

# January 2025



## La Crosse Senior Life

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

PRST STD  
U.S. Postage PAID  
Platteville, WI 53818  
Permit No. 124

### Winter Wellness Tips for a Healthy Start to 2025

Winter can be a challenging time to stay active and healthy, with colder weather often leading to lower energy levels and a greater risk of feeling isolated; however, it is also an opportunity to embrace new habits that support your well-being. Prioritizing your physical and mental health by staying active, connecting with loved ones, and engaging in enjoyable activities can make a big difference in how you feel, reminding us that every small step counts toward feeling our best.

**Here are a few tips to guide you:**

**Keep Moving:** Physical activity is key to staying strong and mobile. Even light exercises like stretching, yoga, or dancing to your favorite song can boost your energy. Do not forget to dress warmly and enjoy a brisk walk outdoors for fresh air and sunshine when weather permits!

**Stay Hydrated:** Drinking enough water helps maintain energy and keeps your body functioning well, even in winter's cold and dry air. Warm beverages like herbal tea or broth are also great options.

**Dress Smart:** Wearing layers helps you stay warm and comfortable as temperatures fluctuate. Start with moisture-wicking fabrics close to your skin and add insulating layers to stay warm and cozy. Do not forget hats, gloves, and scarves when heading outdoors.

**Brighten Your Days:** With fewer daylight hours, it is normal to feel a little down. Boost your mood by sitting near a sunny window, using a light therapy lamp, or engaging in a hobby you enjoy.

**Eat for Energy:** Warm, nutritious meals like soups and stews are a great way to stay energized. Add winter produce like squash, sweet potatoes, and citrus fruits (which also boost your immunity, see below) to your menu.

**Boost Your Immunity:** Support your immune system by getting enough sleep, managing stress, and eating a balanced diet rich in vitamins C and D. Foods like citrus fruits, leafy greens, nuts, and fortified cereals can help keep your defenses strong. Do not forget to wash your hands too!

**Make Winter Wellness Fun!**

Staying healthy does not have to feel like a chore—it can be fun! Stay active and well this winter with a game of **Wellness Bingo!** It is a great way to try new things and challenge yourself to make the most of the season. How many squares can you complete by the end of January? *Good luck!*



Your Bridge to Support

**New Year, New Tagline!**

The tagline “Your Bridge to Support” was adopted to convey the ADRC’s mission in a simple and related way. The phrase symbolizes the ADRC’s role as a vital connection between individuals and the resources, services, and guidance they need to maintain independence, well-being, and quality of life.

The word “bridge” suggests overcoming gaps, such as navigating complex systems, addressing barriers to access, or transitioning through life stages, while “support” underscores the ADRC’s commitment to providing personalized assistance and reliable information. This tagline captures the ADRC’s purpose of empowering individuals to make informed decisions and access the help they need, all in a concise and approachable way.

Take a 10-minute walk	Drink 6 cups of water 	Try a new healthy recipe	Stretch for 5 minutes	Call a friend for a chat
Do chair exercises	Sit by a sunny window	Meditate for 5 minutes	Wear cozy layers	Eat a fruit or veggie 
Dance to a song you love	Write in a journal	<b>FREE</b>	Play a board or card game	Enjoy a cup of tea
Do light yoga 	Watch a comedy show	Spend 10 minutes outside	Organize a drawer	Read for 20 minutes
Try deep breathing	Laugh with a loved one	Make a gratitude list	Do 10 leg lifts	Listen to music 

**Winter Wellness BINGO**

To play, cross off each activity you try/complete throughout the month. Obtain at least one BINGO then return your card to our office (300 4th St N, La Crosse, WI 54601) by February 14, 2025 to be entered into a prize drawing. Please include name and phone number for notification purposes.

**Winning BINGO**


Complete any horizontal, vertical, or diagonal row for a BINGO!



**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 Regulations Starting January 1, 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)



**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](http://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. You pay only **\$5.00 (cash) one way** no matter how far you ride.

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

**Make a New Years Resolution**



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 and West Salem.
- ◆ 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)**

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

**Please make checks payable and send to:**

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

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To 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](http://www.lacrossecounty.org/adrc) and click on the yellow "Donate" button toward the bottom of the page. Either way, thank you for your support!

**HAPPY NEW YEAR!**

**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.

**Are You Kidding? Love Myself?**

Facilitated by Julia Johnson  
Feb 11, 10:30am-12pm

The Nature Place, Myrick Park

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

**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 608-385-4819.



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

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

**SPARK! On the Go!**

January 13th

Second Monday Monthly, 1pm-2:30pm

Color Speaks Louder than Words!

Pump House Regional Arts Center, La Crosse

Must pre-register. Call Amber at 608-385-4819

\*Please Note- No Spark program at Clearwater Farm in January.

**MEN'S DEMENTIA CAREGIVER SUPPORT GROUP**

1st Monday of the Month  
(no Holidays)

9:30-10:30am

First Lutheran Church - Onalaska  
(410 Main St.)

Facilitated by former caregivers.

Open to men caregiving for a loved one with dementia.

Call the ADRC at 608-785-5700.



**Embrace**

Jan 8- Music by Joe Cody

Jan 22- Winter activities and warm memories

12:30pm-2pm

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 the 2nd Wednesday of each month. Caregivers welcome to attend independently, however, loved ones with dementia must have caregiver present in caregiver group, Embrace is not respite.



