

# La Crosse Senior Life



## December

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

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### Important Program Updates for 2025

As we head into the new year, we are announcing some important updates to a few of our programs, effective January 1, 2025. With rising costs and increased demand, these changes allow us to continue serving our community responsibly and within our budget. We understand that changes, especially those that affect our daily routines, can be challenging. Please know that these decisions were not made lightly, and we share your concerns about keeping our services accessible to all.

The most significant update affects our transportation program, specifically rides provided by Abby Vans, which has been operating over budget for the past few years due to growing ridership and rising expenses. Since its inception, we have been able to offer unlimited rides because our budget allowed it. However, to remain financially sustainable, we must now make some adjustments. This is a growing trend across the state, as similar programs have also had to make changes.

#### Program & Service Updates

##### Senior Nutrition Program:

- Due to the rising cost of food and packaging materials, and to support program sustainability and quality of meals provided, the suggested donation for home-delivered meals will increase from \$4.50 to \$5.00 per meal and for congregate meals, from \$4.00 to \$4.50.
- To ensure service sustainability, the cost per ride to and from congregate sites will increase from \$0.60 to \$1.00. (green transportation tickets will now cost \$1.00 each)
- Carry-out meals, introduced during the pandemic when congregate dining sites closed, will be discontinued to better meet current needs, promote program sustainability, and encourage social interaction as individuals transition back to congregate dining.
- To reallocate resources to individuals living independently in the community and improve service efficiency, home-delivered meals will no longer be available to individuals residing in assisted living facilities.

##### 85.21 Specialized Transportation Program:

- Due to the rising costs of fuel, maintenance, and operations, and to ensure the program's sustainability, rider copays will increase for all zones:
  - Zone 1A from \$3.50 to \$4.50 per ride
  - Zone 1B from \$4.00 to \$5.00 per ride
  - Zone 2 from \$4.50 to \$5.50 per ride
- To ensure fair and equitable distribution of resources among all riders and support program sustainability, rides provided through our contract with Abby Vans will be limited to a maximum of 60 one way rides, per rider per year.

We remain dedicated to providing high-quality, reliable programs and services. We understand the importance of affordable, accessible options, and we are doing our best to keep changes manageable. Your understanding and continued support help us meet the needs of our community responsibly.

Thank you for allowing us to be a part of your lives and for your partnership in these efforts. Together, we can navigate these changes and continue onward with strength and resilience.



Join us (ADRC) in partnership with the Onalaska Parks and Recreation Department for a fun day of games, socialization, and music!

**WHAT:** Holiday Ho, Ho, Ho Down!  
**WHEN:** Tuesday, December 17th  
**WHERE:** Onalaska Omni Center, Banquet Room  
255 Riders Club Rd, Onalaska



### Schedule of Events

- 9:30 am: Euchre & Dominoes
- 10:30 am: Nickel Bingo
- 11:30 am: Meal & Trivia
- 12:00 pm: Bean Bag Baseball, Cookie Decorating, & Photobooth
- 1:00 pm: Music with Greg Grokowsky

**Menu**  
Swedish Meatballs  
Mashed Potatoes  
Country Blend  
Vegetables  
Pumpkin Pie  
Bread Basket



All are welcome to attend some or all of the activities. Free and no registration required with exception of the meal provided by the La Crosse County Senior Nutrition Program. To participate in the meal, you must be at least 60 years of age and register by noon on December 16th by calling the ADRC at 608-785-5700. The suggested donation per meal is \$4.00.

The ADRC office and meal sites will be closed Dec. 24, 25 and Jan. 1st

Transportation with Abby Vans will be closed Dec. 25 and Jan. 1st



Snow & Ice Removal from Sidewalks

The City of La Crosse would like to remind property owners and residents of the need to clear snow and ice from public sidewalks adjacent to their homes, businesses, and properties.



Failure to comply with Ordinance 40-8 will result in the clearing of the sidewalk at a cost billed to the adjacent property owners.

Mix is typically available to residents beginning in mid-November at these locations.

- Veterans Freedom Park-south end of West Copeland, near the boat harbor
• Erickson Baseball Field parking lot-2423 21st Pl S (north end)
• Hood St and Marco Dr intersection (SE corner)
• Shelby Baseball Field parking lot-2950 33rd St S (south end)



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.

MTM MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

Visit the website at www.mtm-inc.net/wisconsin



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel.

Operates Monday-Friday, no weekends or holidays.

Service Routes Cover: La Crosse, Coon Valley, Westby, Viroqua, Stoddard, DeSoto, Prairie Du Chien, West Salem, Sparta and Tomah.

Please call: 877-444-6543 or visit ww.ridesmrt.com

Holiday Helping Hands



The Aging & 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.
• Great way for students/ families to give back to their community.

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

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

And notify: \_\_\_\_\_

Address: \_\_\_\_\_

To benefit the following: (check all that apply)

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

Please make checks payable and send to:

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

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

La Crosse Senior Life Newspaper

Mailing List Request

Return to: Aging & Disability Resource Center 300 4th Street N. La Crosse, WI 54601

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Your postal contributions delivers the paper to the door each month. Give generously!



**Kinship4Caregivers Program**

Unique opportunities that welcome current and former caregivers for a variety of gatherings throughout each month.

**December 5 at 11am**

Decorate cookies, lunch and a concert.  
First Lutheran Church 410 Main St. Onalaska

Education Series:

**December 19 at 1pm**

Memory Book Making  
La Crosse Main Library

Please Register: Call the ADRC at 608-785-5700



**OASIS Dementia Respite Program**

For individuals with mild to moderate symptoms associated with Alzheimer's, Dementia or brain related impairments.

Mondays 9am-11am and Thursdays 11am-3pm  
First Free Church - Onalaska

Every Thursday is Discovery Day- come check it out, and see if it's a fit for you and your loved one. Must REGISTER before attending: 608-780-0471



**Alzheimer's Advocacy Day in Madison**

Tuesday, March 4<sup>th</sup>, 2025  
Email Kelsey @

[kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

or call 608-386-0767, if interested in joining us for a trip to the capital!



**GRIEF & LOSS**

Free Group Counseling for Care Partners (Late Stage Dementia/End of Life)  
January 9- April 4

A group where others who share similar trials can work through their grief and ambiguous loss together. Sessions meet Thursday's at 11:15am in La Crosse. Enroll now by calling Joy Buchman at 651-412-6651.

**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  
Hosted by EndALZ Fest Foundation

**December 9**

A Festive Curtain Call @  
La Crosse Community Theatre



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

**SPARK! At Clearwater Farm**

Third Wednesday Monthly - **December 18**

10:30am-12pm at Clearwater Farm  
(760 Green Coulee Rd. Onalaska)

Hosted by Clearwater Farm Volunteers

Must pre-register for either SPARK!

Call the Aging and Disability Resource Center 608-785-5700

**Healthy Living with MCI Education Series**

Friday, Dec. 13, 9:30-11:30am

Black River Beach Neighborhood Center

Education from researchers, lunch, and discussion following. Open to the public. Those impacted by MCI are encouraged to attend. Register: 608-785-5700.

