: 608.789.8640 Vietnam – Then and Now: Thurs, April 10, 10am-11am. Register

Special Needs Planning-Disability Transition at Age 18: Thurs, April 10, 6:30pm-8pm. Register by 1 day prior. Free

Beginner Mah Jongg Class: Wed, April 16, 23, & 30, 10am-12pm Register by March 12

Taste of Vietnam: How to Make Spring Rolls, Tues, April 22

Register by April 8. Free

by April 3. Free

Genealogy Workshop: Sat, April 26, 9:30am-4:30pm. Register. Free

HARRY J OLSON CENTER

1607 North St. La Crosse 608-781-2122

Monday: 9:30am Chair Yoga/Tai Chi Class 12pm **Coulee Region Woodcarvers** 12:30pm **Duplicate Bridge** register 797-3587 Tuesday: **Strong Seniors** 9am 1pm **500 Cards** register at 786-1114 **Duplicate Bridge-** 797-3587 7pm Euchre register at 786-1114 Wednesday: 1pm 6:30pm Live Band Dance -public welcome **Strong Seniors** Thursday: 9am Chat Bridge— register 797-3587 10am **Duplicate Bridge** 12:30pm 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

001 100

Bridge: Monday's 1pm-4pm, Call Rita 608-780-7810

Adult Wellness & Fitness: starts April 15. Call to register Puzzle Club: Monday's 2pm-4pm, no registration needed. Garden Class for Beginners: April 10, 5:30pm at Omni Garden in Containers: April 24, 5:30pm at Omni Learn to Play Pickleball: Starts in May. Call to register.

OMNI CENTER EVENTS

Bingo: Wednesdays at 6pm 3/28-3/30: Home & Builders Show 4/5: Three River Throwdown, 5pm 4/12-4/13: Spring Craft Show 4/16: Donkey Basketball, 7pm 2nd Friday of the Month: Brews & Tunes, 5pm-8pm

Mark your calendars and make your voice heard!

Join **The Autism Society Affiliates in WI** Autism Acceptance Day at the Capitol on **Tuesday, April 2, 2025**

More details at www.autismgreaterwi.org

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, Mon & Thurs, 9:30am-10:30am; no class April 3 & 21. Register.

Expressive Drawing: Tues, 1pm-3pm. Register.

Moving with Moments: On site or at home w/live link to instructor; Thurs, 11am-12pm. Register. Free

Wise Wednesdays: Wed, April 2 & 16, 10:30am-12pm. Register. Free Bingo: Wed, April 2 & 16, 12:30pm-1:30pm. Register by 1 day prior. Free Coping Skills: Fri, April 4 & 18, 10am-11:30am. Register by 1 day prior. Coping with Grief & Loss: Wed, April 9, 10am-11:30am. Register by 1 day prior. Free

Before the After: Fri, April 11, 10am-12pm. Register by 1 day prior. Free **Shuffle Together** (cards): Fri, April 11 & 25, 2pm-3:30pm. Register. Free **Connect2Nature**—Dive Unit and K9 Search and Rescue: Tues, April 15, 10am-11am. Register by 1 day prior. Free

Parkinson's Disease Social Night: Wed, April 16, 5:30pm-7pm. (CALL STAR CENTER TO REGISTER: 608.797.6295)

Travel Tales: Tues, April 22, Canceled.

AARP Smart Driver Course: Thurs, April 24, 1:30pm-5:30pm. Register by April 21.

Healing Through Sound: Sun, April 27, 10am-11:30am. Register.

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.holmencc.org
Mon. - Thurs. 7am- 4:30pm Friday 7am - 3pm
*Registration required for some programs.

Indoor Walking: Mon - Fri: 7am-10am and 11am–1pm
Pickleball Open Play: Tues & Thurs,11am–1pm (may vary)

Mindful Yoga: Tues at 8:45am

StrongBodies Virtual Strength Training: Mon & Wed at 9am,

Friday Video at 10am (April 15 – June 26)

Chair Yoga: Mon at 9:15am also Fri, April 11 & 25
Cardio & Strength Fitness: Tues & Thurs at 10am
Moving with Moments Fitness: Thurs at 1pm
Gentle Yoga for Beginners: Fri, April 11 & 25 at 8am
Yoga for Balance: Fri, April 4, 18 & 25 at 8am

Beginner Line Dancing Classes: Mon and Wed at 1pm

(No Class Wed, April 2)

Bingo: Wed & Fri at 12:30pm

Fun & Games: Thurs from 1pm– 4pm (Learn new card and board

games!)