**Navigating Together**

Dementia Caregiver Support

3rd Thursday of the month, 1pm-2pm

Holmen Area Community Center

Questions: Call the ADRC at 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: kflock@lacrossecounty.org</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 scott.seeger@adrc-cw.org</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 608-519-3790</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 & 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>**

**Medicare Costs for 2025**

*By the GWAAR Legal Services Team*

The Centers for Medicare & Medicaid Services (CMS) recently released the 2025 premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2025 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

Medicare Part A Costs

Most Medicare beneficiaries do not have a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. This usually means they worked for at least 10 years. People who do not qualify for premium-free Part A may be able to buy it by paying a monthly premium. In 2025, the premium will either be \$285 or \$518 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes. Part A covers inpatient hospitalizations, skilled nursing facility care, hospice, inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period. Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100. In 2025, these costs will be as follows:

- Inpatient hospital deductible: \$1,676
- Daily hospital coinsurance for 61st-90th day: \$419
- Daily hospital coinsurance for lifetime reserve days: \$838
- Skilled nursing facility daily coinsurance for 21st-100th day: \$209.50

Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A. In 2025, beneficiaries enrolled in Part B will pay a monthly premium of \$185. In addition, they will pay an annual deductible of \$257.

Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2025, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$110.40.

Income-Related Monthly Adjustment Amounts for Part B, Part B-ID, and Part D

Beneficiaries who are on Medicare and who have higher incomes may have to pay a higher monthly premium amount for their Part B, Part B-ID, and prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA). Fewer than 5 percent of people with Medicare will pay an IRMAA, so most people are not affected.

Whether a beneficiary must pay an IRMAA depends on the beneficiary's tax filing status and yearly income from two years ago. That means that in 2025, an IRMAA will be based on the beneficiary's 2023 tax return.

**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 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, 2025

- 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 8:30a.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 Beginning Mid to Late January, 2025

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

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

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

**Medicaid Programs No Longer Counting Potential Cash Benefits as Income** *By the GWAAR Legal Services Team*

Effective January 1, 2025, Medicaid and BadgerCare Plus applicants and members will no longer be required to apply for other benefits as a condition of eligibility. Previously, federal Medicaid regulations required Medicaid applicants and members to "take all necessary steps to obtain any annuities, pensions, retirement, and disability benefits to which they are entitled." This included cash benefits, like VA pension benefits, Social Security benefits, Railroad Retirement benefits, and unemployment compensation. If individuals did not apply for these benefits, the amount of money they could be receiving from these benefits would still be counted as available income when determining Medicaid financial eligibility. As explained in DMS Operations Memo 24-29, these federal regulations have been updated, and there will no longer be a requirement to apply for other cash benefits as a condition of eligibility for Medicaid programs.

Please note that there has been no change to the federal regulations that prohibit the use of federal Medicaid funds from covering any medical services that would have been covered by Medicare had the individual been en-rolled in Medicare at the time of the services. That means that individuals who are eligible for both Medicare and Medicaid should still enroll in Medicare Parts A and B as well as Medicare drug coverage through a Part D plan or Advantage plan. Because Medicaid is the payor of last resort, failure to enroll in Medicare when eligible may mean that Medicaid will refuse to pay for care that would have otherwise been covered by Medicare.



## 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;  
**Moving with Moments:** Thursdays, 11am-12pm; Register. Free  
**Zumba with Lynne:** Mondays & Wednesdays, 5:30pm-6:30pm; Register.  
**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:** Saturday, Jan. 18, 7pm-9:30pm; Register; \$2/session.  
**Parkinson's Disease Support Group:** Monday, Jan. 6, 5pm-6:30pm; Free  
**Embrace (Formally Connect Smart):** Wednesdays, Jan. 8 & 22, 12:30pm-2pm; Free.  
**Card Creations:** Wednesday, Jan. 29; Register; \$10/\$15  
**Healing Through Sound:** Sunday, January 5; Register; \$10/\$15



## 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, Register.  
**Expressive Drawing:** Tuesdays, 1pm-3pm; Register; \$83/\$55  
**Coping Skills:** Friday, Jan. 3 & 17, 10am-11:30am; Register by 1 day prior; Free  
**Healing Through Sound:** Sunday, Jan. 19, 10am-11:30am; Register; \$10/\$15  
**Wise Wednesdays:** Wednesday, Jan. 15, 10:30am-12pm. Register 1 day prior; Free  
**Bingo:** Wednesday, Jan. 15, 12:30pm-1:30pm. Register by 1 day prior; Free  
**Connect2Nature-Variety of Topics:** Tuesday, Jan. 21, 10am-11am. Register 1 day prior; Free  
**Travel Tales-Variety of Travel Topics:** Tuesday, Jan. 7, 10am-11am. Register 1 day prior; Free  
**Awareness and Misperceptions of Hospice Care:** Wednesday, Jan. 15, 10am-11am. Register by 1 day prior; Free  
**Coping with Grief & Loss:** Wednesday, Jan. 8, 10am-11:30am; Free  
**Before the After:** Friday, Jan. 17, 10am-12pm. Register 1 day prior; 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 \$4.50



