

La Crosse Senior Life

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

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Platteville, WI 53818
Permit No. 124



June 2024

Raising Awareness, Walking Together, and Advocating for Change in La Crosse County!

Did you know that Alzheimer's Disease is the leading cause of dementia, affecting around 2,800 people age 65 and older in La Crosse County or that women in their 60s are twice as likely to develop Alzheimer's Disease during their lifetime compared to their risk of developing breast cancer? **June is dedicated to raising awareness about brain health and dementia.** Through various activities and events, the Aging & Disability Resource Center (ADRC) of La Crosse County, along with the Dementia Friendly Community Coalition, aims to engage and inform individuals, organizations, and communities about the resources available. Check out page 3 for a schedule of events!

During the month of June, we also observe **World Elder Abuse Awareness Day**, emphasizing the importance of safeguarding the rights of older adults and combating elder abuse worldwide. Join us for a walk (details below) on Saturday, June 15th to stand in solidarity and raise awareness about this critical issue. New this year, entertainment will be provided by the Grumpy Old Men Big Band and refreshments will be available for purchase. Whether you walk or simply come to enjoy the music, let's unite to protect our elders and promote wellness!



Elder Abuse Awareness Day

WALK

Join us for a walk around Riverside Park to help raise awareness and put an end to elder abuse!

Saturday, June 15, 2024
Riverside Park Bandshell
10:00 AM - 12:00 PM

Special Guests
**Grumpy
Old Men
Big Band**



Questions?
785-5700

*You're
Invited...*

LEGISLATIVE TOWN HALL

Thursday, June 27th, 3:30-6:00 pm

Black River Beach Neighborhood Center (1433 Rose St, La Crosse)

Join us (ADRC) as we discuss the needs and concerns of older adults and highlight priorities for the 2025-2027 state budget with regional District representatives. To help with the success of our event, we need individuals to attend who can share their stories and experiences related to one or more of the priorities listed below. Attendees will also have an opportunity to discuss other aging related matters during a "meet & greet" with representatives in attendance. Light refreshments will be served.

- 1. Invest in Aging & Disability Resource Centers**
Wisconsin's ADRCs are vital for aging individuals and those with disabilities but funding disparities hinder their ability to meet demand. To address this, an increase in funding is needed. This investment will not only sustain ADRC operations but deliver significant cost savings for individuals, families, and taxpayers, enhancing the quality of life for all WI citizens.
- 2. Caring for Wisconsin's Caregivers**
In Wisconsin, 580,000+ family caregivers provide \$9.2 billion in unpaid care; most lack insurance coverage and face a shortage of paid caregivers. To address, a new state caregiver support program and expanded paid family and medical leave eligibility are needed to alleviate strain on caregivers and employers.
- 3. Safeguard Nutrition Support for WI Seniors**
Senior nutrition programs statewide face many challenges (federal funding cuts, increased demand, and rising expenses). Additional funding is vital to ensure older adults have timely access to nutrition services, including home-delivered meals which is crucial for addressing senior isolation and hunger.
- 4. Increased Funding for Specialized Transportation**
Despite a 67% increase in the 60+ population from 2000 to 2022, funding for specialized transportation has not increased in five years, leading to service cuts. Investing in this transportation (locally, the service that ADRC contracts with Abby Vans) is crucial.

To register, please call ADRC at 608-785-5700.



#WEAAD

NCEA
National Center on Elder Abuse



FREE FUN WEEKEND!

JUNE 1-2

Wisconsin is home to 50 state parks, 15 state forests, 44 state trails, 84,000 miles of rivers and streams, roughly 15,000 lakes and so much more. For the first weekend every June, you can explore it all with state park admission fees, fishing licenses and trail passes waived.



Have Extra Time on Your Hand this Summer?

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

- ◆ Days are flexible. Hours are from 10:30am-12pm, Mon. thru Fri.
- ◆ Mileage reimbursements monthly.
- ◆ Help packaging meals also available at our various meal sites.
- ◆ Great way for students/ families to give back to their community. Contact the ADRC at 608-785-5700 for more details.



Heroes Café

Fridays, 8am-10am

Festival Foods in the Village

Gathering veterans for free coffee, donuts and socialization.



La Crosse County Community Sustainability Open House

La Crosse County is hosting open houses for our Community Sustainability Plan. The plan will focus on how we can make towns and rural parts of our county more resilient as our climate changes. All are welcome to attend to learn about the plan and provide input and ideas. The open house dates and locations are as follows:

- **Thursday, June 6.** 4-6:30 p.m., Greenfield Town Hall (N1800 Town Hall Rd)
- **Monday, June 24,** 4-6:30 p.m., West Salem Library (702 Industrial Drive)

Send questions to dillonconstant@lacrossecounty.org.

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 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 Includa & My Choice WI Members.

Monday—Friday, 7am - 6pm

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

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



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only **\$4.00 (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 ww.ridesmrt.com



What do you call a group of cows with a sense of humor?

A laughing stock

What do you call a cow during an earthquake? A milkshake

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!



June is Brain Health & Dementia Awareness Month!



Schedule of Events - June 2024

Are you a family impacted by dementia? A caregiver of a loved one with dementia?
Many more activities exclusively for you throughout the month! Call 608-785-5700

