

La Crosse Senior Life

February 2025

Photo compliment of Phil Addis



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

PRST STD
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Help Us Plan National Senior Health & Fitness Day!

Mark your calendar for **Wednesday, May 28, 2025**: National Senior Health & Fitness Day! This nationwide event celebrates healthy aging and is designed to inspire us to stay active, informed, and engaged. From fitness activities to educational workshops, it is a day filled with opportunities to prioritize your health while having fun and connecting with others.

We need your help to plan an event you will want to attend! Share your input through a quick survey included below. Let us know what activities or topics interest you most, as well as your preferred location and time of day for the event. Your feedback will help shape an exciting and meaningful celebration this May!

1. What activities or topics interest you most for National Senior Health & Fitness Day? (check all that apply)

- Fitness classes (e.g., yoga, Tai Chi)
- Outdoor activities (e.g., walking, hiking)
- Health screenings (e.g., blood pressure, fall-risk)
- Nutrition and cooking demonstrations
- Workshops on healthy aging and wellness
- Social activities (e.g., games, dancing)
- Other: _____

2. What time of day would you prefer the event to be held?

- Morning (9:00 AM-12:00 PM)
- Afternoon (1:00 PM-4:00 PM)
- Evening (5:00 PM-8:00 PM)

3. Where would you like the event to be held?

- Community center
- Park or outdoor space
- Local gym or fitness facility
- Other: _____

4. Do you have specific suggestions/ideas for the event?

How to Submit Your Survey

Thank you!

You can mail your completed survey to the ADRC of La Crosse County, Attn: Carissa Pagel-Smith, 300 4th St N, La Crosse, WI 54601. Alternatively, you can drop it off in person Monday through Friday between 8:00 AM and 4:30 PM at the same address. Prefer to fill it out online? Simply visit <https://www.surveymonkey.com/r/BXKM6JF> to complete the survey. Your feedback is invaluable and will help us create a National Senior Health & Fitness Day event you will not want to miss!



Celebrate Transit Equity Days: February 2-8, 2025

What is Transit Equity Days?

Transit Equity Days is a nationwide event held annually to honor the birthday of Rosa Parks and highlight the critical role public transportation plays in creating equitable, sustainable, and connected communities.

This event celebrates the progress made in ensuring everyone—regardless of age, ability, or income—has access to reliable and affordable public transit. At its core, Transit Equity Days are about recognizing transportation as a basic right that connects people to jobs, healthcare, education, and more.

Why It Matters

Public transit systems are vital for individuals, families, and the environment. They provide affordable and accessible options for those who don't drive, reduce traffic congestion, improve air quality, and support local economies. Rosa Parks' courageous stand for equality reminds us that transit equity isn't just about buses and trains—it's about justice, inclusion, and ensuring access for all.

How You Can Get Involved

- **Learn and Advocate:** Attend local events to better understand the challenges and opportunities in public transportation and how you can support equitable policies.
 - ▶ Browse an educational display at the La Crosse Public Library, **Sunday, February 2 through Saturday, February 8, 2025**
 - ▶ View the film: *The Rebellious Life of Mrs. Rosa Parks* at the La Crosse Public Library on **Monday, February 3, 2025** at 5:15 PM
- **Share Your Story:** If you have benefited from public transit or see ways it could improve, share your experiences with local leaders or participate in community discussions.
 - ▶ Share your public transit story with the La Crosse Area Transit Advocates by visiting <https://tinyurl.com/LaXTEDStory>
 - ▶ Ride the MTU with candidates for Mayor and City Council from the Transit Center on **Tuesday, February 4, 2025** at 10:42 AM (1 hour ride), 12:30 PM (1/2 hour ride), or 3:00 PM (1 hour ride)
- **Use Public Transit:** Take the bus, share a ride, or encourage others to explore local transit options. By participating, you help demonstrate its value to the community.
 - ▶ Ride with a Guide on the C2 Circulator from the Transit Center (stops at the library) on **Monday, February 3, 2025** at 4:42 PM
 - ▶ Ride the MTU for **FREE** on **Tuesday, February 4, 2025** (all day)



TRANSPORTATION OPTIONS

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs?

Shared Ride/DriftLink Transit Service provides door to door transportation to all citizens in Onalaska, Holmen and West Salem from 6:30am-6:30pm, 7 days a week. This option does not service fire numbers unless within city limits. Shared Ride does not enter into La Crosse. Prices range from \$3.25-\$4.50. To schedule a ride call 784-0000.

New Rates and Regulation 2025

La Crosse County ADRC (Abby Vans)

For La Crosse County residents age 60yr+ or disabled adults. Monday-Saturday from 7am-6pm
Sundays from 7am-2pm. Closed on holidays.
Door to door service is available with a 24 hour notice or a 48 hour notice in rural areas. Wheelchair accessible.
Each rider is allowed 60 one way rides per year.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$4.50 each direction.
Zone 1B- Onalaska North, Holmen and French Island \$5.00 each direction.
Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard. \$5.50 each direction.

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

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

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

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

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

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

Please make checks payable and send to:

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



LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)
* With an ID card issued by MTU or a Medicare Card

.75 cents is the cash fare, and \$25 is the cost of a monthly bus pass.

Call **789-7350** for more information or questions.

Main Office hours of La Crosse MTU at 2000 Marco Dr will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens. Bus Passes and Tokens are available for sale at: Transit Center, 314 Jay St, La Crosse Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm



MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

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

Funny Phrases My Folks Would Say

If you don't stop, imma send ya over yonder.
Not my monkeys, not my circus.
Slower than molasses running uphill in January.
Let's blow this popsicle stand.
Slow down, you move too fast. You have to make the morning last.
Aint worth a plug nickel.
Were you out gallivanting all night?
How do you like them apples?
Paying rent is like feeding corn to a dead horse.
If "ifs" and "buts" were candy and nuts, we'd all have a Merry Christmas.
Cuter than a bugs ear.
Slicker than snot on a door knob.



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 and Disability Resource Center
300 4th Street N. La Crosse, WI 54601

Name _____

Address _____

City _____

State _____ Zip _____

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



Kinship4Caregivers Program

Kinship4Caregivers is about offering unique opportunities that welcome current and former caregivers for a variety of gatherings throughout the year. Program seeks to offer fun activities that foster new connections for all caregivers and incorporates wellbeing.

Tuesday, Feb 11 at 10:30am

The Nature Place, Myrick Park

Spiritual Wellness Coach, Julia Johnson will present

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



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
Feb 10- La Crosse Heritage Museum
Register with Amber at 608-385-4819

SPARK!