Euchre Tournament: 1st & 3rd Tues at 6pm

Mah Jongg Club: Mon at 1pm

Good Morning Holmen! Fri, April 18th at 9am "Wellness Checks

and Self-Cafe'

Community Crafts with Pam & Jackie: Tues, April 1 at 1pm

Diamond Art: Wed at 9am

Crafternoon Social - Knit & Crochet: Thurs, April 3 & 17 at 1pm

Fun with Watercolor: Mon at 9am-10:30am

Music with Greg Grokowsky: Tues, April 8 at 11am Hearing Evaluations: April 8 at 9:30am–11:30am. Register

Hearing Instrument Checks: 3rd Tues, April 29 at 9:30am–11:30am (call for an appointment)

Holmen Area Historical Society: Mon, April 7 at 6pm

"Rights and Responsibilities in History"
AA Meetings: Thursdays, 6pm–7pm

Navigating Together - Support for Caregivers: April 17 at 1pm

Caregiving 101: April 1, 1pm–2:30pm Coping with Grief: April 10 at 1:30pm

Muscles in Motion: Tues 9am–10am (Toddler Craft: Tuesday, April 8 and Toddler Story: Tuesday, April 22 10am)

Family Fun Night "Spring into Family Fun": April 8 from 5pm–7pm
Ukrainian Eggs – Beginner Class: April 6, 1pm–4pm or April 8,

1pm-4pm (registration required)
Intro to Watercolors II: April 3 – May 8, 1:30pm-3:30pm (registration required, cost for series)

Ukulele Lessons – Beginner 1: April 15, 22, & 29, 12:30pm. Register Normal Aging or Something Else? FREE Brain Checks: April 30th,

8:30am–11:30am. Register

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

Meal Site will be closed April 18th for Spring Holiday



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 APRIL 16th 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

April 8th 5pm-6pm Onalaska Methodist Church 212 4th Ave N.





YMCA WELLNESS WORKSHOPS

April 9, 10:15am at Dahl La Crosse– **Skin Health**April 10, 10:15am at Houser Onalaska– **Skin Health**May 15, 10:15am at Onalaska– **Forest Bathing/Grounding**

\$5/class Register at 608-519-5475

What Can I do to Keep My Bones Healthy?

By Mayoclinic.org

The following steps may help prevent or slow bone loss:

• Include plenty of calcium in your diet. For adults ages 19 to 50 and men ages 51 to 70, the Recommended Dietary Allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation goes to 1,200 mg a day for women age 51 and older and for men age 71 and older.

Good sources of calcium include dairy products, turnip greens, salmon and canned salmon with bones, sardines, tuna, and soy products, such as tofu. If it's hard to get enough calcium from your diet, ask your healthcare professional about taking a calcium supplement.

• **Get enough vitamin D.** Vitamin D helps the body absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation goes to 800 IUs a day for adults age 71 and older.

Good sources of vitamin D include oily fish, such as salmon, trout, tuna and mackerel. Some foods also have vitamin D added to them, such as milk, cereals and orange juice. Sunlight helps the body make vitamin D too. If you're worried about getting enough vitamin D, ask your healthcare professional about taking a supplement.

- Stay active. Weight-bearing exercises can help you build strong bones and slow bone loss. Examples include brisk walking, jogging, dancing, climbing stairs, and playing soccer, tennis and pickleball.
- Don't use tobacco or drink too much. If you'd like help to stop using tobacco, talk to your healthcare professional. If you choose to drink alcohol, do so in moderation.
 For healthy adults, that means up to one drink a day for women and up to two drinks a day for men.
- Ask about medicines. If you have to take any medicine for a long time, ask your healthcare professional if that might affect your bones. If so, talk about steps you can take to keep your bones healthy.

If you're worried about bone health or you have risk factors for osteoporosis, talk to your healthcare professional. Also talk to your healthcare professional about bone health if you break a bone when you're older than 50. You may need a bone density test. The results of that test show your level of bone density. The test results also can help your care team check your rate of bone loss and other measures of bone health. Using that information along with your risk factors, your healthcare professional can decide if medicine to help slow bone loss may be a good choice for you.

If I Get Dementia, I'd Like My Family to Hang This Wish List Up on the Wall Where I Live I want them to remember these things:

- 1. If I get dementia, I want my friends and family to embrace my reality.
- 2. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be happier.
- 3. If I get dementia, don't argue with me about what is true for me versus what is true for you.
- 4. If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.
- 5. If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
- 6. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
- 7. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
- 8. If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to a baseball game, beach or visit with friends.
- 9. If I get dementia, ask me to tell you a story from my past.
- 10. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
- 11. If I get dementia, treat me the way that you would want to be treated.
- 12. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now, if I don't eat I get angry and may have trouble explaining what I need.
- 13. If I get dementia, don't talk about me as if I'm not in the room.
- 14. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you.
- 15. If I get dementia, and I live in a dementia care community, please visit me often.
- 16. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
- 17. If I get dementia, make sure I always have my favorite music playing within earshot.
- 18. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.
- 19. If I get dementia, don't exclude me from parties and family gatherings.
- 20. If I get dementia, know that I still like receiving hugs or handshakes.
- 21. If I get dementia, remember that I am still the person you know and love."