All Month	BrainFit Bingo! To participate, pick up a card with brain healthy activities and free brain healthy swag bag, at: Any of the June Dementia Friendly Events, La Crosse County ADRC, Libraries, and ADRC Meal Sites City of La Crosse Main Library, Black River Beach and Southside Neighborhood Centers. Bring completed cards (all squares done) to The Aging & Disability Resource Center (300 4 th St. N. La Crosse) by July 8 to enter chance for 2 prizes valued over \$50! <i>Winners notified after 7/15</i>
Tuesday June 4th 10:00am-11:00am Southside Neighborhood Center 1300 6 th St.	Awareness and Misperceptions of Hospice Care—Understand the Basics Join us to learn more about hospice care, education on the comprehensive services and support hospice provides, and opportunity for questions. <i>No registration. Presentation by St. Croix Hospice</i>
Wednesday June 5th 11:00am-1:00pm Onalaska Public Library	Documentary- SPARK: Robin Williams Battle with Lewy Body Dementia An adaptation of the documentary <i>Robin's Wish</i> delves deeper into Lewy Body Dementia (LBD), its symptoms and impact on both the person with LBD and the primary caregiver. <i>Complimentary food and beverage. Space limited. Please Register: 608-785-5700. Hosted by LBDA & La Crosse County ADRC Dementia Care Specialist Program.</i>
Thursday June 6th 1:30pm Concert First Free Church 123 Mason St. Onalaska	Experience Local Dementia Day Respite Program and Choir Performance! Drop in 11:00-1:00 to learn about OASIS; a donation based cost-effective dementia respite that offers a positive space for people living with mild to moderate dementias while giving caregivers much needed time away. At 1:30pm Giving Hearts Dementia Choir Performance! <i>No registration. By Dementia Friendly Community Coalition</i>
Fridays in June 10:30am-11:30am Holmen Area Community Center 600 N Holmen Dr.	Wits Workouts! Fun Brain Building Activities! Join us Fridays for engaging interactive, and educational brain health activities based on research. This provides purposeful opportunities for older adults to engage intellectually and increase socialization. Each week, enjoy a different activity and theme. <i>No registration. Presented by Dementia Friendly Community Coalition</i>
Monday June 10th Appts: 9am-3pm Eagle Crest South 622 Bennora Lee Ct. La Crosse	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. Open to the public, but not intended for people with diagnosed dementias. <u>Must Register for a 30-minute appointment, Call the ADRC at 608-785-5700.</u>
Wednesday June 12th, 2pm-3:30pm Holmen Area Community Center 600 N Holmen Dr.	The Most Common Dementia for those under 60? It's not Alzheimer's. Join us to learn about the lesser-known frontotemporal dementias. Watch a short film from the Association for Frontotemporal Dementias (AFTD) that chronicles four families as they confront the disease. Education and discussion with local dementia professionals on support efforts, resources, and more. Open to public; professionals, family caregivers. <u>Please register by Calling the ADRC at 608-785-5700.</u>
Friday June 14th 9am-12:00pm Black River Beach Neighborhood Center 1433 Rose St. La Crosse	Healthy Living with Mild Cognitive Impairment (MCI) Education- You Are More Than Your Diagnosis: Adapting to Life with MCI This Live-stream education presentation is for people living with MCI and their families and will feature Adrienne Johnson, PhD with facilitation by Dr. Nathaniel Chin. After presentation, stay for casual conversation and lunch. Presentation starts at 9:30am. <i>Free Lunch provided. <u>Must Register. Call the ADRC at 608-785-5700.</u> Funded by The Kathy and Jack Lucey Family Fund for Alzheimer's.</i>
Saturday June 15th 10:00am-12:00pm Riverside Park Band shelter	Walk with us! Elder Abuse Awareness Walk #whyiwalk Don't stand by, stand up against elder abuse! Research indicates that people with dementia are at greater risk of elder abuse. Join us at Riverside Park Bandshell for information, music, food trucks, walk & refreshments. Wear Purple to show you stand against elder abuse. <i>Registration encouraged, but not required. 608-785-5700.</i>
Monday June 17th 8:30am-3:30pm Mayo Clinic Health System La Crosse Marycrest Room La Crosse	Experience What it may be like to live with Dementia! Dementia Live® offers a unique inside-out understanding of dementia by immersing participants into what it may be like to live with dementia. By "walking in their shoes," participants gain awareness of the challenges associated with living with dementia and learn valuable tools to improve communication and connection. Open to public. <u>Register for a 1-hour session online or by calling 608-785-5700.</u> Presented by Dementia Friendly Coalition
Wednesday June 19th 11am-1pm La Crosse Main Library 800 Main St.	Between the Lines: Community Book Club Discussion Join us for a discussion of a novel that wrestles with questions of whether we can ever outrun our past, and who we are without memory while introducing sibling caregiving and the many facets of life with dementia. Read the book, <i>Catchlight</i> by Brooke Adams Law then come discuss! Lunch provided for registered attendees. Need help finding a copy? Ask upon registration! <u>Register by June 14th, Online or Call The Main Library 608- 789-7100.</u> Limited books available for caregivers at the ADRC call 608-785-5700 to inquire.
Friday June 21st 6:00pm-10:00pm The Courtyard at Celebrations on River 2100 Dawson Ave. La Crosse	ENDALZ Fest! The ENDALZ Fest Foundation's goal is to bring together advocates, supporters, caregivers, and those affected by Alzheimer's to raise awareness in the Coulee Region. Funds raised will be used to expand respite resources for Alzheimer's and other Dementias in the Coulee Region and spark a campaign to enact caregiver wishes. Join us for an evening of fundraising, celebration, and heavy appetizers! <u>Register Online: https://endalzfest.com/%23endalz-fest Tickets \$40</u>
Thursday June 27 5:00pm-7:00pm Sloopy's Bar 163 Copeland Ave. La Crosse	Walk to End Alzheimer's Kick-Off: Open House! All are welcome! Stop by to learn about the walk, get information for teams. Complimentary appetizers provided with a cash bar. <i>No registration. Hosted by The Alzheimer's Association</i>

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.

AARP La Crosse

Coffee & Conversation– June 12 at 8am
Java Jino-La Crosse

Night at the Ballpark– June 21, 5:30pm Copeland Park Loggers Field. Free tickets & food for registered guests. <http://local.aarp.org>


**North American Squirrel Association
Outdoor Fun For Seniors and the
Physically Challenged**


A pontoon is available at no charge to anyone with a disability and their family and friends, veterans, senior citizens over the age of 72, nursing facility groups, adult foster home groups, high school special education groups, youth groups, and other organizations working with the elderly, youth, or persons with disabilities.

Pontoon Rentals available for June- August only

- **Reservations open, and reserved 30 days in advance**

- Mon. - Fri only, no weekends
- First rental at 8 am ... Last rental ends at 5pm
- Pontoon Rental limited to 1-2 hours
- The boat will only hold 9 passengers plus our captain. We can hold up to two wheelchairs at one time.

To sign up for a pontoon cruise visit: www.nasasquirrel.org

Elder Abuse: A Hidden Crisis

World Elder Abuse Awareness Day (WEAAD)

World Elder Abuse Awareness Day (WEAAD), launched in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization, serves as an urgent reminder of the widespread issue of elder abuse. This day is dedicated to raising awareness and empowering individuals and communities to learn how to identify, prevent, and report elder abuse.

Defining Elder Abuse

Elder abuse is a complex issue with far-reaching consequences. It encompasses various forms of mistreatment directed towards older adults (generally those aged 60 or older). It can involve intentional acts of harm or neglectful failures to act, both causing physical, emotional, psychological, or financial damage. Tragically, self-neglect is among the most commonly reported forms of elder abuse. Elder abuse also includes the intentional withholding of essential goods or services needed for well-being, highlighting the vulnerability of older adults within this issue.

Scope of the Problem: How Common is Elder Abuse?

