

La Crosse Senior Life

NOVEMBER

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

PRST STD
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Permit No. 124

November is National Family Caregiver Month

National Family Caregivers Month, celebrated each November, is a time to recognize and honor family caregivers across the country. Celebrating National Family Caregivers Month enables all of us to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification, increase support of family caregivers, and reduce feelings of isolation.

CAREGIVING IN WISCONSIN

Caregiving is incredibly common and often nearly invisible. According to a 2023 AARP report, there are **580,000** family caregivers in Wisconsin who provide a staggering **\$540 million** in unpaid family care. In fact, 1 of out 5 Wisconsinites is a family caregiver and 1 in 8 expect to become a caregiver sometime in the next two years!

2024 National Family Caregiver Month



THERE ARE ONLY FOUR KINDS OF PEOPLE IN THE WORLD:

THOSE WHO HAVE BEEN CAREGIVERS,
THOSE WHO ARE CURRENTLY CAREGIVERS,
THOSE WHO WILL BE CAREGIVERS,
AND THOSE WHO WILL NEED CAREGIVERS.



@wisconsin caregiver.org

CAREGIVERS ARE DIVERSE



36% of caregivers are taking care of their parents / in-laws

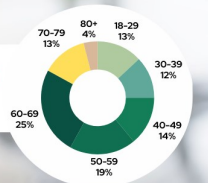


18% of caregivers are taking care of their spouse



10% of caregivers are taking care of their child

CAREGIVERS PROVIDE CARE AT ALL AGES:



How is being a family caregiver different from being a traditional family member?

Traditional Family Member: Provides general emotional support, companionship, and occasional help when needed. Responsibilities are shared or more informal.

Family Caregiver: This person takes on structured, often daily, or intensive tasks such as bathing, feeding, medication management, and transportation to medical appointments. The caregiver has a more active and hands-on role in maintaining the person's health and well-being.

Key Differences:

1. Level of Responsibility
2. Emotional Strain
3. Time Commitment
4. Health Implications
5. Financial Impact
6. Expertise & Skill Development
7. Relationship Dynamics
8. Support & External Resources



CAREGIVER SUPPORT PROGRAM

Did you know that the Aging and Disability Resource Center (ADRC) of La Crosse County has a **Caregiver Support Specialist** who offers family caregivers information, support, and resources that will help them to better care for themselves and their loved ones? To learn more, call the ADRC at 608-785-5700.

Caring for yourself is just as important as caring for others. Taking time for self-care not only renews your energy but also strengthens your ability to provide compassionate care. Take time for you this month—and every month!

Caregiver Postcard Project



Participate in the Caregiver Postcard Project to help YOURSELF



Scan the QR Code for more information!

Participate in the **Caregiver Postcard Project** to help **YOURSELF** with:

- Using art as a quick tool for your Caregiving Journey
- Identifying moments of joy in one of the hardest jobs we can have
- Sharing an "in the moment" struggle
- Finding gratitude for a resource, experience, conversation, etc.
- Contributing to public art to raise awareness about caregiving

It is simple—use a card to capture a thought/picture/poem/collage to help bring your caregiving experience from the "inside" to the "outside" then pop it in the mail. Some submissions might become part of a public art piece that will help showcase the joys and challenges of caregiving!

How to obtain a card:

1. Pick up at the ADRC of La Crosse County located at 300 4th St N, La Crosse, Monday through Friday, 8:00 AM to 4:30 PM.
2. Call the ADRC at 608-785-5700 to request a card by mail.
3. Attend or stop by the *Caring Better & Braver Conference* for family caregivers on October 26, 2024 from 10:00 am to 4:00 pm at the Holmen Area Community Center. See page 10 for more info.
4. Submit a picture, image, or document electronically at sites.google.com/wisc.edu/caregiver-postcard-project/



"Voting is the expression of our commitment to ourselves, one another, this country and this world."

- Sharon Salzberg

Election Day is November 5

For information, please go to <https://myvote.wi.gov/en-us/>



Have Extra Time on Your Hand this Fall?

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

- Days are flexible. Hours range from 10am-12pm, Monday thru Friday.
Mileage reimbursements monthly.
Help packaging meals also available at our various meal sites.
Great way for students/ families to give back to their community.

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

Can my Power of Attorney get me registered to vote, request my absentee ballot, and/or vote my ballot for me?

If your Power of Attorney is a family member, they may assist you with registering to vote and voting your ballot but they may not do those things on your behalf without your presence (Wis. Stat. 6.875(6)(c)1).

*If you are in a care facility served by Special Voting Deputies (SVD), they will need to be in attendance during one of those visits in order to assist you.

Source: elections.wi.gov



The ADRC office and Senior Meal Sites will be closed on Thursday, Nov 28 and Friday, Nov 29. Abby Vans transportation will be closed on Thanksgiving Day only.

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)

- 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



LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

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

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

Call 789-7350 for more information or questions.

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

MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

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



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

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To do so, you can complete the donation form above and mail to the address on the form, along with a check written to ADRC of La Crosse County, or to use a credit card, you can go to our website at www.lacrossecounty.org/adrc and click on the yellow "Donate" button toward the bottom of the page. Either way, thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____

Address _____

City _____

State _____

Zip _____

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

Kinship4Caregivers Program

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

November 21, 1:30pm
 Engagement During the Holidays
 First Lutheran Church
 410 Main St. Onalaska

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



OASIS Dementia Respite Program

For individuals with mild to moderate symptoms associated with Alzheimer's, Dementia or brain related impairments.

Mondays 9am-11am and Thursdays 11am-3pm
 First Free Church - Onalaska

Every Thursday is Discovery Day- come check it out, and see if it's a fit for you and your loved one. Must REGISTER before attending: 608-780-0471

Wine, Women & Dementia

Thursday, November 14th
 2pm-4:30pm

Rivoli Theater 117 N 4th St. La Crosse

An intimate look into the human side of dementia from the lens of the family caregiver. This documentary follows the journey of former dementia family caregiver Kitty Norton, as she embarks on a cross-country RV adventure with her friend, Beth Rigazio.