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:** Tuesdays at 8:45am \*note new day  
**StrongBodies Virtual Strength Training:** Mon, Wed and Fri at 9am  
**Chair Yoga:** Mondays at 9:15am  
**Cardio & Strength Fitness:** Tuesdays and Thursdays at 10am  
**Moving with Moments Fitness:** Thursdays at 1pm \*note new time  
**Gentle Yoga for Beginners:** Friday, January 3, 17 & 31 at 8am  
**Beginner Line Dancing Classes:** Wednesdays at 1pm  
**Bingo:** Wednesdays & Fridays at 12:30pm  
**Fun & Games:** Thursdays, 1pm-4pm. Learn new games!  
**Euchre Tournament:** 1st & 3rd Tuesdays at 6pm  
**Mah Jongg Club:** Mondays at 1pm  
**Good Morning Holmen!** Friday, January 17 at 9am-10am  
**Community Crafts with Pam & Jackie:** January 7, 1pm-3pm  
**Diamond Art:** Wednesdays at 9am  
**Crafternoon Social - Knit & Crochet:** Thursdays January 2, 16 & 30 at 1pm  
**Intro to Watercolors:** Thursdays: January 23 - February 27 1:30pm - 3pm (Cost for class; registration required)  
**Fun with Watercolor:** Mondays at 9am-10:30am, for all levels  
**Music with Greg Grokowsky:** Tuesday, January 14 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 at 9:30am - 11:30am (call for an appointment)  
**Holmen Area Historical Society:** Monday, January 6 at 6pm (Annual Meeting and Member Thank-You) Door prizes, pizza & trivia party.  
**AA Meetings:** Thursday, January 2, 9, 16, 23 & 30 from 6pm-7pm  
**Eat Well. Be Well.** Wednesday January 8 & 15 at 6:30pm (Cost for class & registration required)  
**Muscles in Motion:** Tuesdays 9am-10am (No Craft Time in January; Toddler Story Time: Tuesday, Jan 28 at 10am)  
**American Red Cross Blood Drive:** Friday, January 24, 10am-3pm  
**Navigating Together - Support for Caregivers:** Third Thursday (January 16) at 1pm \*new program  
**FREE Wellness Checks - Winona State Nursing Students:** Thursdays January 30 - March 27 8:30am-2pm

**Holiday Closure: January 1st closed**

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

# 2025

## HARRY J OLSON CENTER

1607 North St. La Crosse  
 608-781-2122

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

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  
 1/15- **Euchre with Kraig**, 10:30am  
 1/29- **Adult Pottery Painting**, 2pm. \$25  
 1/22- **Free Watercolor Class**, 10:30am  
 1/18: **Coulee Beer Show**, 8am-2pm

*We have an amazing group of Volunteers!*

The Aging and Disability Resource Center would like to acknowledge all our volunteers who gave their time throughout 2024.

You may not hear the thank yous that the ADRC receives from our Seniors. They are very appreciative to the those who deliver their hot meals, prepare the meals, serve them at our meal sites or help out at one of our community events. Your dedication as volunteers is an inspiration to others, and the world is better today than it was yesterday, thanks to the efforts of each of you.

*Thank you on behalf of our seniors for a great 2024 !*





### 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!**



**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

### 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](mailto:mjnylander61@charter.net)



3rd Wednesday of the month

**January 15th**

**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](http://www.rubyspantry.org)

January 14  
 5pm-6pm  
 Onalaska  
 Methodist Church  
 212 4th Ave N.



ONALASKA, WISCONSIN

**COMMUNITY DINNER**

In-person dining & Drive-thru available!

### 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.

### New Years Resolutions for Seniors

By Stellarliving.com

While your life might look different now than it did when you were younger, it's never too late to set goals and improve yourself. These new year's resolutions for seniors will prove that you don't ever have to settle for things the way they are. You still have the power to improve your life, your future, and yourself, no matter what stage of life you're in.

#### 1. Eat more nutritious foods.

Your health matters now more than ever. Adding more nutrient-dense foods to your diet can help you feel better and have better energy.

#### 2. Move joyfully.

Find a method of movement or exercise you truly enjoy, and incorporate it into your daily habits. Physical activity is especially important for older people as it supports heart health, strengthens joints, and reduces the risk of injury from falls.

#### 3. Learn something new.

What have you always wanted to do, but never had the time for? A language, sport, or hobby? Learn it now!

#### 4. Make new friends, or spend more time with old ones.

Feeling lonely and isolated actually has serious health concerns. Loneliness increases the risk of heart attack and stroke as much as smoking! So set a goal either to make new friends, or keep in regular contact with old ones. If you're struggling to meet like-minded people in your same stage of life, you might consider moving to a senior living community.

#### 5. Organize your life.

If you need to create a will, organize your finances, clean out the garage, or coordinate your medical records, now's the time.

#### 6. Sleep better.

Stop settling for low-quality sleep! Find solutions to sleep problems you might have, create a better nighttime routine, or talk to your doctor about insomnia or other concerns you might have about your sleep.

#### 7. Stay creative.

Find creative outlets for your mind this year. Creativity is important for brain function, so prioritize being creative.

#### 8. Preserve your life story.

Your grandchildren and great-grandchildren want to know about your life, all of it, including the parts before they were born. Memorialize your life story in some way for your descendants to read or watch.

#### 9. Learn new technology.

Trying to keep up with technology these days, but failing to do so means you're missing out on ways to connect with the people who matter most to you. Try to learn so you can continue to experience everything good the world has to offer.

#### 10. Be more authentic.

Now is the time to be truly honest with all those around you. Be your most authentic self.