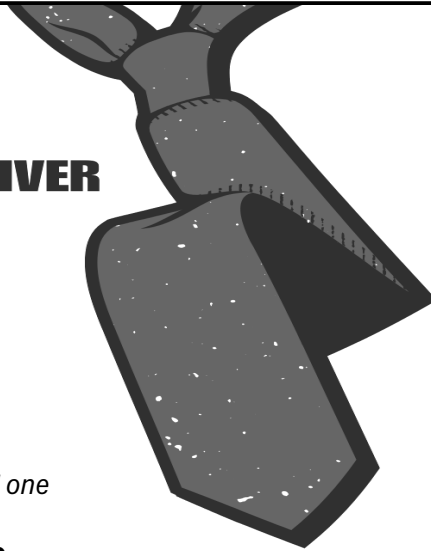
Third Monday Monthly, 10:30am-12pm
Feb 17- Hearts & Harmony
Clearwater Farm, Onalaska
Register with Anna at 507-319-9156, info@clearwaterfarm.org

MEN'S DEMENTIA CAREGIVER SUPPORT GROUP

1st Monday of the Month
9:30am-10:30am
First Lutheran Church
410 Main St. Onalaska

Facilitated by former caregivers.
Open to men caregiving for a loved one with dementia.

Call the ADRC at 608-785-5700.



Embrace

12:30pm-2pm

Feb 12: Music with Joe Cody

Feb 26: Music with Ukelele Group

Black River Beach Neighborhood Center

To register call 608-789-8640

Embrace is a non-traditional support group that offers fun, engaging and creative activities for persons living with dementia. Support and education for caregivers offered in a separate room session. This program includes social and recreational activities, including music. Caregivers welcome to attend independently. Loved ones with dementia must have a caregiver present in caregiver group.

Finding Meaning and Hope - Virtual Discussion Series for Family Caregivers

Mondays, 2pm-3:30pm

Jan. 27-March 31 (10 sessions)

Facilitated by Eau Claire County ADRC Dementia Specialist.

To register: call 715-839-4735 or www.adrcevents.org

Learn how to regain hope and build resilience when dealing with the challenges of caring for someone living with dementia or other cognitive impairment. In this discussion series, you will learn skills that can help navigate your caregiving journey with healing and hope. Features videos and discussions based on the book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief*.

For more information please call the Eau Claire County ADRC at 715-839-4735

Coulee Region Giving Hearts Choir

Fridays, 10am rehearsals

North Presbyterian Church La Crosse

Creative support and engaging opportunity for your journey. This is for people living with dementia and caregivers, friends or supports (present or past).

No singing experience required.

Call Ruth at 608-792-8608 for more information!



Brain and Body Fitness

Mondays & Wednesdays
2:45pm-3:30pm (\$)

Star Center 1011 La Crosse St. La Crosse

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

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

Dementia Caregiver Support Group Listing

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

Wisconsin Alzheimer's & Other Dementias Advocacy Day

Tuesday, March 4 / 9am-4pm / Madison

Join Dementia Friendly Community Coalition, professionals, and caregivers in Madison. Hear from the key state policy-makers, take away tools, and empower your advocacy efforts. Meet with your state lawmakers to ensure that Alzheimer's and other dementia remain a legislative priority in Wisconsin for 2025 and beyond! A group will carpool to Madison. If interested, please contact Becky at 608-792-3805.

Troubleshooting Your Drug Coverage After the Fall Medicare Open Enrollment Period

By the GWAAR Legal Services Team (for reprint)

Experiencing challenges with your Medicare drug coverage after the Medicare Fall Open Enrollment Period? Here's what you need to know to address common issues and ensure you get the medications you need.

Check Your Plan Details

Start by reviewing your plan documents thoroughly. Confirm that your preferred pharmacy is in-network and your current medications are on the formulary. Look out for restrictions like prior authorization or step therapy requirements. Understand your costs, including premiums, deductibles, copayments, coinsurance, and out-of-pocket maximums. Remember, medication prices shown in the Medicare Planfinder are estimates and may change throughout the year.

Common Issues and Solutions

1. No Coverage at the Pharmacy in January

If a medication you've been taking is no longer covered, you may qualify for a **transition refill**. This one-time, 30-day supply allows temporary access to medications not on your plan's formulary or subject to restrictions. Transition refills apply only to drugs you were already using before switching plans or before coverage changes took effect.

Plans must notify you within three business days of using a transition refill, explaining its temporary nature. Use this time to work with your doctor to either:

- Switch to a medication on the formulary.
- Request coverage for the existing medication by addressing restrictions.

2. No Coverage at the Pharmacy in February

If a medication you received through a January transition refill is still not covered, follow these steps:

- **Check the Formulary:** Determine if the drug is excluded or restricted.
- **Switch Medications:** Work with your doctor to find a similar drug covered by the plan.
- **Request a Formulary Exception:** If no alternative is suitable, your doctor can explain to the plan why the medication is medically necessary.
- **Address Restrictions:** For prior authorization or step therapy requirements:
 - ⇒ **Prior Authorization:** Have your doctor submit the necessary documentation.
 - ⇒ **Step Therapy:** Try a less expensive medication first. If it's ineffective, your doctor can explain this to the plan to secure approval for your preferred medication.

3. High Coinsurance or Copayments

If your medication costs more than expected:

- **Understand Pricing Changes:** Coinsurance (a percentage of a drug's retail price) can increase if the medication's price rises during the year. Copayments (a fixed amount per fill) remain stable.
- **Evaluate Drug Tiers:** Medications on higher tiers cost more. Work with your pharmacist and doctor to determine if a less expensive alternative exists. If needed, request a **tiering exception** to treat your medication as if it were on a lower tier. Your doctor must provide documentation explaining why alternatives are unsuitable.

Switching Plans

If your plan still doesn't meet your needs after trying these solutions, consider switching:

Medicare Advantage Plans

During the **Medicare Advantage Open Enrollment Period** (January 1–March 31), you can:

- Switch Advantage plans.
- Drop your Advantage plan to return to Original Medicare, allowing enrollment in a standalone Part D plan through a Special Enrollment Period (SEP).

Standalone Part D Plans

Switching outside open enrollment requires an SEP. Alternatively, you may qualify for **creditable drug coverage**—plans that offer equivalent or better benefits than Medicare drug coverage. For example, **Wisconsin SeniorCare** provides affordable prescription coverage for eligible individuals.

Get Assistance

For personalized support, contact your local Aging and Disability Resource Center (ADRC). La Crosse County ADRC is available at **608-785-5700** to help you navigate drug coverage issues and find the best solutions.

By understanding your plan and knowing your rights, you can effectively manage your Medicare drug coverage and access the medications you need.

La Crosse 2025 AARP Foundation Tax-Aide Services

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

Step 1: Determine If You Are Eligible.

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

Step 2: Schedule an Appointment.

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

Step 3: Pick Up an Intake Packet.