Followed up with influential discussion. To register call the ADRC at 608-785-5700



EndAlz Fest Presents Winter Wonder Memory Camp Coming January 2025!

Facilitated by:

Oasis Dementia Day Respite

Coulee Region Giving Hearts Choir

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



SPARK! Programs – free cultural programming for people living with early-to-mid memory loss and dementias with their care partners/families/friends! Designed to keep participants actively engaged in their communities by providing experiences that stimulate conversation, provide peer support, and inspire creativity!

SPARK! On the Go!

Second Monday Monthly, 1pm-2:30pm
 Hosted by EndALZ Fest Foundation

November 11

Artistic Salute: All Glazed-Up



SPARK! At Clearwater Farm

Third Wednesday Monthly –Nov 20th
 10:30am-12pm at Clearwater Farm
 (760 Green Coulee Rd. Onalaska)
 Hosted by Clearwater Farm Volunteers

Must pre-register for either SPARK!
 Call the Aging and Disability Resource Center 608-785-5700

**Drop In Grief Support Group
 November 2 & 16**

1pm-2:30pm

Gundersen Hospital, Ross Conference Rm

In-person grief groups are sources of information, comfort and hope for those who have experienced the death of a loved one, whether family or friend. These groups are focused on peer support, the processing of grief and practical coping strategies to help navigate the grief journey.

For more information call 608-775-3620 or email grief@gundersenhealth.org

Connect Smart Group

2nd & 4th Wednesday, 12:30pm-2pm

Black River Beach Neighborhood Center

Offering fun and engaging creative activities for persons living with dementia. Care partner support and education is offered in a separate room during each session.

Call the ADRC to register: 608-785-5700

Healthy Living with MCI Education Series

Friday Dec. 13, 9:30-11:30am
 Black River Beach Neighborhood.

Education from researchers and Lunch discussion following- Open to public. Those impacted by MCI encouraged to attend. Register: 608-785-5700



Seniors Talking to Seniors- Caregiving

November 13th
 5:30 p.m.
 UWL Health Science Center,
 2nd Floor Atrium,
 1300 Badger Street,
 La Crosse

For more information or to register visit www.aarp.org/lacrosse or call 877-926-8300



Local Caregiver Grant "Caregiver Wishes"

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

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

Stay Engaged at Home with Caregiver Activity Kits

Check out 1 of the 5 themed kits that contain 3 activities geared toward people with dementia. For stimulation, fun and enjoyment. Great for having visitors or respite providers engage your loved one.

Available at The La Crosse County Libraries (Holmen, West Salem, Bangor, Onalaska, and Campbell). Call 608-526-9600 to obtain a kit.

La Crosse Public Library has available, "Memory Connection Kits" For details call 608-789-7167.

COLD WEATHER IS APPROACHING

Wisconsin Home Energy Assistance Program

provides assistance for:

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

Income Guidelines for 2024-2025

- 1 household- \$3,061 month
- 2 household- \$4,002 month
- 3 household- \$4,944 month
- 4 household- \$5,886 month

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

Medicare Part D Annual Enrollment Period



Medicare Part D
Prescription
Coverage

Each year from October 15 through December 7, there is an Annual Enrollment Period (AEP) for Medicare Beneficiaries to enroll in and/or change their Part C and/or Part D plans.

During the AEP, a person can make any of the following changes:

- ▶ Join a Part D plan (if not already enrolled);
- ▶ Drop a Part D plan;
- ▶ Switch to a new Part D plan;
- ▶ Drop a Medicare Advantage plan and return to Original Medicare; or
- ▶ Join a Medicare Advantage plan with or without drug coverage.

The Annual Notice of Change (ANOC) notifies you of any changes to your Part D plan that become effective January 1, 2025 and arrives in your mail on or before September 30.

The most effective way to choose a Part D plan is by going on the www.medicare.gov website and using the "planfinder" tool under the FIND PLANS section on the front page of the website. The planfinder asks you to enter your zip code, prescription medications, and preferred pharmacies. Based on that information, the planfinder will list the plans that would be most cost effective for you ranking them from the **lowest** cost plan to the most expensive plan.

If you are unsure how to pick and evaluate a plan, you can utilize the following resources:

To find a new part d plan that will work for you....

- 1) Contact Your local insurance agent or local case worker
- 2) Go to the Plan Finder on the Medicare website at www.medicare.gov
- 3) Call Medicare at 1-(800) 633-4227 (open 24 hours)
- 4) Call The Benefit Specialists with the La Crosse County Aging and Disability resource center at 1-608-785-5700 for part D comparisons. These will be done by mail, email or by telephone only.

Remember, Benefit Specialists are not licensed insurance agents so they are not able to help you choose or compare a Medicare Supplemental plan but can compare prescription plans and Medicare advantage options using the www.Medicare.gov website tool that is available to anyone.

If you would like a telephone appointment, where we will call you at a set time please call 785-5700 to schedule a time for your phone appointment. You may need to leave a voice message; and someone will call you back to schedule a time.

If you would like to get the information by regular mail or email, please mail or email your name and contact information along with your current part d plan, your current medications, names and dosages **and** preferred pharmacy to tina.johnson@lacrossecounty.org or Mail to: Aging & Disability Resource Center of La Crosse County 300 N 4th St. La Crosse, WI 54601

The Benefits of the Winter Weatherization Program

Who is eligible?

Households who qualify for the Wisconsin Home Energy Assistance Program (WHEAP) may also qualify for weatherization.

What is the WI Home Energy Assistance Program?

The Wisconsin Home Energy Assistance Program (WHEAP) offers crucial support to eligible households during the heating season, spanning from October 1 to May 15. WHEAP provides a one-time payment that assists with a portion of energy costs but is not meant to cover the entirety of a residence's energy expenses. The specific amount of assistance you receive depends on several factors, such as your household size, income, and energy costs. WHEAP is a valuable resource for helping individuals and families manage their energy bills and maintain a comfortable living environment.

If you qualify for WHEAP, You May Also Qualify for Weatherization.