**Connect Smart Group**

(new name "Embrace" in 2025)

**December 11, 12:30pm-2pm**

Black River Beach Neighborhood Center

End of year celebration with music by Joe Cody

Call the ADRC to register: 608-785-5700

**Dementia Caregiver Support Group Listing**

IN PERSON	VIRTUAL
<p><b>Parkinson's Disease Group</b> 1st Monday of the month, 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295</p>	<p><b>Monday Coffee Connect</b> Every Monday, 10am-11am Contact: <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a></p>
<p><b>Men's Caregiver Support Group</b> 1st Monday of the month, 9:30am-10:30am Onalaska First Lutheran Church 410 Main St. Contacts: ADRC 608-785-5700</p>	<p><b>Monday DISH</b> 1st Monday of the month, 7pm-8pm Contact Scott at <a href="mailto:scott.seeger@adrc-cw.org">scott.seeger@adrc-cw.org</a></p>
<p><b>All Stages Caregiver Groups</b> 2nd &amp; 4th Tuesday, 1:15pm-2:30pm <b>2nd Tuesday</b>-Good Shepherd Church 4141 Mormon Coulee Rd. La Crosse <b>4th Tuesday</b>-Black River Beach Neighborhood Center. Contact: Kathy at 608-386-8908</p>	<p><b>Online Men's Caregiver Support Group</b> 1st Tuesday of the month, 1pm-2:30pm Contact Alison at 608-240-7496 or <a href="mailto:resch.alison@countyofdane.com">resch.alison@countyofdane.com</a></p>
<p><b>Navigating Together</b> 3rd Thursday of the month, 1pm-2pm Holmen Area Community Center, Holmen Contact: ADRC 608-785-5700</p>	<p><b>Aging &amp; Down Syndrome Caregiver Support</b> 3rd Wednesday of the month, 5pm Contact DSAW <a href="mailto:info@dsaw.org">info@dsaw.org</a></p>
<p><b>Peer Caregiver Support Program</b> Causeway Caregivers at 608-775-9999</p>	<p><b>Wednesday Conversations- for persons with MCI</b> 1st &amp; 3rd Wednesday of the month 10:30am-12pm Contact Rob at <a href="mailto:rgriesel@co.dodge.wi.us">rgriesel@co.dodge.wi.us</a></p>
<p><b>Grief Therapy Group</b> Thursdays, 11:15am-12:45pm * Beginning in January Call Joy to pre-register 651-412-6651</p>	<p><b>Family Caregivers of Loved Ones Living at a Facility</b> Every other Friday, 10am-11:30am Contact Alz. Assoc. 1-800-272-3900</p>

EndAlz Fest Presents

**Winter Wonder Memory Camp**

Facilitated by:

Oasis Dementia Day Respite

Respite care with a camp experience for loved ones with Dementia.

**Tuesdays, 10:30am-1:30pm**

**Jan. 14- Feb. 11**

**The Nature Place, Myrick Park**

Each camp features unique weekly in/outdoor learning enrichment, a lunch and socialization.

Register for each week or as your calendar permits.

Register by calling: 608-780-0471.

**COLD WEATHER IS HERE****Wisconsin Home Energy Assistance Program**

provides assistance for:

Heating Assistance, Electric Assistance, Crisis Assistance, Furnace Assistance, Weatherization &amp; Water Conservation

**Income Guidelines for 2024-2025**

1 household- \$3,061 month  
 2 household- \$4,002 month  
 3 household- \$4,944 month  
 4 household- \$5,886 month

**La Crosse County residents can call****608-785-5582 or apply online****<https://energybenefit.wi.gov>****The Benefits of the Winter Weatherization Program****If you qualify for the WHEAP program listed above, you may also qualify for weatherization.**

The Weatherization Assistance Program is a valuable resource for both homeowners and renters looking to reduce energy costs and enhance comfort within their homes.

These improvements are installed by Couleecap.

If you qualify for home weatherization services, you may receive one or more of the following energy efficiency measures:

Insulation / Heating System Update

/ Sealing air leaks / Energy-Saving Products

Apply for the Wisconsin Home Energy Assistance Program (WHEAP) by contacting La Crosse County at 608-785-5582.

**Social Security Office Implements Changes**

Effective January 2025, the Social Security offices will require customers to schedule an appointment for service, including requests for Social Security cards. We encourage customers to become accustomed to our: online services at **[www.ssa.gov](http://www.ssa.gov)**, where many transactions can be completed conveniently and securely.

Customers who are not able to handle their business online or with the automated options, may call the local La Crosse Social Security office at **1-866-770-2345**.

**TIME IS RUNNING OUT FOR Medicare Part D Annual Enrollment Period****The Annual Enrollment Period (AEP) for Medicare Beneficiaries to enroll in and/or change their Part C and/or Part D plans ends December 7.**

1. Contact your local insurance agent.
2. Go to the Plan Finder at [www.medicare.gov](http://www.medicare.gov).
3. Call Medicare at 1-800-633-4227 (open 24 hours).
4. Call the Elder Benefit Specialist with the ADRC at 608-785-5700.

**Online Shopping Safety** *By the GWAAR Legal Services Team*

With the holiday season in full swing, it's time to think about shopping for that perfect gift. These days, you can choose to shop in-store or online. Online shopping is convenient because it allows you to shop when the weather is terrible. It also allows people with health issues to shop safely. While it is convenient, it must be done carefully to protect your finances and your personal information.

Most people can spot fraud when they shop in person, but recognizing fraud online is trickier. Here are a few things you can do to ensure your online shopping experience is safe.

**Shop on websites you know and trust.**

When you shop on websites of brands you know and trust, you can guarantee you get the product you want. Some websites try to sell products that look like the name brand but are of lower quality. Make sure you are buying the actual brand to ensure that you get high-quality products.

**Make sure that there is a lock on the address bar.**

To ensure the site is secure, look for the lock symbol on the browser address bar at the top of the webpage (where you type the name of the store you want to shop). This lock lets you know that your data transfers are more secure.

**Know how much your item should cost.**

Research the average cost of the item you want to purchase before you buy. If the price is too good to be true, it could be a scam, counterfeit, or low quality. Knowing the average price of the item you want to buy can help you identify quality products from trusted brands and weed out fake, low-quality products.

**Research unknown store websites.**

If you want to buy from a store you don't know, you should do some

**Coming Soon: La Crosse 2025 Tax-Aide Services**

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

Scheduling will begin mid to late January, 2025

**Step 1: Determine If You Are Eligible**

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

**Step 2: Schedule an Appointment Beginning Mid to Late January.**

- a) Schedule online at [www.aarpfoundation.org/taxaide](http://www.aarpfoundation.org/taxaide) or email [laxtaxquestions@gmail.com](mailto:laxtaxquestions@gmail.com) to receive a link to the La Crosse AARP Scheduler
- b) **If you have a question or cannot schedule online, call (608) 588-6124**
- c) An appointment is required, drop ins will not be accepted
- d) Taxes will be prepared in one appointment, which might take up to 3 hours
- e) Appointments will be 8:30 a.m. - 3:30 p.m. February 5 - April 2 Hogan Administrative Center, 807 East Ave South in La Crosse  
**DO NOT CONTACT HOGAN ADMINISTRATIVE CENTER WITH TAX AIDE QUESTIONS**

**Step 3: Pick Up an Intake Packet Beginning Mid to Late January,**

- a) Intake Packets will be available at any La Crosse Public Library and the Holmen Community Center
- b) This packet includes two questionnaires
- c) **You need to complete both questionnaires as thoroughly as possible and bring them to your appointment**

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

- a) Two completed questionnaires from the Intake Packet
  - b) Social Security Cards or Social Security form SSA-1099 for all taxpayers and dependents
  - c) Government issued Photo ID for all taxpayers
  - d) Proof of bank account numbers if you want a direct deposit
  - e) All income statements including SSI, Social Security Form SSA-1099, 1099 R, W-2, Interest and Dividend Statements, Brokerage Statements, etc.
  - f) All expense statements such as student loan interest, childcare expenses, college tuition form 1098T, property tax statements, child/dependent care expenses, etc.
  - g) Signed Rent Certificate or Property Tax Statement if applying for Homestead Credit
- NOTE:** If you are under the age of 62 and have no earned income you must bring a Disability statement from the Social Security Office stating the date your disability began
- h) Form 1095-A if your Health Insurance is from [www.healthcare.gov](http://www.healthcare.gov)
  - i) 2023 Tax Return

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

research before buying anything. You can look them up on the Better Business Bureau to see if they have been tagged as a scam.