- Intake Packets will be available at any La Crosse Public Library and the Holmen Community Center
- Email laxtaxquestions@gmail.com to receive a link to an Intake Packet
- This packet includes two questionnaires
- 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.

- Two completed questionnaires from the Intake Packet
- Social Security Cards or Social Security form SSA-1099 for all taxpayers and dependents
- Government issued Photo ID for all taxpayers
- Proof of bank account numbers if you want a direct deposit
- All income statements including SSI, Social Security Form SSA-1099, 1099 R, W-2, Interest and Dividend Statements, Brokerage Statements, etc.
- All expense statements such as student loan interest, childcare expenses, college tuition form 1098T, property tax statements, child/dependent care expenses, etc.
- 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

- Form 1095-A if your Health Insurance is from www.healthcare.gov
- 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.

High Heating Bills?

Wisconsin Home Energy Assistance Program

provides assistance for:

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

La Crosse County residents can call **608-785-5582** for help or <https://energybenefit.wi.gov>

Please Note:

I wanted to inform you that as of January 31st, 2025, I will have a new phone number **608-790-5192**. I have had the same phone number for over 20 years, and I am now transitioning to a dedicated work cell phone to better serve clients through phone and text messaging. If you need my assistance in the future, please call either our main number **608-785-5700** or my new cell phone number **608-790-5192**.

Tina Johnson, Elder Benefit Specialist for the La Crosse County Aging and Disability Resource Center

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 at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; no class Feb. 23 & 27. Register.

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

Zumba with Lynne: Mondays & Wednesdays, 5:30pm-6:30pm; no class Feb. 3 & 17. Register.

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

Art Club: Thursdays, 12pm-3pm; no class Feb. 27. Register. \$2/class

Knitting Group: Thursdays, 1pm-3pm; no class Feb. 27. \$1/week.

Healing Through Sound: Sunday, Feb. 2, 10am-11:30am. Register.

Medicare 101: February 12, 10am-11am. Register by Friday prior. Free

Embrace (formerly ConnectSmart): February 12 & 26, 12:30pm-2pm. To register call 608.789.8640.

Rebuilding American Civics Session 1: Wednesday, Feb. 12 & 26, 12pm-1:30pm. Register for all sessions by Feb. 5. Free

Before the After: Friday, Feb. 21, 10am-12pm. Register 1 day prior.

International Folk Dance: Wednesday, Feb. 5 & Saturday, Feb. 15, 7pm-9:30pm. Register. \$2/session.

Special Needs Planning – Special Needs Trusts & ABLE: Thurs. Feb. 13, 6:30pm-8pm. Register by 1 day prior. Free

Parkinson's Disease Support Group: Monday, Feb. 3, 5pm-6:30pm. (CALL STAR CENTER TO REGISTER: 608.797.6295.)

South Side Neighborhood Center1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am; no class Feb.23 & 27. Register.

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

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

Coping Skills: Friday, Feb. 7 & 21, 10am-11:30am. Register by 1 day prior. Free

Healing Through Sound: Sunday, Feb. 16, 10am-11:30am. Register.

Wise Wednesdays: Wednesday, Feb. 5 & 19, 10:30am-12pm. Register.

Bingo: Wednesday, Feb. 5 & 19, 12:30pm-1:30pm. Register by 1 day prior. Free

Coping with Grief & Loss: FEBRUARY CLASS CANCELED.

Healing Through Sound: Sunday, Feb. 16, 10am-11:30am. Register

Music Café: Thursdays, February 13, 20, & 27 1pm-2pm. Ages 50+.

Ukulele Lessons-Beginner 1 & 2: Tuesdays, February 11, 18, & 25. Three sessions w/various times. Register by Feb. 7.

Parkinson's Disease Social Night: Wednesday, February 19, 5:30pm-7pm. (CALL STAR CENTER TO REGISTER: 608.797.6295)

Shuffle Together (cards): Fridays, Feb. 14 & 28, 2pm-3:30pm. Register.

Connect2Nature Preserving What We Value in Life: Tuesday, Feb. 25, 10am-11am. Register by 1 day prior. Free

Travel Tales – Hmong Studies & Thailand: Tuesday, Feb. 4, 10am-11am. Register by 1 day prior. Free

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.holmenc.org

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

*Registration required for some programs.

Indoor Walking: Monday-Friday, 7am-10am and 11am-1pm

Pickleball Open Play: Tuesdays & Thursdays, 11am-1pm

Mindful Yoga: Tuesdays at 8:45am

StrongBodies Virtual Strength Training: Mondays, Wednesdays and Fridays at 9am

Chair Yoga: Fridays at 9:15am *new time

Cardio & Strength Fitness: Tuesdays and Thursdays at 10am

Moving with Moments Fitness: Thursdays at 1pm *new time

Gentle Yoga for Beginners: February 14th, 28 at 8am *new time

Beginner Line Dancing Classes: Wednesdays at 1pm

Bingo: Wednesdays & Fridays at 12:30pm

Fun & Games: Thursdays from 1pm-4 pm (Learn new card and board games!)

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

Mah Jongg Club: Mondays at 1pm

Good Morning Holmen! Friday, February 21st, 9am-10am

Community Crafts with Pam & Jackie: Tuesday, February 4th, 1pm-3pm

Diamond Art: Wednesdays at 9am

Crafternoon Social – Knit & Crochet: Thursday February 6th and 20th at 1pm

Intro to Watercolors (6-weeks): Thursdays: January 23 - February 27, 1:30pm-3pm (Cost for class; registration required)

Fun with Watercolor: Mondays at 9am-10:30am (Social, fun and open to all levels of artists)

Music with Greg Grokowsky: Tuesday, February 11th at 11am

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

Hearing Aid Instrument Checks: 3rd Tuesday each month, 9:30am-11:30am (call for an appointment)

Holmen Area Historical Society: Monday February 3rd at 6pm (They Rode the War Eagle)

AA Meetings: Thursdays from 6pm-7pm

Muscles in Motion: Tuesdays, 9am-10am (Toddler Craft Time Feb 11th at 10am; Toddler Story Time- Feb 25th at 10am)

Navigating Together – Support for Caregivers: Thursday, February 20th at 1pm

Financial Fitness Kickoff: Monday Feb 4 at 8:30am, Feb 11, 18, 25 at 12:30pm; Tuesday, Feb 12 at 10:30am

Veteran's Services Community Office Hours: Thursday, Feb 6th, 12:30pm- 4pm

FREE Wellness Checks – Winona State Nursing Students: Thursdays, January 30 – March 27 8:30am-2pm

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

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Monday:	9:30am	Chair Yoga/Tai Chi Class
	12pm-7pm	Coulee Region Woodcarvers
	12:30pm	Duplicate Bridge register 797-3587
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. Free for 55+ yr olds

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

Foot & Nail Clinic– Call the center for an appointment.

