



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

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La Crosse County Aging Plan Survey Results: A Snapshot

As we (Aging & Disability Resource Center of La Crosse County) shape the future of services for older adults in La Crosse County, it is vital to reflect on the voices of the community. The recent survey we conducted provided invaluable insights. With 1,125 responses, we have a clearer understanding of the needs, preferences, and concerns of our older residents. Here is a summary of the key findings from the survey, aimed at informing our community and guiding the development of our next three-year aging plan.

Survey Overview

- ★ **Methodology:** A 12-question survey was distributed via mail and electronically.
- ★ **Demographics:** 80% of respondents were from urban areas, 96% were 60 years of age or older, 24% identified as caregivers, and 20% identified as having a disability.

Survey Highlights

Best aspects of living in La Crosse County as an older adult:

- ★ **Medical Centers:** Access to quality healthcare is highly valued. The presence of well-regarded care provides reassurance and essential services to residents.
- ★ **Beautiful Scenery:** The natural beauty of La Crosse County, including its parks, rivers, and landscapes, is a significant draw, offering many recreational options.
- ★ **Activities & Programs:** A variety of activities and programs tailored to older adults help keep the community engaged and active, promoting health and well-being.

Least liked aspects of living in La Crosse County as an older adult:

- ★ **Transportation:** Limited and costly transportation options pose a major challenge. Many rely on public transport to access essential services and social events.
- ★ **Infrastructure:** Poor roads and sidewalk conditions are a common concern, impacting mobility and safety, especially during harsh weather conditions.
- ★ **Crime:** Increased crime rates have raised concerns about safety within our community.

Important issues (top three) facing older adults:

- ★ **Healthcare:** Access to comprehensive and affordable healthcare remains a top priority. Ensuring that older adults can receive timely and effective care is crucial.
- ★ **Brain Health/Dementia:** Concerns about cognitive health and dementia highlight the need for specialized support services and programs focused on brain health.
- ★ **Technology:** Many older adults struggle with understanding and using technology, which is increasingly essential for accessing services and staying connected.

Primary health worries (top three) among older adults:

- ★ **Preventing Falls:** Falls are a leading cause of injury, contributing to decreased independence, among older adults, making fall prevention a critical focus area.
- ★ **Brain Health & Arthritis:** Maintaining cognitive function and managing arthritis are significant health concerns, requiring both medical and lifestyle interventions.
- ★ **Exercise:** Staying physical active is vital for overall health, yet access to suitable and affordable exercise programs tailored to older adults remains a challenge.

Residents expressed a need for:

- ★ **Transportation:** Improved and more affordable transportation options, throughout the area, are urgently needed to help older adults stay mobile and independent.
- ★ **Exercise Programs:** There is a strong desire for more accessible and varied exercise programs, including those tailored to the needs of older adults.
- ★ **In-home Care:** Many residents require increased support for in-home care services, including professional caregivers, allowing them to live independently for longer.

(Survey Results Continued)

Top locations for services are:

- ★ **Community/Neighborhood Centers:** These locations are favored for their accessibility and community focus.
- ★ **Urban Accessible Locations:** Proximity to public transport and central amenities makes urban locations highly desirable.
- ★ **Senior Centers:** Dedicated spaces for older adults to gather and participate in activities/events are also important.

Key resources needed by caregivers:

- ★ **In-home Care:** Essential for providing direct support to older adults in their own homes, maintaining their independence.
- ★ **Respite Care:** Offers necessary breaks, helping to prevent caregiver burnout.
- ★ **Transportation:** Critical for ensuring that caregivers and those they care for can access the necessary services/supports.

Next Steps

Using these insights, the ADRC will create goals which will ultimately become part of our next three-year aging plan. Goals will be reviewed by the ADRC of La Crosse County Advisory Committee and Health & Human Services Board and necessary revisions will be made. Public hearings will be conducted for further input (more information in future editions of the *Senior Life*) and the plan will be presented to the same committee and board for approval prior to submission of the finalized plan by November 2024.

Conclusion

These results emphasize the importance of accessible healthcare, improved transportation, and robust support systems for caregivers. As we move forward, the ADRC of La Crosse County remains committed to addressing these needs and enhancing the quality of life for all older adults in our community. Stay tuned for more updates and ways you can get involved in shaping the future of aging services in La Crosse County. Your feedback is crucial as we continue to develop and refine services to meet the evolving needs of older adults.

Thank you for your participation and continued support!



Shore Stops at Riverside Park

July 9-10: Viking Mississippi
July 11: American Serenade, 8am-11pm
July 15: Viking Mississippi, 8am-5pm
July 25: American Serenade, 8am-11pm
August 4: American Melody, 8am-11pm
August 8: American Serenade, 8am-11pm

August 13-14: Viking Mississippi
August 19: Viking Mississippi, 8am-5pm
August 22: American Serenade, 8am-11pm
August 29: Viking Mississippi, 9:30am-5pm

* Dates subject to change

EMERGENCY CONTACT LAW

Starting June 1, 2024, Wisconsin residents will have the option to add one emergency contact to their record. This contact information could be available to law enforcement agencies in the event that you are in a collision or are experiencing a medical emergency. This information may save crucial time if ever it becomes necessary to contact your family members or other loved ones.

As part of every application for a Wisconsin driver license or ID card, the applicant will be asked if they would like to include emergency contact information in their file. Adding the information is voluntary. If you would like to have an emergency contact listed, you will be required to provide the contact's name, residential address, phone number and their relationship to you. This information will not be printed on the driver license or ID card.

If you would like to add an emergency contact to your file visit <https://wisconsin.gov>

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

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.

Beginning Monday, May 13th, 2024 the 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

Foot & Nail Clinic

2nd and 4th Wednesdays of the month
Appointments available from 9am-11am.

Harry J Olson Center 1607 North St. La Crosse
Please call HJO at 608-781-2122

to book an appointment.

This service is provided by licensed podiatric professionals.

You need not be a member of the Center to book an appointment, but it is for 55+ Seniors!



Have Extra Time on Your Hands this Summer?

The Aging & Disability Resource Center is looking for help to deliver meals to our seniors.

- ◆ Days are flexible. Hours vary from 10am-12pm, Mon. thru Fri. (no weekends)
- ◆ Mileage reimbursements monthly.
- ◆ La Crosse, Holmen, Brice Prairie, Onalaska or West Salem routes.
- ◆ Help packaging meals also available at our various meal sites.
- ◆ Great way for students/ families to give back to their community.

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

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

- | | |
|--|---|
| <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 and click on the yellow "Donate" button toward the bottom of the page. Either way, thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____

Address _____

City _____

State _____ Zip _____

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



BRINGING HOPE & LIGHT TO THE DEMENTIA JOURNEY

**Tuesday, August 6th, 2024
at UW Stevens Point**

One-day, state-wide conference has multiple tracks and is intended for: individuals with dementia, mild cognitive impairment (MCI), caregivers, community members, program/group leaders, professionals, and more. Keynote by Dr. Natali Edmonds, board certified Geropsychologist and founder of Dementia Careblazers. Breakout sessions with four options to choose from. Lunch with a panel discussion with people living with MCI.