**Give only the necessary information.**

Don't enter more information than you need into an online store's checkout page. A store should only need your name and your mailing and billing addresses.

**Use a credit card when possible.**

Try not to use a debit card to shop online. This makes it easier for scammers to access your bank account information directly.

**Review your credit card account.**

Review your credit card accounts regularly to ensure there are no unapproved purchases. The sooner you catch a fraudulent charge on your account, the sooner you can fix it.

**Buy gift cards in-store.**

If you buy gift cards, purchasing them directly from the store is the safest option. Some online vendors sell fake gift cards, so be aware to avoid fraud.

**Don't shop online using public Wi-Fi.**

Using public Wi-Fi to shop online may not be safe. You should ensure your Wi-Fi source is secure and password-protected to prevent anyone from accessing your private information.

These are ways to shop online safely, but if you get scammed, you have options. First, complain to the seller if you are unsatisfied with the product or service. Second, if you think you have been scammed, you can report the scam to the Federal Trade Commission, State Attorney General, and the FBI. If your credit card or personal information is at risk, you should alert your credit card company of suspicious activity and possibly freeze your credit.



**Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640  
[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

- Staying Active Together:** On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am;
- Zumba with Lynne:** Mondays & Wednesdays, 5:30pm-6:30pm
- Mah Jongg Club:** Tuesdays, 12pm-3:30pm; \$2/session.
- Art Club:** Thursdays, 12pm-3pm; Register; \$2/session.
- Knitting Group:** Thursdays, 5pm-7pm; \$1/week.
- International Folk Dance:** Wednesday, Dec. 4 & Saturday, Dec. 14, 7pm-9:30pm. Register. \$2/session.
- Parkinson's Disease Support Group:** Monday, Dec. 2, 5pm-6:30pm. Free
- ConnectSmart:** Wednesdays, Dec. 11, 12:30pm-2pm. (CALL ADRC TO REGISTER: 608-785-5700; free.)
- Awareness and Misperceptions of Hospice Care:** Wednesday, Dec. 18, 10am-11am. Register by 1 day prior. Free
- Holly Jolly Card Stamp Camp:** Saturday, Dec. 7, 8:30am-1pm; Register; \$48
- What Seniors Should Know About Selling Their Home:** Wednesday, Dec. 18, 1pm-2pm; Register; Free.
- Medicaid, Estate Recovery, & Long-Term Care:** Thursday, Dec. 12, 10am-11:30am; Register; Free.

**South Side Neighborhood Center**

1300 6<sup>th</sup> Street, La Crosse

Most programs require registration: 608-789-8298  
[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

- Staying Active Together:** On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am, no class Nov. 28. Register.
- Expressive Drawing:** Tuesdays, 1pm-3pm; Register.
- Teaching Your Body How to Get Out of Pain:** Wednesdays, 10:30am-11:30am. Register.
- Moving with Moments:** Thursdays, 1pm-2pm; Register. Free
- Coping Skills:** Friday, Dec. 6 & 20, 10am-11:30am. Register by 1 day prior. Free
- Healing Through Sound:** Sunday, Dec. 15, 10am-11:30am. Register
- Wise Wednesdays:** Wednesday, Dec. 4 & 18, 10:30am-12pm. Register. Free
- Bingo:** Wednesday, Dec. 4 & 18, 12:30pm-1:30pm. Register by 1 day prior. Free
- Shuffle Together (cards):** Friday, Dec. 13, 2pm-3:30pm. Free
- Open Cards, Board, and Word Games:** Tuesday, Dec. 3, 12:30pm-2pm; \$1/session.
- Medicare 101:** Wednesday, Dec. 11, 10am-11am; register by Friday prior. Free
- Connect2Nature-Variety of Topics:** Tuesday, Dec. 17, 12:30pm-2pm. Register. Free
- Travel Tales-Variety of Travel Topics:** Tuesday, Dec. 10, 12:30pm-2pm. Register. Free

**Senior Meal Site:** Lunched served 11:30am, M-F. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation \$4.



**600 N Holmen Dr.**  
 608-399-1870 [www.holmenc.org](http://www.holmenc.org)  
 Mon. - Thurs. 7am- 4:30pm Friday 7am - 3pm

- Indoor Walking:** Monday - Friday: 7am-10am and 11am-1pm (Hours will vary during the holidays)
- Pickleball Open Play Sessions:** Tuesdays & Thursdays 11am-1pm (Hours will vary during the holidays)
- Mindful Yoga:** Thursdays at 8:45 am
- StrongBodies Virtual Strength Training:** Mondays & Wednesdays at 9am until December 18th
- Chair Yoga:** Mondays at 9:15am
- Cardio & Strength Fitness:** Tuesdays at 10 am
- Moving with Moments Fitness:** Thursdays at 11am
- Gentle Yoga:** Friday December 6 & 20 at 7:30am
- Beginner Line Dancing Classes:** December 4 & 11 at 1pm
- Flex & Flow Stretching Class:** Tuesday, December 3 at 12:30pm
- Intro to Tai Chi:** Tuesday, December 3, 10 & 17 at 9am
- Bingo:** Wednesdays & Fridays at 12:30pm
- Euchre Tournament:** 1st & 3rd Tuesdays at 6pm
- Mah Jongg Club:** Mondays at 1pm
- Good Morning Holmen!** Friday, December 20, 9am-10am
- Community Crafts with Pam & Jackie:** Tuesday, December 3rd at 1pm (Project: snow globes) \*registration required
- Diamond Art:** Wednesdays at 9am
- Crafternoon Social - Knit & Crochet:** December 5 & 19 at 1pm
- Fun with Watercolor:** Mondays, 9am-10:30am (Social, fun and open to all levels of artists)
- Music with Greg Grokowsky:** Tuesday, December 10 at 11am
- Hearing Evaluations:** 1st Tuesday each month, 9:30am-11:30am (call for an appointment)
- Hearing Aid Instrument Checks:** 3rd Tuesday each month, 9:30am-11:30am (call for an appointment)
- Holmen Area Historical Society:** Monday, December 2nd at 6pm (Annual Meeting & Holiday Potluck)
- AA Meetings:** Thursday, December 5, 12 & 19 from 6pm-7pm
- Eat Well. Be Well.:** Wednesday, December 11 & 18, 6:30pm-7:30pm (Cost for class & registration encouraged)
- Positive Parenting Series:** Wednesday, December 18 from 5:30pm - 6:30pm (For Parents, Grandparents & Caregivers)
- Muscles in Motion:** Tuesdays, 9am-10am (Toddler Craft 2nd Tuesdays & Toddler Story Time 4th Tuesdays at 10am)
- Brunch with Santa & Mrs. Claus:** Sunday, December 8th from 11am -1pm (Cost for event & registration encouraged)

**HACC will be closed on December 24th & 25th & January 1, 2025**

**HARRY J OLSON CENTER**

1607 North St. La Crosse  
 608-781-2122



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

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

**Wednesday for Lunch:** 3rd Wed. of the month, 11am-12:30pm  
**Crafty Corner:** 2nd Mon. of the month, 1pm. Free

**ONALASKA OMNI/PARK & REC EVENTS**

255 Riders Club Rd.  
 608-781-9566 Omni, 608-781-9560 Park & Rec

- Mah Jongg:** Wednesday's, 1pm - 4pm
- Bridge:** Monday's 1pm-4pm, Call Rita 608-780-7810
- Dominoes:** Mondays at 10:30am
- Winter on Ice Spectacular:** Dec 7, 7pm