ONALASKA OMNI/PARK & REC EVENTS

255 Riders Club Rd.

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

Mah Jongg: Wednesday's, 1pm - 4pm

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

Dominoes: Mondays at 10:30am

Puzzle Club: Feb 3, 10 & 24 at 2pm, no registration

Euchre with Kraig: Feb 12, 10:30am, no registration

Intro to Yoga: Feb 19 at 10am. Free, but register 608-781-9560

Writing Life Stories-Feb 3-Mar 10 on Mondays at 10am

Free, but register at 608-781-956

Watercolor Painting: Feb 5 & 26, 10am.

Free, but register at 608-781-9560

Rebuilding American Civics: Starting Feb 12th, Wednesdays at 12pm. Call to register and for locations 608-789-8640

Discussions with Dan: Feb 21, 12:15pm.

Discuss current events in the community.

Omni Center Events

2/8: **Cards & Sport Show**, 9am-3pm

2/15: **Beyond the Veil**, 10am-5pm

3/5– **Bingo** returns on Wednesdays at 6pm

3/8: **Street Market Indoor Garage Sale**, 8am-2pm

**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. Make sure you have food that can be opened by hand, without an electric can opener and be ready to eat without heating in case of closures.
BE PREPARED!



Rethinking Aging: Myths vs Realities

by wihealthyaging.org

Some people believe that normal aging means losing physical strength and beauty, losing memory, falling, having issues with incontinence, becoming lonely, and/or losing independence. This perception of aging not only harms us as individuals, but can also affect how older people are treated at work, in healthcare, and in everyday life, giving them fewer chances and support. Here are some facts to clear up some of the most common myths about aging:

Myth: Aging always leads to bad health

Over the last 80 years, our society has changed dramatically. The labor force has changed such that jobs requiring social or analytic skills are more in demand than those requiring physical or manual skills. This change in the workforce has led to more desk jobs and less physical activity throughout the workday (and we know physical activity is important to prevent chronic conditions. In addition, food has changed dramatically. Since the 1970s, portion sizes have increased dramatically. With people generally being less active and eating more, are higher rates of chronic disease today because of aging? Or are they due to the changes we've seen over time?

Fact: Staying active and eating well can help us all to stay healthy and prevent chronic diseases. Learn more about healthy aging programs available near you on the WIHA Website.

Myth: Memory fades with age

At 35 years old, when you walk into a room to grab something and then forget what you were going to grab it's attributed to everything else you have going on at the moment. At 70, it's "old age". Some memory slips are normal at any age – especially during times of higher stress and competing priorities. At the same time, some memory changes are attributed to changes in the brain over time; or age-related memory changes. These changes may include taking longer to learn something new, taking longer to recall something from memory long ago, or not remembering things as well as you once did. However, it is not normal when memory problems make it hard to do things such as drive, use the phone, or find your way home.

Fact: Some memory changes are normal, but serious memory loss isn't a normal part of aging. Talk to your doctor if you are experiencing changes in your memory. Check out our Age Well Series recording: Let's Be Optimistic About Brain Health for more information.

Myth: People get weak and brittle as they age

When we were young, we were likely running around on a playground, doing monkey bars, helping with household or farm chores, playing sports, and overall, being active kids. As we age, different priorities come along – long work days, taking care of kids or grandkids, and different hobbies we enjoy more such as quilting or book club. Physical activity is what keeps us strong. So when we stop being as active, there can be some negative side effects.

Fact: Regular physical activity helps us stay strong and healthy. It is never too late to start and increasing your physical activity at any age can help prevent or reduce your risk for different chronic conditions, falls, improve your mood, and more.

Myth: Falling is a normal part of aging

There are many causes of falls. Loss of balance and strength is a big contributor (see above myth!), along with unsafe footwear, medication interactions or side effects, problems with eyesight or hearing, and different things in your surroundings (such as throw rugs, pets, or loose cords).

Fact: Although falls are somewhat common among older adults (one in four older adults experience a fall every year), they are not a normal part of aging! There are many things you can do to reduce your risk and take steps to prevent falls! Learn more at Falls Free Wisconsin or by taking a Stepping On class.

Myth: Bladder leakage is a normal part of aging

Many women complain about bladder leakage, particularly after giving birth. It's a common complaint among women who have kids and can be embarrassing to talk about.

Fact: Although incontinence (both bladder and bowel) is common, it's not a normal part of aging! There are different things you can do to strengthen your pelvic floor and alter your hydration and fiber intake to improve or prevent incontinence. Learn more from our Mind Over Matter: Healthy Bowels, Healthy Bladder class!

Myth: Aging means losing our independence

When we think of the word "independence", we usually think of being able to do what we want, for as long as we want. Whether that's traveling, taking care of our grandkids, writing a book, knitting a blanket, building cabinets, or whatever our hobbies might be; having the mental and physical ability to do those activities is what's important to us.

Fact: Aging itself does not impact our independence – it is often our physical and mental abilities that impact our independence. Those things are most prominently impacted by our physical health (nutrition and exercise). It's important to stay active and engaged to maintain our independence.



- 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

Senior Stock Boxes

is a monthly meal program by The Hunger Task Force of La Crosse. It's set up for seniors 60+ who meet a certain income level. The income limits are \$1,580 for a 1-person household, \$2,137 for a 2-person household, add \$557 for each additional person.

To apply call The Hunger Task Force at 608-793-1002.



3rd Wednesday of the month
FEBRUARY 19th
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

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



ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!

Care & Share Food Pantry

Supports those needing food assistance in West Salem, Bangor, Rockland, Barre Mills and Mindoro.

Saturdays, 10am-12pm

Our Saviors Lutheran Church 359 Leonard St. West Salem
608-786-0030

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Menu subject to change without notice.		if a cow doesn't produce milk, is it a milk dud or an udder failure?		
BBQ Ribette 3 Rosemary basil potatoes Broccoli & cauliflower Ice cream sundae	Meatballs & gravy 4 Mashed potatoes  California blend veggies Bishops cake	Chicken supreme 5 Oven browned potatoes Peas & carrots Black bean brownie	Salisbury steak 6 Mashed potatoes & gravy Squash Banana	Spaghetti & garlic toast 7 Romaine lettuce salad Ambrosia cup Cherry poke cake
Hamburger on a bun 10 Baked beans Romaine salad Oatmeal raisin cookie	Beef stew & crackers 11 Green beans Pumpkin bar Biscuit	Potato crusted cod 12 Baked potato & sr cream Coleslaw Pineapple and oranges	Glazed ham 13 Sweet potato bake Green beans Pineapple cake	Shepard's pie 14 Broccoli  Fresh fruit Chocolate pudding
Chili & crackers 17 Baked potato & sr cream Spinach salad, Cookie Cornbread muffin	Scalloped potatoes and ham 18 Squash Applesauce cake	Meatloaf 19 Dairy potato bake Glazed carrots Fruited jello	Baked 1/4 chicken 20 Garlic mashed potatoes Beets Fruit fluff	Turkey tetrazzini 21 Romaine salad Peaches Peanut butter cookie
Chicken sandwich 24 Hearty vegetable soup Tropical fruit salad 3 bean salad crackers	Stroganoff 25 Broccoli Orange juice Apple crisp w/ raisins	Chicken Divan 26 Butter peas Baked sweet potato Chocolate cake	Lasagna 27 Romaine salad Fresh fruit Garlic breadstick Grape juice	Turkey & gravy 28 Mashed potatoes Squash Melon salad Cranberries

3 Ingredient Yogurt Cake

1 cup plain yogurt (Greek or regular, unsweetened)
3 large eggs
1/3 cup sugar or a natural sweetener like honey or syrup



Preheat your oven to 350°F. Line a round 8-inch cake pan with parchment paper or lightly grease it.