Elder abuse is tragically widespread and often remains hidden. Here are some key facts:

- **National Statistics:** The National Council on Aging estimates that approximately 1 in 10 older adults experience some form of abuse each year. Sadly, only about 1 in 14 cases are reported to authorities, often due to fear, shame, or the victim's inability to report. This means millions of older adults suffer in silence.
- **Financial Cost:** Victims of elder financial abuse lose at least \$36.5 billion annually. This theft has devastating personal consequences.
- **Wisconsin's Prevalence:** In 2022 alone, Wisconsin saw over 10,651 reported incidents of elder abuse or neglect. Nearly half of these cases were self-neglect, underscoring the serious impact of isolation and lack of support on older adults.
- **Local Impact:** The problem is alarmingly close to home. In 2023, La Crosse County received 320 unique referrals regarding elder abuse, representing an 8% increase from 2022. This underscores the importance of awareness and action in our own community.
- **Who Commits Elder Abuse:** Perpetrators of elder abuse are often individuals in positions of trust within the victim's life. Alarmingly, about 66% of abusers are adult children or spouses of the victim. These stats are not just numbers. These are our neighbors, our relatives, our friends potentially being harmed. The first step towards change is an understanding of the problem, and that it's far more widespread than many people realize.

Types of Elder Abuse

Elder mistreatment takes many forms. Common types include:

- **Physical Abuse:** Intentional use of force that causes bodily injury, pain, or impairment. This includes hitting, beating, pushing, shaking, improper restraint, and over/under medicating.
- **Sexual Abuse:** Non-consensual sexual contact of any kind, or sexual interaction with an elder who lacks the capacity to consent.
- **Emotional / Psychological Abuse:** Inflicting anguish, pain, or distress through verbal or nonverbal acts. Examples include verbal assaults, insults, threats, intimidation, humiliation, and isolation.
- **Neglect:** The failure of a caregiver to fulfill their duties in providing necessities like food, water, clothing, shelter, medicine, hygiene, and safety.
- **Financial Abuse:** Illegal or improper use of an older person's resources for another's benefit. This includes theft, misuse of funds, coercion into signing documents, and improper use of power of attorney.

- **Self-Neglect:** An adult's inability, due to physical or mental impairments, to perform essential self-care tasks. It's important to note that this does not include conscious decisions made by a mentally competent older person as a matter of personal choice.

Recognizing the Warning Signs

Pay attention to these red flags, which could indicate abuse. It's important to note that no single sign definitively indicates abuse, but these changes in an older person's behavior or condition should prompt further investigation:

Physical Signs

- ◇ Unexplained injuries, bruises, cuts, or sores
- ◇ Signs of poor hygiene or lack of necessities (food, medication)
- ◇ Unexplained sexually transmitted diseases

Emotional & Behavioral Signs

- ◇ Increased fear, anxiety, or withdrawal
- ◇ Unusual changes in behavior, sleep patterns, or personality

Financial Signs

- ◇ Unexplained changes in spending or banking activity
- ◇ Missing belongings or documents
- ◇ Unpaid bills or sudden inability to afford necessities

Barriers to Reporting and Response

Sadly, even when older adults clearly experience abuse or neglect, they often remain silent. Here are some common and complex reasons why:

- **Fear of Retaliation and Worsened Situation:** Victims may fear that reporting the abuse will lead to retaliation from the abuser, making their lives even harder. If the abuser is their primary caregiver, they may fear losing crucial support and being forced into institutional care or a different living situation.
- **Guilt and Shame:** Older adults may feel deeply ashamed about being victimized, particularly if the abuser is a family member. They may blame themselves or feel a need to protect the abuser.
- **Preserving Relationships:** Many victims want to maintain family ties and avoid the disruption that reporting would cause. They may hope the situation will improve without outside intervention.
- **Cognitive Decline or Mental Health Issues:** Older adults experiencing cognitive decline or mental health conditions may not recognize that they are being abused, or may lack the ability to report it effectively.

How to Reach Out and Make a Report

If you suspect that an older adult is experiencing abuse or neglect, it's crucial to act. Don't hesitate to reach out and report your concerns. Here's how:

- **Immediate Danger:** If the older adult is in immediate, life-threatening danger, call 911.
- **Report Suspected Abuse:** Contact your local Adult Protective Services (APS) or the Wisconsin Elder Abuse Hotline at 1-833-586-0107.

****To make a report in La Crosse County****

Call **608-785-5700** (speak directly to APS staff)

Email: apsreferrals@lacrossecounty.org

Remember, your report could help protect a vulnerable senior and break the cycle of abuse.

Your voice matters!

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; register; \$2/session.
Parkinson's Disease Support Group: Monday, June 3, 5pm-6:30pm
Rebuilding American Civics-Privacy and the Bill of Rights: Wednesday, June 5, 12:30pm-2pm; register. Free
Birthday Kit Card Class: Wednesday, June 5, 5pm-7pm; register.
International Folk Dance: Wednesday, June 5 & Sat., June 15, 7pm-9:30pm; \$2/session.
Health Matters-Make a Difference with All of Us Research: Monday, June 6, 10am-11am; register by 1 day prior. Free
Rebuilding American Civics-Evolution of Civil Rights in America: Friday, June 7, 12:30pm-2pm; register. Free
Medicare 101: Wednesday, June 19, 10am-11am OR 6pm-7pm; register by Friday prior. Free
What Seniors Should Know-Selling Their Home: Wednesday, June 19, 1pm-2pm; register by 1 week prior. Free
Monthly Card Creations: Wed., June 26, 12pm-7pm; register Friday prior; \$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 virtual link to instructor, Mondays & Thursdays, 9:30am-10:30am; register.
Yoga with Renae: On site or w/live virtual link to instructor, Wednesdays, 5:30pm-6:45pm; register.
Moving with Moments-Senior Chair Exercise: Fridays, 1pm-1:45pm; register. Free
Pets, Poems, & Prose: Monday, June 3, 1pm-2pm; register by Thursday prior. Free
Wise Wednesdays: Wednesdays, June 5 & 19, 10:30am-12pm; register. Free
Bingo: Wednesdays, June 5 & 19, 12:30pm-1:30pm; register by 1 day prior. Free
Better Connection Through Self-Love: Thursday, June 6, 4:30pm-5:30pm; register by 1 day prior. Free
Recipe Rally-Food Truck Favorites: Thursday, June 6, 6pm-7pm; register by Monday prior. Free
Coping Skills: Fridays, June 7 & 21, 10am-11:30am; register by 1 day prior. Free
Ukulele Lessons-Beginner 1: Tuesdays, June 11, 18, & 25, 9:30am-10:30am; register.
Ukulele Lessons-Beginner 2: Tuesdays, June 11, 18, & 25, 10:30am-11:30am; register.
Connect2Nature-Coon Creek Watershed: Tuesday, June 11, 12:30pm-2pm; register by 1 day prior. Free
Coping with Grief: Wednesday, June 12, 10am-11:30am; register by 1 day prior. Free
Shuffle Together (Cards): Friday, June 14 & June 28, 2pm-3:30pm; register. Free
Travel Tales: Fun-gi and Foraging: Tuesday, June 25, 12:30pm-2pm; register by 1 day prior. Free
Before the After: Friday, June 28, 10am-12pm; register by 1 day prior.
Senior Meal Site Open: Lunch served at South Side Neighborhood 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.