**Holiday Ho Ho Ho Down:** Dec 17, 9:30am-2pm



**Season of Lights Parade-** Dec 8 at 5pm

**2024 Holiday Mailing & Shipping Dates Deadlines**

For items sent to addresses in the contiguous United States (Lower 48 States)

USPS Ground Advantage: **Dec. 18**

First-Class Mail: **Dec. 18**

Priority Mail: **Dec. 19**

Priority Mail Express: **Dec. 21**



**Home Delivered Meal Cancellations Due to Bad Weather**

If the La Crosse County Meal Sites decide to close, we will let you know by announcing it on the television (WKBT Channel 8 and WXOW Channel 19). You can also call us at 608-785-5700 to inquire anytime. Be prepared for cancellations and have non-perishable food on hand such as: canned tuna, meat, poultry, baked beans, fruit/vegetable juices, spaghetti, evaporated milk and other items like water, peanut butter, Cheese Whiz, bread, crackers, rye crisps, Instant Breakfast, ready to eat cereal, pudding/fruit cups, dried fruits. Make sure that food packages can be opened by hand, without an electric can opener and be ready to eat without heating. **BE PREPARED!**



Saturday's  
in Dec.  
10am-1pm

**The Main-Event Space 422 Main St La Crosse**



- 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](mailto:wafermobile@waferlacrosse.org) or 782-6003  
1603 George St. La Crosse

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

**Drive Slow in the Snow!**

Severe weather can be both frightening and dangerous for travelers. Winter storms, bad weather and sloppy road conditions are a factor in nearly half a million crashes and more than 2,000 road deaths every winter, according to research by the AAA Foundation for Traffic Safety. Drivers should know the safety rules for dealing with winter road emergencies. AAA urges drivers to be cautious while driving in adverse weather.

AAA recommends the following tips while driving in snowy and icy conditions:

- Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather reduces driving risks.
- Never warm up a vehicle in an enclosed area, such as an unopened garage. Never leave your car running with the keys in it.
- Make certain your tires are all-season or snow rated and are properly inflated.
- Keep your gas tank at least half full to avoid gas line freeze up.
- Do not use cruise control when driving on any slippery surface.
- Keep plenty of distance between you and other cars and especially snow plows.
- Carry extra supplies, warm clothes, gloves, hat, or blanket in your car.
- Stay home. Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.
- Always remember to Buckle Up, Slow Down and Don't Drink and Drive.

**Healthy Living With Diabetes**

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

January 6-February 10  
Virtually, 1pm-3:30pm  
Cost: \$30



For more information or to register call Gundersen Health System/ Emplify Health at 608-775-6870

**5 Healthy Holiday Eating Tips** by Stayton.com

While it might seem like the deck is stacked against sticking to your healthy habits, you can recognize when things are taking a wrong turn with a little extra awareness. As you navigate the temptations of the holiday season, keep these five tips in mind to avoid overindulgence.

**1. Don't Go Hungry**

With so many delicious food options to choose from, you might think it's smart to bypass other meals to save up calories. Unfortunately, this strategy often backfires. It actually leads to overeating because you're famished by the time you get to the party. Instead of showing up on an empty stomach, have a healthy snack to satiate you before you arrive. Small snacks will help prevent an overwhelming appetite and lead to more responsible decisions.

**2. Everything in Moderation**

There's no reason you can't have it all, you just have to choose the right portions. When you want to try everything, start with small servings. Alternatively, plan out which seasonal dishes you enjoy the most and treat yourself to larger portions. Then, plan to pass on the other not-so-interesting options that are usually available.

**3. Trust Your Instincts**

Intuitive eating is a popular way to make more healthy choices during the holiday season. Simply put, it means you listen to your body about food choices that make you feel full or satisfied. The focus is on what feels right, not what's good or bad. If there are foods you know you'll pay for down the road, trust your instincts and skip those, even if they're tasty in the moment. Once you start to feel full, give yourself a 10-15 minute break before going back for another helping. It takes the brain time to catch up with the stomach.

**4. Plan Healthy Options**

Bringing a healthy dish you enjoy to holiday parties provides an easy safety net. You're still able to treat yourself to something special, while adding balance to the overall meal. Along those same lines, don't forget about the calories coming from beverages. Eggnog may contain up to 500 calories per cup, and beer and wine range between 150-225 calories per drink. If food is the focus, save those calories with a special seltzer water, sugar-free soda or plain old water.

**5. Balance With Exercise**

The holidays are a busy time, and it can be easy to fall out of your normal routines. However, you should always try to make time for a little exercise. It doesn't have to be anything elaborate, either. Taking a short walk with friends and family after a meal can help burn some of those extra calories and provide an opportunity to chat and catch up. In addition to working off calories, exercise can boost metabolism, improve mood, reduce stress, and help you sleep better.






3rd Wednesday of the month  
**December 18th**  
**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.**

DEC 10th  
5pm-6pm  
Onalaska  
Methodist Church  
212 4th Ave N.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ leg/thigh chicken 2 Au gratin potatoes Broccoli Fruit salad	Roast beef & gravy 3 Mashed potatoes California blend veggies Black forest cake 	Chicken parmesan 4 Penne pasta w/ garlic Green beans Breadstick, Grape juice	Chef salad/ dressing 5 Fruit cup Blueberry muffin Peanut butter cookie	Baked cod w/ tartar sauce 6 Baked potato w/ sour cream Coleslaw Fruited jello
Chili w/ beans 9 Baked potato/ sour cream Romaine salad Cornbread, Crackers	Goulash w/ beans 10 Glazed carrots, rye bread Creamy coleslaw Fresh orange wedges	Brat on a bun 11 German potato salad Baked beans Fruit salad	Pork roast & gravy 12 Mashed potatoes Broccoli & cauliflower Strawberry shortcake	Meatloaf & gravy 13 Garlic mashed potatoes Peas & carrots Sliced pears
Glazed ham 16 Au gratin potatoes Broccoli, Rye bread Mandarin oranges	Swedish meatballs 17 Mashed potatoes Country blend veggies Pumpkin pie	Chicken cordon bleu 18 Baked sweet potato Wisconsin vegetables Fruit salad	Ham balls 19 Scalloped potatoes Beets, Rye bread Strawberry fruit fluff	Chicken alfredo 20 Buttered noodles Broccoli Fresh fruit salad, Breadstick
Chicken rice casserole 23 Mixed vegetables Mandarin orange fluff	 <b>Closed For Holiday</b> 24	 <b>Closed For Holiday</b> 25	Spaghetti 26 Spinach salad Pears, Breadstick Fruit turnover	Chicken breast supreme 27 Fresh sweet potato California blend veggies Pineapple tidbits
Sloppy Joe on a bun 30 Wax bean blend Potato salad Fresh fruit Black bean brownie	Beef stroganoff 31 Buttered noodles Baby carrots Tropical fruit salad Orange juice			*All meals include milk or juice & bread. *Menu subject to change without notice.

### Nutrition Gift Certificates

*Good nutrition is good prevention.*

Purchase a gift certificate for someone currently receiving home delivered meals through the Aging & Disability Resource Center. The suggested donation is \$4.50 for a home delivered meal. Purchase one week to one month of meals for that special person in your life. The ADRC can mail the gift certificates directly to the recipient or we can mail it to you to surprise your special someone.

To purchase a gift certificate, call the ADRC at **608-785-5775**.