The Weatherization Assistance Program is a valuable resource for both homeowners and renters looking to reduce energy costs and enhance comfort within their homes. Weatherization improvements may also contribute to a safer and healthier home environment.

These improvements are installed by Couleecap.

By weatherizing your home, you can expect reduced energy bills, increased indoor comfort, and more sustainable living space.

If you qualify for home weatherization services you may receive one or more of the following energy efficiency measures:

- Insulation • Heating System Update • Sealing air leaks
- Energy-Saving Products

How to Apply Weatherization Services?

Apply for the Wisconsin Home Energy Assistance Program (WHEAP) by contacting your county in which you reside. Call for an appointment between October 1st and May 15th to receive a regular benefit. Applications can be accepted year round. Contact La Crosse County at 608-785-5582.

Do You Need Home Repairs?

Couleecap's Home Rehab Program Can Help

Our home rehabilitation program helps homeowners repair their homes. The focus is on repairs that make the home safe, sanitary, and energy-efficient. Common home repairs include:

- ▶ Lead paint remediation
- ▶ Accessibility for individuals with disabilities
- ▶ Window replacement
- ▶ Well and septic repair or replacement
- ▶ Roof repair or replacement
- ▶ Siding repair or replacement
- ▶ Plumbing repairs
- ▶ Electrical updates

Couleecap
your local community action program

If you own your home and live in Crawford, La Crosse, Monroe, or Vernon counties contact us to learn more about how the home rehab program can help!

Email: homerepairs@couleecap.org Ph: 608-796-9062
www.couleecap.org

Social Security Announces 2.5 Percent Benefit Increase for 2025

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment (COLA) beginning in January 2025. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2024.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

Social Security begins notifying people about their new benefit amount by mail starting in early December.

This year, for the first time, Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person's new benefit amount and any deductions.

Individuals who have a personal *my* Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in *my* Social Security.

To read more, please visit www.ssa.gov/cola.

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks

Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; no class Nov. 28. Register.

Zumba with Lynne: Mondays & Wednesdays, 5:30pm-6:30pm; no class Nov. 4, 11, 20, 27. Register.

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

Art Club: Thursdays, 12pm-3pm; no class Nov. 28. Register; \$2/session.

Knitting Group: Thursdays, 5pm-7pm; no class Nov. 28. \$1/week.

Rebuilding American Civics Session 2-Election Recap:

Wednesday, Nov. 6, 12pm-1:30pm. Register. Free

International Folk Dance: Wednesday, Nov. 6 & Saturday, Nov. 16, 7pm-9:30pm. Register. \$2/session.

Savvy Caregiver Workshop: Thursday, Nov. 7, 10:30am-12pm. (CALL ADRC TO REGISTER: 608-785-5700; free.)

Special Needs Planning – Disability Transition at 18: Thurs. Nov. 7, 6:30pm-8pm. Register by 1 day prior. Free

Parkinson's Disease Support Group: Monday, Nov. 11, 5pm-6:30pm. Free

Coping with Grief & Loss: Wednesday, Nov. 13, 10am-11:30am. Register by 1 day prior. Free

ConnectSmart: Wednesdays, Nov. 13 & 27, 12:30pm-2pm. (CALL ADRC TO REGISTER: 608-785-5700; free.)

Awareness and Misperceptions of Hospice Care: Wednesday, Nov. 20, 10am-11am. Register by 1 day prior. Free

South Side Neighborhood Center1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am, no class Nov. 28. Register.

Expressive Drawing: Tuesdays, 1pm-3pm; no class Nov. 5. Register.

Teaching Your Body How to Get Out of Pain: Wednesdays, 10:30am-11:30am. Register.

Moving with Moments: Thursdays, 1pm-2pm; no class Nov. 28. Register. Free

Coping Skills: Friday, Nov. 1 & 15, 10am-11:30am. Register by 1 day prior. Free

Healing Through Sound: Sunday, Nov. 3, 10am-11:30am. Register

Wise Wednesdays: Wednesday, Nov. 6 & 20, 10:30am-12pm. Register. Free

Bingo: Wednesday, Nov. 6 & 20, 12:30pm-1:30pm. Register by 1 day prior. Free

Shuffle Together (cards): Friday, Nov. 8 & 22, 2pm-3:30pm. Free

Open Cards, Board, and Word Games: Tuesday, Nov. 12, 12:30pm-2pm; \$1/session.

Medicare 101: Wednesday, Nov. 13, 10am-11am OR 6pm-7pm. Register by Friday prior. Free

Connect2Nature-Variety of Topics: Tuesday, Nov. 19, 12:30pm-2pm. Register. Free

Travel Tales-Variety of Travel Topics: Tuesday, Nov. 26, 12:30pm-2pm. Register. Free

Senior Meal Site: Lunched served 11:30am, M-F. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation \$4.



600 N Holmen Dr.

608-399-1870 www.holmenc.org

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

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

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

Mindful Yoga: Tuesdays & Thursdays at 8:45am

StrongBodies Virtual Strength Training: Mondays & Wednesdays at 9am

Chair Yoga: Mondays at 9:15am

Cardio & Strength Fitness: Tuesdays & Thursdays at 10am

Moving with Moments Fitness: Thursdays at 1pm

Gentle Yoga: Friday, November 8th & 22nd at 7:30am

Beginner Line Dancing Classes: Wednesday, November 6, 13, 20 & 27 at 1pm

Bingo: Wednesdays & Fridays at 12:30pm

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

Mah Jongg Club: Mondays at 1pm

Good Morning Holmen! Friday, November 15th from 9am-10am

Community Crafts with Pam & Jackie: Tuesday, November 5th at 1pm (Brillo Pumpkins) *registration required

Diamond Art: Wednesdays at 9am

Crafternoon Social – Knit & Crochet: November 7th & 21st at 1pm

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

Music with Greg Grokowsky: Tuesday, November 12th at 11am

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

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

Medicare Seminar: Tuesday, November 5th at 10am

SimpleSteps Tech Help with Kathy Helgeson: Mondays, November 4th & 18th, 10am-11:30am

