

La Crosse Senior Life

Let Freedom Ring: Your Voice Matters at Every Age

July is a time to celebrate independence—and advocacy helps protect it. As we gather this July to celebrate our country's independence, it is also a great time to reflect on how we use our voices to protect our personal independence. **Advocacy is one powerful way to do that.**

What is Advocacy?

Advocacy means speaking up—for yourself, for others, and for the programs and services that help people live with dignity and choice. It might look like calling your legislator, attending a local meeting, or even just telling your story. It is about making sure our voices are heard and not forgotten when important decisions are made.

Why It Matters

Programs like home-delivered meals, caregiver support, and transportation do not just happen—they exist because people like you spoke up and said, "This matters." A great example is the **Older Americans Act**, first passed in 1965. That law was created because older adults and their advocates came together to ask the government to provide services that support aging with dignity. Thanks to their voices, the Older Americans Act funds many important programs that help millions of older adults live independently every day.

These programs continue to thrive because people keep raising their voices—advocating for funding, improvements, and protections. When you speak up, you help ensure that services you and others rely on are there now and in the future.

Aging Advocacy Day 2025: A United Effort

On May 13, the Aging and Disability Resource Center (ADRC) of La Crosse County joined more than 250 advocates from across Wisconsin at the State Capital in Madison for Aging Advocacy Day. Together, we met with lawmakers to discuss four key priorities: Investing in ADRCs, support for the direct care workforce, protection of home-delivered meals, and reducing falls among older adults.

Our group stood out—in bright yellow shirts, the color of aging advocacy, full of energy and compassion. Legislators heard our stories and left the meetings with a deeper understanding of what matters most to older adults in our state.

Keeping the Momentum Going

Advocacy does begin and end with one day in Madison. It is something we can all be part of, all year long, right in our own community. Whether you joined us in Madison, attended a local event, or supported from afar, thank you. Your voice adds to the growing chorus calling for support.

Here are a few ways to stay engaged and keep the momentum going:

1. **Reach out to your legislators:** A short phone call, email, or letter to express your support for key aging-related priorities can go a long way. Staying in touch helps keep these issues front and center.
2. **Attend local events:** Watch for opportunities to participate in community conversations or meet with elected officials. These gatherings are great to build relationships and share experiences.
3. **Respond to Action Alerts:** Signing up for advocacy alerts from the Wisconsin Aging Advocacy Network (WAAN) is a great way to stay informed and take action when it matters most. Learn more at: <https://gwaar.org/waan-issues-and-initiatives>.

Together, through everyday acts of advocacy, we can help shape a future where all older adults are valued, heard, and supported.



Pictured above are the Aging Advocacy Day 2025 participants gathered in the State Capital rotunda before legislative meetings.



Pictured above are ADRC of La Crosse County staff along with local and regional advocates following a legislative meeting.



Pictured above are local constituents and advocates during an in-district meeting with legislators, where they shared personal stories and discussed key issues from Aging Advocacy Day. Thank you to all who participated in this impactful event.

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.

ADRC of La Crosse County (Abby Vans)

Rides will only be provided to individuals who do not have access to other transportation options.

For riders with the greatest need, they need to be La Crosse County residents age 60yr+ or disabled adults.

Monday-Saturday from 7am-6pm

Sundays from 7am-2pm. Closed on holidays.

Door to door service is available with a 24 hour notice or a 48 hour notice in rural areas. Wheelchair accessible.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$4.50 each direction.

Zone 1B- Onalaska North, Holmen and French Island \$5.00 each direction.

Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard. \$5.50 each direction.

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

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

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

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

*With an ID card issued by MTU or a Medicare Card

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

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



Main Office hours of La Crosse MTU at 2000 Marco Dr will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens.

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm

Download MTU's new app **TRANSIT** at <https://qrco.de/bdWSLP>



MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

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



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

RSVP Transportation Program



- Must be 55 + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- Curb – to – Curb Service.
- All drivers are volunteers & use their own vehicles.
- Ride reimbursement is .70/mile.
- Mileage is calculated from the time your driver leaves their home until the time that your driver returns to their home.
- Ride must originate from La Crosse County.

Call **608-785-0500** for more information

Looking for a Summer Activity?

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



- ♦ Days are flexible. Hours range from 10am-12pm, Mon thru Fri.
- ♦ Mileage reimbursements monthly.
- ♦ Help packaging meals also available at our Onalaska or Holmen meal sites.
- ♦ Great way for students/families/retirees 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 and Disability Resource Center (ADRC) of La Crosse County continue its effective community service to older adults, individuals with disabilities, and their families.

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

___ ADRC General Support ___ Elder Benefit Specialist

___ Caregiver Support ___ Health Promotion

___ Congregate Dining ___ Home-delivered Meals

___ Dementia Support Services ___ Senior Life Newsletter

___ Disability Benefit Specialist ___ Transportation Services

Please make checks payable and send to:

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 donate by mail, complete the donation form above and send it, along with a check payable to ADRC of La Crosse County, to the address on the form. To donate online, visit www.lacrossecounty.org/adrc, click "Get Involved" and then "Donate", and select the yellow "Donate" button at the bottom of the page. Thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

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

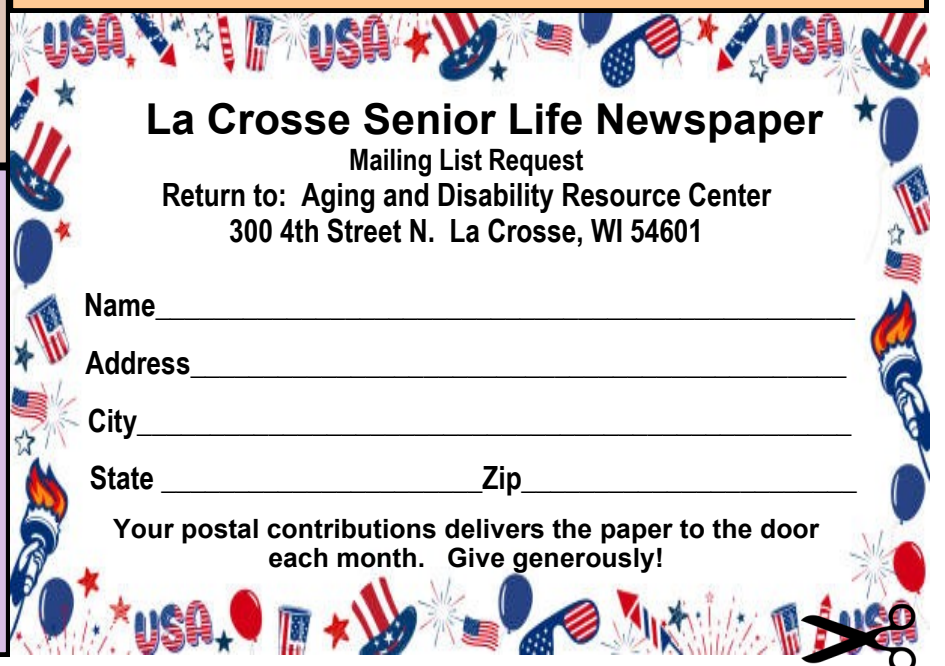
Name _____

Address _____

City _____

State _____ Zip _____

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



Dementia Live® offers an ‘inside-out’ understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By “walking in their shoes,” participants will gain a heightened awareness and leave with valuable tips and tools to improve communication and connection.

August 18th

1pm - 2pm

Holmen Area Community Center

TO REGISTER for a 1-hour training session:

Call 608-785-5700 or Scan QR Code →

Coulee Region Giving Hearts Choir

Fridays at 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.