In a large mixing bowl, whisk together the yogurt, eggs, and sugar until smooth and well combined. The batter should be slightly thick and creamy.

Pour the batter into the prepared pan and smooth the top with a spatula. Bake for 25-30 minutes, or until the cake is set and slightly golden on top. A toothpick inserted into the center should come out clean.

Allow the cake to cool completely before removing it from the pan. Dust with powdered sugar or serve with fresh fruit.

For an extra flavor boost, mix in a teaspoon of lemon or orange zest.

Apple French Toast Strata

1/2 (1/2 pound) loaf cinnamon raisin bread, cubed
4 ounce package cream cheese, diced
1/2 cup diced peeled apples
1 1/4 cups half-and-half
4 eggs
3 tablespoons unsalted butter, melted
1/8 cup maple syrup



Coat a 8x8-inch baking dish with cooking spray.

Arrange 1/2 raisin bread in bottom of the prepared dish. Sprinkle cream cheese evenly over top, then top with apples. Add raisins if you like. Top with remaining 1/2 bread.

Beat half-and-half, eggs, butter, and maple syrup together in a large bowl; pour over bread mixture. Cover with plastic wrap; press down so all bread pieces are soaked. Refrigerate at least 2 hours. Preheat the oven to 325 degrees F. Bake in the preheated oven for 45 minutes. Let stand for 10 minutes before serving. Serves 6

Easy Dinner Hash

1 tablespoon vegetable oil
8 ounces bulk Italian sausage
1 potato, peeled and diced
1/4 onion, chopped
1 cup frozen mixed vegetables
salt and pepper to taste
1/4 cup shredded Cheddar cheese



Heat oil in a large skillet over medium heat. Cook and stir sausage in hot oil until crumbly and just slightly pink, about 5 minutes. Add potato and onion; cook, stirring occasionally, until potatoes are tender and lightly browned, 10 to 15 minutes. Stir in frozen vegetables and cook until heated through. Season with salt and pepper. Sprinkle with Cheddar cheese to serve. Serves 2

Valentine Strawberry Cookies

1 box strawberry cake mix, dry
1/2 c canola oil
2 eggs
Preheat oven to 350 degrees. Mix all ingredients in a large bowl and drop by tablespoons onto ungreased cookie sheet. Bake 8-9 minutes. Cool. (could use any flavor cake mix too)



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

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

Transportation is available to our meal sites.

Call the ADRC 608-785-5700, to arrange a ride.



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



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

Qigong: Feb 1, 10am-11am
Friends Monday Book Sale: Mondays, 9am-12pm, lower level
Chair Fitness: Feb 3, 10, 17 & 24 at 9am. Feb 4, 11, 18 & 25 at 9:30am
Monday Morning at Main: Mondays at 10am. New speakers and variety of topics. **Feb 3**– Grumpy Old Men Band, **Feb 10**– Clearwater Farm Story, **Feb 17**– Protecting Paradise in the Driftless, **Feb 24**– Finding Your Third Space
Movies with a Mission: Feb 3 at 5:15pm. The Rebellious Life of Rosa Parks. Registration required call 608-789-7122
Western Region for Economic Assistance (WREA): Wednesdays, 11am-1pm. Apply for Foodshare, healthcare and other benefits
Knit & Needle: Feb 5, 5pm-6:30pm
Chapters: Feb 12, 1pm. *Cleopatra and Frankenstein* and Feb 8 at 10am. Register by calling 608-789-7130
Chair Yoga: Feb 13, 20 & 27 at 10am
Singing Bowl Sound Meditation: Feb 13 at 5:15pm
How Many Slaves Work for You? Ethical Consumption & Labor Trafficking: Feb 17 at 5:30pm
Lets Talk About Artificial Intelligence (A.I.): Feb 19 at 11am
How to Create Habitat for Native Bees: Feb 20 at 5:30pm
Repair Café: Feb 22, 10:30am-12:30pm. Bring in broken items or clothing needing mending and volunteers will repair for free. Limit 3
Page to Screen: It Ends with Us: Feb 23, 1:30pm-4pm. Discussion
Menopause Party: Feb 27, 5:15pm-6:45pm. Register 608-789-7100

Our winter reading program, “Hot Reads for Cold Nights,” runs from January 21 through March 1. Read or listen to three books to win a prize. Pick up a reading record from any of our locations to participate.

Bangor “Game Day” on February 13 at 1:30pm.
Bangor movie on February 20 at 2:30pm and 6pm.
Holmen “Charcuterie Make + Take” on February 5 at 6pm. Registration required.
Holmen movie on February 10 and February 24 at 2:15pm and 6pm.
Onalaska “Some Enchanted Evening: A Night of Broadway” on February 12 at 6pm.
Onalaska Senior Moments on Wednesdays at 10am beginning February 12: Brutus the Mini Pig
 February 19: Time to Ship Another Steer | Bill Mueller
 February 26: Works of Art | Mike Martino, sculptor
Onalaska Book Club meets the third Thursday of the month at 1:15pm.
West Salem “Women Who Dared” with Historic First Impressions on February 10 at 10am.
West Salem “Cheesecake & Canvas” on February 13 at 6:30pm. Registration required.
West Salem movies on February 13 and February 27 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/ 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

Feb 1: Nature Saturday, 9:30am-11:30am. Free

Feb 5: EnviroWednesday, 7pm-8:30pm. 14+

Feb 19: Free Birding Program, 7pm. Free 14+

NARVRE

National Association of Retired and Veteran Railroad Employees
 Unit 047; Meeting **Feb 11**, 10am at the Onalaska American Legion. Guest speaker: Consumer Protection Agency.
 More information call Jeanne 608-526-3304

Blood Drives for February



2/6– Altra Credit Union Onalaska, 8am-1pm
 2/6– Church of Latter Day Saints Onalaska, 1pm-6pm
 2/6– La Crosse County Human Services, 9:30am-2:30pm
 2/7– La Crosse County Human Services, 8am-1pm
 2/7– Logan High School, 9am-2pm
 2/8– YMCA Onalaska, 10am-3pm
 2/11– Onalaska High School, 9am-2pm
 2/11– YMCA La Crosse, 9am-1:30pm
 2/12– Bangor High School, 12pm-5:30pm
 2/19 & 2/20– UW-L Student Union, 11am-5pm
 2/20– Hokah Fire Dept, 12pm-6pm
 2/20– St Patrick’s Church Onalaska, 1pm-6pm
 2/21– Valley View Mall, 11am-4pm
 2/21– First Free Church Onalaska, 12pm-5pm
 2/24– St Paul’s Lutheran Church Onalaska, 11am-4pm
 2/25– Onalaska American Legion, 9am-1pm

La Crosse Blood Donation Center– call for appt.