600 N Holmen Dr.

608-399-1870 www.holmenc.org

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

Indoor Walking: Monday - Friday: 7am-10am (Summer hours)
Mindful Yoga: Tuesdays & Thursdays at 8:45am
StrongBodies Virtual Strength Training: Mon & Wed 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, June 7th & 21st at 7:30am
Gentle Stretch Yoga: Tuesday, June 4th at 2pm
Bingo: Wednesdays & Fridays at 12:30pm
Euchre & Cribbage Tournament: 1st & 3rd Tuesdays at 6pm
Mah Jongg Club: Mondays at 1pm
Good Morning Holmen! Friday, June 21st, 9am-10am
Holmen Area Historical Society Program: Monday, June 3rd 6pm (Movie Night at Holmen Public Library)
Harnessing Technology for Safety: Tuesday, June 4th at 12:30pm
Community Crafts with Pam & Jackie: Tuesday, June 4th at 1pm
Diamond Art: Wednesdays at 9am
Crafternoon Social - Knit & Crochet: 1st & 3rd Thursdays at 1pm
I Heart Art: Mondays at 9am
Adult Watercolor Class: Tuesday, June 18th, 1pm-3pm
Wafer Mobile Pantry: 4th Tuesday each month, 12:30pm-1:30pm
Hearing Evaluations: 1st Tuesday each month, 9:30am-11:30am
Instrument Checks: 3rd Tuesday each month, 9:30am-11:30am
Medicare 101: Thursday, June 27th at 3pm
SimpleSteps Tech Help: June 3rd & 17th, 10am-11:30am
SimpleSteps with Google Photos: June 17th, 1pm-2pm
Music with Allison Sky: 1st Tuesdays, 11am
Music with Greg Grokowsky: 2nd Tuesdays, 11am
Rebuilding American Civics with Sam Scinta: (virtual site) June 5th & 7th, 12:30pm-2pm
FTD Support Group: 2nd Wednesday, 2pm
Veterans Services Hours: 1st Thursday, 12:30pm-4:00pm
ADRC Options Connection: Tuesday, June 4th, 10am-1pm
AA Meetings: Every Thursday, 6pm - 7pm
Holmen Get Together Community Social: June 14th, 4pm-7pm
Holmen Cheese Fest: Saturday, June 29th, 10am-7pm
The Most Common Dementia for Those Under 60?- June 12, 2pm. Call the ADRC to register 785-5700.

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.

Onalaska Park & Rec Dept

415 Main St.

Onalaska / 608-781-9560

cityofonalaska.com/parkrec

Van Riper Dog Park- fenced in area with obstacles, bridges, tunnels, water, dog toys and picnic area. \$2/day or \$15/annual.

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- starting June 4, every Tuesday

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

Brews & Tunes: June 14, 5pm-8pm. Music, food, games, drinks

BBB Bingo: Wednesday's 6pm, vendors, food

Rock & Gem Show: June 1 & 2

Pickleball Tour: June 7-9

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 various locations (see below), including the ADRC, or individuals may call the ADRC at 608-785-5700 after **May 13th** 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 after June 1st, or 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.**

DISTRIBUTION LOCATIONS & DATES

Stokke Tower 421 6th Street South La Crosse	Monday, June 3	10:30 am—11:30 am
Onalaska Meal Site 515 Quincy Street	Tuesday, June 4	10:30 am—11:30 am
F J Roberts Library 2548 Lakeshore Dr, La Crosse	Tuesday, June 4	3:00 pm —4:00 pm
South Side Neighborhood Center 1300 6th St. S	Wednesday, June 5	10:30 am—11:30 am
Forest Park 1230 Badger Street, La Crosse	Thursday, June 6	10:30 am—11:30 am
Hazel Brown Library 201 Neshonic Rd, West Salem	Thursday, June 6	2:00 pm—3:00 pm
Holmen Meal Site 600 Holmen St N	Friday, June 7	11:00 am—12:00 pm
John Bosshard Library 1720 Henry Johns Blvd. Bangor	Monday, June 10	10:30 am—11:30 pm
Sauber Manor 1025 Liberty Street, La Crosse	Tuesday, June 11	10:30 am—11:30 am
Onalaska Public Library 741 Oak Ave S	Wednesday, June 12	10:30 am—12:00 pm
Holmen Public Library 121 Legion St. W	Thursday, June 13	10:30 am—12:00 pm
La Crosse Public Library 800 Main St	Wednesday, June 19	10:30 am—12:30 pm
Aging & Disability Resource Center (ADRC) 300 North 4th Street, La Crosse—1st Floor	Daily Beginning Monday, June 1	8:00 am— 4:00 pm

Senior Stock Boxes is a monthly meal program by The Hunger Task Force of La Crosse. It's set up for seniors 60+ who meet a certain income level. The income limits are \$1,580 for a 1-person household, \$2,137 for a 2-person household, add \$557 for each additional person. These boxes will be delivered to the doors or certain pick-up sites of those participating in this program. The boxes may include items: cheese, canned fruits, canned vegetables, juice, cereal, canned and dry milk, peanut butter, canned meat, canned soup, rice, instant mashed potatoes, or pasta.
To apply call The Hunger Task Force at 608-793-1002.



- 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. Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at wafermobile@waferlacrosse.org or 782-6003. **NEW LOCATION- 1603 George St. La Crosse**
Drive thru pick up available Wednesday & Thursdays 10am-12pm



3rd Wednesday of the month
4:30pm—6pm
Journey Lutheran Church
2703 Sand Lake Rd. Onalaska
June 19 / 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



Cameron Park, La Crosse
Fridays 4pm-dusk
Saturdays 8am-1pm

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 8am-3pm

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.