### Ginger Snaps

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 cup sugar
- 3/4 cup shortening
- 1/4 cup molasses
- 1 egg



Extra sugar for rolling  
In a bowl, stir together flour, baking powder, baking soda, cinnamon, cloves, ginger and salt. Set aside.  
In a large mixing bowl, beat 1 cup sugar and shortening with an electric mixer until well combined. Beat in molasses; then the egg. Add the flour mixture and beat until combined.  
Shape the dough into 1-inch balls. Roll balls in sugar and place 2 inches apart on an ungreased cookie sheet. Bake at 375 F oven for 8 to 10 minutes, or until edges are set and tops are crackled. Cool on a cookie sheet for 1 minute. Transfer to wire racks to let cool completely.

### Sweet Potato Salad with Orange Vinaigrette

- 2 lb. sweet potatoes (peeled and cut into 3/4-inch cubes)
- 1 Tbsp. extra-virgin olive oil (for sweet potatoes)
- 1/2 tsp. ground cumin
- 3/4 tsp. salt (for sweet potatoes)
- 1/4 tsp. black pepper
- 1/2 orange (juiced, for dressing)
- 1 Tbsp. extra virgin olive oil (for dressing)
- 1 Tbsp. apple cider vinegar
- 1 1/2 tsp. honey (plus more if desired)
- 1/4 tsp. salt (for dressing)
- 1/2 orange (chopped, for topping)
- 2 Tbsp. dried cranberries
- 1/4 cup crumbled goat cheese
- 1 scallion (minced)
- 2 Tbsp. toasted pine nuts (optional)



Preheat the oven to 400°F. Line an extra-large baking sheet with parchment paper.  
Arrange the sweet potato cubes on the baking sheet. Drizzle with the olive oil and sprinkle with the cumin, salt, and black pepper. Stir with a rubber spatula until evenly coated.  
Roast the sweet potatoes on middle rack of oven, stirring once halfway through the cook time, until fork-tender and lightly browned, 30-40 minutes.  
Allow sweet potatoes to cool to room temperature. Meanwhile, prepare the dressing.  
Whisk together the orange juice, oil, apple cider vinegar, honey, salt in a small bowl.  
Arrange roasted sweet potatoes on a serving platter. Drizzle evenly with dressing. Top with the chopped orange, dried cranberries, goat cheese, minced scallion, and pine nuts if using. Serve immediately.

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

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

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



### Do you qualify for the Home Delivered Meal Program through the ADRC of La Crosse?

Meals are delivered Monday through Friday from various sites located in La Crosse County.

In order to qualify for this program, you must meet all criteria:

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

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

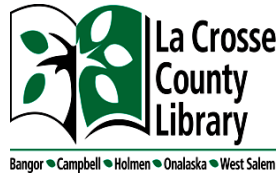
### ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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



**La Crosse Main Library**  
 800 Main Street | 608-789-7100  
[programteam@lacrosselibrary.org](mailto:programteam@lacrosselibrary.org)

**Monday Mornings at Main:** Dec 2, 9 & 16, 10am-11am for ages 50+  
**Chair Yoga:** Thursdays, Dec 5, 12 & 19, at 10am  
**Chair Fitness:** Mondays, Dec 2, 9 & 16 at 9am and Wednesdays, Dec 4 & 11 at 10am  
**Intro to Embroidery:** Dec 2 & 16, 5:30pm  
**La Crosse County Veteran Services:** Dec 3, 1pm-4pm. Walk-ins  
**Knit & Needle:** Dec 6, 5pm  
**Sunday Matinee:** Dec 8 at 1:30pm. Free popcorn  
**Chapters:** Dec 11 at 1pm or Dec 14 at 10am. *Three Holidays and a Wedding*. Register by calling 608-789-7130  
**Tech Support, Overdrive/Libby + Hoopla:** Dec 18 at 11am  
**ADRC Memory Book Workshop:** Dec 19 at 1pm. Register by calling the ADRC at 608-785-5700. Bring personal photos, other materials will be provided.  
**BookTok Bingo:** Dec 17 at 6:30pm at 608 Brewery Company. Free



Phone: 608-399-3390  
 Email: [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org)  
 Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)  
 Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

All locations will be closed **December 24 & 25** for Christmas and will close at 5pm on **December 31**.



**Bangor** "Paper Quilling Snowflake" workshop on December 5 at 6:30pm. Registration required.  
**Bangor** "Game Day" on December 12 at 1:30pm.  
**Bangor** movie on December 19 at 2:30pm and 6pm.

**Campbell** Book Club meets the second Tuesday of the month at 6pm.

**Holmen** movies on December 2 and 16 at 2:15pm and 6pm.

**Onalaska** "Wine 101" on December 4 at 10 am. No registration required.

**Onalaska** movies on December 5 and 12 at 6pm.

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

**West Salem** "Cheesecake & Canvas" on December 5 at 6:30pm. Register in person; workshop fee is \$15.

**West Salem** movies on December 5 and 19 at 2:15pm.

**West Salem** Afternoon Book Club meets the second **Wednesday** of the month at 1:30pm.

**West Salem** Evening Book Club meets the third Monday of the month at 7pm.

**MYRICK PARK CENTER/ Nature Place**

789 Myrick Park Dr, La Crosse 608-860-6864

[www.natureplacelacrosse.org](http://www.natureplacelacrosse.org)

**Nature Saturday**— Dec 7 at 9:30am-11:30am, any age, free

**Ugly Sweater 5K**— Dec 7 at 3pm, register at [rotaryafterhours.org/](http://rotaryafterhours.org/)

**Enviro Wednesday**— Dec 4 at 7pm, ages 14+, free

**NARVRE**

National Association of Retired and Veteran Railroad Employees Unit 047; December Christmas party with speaker from NOAA Weather Bureau. Location will be at Huck Finn's Restaurant **Dec 10th at 10am**. Info Patti Burr 608-781-6032

**The La Crosse Area Retired Educator Association**

May luncheon meeting at Cedar Creek Country Club beginning at 11:30am on December 4th. Please arrive by 11:10am. Cost \$15.

All who have retired in public education in WI are invited to come. Email at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com) including your name and "yes I'm coming."

Our next meeting will not be until March 6th.

**WINTER WORD SCRAMBLE**



- SNETITM \_\_\_\_\_
- WONASNM \_\_\_\_\_
- ZRILDZAB \_\_\_\_\_
- OTBOS \_\_\_\_\_
- KAWNSLFEO \_\_\_\_\_
- SEAKTS \_\_\_\_\_
- VOHESL \_\_\_\_\_
- TRWAESE \_\_\_\_\_
- SAYDLIHO \_\_\_\_\_
- SDINEGLD \_\_\_\_\_

MITTENS, SNOWMAN, BLIZZARD, BOOTS, SNOWFLAKE, SKATES, SHOVEL, SWEATER, HOLIDAYS, SLEDDING

**Blood Drives for December**



- 12/3— YMCA La Crosse, 9am-1:30pm
- 12/3— UWL Student Union, 11am-5pm
- 12/4— Melrose Mindoro HS, 12pm-5pm
- 12/5— Prince of Peace Church La Crescent, 12pm-6pm
- 12/9— Allergy Associates, 9am-2pm
- 12/19— Shepherd of the Hills Church Onalaska, 1pm-6pm
- 12/11 & 12/12— La Crosse County Human Services Bldg, 9:30am-2:30pm
- 12/12— Pearl Street Brewery, 11am-4pm
- 12/16— St Matthews Church Stoddard, 12:30pm-4:30pm
- 12/16— Onalaska Omni Center, 12pm-4pm
- 12/20— First Free Church Onalaska, 10:30am-3:30pm
- 12/26— Valley View Mall, 11am-4pm
- 12/30— Blessed Sacrament Church La Crosse, 11am-4pm
- 12/30— St Paul's Church Onalaska, 11am-4pm

**La Crosse Blood Donation Center**— call for appt.

1-800-RED-CROSS

**Versiti Blood Center**— call for appt.

(877) 232-4376

**Concordia Ballroom**

1129 La Crosse St. La Crosse

608-782-7049

[www.concordiaballroom.com](http://www.concordiaballroom.com)

**Dances every Sunday, 1pm-4pm**

**Grumpy Old Men Band**— Dec 14, 7pm

**Dance Classes available too!**



**The University of Wisconsin  
 La Crosse Planetarium**

**Public Programs** at 1:00 pm on Saturdays. A fun winter activity for all ages. Admission is \$8.00 for adults and \$5.00 for students and Senior Citizens. The first part of each program is a talk on the current evening sky. The second is a multi media audiovisual presentation on an astronomical subject.