Music with Allison Sky: Tuesday, November 19th, 11am-12pm

Veteran's Benefits Check- Up: Thursday, November 7th, 8:30am-11am

American Red Cross Blood Drive: Friday, November 15th, 11am-4pm

Holmen Area Historical Society: Monday, November 4th at 6pm

AA Meetings: Thursday, November 7, 14 & 21 at 6pm

Eat Well. Be Well: Tuesday, November 5th, 6:30pm-7:30pm (Cost for class & registration encouraged)

Family Fun Night: Tuesday, November 12th, 5pm-7pm (Cost for class & registration encouraged)

Positive Parenting Series: Wednesday, November 20th 5:30pm-6:30pm (For Parents, Grandparents & Caregivers)

Muscles in Motion: Tuesdays, 9am-10am (Toddler Craft 2nd Tuesdays & Toddler Story Time 4th Tuesdays at 10am)

Watercolor Class with Lori Ehlke: Friday, November 1st at 9:30am (Registration required & cost for class)

Lefse Making Workshop: Thursday, November 7th, 1pm-3pm or 6pm-8 pm (Registration required & cost for class)

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

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

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

Wednesday for Lunch: 3rd Wed. of the month, 11am-12:30pm

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

ONALASKA OMNI/PARK & REC EVENTS

255 Riders Club Rd.

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

Mah Jongg: Wednesday's, 1pm - 4pm**Bridge:** Monday's 1pm-4pm, Call Rita 608-780-7810**BBB Bingo:** Wednesday's 6pm, vendors, food**Wellness with Jill:** Thursday's, starts Nov 7**Coffee & Conversation:** Enjoy a cup of coffee while connecting with Onalaska staff members, 10:30am-11:30am**Nov 7-Finance/HR, Nov 14-Planning/Inspection,****Nov 21-IT Dept.****Dominoes:** Mondays at 10:30am**Music by Bryon Stein:** Nov 20, 10:30am-11:30am

Holiday Tree Lighting– Nov 20, 5:30pm at Dash Park

Season of Lights Parade– Dec 8 at 5pm

Recipe Renovations by Karie Johnson, FoodWise

The USDA Dietary Guidelines for Americans emphasizes we need to reduce the amount of fat, salt, and added sugar we consume and increase our consumption of fiber. When buying food we can check the label, but when using a recipe we may need to make some changes by substituting ingredients or changing the cooking technique. Just like you substitute when you are out of a certain ingredient, you can make changes in a recipe so it is healthier. You may also be able to find other recipes that are similar to yours that have less fat, sugar, salt and have more additions of nutritious ingredients. Have fun when you are cooking: Experiment!

Decrease total fat and calories

- ▶ Try reducing fat by one-fourth or one-third. This works best in quick breads or muffins.
- ▶ Use fruit purees for all or part of the fat in baked products. Start with half and adjust.
- ▶ Instead of cooking with added butter or oil, use a cooking spray or sauté in wine or broth.
- ▶ Skim excess fat from the top of soups, gravies and stews.
- ▶ Choose healthier cooking methods such as broiling, baking, grilling or steaming.
- ▶ Used reduced fat sour cream or mayonnaise. Try plain low-fat yogurt or blended cottage cheese as a substitute.
- ▶ Use skim milk or evaporated skim milk instead of whole milk.
- ▶ Choose lean meats or trim fat from cuts or drain excess fat after cooking.

Decrease Sugar

- ▶ Reduce sugar by one-fourth to one-third in baked goods and desserts.
- ▶ Increase cinnamon or vanilla to enhance flavor and increase impression of sweetness.
- ▶ Consider artificial sweeteners such as Stevia or Splenda.

Decrease Salt

- ▶ Omit salt or reduce salt by ½ in most recipes (except in products with yeast). Cook foods without adding salt. Don't put the saltshaker on the table.

Increase Fiber

- ▶ Choose whole grain products such as whole grain flour, whole grain bread, bulger, whole grain pasta, brown rice, oatmeal and barley.
- ▶ Substitute whole wheat for half the all-purpose flour in a recipe.
- ▶ Add vegetables to recipes such as grated carrots, zucchini, mashed squash, sweet potatoes or pumpkin to savory dishes or muffins and quick breads.
- ▶ Add oatmeal to meatloaf or meatballs.
- ▶ Add beans (kidney, pinto, or navy) to soups, stews or chili.

CRUTSTLESS PUMPKIN PIE

Nonstick cooking spray
2 large eggs
1/2 cup white sugar

1 1/2 teaspoons pumpkin pie spice or 3/4 teaspoon each ground cinnamon and ground nutmeg
1/4 teaspoon salt
1 can (15 ounces) pumpkin
1 can (5 ounces) fat free evaporated milk

Preheat oven to 350° F. Lightly grease or spray a 9" pie plate and set aside. Crack eggs in large bowl and beat with a fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed.

Stir in pumpkin and evaporated milk. Pour into prepared pie plate.

Bake for 40-45 minutes or until center is set. Serves 8

Remove from oven and cool on wire rack. Serve immediately or refrigerate.



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

Healthy Living With Diabetes

A 6-week workshop proven to help people with diabetes better manage their condition.

Mondays, November 11-December 16

Virtually, 1pm-3:30pm

-or-

January 6-February 10

Virtually, 1pm-3:30pm

Cost: \$30



For more information or to register call Gundersen Health System/ Emplify Health at 608-775-6870

Tips to Help Keep Your House Warm This Winter

Source: Bestlifeonline.com



How do you keep your house warm all winter long without going broke?

Follow these expert tips.

1. Hang heavy, durable window curtains.
2. Open your curtains during daylight hours and close at night.
3. Consider using a smart thermostat.
4. Avoid changing the temperature on any thermostat by more than 10 degrees.
5. Use throw rugs in rooms with hard-surface floors.
6. Change the direction of your ceiling fan to push cool air up.
7. Wrap your pipes to prevent them from freezing.
8. Leave your faucets running on those super cold days.
9. Close your fireplace's flue when not in use.
10. Make sure your furniture isn't covering any ventilation ducts. Make sure all vents are open.
11. Shrink wrap your windows.
12. Add insulation to your attic.
13. Change your furnace filters.
14. Add a door draft stopper.
15. Crank up the oven to help warm your house while you bake your favorite treat.