Borrowed from a friends Facebook page whose father has dementia

Page 7 Menu All County Meal Sites APRIL							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
*All meals include milk or juice & bread. *Substitutions may occur.	Meatballs & gravy Mashed potatoes Broccoli w/ cheese sauce Pumpkin bars	Chicken & gravy 2 Over biscuits Mixed vegetables Fruited Jello, Cookie	Stuffed pepper casserole 3 Carrots Mixed fruit	Tuna salad sandwich Broccoli cheese soup Fresh fruit salad Grape juice, Crackers			
Chicken rice casserole 7 Mixed vegetables Applesauce Fruit juice	Sloppy joes on a bun Baked beans Peas & carrots Peanut butter cookie	Baked 1/4 dark chicken9 Baked sweet potato California vegetables Fruit fluff	Taco salad 10 Corn tortilla chips Sliced peaches, Fruit pie Sour cream, taco sauce	Fish sandwich w/cheese Oven browned potatoes Coleslaw Peach cobbler			
Chicken parmesan Penne noodles California vegetables White bean blondie	Meatloaf 15 Dairy potato bake Carrots Fruit cup	Pork loin 16 Mashed potatoes/ gravy Corn Pumpkin bar	Chicken craisin salad Pineapple orange salad Blueberry muffin Ice cream sundae	Sites Closed			
Cheeseburger on a bun 21 Baked beans Carrots, Fresh fruit Butterscotch pudding	Chicken alfredo Broccoli Grapes, Garlic toast Black bean brownie	Ham w/pineapple 23 Sweet potato casserole Asparagus Applesauce, Rye bread	Pulled pork on a bun Rosemary potatoes Corn, Apple juice Oatmeal raisin cookie	Tator tot casserole 25 Spinach salad Fruit salad, Peach cobbler Garlic toast			
Hearty vegetable soup 28 Turkey & swiss sandwich Broccoli raisin salad Fresh fruit, Cream pie Crackers	Brat on a bun 29 Sauerkraut Potato salad Baked beans Ketchup, mustard, onions	Lasagna 30 Romaine salad Fruit salad Sugar cookie Garlic breadstick		I lost all my winter weight. Now I just have spring rolls.			

Chicken & Asparagus Fettuccini

12 ounces dry fettuccini pasta

2 cups (1-inch pieces) fresh asparagus

½ cup butter

2 cups half-and-half cream

½ teaspoon garlic powder

¹/₄ teaspoon ground black pepper

1 pinch cayenne pepper, optional

³/₄ cup grated Parmesan cheese

½ pound cooked chicken breasts, cut into bite size pieces

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until al dente. Add asparagus during the last 3 to 5 minutes of cooking. Drain, and transfer to a large bowl.

In a large saucepan over medium heat, combine butter and half-and-half. Cook until thick and bubbly. Season with garlic powder, black pepper, and cayenne pepper. Stir in Parmesan cheese and chicken, and heat through. Pour sauce over pasta and asparagus and toss to coat.

Mississippi Pot Roast

- 1 (3 pound) chuck roast
- ½ (12 ounce) jar pepperoncini
- ½ (12 ounce) jar pepperoncini juice
- ½ cup unsalted butter
- 1 (1 ounce) packet au jus gravy mix
- 1 (0.4 oz) package buttermilk ranch dressing mix

salt and ground black pepper to taste. Combine chuck roast, pepperoncini, pepperoncini juice, butter, au jus mix, ranch dressing mix, salt, and pepper in a slow cooker. Cover and cook on Low until roast is fork-tender, about 8 hours. Serves 8



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
- $\hfill \square$ Be home when your meal is delivered & within our delivery area

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

If you do not qualify for the home delivered meal program, you may have the option for the in-person dining program. Meals for those age 60 and over are paid for on a donation basis with \$4.50 being the suggested donation for in-person and home delivered \$5.

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.



- 1 teaspoon butter, or as needed
- 3 large russet potatoes, scrubbed
- 1/4 cup minced shallots
- 3 teaspoons kosher salt
- ½ teaspoon freshly ground white pepper
- 1 pinch cayenne pepper, or to taste
- 2 ½ cups grated sharp white cheddar cheese
- 1 ³/₄ cups sour cream

Preheat the oven to 400 degrees. Poke holes into potatoes using a knife. Wrap each potato in aluminum foil and place on a baking sheet.

Bake in the preheated oven until potatoes are very tender and easily pierced with a knife, about 1 hour and 15 minutes.

Let potatoes cool to room temperature. Unwrap and place on a plate. Cover with plastic wrap and refrigerate until completely chilled, 8 hours to overnight.

Preheat the oven to 425 degrees. Butter a casserole dish.