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joes on bun 3 Potato wedges Peas Peaches	Rosemary pork loin 4 Mashed potatoes & gravy California blend veggies Banana cake 	Ham balls 5 Scalloped potatoes Squash, rye bread Strawberry fruit fluff	Salisbury steak 6 Mashed potatoes & gravy Carrots Fruited jello	Spaghetti 7 Asparagus Fruit, black bean brownie Garlic breadstick
Chicken noodle soup 10 Bologna salad sandwich Broccoli raisin salad Fruit salad, crackers	Pepper & tomato steak 11 Garlic mashed potatoes Peas & carrots Ice cream	Baked 1/4 chicken 12 Baked beans Spinach salad Frosted pumpkin bar	Cabbage roll casserole 13 Mixed vegetables Fresh fruit	Chef salad 14 Sliced peaches Blueberry muffin Fruit pie, Breadstick
Hamburger on a bun 17 Oven browned potatoes Peas & carrots Banana	Polish sausage 18 Potato salad Baked beans Sauerkraut and fixings	Meatloaf & gravy 19 Mashed potatoes Asparagus Peaches	Grilled chicken breast 20 Twice baked potato Broccoli Fresh fruit, Cookie	Lasagna 21 Romaine salad Pears Pudding, Garlic toast
Beef stroganoff 24 Buttered noodles Peas & carrots Applesauce	Baked fish 25 Sweet potato Coleslaw Applesauce spice cake	Taco salad 26 Corn tortilla chips Sliced peaches Fruit pie, taco sauces	Turkey & gravy 27 Mashed potatoes Squash, Cranberries Melon salad	Chicken, rice casserole 28 Green & gold beans Tropical fruit salad Banana bread
				*All meals include milk or juice & bread. *Menu subject to change

Healthy Banana Cookies

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C). In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake for 20 minutes in the preheated oven, or until lightly brown. Makes 3 dozen.



Ham & Egg Muffins

- cooking spray
- 6 large eggs
- 1 1/2 cups frozen chopped spinach, drained
- 1 cup chopped red bell pepper
- 7 ounces diced fully cooked ham
- 3/4 cup egg whites
- 1/4 cup crumbled feta cheese
- 2 tablespoons water

salt and ground black pepper to taste
Preheat the oven to 400 degrees F (200 degrees C). Spray 12 muffin cups with cooking spray or line with paper liners. Combine eggs, spinach, red bell pepper, ham, egg whites, feta cheese, water, salt, and pepper in a large bowl. Ladle egg mixture into the prepared muffin cups. Bake in the preheated oven until set in the middle, 20 to 25 minutes. Makes 1 dozen muffins



No Cook Overnight Oats

- 1 banana, sliced
- 1 tablespoon unsweetened almond butter
- 1 1/2 teaspoons chia seeds
- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1 teaspoon pure maple syrup
- 1/4 teaspoon vanilla extract

Place 3 to 4 slices of banana in the bottom of a jar. Layer 1 1/2 teaspoon of almond butter, 1/2 teaspoon chia seeds, and 1/2 cup oats on top. Repeat layering remaining almond butter, chia seeds, and oats, leaving a 1-inch gap at the top. Mix almond milk, maple syrup, and vanilla extract in a bowl. Pour over oats, leaving a 1/2-inch gap at the top to allow oats to expand as they soak. Push a knife or fork vertically through the jar to make sure milk mixture soaks all the way through. Cover jar tightly and refrigerate until oats are moist, 4 hours to overnight.



Strawberry Smoothie

- (6 oz) yogurt, strawberry, strawberry kiwi or strawberry mango
- 1/2 cup sliced fresh or frozen strawberries
- 1/2 cup orange or pineapple juice
- Pineapple chunks, strawberries or kiwifruit slices, if desired

In blender, place yogurt, strawberries and juice. Cover; blend on medium speed about 2 minutes or until smooth. Pour into serving glass. Garnish with pineapple. Serve immediately. Serves 1



Kitchen Tip of the Month:

Clean a hand can opener with waxed paper. Fold a sheet of waxed paper a few times; then clamp the can opener onto an edge of the paper and turn the handle several times. The stiff sheet will break off food and grime from the wheels and the wax residue will lightly lubricate the parts for smoother operation.

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:

- 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**.

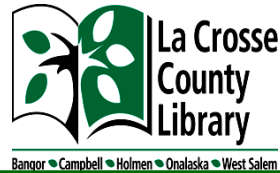
ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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

Creation Space Open Lab: Mon 3pm-5pm, Tues 1pm-3pm, Wed 5pm-6:30pm, Thurs 10am-12pm, Sat 9am-12pm.
Chair Yoga: June 6, 13 & 20, 10am
Chair Fitness: Tuesdays at 10am
Courtyard Chapters: June 8, 10am and June 12 at 1pm.
The Golden Couple
BYOB Club: June 27, 6pm
Tech Help: June 6, 3pm-5pm, walk ins
Basic Social Media Security: June 19, 11am
Friends Book Sale: Mondays 9am-12pm
Veteran Services: June 4, 1pm-4:30pm
Taylor Swift Extravaganza: June 18, 2pm
Bike Repair Café: June 8, 11:30am-1pm
Knit & Needle: June 5, 5pm-6:30pm
Community Book Club Discussion: June 19, 11am-1pm
Summer Kickoff Party: June 9, 3pm-5pm at Myrick Park
Bluey Bash!: June 11, 2pm. Activities and crafts for all ages.
The Fellowship: Thursdays, 4:30pm-5:30pm Free program for autistic youth & young adults.
Courtyard Concert: June 23, 1:30pm. Jazz Duo
Footsteps of La Crosse History Tour: Wednesdays at 5:30pm
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.



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

Summer Book Bingo runs June 17 – August 10. Pick up a bingo card or play on Beanstack to win prizes.
 Wildflowers & Watercolors workshop at the Upper Mississippi River National Wildlife Refuge on June 11 at 9am. Register.
Bangor movie on June 20 at 2:30pm and 6pm.
Campbell Book Club meets the second Tuesday of month at 6pm.
Campbell Book Sale on Saturday, June 22 from 8am to 1pm in the library parking lot. Cash or check only; cancelled if raining.
Holmen Yoga on the Library Lawn on June 5, 12, and 19 at 6:15am. Registration required.
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 if interested.
Onalaska movie SPARK: Robin Williams and His Battle with Lewy Body Dementia on June 5 from 11am-1pm. Call the ADRC to register at 608-785-5700.
Onalaska movie on June 6 at 6pm.
Onalaska Book Club meets the third Thursday of month at 1:15pm.
West Salem Write Your Story: Memoir Writing Workshop on June 15, June 29, and July 13 at 9am. Registration recommended.
West Salem Cheesecake & Canvas on June 20 at 6:30pm. Cost \$15, registration required.
West Salem Afternoon Book Club meets the second Wednesday of month at 1:30pm.

The La Crosse Area Retired Educator Association

May luncheon meeting at Cedar Creek Country Club beginning at 11:30 on June 6th. Music by Grumpy Old Men.
 The cost of the meal is \$15.
 All who have retired in public education in WI are invited to come. Contact Sherry at 608-788-3875 or email at lacrosserea@gmail.com.

NARVRE

National Associates of Retired and Veteran Railroad Employees, Unit 047, at the Onalaska American Legion on June 11th at 10 AM-Senior Scams.
 Contact Patty Burr at 608-781-6032.