Veterans Appreciation Luncheon

November 19, 12pm-2:30pm

Habitat Restore

3181 Berlin Dr. La Crosse

Join in for great food and conversations with fellow veterans from our community. Call to reserve a meal at 608-785-2373.

**Ruby's
PANTRY**

3rd Wednesday of the month

NOVEMBER 20TH

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.

**Nov 12th
5pm-6pm
Onalaska
Methodist Church
212 4th Ave N.**



ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!

What happened when the turkey got in a fight?

He got the stuffing knocked out of him


What kind of weather does a turkey like? Fowl weather

What happens when potatoes drink too much?

They get smashed

My family told me to quit telling Thanksgiving jokes,
but I couldn't quit cold turkey



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*All meals include milk or juice & bread. *Menu subject to change			Meatballs & gravy 1 Mashed potatoes Buttered corn Carrot cake
Meatloaf 4 Mashed potatoes & gravy Creamed corn Banana cake	Chicken salad sandwich 5 3 bean salad Watermelon Sugar cookie, Grape juice	Glazed ham 6 Sweet potato bake Green beans, rye bread Chocolate pudding	Chili w/ beans 7 Baked potato & sr cream Spinach salad, crackers Cornbread, Banana	Chicken supreme 8 Garlic mashed potatoes Peas & carrots Pineapple
Spaghetti w/meatsauce 11 Romaine salad Ambrosia cup, Breadstick Black bean brownie	Beef & mushrooms 12 Over egg noodles Peas & carrots, Roll Applesauce, Marble cake	Baked 1/4 chicken 13 Baked sweet potato Country vegetables Fruit fluff, Dinner roll	Salisbury steak & gravy 14 Mashed potatoes Glazed carrots Fruited Jello	Fish sandwich on a bun 15 Oven browned potatoes Peas Peach cobbler, tartar sauce
Sweet & sour chicken 18 Rice blend, soy sauce Broccoli Muffin, Melon cup	Swedish meatballs 19 Mashed potatoes Glazed baby carrots Pudding, Dinner roll	Lasagna w/parmesan 20 Romaine salad Fruit salad, Breadstick Black bean brownie	Broccoli cheese soup 21 Grilled chicken sandwich Fruit cup Apple juice, Crackers	Goulash w/ beans 22 Country style vegetables Pumpkin bar Rye bread
BBQ ribbette 25 Steamed baby reds Peas & carrots Grapes Fruit fluff	Turkey & gravy 26 Mashed potatoes Green beans Cranberry sauce Pumpkin pie	Beef taco salad 27 Corn tortilla chips Banana Sugar cookie Taco sauce, sour cream	Sorry, we are CLOSED for THANKSGIVING  See you soon! 28	Holiday Sites Closed 29

Breakfast Muffins

- Olive oil non-stick spray
- 12 eggs
- 1/3 C. skim milk
- 1/2 tsp. pepper
- 1 tsp. paprika
- 1 small head of broccoli, cut into small florets
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 1/4 C. cheddar cheese, shredded



Preheat the oven to 350 degrees. Prepare a 12 count muffin tin with non-stick spray. Crack the eggs into a large bowl. In the large bowl, whisk together the eggs, milk, pepper, and paprika until well combined. Add the broccoli, red bell pepper, orange bell pepper, and cheddar cheese to the bowl. Stir to combine. Using a 1/4 cup measure, fill each muffin spot so that it is about 3/4 of the way full. Bake for 20 minutes, or until the eggs are set. Allow to cool slightly before using a spatula or butter knife to remove the egg bites from the muffin tin. You may substitute the vegetables to any of your favorites, such as onions or mushrooms. 12 servings

HOLIDAY KITCHEN TIPS:



- * If your turkey comes out dry or tough, slice the meat and place it in the pan forming a single even layer. Cover the meat with either turkey or chicken stock, then bake at 350° for 10-15 minutes. This will add moisture to the meat, plus some extra flavor!
- * Don't send your guests home empty-handed. Use foil muffin tins to pack up Thanksgiving leftovers for your guests. This way, everyone gets a little bit of everything without needing five storage containers to hold it all.

Turkey Cranberry Wreath

- 2 packages refrigerated crescent rolls
- 1/2 cup mayonnaise
- 2 tbsp honey Dijon mustard
- 1/2 tsp ground black pepper
- 2 cups chopped cooked turkey
- 1/2 cup sliced celery
- 3 tbsp parsley
- 1/2 cup sweetened dried cranberries
- 1 cup shredded Swiss cheese
- 1/4 cup chopped walnuts-optional
- 1 egg white



Preheat oven to 375°F. Unroll crescent dough; separate into 16 triangles. With wide ends of triangles toward the center, arrange 8 triangles in a circle on a pizza pan. Corners of wide ends will touch and points will extend 1 inch beyond edge of baking stone. Arrange remaining 8 triangles in center, matching wide ends. Seal seams. (Points will overlap in center; do not seal.) Place mayonnaise, mustard and black pepper in a large mixing bowl. Add chopped turkey, celery, parsley and cranberries to mixing bowl. Add cheese. Scoop filling over seams of dough, forming a circle. Sprinkle chopped walnuts over filling. Beginning in center, lift one dough triangle across filling mixture. Continue alternating with outer triangles, slightly overlapping to form wreath. Tuck last end under first. Lightly beat egg white; brush over dough. Bake 25-30 minutes or until golden brown. 12 servings

Home Delivered Meal Cancellations and Bad Weather
If we decide to close, we will let you know by announcing it on the television (WKBT News8000 and WXOW Channel 19). You can also call us at 785-5700 to inquire anytime. Have in stock food packages that can be opened by hand, without an electric can opener and be ready to eat without heating. BE PREPARED!

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

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

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



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

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

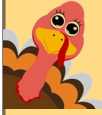
In order to qualify for this program, you must meet all criteria:

- Be 60 years of age or the spouse of that person
- Be homebound--you don't get out under normal circumstances
- Be unable to prepare your own meals or get groceries
- Be home when your meal is delivered & within our delivery area

If interested or if you have questions, speak with Dawn at the ADRC at (608) 785-5775.