Registration: <https://tinyurl.com/ydr3mdud>

Connect Smart Group

2nd & 4th Wednesdays, 12:30pm-2pm
July 10 & 24

Black River Beach Neighborhood Center

Offering fun and engaging creative activities for persons living with dementia. Care partner support and education is offered in a separate room during each session.
Call ADRC to Register: 608-785-5700



BrainCheck

Free Brain Checks!

Normal Aging or something else? A brain-checkup is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, can offer a baseline of where you are now and allows for conversation and planning if something is detected. Must schedule a 20 minute appointment by calling the Aging & Disability Resource Center of La Crosse County 608-785-5700.

Not intended for people undergoing diagnosis or care for a cognitive impairment/dementia diagnosis.

- July 8th** - Holmen Area Community Center
- August 12th** - La Crosse Main Library Trustees Room
- September 9th** - Holmen Library Study
- October 14th** - Onalaska Library Study



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**

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.

Registration is not required. Attend any or all sessions as your schedule permits. All sessions are free. This group provides a safe place for those who are experiencing grief and the loss of a loved one to come and share their stories. Grieving comes with a variety of emotions that may arise with the immediate loss of a loved one or can even surface years later. You'll have an opportunity to process your unique experience while receiving the comfort and compassion of others who understand.
For more information call 608-791-5295.



Coulee Region Giving Hearts Choir- Fridays 10am Rehearsals – 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 for more information.

LOCAL DEMENTIA SUPPORT GROUPS

For questions on these support groups please call the ADRC 608-785-5700

GROUP, TIME & LOCATION	DESCRIPTION & CONTACT
All-Stages Caregiver Group 2nd Tuesday monthly: 1:15pm-2:30pm Good Shepard 4141 Mormon Coulee	For caregivers only. Contact Kathy 608-386-8908.
Parkinson's Disease Group 1st Monday monthly, 5pm-6:30pm Black River Beach Neighborhood Center	For care partners and persons living with Parkinson's disease. Register with La Crosse Park & Rec. 608-789-8640.
Frontotemporal Dementia Group	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
Conversations with Kathy 4th Tuesday monthly: 1pm-2:30pm Black River Beach Neighborhood Center	Informal sharing with those who are on a similar journey. For caregivers only. Contact Kathy at 608-386-8908.
Monday Coffee Connect - Virtual Weekly; Every Monday 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link: rkamrowski@lacrossecounty.org
Evening Conversations - Virtual Every Thursday 7:30pm-8:30pm	Led by dementia care specialists from WI. For link: Teresa.gander@vernoncounty.org
Caring for a relative/parent with dementia - Virtual 1st Monday monthly 7pm-8pm	For adults who provide caregiving responsibilities for their aging parents or family/friends of any stages of the disease. For link: scott.seeger@adrc-cw.org
Aging & Down Syndrome - Virtual 3rd Wednesday/month from 5pm-6pm	for people who provide care for aging individuals with Down syndrome. Hosted by DSAW & ALZ Assoc. For link: info@dsaw.org
Lewy Body Dementia- Virtual 2nd & 4th Wednesday/ 1:30pm-3:30pm	For caregivers of people with Lewy Body Dementias. For link: rgriesel@co.dodge.wi.us



SPARK!

CULTURAL PROGRAMMING
for PEOPLE WITH MEMORY LOSS

SPARK! Programs – free cultural programming for people living with early-to-mid memory loss and dementias with their care partners/families/friends! Designed to keep participants actively engaged in their communities by providing experiences that stimulate conversation, provide peer support and inspire creativity!
Register for either SPARK!
Call the Aging and Disability Resource Center 608-785-5700
SPARK! On the Go!
Second Monday Monthly 1pm-2:30pm
Hosted by EndALZ Fest Foundation
July 8 – Poetry with Gary Glazner @ Pump House (119 King St. La Crosse)
* Must pre-register

SPARK! At Clearwater Farm
Third Wednesday Monthly
10:30am-12pm at Clearwater Farm (760 Green Coulee Rd. Onalaska)
Hosted by Clearwater Farm Volunteers
July 17- A Bee-autiful Day!
Fun with Bees
*Must pre-register

In First 100 Days, Commissioner O'Malley Leads a New Era for Social Security

Source: SSA.gov

DISABILITY DETERMINATIONS

Changes to Reduce Administrative Burdens and Improve Access for People with Disabilities

SSA has made historic progress in reducing the number of pending hearings before an Administrative Law Judge. For the first time in decades, SSA has reduced the number of pending hearings to below 300,000. This milestone marks the lowest total number of pending hearings in 30 years.

Under SSA's definition of disability, a person's medical conditions must prevent them from engaging in substantial gainful activity.

In the past, we asked people applying for disability benefits to provide details about their work history going back 15 years.

Our new rule – effective June 8, 2024 – will reduce the past relevant work period from fifteen to five years. SSA published this regulatory policy change on April 18, and we are currently preparing instructions for staff to implement. This rule will reduce burden on claimants and staff while still providing enough information to make accurate decisions.

In 100 days, SSA published three regulations over three weeks to streamline what we count as income for calculating SSI eligibility and payments.

First, SSA will no longer count food assistance when it calculates SSI payment amounts or eligibility. Second, a simpler rental subsidy calculation will now be SSA's nationwide policy, instead of only applying in seven States. Third, SSA is revising the definition of a public assistance household to include the Supplemental Nutrition Assistance Program and households where not all members receive public assistance.

All three rules will be effective September 30, 2024. Together, these rules will reduce administrative burden for applicants, recipients, and SSA.

SSA is restoring a pre-2018 policy - allowing technicians in local offices to apply a prior determination of disability. This change, called collateral estoppel, will help reduce duplication and processing times.

Sub-regulatory policy revisions, and associated systems changes were implemented on March 12 to prevent duplicate protective filings in SSA's electronic SSI Protective Filing tool. This change creates efficiencies in the appointment processes, reduces confusion for technicians and the public, and results in administrative savings.

Quality representation - from initial claims to appeals - helps people navigate SSA's disability programs. To remove a potential barrier for people looking for quality representation, SSA is raising the fee cap for claimants' representatives.

NATIONAL 800 NUMBER

Help for Customers Contacting SSA by Phone

Between November and April, SSA has reduced the average waiting time from 42 minutes to 24 minutes. Further, no one calling SSA receives busy signals and over 35 percent of our callers now receive a call back instead of holding.

SSA offers great alternatives to calling by providing more online services and clearer information in SSA's outbound communications (like mailed notices or via www.ssa.gov). New practices have been deployed to resolve customers' needs on the first call. So far, specific enhancements include:

Guiding customers to the right place: SSA is updating its Program Operations Manual System (POMS) so agency employees are no longer forced to require wet signatures from customers where eSignature options are available.

SSA has worked with the Centers for Medicare & Medicaid Services (CMS) to remove SSA's 1-800 Number from many resources and instead point to SSA.gov for more information.