Blood Drives for JUNE



6/5 & 6/6-La Crosse County Human Services Bldg, 9:30am-2:30pm
 6/5- Pearl St Brewery, 12pm-6pm
 6/5- La Crosse State Office Building, 11am-4pm
 6/7- First Free Church Onalaska, 12pm-5pm
 6/12- Dairyland Power Admin Building, 9am-2pm
 6/13- Festival Foods Support Center Onalaska, 11am-3:30pm
 6/14- St Paul's Lutheran Church Onalaska, 12:30pm-5:30pm
 6/17- Chaseburg Village Hall, 9am-2pm
 6/20- St Patrick's Church Onalaska, 1pm-6pm
 6/21- Valley View Mall, 11am-4pm
 6/24- Blessed Sacrament Church La Crosse, 11am-4pm
 6/28- Pearl St Brewery, 11am-4pm

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

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 2 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.



- BEST
- CARING
- CONFIDENT
- CORAGEOUS
- DAD
- FAMILY
- FUNNY
- GRANDPA
- HERO
- KIND
- LOVING
- PARENT
- PROTECTOR
- ROLE MODEL
- SMART
- SPECIAL
- SPORTY
- STRONG



Volunteer Ombudsman Program Reaches 30 Year Milestone

Did you know that right here in our community, your friends and neighbors have been making a difference in the lives of older adults for the past 30 years? 2024 marks 30 years that the Volunteer Ombudsman Program (VOP) has been making a difference in the lives of residents, one visit at a time.

These friends and neighbors, Volunteer Ombudsmen, are caring and concerned individuals with a passion for helping older adults in long term care settings. A Volunteer Ombudsman promotes and protects the rights of people 60 years and older who reside in nursing homes and assisted living facilities within their community. The Volunteer Ombudsman performs a vital service by building trusting relationships which allow residents to feel comfortable sharing their concerns. Volunteer Ombudsmen make unannounced visits to designated nursing homes and assisted living communities on a weekly basis. They empower, educate, and support residents. Volunteer Ombudsmen are volunteers like Mary from Grant County. Here is what Mary shared about her volunteer work:

“My visits with the residents in my facility have given me so much joy. We have many interesting conversations but at the same time, I remember I have my Volunteer Ombudsman cap on so I can be an advocate for them if needed. To me, it is very important that residents have a voice, that they feel empowered to speak up. It’s important they have someone they can count on to help them, whether for assistance in a matter important to them, or just a conversation. Being of service to others has always been important to me and I am glad to have the opportunity to do that by being a Volunteer Ombudsman.”

If you are interested in making a difference in the lives of elders in your community, contact us at boaltc@wisconsin.gov or by phone, 1-800-815-0015.

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

Free Brain Checks

June 10th, 9am-3pm
Eagle Crest South



BrainCheck

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.

Call for your 30 minute appointment.
608-785-5700



La Crosse Warming Center Summer Hours
Catholic Charities 413 3rd St S. La Crosse

Services will be provide on Tuesdays & Thursdays, 8am-10am and 1:30pm-3:30pm. Showers, laundry and other services such as help filing out applications and providing referrals to other agencies.

4 guest are allowed to shower, and 2 guest can do 1 load of laundry during each time slot. Guest can sign up for both services if they would like.

www.cclse.org 1-888-212-4357 (HELP)

La Crosse Community Pools

Northside Pool, 816 Sill St 791-8956
Veterans Memorial, 1910 Campbell Rd 791-8919

Free Admission Days at the pools:

- Sunday, June 16th-** Father’s Day, for all fathers.
- Thursday, July 4th-** Military Appreciation Day, any active or retired military personnel and their families.
- Sunday, August 25th-** Customer Appreciation Day, free for anyone as a thank you.

Ageism and Elder Abuse

Turn on the TV, scroll through Instagram, or flip through a magazine and you’re likely to see that the narrative about the physical and mental decline associated with aging is deeply embedded in American culture. How we feel about getting older shapes our views on an individual’s relevance, standards of ability, beauty, and health, and concepts of self-worth.

Every day, in subtle and obvious ways, older adults are marginalized and even dismissed in our society. We see it in statements like “over the hill” or “I’m having a senior moment.” It’s in our actions, when we automatically talk louder or in simplistic terms to an older person or talk about that person in front of them instead of addressing them directly. And it’s in our attitudes when we view older people as diminished or incompetent or that aging is something to fear and resist.

Ageism refers to how we think, feel, and act towards ourselves or others based on age. Ageist ideas are often ingrained and systemic, inhibiting people’s objectivity and influencing decisions at the micro (individual/family), meso (organization/community), and macro (government/ societal) levels of human interaction.

Like other -isms, ageism segregates and reinforces inequalities between groups. In contrast to other -isms, ageism affects everyone at different stages in their lives. “Ageism is associated with a shorter lifespan, poorer physical and mental health, slower recovery from disability and cognitive decline. Ageism reduces older people’s quality of life, increases their social isolation and loneliness (both of which are associated with serious health problems), restricts their ability to express their sexuality and may increase the risk of violence and abuse against older people. Ageism can also reduce younger people’s commitment to the organization they work for. For individuals, ageism contributes to poverty and financial insecurity in older age, and one recent estimate shows that ageism costs society billions of dollars.”

Ageism blinds us to the benefits and strengths of aging and increases our fears of growing older. Worse yet, ageism also creates a culture that ignores and tolerates elder abuse and allows the abuse of older adults to continue unabated. “The adoption, endorsement, and activation of ageist stereotypes can lead to discriminatory behaviors, including neglect, abandonment, and emotional, financial, and physical harms.”

Individuals who commit abuse often rely on ageist assumptions and beliefs to justify their behavior. They rationalize abusing, neglecting, or exploiting an older adult because “they’re going to die soon anyway.” They assume older adults have dementia and don’t understand — or can’t report — what is happening to them. They may view older adults as less worthy of respect or dignity if they have physical limitations or rely on others for care. Instead of seeing older adults as fully human, they are viewed as disposable, inconvenient, and irrelevant.

Ageism also impacts society’s ability to detect and respond appropriately to abuse. Age-based ideals regarding how an abuse victim should look and behave can shape the response to a victim disclosing abuse. Too often older adults are not believed when they report abuse because of ageist assumptions about dementia, and/or misconceptions about the dynamics of interpersonal violence, sexual assault, and stalking.

Source: WEAAD Action Guide

The Consequences of Ageism

Age-prejudice is associated with consequential and compounding harms for older adults. Among other impacts, ageism is correlated with:



Poorer medical and mental health outcomes



Employment discrimination



Significant monetary losses



Increased social isolation and loneliness



Environmental stressors



Elder abuse

Steps for Addressing Ageism in the Context of Elder Abuse

1. Confront your own attitudes about aging. Be mindful of the language you use when you talk about older adults and be willing to confront others who perpetuate ageist tropes or make ageist assumptions.
2. Believe older survivors and trust their decisions. A commitment to anti-ageism requires us to understand the complexity involved with elder abuse and support a survivor’s right to make decisions about their relationship based on what they think is best for their life.
3. Stop the erasure of older adults. When describing services and supports for survivors, it’s essential to include images of older adults and ensure that the images and messages portray older adults in a way that respects their diversity, resilience, and life experience.