**Album Encounters** are multimedia light and laser shows set to rock music at 8:00 pm on Fridays. Admission is \$8.00 for all.

Park in the Stadium Lot (Commuter Lot 2 or C-2). It is on the northeast corner of East Avenue and Pine Street.



**New Year's Eve  
 Skyrocket's Show  
 6pm and 12am  
 from Grandad Bluff**





### What to Avoid When Dealing with the Holiday Blues

You want your parent or family member to have a holiday that is full of connection and love. Many of the professionals and caregivers we talked to urge family caregivers to make sure proposed activities are in line with what your loved one wants. In that spirit, here are a few things that the family can avoid to make their loved one's holidays more joyful and less stressful.

#### **DON'T: Make decisions for them**

Your elders may not want to come to your house for a holiday meal or a family gathering. They may not want to ride around looking at lights. They may not want to go shopping for presents. That's OK. Instead of directing their days or having specific expectations of your loved one, take the holiday at their pace. As a bonus, it allows you to relieve any pressure that you may have put on yourself.

#### **DON'T: Expect only happy emotions**

The holidays can be an emotional time for older adults. Widowhood, loss of close friends, separation from family, ill health and memory challenges can lead to feelings of sadness for older loved ones. It's OK for loved ones to be sad, to grieve or to need space during the holidays. Let elders talk about loved ones they are grieving as a way of remembering. Don't be dismissive of this.

#### **DON'T: Quiz them or expect them to remember everything**

If your loved one has cognitive or memory changes, avoid quizzing them on specific dates, people's names or events. This can cause a lot of anger and sadness in your loved one, especially if other members of the family are around. Don't ask if they remember someone or what they remember about a specific event or date. Instead, use music, smells or touch to create a more relaxed and positive environment.

#### **DON'T: Force things**

The holidays can be a very difficult time of year for our older loved ones, especially if they have lost their partner or other family members. Some of our aging loved ones may appear more irritable, depressed, apathetic, fatigued or isolated. It's important to be patient and meet them where they are, which means not forcing them into large family gatherings or busy holiday plans if they are not interested.

#### **DO: Enjoy the moment**

Encourage family caregivers to strive to be present with their loved one. Don't let your anxiety take away from your time together and the opportunity to step out of the regular pace of life. While you may worry about your loved one's age, declining health, or memory loss, this is the perfect time to just enjoy what is, right now.

#### **The bottom line**

There's no denying that celebrating holidays with an older loved one can be emotional and maybe even stressful. The key is to provide a safe and loving space for your older loved one to enjoy themselves in their own way.

It's also a time to reconnect and enjoy each other's presence, so make sure you aren't putting too much pressure on yourself or them. Source: Care.com

The holiday season is often presented as one filled with joy and connection, yet some people struggle more during the holiday season than throughout the rest of the year. This may be due to financial hardship and the pressure to provide gifts during holidays or feeling lonesome from not having friends or family to share a holiday meal with. Others may be grieving friends and family that are no longer here, and they may need someone to confide in during this difficult time.

You can call 2-1-1 to ask about holiday gift/toy programs to help your family, clients, or those you know that could use a little help. You can ask about programs that provide sit-down holiday meals that may also offer takeout/delivery options. Call to check what is available in your area. Some programs may be seeking holiday donations or volunteers, so if you'd like to give back during the holidays season yourself and spread some cheer, don't miss your chance! Giving back and being around others creates a sense of community that can feel very uplifting during the holiday season.

You can also reach out to 2-1-1 and ask to chat when you are struggling. We can try to find resources to support your mental health and offer a listening ear during your time of need. No one needs to struggle alone during the holidays, or anytime for that matter. Remember that you are not alone, 2-1-1 is always here for you.

**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.

24 hours a day, 7 days a week, free and confidential.

Serving Western Wisconsin, Southeastern Minnesota, and Northeastern Iowa

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

Language Interpretation is available.

Chat with us at our website [www.greatrivers211.org](http://www.greatrivers211.org)

### Why Some Older Adults Are Reluctant to Ask for Help. How to Have a Conversation About Aging With Older Adults in Your Life

As parents age, adult children often find themselves facing a new challenge: convincing their parents to accept at-home assistance or care. This situation can be difficult for both parties.

Lee A. Lindquist, MD, MPH, MBA, a geriatrician at Northwestern Medicine explains, "Many older adults think that by accepting help, it'll cause them to leave their home to go into a care setting. Therefore, they think if they don't accept help, they'll stay in their home longer. It's actually the reverse. It's about enabling them to stay in their homes longer by accepting help."

To better understand this growing concern, Dr. Lindquist recently conducted focus groups of nearly 70 participants, ages 65 and older, in the rural, suburban and urban areas of Fort Wayne, Indiana, and Chicago.

#### Reasons Aging Adults Are Reluctant To Accept Help

The research revealed some reasons why older adults are reluctant to accept help:

- Fear of losing independence. Accepting help may create the perception that they are no longer able to do certain things, like driving or running errands, and they may feel less independent as a result.
- Desire to not be a burden. Even if help is readily available, older adults may feel like they are a hindrance to others.
- Lack of trust. From hired caregivers to other relatives, older adults may not know who they can trust.
- Fear of giving up control. Older adults may fear losing control or giving control to others.

If an aging adult in your life is resisting help, here are some ideas to change the conversation:

- ▶ Reframe independence. The term interdependence more accurately describes how all people rely on each other. No one is truly independent. By asking for help, older adults are not becoming less independent; rather, they are embracing interdependence.
- ▶ Discuss the benefits to others. By accepting help, older adults are in turn giving a gift to the person providing help, because helping others can bring immense joy and satisfaction.
- ▶ Overcome the initial ask. Much like riding a bike or asking someone to dance, there is a degree of fear that comes with uncertainty. The first time you ask for help is the hardest, but it gets easier over time.

Dr. Lindquist admits that asking for help carries a social stigma. However, by using this information, you can have meaningful conversations with your loved ones. Dr. Lindquist explains, "Ultimately, it's about helping people age in place, which is what's best for most older adults, and trying to find a win-win situation for everyone."

Dr. Lindquist's focus group research was part of a larger study for the online tool [planyourlifespan.org](http://planyourlifespan.org). This tool allows families to communicate and plan for events like hospitalizations, falls and memory loss.

Source: [www.nm.org](http://www.nm.org)



**Jan 9 & 23, Feb 6  
1:15pm - 3:15pm  
Ona Terrace, Onalaska**

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

Mind Over Matter: Healthy Bowels, Healthy Bladder is a 3-session workshop for senior women that include information, group activities, and simple exercises to do at home. This class is 2 hours each session over the span of 5 weeks total.

To sign up, call the Aging and Disability Resource Center of La Crosse County at 608-785-5700.