Using multiple strategies to help shorten hold times: SSA has updated its phone system to more easily re-route calls to other available agents and offer Call Back Assist (CBA) to more callers.

Additionally, SSA has greatly shortened the message customers first hear when they call us.

To help prevent SSA calls from appearing as spam, SSA has registered local field office phone numbers so our customers see that SSA is calling them regarding their claim.

Providing more accurate estimates of wait times: Millions of notices have been updated to reflect current processing timeframes for disability decisions, which means fewer calls from applicants who used to be given erroneous expectations about when their claim would be processed.

OVERPAYMENTS AND UNDERPAYMENTS

Key Updates to Address Improper Payments

SSA strives to pay the right amount, to the right person, at the right time with a high degree of accuracy over a massive scale (over 72 million people as of March 2024). However, if the agency overpays a beneficiary, Congress requires recovery of payment.

Effective March 25, 2024, SSA stopped intercepting 100 percent of an overpaid beneficiary's monthly Social Security benefit by default if they fail to respond to repayment requests.

The agency will now use a much more reasonable default withholding rate of 10 percent of monthly benefits — the same current rate in the Supplemental Security Income (SSI) program.

SSA is reframing its guidance and procedures so that the burden of proof shifts away from the claimant in determining whether there is evidence that the claimant was at fault in causing the overpayment.

SSA will now approve repayment plans of up to 60 months without requesting income and asset information for the vast majority of beneficiaries who request to work out a repayment plan.

SSA will make it easier to request a waiver of repayment in no fault cases where a beneficiary is without the ability to repay the error.

In March, the SSI underpayment threshold that requires peer review was updated from \$5,000 to \$15,000. This change for the majority of newly-approved claims and appeals allows an eligible recipient to receive benefits more quickly, while allowing employees to perform other vital work.

Upon implementation, nearly 43,000 cases in the backlog of underpayment cases were resolved.

To reduce improper payments: SSA published a notice of proposed rulemaking (NPRM) to implement a payroll information exchange, which is another important step by automating wage reporting for more beneficiaries. The comment period on the NPRM closed on April 15, and we are working towards implementation of the exchange.

SSA collaborates with the Department of the Treasury, the Office of Management and Budget, and the States to deliver SSA's Full Death Master File to Treasury's Do Not Pay.

HELP WITH A SOCIAL SECURITY NUMBER CARD WITHOUT VISITING A LOCAL OFFICE

In February, SSA added Colorado, Virginia, and Wisconsin to the list of states where customers can update their SSN with a name change due to marriage - without visiting a local office - by using our online replacement Social Security Number card application process.

17 states now allow applicants to apply online for a replacement SSN card with a name change due to marriage.

SSA is now on track to add additional states in FY 2024 and expand our online replacement SSN card throughout the country.



The Home Energy Plus (HE+)

HVAC program not only provides services for a non working or unsafe system for furnaces but now provides services to eligible homeowners when their **air conditioning** system stops operating or is operating in an unsafe manner. Home Energy Plus (HE+) HVAC assistance can include repairs, or in some situations, a total replacement of an inoperable system. Call 608 785 5582 for more information.

Social Security Basics – Applying for Disability

“Get helpful tips on how to apply for adult disability benefits. Understand what information is needed for the application, what the process looks like, and what resources are available to help you.”

July 15, 12pm-1:30pm at Human Services Basement Auditorium, 300 4th St. N, La Crosse or VIRTUAL

September 16, 3:30pm-5pm at Holmen Area Community Center or VIRTUAL

Registration required by calling the Aging & Disability Resource Center at 608-785-5700.

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; register.**Mah Jongg Club:** Tuesdays, 12pm-3:30pm; \$2/session.**Knitting Group:** Thursdays, 5pm-7pm; \$1/week.**Art Club:** Thursdays, 12pm-3pm (no class July 4); register; \$2/session.**Parkinson's Disease Support Group:** Monday, July 1, 5pm-6:30pm; register. Free**International Folk Dance:** Wednesday, July 3 & Sat., July 20, 7pm-9:30pm; \$2/session.**Medicare 101:** Wednesday, July 10, 10am-11am OR 6pm-7pm; register by Friday prior. Free**ConnectSmart:** Wednesdays, July 10 & 24, 12:30pm-2pm. Free (CALL ADRC TO REGISTER: 608-785-5700)**Health Matters-Mayo Hands-Only CPR, AED, Stroke, Choking:** Monday, July 15, 10am-11am; register by 1 day prior. Free**Conversations with Kathy-Dementia Caregiver Camaraderie:** Tuesday, July 23, 1pm-2:15pm. Free**Monthly Card Creations:** Wed., July 31, 12pm-7pm; \$12/session.**South Side Neighborhood Center**1306 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 July 4); register.**Moving with Moments-Senior Chair Exercise:** Fridays, July 12, 19, & 26, 1pm-1:45pm (no class July 5); register. Free**Pets, Poems, & Prose:** Monday, July 1, 1pm-2pm; register by Thursday prior. Free**Wise Wednesdays:** Wednesdays, July 3 & 17, 10:30am-12pm; register. Free**Bingo:** Wednesdays, July 3 & 17, 12:30pm-1:30pm; register 1 day prior. Free**Connect2Nature-North American Squirrel Assn.-Adaptive Recreation:** Tuesday, July 9, 12:30pm-2pm; register 1 day prior. Free**Coping with Grief:** Wednesday, July 10, 10am-11:30am; register 1 day prior. Free**Better Connection Through Self-Love:** Thursday, July 11, 4:30pm-5:30pm; register 1 day prior. Free**Recipe Rally-Picnic Perfect:** Thursday, July 11, 6pm-7pm; register by Monday prior.**Free Shuffle Together (Cards):** Fridays, July 12 & 26, 2pm-3:30pm; register. Free**What Seniors Should Know-Selling Their Home:** Tuesday, July 16, 10:30am; register by 1 week prior. Free**Coping Skills:** Friday, July 19, 10am-11:30am; register 1 day prior. Free**Travel Tales – Access to Enchantment for Disabled:** Tuesday, July 23, 12:30pm-2pm; register 1 day prior. Free**Senior Meal Site Open:** Lunch served at the Center at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals are also offered from this site; when you call the ADRC, ask for Dawn at 608-785-5775.