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

June 14th 1 PM to 3 PM

June 28th 1 PM to 3 PM

July 11th 11 AM to 1 PM (bring a sack lunch to enjoy on the cruise)

July 19th 1 PM to 3 PM

August 1st 2 PM to 4 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!

Hands-On Skills for Caregivers

By Family Caregiver Alliance

When you're a caregiver, finding time to take care of your own physical needs is difficult enough, but taking care of the physical needs of someone else is even more challenging. Assisting someone else to dress, bathe, sit, or stand when they are upset, agitated, or combative—often the case when caring for someone with a brain disorder such as Alzheimer's disease—requires special strategies. The following five techniques can make taking care of a loved one's physical needs easier.

Approach from the front and retain eye contact

When assisting someone physically, do not approach him/her from behind or from the side. This can startle and confuse the person in your care, leading to increased levels of agitation and/or paranoia. Instead, approach from the front. Touch the care recipient on the shoulder, upper arm, or hand, and tell them what's going on. Use a calm voice to walk him/her through the whole process. For example, "Okay, let's stand up. Good. Next, we are going to..." Retain eye contact throughout the duration of the activity.

Elicit your loved one's help

Even when frail, your loved one might be able to shift his/her weight or move his/her arms or legs to make physically assisting them easier. Some examples are: "We're getting ready to stand now, Mom, so lean forward as far as you can," or, "Can you move your leg, honey, so I can change the sheet?" A little help from them means a lot less work for you.

Allow the person to finish what they're doing

If, as a caregiver, you are running late, the tendency is to hurry your loved one, too. However, this rushed atmosphere is very difficult for care recipients, especially those who suffer from memory loss or brain impairment.

Though you may try to sound calm and encouraging, it's easy for loved ones to pick up our "anxious vibes." So, even if running late, allow some time to finish the current activity before moving onto the next. For example, "Mom, after you finish that last bite of cereal, we're going to get you dressed and ready to see your friends."

Utilize the major muscle groups

When physically assisting a loved one, pulling or supporting them by their hands or arms is not only difficult, but may lead to injury for you and them. Instead, utilize the major muscle groups.

For example, when taking someone for a walk, stand directly behind and to the left of him or her. Place your left hand on their left shoulder, and your right hand on their right shoulder. In this way you are walking with your loved one in a comforting hug rather than pulling or pushing them. And when turning someone in a bed, contract your abdominals to maintain your back straight, while using your shoulder and leg muscles. Pull them toward you with your right hand over their hip or at the knee, and your left hand at their shoulder. Finally, when pulling someone to a standing position, it's best to use a transfer belt (one can be purchased at any medical supply store for around twenty dollars).

Once they are sitting at the edge of the bed or chair, pull up on the transfer belt, "hugging" your loved one close, again, utilizing their large muscle groups in the shoulders and the back. Remember to keep your back straight and to always change position by moving your feet, rather than twisting at the waist. And before going home from your next doctor's appointment, ask for a referral to an occupational therapist who can help you develop your transferring skills.

Allow for their reality

Remember to accept your loved one's reality, even when assisting with a physical task. If, for example, your spouse becomes shy because he/she thinks that you are a sibling and doesn't want to get undressed in front of you, don't force the situation. Try leaving the room and coming back in a couple of minutes. Perhaps on a second or third attempt your spouse will recognize you and be amenable to your care. If all else fails, consider the situation. Is it an emergency? Changing a loved one's soiled garments cannot be delayed. However, if a care recipient is being difficult and doesn't want to take a bath or wash his/her hair on a particular day, that's okay. Plan on doing it later that day or the next day, when your loved one may accept your help.

Finally, don't try to physically assist with caregiving unless you can. Injuring yourself will not help the situation, and will often make your caregiving responsibilities that much more difficult. If you find yourself in a nonemergency situation where you are unable to physically assist your loved one (for example, after he/she slides from their chair to the floor) call your local fire department and request a "fireman's assist." They will come to your house and help you. If it is an emergency (where either you or your loved one are injured), contact the paramedics by calling 911.

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. The series will start on May 21, 2024, and ends on October 15, 2024.

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.

June 25 - Emergency Planning 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



Kinship4Caregivers Program

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

June 6: Robin Williams Documentary
Onalaska Library, 12:30pm-2:30pm

July: Summer Sampler Take Home Kit. Pick up at the ADRC or OASIS after June 24.

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



La Crosse Parks & Rec Senior Excursions

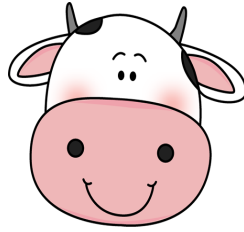
For ages 50+
Call 608-789-8640 to register.

- June 20:** See the Beautiful Mississippi River Up-Close!
- July 10:** Little Shop of Horrors at the Guthrie
- July 12:** Nunsense at the Fireside
- July 17:** Plummer House & Mayowood
- July 24:** Fort Snelling & Padelford Riverboats
- August 12:** Mystery Tour
- 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
- October 2:** Celebration Belle Cruise – Prairie Du Chien

Artspire 2024

Saturday, June 8th,
10am -7pm at Riverside Park

FREE TO ALL. NO TICKETS OR
BUTTONS NEEDED.



June Dairy Days
May 31– June 2

West Salem Village Park
May 31– Fireworks at 10pm, music
June 1– Fun Run, parade at 12pm, music, magic show, minnow racing, carnival, bingo
June 2– Bike tour, car show, family fun

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
- June 9– Summer Library Kickoff Party, 3pm-5pm
- June 10– Guided Forest Bathing Walk, 5:30pm
- July 27– Art Fair on the Green, 10am-5pm

CELEBRATE ONALASKA

June 29

Van Riper Park & Omni Center
Food, Entertainment & Fireworks!
Free, no button required.



Movie in the Park
June 7th, 8:45pm
West Salem Village Park
Food & drinks available.
Bring a lawn chair or blanket.

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

Yoga – Tues, Weds, Thurs

- Board Game Social– 2nd Friday/month, 6pm-9pm
- June 7– Silent Film, Robin Hood, 7pm
- June 9– Music from Clara Byom & Maritza, 7pm
- June 15– Founder's Day, 2pm
- June 22– 1 Accord Concert on the lawn, 6pm

Summer Parties in the Park

- June 7– Powell Park, Donut Day! 10am-until gone
- June 22– Myrick Park, Shakespeare in the Park, 10am-12pm
- 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

SUMMER CONCERTS

Mississippi Melodies

Pettibone Park, La Crosse
Tuesdays, June 4-August 27
12pm-1pm. Come early & eat lunch at food truck.