Leave skin on potatoes. Use a cheese grater to shred potatoes into a large bowl. Add shallots to potatoes, season with salt, white pepper, and cayenne. Toss with two forks until well combined.

Add Cheddar cheese and mix well. Gently toss in sour cream until barely combined.

Transfer mixture to the prepared baking dish, piling it up high, then patting it down very lightly.

Bake in the preheated oven until piping hot and the top is browned, 30 to 35 minutes. Serves 6

Cool Whip Colored Eggs

Soak your hard boiled eggs in vinegar for 5-10 minutes. The vinegar is essential in helping the colors adhere to the shell. Dry your eggs and set aside.

Spread the Cool Whip evenly in the wells of a muffin tin. Using gel food color, drop dots of your favorite colors on top of the whipped cream. Swirl the colors slightly with a knife. Roll the eggs around in the whipped cream and let stand for 5-10 minutes.

Wipe dry with a paper towel.

<u>Do Not Rinse</u> under water.

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



Community Events

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

Western Region for Economic Assistance: Wednesdays, 11am-1pm. Apply for foodshare, healthcare or other public benefits

Knit & Needle: April 2, 5pm-6:30pm Chair Yoga: April 3, 10 & 24 at 10am

Chair Fitness: Mondays at 9am and Tuesdays at 9:30am

Qigong: April 5 at 10am

Friends Monday Book Sale: Mondays, 9am-12pm. All \$1 or less Monday Mornings at Main: Mondays at 10am. 4/7– WI Lighthouses, 4/14– The Insect Epiphany, 4/21– My Journer to Discover My Mother's Holocaust Survival Story, 4/28– The Power of Birds. Coffee at 9:30am Chapters Book: April 9 at 1pm & April 12 at 10am. Last Call at the

Nightingale. Register at 608-789-7130

Cloud Storage: April 16 at 11am. No device is necessary Poetry Workshop: April 17 at 5:30pm. Bring notebook or laptop Awe 101: Reboot Your Self-Care Toolbox: April 29, 5:30pm. Register at 608-789-7122.

BYOB: April 16 at 4:30pm at JavaVino

Storytime for Adults: April 24 at 6:30pm at Turtle Stack Brewery

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

April 2: **EnviroWednesday:** Free, ages 14+, 7pm April 5: **Nature Saturday:** Free, crafts & critters 9:30am-11:30am

April 16: **Free Birding Program**: ages 14+, 7pm April 27: **Earth Fair:** Free, 11am-4pm

NARVRE

National Association of Retired and Veteran Railroad Employees Unit 047; Meeting April 8th, 10am at the Onalaska American Legion. Guest speaker: VP on asbestos related topics. More information call Jeanne 608-526-3304

The La Crosse Retired Educators' Association

Luncheon is on **Wednesday, April 2nd**Cedar Creek Country Club, 2600 Cedar Creek Lane
\$15 for lunch includes dessert, coffee, and gratuity.
Reserve by March 25th to lacrosserea@gmail.com
The program for this month is" What does Sustainability mean and why is it important?" by Casey Meehan, Director of Sustainability at Western Technical College.



SALAD LUNCHEON & HAT BASH

SATURDAY, APRIL 12 AT 11:30AM

Wear your Favorite or Most Outrageous Hat Enjoy a Variety of Delicious Scratch Made Salads Vintage Hat Display, Trivia, Prize for Best Hat. \$15 The Arnold House 19408 Silver Creek Rd. Galesville Call: 608-865-1047

Blood Drives for APRIL

4/1: Olivet Church, French Island, 12pm-5pm

4/1: Viterbo University, 11am-4pm

4/2: State Office Bldg. 8am-12pm

4/3: Hogan Admin Center-Gym, 9am-2pm

4/4: Moose Lodge, 11am-3:30pm **4/9:** Sparta High School, 9am-2pm

4/11: First Free Church, 9am-2pm **4/14:** UWL Student Union, 12pm-5pm

4/16: Bangor High School, 12pm-5:30pm **4/16 & 17:** La Crosse County Human Services, 9:30am-2:30am

4/18: Valley View Mall, 11am-4pm **4/24:** Central High School, 9am-2pm

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

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

La Crosse County Library

angor • Campbell • Holmen • Onalaska • West Saler

Phone: 608-399-3390

Email: <u>libraryprograms@lacrossecounty.org</u>

Website: lacrossecountylibrary.org Locations in Bangor, Campbell, Holmen,

Onalaska, and West Salem

Bangor "Game Day" on April 10 at 1:30pm. **Bangor** movie on April 17 at 2:30pm and 6pm.

Campbell "Meet & Greet Library Staff" on April 8 from 4-6pm. Campbell Book Club second Tuesday of the month at 6pm. Holmen movie on April 7 and April 21 at 2:15pm and 6pm. Holmen "Drop-in Tech Help" on April 17, 11am-12pm and 4:30pm-5:30pm.