600 N Holmen Dr.

608-399-1870 www.holmenc.org

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

HACC is closed on Thursday, July 4th**Indoor Walking:** Monday - Friday: 7am-10am (Summer hours)**Mindful Yoga:** Tuesdays & Thursdays at 8:45am**StrongBodies Virtual Strength Training:** Mons & Weds at 9am**Chair Yoga:** Mondays at 9:15am**Let's Move! Adult Fitness:** Tuesdays at 10am**Walking in Place for Fitness:** Thursdays at 10am**Gentle Yoga:** Friday, July 5th & 19th at 7:30am**Bingo:** Wednesdays & Fridays at 12:30pm**Euchre & Cribbage Tournament:** 1st & 3rd Tuesdays at 6pm**Mah Jongg Club:** Mondays at 1pm**Good Morning Holmen!** Friday, July 19th from 9am to 10am**Holmen Area Historical Society Program:** July 1st, 6pm**Community Crafts with Pam & Jackie:** Tuesday, July 2nd at 1pm**Diamond Art:** Wednesdays at 9am**Crafternoon Social – Knit & Crochet:** July 18th, 1pm -3pm**I Heart Art:** Mondays at 9am**Family Watercolor Class:** Saturday, July 20th at 10am

*For adults, teens, and kids 7+ Instructor: Lori Ehlke

Wafer Mobile Pantry: 4th Tuesday each month 12:30pm-1:30pm**Hearing Evaluations:** 1st Tuesday each month at 9:30am-11:30am**Hearing Instrument Checks:** 3rd Tuesday each month at 9:30am-11:30am**American Red Cross Blood Drive:** Monday, July 8th 11:30am-4:30pm**Medicare 101:** Thursday, July 18th at 3pm**SimpleSteps Tech Help:** July 1st & 15th, 10am-11:30am**Music with Allison Sky:** Tuesday, July 2nd, 11am-12pm**Music with Greg Grokowsky:** Tuesday, July 9th, 11am-12pm**Veterans Services Hours:** 1st Thursday of each month, 12:30pm-4:00pm *Closed July 4th!**ADRC Options Connection:** Tuesday, July 2nd, 8am-12pm**ADRC Brain Checks:** July 8th, 9am-3pm**AA Meetings:** Thursdays, 6pm-7pm**Food 4 Thought:** Tuesdays: July 9th, 16th & 23rd, 2pm-3pm

*Discuss nutrition trends and ways to support your health through food. Each session offers a different topic!

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Email: harryjolson@gmail.com

Monday:	9:30am	Chair Yoga/Tai Chi Class
	9:30am	Defense Bridge
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
	7pm	Live Band Dance –public welcome
Thursday:	9am	Strong Seniors –call to register
	10:30am	Chat Bridge – call to register
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga/Tai Chi Class
	10:45am	VIP Coffee Connection – 1st Friday/mo.

Open daily from 9:00am-12:30pm for exercise & socializing.
See our new **Nail & Foot Clinic** info on pg 2.**ONALASKA OMNI CENTER EVENTS**

255 Riders Club Rd.

608-781-9566

Mah Jongg: Wednesday's 1pm-4pm**Bridge:** Monday's 1pm-4pm, Call Rita 608-780-7810**BBB Bingo:** Wednesday's 6pm, vendors, food**Brews & Tunes:** July 12, 5pm-8pm**Onalaska Park & Rec Dept**

415 Main St. Onalaska

608-781-9560

cityofonalaska.com/parkrec**Ball A Palooza**– July 24, 5pm-8pm. Baseball, food, swimming, inflatables at Jimmy Olson Ballfields.**Pickleball Courts**– located at 2011 Craig Lane W.
Borrow equipment from the Park & Rec office today!**Senior Nutrition Program**– Mon-Fri at 11:30am at the Community Center. Call 608-317-9870 to reserve a meal.**Great River Sound at Dash-Park**– Tuesday evenings, 6:30pm.

SENIOR FARMER'S MARKET VOUCHERS

The Senior Farmer's Market Nutrition Program, coordinated locally by the Aging & Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with \$45.00 vouchers to purchase fresh grown fruits & vegetables from local participating Farmers Markets.

This year, vouchers will be distributed at the ADRC, or individuals may call the ADRC at 608-785-5700 to request a form to be mailed.

Eligible participants must live in La Crosse County, be 60 years of age or older (native Americans, 55 years of age or older) and at or below a monthly income of \$2,321.75 if single or \$3,151.16 for couples.

Because there are a limited number of vouchers, the program is first come first serve and processed in the order received. Please be advised there may be a wait at time of distribution. If requested by phone and form is received and completed, vouchers will be mailed within two weeks of paperwork completion.

Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf.
ONLY ONE SET OF VOUCHER (\$45) PER PERSON.



Cameron Park, La Crosse
Fridays 4pm-dusk

Holmen American Legion Lot
Wednesdays 3pm-6:30pm

Onalaska Festival Foods
Sundays 8am-1pm

West Salem, Jefferson & Mill St.
Wednesdays 3pm-6:30pm

Hmoob Cultural Agency 1815 Ward Ave
Thursdays 7am-1pm

La Crescent Vets Park Parking Lot
Tuesdays 4pm-7pm

Galesville, On the Square
Saturdays 8am-12pm

Sparta's Farmers Market
Saturdays, 8am-1pm
120 N Water St.

Ruby's
PANTRY

3rd Wednesday of the month
4:30pm—6pm
Journey Lutheran Church
2703 Sand Lake Rd. Onalaska
July 17

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

HARVESTING AT THE KANE STREET GARDEN

Every Monday, Thursday, and Saturday during the harvest season volunteers assist with harvesting vegetables for distribution. Come to the garden on harvest days during the hours listed below, register as a volunteer, and wait for instruction from staff member.

Harvest Hours:

Monday 3:00pm- 4:30pm-Distribution 4:30pm-6:00pm.

Thursday 3:00pm- 4:30pm-Distribution 4:30pm-6:00pm.

Saturday 10:00am- 11:30am-Distribution 11:30am-1:00pm.

After harvesting, distribution to individuals is determined by order of sign-up, but anyone coming to the garden will receive produce.

(608) 386-3319

<https://lacrossehtf.org>



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
Holmen Community Ctr 12:30pm-1:30pm 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

Clients may either receive a food package at the WAFER in-house pantry or at the Mobile Food Pantry, not both.

wafermobile@waferlacrosse.org or 782-6003.

NEW LOCATION- 1603 George St. La Crosse

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

Preserving Garden Produce

Freezing- Freezing is a quick, convenient, and easy method of preserving foods in the home. Frozen foods are easy to serve because most of the preparation is done before freezing. Freezing preserves nutritive quality so that frozen foods resemble fresh foods. There are five factors that are responsible for most of the quality losses of frozen foods are enzymes, air, microorganisms, large ice crystals, and evaporation of moisture.

Enzymes and Blanching- Enzymes are naturally occurring substances in plants that control the ripening process. Freezing only slows enzyme activity. Most frozen vegetables will lose quality in the freezer unless they have been blanched.

- To improve flavor, color, texture, and nutrient retention
- To slow or stop the action of enzymes in the ripening process
- To cleanse the surface of dirt and organisms
- To brighten the color of green vegetables
- To wilt or soften vegetables, making it easier to fill containers

Air- Exclusion of air from the food prevents the enzyme reactions and oxidation that cause surface browning. This problem is more common in fruits, but some vegetables, such as potatoes, are also affected.

Microorganisms- Bacteria, molds, and yeast are present on all fresh foods and multiply rapidly when the temperature is between 40°F and 140°F. Unlike canning, freezing does not kill most microorganisms, but it does prevent their growth if the food is held at 0°F or lower. When thawed, the surviving organisms can grow again.