Moon Tunes

Riverside Park, La Crosse
Most Thursdays, starting June 6, 5:30pm-8pm
www.moontuneslacrosse.com

La Crosse Concert Band

Riverside Park La Crosse
Wednesdays, starting June 12, 7pm



Great River Sound

Dash Park Onalaska
Tuesday at 6:30pm, starting June 4
Free concert. Check out the concert schedule at
www.greatriversound.com



Norskedalen Nature & Heritage Center

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

Midsummer Fest

June 22
Folk art, music, workshops and family activities.

Music in the Valley

Saturdays from June 26-
August 14, 5:30pm-7:30pm.
Food available or carry in. Free



Movies in the Park

- June 14th– *Men in Black*, Weigent Park, at 8:45pm
 - July 12th– *A Muppet's Christmas Carol*, Riverside Park, at 8:45pm
 - July 28th– *Angels in the Outfield*, Copeland Park, at 7:45pm
- All free & weather permitting

MARIE HEIDER CENTER FOR THE ARTS

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

June 1 & 2– La Crosse Dance Centre's Spring Performance

Concerts in the Park

Halfway Creek Bandshell, Holmen
Sundays at 5pm, starting in June
www.holmenwi.com/concertsinthepark



Concerts in the Park

Evan Bosshard Park Sparta
Wednesdays, starting in June at 7pm
Free music, Food truck, Fun for the family

Movies Under the Stars

Halfway Creek Bandshell, Holmen
June 7 at dusk. Free

Bring a blanket or lawn chair.

Popcorn & soda sold on site. Consider donating a non perishable food item.

Tails on the Trail—Dog Walking Group

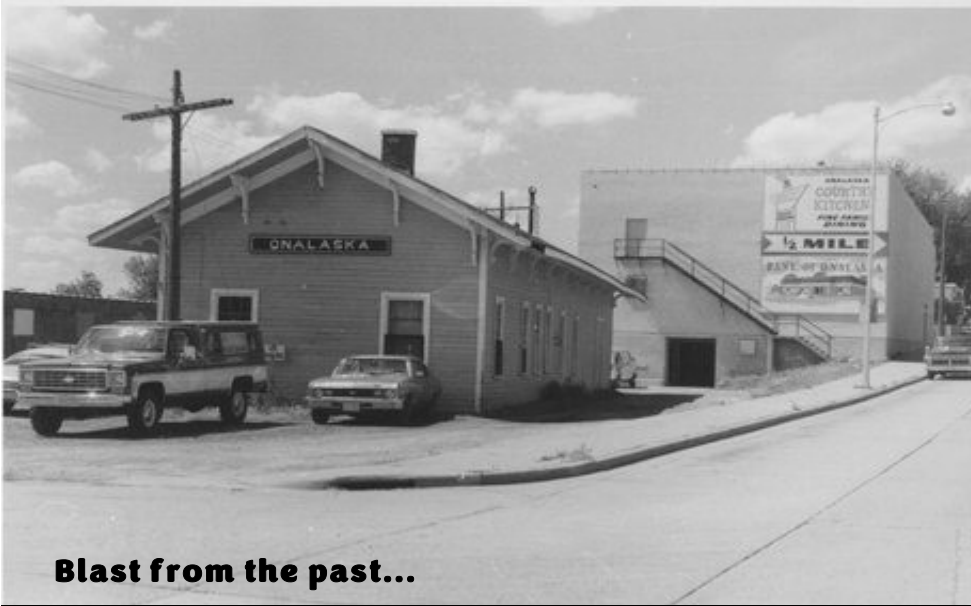
Sunday, June 30th at 6pm. Halfway Creek East Shelter

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



Senior Life newsletter Questions?

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



Blast from the past...

Chicago & Northwestern Train Depot at 2nd Ave and Irvin St in Onalaska. Photo dated July 1977. Note the Country Kitchen & Bank of Onalaska billboards in the background. The Depot was originally built in 1914.

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
- 6/1-** Pride Fest- Chances R 417 Jay St. La Crosse, 11am-10pm
- 6/1 & 6/2-** WIAA State Track Event at UWL Field, La Crosse
- 6/1-** Rockin' the Ridgetop, 2pm-11pm The Barn on So. Ridge, 7442 Cty Rd 25 La Crescent
- 6/8-** Timmer's Fest- 6pm at Timmer's Ten Mile Pub. Free music
- 6/8-** Rockin' the Viaduct Block Party, starting at 11am at 500 Copleand Ave. Live music.
- 6/6-6/9-** Sparta Butter Fest
- 6/8-** Norse Market, 5pm-8pm, Westby Pool parking lot
- 6/8-** Tribute to Patsy Cline, 7pm. Leo & Leona's Bangor
- 6/8-** Trempealeau Fireman's Dance, 2pm-11pm, fire station
- 6/14 & 6/15-** Friends of Chaseburg Fun Days at Village Park
- 6/14 & 6/15-** North Bend Days
- 6/15-** Founder's Day in Galesville
- 6/21-** Light the Night Purple, 5pm. Celebrations on the River
- 6/22-** Trout Fest in Coon Valley
- 6/25-7/28-** Great River Shakespeare Festival, Winona
- 6/28-6/30-** Rise n Shine Balloon Rally, Vernon Co. Fairgrounds

La Crosse County Dairy Breakfast

June 15, 6am-11am

La Crosse County Fairgrounds

West Salem

\$8 Adult

608-792-5700



La Crosse Open Logrolling Tournament
June 8,
10am-6pm
Pettibone Park Lagoon



May 31st, 1pm—3pm

Onalaska Community Center- 515 Quincy St.

Join us for board & card games, trivia, live music, pie & ice cream along with outdoor fun (weather permitting).



July 3-6
Riverside Park

608-782-6000

www.riverfestlacrosse.com



Deke Slayton Airfest
La Crosse Airport
June 15-16, show 12pm
www.airfest.com



June 3, 6pm-8pm practice
June 12, 19, 26 from 7pm-8pm

Airport Beach on Fisherman's Rd.
French Island

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



Market on Market

June 9

11am-2pm

2102 Market St. La Crosse

Listen to music while enjoying a variety of vendors shares their products.

Summer Market

June 8

9am-2pm

Old Town Center

208 S Holmen Dr.

Holmen

Support local business while enjoying live music.

SATURDAY
JUNE 22

RIVERSIDE PARK

12-7 PM

MORE INFORMATION

608-881-6418

jaxjuneteenth@gmail.com

www.juneteenthlaxwi.com



LEARN MORE ABOUT JUNETEENTH SCHEDULING, EVENTS, AND PARTICIPATION OPPORTUNITIES ON THE WEBSITE!



Enduring Families Project