GRIEF & LOSS

Free Group Counseling for Care Partners

(Late Stage Dementia and End of Life)

Dementia can come with so much loss. Sometimes you feel like you're losing them over and over again only to lose them once more. This is a group where others who share similar trials can work through their grief and ambiguous loss together. Please consider joining the therapy group for care partners serving loved ones transitioning to later stages and beyond of dementia.

Enroll Now!

608-519-3790

Next Session starting soon!

Call or Text Joy for a Pre-Registration Appointment

Sessions Meet Weekly for 1.5 hours Held in La Crosse, WI

Facilitated by Joy Buchman MS, LPC-IT, NCC and co-facilitated by Kelsey Flock, CTRS, Dementia Care Specialist

Bringing Hope & Light to the Dementia Journey Conference

FREE conference for: All those impacted by dementia or interested in the cause!

Wednesday, August 13th, 2025

First Free Church

123 Mason St. Onalaska, WI 54650

8:30am-3:15pm

Keynote Speaker:

Jolene Brackey, Author of *Creating Moments of Joy*

FREE day of learning & onsite respite!

Breakout Sessions:

- Using Meditation to Live Better with Cognitive Decline
- Embracing the Journey: Practical Tips & Laughter
- TimeSlips Engagement Party
- Persons Living Mild Cognitive Impairment or Dementia with Panel
- Living Well with Dementia
- Caring with Confidence: Everyday Skills for Family Caregivers
- Minds in Motion: Sessions for the Brain, Body, & Soul

Registration Options

- Register online: [Click here](#)
- Use QR Code
- Register by phone: 715-343-6275

Deadline for Registration: July 25th

ADRC

Aging and Disability Resource Center

Your Bridge to Support

BADER

PHILANTHROPIES

RCAW

Respite Care Association of Wisconsin

www.respitecarewi.org

This event was supported by the Respite Care Association of Wisconsin (RCAW) through a Group Respite Grant.

#ENDALZ

FEST FOUNDATION

emplify

HEALTH

BROOKDALE

SENIOR LIVING

MOKA

ESPRESSO, COFFEE, TEA

FIRST FREE CHURCH

ONALASKA, WI

Embrace

12:30pm-2pm

July 9: Music Joe Cody

July 23: Touching Moments with Shelley

Black River Beach Neighborhood Center

To register call 608-789-8640

Embrace is a non-traditional support group that offers fun, engaging and creative activities for persons living with dementia. Support and education for caregivers offered in a separate room session. Caregivers welcome to attend independently. Loved ones with dementia must have a caregiver present in caregiver group. Embrace is not respite.

SPARK!

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:
July 14th 1:00pm-2:30pm
Celebrating Independence on the Highway at Dahl Auto Museum
711 3rd St S, La Crosse, WI 54601
Register with Amber at 608-385-4819.

Spark at Clearwater Farms:
July 21st 10:30am-12:00pm
Honey Bee Jubilee
Clearwater Farm 760 Green Coulee Rd.

Register with Anna at 507-319-9156.
info@clearwaterfarm.org

Dementia Caregiver Support Group Listing

IN PERSON

Parkinson's Disease Group

1st Monday Monthly: 5pm-6pm

Black River Beach Neighborhood Center

All Stages Caregiver Groups

2nd Tuesday monthly: 1:15pm-2:30pm

Good Shepard 4141 Mormon Coulee Rd. LaX

Contact: Kathy at 608-386-8908

Navigating Together

3rd Thursday monthly: 1pm-2pm

Holmen Area Community Center, Holmen

Contact: Becky (608) 792-3805

Healthy Living with Mild Cognitive Impairment (MCI)

An education and support group for brain health from Wisconsin Alzheimer's Institute Disease Research Center.

Fridays Quarterly 9am-Noon at Black River Beach La Crosse. Call ADRC 608-785-5700

Grief Therapy Group

Pre-Registration Required. Offered annually.

Call Kelsey, to inquire 608-386-0767

Caregiving will never be, one size fits all.

VIRTUAL

Monday Coffee Connect

Every Monday: 10am

Contact Kelsey at kflock@lacrossecounty.org

Monday DISH

1st Monday of the month: 7pm-8pm

Contact Carla cbersheit@chippewacounty.org

Men's Caregiver Support Group

1st Tuesday of the month: 1pm-2:30pm

Contact Alison at 608-240-7496 or resch.alison@countyofdane.com

Aging & Down Syndrome Caregiver Support

3rd Wednesday of the month: 5pm

Contact DSAW info@dsaw.org

Wednesday Conversations- for persons with MCI

1st and 3rd Wednesday: 10:30am-12pm

Contact Rob at rgriesel@co.dodge.wi.us

Family Caregivers of Loved Ones Living at a Facility

Every Other Friday: 10am-11:30am

Contact Alz. Assoc. 1-800-272-3900

United Nations World Day Against Trafficking in Persons

is observed on July 30th. This day serves as an important reminder of the ongoing issue of human trafficking, which involves the exploitation of individuals for forced labor or commercial sex through force, fraud, or coercion. This crime affects millions of people worldwide, including in our local communities, and can target anyone, regardless of age, race, or background. Raising awareness about this issue is crucial for prevention and support for those affected.

To protect ourselves and others, it's essential to take necessary safety precautions. Be aware of your surroundings and trust your instincts—if something doesn't feel right, use caution or remove yourself from the situation. Share your plans with a friend or family member, including where you're going, who you're meeting, and when you'll be back. Additionally, protect your personal information by being mindful of what you disclose online, especially to strangers or job opportunities that seem too good to be true.

Recognizing warning signs can help identify potential trafficking situations. These signs might include individuals who are disconnected from their support networks, sudden changes in behavior, engaging in commercial sex acts, or children who have stopped attending school. Other indicators include disorientation, signs of abuse, fearfulness, and living in unsuitable conditions.

If you believe you may be a victim of human trafficking or have information about a potential trafficking situation, we encourage you to contact the U.S. National Human Trafficking Hotline at 1-888-373-7888. In cases of immediate danger, please call 911 right away. Additionally, you can reach out to 211 for valuable information and resources related to human trafficking support groups, counseling services, shelters, and hotlines. Your safety and well-being are important, and help is available.

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.

Available 24 hours a day, 7 days a week. Free and Confidential Serving Western WI, Southeastern MN, and Northeastern IA .

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

Medicare Coverage of Mental Health Treatment

By the GWAAR Legal Services Team (for reprint)

According to the Substance Abuse and Mental Health Services Administration, an estimated one in eight older adults (over the age of 60) had a mental illness, and one in 11 had a substance use disorder in the past year. Many factors contribute to a higher risk of mental health concerns in older adults, including new medical diagnoses, life changes, losses of family members and friends, and social isolation. Unfortunately, a significant percentage of older adults who need mental health care are not receiving it. This may be because of stigma, cost, lack of transportation, and challenges navigating the health care system. Medicare covers screenings and services that treat mental health concerns and substance use disorders. Medicare Part B covers outpatient care, like individual and group therapy, activity therapies like art therapy, partial hospitalization programs, and annual depression screenings. Part B also covers outpatient substance use disorder treatment, including services received at a clinic, hospital outpatient department, or in an opioid treatment program.

When choosing providers for Medicare-covered services, make sure they accept assignment. A provider who accepts assignment will accept Medicare's approved amount as payment in full for a service and will not charge you anything over that amount. If you see a provider who is not a medical doctor, like a psychologist or clinical social worker, make sure they are Medicare-certified. Medicare will only pay for covered services if the provider is Medicare-certified.