1-800-RED-CROSS

Versiti Blood Center– call for appt.

(877) 232-4376

Life in the 1950’s America, By the Numbers



The 1950’s in America was a dynamic and transformative year characterized by significant cultural shifts and economic growth.

With Elvis on the radio and *The Ed Sullivan Show*

captivating audiences on television, millions were flocking to suburban neighborhoods. The nation was young, with 31% of its 151 million residents under the age of 18, heralding the rise of the “baby boomers.” Here’s a closer look at family life in 1950’s.

Around 4 million babies were born every year. The post World War II year saw an unprecedented spike in birth rates known as the “baby boom,” lasting from 1946 to 1964. During the 1950’s, approximately 4 million babies were born each year, a significant increase from the pre-war average.

Only 29% of women participated in the workforce. Aligned with the nuclear family ideal, most household in the 1950’s featured a married couple, typically with only one spouse working, generally the husband. Among married women, just 21.6% participated in the workforce. By 1960, the number of working women increased significantly, from 16.5 million to nearly 22.5 million– a 35% rise.

Mortgage rates averaged around 2.5%. The 1950’s housing market thrived as Americans left urban life for suburban communities. Mortgage rates hovered between 2.1% to 2.6%.

Over 4 million families had TVs at home. Television transformed American entertainment during the 1950’s. By 1950, about 9% of households owned a TV. This number skyrocketed by 90% by the end of the decade, fundamentally altering family life. Popular shows like *Leave It to Beaver* and *Father Knows Best* epitomized the ideal American family, influencing cultural norms.

A movie theater ticket cost less than 50 cents. Movie theaters thrived in the 1950s, offering affordable entertainment. A theater ticket cost just 46 cents, cheaper than a dozen eggs, which were 60 cents. Disney’s *Cinderella* was the top grossing film of 1950.

More than 30 million household owned a car. The shift to suburban living meant that personal vehicles became essential. By 1954, 64% of US. Households owned at least one car. The Cadillac DeVille and Oldsmobile 88 Fiesta were popular family cars, priced around \$3,523, respectively equivalent to about \$37,000 today.

More than half of all households had children. Families were generally larger during this decade, with 58% of households having three to five members, 21% containing more than six. The average family size peaked in the late 1950s and early 1960s, but by 2022, it had declined to about 3.13 individuals. As we reflect on these numbers, we gain insight into a time of optimism, growth, and significant change– an era that continues to shape the American landscape today.



International Owl Center Wisconsin Neighbor Weekend

February 15-16, 10am - 4pm

Residents of La Crosse, Trempealeau and Vernon County are invited to visit the Owl Center for FREE. Come see the live owls and check out the hands-on displays with live programs at 11am and 2pm each day.

Please bring an ID for proof of residency.

126 E Cedar St. Houston, MN 507-896-6957

Cold Weather Pet Safety Tips

WI Dept of Agriculture, Trade & Consumer Protection

Provide Adequate Food & Water- Outdoor pets need extra, high quality food to produce body heat. They also need fresh, tepid water.

Create Proper Shelter- Outdoor animals need a dry shelter that is large enough to comfortably stand, sit, turn and lie down. Line the bottom with dry nonabsorbent material.

Clean Up Antifreeze- Leaked or spilled antifreeze is a deadly lure to animals with its sweet taste.

Use Caution When Walking- Rub petroleum jelly on your pet's paws before heading out for a walk. It protects them from salt.

Provide Spaces for Sleeping- Indoor animals need a warm place to sleep, off of the floor and away from drafts. This is especially true for old or ill animals.

Use Caution with Cars- Cats crawl under cars and into engine compartments seeking shelter and warmth.

Bang on the hood before starting your car on cold days to startle animals.

Women's Health Education on Wheels

Each of us has the power to impact our well-being. The Women's Health Education on Wheels (WHEoW) and Round Table offer different topics and times to talk about what is important to you.

February 26, 12pm-1pm

La Crosse VA Clinic - 4000 State Hwy 16 La Crosse

For more information, or to request an appointment, please contact the Women Veterans Program Manager: 608-372-3971 or 1-800-872-8662, Ext. 66375.

Healthy Living with Chronic Pain

6 week workshop for those living with ongoing pain.

VIRTUALLY, February 12 – March 19

Wednesday's from 9am-11:30am

\$30, includes textbook

Call Emplify Health to register at 608-775-6870



Whooping Cough Cases in the US are the Highest They've Been in a Decade

(CNN) — Whooping cough has been surging in the United States for months and the latest data from the US Centers for Disease Control and Prevention suggests there are no signs of slowing. There have been more than 32,000 cases reported so far this year, according to preliminary data from mid-December — about six times more than there were at this time last year and more than there have been since 2014.

Whooping cough, also known as pertussis, is a very contagious respiratory illness. For many, the bacterial infection starts with symptoms similar to the common cold — a runny nose, sneezing, a low-grade fever and a tickly cough — but a painful, full-body cough can develop after a week or two. These coughing fits can be so severe that they cause patients to vomit or break ribs, and they're often accompanied by a whooping sound as the person tries to catch their breath. This coughing can last for weeks or months, and people can spread the infectious bacteria for weeks after the cough develops. However, infections can be mild enough for some that they spread the illness without even knowing they have it.

Like many respiratory illnesses, whooping cough cases dropped to low levels during the pandemic as people limited social interactions and took other precautions to defend against Covid-19. There are peaks in reported cases of whooping cough every few years, according to the CDC, and the latest trends suggest that the US is returning to pre-pandemic trends.

But reported cases have been climbing sharply for months and they've more than doubled since mid-September, CDC data shows. About a quarter of all cases have been reported in the Midwest region including Illinois, Indiana, Michigan, Ohio and Wisconsin. Pennsylvania has more reported cases than any other state.

While whooping cough can be serious for all ages, children younger than 1 are particularly sensitive because their immune systems are still developing. This is especially true for infants and young children who haven't had all their recommended vaccines.