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN DISTRIBUTION		HOME DELIVERED	792-4487
SOUTHSIDE NEIGHBORHOOD CENTER	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR., HOLMEN	317-8104
ONALASKA	11:30AM	OMNI CENTER ONALASKA	317-9870
WEST SALEM		HOME DELIVERED	785-5775



La Crosse Main Library

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

- Monday Mornings at Main:** 10am-11am for ages 50+
- Chair Yoga:** Thursdays, 10am. No class 11/28
- Chair Fitness:** Mondays, 9am and Wednesdays, 10am
- Chapter Book:** November 9 at 10am and November 13, 1pm
- Taste of Vietnam:** November 12, 5:30pm. Spring rolls.
- Meditative Community Mandalas:** November 3, 2pm
- Singing Bowls Sound Meditation:** November 25 at 5:30pm, free
- Basic Internet Security:** November 20, 11am-12pm
- Veteran Services:** November 5, 1pm-4pm
- Knit & Needle:** November 6, 5pm
- Health & Wellness Workshop for Aging Adults:** Nov. 19, 10am
- Writing Day:** November 14, 5:30pm
- Mindful Paper Marbling:** November 17, 1:30pm
- BookTok Bingo:** November 19, 6:30pm at 608 Brewing Co.
- Cooper Embossing Workshop:** November 9, 11am
- Holiday Closure:** November 28



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

All locations will be closed November 28-December 1 for Thanksgiving.

- Bangor** "Game Day" on November 14 at 1:30pm.
- Bangor** movie on November 21 at 2:30pm and 6pm.
- Campbell** "Family Movie Masquerade: The Wizard of Oz" on November 9 at 2pm. All ages welcome, registration required.
- Campbell** Book Club meets the second Tuesday of the month at 6pm.
- Holmen** "Voting Day" on November 5. Show your "I VOTED" sticker when you check-out and pick out a prize!
- Holmen** movie on November 18 at 2:15pm and 6pm.
- Onalaska** Senior Moments on select Wednesdays at 10am:
- November 6:** Tips for a Healthy Life
- November 13:** Patriot K9s
- November 20:** Giving Hearts Choir
- Onalaska** "Safe Online Shopping" on November 12 at 10am.
- Onalaska** "Jigsaw Puzzle Battle" on November 16 at 10am. All ages welcome; registration required.
- Onalaska** movies on November 7 and 14 at 6pm.
- Onalaska** Book Club meets the third Thursday of the month at 1:15pm.
- West Salem** movies on November 7 and 21 at 2:15pm.
- West Salem** Afternoon Book Club meets the second Wednesday of the month at 1:30pm.
- West Salem** Evening Book Club meets the third Monday of the month at 7pm.

MYRICK PARK CENTER

789 Myrick Park Dr, La Crosse 769-5766
www.natureplacelacrosse.org

- 11/2- Exotic Pet Surrender, 12pm-3pm
- 11/14- Music on the Marsh, 6pm-9pm
- 11/15- Costume Party & Drag Show, 7pm
- 11/20- Free Bird Program, 7pm (adults)

NARVRE

National Associates of Retired and Veteran Railroad Employees, Unit 047, at the Onalaska American Legion on Nov 12 at 10am. Speaker: La Crosse Co. Health Dept
 More info contact Patty Burr at 608-781-6032.

The La Crosse Area Retired Educator Association

May luncheon meeting at Cedar Creek Country Club beginning at 11:30am on November 6th. Please arrive by 11:10am.
 Presentation: Senior Scams and Fraud
 All who have retired in public education in WI are invited to come. Contact Sherry at 608-498-3875 or email at lacrosserea@gmail.com.

LA CROSSE CORRIDOR STUDIES SURVEY



WE WANT TO HEAR FROM YOU!

The Wisconsin Department of Transportation (WisDOT) is conducting three separate studies of the primary north-south routes in the City of La Crosse. The purpose of these studies is to evaluate ways to improve safety, traffic operations, and multi-modal connectivity, while addressing infrastructure needs.



SCAN THE QR CODE TO TAKE THE STUDY SURVEY TODAY!

or visit:
<https://bit.ly/LaCrosseCorridorStudiesSurvey>



THE SURVEY WILL REMAIN OPEN THROUGH NOVEMBER 15, 2024.

QUESTIONS? CONTACT THE STUDY TEAM

MICHAEL J. RICHARDSON, PE
 Major Studies Project Manager – Southwest Region
 Tel. (608) 245-2667 (office)
michael.richardson@dot.wi.gov

MICHAEL BIE
 WisDOT Communications Manager – Southwest Region
 Tel. (608) 246-7928 (office)
michael.bie@dot.wi.gov

Blood Drives for November



- 11/5- Sparta High School, 9am-2pm
- 11/7- Journey Lutheran Church Onalaska, 10am-3pm
- 11/8- Chaseburg Village Hall, 9am-2pm
- 11/11- Our Redeemer Lutheran Church La Crosse, 12pm-5pm
- 11/13- Trinity Lutheran Church La Crosse, 1pm-6pm
- 11/14- La Crosse Public Library, 10am-2pm
- 11/14- Church of Latter Day Saints Onalaska, 1pm-6pm
- 11/15- Galesville High School, 9am-2pm
- 11/15- Holmen Community Center, 10am-3pm
- 11/19- YMCA Onalaska, 10am-3pm
- 11/19- Altra Federal Credit Union Onalaska, 8am-1pm
- 11/20- Logan High School, 9am-2pm
- 11/22- Moose Lodge, 12pm-5pm
- 11/22- Valley View Mall, 11am-4pm
- 11/26- Presbyterian Church West Salem, 12:30pm-5:30pm
- 11/29- Onalaska American Legion, 9am-1pm

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



Thanksgiving is a day when we pause to give thanks for the things we have.



"Veterans Day" is a day when we pause to give thanks to the people who fought for the things we have.