If you have Original Medicare, you will pay a 20% coinsurance for Part B-covered services after you meet your Part B deductible (\$257 in 2025). For most preventive services, including annual depression screenings, you pay nothing. If you are enrolled in a Medicare Advantage plan, contact your plan for help finding in-network providers and to learn about costs. If you need prescription drugs for mental health treatment, your Part D plan or Medicare Advantage plan may cover them. If you need inpatient mental health services, these may be covered by Medicare Part A. Part A covers up to 190 days of inpatient care in a psychiatric hospital over a person's lifetime. If you have used up these 190 days, Part A may cover additional inpatient mental health care in a general hospital. If you are receiving inpatient mental health care in a general hospital, Part A will cover up to 90 days per benefit period. In addition, Part A will pay for up to 60 lifetime reserve days if you are in the hospital for more than 90 days.

Psychiatric hospitals and general hospitals have the same out-of-pocket costs. After you meet your Part A deductible (\$1676 in 2025), Part A will pay the full costs of the first 60 days of inpatient care in a benefit period. A benefit period begins when you are admitted to the hospital as an inpatient and continues until you have been out of the hospital or a skilled nursing facility for 60 days in a row.

The WISE Program

The Wisconsin Senior Employment Program provides useful part-time opportunities in community service activities for unemployed, low-income persons who are 55-years of age or older who have poor employment prospects and to foster individual economic self-sufficiency and strives to move job-ready persons participating into unsubsidized employment. The Wisconsin Senior Employment Program is not to be construed as permanent but rather "temporary" employment through training experience in community service activities. This program is designed to teach new and/or enhance marketable skills to participants so they may enter and be competitive in today's job market.

Contact: Erika Deal 608-789-5645 deale@workforceconnections.org

Medicare Observation Status Appeals

By the GWAAR Legal Services Team

Observation status is when a hospital classifies a Medicare beneficiary as an outpatient under "observation" and then bills Medicare Part B (outpatient care) for services instead of Part A (inpatient care). This can happen even if the beneficiary remains in the hospital overnight. You are only considered "inpatient" when a doctor orders inpatient admission. An inpatient admission is generally appropriate when you're expected to need 2 or more overnights of medically necessary hospital care – the "two midnights" rule. Note that it is a forward-looking standard: was there a reasonable expectation at the time of the doctor's inpatient admission order that the patient needed medically necessary hospital care that will be longer than at least two midnights?

Being classified as outpatient versus inpatient can affect post hospitalization skilled nursing care, which typically requires a 3-day inpatient hospital stay. You can also end up with higher cost sharing when these services are billed under Part B instead of Part A. The Centers for Medicare & Medicaid Services (CMS) requires hospitals to provide a Medicare Outpatient Observation Notice (MOON) to patients receiving care under observation status for more than 24 hours. The MOON explains how observation status may affect their costs and post-hospital care.

Thanks to a class action lawsuit brought by the Center for Medicare Advocacy (with co-counsel Justice in Aging and Wilson Sonsini Goodrich & Rosati) certain beneficiaries can now appeal a status change. However, only those beneficiaries who were admitted to the hospital as an inpatient but later had their status changed to outpatient can appeal. This rule will apply to hospital stays going forward, and affected beneficiaries can appeal past hospital admissions dating back to January 1, 2009.

Retrospective Appeals

To file a retrospective appeal regarding a previous hospital stay, you must meet all of the following requirements:

- You were admitted to the hospital as an inpatient between January 1, 2009 and February 13, 2025, and the hospital changed your status to outpatient during your stay.
- You got observation services in the hospital after the hospital changed your status to outpatient.
- You got a Medicare Summary Notice (MSN) for outpatient services for your hospital stay OR a Medicare Outpatient Observation Notice (MOON) for observation services during your hospital stay.
- This is the first time you're appealing for Medicare to cover services related to this hospital stay OR if you did appeal, you got a final decision AFTER September 4, 2011.

AND one of these statements also applies to you:

- You didn't have Medicare Part B (Medical Insurance) while you were in the hospital.
- OR
- You stayed in the hospital for 3 or more consecutive days, but were an inpatient for less than 3 days, and you were admitted to a skilled nursing facility within 30 days after you left the hospital.
- Otherwise, going forward, CMS has created a new notice, which is different from the MOON, for hospitals to give patients whose inpatient stay is being reclassified. This Medicare Change of Status Notice (MCSN) will include information on appeal rights. Patients will have the right to an expedited appeal by calling the Beneficiary and Family Centered Care-Quality Improvement Organizations (BFCC-QIO) number listed on the MCSN before leaving the hospital. Standard (non-expedited) appeals can be made at any time.

For more information on inpatient vs. outpatient hospital status, visit: <https://www.medicare.gov/coverage/inpatient-hospital-care/inpatient-outpatient-status>

And for more information on appealing a change in status, visit: <https://www.medicare.gov/providers-services/claims-appeals-complaints/appeals/original-medicare/denial-part-a-hospital-status>

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.

Mississippi Melodies - Outdoor Concerts: Tuesdays, June-September, 12pm-1pm. Canceled by 10am for rain. Free

Mah Jongg Club (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session.

Art Club: Thursdays, 12pm-3pm. Register. \$2/session.

Knitting Group: Thursdays, 1pm-3pm. \$1/week.

Expressive Dance: Saturday, July 12, 9am-11am. Register by Wednesday prior.

Parkinson's Disease Support Group: Monday, July 7, 5pm-6:30pm. Call Star Center to register at 608.797.6295.

International Folk Dance: Wednesday, July 2 & Saturday, July 19, 7pm-9:30pm. Register. \$2/session.

Embrace (for those with dementia & care partners): Wednesdays, July 9 & 23, 12:30pm-2pm. Call the ADRC to register at 608.789.8640.

Medicare 101-Understanding the ABCs of Medicare: Free Wednesday, July 30, 10am OR 6pm. Register by Friday prior.

Monthly Card Creations: Wednesday, July 30, 2pm-7pm. Register by Friday prior.

South Side Neighborhood Center

1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register.

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

Coping Skills: Fridays, July 18, 10am-11:30am. Register by 1 day prior. Free

Wise Wednesdays: Wednesday, July 2 & 16, 10:30am-12pm. Register. Free

Bingo: Wednesdays, July 2 & 16, 12:30pm-1:30pm. Register by 1 day prior. Free

Before the After: Wednesday, July 16, 10am-12pm. Register by 1 day prior. Free

Shuffle Together (cards): Fridays, July 11 & 25, 2pm-3:30pm. Register. Free

La Crosse Area Parkinson's Social Night: Wednesday, July 16, 5:30pm-7pm. Call the Stars Center for questions: 608.797.6295

Senior Meal Site: Lunch served 11:30am, M-F. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation \$4.50

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

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

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

Sons of Norway: 1st Thurs, 7pm starting in August

Wednesday for Lunch: July 16th, 11am-12:30pm. Hot Dog Day! Free for 55+ yr olds. **National Hot Fudge Sunday Day:** July 25, 11am-12:30pm, free drive-thru, 55+ yr olds

Senior Water Aerobics: Tues & Thurs, 11:15am, Logan Pool

ONALASKA PARK & REC EVENTS

255 Riders Club Rd.

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

Great River Sound at Dash Park: Tuesdays at 6:30pm

Celebrate Onalaska– June 28th at Van Riper Park

Ball-A-Palooza– July 23, Jimmy Olson baseball fields

Events at the new DASH Center

515 Quincy St. Onalaska

Open Pickleball- Mondays and Wednesdays from 5:30am-7:00am (Lyche Family Gymnasium)

Walking Group- Monday-Friday from 8:30am -9:30am (Lyche Family Gymnasium)

Bridge Group- Mondays from 12:30pm -4pm (Diermeier Family Room)

Mah Jongg- Wednesdays from 12:30pm -4pm (Sunset Room)

Senior Center Lunch: 11:30am, Monday-Friday. Call 608-785-5775 to reserve a meal 24 hrs in advance.