Vaccination is the best way to protect against whooping cough, the CDC says; the agency recommends that children get the DTaP vaccine and adolescents and adults get the Tdap vaccine.

Antibiotics can treat the infection, but only if it's caught within the first few weeks, before the arrival of the exhausting, painful cough. Then, the only treatment is comfort care with plenty of rest and fluids while the infection runs its course.

As the US is in the winter season, broader respiratory illness activity is relatively moderate. Surveillance data suggests that Covid-19 levels are starting to increase from low levels and flu levels are continuing to rise, too.



Stepping On

Building Confidence and Reducing Falls

Wednesdays, March 5 - April 16, from 1:30pm to 3:30pm

Gundersen La Crosse Clinic

1836 South Ave., La Crosse, WI

Please meet in the 5th Floor Clinic Conference Room

Mondays, April 7 - May 19, from 2pm to 4pm

Gundersen Onalaska Clinic

3111 Gundersen Drive, Onalaska, WI

Please meet in the Lower Level Education Center

The Stepping On program is a 7-week program designed for people over 60 years, who are living at home and have experienced a fall or are concerned about falling. It is an evidence-based program that is proven to significantly reduce falls in older people living in the community by incorporating strategies to include positive lifestyle changes to keep them confident, independent and active. For more information and to register for the series, please call **(608) 775-3054**.

Outdoor Recreation Alliance Candlelit Walks

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



February 12, 2025 - Lower Hixon Park

March 13, 2025 - Gateway Trails, Grandad Bluff Park

Each location chosen utilizes a path that is considered "easy to moderate" to navigate by foot, stroller or wheelchair.

Candles will light the route but may consider wearing a headlamp or flashlight.

Snacks and beverages will be on site, including fire pits.

Visit: www.oratrails.org



Diabetes Prevention Program

Starting in February 2025

Free for Quartz and Medicare Members!

Available at the Onalaska and La Crosse YMCA

Tuesdays & Wednesday in Onalaska

Thursdays & Saturdays in La Crosse

Contact Bri Spicer at (608) 519-5496 or bspicer@laxymca.org for more information. the



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

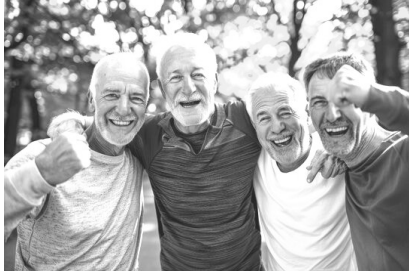
Onalaska American Legion 731 Sand Lake Rd.

Zoom option available.

Contact Jeannie Nylander Phone: 608-781-3361

Email: mjnylander61@charter.net

What is a Men's Shed?



Men's Shed is an international phenomenon with thousands of clubs worldwide. We answer men's innate need for activity. Men's Shed is a club, mainly for older guys. We have tools, and materials for pursuing our interests and passions, for learning something new and sharing skills. We join to make stuff and tinker. We share a pot of coffee in a friendly atmosphere. In the end, we make friends and enjoy life.

The key to our popularity is best expressed in our motto: Men don't talk face to face, we talk SHOULDER TO SHOULDER.

Men's Shed is a welcoming place where men share their interests with others and try new activities.... or just sit in and share the conversation.

Men's Shed is a great solution as families search for a positive place that fosters growth and fellowship for their retired parent, uncle or neighbor.

Men's Shed is a place where men can make positive lifestyle choices and outcomes while serving their community on a variety of projects.

Activities:

Men's Shed provides a variety of interesting and healthy activities in a safe and accepting environment that the members choose for themselves. These activities can include building things for themselves and others, doing community service projects or other volunteer opportunities.

Men's Shed activities are as unique as the members.

Men's Shed is inclusive as a venue to provide education for men and their families.

The next meeting:

February 25, 2025 1:30 PM to 2:30 PM

Tomah Senior Center
1002 Superior Avenue
Tomah, WI 54660

This Men's Shed is a collaborative effort between ADRC of La Crosse County, ADRC of Monroe County, Veteran's Administration Caregiver Support Program, and the Tomah Senior Center.

**Extended Hearts Caregiver Support Group
3rd Thursdays Monthly at 1:30pm
Olivet Lutheran Church
2100 Bainbridge St La Crosse**

This group is designed for in-home caregivers to support each other and enjoy some time away from the ones you care for and love. Contact the Olivet Church at 608-783-1484.

Listening Together: A Monthly Grief Support Group (in-person)

2nd Monday/month 5:30 pm - 6:30 pm
at Franciscan Spirituality Center
920 Market St. La Crosse

Registration is not required. Attend any or all free sessions, as your schedule permits.

This group provides a safe place for those who are experiencing grief and the loss of a loved one to share their stories. You'll have an opportunity to process your unique experience while receiving the comfort and compassion of others who understand.

608-791-5295/ www.fscenter.org

Local Caregiver Grant "Caregiver Wishes"

For caregivers of a loved one living with Alzheimer's or other forms of dementia. EndAlz Fest Caregiver Wish Grants worth \$1,000.

More info. and To Apply: <https://endalzfest.com/>

CAREGIVER EDUCATION SERIES

Monthly education series for family caregivers to offer support and resource connections.

Offered the first Tuesday each month from 1 - 2:30 pm.

To register call the ADRC at 608-785-5700.

Topics include:

- ✔ **Caregiving 101**
March 4th 1 - 2:30 pm
- ✔ **Benefits 101**
May 6th 1- 2:30 pm
- ✔ **RCAW - Grants & Caregiver Registry**
July 1st 1 - 2:30 pm
- ✔ **Home Safety**
September 2nd
1 - 2:30 pm

- ✔ **Emergency Planning**
April 1st 1 - 2:30 pm
- ✔ **Hiring Caregivers for Your Home**
June 3rd 1 - 2:30 pm
- ✔ **Advocating for Care Recipient and Yourself**
August 5th 1 - 2:30 pm
- ✔ **Financial Matters**
October 7th 1- 2:30 pm



HOLMEN AREA
COMMUNITY CENTER
608-399-1870
HOLMENCC.ORG



**La Crosse Parks & Rec
Senior Excursions**

For ages 50+

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

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

- March 14: Everly Brothers at the Legacy Theatre
- March 19: Mustard Museum – Middleton
- April 11: The Highway Men at the Legacy Theatre
- April 13: Looney Lutherans at the Sheldon Theatre
- April 23: Mouse Trap at the Guthrie Theatre
- May 7: Looney Lutherans & Leinenkugels tour in Chippewa Falls
- May 20: St. Francis Hermitage – Gays Mills & Marquette Boat
- June 11: Back Roads of SE Minnesota & Niagara Cave
- June 20: The Last Potluck Supper at the Fireside