**"New year, new me."** You may hear this phrase often this time of year, as many people set resolutions for self-improvement. However, it can also lead to negative feelings and changes—like the belief that we *have* to change, that we're not good enough exactly as we are, or that we're not healthy enough or happy enough. Perhaps as we begin the new year this year, we try something a little different: radical acceptance.

Radical acceptance is the practice of accepting things exactly as they are without judgement. It allows us to acknowledge our circumstances and feelings without giving them power over us. It frees us from investing energy into things we cannot control, allowing us to use that energy for things we do have control over (namely our own thoughts and actions). To practice radical acceptance, there are four steps: 1) Observe your circumstances 2) Understand the facts of your reality 3) Allow your feelings nonjudgmentally and understand they are just feelings 4) Accept your reality and what you cannot change. Talking to a counselor that practices Dialectical Behavioral Therapy (DBT), a type of psychotherapy that focuses on emotional regulation and relationships, can be helpful if you are having trouble accepting circumstances that are outside of your control. There are also guided prompts and worksheets you can find online with a simple Google search to help you practice on your own.

As we begin the new year, perhaps instead of making a long list of all the things that aren't good enough and need changing, you could make a list of all the things you accept. Or perhaps you pick just one or two things you want to change and *can* change, along with one or two things you want to practice radical acceptance with. Radical Acceptance can positively impact your life if you commit to practicing it.

**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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Menu subject to change without notice.		1 Closed for New Years	2 BBQ Ribbette Steamed baby reds Calico beans Peaches	3 Lasagna Romaine salad Banana Grape juice, Garlic toast
6 Hamburger on a bun Potato wedges Baked beans Fruit salad	7 Pork roast and gravy Mashed potatoes California blend veggies Carrot cake 	8 Chicken craisin salad Pineapple orange salad Blueberry muffin Ice cream	9 Beef stew Romaine salad Pears, Biscuit Chocolate cake	10 1/4 BBQ Chicken Au gratin potatoes Asparagus Apple crisp w/ raisins
13 Pepper steak Dairy potato bake Green beans, Marble bread, Pineapple fluff	14 Goulash w/ beans Country style vegetables Pudding, Rye bread Apple juice	15 Tator tot casserole Broccoli, Garlic toast Fruit salad Black bean brownie	16 Chicken rice casserole Glazed carrots Fruited Jello	17 Meatloaf Baked sweet potato California blend veggies Strawberry shortcake
 20 Closed for Holiday	21 Broccoli cheese soup Chicken sandwich 3 bean salad Fruit salad, Crackers	22 Spaghetti Spinach salad Pears, Oatmeal cookie Garlic breadstick	23 Chicken & gravy Over biscuits Peas & carrots Fruited Jello, Cookie	24 Potato crusted cod Baked potato, sour cream Coleslaw Pumpkin bar, tartar sauce
27 Egg sausage bake Warm applesauce Blueberry muffin Orange juice	28 Pulled pork on a bun Baked sweet potato Mixed vegetables Peach cobbler	29 Taco salad Corn tortilla chips Pears Taco sauce, sour cream	30 Sloppy Joe on a bun Baked beans Broccoli/cauliflower with cheese sauce Tropical fruit salad	31 Beef stroganoff Buttered noodles Baby carrots Spinach salad Applesauce spice cake

### Aunt Hattie's Noodle Hotdish

- 1 (8 oz) package egg noodles
- 1 lb ground beef
- 1 medium onion, sliced
- 1 (14oz) can cream-style corn
- 1 (10oz) can cream of chicken soup



Cook noodles according to the package; drain. Brown the ground beef and onion together; drain. Mix the beef, onion, cream corn and soup together. Add the cooked noodles. Pour all into a greased casserole dish and bake at 350 degrees for 30 minutes.

### Cauliflower Au Gratin

- 1 large head cauliflower, cut into florets
- 2 T olive oil
- 1 tsp salt
- 1 tsp pepper
- 4 T butter, cubed
- 3 T flour
- 2 c milk
- 1 c shredded Swiss cheese
- 1/2 c parmesan cheese grated
- 1/2 tsp onion powder
- 1/2 tsp ground mustard
- 1/2 tsp Worcestershire sauce



Preheat oven to 375 deg. Place cauliflower on baking sheet. Drizzle with oil; sprinkle with salt and pepper. Toss to coat. Bake 8 minutes. Stir; bake until lightly browned, 7-8 minutes longer. In a large saucepan, melt butter over medium heat. Stir in flour until smooth; gradually whisk in milk. Bring to a simmer, stirring constantly; cook until thickened, 2-3 minutes. Remove from heat then add the cheeses, onion powder, mustard and Worcestershire. Pour 3/4 c of cheese sauce into a greased 2qt baking dish. Top with cauliflower and remaining cheese sauce. Bake uncovered until bubbly and light browned, 30-35 minutes.

### Easy Taco Casserole

- 1 lb ground beef
- 1 oz pkg taco seasoning
- 2 oz bag corn chips
- 1 1/2 cups shredded lettuce
- 1 onion chopped
- 4 roma tomatoes chopped
- 10.5 oz can cheddar cheese soup
- 1 1/2 cup milk
- 8 oz shredded mozzarella cheese



Brown beef; drain. Add taco seasoning and mix well. Crush corn chips and place on bottom of an 8x8 casserole pan. Layer beef over chips and top with lettuce, onion and tomatoes. In a bowl combine soup and milk. Pour over other ingredients in the pan, then sprinkle with shredded cheese. Bake 350 degrees until cheese melts, approximately 30 minutes.