Ice Crystals—Freeze Quickly- Small ice crystals are desirable in frozen food to preserve its texture. Large ice crystals rupture food cells and cause a soft, mushy texture. Small crystals are formed when food is frozen quickly and kept at a constant storage temperature of 0°F or lower.

Evaporation of Moisture—Packaging Materials- Poor packaging that leaves food unprotected in the freezer allows foods to lose moisture, which will cause a loss of color, flavor, and texture. Long-term exposure to air causes drying of plant fibers, known as freezer burn. Use of proper packaging materials helps prevent freezer burn.



- Resistant to moisture and vapor
- Durable and leak proof
- Resistant to cracking and brittleness at low temperatures
- Resistant to oil, grease, and water
- Able to protect foods from absorption of off-flavors and odors
- Easy to seal and label

Canning Your Harvest- Canning is an important, safe method of food preservation if practiced properly. The canning process involves placing foods in jars or cans and heating them to a temperature that destroys microorganisms that could be a health hazard or cause the food to spoil. Canning also inactivates enzymes that could cause the food to spoil. Air is driven from the jar or can during heating and as it cools a vacuum seal is formed which prevents air from getting back into the product.

Drying- Dehydrating food removes moisture content while preserving their nutritional value and concentrated flavors. You may use an electric dehydrator or even an oven set at low temperatures (below 200°F/93°C). Once fully dried, store dehydrated foods in airtight containers away from light and humidity.

Visit uga.edu for more gardening information.

Karrie Johnson, FoodWise Nutrition Education Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham 1 Au gratin potatoes Mixed vegetables Pumpkin bar	Pork roast & gravy 2 Mashed potatoes Baby carrots Apple spice cake 	Spaghetti 3 Romaine lettuce salad Fresh fruit salad Brownie, Breadstick	Sites Closed 4 	Baked cod 5 Baked potato Coleslaw Fruited jello
Beef stroganoff 8 Buttered noodles Broccoli Apple sauce, Juice	Chicken broccoli Divan 9 Buttered peas Baked sweet potato Chocolate cake	Chef salad 10 Watermelon Bran muffin Fruit pie	Meatballs & gravy 11 Mashed potatoes Squash Fruited jello	Goulash w/ beans 12 Corn Spinach salad Chocolate pudding
Turkey & gravy 15 Mashed potatoes California blend veggies Ice cream, Oranges	Pulled pork on a bun 16 Rosemary potatoes Peas & carrots Pumpkin bars	Potato soup/ crackers 17 Chicken breast sandwich Broccoli raisin salad Fruit pie	Brat on a bun 18 German potato salad Baked beans Oatmeal raisin cookie	Broccoli chicken & rice 19 Beets Fresh fruit salad Black bean brownie
Chicken supreme 22 Baby red potatoes Stewed tomatoes Pumpkin bars	Meatloaf 23 Baked sweet potato Calico beans Sliced pears	Ham & Scalloped potatoes 24 Broccoli Fruited jello	Chicken craisin salad 25 Bed of lettuce Pineapple orange salad Muffin, Ice cream	Turkey tetrazzini 26 Romaine salad Apple Peanut butter cookie
Mushroom burger 29 Baked beans Carrots Grapes	Taco salad w/corn chips 30 Sliced peaches Fruit pie Taco sauce, sour cream	Ham balls 31 Au gratin potatoes Corn Orange wedges Bun		*All meals include milk or juice & bread. *Menu subject to change

Chicken Bubble Biscuit Bake Casserole

- 2 cups cooked, shredded chicken
- 1 can (10.5 oz) cream of chicken soup
- 1 cup sour cream
- 1 cup frozen mixed vegetables, thawed
- 1 cup shredded cheddar cheese
- 1 can (12 oz) refrigerated biscuits



Preheat your oven to 375°F. Grease a 9x13 dish. In a large mixing bowl, combine the shredded chicken, cream of chicken soup, sour cream, mixed vegetables, and shredded cheddar cheese. Stir until well combined. Pour the chicken mixture into the prepared baking dish and spread it out evenly. Cut the refrigerated biscuits into quarters and place them on top of the chicken mixture in a single layer. Bake in the preheated oven for 25-30 minutes, or until the biscuits are golden brown and the casserole is bubbly. Remove from the oven and let it cool for a few minutes.

Summer Watermelon Salad

- 5 cups seedless watermelon, chopped into small cubes
- ½ large English cucumber, cut into small pieces
- zest of a lime, divided
- 2 teaspoons lime juice
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 1 sprig fresh mint plus more for garnish
- 1 tablespoon fresh chives, chopped
- ¼ cup crumbled feta cheese



In a large bowl add the cubed watermelon and chopped cucumber. In a small bowl make the dressing by mixing half of the lime zest, lime juice, olive oil, honey and rice vinegar together. Stir well so the honey dissolves in the acidic juice. Add in chopped fresh mint and chives. Pour dressing over the watermelon mixture and gently toss to cover the watermelon. Sprinkle with feta cheese. Garnish with remaining lime zest. Serve immediately while chilled.

The Best Tomato Sandwich

- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain strained (Greek-style) yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices whole-wheat sandwich bread, lightly toasted
- 4 slices tomato (about 1/4-inch)



Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well combined. Spread the mixture evenly on 1 side of each toast slice. Arrange tomatoes on 1 slice; top with the other slice, spread-side down. Cut in half diagonally before serving.

Lighten Up for the Summer Months

Even if you don't mind cooking in summer heat, you won't want to feel weighed down by a heavy meal. Adapt your favorite dinners for the warmer months by preparing lighter versions of your usual recipes. For example, you can make the best tomato sandwich.

You can also lighten up your favorite wintertime meals by adding tons of fresh veggies to your regular rice or pasta dishes to cut down on starches or use thinner variations of pasta, such as orzo or angel hair.

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

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

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



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

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

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

- 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	515 QUINCY ST., ONALASKA	317-9870
WEST SALEM		HOME DELIVERED	785-5775

La Crosse Main Library
 800 Main Street | 608-789-7100



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

Creation Space Open Lab: Tues 1pm-3pm, Wed 5pm-6:30pm, Thurs 10am-12pm, Sat 9am-12pm
Chair Yoga: Thursdays, July 11, 18 & 25 from 10am-10:45am
Chair Fitness: Tuesdays, 10am-11am
Courtyard Chapters: July 10, 1pm and July 13, 10am. Register by calling 608-789-7130.
Courtyard Concert: July 21, 1:30pm. Eddie Kim
BYOB Club: July 25, 6pm
Tech Help: July 17, 11am-12pm. Topic: Email support
Tech Help: July 11 & 18, 3pm-5pm at the North Library
Friends Book Sale: Mondays, 9am-12pm & July 27 & 28 Sale
Veteran Services: July 2, 1pm-4:30pm
Knit & Needle: July 3, 5pm
Flags of Our Father film series: July 18, 5pm
History Club meeting: July 31, 5:30pm
The Fellowship: Thursdays, 4:30pm-5:30pm. Free program for autistic youth & young adults.
Footsteps of La Crosse History Tour: Wednesdays, 5:30pm
Community Blood Drive: July 19, appt or walk ins available.
Family Bingo: July 2, 2pm at the North Library
Kris Wrobel Magic Show: July 16, 2pm
Music with Duke Otherwise: July 23, 2pm
Sunday Matinee: July 14, 1:30pm. *Arthur the King*
Community Craft: July 24, 5pm. Playing card holders
Homebound Delivery Service: Free home delivery to any person who is temporarily or permanently unable to come to the library and lives within the city of La Crosse. 608-789-7125.
Holiday Closure: July 4th