Simple Steps with Kathy Helgersen-Kathy will help with any questions about your cell phone, tablet, or laptop! July 2, July 16, and July 30 from 10am -11:30am. (Diermeier Community Room)


Senior Scene Cinema– July 29th at 12:30pm. Diermeier Community Room. We will select and watch a movie bi-weekly. If you have a movie of choice please let us know.

Grill Out & Activities for 60+ yrs. July 28, 10am-12:30pm. Nickle bingoo at 10:30am. Lunch at 11:30am. \$5 suggested donation. Register at the ADRC 608-785-5775.

OMNI CENTER EVENTS

BBBB Bingo: Wednesdays at 6pm

2nd Friday of the Month: **Brews & Tunes**, 5pm-8pm



HOLMEN AREA COMMUNITY CENTER

600 N Holmen Dr.

608-399-1870 www.holmenccc.org

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

*Registration required for some programs.

HACC will be closed on Friday, July 4th

Indoor Walking: Monday - Friday: 7am-9:30am (Hours may vary)

Pickleball Open Play: Thursdays, 8am – 9:15am (Hours may vary)

StrongBodies Virtual Strength Training: Monday & Wednesday at 9am, Friday Video at 10am

Fun with Watercolor: Mondays, 9am –10:30am

Chair Yoga: Mondays at 9:15am and Friday, July 18 at 9:15am

SimpleSteps Tech Help: July 14 & 28, 10:30am-12pm

Line Dancing Lessons: Mondays and Wednesdays, 12:15pm–1:15pm

Mah Jongg Club: Mondays, 1pm

American Red Cross Blood Drive: July 7, 10am–4pm *Register with American Red Cross

Holmen Area Historical Society: Monday, July 7 at 6pm “Story Circle: Water, Water, Everywhere.”

NEW Public Health Nurse Visits: July 8, 8:30am–11am (Free Blood Pressure Checks & Education)

Technology Classes: Tuesday, July 8 (Word Basics) at 1pm and July 22 (Smartphone Photography) at 1pm

Cardio & Strength Fitness: Tuesdays and Thursdays, 10am

La Crosse County Veterans Service Hours: July 3, 12:30pm- 4pm

Hearing Evaluations: July 1, 9:30am–11:30am (call appointment)

Hearing Instrument Checks: July 15, 9:30am–11:30am (call appointment)

Conversation, Coloring & Calmness: Tuesdays, 1pm

Community Crafts with Pam & Jackie: , July 1, 1pm. Craft: Fruit Bowl

Caregiving 101: July 1, 1pm–2:30pm (Monthly education and support series for family caregivers)

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

NEW Fueling Longevity - The Power of Nutrition After 50: July 29th, 1pm

Diamond Art: Wednesdays, 9am

Bingo: Wednesdays & Fridays, 12:30pm

“A Joyful Life” Monthly Group for Women: July 2, 2pm-3pm

Cozy Readers Book Club: July 16, 2pm–3pm

Healthy Living with Diabetes: Wednesdays (July 9 - August 13) 2pm-4:30pm *Must pre-register for this series

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

Crafternoon Social – Knit & Crochet: Thursday July 3 & 17, 1pm

Brain Checks: July 15, 8:30am – 3:30pm (Contact ADRC to sign up)

Navigating Together – Support for Caregivers: Thursday, July 17, 1pm

AA Meetings: Thursdays, 6pm–7pm

Gentle Yoga for Beginners: July 18, 8am

Good Morning Holmen! July 18, 9am–10am “Brain Health Panel”

2025 RIVERBOAT STOPS

7/3: Viking Mississippi, 9:30am-5pm

7/6: American Serenade, 6am-11pm

7/7: Viking Mississippi, 8am-5pm

7/20: American Serenade, 8am-11pm at Riverside Park

Visit explorelacrosse.com





Holmen Catholic Church 9am-11am 1st Tuesday
Forest Park Apartments 9am-11am 1st Wednesday
Salzer Square Apts. 9am-10am 1st Thursday
Coach Lite Mobile Home 11am-12pm 1st Thursday
Onalaska Legion (lot) 9am-10am 1st Friday
Anytime Fitness West Salem 10:45am-11:45am 1st Friday
Becker Plaza Apts. 9am-11am 2nd Tuesday
Solberg Heights Apts. 9am-11am 2nd Wednesday
Huber Court Neighborhood 10:30am-11:30am 2nd Thursday
Carroll Heights, back lot 12:15pm-1:15pm 2nd Thursday
River Crest Village Mobile Home 1:30pm-2:30pm 2nd Thursday
Stokke Tower Apts. 9am-11am 3rd Tuesday
Sauber Manor Apts. 9am-11am 3rd Wednesday
Ping Manor Apts. 9am-11am 3rd Thursday
Stoffel Court Apts. 9am-11am 4th Tuesday
Pinedale Apts. Onalaska 9am-10am 4th Wednesday
Greendale Apts. Onalaska 10:15am-11:15am 4th Wednesday
Schu-Mullen Neighborhood 10:30am-12:00pm 4th Thursday
Christopherson Apts. 9am-10am 4th Thursday

wafermobile@waferlacrosse.org or 782-6003
1603 George St. La Crosse
Drive thru pick up available Wednesday & Thursdays 10am-12pm

SENIOR FARMER’S MARKET VOUCHERS
The Senior Farmer’s Market Nutrition Program, coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with a **\$25.00** voucher to purchase fresh grown fruits & vegetables from local participating Farmers Markets. This year, vouchers will be distributed at various locations (see below) and at the ADRC. Individuals may call the ADRC at **608-785-5775** 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 \$2,413 if single or \$3,261 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 (\$25) PER PERSON.

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



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





3rd Wednesday of the month
July 16th
4:30pm—6pm
Journey Lutheran Church
2703 Sand Lake Rd. Onalaska


Everyone is welcome to attend! You will receive an abundance of grocery items. No income or residency requirements.
\$25 Cash Donation is required. www.rubyspantry.org

Choose Whole Grains for Health
Eating grains, especially whole grains, can provide health benefits. People who regularly eat grains that are low in added sugars, sodium, and saturated fats as part of an overall healthy diet may have a reduced risk of some diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies. At least half of all the grains eaten should be whole grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, barley, millet, couscous, wheat berries, popcorn and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, de-germed cornmeal, white bread, and white rice. Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.
Look for the word “whole” at the beginning of the ingredients list
Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.
Find the fiber on label
If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.
Is gluten in whole grains?
People who can’t eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs. <https://www.myplate.gov/myplate-plan>
Karie Johnson, FoodWise Education Coordinator

Shop from Local Farmers & Markets!
Onalaska- Sundays, Now - Sunday Oct 26th
8am-1pm. 2906 Market Pl, (Ashley Furniture Parking Lot).
The Burns Park Market– Fridays, Now- October 24th,
3:30pm-6:30pm. 7 01 Main St. La Crosse
WIC Checks and EBT accepted.
Hmoob Cultural & Community Center– Thursdays from
Now-October, 8am-3pm. 1815 Ward Ave. La Crosse
Crowley Market-Every other Saturday in Crowley Park
2100 Campbell Rd, La Crosse from June -October,
9am-12pm.
Jackson Plaza Market– Every Saturday, 8am-1pm at
826 19th St S. La Crosse
Holmen Market -Wednesdays, 3pm-6pm Holmen Legion
419 1st Ave. W. Now - September 24.
West Salem-Wednesdays, 3pm-6pm at Jefferson & Mill St
lot. Now-October.
La Crescent-Tuesdays, 4pm-7pm at La Crescent Events
Center lot. Now-September.