Onalaska Senior Moments on Wednesdays at 10am:

April 2: WASPs of WWII April 9: Mystery of Migration

April 16: Waltraud: Growing Up in Nazi Germany

April 23: Wegner Grotto April 30: St. Croix Hospice

Onalaska movies on April 3 and April 17 at 6pm.

Onalaska "Author Talk: Peggy Joque Williams", April 10 at 10am.
Onalaska "Author Talk: Matt Goldman" on April 23 at 6pm.
Onalaska Book Club: third Thursday of the month at 1:15pm.
West Salem "Vietnam: Then & Now" on April 1 at 11am.

West Salem "Taste of Vietnam: How to Make Spring Rolls" on April 8 at 11am. Registration required.

West Salem "Meet & Greet Library Staff" on April 10 from 3-5pm. **West Salem** movies on April 10 and April 24 at 2:15pm.

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

West Salem Evening Book Club third Monday at 7pm.



4/25: Turtle Stack Brewing, 6:30pm focus on housing and the meaning of home.

4/28: Missing Middle Housing Tour, 5pm Weigent-Hogan Neighborhood.

4/30: How Zoning Effects Our Environment, 10am at The Nature Place.

4/30: Trivia focused on housing for all life stages, 6:30pm at the Cappella Center.

5/1: Let's Taco 'Bout ADU's, 12pm at the Pump House **5/2:** Housing Access, Affordability & Discrimination, 9:30am at the La Crosse Public Library.

Neighbors Day 2025

Saturday, April 26th 8 am to 3 pm

Blood



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/

Help, Health & Wellness



Free Health Screenings

Brain Checks and Balance Screening by UWL Physical Therapy Students



BrainCheck

Solberg Heights: March 31 or April 2, 12:15pm-2:15pm Sauber Manor: April 7 or April 9, 12:15pm-2:15pm To register call the Housing Authority Office at 608-782-2264

You're welcome to schedule if you live in another location.

Free Brain Checks April 8th

Onalaska Public Library

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 the ADRC for your 30 minute appointment. 608-785-5700.

April 30th at Holmen Area Community Center * Contact HACC for appointment at 608-399-1870

SPRING ALLERGIES: NIP THEM IN THE BUD

Spring means flower buds and blooming trees. If you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies, also called hay fever and allergic rhinitis can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple tips to keep allergies under control. To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside. Pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

Check your local TV or radio station, your local newspaper, or the

- internet for pollen forecasts and current pollen levels. If high pollen counts are forecasted, start taking allergy medica-
- tions before your symptoms start.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.
- Use air conditioning in your house and car.

By Mayoclinic.org

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



Veterans Expo 2025

Tuesday, April 8th 9am-11:30am

Onalaska Omni Center

(255 Riders Club Road, Onalaska, WI)

All Veterans and their families are welcome to attend this free event!

All our vendors have something to offer Veterans. This is a purely Veteran focused expo!

Thank you to our sponsors: Delta Dental University of Wisconsin-La Crosse





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 Call to register 608-775-3054



Free Virtual Strength-Training Class

Mondays and Wednesdays April 14- June 25, 9am—10:20am

Locations: Virtually in your home or at the Holmen Community Center. Contact Karie Johnson at 608-785-9620

To register: https://go.wisc.edu/jmqf31

ALCOHOL AWARENESS MONTH

April is Alcohol Awareness Month, an opportunity to learn more about alcohol misuse and check in on your own drinking habits. According to the 2020-2025 Dietary Guidelines for Americans, the recommended amount for moderate alcohol consumption in a day is two drinks or less for men, and one drink or less for women. A standard drink is any beverage containing 0.6 fluid ounces of pure alcohol, which is equivalent to 12 fluid ounces of regular beer, 5 fluid ounces of wine, or 1.5 fluid ounces of 80 proof distilled spirits.

Alcohol misuse increases your risk for adverse effects. Misuse includes binge drinking and heavy drinking. Binge drinking is typically four or more drinks for a woman within two hours and five or more for a man. Heavy drinking is defined as eight or more drinks for a woman per week and fifteen or more for a man. Such drinking can increase a person's risk for health problems, such as liver disease, cancer, cardiovascular disease, depression, stomach bleeding, sexually transmitted infections, unintentional pregnancies, and can worsen already existing chronic conditions. Alcohol misuse is also associated with higher rates of death and injury, including suicide, burns, drownings, homicides, falls, car accidents, sexual assaults, and emergency room visits.

For some, drinking habits may go beyond the occasional moderate consumption or misuse of alcohol and reach levels of alcohol use disorder (AUD), also referred to as alcohol abuse, alcohol dependence, and alcoholism. Some warning signs of AUD are continuing to drink despite it causing trouble with relationships or work, drinking more than you intend on a frequent basis, having to drink more to get the desired effect, and being unable to stop drinking.