Concordia Ballroom

1129 La Crosse St. La Crosse
 608-782-7049
www.concordiaballroom.com

- Dances every Sunday, 1pm-4pm
- Cut a Rug Dance– Nov 1, 7pm
- Halloween Dance Party– Nov 2, 7pm
- Dance Classes available too!

Grief Over the Holidays

One of the greatest holiday stresses is the absence of a loved one who passed away. The empty seat where they would have sat can fill families with a sense of grief, loss and emptiness, as well as worsen symptoms for individuals with mental illness. The following recommendations can help you and your family cope:

- **It's not all sad.** Know that some parts of the holiday will be wonderful, and some parts will be sad. The anticipation of sadness may be stressful, but the holidays provide an opportunity for healing. You can still take joy in the relatives that are present and remember fond memories of holidays past.
- **It is okay to feel the way you feel.** It is healthy to acknowledge your feelings and work through them, rather than suppressing them.
- **Take care of yourself.** Find healthy ways to cope, such as exercising. Organizing family walks is a great way to get fresh air and enjoy the company of others. Don't search for solace in unhealthy foods or alcohol. If alcohol is present, drink responsibly.
- **Don't feel pressured to uphold family traditions.** While they might be a comforting way to remember a loved one, sometimes family traditions are too painful to bear. Your family will find new ways to celebrate, and your traditions will adjust with time.

Keep in mind that the loved ones you lost would want you to remember them fondly, to enjoy the holiday season, and to find comfort in having the family come together. Source: www.nami.org

Senior Hunters: How to Make Your Hunt Easier

Deer hunting can be a challenging and rewarding activity for hunters of all ages, but for seniors, it can be particularly difficult. As we age, our physical capabilities may diminish, making it harder to navigate through rough terrain and stay out in the woods for extended periods.

However, with the right approach and some strategic planning, senior hunters can still enjoy successful hunts and make the most of their time in the great outdoors.

1. Consider choosing a hunting location that is easier to access, such as a field or open area near the edge of the woods. You may also want to look for hunting locations that are closer to parking areas or other amenities.
 2. Before the season starts, scout your hunting area to identify the best locations for your tree stands or blinds. Look for signs of deer activity, such as tracks, rubs, scrapes, and bedding areas.
 3. Ground blinds can provide a comfortable and safe way to observe deer while also concealing your scent and movements.
 4. You may also want to consider using a crossbow or other weapon that requires less physical exertion than a traditional bow or rifle.
 5. Set up a few cameras in strategic locations to track the movements of the deer and identify their patterns.
 6. Hunting with a partner can make your hunting experience safer and more enjoyable. Your hunting partner can help you navigate rough terrain, carry equipment, and track any deer you may have shot.
 7. Make sure you have the right equipment for the job. This includes the appropriate clothing, hunting boots, hunting backpacks, hunting knives, and a field dressing kit.
 8. A truck hitch deer hoist or wheeled carrier can help you transport your hunting equipment and deer out of the woods.
 9. Staying physically fit can help you maintain your stamina and mobility, making it easier to navigate through the woods and handle hunting equipment.
 10. As you age, it may be more difficult to regulate your body temperature. Dress in layers and bring extra clothing to stay warm and comfortable while hunting.
- Remember to always prioritize safety and respect for the environment, and you'll be sure to have a successful and fulfilling hunting experience. Source: www.hunthunters.com

NARRATED BY WOODY HARRELSON

KISS THE GROUND

Documentary Double Feature

Sunday, Nov 10 @ 2:30 + 5:00

Enjoy a FREE movie night at the Rivoli featuring inspiring documentaries on climate change, farmlands, and how we can be part of the solution.

More details at habitatlacrosse.org/events

Habitat for Humanity
of the Greater La Crosse Region

WINNER TULSA FESTIVAL 2013

Saving the planet, one theater ticket at a time

WATCH. JOIN. ACT.

COMMON GROUND

COMMONGROUND.FILM.ORG

THE SOLUTION IS RIGHT UNDER OUR FEET

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

Brain & Body Fitness Class

Tuesdays & Thursdays, 2:30pm

Functional Strength for Older Adults

Mondays & Wednesdays, 10am

Nov 5-Dec 19

La Crosse Concordia Ballroom



Register by calling 608-797-6295 or online

www.starcenterlacrosse.org/fallprograms

How Flu Affects Older Adults

People 65 years and older are most at-risk for severe flu disease. "Influenza seasons vary in severity. During most seasons, people 65 years and older are the most at-risk for severe flu disease," says Douglas L. Ambler, MD, an internal medicine physician at Northwestern Medicine.

According to the Centers for Disease Control and Prevention (CDC), it is estimated that between 70% and 85% of seasonal flu-related deaths have occurred in people 65 years and older, and between 50% and 70% of seasonal flu-related hospitalizations have occurred among people in this age group.

Dr. Ambler offers five key reasons why it is important to get a flu shot after age 65:

- Older adults are at higher risk of complications from the flu, including hospitalization and death.
- Older adult populations often have underlying medical conditions like chronic obstructive pulmonary disease (COPD) and congestive heart failure, which put them at higher risk for complications related to the flu, such as pneumonia (lung infection).
- Older adults tend to have weaker immune systems compared to younger patients, which can make increase their chances of complications and severe illness.
- If you live in an older adult community, such as an independent living, assisted living or nursing home environment, you are more at risk since you live in a community where the flu can spread more rapidly.
- People who get a flu shot have a lower risk of being hospitalized for the flu or being admitted to an intensive care unit (ICU), and they have a lower risk of stroke and heart attack during the flu season.

"All adults over age 65 should get a flu shot starting anytime in September and preferably by the end of October. You can get it later, but it is best not to wait," adds Dr. Ambler. "You can also get a flu shot with your pneumonia vaccine and with your COVID-19 booster shot as well."

If You Get Sick

Flu should be suspected if you develop symptoms, such as a fever or feeling feverish accompanied by muscle aches, headache and/or fatigue. The only way to know that you have flu is to get tested, but if you think you have flu:

Seek medical care early. Antiviral medication may help shorten the length of the illness and decrease its severity, but you need to take the medication early in the illness for it to be most effective.