**Fun Food Facts:** Pistachios are actually duping us. These little crunchy, green snacks have been fooling us for years. Pistachios aren't nuts at all, but rather a "drupe" - a family that also includes cherries, peaches and olives. Pistachios are a rich source of protein, fiber, vitamins and minerals.



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.

What is the Mexican dish that snowmen like? **Burrr-ito**  
 What do the elves eat for lunch in the North Pole?  
**Cold cuts and chilly**



### 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)

The Library will be taking an intentional programming pause in January to build a new team and revamp our offerings in 2025.



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 January 1 and January 20.**

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 January 9 at 1:30pm.
- Bangor** movie on January 16 at 2:30pm and 6pm.
- Holmen** "Dry January: Mocktails" workshop on January 9 at 6pm. Registration required.
- Holmen** movie on January 27 at 2:15pm and 6pm.
- Holmen** "Hot Chocolate Bar" on January 31; drop in from 2pm-5pm for a free hot chocolate, while supplies last.
- Onalaska** Book Club meets the third Thursday of the month at 1:15pm.
- Onalaska** Library "Winter Birding" on January 29 at 10am.
- West Salem** "Jigsaw Puzzle Battle" on January 11 at 10am. Registration required.
- West Salem** movies on January 9 and 23 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.

**Foot & Nail Clinic**

2nd & 4th Wednesdays / month  
 Appointments from 9am-11am.  
 Harry J Olson Center 1607 North St.  
 Please call HJO at 608-781-2122.  
 This service is provided by licensed podiatric professionals.  
 This clinic is for 55+ Seniors!  
 Donations accepted.



**Coulee Region Giving Hearts Choir**

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

**Myrick Park Center/ The Nature Place**

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

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

Mon-Wed 10am-6pm; Thur-Fri 8am-4pm; Sat 9am-12pm

1/4- **Nature Saturday**, 9:30am

1/15- **Free Bird Program**, 7pm

**NARVRE**

National Association of Retired and Veteran Railroad Employees Unit 047; Meeting January 14th at 10am at the Onalaska American Legion. Guest speaker: Ruth Kinstler from RSVP. More info: Jeanne 608-526-3304

**Blood Drives for January**



- 1/2: Olivet Church La Crosse, 12pm-5pm
- 1/6: Rivoli Theatre, 10am-3pm
- 1/6: First Lutheran Church Onalaska, 12:30pm-5:30pm
- 1/7: Journey Lutheran Church Onalaska, 12:30pm-5:30pm
- 1/8: Moose Lodge, 10am-3pm
- 1/9: Chaseburg Village Hall, 11am-4pm
- 1/9: Hogan Admin Center-gym, 9am-2pm
- 1/14: YMCA Onalaska, 10am-3pm
- 1/17: Valley View Mall, 11am-4pm
- 1/20: Coon Valley Lutheran Church, 1pm-6pm
- 1/21: Luther High School, 10am-2:30pm
- 1/23: Presbyterian Church West Salem, 11:30am-5:30pm
- 1/29: Central High School, 9am-2pm
- 1/30: La Crosse State Office Building, 11am-3pm
- 1/31: Moose Lodge, 11am-3:30pm

**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

Continental Dance: Jan 11, 7pm

Zumba & Dance Classes available too!



**PROJECT HOMELESS CONNECT**

Please join us for our first winter outreach event. If you or someone you know is struggling with maintaining safe, stable housing, please join us!

Thursday  
 January 23rd, 2025

9AM- 12PM

**SAVE THE DATE**

Our Savior's Lutheran Church . . . 612 Division St, La Crosse, WI

**Looking for a Winter Activity?**

**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.

[allen.robe@eagle.uwlax.edu](mailto:allen.robe@eagle.uwlax.edu) or at 608-785-8669



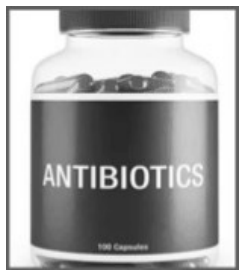
## DHS Encourages Wisconsinites to 'Be Antibiotic Aware' This Respiratory Virus Season

Using antibiotics when they're not necessary can do more harm than good. Respiratory virus season is underway in Wisconsin, and it's common this time of year for people to seek antibiotics when sick. When used correctly, antibiotics can help you feel better and save lives. However, when taken unnecessarily, they can cause harmful side effects and contribute to antibiotic resistance. To recognize and raise awareness of safe antibiotic use, Gov. Tony Evers proclaimed the week of, November 18-24, as Wisconsin Antibiotic Awareness Week, and the Wisconsin Department of Health Services (DHS) is calling attention to the dos and don'ts of taking antibiotics.

"When you are sick, it's tempting to want to try anything to feel better," says State Health Officer and Division of Public Health Administrator Paula Tran. "But it's essential to know that antibiotics do not treat the viral illnesses common this time of year, such as cold, flu, or COVID-19, and taking them can potentially cause side effects."