Pump House Regional Arts Center

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

- 2/11: Paint & Pour, 6pm
- 2/15: Magic of Isaiah, 2pm
- 2/20-2/22: Heart of La Crosse
- 3/15: Celtic Stories & Songs

**WEBER CENTER
FOR THE PERFORMING ARTS**

608-784-9292
www.webercenterarts.org



- Feb 1: Tribute to Chicago
- Feb 21-23: The Marriage of Figaro
- Feb 28: The Music of the Carpenters
- Feb 28-Mar 1: August-Osage County
- Senior Preview: Feb 6: Sext Tips for Straight Women from a Gay Man

La Crosse Symphony Orchestra

- 2/8: Disco Ball at the Waterfront La Crosse
- 3/1: Nordic Heroes

929 Jackson St. La Crosse
608-783-2121

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

Feb 28, Mar 1-9: Much Ado About Nothing

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



**VITERBO
UNIVERSITY
FINE ARTS CENTER**

**Viterbo University
Fine Arts Center**

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

- Jan 3-Feb 2: These Shining Lives
- Feb 13: Dragons and Mythical Beasts Live
- Feb 18: Get the Led Out (Led Zeppelin tribute)
- Mar 15: The Magic of Bill Blagg
- Mar 21: Music of Billy Joel & Elton John

- 2/6-2/9: Boat, Sports, Travel Show
- 2/8: Winter Root Festival
- 3/2: Wedding World
- 3/6: Sesame Street Live
- 3/14: Harlem Globetrotters

**LA-CROSSE
CENTER**

608-789-7400 www.Lacrossecenter.com



Valentine Ball 2025
February 8th

The Waterfront 328 Front St. La Crosse. www.lacrossesympphony.com

MARIE HEIDER CENTER FOR THE ARTS

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

- Feb 7: Tribute to Prince, 7:30pm
- Feb 16: UWL-Madison Marching Band, 2pm
- Feb 27: The Hall Sisters, 7:30pm
- Mar 8: Jared and the Vagabonds, 7:30pm

Mardi Gras Ball

Saturday, February 8, 2025
4:30pm at the Radisson Ballroom.
Visit www.lacrossemaidigras.com
for tickets and more information.



Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

- 1/31: City Lights silent movie, 7pm
- 2/2: "Out to Save the World", 2pm
- 2/28: Hunchback of Notre Dame, silent movie, 7pm
- 3/1: Coulee Classic Barber Shop, 7pm

**THE 5TH ANUAL
BLACK
EXCELLENCE
CELEBRATION**

SATURDAY, FEBRUARY 22, 2025
6:00 PM —10:00 PM
AT THE CAPPELLA PERFORMING
ARTS CENTER
721 KING STREET
LA CROSSE, WI 54601

Laxwakingupwhite@gmail.com



Blast from the past.. In December of 1959, the Mt. La Crosse ski hill opened for business, near Highway 35 in the town of Shelby. Ted Motschman and his wife Sue were able to lease 200 acres of hillside land for the ski slope, but more atop the hill was needed for the project. Five donors helped Ted Motschman purchase the remaining property for \$6,000. More money was donated by the La Crosse Chamber of Commerce and another business group. The Motschmans operated Mt. La Crosse for more than 40 years, until new owners purchased the resort.

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:** Bridge, 12:30pm and Ukulele Jam, 6pm-8pm at Moose Lodge
- Thursdays:** 6pm Bingo @ Holmen American Legion
- Saturdays:** 11am Bingo @ Shimmy's La Crosse
- Sundays:** 2:30pm Bingo @ Drugan's Holmen
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- 1/31:** The Dweebs concert, 7pm at Features Fieldhouse
- 2/3:** Ground Hog dinner, 4pm-7:30pm at the Moose Lodge
- 2/7 & 2/28:** Magic of Isaiah, Le Chateau in La Crosse at 7pm
- 2/8:** Chili Cook-Off, 12pm -3pm at the Holmen American Legion
- 2/8:** Super Bowl Bingo, Colgan Air Hangar #4, 3pm. Open to public
- 2/9:** Makers Market, 10am-3pm at Pettibone Resort
- 2/14:** Disco Ball, 7:30pm Features Fieldhouse, West Salem
- 2/14:** Valentine's Day Bash, 7pm at Onalaska American Legion
- 2/15:** Collin Raye concert, 7pm. Westby Performing Arts Center
- 2/15:** French Farmhouse Market, 8am at Coon Valley Dairy Supply
- 2/16:** Cajun Fest 2pm at Leo & Leona's Bangor
- 2/21 & 2/22:** La Crosse Gun Show at All Star Lanes, La Crosse
- 2/28 & 3/1:** Figure Skating Show at Green Island Ice Arena
- 3/1:** Polar Plunge at the Black River Beach starting at 8:30am

**Let's Go Fishing
2025 Derbies**

Jan 25- Atomic Derby, Mississippi River Clubhouse at Island Outdoors, French Island

Feb 1- Brice Prairie Conservation Club Derby. Tent at lot above Schafers Bait Shop. Fishing sunrise until 3pm. Prizes

2025 Youth Figure Skating End of Season Show



Feb 28 at 7pm and Mar 1 at 1pm
Green Island Ice Arena La Crosse
Seniors \$2



Valentine Word Scramble

The following mixed-up words have something to do with Valentine's Day. Unscramble the letters to identify them all.

1. Evlo _____
2. Scelocatho _____
3. Swelfor _____
4. Essor _____
5. Eatd Thing _____
6. Theastrewe _____
7. Dynac _____
8. Reggiten Dracs _____
9. Figt _____
10. Meancro _____
11. Tinas Linnevate _____
12. Scarvenitooon _____
13. Nightcalled _____
14. Skiess _____
15. Ninred Tou _____
16. Stinnteeem _____
17. Sugh _____
18. Tonicaffe _____
19. Ducip _____
20. Shippanes _____

ANSWERS BELOW

1. love 2. chocolates 3. flowers 4. roses 5. date night 6. sweetheart
7. candy 8. greeting cards 9. gift 10. romance 11. saint valentine
12. conversation 13. candlelight 14. kisses 15. dinner out
16. sentiment 17. hugs 18. affection 19. cupid 20. happiness

Sweetheart Dance

Feb 7, 6pm-8pm
Onalaska YMCA

Whether you're a parent, grandparent, or child, this event is about spreading love and creating lasting memories. All children under the age of 18 must have an adult present with them.

Sunday, February 9th at 5:30pm
Caesars Dome, New Orleans
Televised on FOX



SUPER BOWL

Saturday, February 1st
Doors Open @ 5:30pm
Holmen American Legion
FREE Admission
Music | Games | Food | Fun
Live music by Double Take!
More info: <http://www.labaonline.com/cabin-fever/>