All library locations will be closed on July 4.
 Summer Book Bingo runs June 17 – August 10. Pick up a Bingo card or play on Beanstack to win prizes.
Campbell Book Club meets the second Tuesday of the month at 6pm.
Campbell “Simplify to Sustain: The Impact of Decluttered Living” on July 10 at 6pm.
Holmen Book-to-Screen Club meets the third and fourth Tuesday of the month at 1pm. We have spots open for new members; email libraryprograms@lacrossecounty.org
Onalaska “Simplify to Sustain: The Impact of Decluttered Living” on July 9 at 10am.
Onalaska “Wine, Cheese, & Book Tasting” on July 17 at 6pm. Registration required.
Onalaska Book Club meets the third Thursday of the month at 1:15pm.
West Salem Write Your Story: Memoir Writing Workshop on July 13 at 9am. Registration recommended.
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.



Do you enjoy helping others? Do you want to help others safely remain in their home by doing minor repairs? We are looking for handymen and/or handywomen!



If you or someone you know is interested in volunteering with the RSVP Handyman Program, please contact us. We encourage anyone who is interested to contact Alisa Feller Borden at afellerborden@rsvplax.org or call us at 608-785-0500.

LA CROSSE Storytelling FESTIVAL Friday, July 19 & Saturday, July 20
 Pump House Regional Arts Center

Blood Drives for JULY

- 7/1- Immanuel Lutheran School La Crosse, 12:30pm-5:30pm
- 7/2- 1st Lutheran Church Onalaska, 12:30pm-5:30pm
- 7/3- Bangor High School, 12pm-5pm
- 7/9- Altra Credit Union Onalaska, 8am-1pm
- 7/9- Journey Lutheran Church Onalaska, 12pm-5pm
- 7/9- Radisson Ballroom, 8:30am-1:30pm
- 7/12- St Matthews Lutheran Church Stoddard, 2:30pm-4:30pm
- 7/15- Rivoli Theatre, 10am-3pm
- 7/15- Cashton Community Hall, 11am-4pm
- 7/16- Moose Lodge, 11:30am-5pm
- 7/18- Valley View Mall, 11am-4pm
- 7/18- Olivet Lutheran Church French Island, 12pm-5pm
- 7/19- La Crosse Public Library, 10am-2pm
- 7/19- Onalaska American Legion, 9am-1pm
- 7/22- Presbyterian Church West Salem, 12:30pm-5:30pm
- 7/23- YMCA Onalaska, 10am-3pm
- 7/26- Luther High School Onalaska, 10am-3pm
- 7/29- Moose Lodge, 12pm-5pm
- 7/31- UWL-Cleary Center, 11am-3:30pm

Blood Drive La Crosse Blood Donation Center- call for appt. 1-800-RED-CROSS
 Versiti Blood Center- call for appt. (877) 232-4376.

PROJECT HOMELESS CONNECT
 Thursday, July 25th, 2024
 11:00 AM to 3:00 PM
 English Lutheran Church
 1509 King Street, La Crosse

Vendors and service providers will be on hand to talk with guests who may be struggling with homelessness or possible homelessness. If you or someone you know is struggling with maintaining stable housing, please join us! There are resources and services available in our community that may be able to assist!

HISTORIC TROLLEY TOURS
JUNE-SEPTEMBER 2024

Historic Tours is the first three Saturday's of each month from 10am-1:30pm.
Architectural Tours is the last Saturday of the month from 9:30am-12pm
The Dark La Crosse Tour is available two Friday's per month from 5pm-7pm.
Bluff to Bluff Experience is Saturday's from 2pm-6pm

If you're interested in taking a ride on the trolley, you can call the La Crosse Area Convention and Visitors Bureau at **(608) 782-2366** to reserve your seat.

July Word Scramble

APIGCMN _____
 UMERMS _____
 EHBCA _____
 SNCENSURE _____
 SICPINC _____
 REDFOEM _____
 THAE _____
 AOTVINCA _____

Camping, Summer, Beach, Sunscreen, Picnics, Freedom, Heat, Vacation

Don't Hire Storm Chasers for Property Damage Repairs

Last month, a severe storms throughout Wisconsin have led some consumers to seek contractors who can complete repair work as soon as possible. The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) recommends property owners be skeptical of door-to-door repair crews who use aggressive, high-pressure sales tactics to secure contracts after a storm. When severe weather strikes, transient contractors follow close behind to solicit consumers in need. These traveling crews are sometimes called "storm chasers" and have been known to provide poor quality work or collect upfront payments and leave without doing any work at all. Instead of risking your money and property by hiring strangers from another community or state.

DATCP encourages consumers to ask for contractor recommendations from trusted sources such as friends, neighbors, and insurance agents. Do not let a traveling repair crew into your home, never agree to their offers before confirming they are permitted to operate in your area, and get your contracts in writing.

Property owners with storm damage are encouraged to:

- Make a list and take photographs of damages like missing shingles, cracks in walls, etc.
- Call municipal officials to find out if a contractor holds the proper permits in their area, including for door-to-door sales.
- Contact a local building inspector to check if the repair work requires a permit, and again to verify the work was completed adequately before you provide final payment.
- Obtain written contracts that specify exactly what work will be done, what materials will be used, a start and completion date, and warranty details.
- Request and obtain lien waivers from any contractors hired for home repairs.
- Keep copies of all receipts, contracts, correspondence, warranties, and written materials.

Wisconsin's storm chaser law aims to protect consumers and businesses by preventing insurance fraud. Contact the Office of the Commissioner of Insurance of Wisconsin at oci.wi.gov or (800) 236-8517 with questions about insurance agents, adjusters, or companies.

Contractors:

- Cannot promise to pay any portion of an owner's property insurance deductible.
- Cannot negotiate with an insurance company on behalf of a customer. Contractors can only discuss damages and costs with insurers with the customer's permission.
- Must ask if the requested work is related to an insurance claim before they enter into a contract.
- Must notify customers of their right to cancel the contract within three business days if the customer is notified that their insurer has denied any portion of the claim for work.

For more information and consumer protection resources or to file a complaint, visit DATCP's Consumer Protection webpage at ConsumerProtection.wi.gov or contact the Consumer Protection Hotline at (800) 422-7128 or DATCPHotline@wisconsin.gov

Did You Know 211 Had a Database?