Antibiotics are only effective for treating certain infections caused by bacteria and when taken correctly, can prevent and treat serious infections and save lives. However, antibiotics don't treat infections caused by viruses (viral infections). Common viral infections and symptoms that aren't helped by using antibiotics include:

- Cold or runny nose
- Flu (influenza)
- Bronchitis
- Most coughs
- Most sore throats
- Some ear infections
- Some sinus infections
- Stomach flu
- COVID-19



According to the most recent report on Wisconsin outpatient antibiotic prescribing, in 2021 nearly 33,000 prescriptions were written for patients with symptoms associated with viral illness (such as cough, bronchitis, and upper respiratory symptoms), so there is room for improvement in antibiotic prescribing practices in Wisconsin.

"The overprescription and overuse of antibiotics can lead to germs becoming resistant to the drugs designed to kill them. That is known as antibiotic resistance," said Dr. Lindsay Taylor, DHS Healthcare-Associated Infections Prevention (HAI) Program Antimicrobial Stewardship Coordinator. "Antibiotic-resistant infections are harder to treat which can lead to longer illnesses, higher medical costs, and more deaths. Using antibiotics safely ensures they remain effective and available for future generations."

DHS supports the efforts of health care providers in eliminating unnecessary antibiotic prescribing through provider education and engaging with workgroups that connect health care providers from around the state. DHS also works in health care facilities around the state to review their organization's antibiotic use and prescribing trends. These efforts aim to reinforce proper antibiotic prescribing practices among health care providers.

Additionally, there are steps Wisconsinites can take to help prevent spreading antibiotic resistance and preserve the life-saving power of antibiotics:

- Use antibiotics only when needed. Antibiotics only work against bacteria, not viruses.
- Take antibiotics exactly as directed. Complete the entire course of the antibiotic, even if symptoms disappear.
- Do not take someone else's antibiotics. The antibiotic may not work and may interfere with the correct treatment.
- Do not ask for an antibiotic when a doctor has determined it is not necessary.
- Ask a doctor about penicillin allergy. Some people report being allergic to penicillin, but common reactions to penicillin are often mistaken for an allergy.
- Dispose of antibiotics correctly. Safely dispose of unused antibiotics in a drug drop box.

Find more information about safe antibiotic use and antibiotic resistance at [www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov)

NEW

## Diabetes Prevention Program

Starting in February 2025

Free for Quartz and Medicare Members!

Available at the Onalaska and La Crosse YMCA

Contact Bri Spicer at (608) 519-5496 or [bspicer@laxymca.org](mailto:bspicer@laxymca.org) for more information.



## MIND OVER MATTER



Jan 9 & 23, Feb 6  
1:15pm at Ona Terrace

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.

## 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



## Food Myths

Like most subject areas, there will always be myths, especially when it comes to food and health. Eating healthy can be a challenge. Arm yourself against misinformation and do your own research and talk to your doctor or dietitian.

**Carbs are bad for you.** Carbohydrates serve as your body's preferred source of energy for daily tasks and provide fuel for the brain. Healthy foods, such as fruits, vegetables, whole grains, legumes and dairy provide carbohydrate. Choose these carbs more often than refined carbs (white breads and pastas, pastries, sweets, and sodas).

**The body needs an occasional "cleanse."** Our body cleanses itself and in fact, it's quite amazing at eliminating unwanted products. That is literally what your kidneys and liver do! Maintaining a healthy diet of fruits, vegetables, lean protein, low-fat dairy, whole grains, and adequate amounts of water will help keep these important organs functioning at their best.

**Fresh produce is better than canned or frozen.** The nutrient content of fresh produce compared to canned or frozen is quite similar. Manufacturers of frozen and canned fruits and vegetables generally use produce immediately after harvesting so there is very little nutrient loss up front. The canning and freezing process may yield some nutrient loss, depending on the type of nutrient, but it's generally not a significant difference. Choose no added salt canned vegetables and fruits canned in their own juices to avoid added sodium and sugars. The main point is to simply eat more fruits and vegetables, no matter fresh, canned or frozen.

**All foods high in fat are unhealthy.** Our body needs fats to support cell growth, help keep our bodies warm and help absorb certain nutrients. However, not all fats are created equal. Unsaturated fats, including monounsaturated and polyunsaturated, can lower bad cholesterol levels and be beneficial for our health. Choose nuts and nut butters, avocado, liquid oils, and fatty fish, and limit saturated and trans-fat foods like butter, heavy cream, fatty meats, and deep-fried foods.

**Honey and maple syrup are better for you than sugar.** Yes, honey and maple syrup do contain disease-fighting antioxidants that sugar does not have. However, they are still added sugars, which can cause dental cavities, raise blood glucose levels, and lead to weight gain. The bottom line is to simply use less added sugars, no matter if it's sugar, honey, or syrup. *Karie Johnson, FoodWise Coordinator*

### Vegetable Soup with Chicken

1 can chicken (about 12 ounces)

3 cups water

3 ears corn (or 1 can low-sodium whole kernel corn)

1 can low-sodium peas (about 15 ounces)

1 pound fresh carrots, peeled and diced (or 1 can low-sodium carrots, about 15 ounces)

2 pounds potatoes, peeled and diced (or 2 cans low-sodium sliced potatoes, about 15 ounces each)

1. In a large pot, heat the chicken and water over medium to high heat until hot.
2. Cut the kernels off the ears of corn.
3. Add the corn kernels and all other ingredients to the pot and boil for 10 seconds.
4. Lower the heat and simmer for about 30 minutes. Serves 6



## Caregiver Postcard Project



Participate in the Caregiver Postcard Project to help YOURSELF



Scan the QR Code for more information!