If you've noticed negative impacts when you drink, whether misuse or within recommended limits, you might consider cutting down or quitting. Change can be hard, so talking with a healthcare professional or trusted loved about a plan can be a good starting point. For those that drink heavily or have been unable to guit on their own, there are resources that may be able to help. You can connect with a 211 Community Resource Specialist to discuss options for care, including outpatient treatment, intensive outpatient or partial hospitalization (also known as day treatment), inpatient detoxification, residential treatment, medication-assisted treatment, and peer supports options, such as support groups, recovery coach services, talk-lines, and respite care. Don't hesitate to ask for help when you need it, there are options available to fit your unique needs.

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.

Caregiver's Corner Page 10

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

Continued from March Senior Life

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

Anybody with difficulty dressing easily and comfortably will likely find adaptive clothing useful. It is especially useful for people with disabilities, wheelchair users, the elderly and infirm, or people with an illness or condition that makes day-to-day dressing a challenge. Here are specific groups of people that can benefit from adaptive clothing:

Adaptive Clothing for Seniors and Elderly

The older people get, the more they find that things they previously did have become more challenging. One of those things is dressing. Dressing independently is something everyone wants to do with ease but is more difficult for seniors. Fortunately, with adaptive clothing, seniors and the elderly can independently dress themselves.

Adaptive Clothing for Disabled

Having a disability doesn't have to be an issue regarding clothing. Fortunately, with adaptive clothing, dressing is a lot easier for adults with disabilities, no matter what that disability is. Adaptive clothing is designed for all kinds of disabilities and those in hospitals that have recently undergone surgery and now find dressing painful.

Adaptive Clothing for Men

Adaptive clothing for men is especially great for senior and elderly men looking for easier dressing solutions to make their lives easier. Younger men undergoing therapy or a recovering can also benefit from adaptive clothing. Elastic waist pants, open-back shirts, and magnetic zipper jackets are all great examples of adaptive clothing for men.

Adaptive Clothing for Women

Comfort and fashion are often high at the top of a woman's list when looking for clothing, which is why it can be difficult to find the right item of clothing. Adaptive clothing for women provides easy dressing functionalities such as open-back tops so that senior and elderly women never struggle with narrow neck openings. Adaptive clothing for women also includes side-open pants with zipper or elastic waist openings so that fastening buttons are no longer a challenge.

Where to Find Adaptive Clothing for Seniors

Adaptive clothing is becoming increasingly common and is often sold in numerous stores and online marketplaces. Here are some stores that stock adaptive clothing for seniors: Joe & Bella, Resident Essentials, Ovidis, Zappos, Dignity Pajamas, Amazon Adaptive Clothing, Etsy, JCPenney and

Tommy Hilfiger Adaptive.

How Does Adaptive Clothing Help Caregivers and Healthcare Professionals?

Adaptive clothing makes the job of healthcare professionals easier since it makes dressing and undressing the patient safer and more convenient.

For patients with more intensive disabilities and injuries, adaptive clothing offers open back solutions that prevent injuries in the caregiver and reduce the struggle of dressing patients. Adaptive clothing also benefits caregivers. Lifting a patient incorrectly or without a gait belt puts the caregiver at risk for straining their back, and getting tangled in the clothes can lead to tripping and falling.

Adaptive clothing usually reduces or completely eliminates the need to lift the patient, making it easier to guide the clothing on and off without the fabric getting gnarled.

Is Adaptive Clothing Covered by Insurance?

Adaptive equipment, including adaptive clothing, isn't considered medically necessary, for the most part, so it isn't covered by

Are There Ways to Modify Current Clothing to Make It More Accessible?

Seniors and elderly individuals that have physical disabilities or limited mobility can find it difficult if not impossible to wear regular clothing. Adaptive clothing specifically designed to cater to the needs of such individuals could be the difference between being able to get dressed or not. Fortunately, it is possible to modify your current clothing to make it more accessible.

Here are some of the ways to do just that:

- Adding zippers to create new access points
- Adding loops to pants waistbands
- Adding a full-length zipper to the side seam
- Removing the back pockets
- Replacing the rear side of pants with softer fabric

It is actually cheaper than buying ready-made adaptive clothing. However, it is important to ensure that the wearer has maximum comfort when you do so.

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

> Connect with Resources

exhausting.

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. April 1st- Emergency Planning 1pm-2:30pm at the Holmen Area Community Center To register contact the ADRC at 608-785-5700.

Men's Shed

April 15 (Note the date change) 1:30pm- 3:00pm (lunch prior)

> **Tomah Senior Center** 1002 Superior Avenue

This month's topic will be Micro Beer Brewing. We will be going on a field trip to Bog's Edge Brewery 3511 Blarney Rd., Warrens, WI. We will have our FREE lunch at 12:30pm at the Tomah Senior Center. Please call the ADRC of La Crosse County at 608-785-5700 by April 8, to reserve a lunch. If you need transportation, please ask for Kristine to arrange.