A Community Resource Specialist is available to assist you 24/7, but if you prefer to "do it yourself" or perhaps are helping a friend or client in need, you can visit our website to see what resources may be available. Our database houses resources for all of Wisconsin plus Minnesota and Iowa counties that are within our service area; including Houston County, Winona County, Fillmore County, Allamakee County, Clayton County, Winneshiek County, Howard County, and Fayette County. Individuals seeking resources outside of this area can find their local 211's website by visiting <https://www.211.org/about-us/your-local-211>.

To locate resources, you can use a keyword search or guided search. The keyword search will require you to type in a term related to the kind of resource you are seeking – "counseling services" for example. The guided search gives you categories to start with – clothing and household goods; legal and law enforcement; employment, education, or income assistance to name a few. Each category then gives you a selection of terms to search with. Upon entering the local zip code, available resources will appear. Each resource listed will include a description of the service, basic eligibility requirements, how to get in touch with them, and any other important information. If there are multiple resources you are interested in, you can save them all to a list to print, text, or email. If you experience any challenges or need further assistance, contact 211 for help from a trained Community Resource Specialist.

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.

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

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

Language Interpretation is available.

Chat with us at our website www.greatrivers211.org

Or text your zip code to 898211



STRONGBODIES

Virtual Zoom Classes:

July 8 – September 18

No Class Labor Day Sept. 2

Mondays and Wednesdays 9 am

UW-Madison Extension Health and Wellbeing and FoodWise program is continuing to offer an evidence-based FREE virtual strength training program titled StrongBodies using a zoom platform.

No experience is necessary.

Virtual Registration: <https://go.wisc.edu/41i70j>

PREVENTING HEAT EXHAUSTION & HEAT STROKE—RECOGNIZING THE WARNING SIGNS

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.

Heat Exhaustion

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather. Symptoms include:

- Heavy sweating
- Cold, pale, and clammy skin
- Muscle cramps
- Fast, weak pulse
- Fatigue, weakness, or dizziness
- Headache
- Nausea or vomiting
- Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing, and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Stroke

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- High body temperature
- Headache
- Dizziness
- Nausea

- Hot, dry, damp, or red skin
- Rapid heartbeat
- Confusion, agitation, or unconsciousness
- Seizures

Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect you or someone else is suffering from this life-threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.

Prevention Is Key

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning. Most communities offer shelters with air conditioning where members of the public can go to stay cool on particularly hot days.

Conclusion

Knowing the signs of heat exhaustion and heat stroke and taking steps to prevent them can make all the difference when it comes to enjoying a safe and healthy summer. Remember to stay cool, stay hydrated, and stay informed.

Source: GWAAR Legal Service Team

Caregiver Pontoon Cruises

The ADRC of La Crosse County and the North American Squirrel Association (NASA) have paired up to sponsor two hour pontoon rides on Lake Onalaska. The cruises are for caregivers and their care partners.

Space is limited so register early! We also ask that you register for only one cruise so that others will have an opportunity to join us! If you would like to attend additional cruises, we will put up your name on an on-call list, if space is available.

2024 Pontoon Ride Dates and Times

July 11 11 AM to 1 PM (bring a sack lunch to enjoy on the cruise)
 July 19 1 PM to 3 PM
 August 1 2 PM to 4 PM
 August 23 10 AM to 12 PM



Mosey Landing W7207 N Shore Ln, Onalaska, WI 54650

Please call the ADRC of La Crosse County at 608-785-5700 to register for your pontoon ride!

SAVE THE DATE

Caring Better & Braver

A day of education & support for family caregivers

SATURDAY, OCT 26, 2024

10AM-4PM

Holmen Area Community Center



Registration Begins August 15, 2024

Don't miss this valuable opportunity to gain knowledge, resources, and a renewed sense of purpose in your caregiving journey!

Kinship4Caregivers Program

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

July 18 Education: Services Savvy, 1:30pm

First Lutheran Church 410 Main St Onalaska

July: Summer Sampler Take Home Kit.

Pick up at the ADRC or OASIS

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

CAREGIVER EDUCATION SERIES

The ADRC of La Crosse County and the Caregiver Coalition of La Crosse County are excited to announce a Caregiver Education Series.

Each month there will be a different topic. Topics include Caregiver 101: Resources; Emergency Planning for Caregivers; Benefits; Financial Matters; Hiring Providers; and Technology Tips for Caregivers.

July 16 - Benefits: Medicare, Medicaid, VA Oh my!

Time: 1pm—2:30pm

Hazel Brown Leicht Memorial Library

201 Neshonoc Rd. West Salem, WI 54669

Register by calling the ADRC of La Crosse County
608-785-5700 or 1-800-500-3910



kmeyer@lacrossecounty.org



Family Meeting #1: Team Building

By Mary Berk, LCSW

Certified Mediator Family Mediation & Conflict Coaching
Lifespan of Greater Rochester, Inc.

Most family members are completely unprepared for the caregiving experience. It can mean changing roles, unfamiliar responsibilities, and difficult emotions. This is complicated by the fact that each person comes to caregiving with different experiences, different concerns, and a unique set of emotions that will influence his/her behavior.

Recognizing that the family is a team being built of necessity, the most important first step is to ask family members if they are willing to join. Before they can make such a decision, the care partners need to have a conversation with all family members they wish to include. The goals of this meeting are to:

- familiarize family members with the situation as it is known.
- invite their participation while acknowledging their other responsibilities.
- assure them that their choices will be respected.
- create an honest and open environment of communication.

Family Meeting #1 is about buy-in. It determines who will be on the team. Subsequent meetings will address the how's, the what's, and the why's. First, you must know who's on your team.

Why is this meeting so important?

This meeting is the acknowledgement that a loved one's loss of independence impacts every family member in different ways. Reactions can range from over involvement to helpfulness to anger or distancing. Assuring each person that their participation is a choice affirms that they are adults – not the children they once were. It says that each person is a valued family member regardless of that choice. And that can go a long way toward healing old hurts and building a collaborative team.

Timing for Family Meeting #1

Sooner is always better. Engaging family members early in the process can help to avoid potential disagreements and reduces the likelihood of the primary caregiver becoming overwhelmed. It's important to note that the care receiver doesn't want to share his/her condition with the family, or the care partners "don't want to burden the children."

Caregiving typically becomes more labor intensive over time – not less. Coming to terms with a chronic condition may take the person and/or the primary caregiver time to adjust. Be patient. Be gently persuasive. Look for opportunities to show how a broader base of support can improve quality of life for the care partners.

Sign up for our

Caregiver Connection Newsletter.

Arrives bimonthly by mail or email.
Contact the ADRC to receive it today!

608-785-5700



La Crosse Parks & Rec Senior Excursions

For ages 50+

Call 608-789-8640 to register.