### Participate in the Caregiver Postcard Project

to help YOURSELF (for once!!) with:

- Using art as a quick tool for your Caregiving Journey
- Identifying moments of joy in one of the hardest jobs we can have
- Sharing an "in the moment" struggle
- Finding gratitude for a resource, experience, conversation, helping hand, etc.
- Contributing to public art to raise awareness about caregiving for family & friends who need extra support. It's simple –

Contact the ADRC of La Crosse County to get a card. It's simple- capture a thought/picture/poem/collage ANONYMOUSLY to help bring your caregiving experience from the "inside" to the "outside." Pop it in the mail, and it will help inform a traveling public art piece, legislators/policymakers, and academic research.

### 4 Skills For Behavior Changes

Written by Trualta

Caregiving for a person with dementia comes with many different challenges. Sometimes it can feel like there is too much to learn. Trualta makes it easier to learn by focusing on a few core skills across different situations. Which skills do you already know about? Which ones do you want to learn more about?

#### Trigger Reduction

Often, difficult behaviors are your care recipient's way of trying to communicate that they have an unmet need, are overstimulated, or are uncomfortable. By identifying what they are trying to communicate to you and also what may be leading to difficult behaviors, you can develop strategies to minimize these difficult moments.

#### Routine Establishment

Routines can give your care recipient a sense of comfort and safety and also help them cope with their day more effectively. When routines are unstable, your care recipient has to use their energy to deal with anxiety related to changes that they are not prepared for. This may result in unwanted behaviors or withdrawal.

#### Environment Set Up

Your care recipient might be triggered by things in their environment. Often, simple changes to their environment can make a big difference.

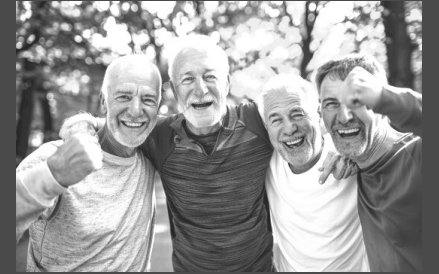
#### Redirecting

Redirecting your care recipient to an engaging activity can help them get into a different state of mind and reduce unwanted behaviors. Many people respond well to:

- » **Repetitive activities** like sorting laundry or organizing items by shape, color, or size.
- » **Relaxing activities** like listening to their favorite music or walking the dog.
- » **Purposeful activities** like completing simple chores.

## Men's Shed

January 28, 2025  
1:30- 3:00 PM



Tomah Senior Center  
1002 Superior Avenue  
Tomah, WI 54660

This month's topic will be MONROE COUNTY LAND CONSERVATION. Bob Micheel will talk about the services and initiatives offered by the Monroe County Conservation Department.

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

Snacks and beverages will be provided!

Sponsored by:



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

### Winter Sensory Activities

Source: CaregiversActivitySource.com

Sensory activities give an older person with dementia an opportunity to stay connected to their world. Try these familiar, and maybe not so familiar, wintertime activities with an older loved one. They are the simple things of life that can bring us pleasure.

- Fill bird feeders for the birds who may winter in your area. If you don't have a bird feeder, make one from an old plate or old cup and saucer glued together.
- Enjoy a cup of hot cocoa with marshmallows or cocoa with crushed up candy canes in it for a chocolate-mint taste.
- Have a bowl of warm cereal in the morning. There are many kinds. Try many additions to it like raisins, granola, fruit, or nuts.
- Find a webcam to keep an eye on. Maybe a place your loved one has been to or animals awaiting to be born. These can be fun to view.
- Wrap up in an old afghan or old quilt. Touch it, smell it, and look at the colors. Reminisce about who made it, how long it must have taken to make, and about the fabrics/yarn used in it. Does it tell a story?
- Be a weather watcher. What's the weather like? Do you have a weather monitor in your home that tells the temperature outside? Do you have a weathervane? A rain gauge? Are there icicles outdoors to look at or snow to measure?
- Take a break with a cup of hot tea (there are many kinds-try out different ones everyday) and cookies.
- Cook and bake with a loved one. All the senses can be stirred up in the kitchen.
- Make a rice pillow and use it when your loved one is chilled. It is great for warming hands, feet, and just sitting it on your lap.
- Ask the grandchildren or neighborhood children to make a snowman in your loved one's yard. (If you live where it snows) Have it facing his window so he can see and enjoy the snowman's face.
- Bring in snow from the outdoors in a bucket or on a tray to feel the coldness. Or you can bring in snowballs and have your loved one help to make a mini snowman in the house. Use whatever items you have to make the eyes, mouth, and arms. (Things like chocolate chips for the eyes, pretzels for the arms, licorice for the mouth, a jumbo size marshmallow for a hat) Keep the snowmen on a cookie sheet to catch the melting water. You'll have to work fast before the snow melts! The grandchildren can help with this as well. You can shape the snow into other things as well like hearts, houses, blocks, and flowers.