Can You Use FSA/HSA to Pay for Adaptive Clothing?

FSA/HSA can be used for paying for adaptive equipment required after a major disability, such as a spinal cord injury or for assistance with activities of daily living but cannot be used to pay for adaptive equipment needed for general comfort. Adaptive clothing isn't covered directly by FSA/HSA, but equipment used to make dressing easier, such as magnetic closures, might be covered.

Is Adaptive Clothing Tax Deductible?

No. The U.S. Tax Code allows you to deduct certain medical expenses from your federal income taxes. Some of the deductible medical expenses are those associated with acquiring durable medical equipment. However, items used for general health benefits, such as adaptive clothing, are typically not tax-deductible.

Final Thoughts

The daily routine of getting dressed in the morning and undressed in the evening can become harder as we age. Fortunately, adaptive clothing helps overcome the challenge of getting dressed, giving seniors independence. Adaptive clothing is the perfect option for people that have limited mobility, struggle with conventional clothing, or are in an assisted living facility or nursing home and want to reduce their dependence on caregivers to help them get dressed.

Being able to dress themselves is incredibly important for maintaining their sense of independence and empowerment, even when their ability to participate in other activities is limited. Whether it is putting shoes on your loved one's swollen feet or helping a wheelchair user into pants, adaptive clothing will reduce the hassle for both you and them. It is also more comfortable and can help improve your loved one's quality of life. Now that you know all about what adaptive clothing is, the different types of adaptive clothing available, the different adaptive clothing brands, and important considerations when buying adaptive clothes for your loved one, you are in a position to make an informed buying decision.

ACTIVITIES ABOUND



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.

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 16: Taffy, Ducks & Relish Trays in Wisconsin Dells July 24: Circus Juventas-Lumiere Acrobatic Show, St. Paul

La Crosse Symphony Orchestra

5/3: Midnight in Paris

929 Jackson St. La Crosse 608-783-2121

Old Main Cultural Center

20869 S College Ave. Galesville 608-582-4412

Move Better, Feel Better– M & Th, 9am. Free Yoga- Tues 4:30pm, Thurs 7pm 4/5— Patina Concert, 7pm 4/6– Green & Gold movie, 3pm **4/11**– Game Night, 6pm-9pm 4/12 – Pinch Hitters music, 7pm 4/26– Eddie Allen, 7pm 4/27 Blue Bridge Bass, 3pm

3/29: Ho Chunk PowWow

5/8: Wicked Fun

5/18: Blippi, Join the Band

608-789-7400

www.Lacrossecenter.com

Pump House Regional Arts Center

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

4/4 & 4/5: Mason Jennings concert 4/24: ReproEco 4/27: After Love, film

WEBER CENTER

FOR THE PERFORMING ARTS

608-784-9292 <u>www.webercenterarts.org</u>



April 4-6: The Sound of Music April 4-13: Adventures Await May 2-18: Waitress

Senior Preview: \$15 April 3, Adventures Await. Purchase at Black River Beach Neighborhood Center



Viterbo University Fine Arts Center

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

Apr 5: Out of Our Mind Chamber Music, free Apr 11: Uptown: A Celebration of Motown & Soul at the Weber Center Apr 10-13: The Sponge Bob Musical Apr 25 & 26: Dance Kaleidoscope

Apr 27: Step Afrika May 6: iLuminate

Thursday April 24 — Sunday April 27, 2025

uwlax.edu/artsfest

A multi-day event that showcases the creativity and talent of students, faculty, and staff in the visual and performing arts. Visit the website for events and details.

www.uwlax.edu/artfest



ATURE CONTENT

Da Capo Concert Band Spring Concert April 12, 1:30pm Logan High School

LACROSSE

CENTER

UWL Choral Union Spring Concert April 25, 7:30pm

English Lutheran Church 1509 King St

THEATRE & DANCE JUWE APRIL 25-27 & MAY 1-4, 2025 **TOLAND THEATRE** LOWE CENTER FOR THE ARTS Tickets: Call 608-785-6696 Box Office: Open 1pm-3pm www.uwlax.edu/vpa

MARIE HEIDER CENTER FOR THE ARTS

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

April 10: The Highway Men, 7:30pm April 14: ADA, Twist, Scientist and Friends

Cappella Performing Arts Center

721 King St, La Crosse 608-299-7248

3/31: Gospel Joy Concert, 6pm 4/1: Connected Dan Nelson, 7:30pm 4/13: WI History Makers Tour, 6pm 4/25: La Crosse Jazz Orchestra, 7:30pm

4/30: Matthew Shepherd Viterbo Concert

Ona Jazz Festival- April 12, Stoney Creek Onalaska

Performance lineup:

- 4:00p OMS Jazz
- 4:35p OHS Jazz Combo
- 5:20p West Salem Adult Jazz Band
- 6:25p West Salem Jazz
- 7:00p Central Jazz I
- 7:35p OHS Jazz I
- 8:10p Central Jazz II
- 8:45p OHS Jazz II
- 9:20p Onalaska Alumni and Friends Jazz Ensemble

Tickets: https://tickets.aroundrivercity.com/.../onalaska.../tickets



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



Lethal Grandad Bluff Boulder Crashed Into 29th St Home in 1961



In April of 1961 a one-ton boulder rolled down Grandad and bounced just 5 feet from where a baby slept into the home of Roger Averbeck at 109 S 29th Street. None of the six at home were injured, but police said that had the ground been frozen rather than soft from rain, the boulder would've smashed into the baby's room. The boulder left an 18-inch hole where it bounced. Another one-ton boulder just missed the house and came to a stop in the street.

Spring Word Search

ОН В E B A MAMATCH TSPR С S S R E W н в S Ρ R Ν







Tuesday, April 1st To find a polling location, ballet information or absentee voting visit:

www. myvote.wi.gov

Free Recycling Event April 5th, 8am—1pm

Dynamic Lifecycle Innovations N5550 Dynamic Way (Brice Prairie) Onalaska Accepted materials: TV's, monitors, computers, gaming systems, satellite receivers, speakers, printers, cellphones, kitchen appliances, landline telephones, typewriters, vacuums, hairdryers, lawn mowers, tillers, power tools, car batteries and exercise equipment.

Senior Life newsletter Questions?

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

WHAT'S GOING ON IN THE NEIGHBORHOOD:

Mondays: 6pm Bingo @ Eagles Club 1254, La Crosse Mondays: 1pm Euchre @ Moose Lodge, \$5 register Tuesdays: 6pm Bingo @ Features in Holmen 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 (April 2, May 7)

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, April 4 & 11, 5pm-7:30pm, St Patrick's Church Onalaska

Saturdays: 11am Bingo @ Shimmy's La Crosse

Sundays: 2:30pm Bingo on April 6 & 13 @ Drugan's Holmen

1st & 3rd Thursday: 6pm Bingo @ Moose Lodge

3/29: Vietnam Veteran Welcome Home 50th Anniversary, 12pm-4pm at the Onalaska American Legion with guest speakers and a lunch.

4/4: La Crosse Downtown Art Walk, 4pm-7pm

4/5: Rummage Extravaganza, 2503 Main St. La Crosse, 8am-12pm

4/5: Spring Craft Show, 11am-4pm at Timmer's 10 Mile Pub

4/5: Craft Vendor Fair, 9am-3pm. Pedretti's Party Barn Viroqua

4/5: Concert, Bingo & BBQ, 5pm at Journey Church Holmen

4/6: Breakfast with Easter Bunny, 8:30am-11am at West Salem American Legion

4/11: Ham Party, 5:30pm at West Salem American Legion

4/12: Spring Bazaar & Bake Sale, 8am-1pm, Bethel Lutheran Church

4/12: Rummage Sale, 7am-1pm, Coon Valley Lutheran Church 4/12: Craft Show, 9am-3pm La Crosse American Legion 704 6th St.

4/19: Spring Market, 9am-3pm at La Crescent Are Event Center

4/19: Spring Market, B's Place 106 Leonard St. West Salem

COMMUNITY EGG HUNTS



4/12: Egg Hunt at Camp Decorah Holmen at 10am. Register at https://www.gatewayscouting.org/EggHunt.

4/12: Egg Hunt Coulee Life Church Onalaska, 11am. Free lunch too.

4/13: Lions Egg Hunt at Myrick Park. Starts at 12:30pm by age groups. Register at www.eventbrite.com/e/5th-annual-la-crosse-lionseaster-egg-hunt-tickets-1243697515749

4/13: Holmen American Legion Egg Hunt, 10am. Breakfast available

4/19: Egg Hunt at Mulders in West Salem at 10am. Free

4/19: Egg Hunt at Stoddard Park at 10am. Free and fun for all. 4/19: Egg Hunt, 12pm at 525 McHugh Rd Holmen. Free with eggs

filled with money, treats and toys.

4/19: Onalaska Egg-Stravaganza, 12:30pm-3:30pm at High School football field. Free for all, along with vendors and food trucks.

4/19: Altra's Egg Hunt at the Onalaska Omni Center with age groups starting at 11am. Free with food trucks and other activities.

4/19: Egg Hunt, 3pm at Mormon Coulee Park La Crosse

4/20: Egg Hunt, 10am at Legacy Church 1214 Cty PH Onalaska







April 26th 2pm-6pm **Oktoberfest Grounds Beer, Wine & Cheese Festival** Tickets - ExploreLaCrosse.com