- July 24: Fort Snelling & Padelford Riverboats
- August 20: Sneaky Pete's Wild West Dinner Show
- August 25: Ring Around the Moon – American Players Theatre
- September 6: Villa Louis Carriage Classic, Fort Crawford, & Brisbois House
- September 11: Gays Mills Apple Capital of Wisconsin
- September 24: Minnesota Landscape Arboretum
- September 26: Winona Boat Cruise and Pizza Farm
- October 2: Celebration Belle Cruise – Prairie Du Chien
- October 13: Ain't Too Proud at the Ordway



RAIL FAIR
Saturday, July 13th 10am-4pm

Summer Parties in the Park

- July 10– Burns Park, Beat the Heat with Popsicles! 10am-gone
- July 12– Riverside Park, Winter in July, 5pm-10pm
- August 3– Springbrook Park, Watermelon Day! 10am-gone

MYRICK PARK CENTER

789 Myrick Park Dr, La Crosse 769-5766

www.natureplacelacrosse.org

Tuesdays at 5pm– Yoga, free

Mon & Wed at 6:30pm-Shin Jin Do, register

June 30– Key West Meets Driftless Concert, 5pm

July 6– Nature Saturday, 9:30am

July 8– Guided Forest Bathing Walk, 5:30pm



Norskedalen
Nature & Heritage Center

N455 Ophus Rd. Coon Valley
(608) 452-3424

Music in the Valley

Saturdays,

June 26-August 14,

5:30pm-7:30pm.

Food available or carry in. Free

June 29– Summer Bird Walk

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

Yoga – Tues, Weds, Thurs

Board Game Social– 2nd Friday/month, 6pm-9pm

Nichole Jenson Concert – July 6, 7pm

Crooked Willow Concert - July 27, 6pm

150th Arnold House Celebration– July 27, 8am-4pm at East Side Farm 19408 Silver Creek Rd. Free!



July 11-13
Maple Grove Venues
West Salem
www.countryboom.com

SUMMER CONCERTS

Mississippi Melodies

Pettibone Park, La Crosse

Tuesdays, June 4-August 27

12pm-1pm. Come early & eat lunch at food truck.



DISABILITY PRIDE FEST

A CELEBRATION OF DISABILITY CULTURE

July 20, 11am-4pm

Central High School



Moon Tunes

Riverside Park, La Crosse

Most Thursdays, 5:30pm-8pm

www.moontuneslacrosse.com

La Crosse Concert Band

Riverside Park La Crosse

Wednesdays, 7pm



Great River Sound

Dash Park Onalaska

Tuesday at 6:30pm

Free concert. Check out the concert schedule at www.greatriversound.com



Concerts in the Park

Halfway Creek Bandshell, Holmen

Sundays at 5pm,

www.holmenwi.com/concertsinthepark



Concerts in the Park

Evan Bosshard Park Sparta

Wednesdays, 7pm

Free music, Food truck, Fun for the family

Concert in the Park—West Salem

July 25, 6:30pm- Adult Jazz. Ice cream treats also



FAMILY MUSIC FESTIVAL

JULY 26-28 • LA CROSSE, WI

BLUEBIRD CAMPGROUND

Movies in the Park

July 12th– *A Muppet's Christmas Carol*, Riverside Park, at 8:45pm

July 28th– *Angels in the Outfield*, Copeland Park, at 7:30pm

All free & weather permitting



La Crosse

Free Outdoor Performance

Riverside Park Bandshell
Monday, July 15 at 6pm





Blast from the past...

Rudy's Drive-In when it was still an A&W. In the 1960's it was the home of the Big Boys and the baby beers.

THE 66th ANNUAL AAUW
Art Fair on the Green

JOIN US FOR OUR ANNUAL JURIED ART FAIR FEATURING
OVER 80 TALENTED ARTISTS!

**Saturday,
July 27**

10 A.M. – 5 P.M.

**VITERBO UNIVERSITY COURTYARD
LA CROSSE WI**

Free Admission
Donations gratefully accepted

Featuring art raffle,
local food trucks and refreshments.

A perfect way to spend a Saturday!

**All proceeds from this event go
to local scholarships and grants**

For more info: www.aauwlacrosse.org

AAUW



Art Fair on the Green
La Crosse, Wisconsin



La Crosse Interstate Fair

July 17-21

West Salem

www.lacrosseinterstatefair.com



Airport Beach Fisherman's Rd.

French Island

July 10, 14, 17, 24

August 7, last show

Grab your lawn chair or blanket and
watch the free exciting shows.

CELEBRATE ONALASKA

June 29

Van Riper Park &
Omni Center

Food, Entertainment
& Fireworks!



WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Wednesdays:** Ukulele Jam, 6pm-8pm Moose Lodge
- Thursdays:** 6pm Bingo @ Holmen American Legion
- Fridays:** Fresh Fridays, 2pm-6pm. Center 90 Onalaska 127 Sand Lake Rd. Food and beverage vendors.
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- Saturdays:** 8am-3pm Flea Market N4440 Hwy 162 Bangor
- 6/25-7/28**– Great River Shakespeare Festival, Winona
- 6/28-6/30**– Rise n Shine Balloon Rally, Vernon Co. Fairgrounds
- 7/5 & 7/6**– Smithville Fiddlers Jamboree, Sparta High School
- 7/6**– St Joseph's Ridge Celebration, 5pm music, fireworks 9pm
- 7/10 & 7/24**– La Crescent Live Concerts, 5:30pm behind library
- 7/10-7/14**– Winona County Carnival, Winona Fairgrounds
- 7/12-7/14**– Catfish Days in Trempealeau
- 7/14**– Marinuka Manor Car Show, 9am-2pm. Galesville
- 7/17-7/21**– Trempealeau County Fair, Galesville
- 7/20**– Aquapalooza 922 Bainbridge St. Live music, boat anchor
- 7/20**– Sparta Crazy Days, 8am-3pm, downtown. Food & games
- 7/21**– Mediterranean Festival, 12pm-5pm, 716 Copeland Ave.
- 7/21**– Beethoven Festival, 4pm at Winona Middle School
- 7/26 & 7/27**– Balloons & Tunes Craft Fair. Memorial Park Sparta
- 7/28**– Houston Hoedown Days, Houston, MN
- 7/28**– Summer Polka Fest, 1pm-4pm at Concordia Ball Room

**July 3-6
Riverside Park**

- July 3**
Senior Breakfast, 7am-9am, Pepsi tent
- July 4**
Firecracker 4 Mile, 7am
Fireworks Show at 9:40pm
- July 5**
River Vaulting, 9am
Waterski Show, 2pm & 6pm
Warriors Performance, 6pm
- July 6**
River Vaulting, 9am
Cornhole Tournament, 11am
Car Show, 11am-6pm
Waterski Show, 2pm & 6pm
Karaoke Finals, 4pm
All days: Music, Magic, Comedy, Wrestling Shows & Vendors



608-782-6000

www.riverfestlacrosse.com

Market on Market

July 14 & August 11, 11am-2pm

2102 Market St. La Crosse

Listen to music while enjoying a variety of vendors.

*Fourth
Fridays*

June 28 & July 26

4pm-8pm

Riverside Park

Music, food & arts

SECOND SATURDAY

ART MARKET

JULY 13

10AM-4PM

2ND & MAIN ST.

LA CROSSE

ART, MUSIC, FOOD & FUN