Market on Market
2102 Market St. La Crosse
July 13, Aug. 10, 11am-2pm
Monthly market with live music & vendors
Hosted by Beer By Bike Brigade



EVENTS
7/22– Food Demo, 4pm. Healthy recipes
7/25– Praise for Pollinators education, 8am
7/25– Paint with Nature Brushes, 4pm
7/27– Cooking with vegetables, 11am

The Kane Street Community Garden relies on volunteers to be successful. Volunteers are welcome during the following hours:
Monday & Thursdays 8:00 am - 6:00 pm
Tuesday, Wednesday & Fridays 8:00 am - 3:00 pm
Saturday 8:00 am - 1:00 pm
Sunday Closed
Come to the garden on harvest days during the hours listed below, register as a volunteer, and wait for instruction from a garden staff member.
Harvest Hours:
Monday & Thursdays 2:00 pm - 4:30 pm
Distribution 4:30 pm - 6:00 pm
Saturday 10:00 am - 11:30am
Distribution 11:30 am - 1:00 pm

Corner of Kane and St. Cloud Streets La Crosse, WI 54603
Phone: 608-386-3319

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pork roast & gravy 1 Mashed potatoes Baby carrots Applesauce spice cake 	Spaghetti 2 Romaine lettuce salad Fresh fruit salad Breadstick, Brownie	Ham 3 Au gratin potatoes Mixed vegetables Pumpkin bar	Closed For Holiday  4
Beef stroganoff 7 Buttered noodles Broccoli Applesauce, Orange juice	Chicken broccoli Divan 8 Buttered peas Baked sweet potato Fruit, Chocolate cake	Chef salad 9 Watermelon Bran muffin Fruit pie	Meatballs & gravy 10 Mashed potatoes Squash Fruited jello	Goulash w/ beans 11 Corn Spinach salad Chocolate pudding
Turkey & gravy 14 Mashed potatoes & gravy California vegetables Ice cream sundae, Orange	Pulled pork sandwich 15 Rosemary potatoes Peas & carrots Pumpkin bar	Potato soup/ crackers 16 Chicken sandwich Broccoli salad Fruit pie	Brat on a bun 17 German potato salad Baked beans Fruit, Oatmeal cookie	Broccoli chicken casserole 18 Beets Black bean brownie Fresh fruit salad
Chicken supreme 21 Baby red potatoes Stewed tomatoes Pumpkin bar	Meatloaf 22 Baked sweet potato Calico beans Sliced pears	Ham & scalloped potatoes 23 Broccoli Fruited jello	Chicken raisin salad 24 Pineapple orange salad Blueberry muffin Ice cream	Turkey tetrazzini 25 Romaine salad Apple Peanut butter coolie
Mushroom burger 28 Baked beans Carrots Grapes Bun	Taco salad 29 Sliced peaches Fruit pie Taco chips, sauce, sr cream	Ham balls 30 Au gratin potatoes Corn Orange wedges Bun	BBQ ribbette 31 Garlic mashed potatoes Corn Oranges wedges Rye bread	*All meals include milk or juice & bread. *Substitutions may occur.

Summer Stuffed Shells

1 (12-oz.) pkg. uncooked jumbo shells
1 Tbsp. oil
1 medium yellow onion, finely chopped
2 cups zucchini, chopped into 1/2" pieces
3 cloves garlic, finely chopped
Freshly ground black pepper
2 cups ricotta
1/2 cup finely grated Parmesan
1 cup fresh or frozen corn kernels
1/4 cup fresh basil leaves, finely chopped
1 1/2 cups shredded mozzarella, divided
2 lemons, divided
3 cups store-bought or homemade marinara sauce


Preheat oven to 350°. In a large pot of boiling salted water, cook shells, stirring occasionally, until al dente according to package directions for stuffed shells.

In a large skillet over medium heat, heat oil. Add onion and cook, stirring occasionally, until softened and translucent, about 7 minutes. Add zucchini and garlic; season with salt and pepper. Cook, stirring occasionally, until zucchini is lightly browned and softened, 5 to 7 minutes. Transfer to a large bowl and let cool slightly.

To bowl, add ricotta, Parmesan, corn, basil, 1/2 cup mozzarella, zest and juice from 1 lemon and cooled zucchini mixture and stir to combine; generously season with salt and pepper.

Spread marinara sauce in the bottom of a 13" x 9" baking dish. Stuff each shell with about 2 tablespoons ricotta mixture and arrange in baking dish. Top with remaining 1 cup mozzarella.

Bake stuffed shells until cheese is beginning to brown and sauce is bubbling, 25 to 30 minutes.




Nanny's Grape Salad

1 cup chopped pecans
1/3 cup white sugar
1 (8 oz) package cream cheese, softened
1 tablespoon milk
1 teaspoon vanilla extract
2 pounds green/red seedless grapes

Place pecans in a skillet over medium-low heat; cook and stir until pecans are toasted and fragrant, 3 to 5 minutes. Remove from heat and pour into a heatproof bowl; stir to prevent nuts from overcooking.


Beat sugar, milk, cream cheese, and vanilla extract together with an electric mixer in a bowl until smooth. Fold in pecans and grapes. If desired, add some flaked coconut. Serves 8



Confetti Corn

2 tablespoons good olive oil
1/2 cup chopped red onion
1 small orange bell pepper, 1/2-inch diced
2 tablespoons unsalted butter
Kernels cut from 5 ears corn (4 cups)
1 1/2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons julienned fresh basil, minced fresh chives, and/or minced fresh parsley leaves

Heat the olive oil over medium heat in a large saute pan. Add the onion and saute for 5 minutes, until the onion is soft. Stir in the bell pepper and saute for 2 more minutes. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs and serve hot. Serves 6





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.

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

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

Transportation is available to our meal sites.

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

Grill Out & Activities

July 28, 10am-12:30pm at the new Dash Center, Onalaska
For 60yrs +, Nickel Bingo at 10:30am, burger & fixins' lunch at 11:30am. \$5 suggested donation. Come for some fun!
Register at 608-785-5775

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN LA CROSSE		HOME DELIVERED	792-4487
SOUTHSIDE	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR.	317-8104
ONALASKA	11:30AM	515 QUINCY ST	317-9870
WEST SALEM		HOME DELIVERED	785-5775
WEST SALEM LIBRARY	2ND & 4ND THURS	720 INDUSTRIAL DR.	785-5775
BANGOR LIBRARY	3RD THURS	1720 HENRY JOHNS	785-5775

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



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

Holiday Closure: July 4th, all branches
Friends Book Sale: Mondays, 9am -12pm. Weekend Sale 7/25-7/27
Chair Yoga: Thursday's at 10am in Main Hall
Qigong: July 5, 10am
Chapters: July 9, 1pm or July 12, 10am. *The Future*
Islands of Brilliance: Thursday's, 4:30pm
Indigenous Film Series: July 10, 5pm. *The Indians Who Rocked the World*, at the Rivoli Theatre. Register
Repair Café: July 12, 10:30am-12:30pm
Balkan Blue Folk Music: July 15 at 5:30pm
Adult Gaming Lounge: July 17, 5pm-6:30pm at North Library
Music Fest: July 19, 10am-11am. Fun Irish music at Burns Park
Adult Lego Club: July 19, 12pm at North Library
Junk Journaling: July 22, 5:30pm
Eco Makers: Mondays, 3pm-5pm at North Library

Summer Book Bingo runs through July 26! Pick up a bingo card at any location and get a free book from the book sale.
Bangor movie on July 17 at 2:30pm and 6pm.
Bangor "UNO Tournament" for all ages on July 10 at 6pm. Registration required.
Campbell "Family Movie Masquerade" for all ages on July 30 at 5:30pm. Registration required.
Campbell Book Club meets the second Tuesday of the month at 6pm.
Holmen "Drop-in Tech Help" on July 17 from 11am-12pm and 4:30pm-5:30pm.
Onalaska "Sensory Story Time" for adults with disabilities Mondays at 1:45pm.
Onalaska Book Club meets the third Thursday of the month at 1:15pm.
West Salem "Coffee Tasting" on July 8 at 10:30am. Registration required.
West Salem movies on July 10 and July 24 at 2:15pm and 5:45pm.
West Salem Afternoon Book Club meets the second Wednesday of the month at 1:30pm.
West Salem Evening Book Club meets the fourth Monday of the month at 6:30pm.