**La Crosse Parks & Rec Senior Excursions**

For ages 50+

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

**January 25:** Top of the World Carpenters Tribute – Middleton

**January 23:** Back in the Building - Elvis Tribute - Fireside

**February 14:** Whitney Houston! - Legacy Theatre

**February 28:** West Side Story - Fireside

**March 14:** Everly - Legacy Theatre

**Pump House Regional Arts Center**

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

1/10-1/11: Johnsmith

1/18 & 2/15: Magic of Isaiah

1/19: Film Society



*La Crosse Symphony Orchestra*

1/18: Rising Stars Concerto Competition

929 Jackson St. La Crosse  
608-783-2121

**WEBER CENTER**  
FOR THE PERFORMING ARTS

608-784-9292

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



**Feb 1: Tribute to Chicago**

**Feb 21: The Marriage of Figaro**

**Feb 28: The Music of the Carpenters**

Gale Ettrick Trempealeau Performing Arts Center  
17511 N Main St. Galesville  
(608) 484-4458

*January 11– Acafest, 7pm*

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](http://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](http://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)**

1/3 & 1/4: Clash Wrestling  
1/17 & 1/18: Midwest Players Classic  
1/19: Wedding Expo  
1/25: Great Tri State Rail Show  
1/26: Hairball  
2/8: Winter Root Festival



**608-789-7400**      [www.Lacrossecenter.com](http://www.Lacrossecenter.com)

**MARIE HEIDER CENTER FOR THE ARTS**

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

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

**Feb 7: Tribute to Prince**

**Feb 27: The Hall Sisters**

**Royal Reveal**

Wednesday, January 8, 2025  
Freighthouse Restaurant, 5pm  
Admission \$10 at the door ONLY  
**Mardi Gras Ball**



Saturday, February 8, 2025  
4:30pm at the Radisson Ballroom.  
Visit [www.lacrossemaidigras.com](http://www.lacrossemaidigras.com) for tickets and more information.

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412



**1/5: Music Man** movie, 2pm

**1/6: Partner Euchre & 7's**, 6pm

**1/17: Chad Cagle Music**, 7pm

**1/31: City Lights** silent movie, 7pm

BETHEL LUTHERAN CHURCH

**MOSAIC WORKSHOP**

The Fellowship Hall at Bethel is the perfect place to learn techniques for making fused glass and mosaic art.

Join the Busy Bees and the experienced staff at All Glazed Up as they guide us through the entire process of creating our very own mosaic art.

Create:

- Fused Glass Tile OR
- Night Light

**Cost: \$25**

**14 January 2025**

**1:00 PM - 4:00 PM**

1931 Loomis Street, La Crosse



Call to register 608-781-0129

**Fiber Arts Garage Sale**

**Saturday, January 18, 9 am to 2 pm**  
2920 East Ave. South, La Crosse  
Sponsored by the Coulee Region Retired Senior Volunteer Program (RSVP).  
608-785-0500 [www.rsvplax.org](http://www.rsvplax.org)



Search through hundreds of items donated by fellow crafters and local businesses. Includes yarn, fabric, floss, canvas, books, patterns, notions, stretchers, knitting needles, and much more!

*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. Enjoy music, dancing, and snacks, all in a festive, heartwarming atmosphere. All children under the age of 18 must have an adult present with them.

Ticket sales begin December 16th. Call 608-782-9622



Publisher: Aging and 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



**Blast from the past... A snowstorm in 1959 in downtown La Crosse.**

**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
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- 1/18-1/19:** Trail Days, Chaseburg Village Hall. Fun activities, music and parade
- 1/24:** Snow Ball Dance, 6pm at The Court Above Main 420 Main St La Crosse. Tickets available on Eventbrite.com
- 1/25-1/26:** Home Show at Features Fieldhouse in West Salem with vendors, food, music and games.
- 1/31:** The Dweebs concert, 7pm at Features Fieldhouse

The 4000 Foundation, Limited presents the 33<sup>rd</sup> Annual La Crosse **GREAT TRI-STATE RAIL SALE**

**Saturday, January 25th, 2025**  
**9:00 a.m. - 3:00 p.m.**  
Admission \$8.00 Children Under 12 FREE

**La Crosse Center**



The La Crosse County Aging and Disability Resource Center office and meal sites will be closed January 20th for Martin Luther King Jr Day.

**Happy New Year!**



**Jan 31 & Feb 1**  
**Ski Jump Tournament**

**SNOWFLAKE SKI CLUB**  
WESTBY, WI - 101 YEARS OF FUN  
1923 - 2024

*Martin Luther King Jr.*  
**COMMUNITY CELEBRATION**

**Monday, Jan. 20 at 7pm**

Viterbo University Fine Arts Center Main Theatre  
and live on Facebook at [www.facebook.com/viterboethics](http://www.facebook.com/viterboethics)

**Featuring Rev. Alexander Gee**

Doors open at 6:30 p.m.  
Free and open to the public.

- |                |             |              |
|----------------|-------------|--------------|
| AULD LANG SYNE | FATHER TIME | MUSIC        |
| BABY           | FIRECRACKER | NOISE MAKER  |
| BALL           | FIRST       | PARTY        |
| BALLOONS       | FLUTE       | RESOLUTION   |
| CALENDAR       | GAMES       | SPARKLER     |
| CELEBRATION    | GOWN        | STREAMER     |
| CHAMPAGNE      | HAPPY       | TIMES SQUARE |
| CLOCK          | HAT         | TOAST        |
| CONFETTI       | HOURLASS    | TRADITION    |
| COUNTDOWN      | INVITATION  | TUXEDO       |
| DANCING        | JANUARY     | VOW          |
| DECEMBER       | KISS        | YEAR         |
| EVE            | MIDNIGHT    |              |
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