### Holiday Fun

As the holiday season approaches, here a list of games that you may want to try to engage all ages at your holiday celebration. If you have a person with a cognitive impairment, pair him or her with another family member. Pairing up will help the person being more successful and create a bond and conversations.

- \* **Sticker Stalker**
- \* **I Spy**
- \* **Connection!**
- \* **Apples to Apples**
- \* **Codenames**
- \* **Uno**
- \* **Pictionary**
- \* **Conversation Game - Call to Mind**
- \* **'All About Us' - The Life-Storytelling Game**

Another option to stay engaged is with a **Caregiver Activity Kit**.

Check out 1 of the 5 themed kits that contain 3 activities geared toward people with dementia. For stimulation, fun and enjoyment. Great for having visitors or respite providers engage your loved one.

Available at The La Crosse County Libraries (Holmen, West Salem, Bangor, Onalaska, and Campbell).

Call 608-526-9600 to obtain a kit.

La Crosse Public Library has available, "Memory Connection Kits" For details call 608-789-7167.

### Men's Shed 2024 and 2025 Dates

November 26, 2024  
January 28, 2025  
February 25, 2025  
March 25, 2025  
April 22, 2025  
May 27, 2025  
June 24, 2025



Time: 1:30- 3:00 PM

Tomah Senior Center  
1002 Superior Avenue  
Tomah, WI 54660

Come to meet new people, learn something new, and be a part of something new! Bring a friend!

Snacks and beverages will be provided!

Sponsored by:



Please register by calling the ADRC of La Crosse County at 608-785-5700.

Questions??? Please contact Kristine at 608-386-0922 or [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org).

### Friendly Voice Program

By the GWAAR Legal Services Team



Do you ever find yourself feeling lonely or socially isolated? You are not alone. Older adults are at increased risk for loneliness and social isolation because they are more likely to live alone, endure the loss of family and friends, have a chronic illness, and/or suffer from hearing loss. Loneliness and social isolation, in turn, have been shown to have significant adverse effects on health, including an increased risk of depression, anxiety, dementia, heart disease, suicide, and stroke.

To help combat the epidemic of loneliness among American seniors, AARP has devised a program called Friendly Voice. This program is operated by trained AARP Friendly Voice volunteers who will happily call anyone to chat, listen, or simply say, "Hello." If you would like to request a call, please dial **1-888-281-0145** and leave your best call-back number. A volunteer from the Friendly Voice program will return your call between the hours of 9 a.m. and 5 p.m. local time.

### The Importance of Sleep in Older Age

By the GWAAR Legal Services Team (for reprint)

Sleep plays a vital role in our health and well-being, influencing everything from mood to cognitive function. As we age, our sleep patterns and needs evolve, making it crucial to prioritize and adopt healthy habits to promote better quality sleep for overall health and well-being.

The National Sleep Foundation recommends that adults aged 65 and older aim for 7-8 hours of quality sleep each night. Despite the recommended guidelines, however, studies show that many older adults struggle to achieve sufficient sleep. Factors such as chronic health conditions, medications, and lifestyle habits can contribute to inadequate rest.

Several sleep disorders commonly impact older adults, including:

- 1) Sleep Apnea: Characterized by pauses in breathing during sleep, sleep apnea can result in fragmented sleep and various other health complications.
- 2) Insomnia: Chronic difficulty falling or staying asleep, which in turn can lead to daytime fatigue, irritability, and impaired cognitive function.
- 3) Restless Leg Syndrome: This neurological disorder causes uncomfortable sensations in the legs, leading to an irresistible urge to move, which disrupts sleep.
- 4) REM Behavior Disorder: Characterized by the vivid acting out of dreams during sleep, this disorder may occur when the brain chemical that paralyzes the muscles during REM sleep does not function properly.
- 5) Circadian Rhythm Sleep Disorders: These disorders result in falling asleep and waking up earlier, due to a disruption in the daily sleep-wake cycle of the body's internal clock.

To foster optimal sleep hygiene, older adults can adopt the following strategies:

- 1) Establish a consistent sleep schedule by going to bed and waking up at the same time each day.
- 2) Create a soothing sleep environment that's quiet, dark, and comfortably cool.
- 3) Engage in relaxation techniques, such as deep breathing or meditation, before bed to help ease the mind and prepare for sleep.
- 4) Limit caffeine and alcohol consumption, particularly close to bedtime, as they can disrupt sleep patterns.
- 5) Talk to your healthcare provider if you are experiencing trouble falling asleep or staying asleep, movement during sleep, or if you or your partner notice that you seem to stop breathing during sleep. Sometimes, these can be signs of an underlying medical condition that may require treatment.

By understanding the significance of sleep, adopting healthy habits, and recognizing common sleep disorders that may warrant a conversation with a physician, older adults can enjoy the restful slumber they need to thrive.



**La Crosse Parks & Rec  
Senior Excursions**

For ages 50+  
Call 608-789-8640 or 608-789-8298 to register.

- December 12:** Miracle on 34th Street at the Fireside
- December 13:** Kriskindlmarkt – Sparta
- January 25:** Top of the World Carpenters Tribute – Middleton
- January 23:** Back in the Building - Elvis Tribute at the Fireside
- February 2:** Winter Dance Party at the Sheldon Theater
- February 14:** Whitney Houston! At the Legacy Theatre
- February 28:** West Side Story at the Fireside

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

- Yoga** – Tues, Weds, Thurs. Call for times.
- Christmas Sing-a-Long**– Dec 6, 7pm
- Hooray for Rudolph**– Dec 8, 3pm



**Pump House Regional Arts Center**

119 King Street La Crosse, WI 54601  
608.785.1434 [contact@thepumphouse.org](mailto:contact@thepumphouse.org)

- 12/19-12/20: String Ties
- 1/10-1/11: Johnsmith

*La Crosse Symphony Orchestra*

**Dec 21- Holiday Romance**

929 Jackson St. La Crosse  
608-783-2121



**Norskedalen  
Nature & Heritage Center**

**Coon Valley, WI**  
608-452-3424 [www.norskedalen.org](http://www.norskedalen.org)

**OLD FASHIONED  
CHRISTMAS**

December 7  
Crafts, Music, Food,  
Demonstrations, Wagon  
Rides, Bell Choir

**WEBER CENTER**  
FOR THE PERFORMING ARTS

**Deer Camp**

Nov 29—Dec 21

**White Christmas**

Dec 6—Dec 22

**Holiday Gala**

Dec 14

[www.webercenterarts.org](http://www.webercenterarts.org)



608-784-9292

**Senior Preview:** Dec 5th, White Christmas

**University of Wisconsin-La Crosse**

**Dept of Theater & Dance**

Toland Theatre  
333 16th St N, La Crosse

**DEC 5 – 8: CHRISTMAS AT PEMBERLY**

Online ticket sales at [www.uwlax.edu/theatre-arts](http://www.uwlax.edu/theatre-arts) or go to the box office or call 608-785-6696

**Cappella Performing Arts Center**

721 King St, La Crosse  
608-299-7248

Dec 6 & 7: *A Holly Jazzy Christmas*

Dec 8: *La Crosse Boys Choir Concert*

Dec 7  
Between the Bluffs Frothbite

**LA-CROSSE  
CENTER**

Dec 27-28  
Bi State Wrestling  
**608-789-7400**

[www.Lacrossecenter.com](http://www.Lacrossecenter.com)



**Viterbo University  
Fine Arts Center**

929 Jackson St. La Crosse  
608-796-3100  
[www.viterbo.edu/fac](http://www.viterbo.edu/fac)

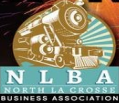
**Dec 7: A Viterbo Christmas**

**Dec 9: A Swingin' Little Christmas**

**Dec 13-15: Nutcracker Ballet**

**Dec 21: Holiday Romance**—La Crosse Symphony

**LIGHTS OVER  
NORTH LA CROSSE**  
Copeland Park • Nov 30<sup>th</sup> at 5PM



Family Fun ~ Bonfire ~ Fireworks ~ Food ~ Music

*"Home for the Holidays"*

***A 1906 Hixon Family Christmas Dinner***

In 1906 the three adult Hixon sons, who were living out of town returned to La Crosse to spend the holidays with their family. Come join us as we recreate a Hixon family Christmas gathering at Hixon House.