Myrick Park Center/ The Nature Place
789 Myrick Park Dr, La Crosse 608-860-6864
www.natureplacelacrosse.org

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

Yoga in the Garden, Wednesdays from 5:30pm-6:30pm, \$12/class
July 1: Children's Art Show, 4:00-6:00pm, Free; and "For the Benefit of Both", Multimedia Art Immersion, \$25 ticketed fundraiser, 6:00pm-8:00pm
July 2: EnviroWednesday, topic TBD, 7pm, Free, ages 14+
July 12: Driftless Area BioBlitz (DABB) at Veterans Campground, 10am-12pm, Dragonfly Discovery
July 16: Forest Bathing with RejuveNature, 5:30pm-7:30pm, \$15, ages 16+

Senior Social Hour
La Crescent Public Library
321 Main Street
La Crescent, MN
Looking to meet new faces, read the paper, chat and relax?
Join Us!
Tuesdays 8am - 9:30am

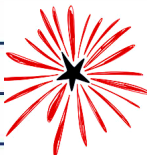


RIVER CITY WATER SKI SHOW TEAM
WEDNESDAYS AT 7PM UNTIL AUG 6
AT AIRPORT BEACH LA CROSSE.
JULY 4 & 5 AT RIVERSIDE PARK
BRING A LAWN CHAIR AND ENJOY THE FREE SHOW

NARVRE
National Association of Retired and Veteran Railroad Employees
Unit 047; Meeting July 8th, 10am at the Onalaska American Legion. Speaker: Dahl Ford Museum.
Call Jeanne 608-526-3304

4th of July
word scramble

DRE _____
LRASKRESP _____
WREFSKIRO _____
DOL ROYGL _____
UBEL _____
MURMES _____
MIFYLA _____
SEBYT SORS _____
DIYLAHO _____
BELTECNAROI _____
OLOP PYRAT _____
HEWIT _____
DARPAE _____
INOFBER _____
GALF _____
RAMEAIC _____
SSRAT DNA SERPITS _____
NEDPCEDIENEN YAD _____
ABECUEBR _____
TIORACITP _____



Senior Citizen Social
9am-11am
1st & 3rd Thursdays
Pizza Ranch 3130 Chestnut Pl.
La Crosse



Meet new friends!
A free gathering with coffee, treats and games.

Blood Drives for JULY



7/2: Holmen American Legion, 9am-2pm
7/7: Holmen Community Center, 10am-3pm
7/8: Journey Lutheran Church Onalaska, 12:30pm-5:30pm
7/9: Moose Lodge, 10am-3pm
7/10: Altra Federal CU Corp office 8am-1pm
7/10: Trinity Lutheran Church La Crosse, 12pm-4pm
7/11: Cashton HS, 12pm-5pm
7/14: Rivoli Theatre, 11:30am-3:30pm
7/14: First Lutheran Church Onalaska, 12:30pm-5:30pm
7/14: Holmen Square Mall, 12pm-4pm
7/17: 1501 St Andrew St., 11am-3:30pm
7/18: Black River Beach Community Center, 10am-3pm
7/18: Onalaska American Legion, 9am-1pm
7/21: Chaseburg Village Hall, 9am-1pm
7/23: Mel-Mindoro HS, 12pm-5pm
7/28: St. Matthews Church Stoddard, 12:30pm-4:30pm
7/29: Onalaska YMCA, 10am-3pm
7/30: Presbyterian Church West Salem, 11:30am-4:30pm
7/31: Luther HS Onalaska, 10am-2:30pm


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

Free Brain Checks

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning. Just like blood pressure, cancer, or diabetes screening, brain checks can help you identify early; both the irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Open to the public. This is not intended for people with diagnosed dementias.

July 15 at Holmen Area Community Center

Call the ADRC to register at 608-785-5700.



BrainCheck

LYME DISEASE

BY MAYOCLINIC.ORG

Lyme disease is an illness caused by borrelia bacteria. Humans usually get Lyme disease from the bite of a tick carrying the bacteria. Ticks that can carry borrelia bacteria live throughout most of the United States. But Lyme disease is most common in the upper Midwest and the northeastern and mid-Atlantic states. It's also common in Europe and in south central and southeastern Canada. You're at risk of Lyme disease if you spend time where the ticks live, such as grassy, brushy or wooded areas. Taking safety measures in these areas can lower the risk of Lyme disease.

Symptoms- A tick bite may look like as a tiny, itchy bump on your skin, much like a mosquito bite. This doesn't mean you have a tick-borne disease. Many people will not notice they've had a tick bite. The symptoms of Lyme disease vary. They usually show up in stages. But the stages can overlap. And some people don't have symptoms of the typical early stage.

Stage 1- Lyme disease rash on different skin colors. Early symptoms of Lyme disease usually happen within 3 to 30 days after a tick bite. This stage of disease has a limited set of symptoms. This is called early localized disease. A rash is a common sign of Lyme disease. But it doesn't always happen. The rash is usually a single circle that slowly spreads from the site of the tick bite. It may become clear in the center and look like a target or bull's-eye. The rash often feels warm to the touch, but it's usually not painful or itchy. Other stage 1 symptoms include: Fever, headache, extreme tiredness, joint stiffness, muscle aches, and swollen lymph nodes.

Stage 2- Without treatment, Lyme disease can get worse. The symptoms often show up within 3 to 10 weeks after a tick bite. Stage 2 is often more serious and widespread. It is called early disseminated disease. Stage 2 may include the stage 1 symptoms and the following: Many rashes on other parts of the body, neck pain, muscles in the face are weak, irregular heartbeats, pain in back and spreads to the legs, weakness in hands or feet, swelling of eyelids, and vision loss.

Stage 3- In the third stage, you may have symptoms from the earlier stages and other symptoms. This stage is called late disseminated disease. The most common condition of this stage is arthritis in large joints, particularly the knees. Symptoms usually begin 2 to 12 months after a tick bite.

When to see a doctor- Most people who get Lyme disease don't remember having a tick bite. And many symptoms of Lyme disease relate to other conditions. See your health care provider if you have Lyme disease symptoms. An early diagnosis and proper treatment can improve outcomes.

STRONGBODIES

FREE Virtual Strength-Training Class for adults

Reduce the risk of chronic diseases

Improve bone density

Reduce falls

Reduce arthritis symptoms

Improve mood and sleep

Adaptable for all activity levels

MONDAYS AND WEDNESDAYS

JULY 14 - SEPTEMBER 24, 2025

9:00 AM - 10:20 AM

LOCATIONS:

Virtually: Your home

Virtually: Holmen Community Center 600 N Holmen Drive Holmen, WI

Contact your FoodWise StrongBodies Leaders for more information

Karie Johnson: karie.johnson@wisc.edu or 608-785-9620

April Anderson: april.anderson@wisc.edu or 608-269-8722

The Benefits of Being Outdoors

By the GWAAR Legal Services Team

Now is the time of year when we want to spend more time outside, and that is just what you should do. The warmth of springtime sunshine should entice you to get outside to enjoy it after the long, cold winter. Not only does the warmer weather feel good, but it's also beneficial. Time outside helps with vitamin D absorption, mental health, physical health, and socialization. With winter in our rearview mirror, we can focus on getting outside to take advantage of the many benefits that being outside offers.

Vitamin D

Your body needs vitamin D to help with the absorption of calcium. Vitamin D helps with bone density, your immune health, and can help reduce inflammation. Your body absorbs vitamin D from sunlight due to vitamin D receptor cells in your skin that help produce it. It is important to understand that prolonged exposure to sunlight and ultraviolet rays can lead to skin cancer. To avoid any risks, you should wear sunscreen when outside for prolonged periods.

Mental Health

Being outside can also benefit your mental health. Being out in nature can improve your overall mood. It lowers your levels of cortisol, your stress hormone, which reduces the harmful effects of stress and anxiety on your body. The sunshine and fresh air can reduce depression and improve your mood. Being outside can also help improve concentration and memory. Generally, enjoying the spring weather can positively affect your mental health.

Physical Health

The warm weather in spring makes it easier to get outside for exercise. Moderate-intensity exercise will help improve your overall health and should be an essential part of your routine. The spring weather allows for longer walks while also letting you enjoy beautiful flowers and scenery. Gardening or yard work can also count as exercise. Always ask your doctor what type of physical activity you should engage in. Even if you can't go for a long walk or do yard work, you can take short walks outside to receive the many advantages getting outdoors provides for your health.

Socialization

Spring weather makes getting out of the house to socialize easier. Socialization helps to improve mood and happiness. Winter weather forces most of us to stay indoors, limiting our interactions with others. Isolation and loneliness can contribute to cognitive decline and dementia and increase your risk of heart disease, depression, and anxiety. Regular social contact can help improve both mental and physical health. Now that spring's warmer weather is here, it's easier to get out and find social activities.

Being outdoors can help improve your mental, physical, and emotional health. You can take advantage of these benefits by taking a short walk, attending social events, or gardening. Whatever outdoor activity you choose to do will come with benefits to boost your mood and overall health.

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: mjnylander@icloud.com or

Britney Hodson at britney.hodson@gmail.com

Recognize Signs of Heat Illness

Heat Exhaustion

Faint or dizzy

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

Heat Stroke

Throbbing headache

No sweating

Body temperature above 103°

Red, hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

• Get to a cooler, air conditioned place

• Drink water if fully conscious

• Take a cool shower or use cold compresses

Call 9-1-1

Take immediate action to cool the person until help arrives

The “Parallel Activity” Method That’s Transforming Caregiver-Client Relationships

Article continued from June 2025 edition
By Scott Grant, Certified Senior Advisor®, SHSS®

The Psychology Behind Why It Works

The parallel activity approach works because it taps into fundamental human psychology:

- It preserves autonomy and status** – Being directed or helped constantly reinforces dependency and loss of control. Working in parallel maintains a sense of capability and independence.
- It reduces confrontation** – Side-by-side positioning is naturally less threatening than face-to-face interaction, which can feel confrontational or evaluative.
- It leverages the power of modeling** – Humans are wired to mirror those around them. When you engage in an activity, the person in your care is naturally inclined to follow suit—without explicit direction.
- It activates procedural memory** – Even in people with cognitive impairment, procedural memory (how to do familiar tasks) often remains intact. Parallel activities tap into this preserved ability.

Most importantly, this approach acknowledges a fundamental truth: no one, regardless of age or cognitive status, wants to feel like a child being supervised. The parallel method preserves adult status and dignity.

How to Implement Parallel Activities in Daily Care

The beauty of the parallel approach is its versatility across all aspects of caregiving:

Personal Care Routines

Instead of directing someone to brush their teeth, set up side-by-side sinks where you both brush together. This transforms a potentially infantilizing experience into a shared adult routine. For grooming, try setting up two mirrors where you both comb your hair or apply face moisturizer simultaneously. The power of this subtle shift can’t be overstated.

Household Tasks

Kitchen activities offer countless opportunities for parallel engagement:

- Prepare vegetables side-by-side at the counter
- Set identical place settings at the table
- Wash dishes together, each with your own task

Laundry becomes connection time:

- Sort similar piles sitting next to each other
- Each fold a different category of clothing
- Match socks together as a shared activity

Social and Recreational Time

Parallel activities shine during leisure time:

- Read books side-by-side, occasionally sharing interesting passages
- Work on separate but similar craft projects
- Listen to music while each writing or drawing
- Exercise together following the same video or routine

Making the Shift: Practical Tips for Success

Transitioning to parallel activities requires some thoughtful adjustments:

- Rearrange your physical space** – Create side-by-side workstations instead of face-to-face setups. Two chairs at the counter instead of one is a simple but powerful change.
- Adjust your language** – Replace directions (“Now you need to brush your teeth”) with companionable statements (“It’s time for us to brush our teeth”).
- Start with strengths** – Introduce the parallel approach first in areas where the person already maintains abilities and confidence.

Be patient with the transition – If someone is accustomed to being directed, the shift might initially cause confusion. Gentle persistence pays off.

Narrate your own actions instead of theirs – “I’m folding the towels like this” rather than “You should fold the towel this way.”

For activities that seem to require more guidance, try the “over-the-shoulder” technique—position yourself slightly behind and to the side, working on a similar task while the person can peripherally observe your movements.

Overcoming Common Challenges

For Those with Cognitive Impairments

- Simplify tasks into smaller components that can be done in parallel
- Use visual cues and identical setups to reinforce the mirroring effect
- Maintain a calm, unhurried pace that allows for processing time
- Focus on familiar, routine activities that tap into procedural memory

When Physical Limitations Are Present

- Adapt the activity so both parties are engaged at their ability levels
- If someone can’t stand at the counter, set up table-height stations
- When hand dexterity is limited, find parallel components of the same task (they sort while you chop)

Even with physical limitations, parallel activities can be adapted to maintain dignity and connection during personal care routines.

Safety Considerations Without Sacrificing Dignity

Maintaining safety remains paramount, but can be achieved while preserving the parallel approach:

- Position yourself where you can monitor without hovering
- Set up the environment to minimize risks beforehand
- Use “indirect supervision” by engaging in your own activity while staying aware
- For high-risk activities, create a parallel component (they stir while you handle the hot pan)

“You might find yourself thinking, ‘This takes more time than just doing it for them,’” and initially, you’d be right. But the reduction in resistance and the improvement in relationship quality quickly offset any additional time investment. More importantly, the dignity and engagement you restore make every extra minute worthwhile. Creating parallel workstations for meal preparation transforms a daily necessity into an opportunity for meaningful connection.

Transform Your Caregiving Relationships Starting Today

The parallel activity method isn’t just another caregiving technique—it’s a fundamental shift in how we view and structure relationships with those in our care. By moving from “doing for” to “doing with,” we restore dignity, reduce resistance, and rediscover the joy in caregiving.

Start simple: select just one daily activity this week to convert to a parallel approach. Notice the subtle shifts in engagement, cooperation, and connection. Pay attention to how differently you feel about the interaction—and how differently the person in your care responds.

As one professional caregiver put it after adopting this method: “I’m not just providing better care—I’m building better relationships. The resistance I used to face has melted away, replaced by moments of genuine connection I never thought possible.”

Upcoming Caregiver Events

Caregiver Education: How to Advocate for Yourself and Your Care Recipient

Kristin Voss will be the speaker for the fifth educational opportunity on the Caregiver Series. She will speak on advocacy for caregivers and the care recipient. Use these skills to advocate in medical settings, service settings, and governmental settings.