Mrs. Hixon, her niece May, and all the Hixon family will be present. The table is set for a sumptuous meal, the house is cheerfully decorated, and the fires are burning brightly!

- Friday, December 6<sup>th</sup>, 3pm–6pm – Twilight Tours**
- Saturday, December 7<sup>th</sup>, 11am–3pm**
- Sunday, December 8<sup>th</sup>, 12pm–4pm**

**Saturday, December 14<sup>th</sup>, 1pm–3pm – Children's Afternoon\*\***  
\*\* This new event will feature children's crafts and treats in the Visitors Center and a printed activity guide for parents to use with their children in the house. Fun for every age!

*Complimentary punch and cookies in the Visitors Center afterwards!*  
Tickets: LCHS Members \$6, Students \$8, Seniors \$12, Adults \$15.  
Tickets for the Children's Afternoon on December 14<sup>th</sup> are \$3/ person, or \$10/ a family of 4 or more. Tickets can be purchased online at [www.lchshistory.org](http://www.lchshistory.org) or in the Visitors Center on tour days.

November 29 - December 31

5pm to 10pm daily

Opening Parade– Nov 29 at 5pm

Christmas Eve, Christmas Day –

5pm to 9pm

New Year's Eve – 5pm-1am



**MARIE HEIDER CENTER FOR THE ARTS**

405 E Hamlin St. West Salem  
608-786-2550 [www.heidercenter.org](http://www.heidercenter.org)

**Dec 19: Very Diva Christmas**

**Jan 19: Transit Authority-Chicago Tribute**

**Feb 7: Tribute to Prince**

**Feb 27: The Hall Sisters**

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



**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](mailto:seniorlife@lacrossecounty.org) or fax to 785-6135

**FREE! BARRONS FREE!**

# TEEN DANCE

MARY E. SAWYER AUDITORIUM  
Wednesday, August 12th, 7:00 to 10:00 p.m.

Everyone's going and it's going to be fun! And besides the free admission there'll be free Pepsi and prizes, too! So hurry right down to Barrons and pick up your free ticket. No purchase necessary.

"Music by the Marauders"

**PRIZES**

FOR THE GIRLS:

1st—SHIP 'N SHORE BLOUSE	\$ 5
2nd—TOWN & COUNTRY SHOES	\$10
3rd—SUE BRETT DRESS	\$15

**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  
**Wednesdays:** Ukulele Jam, 6pm-8pm Moose Lodge

**Thursdays:** 6pm Bingo @ Holmen American Legion  
**Saturdays:** 11am Bingo @ Shimmy's La Crosse  
**1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge

**11/30—** Evergreen Glitterfest, 9am-1pm at Justin Trails Sparta  
**12/1—** Holidays in the Village, 1pm-4pm downtown Bangor  
**12/1—** Holiday Craft & Vendors, 9am, Holland Town Hall, Holmen  
**12/2—** Bingo, 5:30pm at West Salem American Legion  
**12/6-12/8—** Holiday Craft Fair, Features Fieldhouse West Salem  
**12/6—** Downtown Art Walk, 4pm-7pm, La Crosse downtown area  
**12/6—** Sparta Holiday Parade, 6pm, Water St- Evans Bosshard Park. Lights in the park will be lit from Dec 6-Jan 1.  
**12/7—** Annual Craft Show, 8am, Coon Valley Village Hall  
**12/7—** Craft & Bake Sale, 9am, Onalaska Methodist Church  
**12/7—** Holiday Craft & Vendor Fair, 9am-3pm. Pedretti's Barn Viroqua  
**12/8—** Tribute to John Denver, 2pm, Leo & Leona's Bangor  
**12/14—** Holiday Makers Market, 9am, La Crescent Event Center  
**12/14—** Cookie Walk, 7:30am-1pm. Mary, Mother of the Church  
**12/14—** Holiday Bazaar, 8am-12pm, Bethel Lutheran Church  
**12/21—** Tom Wopat Christmas Concert, 7pm. Leo & Leona's Bangor



**Blast from the past....Who Remembers Barrons?**  
August 1964, Barrons put on a free dance for youths 13yrs to 19yrs. In 1965, the Barron building was purchased by the Herberger chain.



## WINTER

K O A X M G U P N Q D S H O V E L C W F I T  
 Z B N I R E T A E W S O J S Y A D I L O H K  
 A J T Q H V I M O G T L B R N P X U G E F C  
 N T F S O L S T I C E G E I A H R B D L R X  
 S D E Z C U B N H L Y P V M F R T A Q W O P  
 L I B U K H F O A U P R T D I L S N E G Z O  
 W G R D E L C I C I M X A E P T O H T S E B  
 H I N F Y O K G L O V E S U M C R D I P N L  
 S R X I L B W S P H U F N T R K A E B J Q Y  
 C F P A D E C E M B E R O Z H B N G T A S N  
 A H T O G R Q H F T L I W V D A E K S N P A  
 R E K L W H A P U N O T S B G J C F O U I M  
 F C V B E K J O D X N Q H G L Y S W R A T W  
 M A S G U N E M B K G Z O P W I B Q F R L O  
 U L O K F T N H S W J B E C S A Z P V Y G N  
 E P D T I C G A E R O M S F L B K Z H C A S  
 Q E J H B I D U L T H N Y L G N I T A K S M  
 A R W O E P N B Z F N C S X J O H M U R V G  
 B I C L R M H G Q P S E K A L F W O N S D U  
 Y F S N V T E K C A J H D Q Z I P L X M B R

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime



**CANDIAN PACIFIC HOLIDAY TRAIN**

Holiday Train shows are free. Bring a cash or non-perishable food donation, if able.

**Monday, December 9th**  
 Tomah: 5:30 PM | 205 North Superior Avenue  
 Sparta: 6:50 PM | South Water & Milwaukee Streets  
 La Crosse: 8:30 PM | 601 Saint Andrew Street

**Tuesday, December 10th**  
 La Crescent: 2:15 PM | 215 South Chestnut Street  
 Winona: 3:45 PM | Amtrak Station, 65 East Mark Street

**Saturday, December 7**  
2p-6p La Crosse Center

**FROTHBITE**  
BEER & BITES FESTIVAL  
LA CROSSE WISCONSIN

Frothbite 2024 Beer and Bites Festival will feature winter beers and bites from over 50 vendors! Sample different beers, seltzers, sausage, cheese curds, cookies, cupcakes, and more!

**Jingle Bell Run and Rudolph's Dash for Kids**  
December 14 at 8am  
RW Houser YMCA Onalaska

<https://www.laxymca.org/jingle-bell-run/>

**December 7th— Holmen**

# JINGLEFEST

Downtown Holmen

**STREET ACTIVITIES AND CRAFT/ARTISAN FAIR: 10AM-4PM**  
**KIDS ACTIVITIES AND STORYTIME WITH SANTA AT LIBRARY: 10AM-4PM**  
**HOLIDAY PARADE: 5PM**  
**ROTARY TREE LIGHTING: AT END OF PARADE**  
**FOOD TRUCKS/WARM DRINKS**