Tuesday, July 1, 2025, 1PM—2:30 PM This is a **FREE** event!
Holmen Area Community Center 800 N. Holmen Dr. Holmen, WI 54636
Registration deadline: June 6, 2025

Questions and registration through the ADRC of La Crosse County at 608-785-5700 /adrc@lacrossecounty.org

Family Caregiver Support Group

This Support Group is open to ALL Family Caregivers! The focus will be on reducing the stress of family caregivers, not a specific diagnosis. Come and meet other family caregivers and share the caregiving journey!

Thursday, July 10, 2025, 1:30PM—2:30 PM
Franciscan Spirituality Center 920 Market St. La Crosse, WI 54501

Any questions?
Contact Kristine Meyer at 608-386-0922 or kmeyer@lacrossecounty.org



**La Crosse Parks & Rec
Senior Excursions**

For ages 50+

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

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

July 16: Taffy, Ducks & Relish Trays in Wisconsin Dells
July 24: Circus Juventas-Lumiere! Acrobatic Show, St. Paul
August 7: Go! Pack! Go! – Green Bay
September 11: Lake Geneva Mail Boat Tour
September 24: “76 Trombones Led the Big Parade”, Mason City
October 2: Oklahoma! at the Fireside
October 14: Gangster Tour, St. Paul

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

Move Better, Feel Better– M & Th, 9am. Free
Yoga– Tues 4:30pm, Thurs 7pm
6/28: Double Take concert, 6pm
7/26: Under Paris Skies, concert, 6pm



Norskedalen
Nature & Heritage Center

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

Music in the Valley
Wednesdays from June 25-
August 13 , 5:30pm-7:30pm.

Food available or carry in.
Bring a lawn chair.
Donations accepted.

**Great
River
Sound**

DASH PARK

Onalaska
Tuesdays at 6:30pm

Live music line up:
7/1: Fly Casual
7/8: Josie
7/15: Mr. Blink
7/22: The Twilights
7/29: The Molly Maquires

MISSISSIPPI MELODIES

BLACK RIVER BEACH NEIGHBORHOOD CENTER
TUESDAYS AT 12PM

7/1: MARK IV
7/8: SEVEN RIVERS JAZZ BAND
7/15: PEARL STREET BANJO BAND
7/22: BIG STRUM
7/29: DRIFTLESS RIVER BAND
FREE CONCERT-BRING A LAWN CHAIR



La Crosse Concert Band

Now - July 30 (no 7/2)
Wednesdays, 7pm-8:30pm
Riverside Park (rain location: Logan HS)
www.lacrosseconcertband.org

Holmen Concerts in the Park

Sundays, 5pm-7pm
Halfway Creek Bandshell
June 29: *The Executives*
July 6: *One Accord*
July 13: *Joe Cody*
July 20: *B-Sides*
July 27: *Daddy's Girls*
Rain location: Holmen Library



Sunday July 13, 20, 27 & August 3 7:00 p.m

LOCATION: LA CROSSE RIVERSIDE PARK | RAIN SITE: CAPPELLA PERFORMING ARTS CENTER

MAKE GREAT MEMORIES WITH FAMILY & FRIENDS!

lacrossejazzorchestra.com



VITERBO
UNIVERSITY
FINE ARTS CENTER

**Viterbo University
Fine Arts Center**

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

July 18: Tribute to Queen
July 19: Okee Dokee Brothers
July 30: Straight No Chaser
Summer

Moon Tunes Concerts

7/10: Smokin' Bandits
7/17: Ryan Howe & The Atmosphere
7/24: High Mileage
7/31: Fayme Rochelle & the Waxwings
La Crosse Riverside Park at 5:30pm
www.moontuneslacrosse.com



Friday & Saturday,
July 18 & 19, 2025

At Pump House Regional Arts Center

Tickets: \$15 - \$20
www.thepumphouse.org



BREWS & TUNES
— A COMMUNITY GATHERING —

July 11 Aug 8 Sept 12

5-8PM AT THE OMNI CENTER



LOCAL MUSIC LOCAL WINERIES & BREWERIES
FOOD TRUCKS CARD & BOARD GAMES
FAMILY-FRIENDLY EVENT! YARD GAMES

Senior Life newsletter Questions?

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



**During
construction
and upon
completion
in 1917.**



When La Crosse still had only a bridge built in 1891 to convey horses and horsedrawn wagons and carriages, The MacArthur Bridge was built in 1917 to travel the Mississippi River expanse between Burlington and Illinois by cars and horses alike, and generated millions in toll revenue by the time it was dismantled and replaced by the “Great River Bridge” in 1993. That said, of course far greater are the three bridges that cross the Mississippi from La Crosse to Minnesota, the two Blue Bridges and the massive I-90 bridge.



JULY 10-12
CTY HWY B, WEST SALEM
3 DAYS OF LIVE MUSIC, CAMPING AND
SHUTTLES AVAILABLE.
WWW.COUNTRYBOOM.COM



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 (June 4)
Wednesdays: Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
Wednesdays: 6pm Bingo @ Omni Center. See Beer by Bike Brigade facebook page for monthly calendar
Thursdays: 6pm Bingo @ Holmen American Legion
Saturdays: 11am Bingo @ Shimmy's La Crosse
1st & 3rd Thursday: 6pm Bingo @ Moose Lodge
7/5: Kwik Trip Fireworks Spectacular at La Crosse Speedway, 7pm
7/6: River City Rhapsody, 5:30pm-10:30pm at Veterans Memorial Field. 8 amazing drum corps
7/12: Driftless Music Festival, 12pm-10pm Eckhart Park, Viroqua
7/12: West Salem Historical Society Garden Walk, 9am-1pm. \$15
7/12: Second Saturday Art Market, 321 Main St., 10am-4pm
7/16: Mediterranean Fest, 12pm-5pm at 716 Copeland Ave
7/19: Annual Rail Fair, 10am-4pm at Copeland Park
7/19: 130th Anniversary of Smith's Bike Shop, 4pm-7pm. State St & 7th St closing for live music, food trucks and performances.
7/24-7/26: Cheech's Deecefest at Bluebird Family Campground

JULY 2ND - JULY 5TH 2025



FOOD. FAMILY. FUN.
A FAMILY TRADITION
SINCE 1983

- 7/2:** Senior & Military Breakfast, 8am-10am in the Pepsi tent. Live music, comedy & variety shows, vendors, food and drinks.
7/3: Idol contest, live bands, variety shows, vendors and food.
7/4: 1-4 mile runs, pole vaulting, Military Appreciation Day, comedy shows, vendors, kids parade, River City Waterski Show, Idol contest finals, Warriors performing, live music and fireworks.
7/5: Car show, comedy & magic, vendors, Riverfest Idol finals.
www.riverfestlacrosse.com

THE 67th ANNUAL AAUW
Art Fair on the Green

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

Saturday,
July 26

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.artfaironthegreen.org
www.aauwlacrosse.org

**A
A
U
W**



Art Fair on the Green
La Crosse, Wisconsin

Summer Family Fun



- July 2-5:** Riverfest, La Crosse
July 9-13: Winona County Fair, St. Charles
July 11-13: Trempealeau Catfish Days
July 16-20: La Crosse County Fair, West Salem
July 16-20: Trempealeau County Fair, Galesville
July 23-27: Monroe County Fair, Tomah
July 26: Houston Hoedown Days, Houston, MN
July 29- Aug 3: Jackson County Fair, Black River Falls
August 8-10: Irishfest, La Crosse
August 15-16: Kornfest, Holmen
August 22-24: Great River Folk Festival, La Crosse



June 27
July 25
August 22
Riverside Park
Vendors, arts and music