While antibiotics can't cure flu, it is also possible for influenza to lead to other types of infection or conditions caused by bacteria that could be treated with an antibiotic.

Stay home. Your body needs rest. Staying away from other people will help prevent the illness from spreading and possibly infecting someone who is particularly vulnerable.

— Douglas L. Ambler, MD, nm.gov

Celebrities Offer Their Caregiving Advice by Edna Gundersen, AARP

Celebrities Offer Their Caregiving Advice: These famous people share lessons they learned the hard way. From the worlds of TV, film, music and media, a dozen celebrities share advice after facing the challenges of caregiving. Their experiences also moved them to use their fame and fortune to help others.

Katie Couric, 62

How you know her: The cohost of NBC's *Today* show and anchor of the *CBS Evening News*.

Her caregiver experience: She cared for her husband, Jay Monahan. He died in 1998 at age 42. Her sister died of pancreatic cancer in 2001.

Advice: "I wish I had sought out other caregivers and other patients to compare notes with and to find support from and just be able to vent to people or to cry with people," she told *Parade* magazine. "I felt very isolated. You feel like you're in the cancer world versus the healthy world."

Giving to others: Couric, who speaks frequently about caregiving and the need for colorectal cancer screenings, cofounded Stand Up to Cancer in 2008 and recently partnered with Merck for WithLoveMe.com to help cancer survivors and caregivers connect through sharing their stories.

Patrick Dempsey, 53

How you know him: The actor played Derek Shepherd in the series *Grey's Anatomy*.

His caregiver experience: Shuttling between work in Los Angeles and his hometown in Maine, Dempsey cared for his mother, Amanda Dempsey, after she was stricken with ovarian cancer in 1997. She died in 2014.

Advice: At the People v. Cancer conference in November in New York, Dempsey told attendees that one of the most important and gratifying roles for a caregiver is encouraging the family member to share life stories. "You want to know about your mom, and your kids want to know about your journey and your childhood."

Giving to others: Dempsey founded the [Patrick Dempsey Center for Cancer Hope and Healing](#), a holistic care facility in Lewiston and South Portland.

Brad Garrett, 59

How you know him: ABC sitcom *Single Parents*, the actor is best known for playing Robert Barone on the hit series *Everybody Loves Raymond*.

His caregiver experience: Garrett helped care for three loved ones who lost their lives to cancer: his father, who died of colon cancer, and two brothers, who had pancreatic cancer and lung cancer.

Advice: Jokes and playfulness help keep depression at bay.

"Because so many people in my life got sick, people were starting to call me the plague," he told SurvivorNet, noting that a sense of humor was vital. "In my family, it was kind of the go-to."

Giving to others: Garrett is a major supporter of Stand Up to Cancer. At its 2008 star-studded telethon, he underwent a prostate exam live onstage.

Sean Hayes, 49

How you know him: The actor, comedian and singer stars as Jack McFarland on the NBC sitcom *Will & Grace*.

His caregiver experience: Hayes was a primary caregiver for his mother, Mary Hayes, who suffered from Alzheimer's disease and died at 78 in 2018.

Advice: He urges caregivers to accept outside help and for others to offer it. "One caregiver might need a hand preparing meals for the week while another could use help running errands or just getting a short break to help them to recharge so they can be their best selves for the loved ones who are counting on them."

Giving to others: Hayes has teamed with [Embracing Carers](#), an initiative to increase awareness, discussion and action about the needs of caregivers. One goal is to raise 1 million minutes of time to assist caregivers across the world.

Marg Helgenberger, 61

How you know her: The former *CSI* actress plays Judge Lisa Benner in *All Rise* and costarred in *A Dog's Journey* this year.

Her caregiver experience: While Helgenberger was studying at Northwestern University, her father was diagnosed with multiple sclerosis, and her mother was struggling with breast cancer. Helgenberger toggled between acting jobs and home to help her mother and brother care for her father, who rapidly declined.

Advice: "[Burnout can happen](#), and it can sneak up on you," Helgenberger told the Caregiving Club. "Whatever makes you happy, whether it's taking a walk with your dog or a hot soak in a tub or watching silly television, it's important that everyone take the time to do that."

Giving to others: Supports the [American Association for Cancer Research](#).

Queen Latifah, 49

How you know her: Latifah, born Dana Owens, rose to fame as a hip-hop sensation and later shifted to soul and jazz singing. She's also an actress who starred in *Girls Trip*, *The Secret Life of Bees*, and *Mad Money* and was nominated for an Academy Award for her performance in *Chicago*.

Her caregiver experience: She assisted her mother, Rita Owens, through many years of chronic heart failure.

Advice: Be loving but also tough. "One of the things I found most challenging was ... learning to say no," she said in an interview with AARP. "I had to be strong. People love you, and they come in the house with cakes and cookies. I had to be the bad guy."

Giving to others: Before her mother died in March 2018, Latifah became the spokeswoman for the [American Heart Association's Rise Above Heart Failure](#) campaign to raise awareness.

Rob Lowe, 55

How you know him: After rising to prominence in such films as *The Outsiders*, *Class* and *St. Elmo's Fire*, the Brat Pack actor went on to star in successful TV series *The West Wing*, *Brothers & Sisters* and *Parks and Recreation*.

His caregiver experience: He and his two brothers were thrust into caregiving after his mother, Barbara Hepler, was diagnosed with stage 4 breast cancer when Lowe was in his late 30s. She died in 2003.

Advice: Go easy on yourself.

"Without you taking care of yourself, you can't take care of anybody else," Lowe said in a *Newsweek* interview. "It's an intimidating role to step into, and there's no set way to do it."

"You don't have to be perfect. You don't have to know all the answers. You are likely to make some mistakes, and that's fine. Just know that the care you give has the potential to be one of the most rewarding acts of your life."

Giving to others: He has been an outspoken advocate for caregivers and supports Stand Up to Cancer.

Joan Lunden, 69

How you know her: The TV personality and author was cohost of ABC's *Good Morning America* from 1980 to 1997 and has been a special correspondent for NBC's *Today* show since 2014. She's written eight books.

Her caregiver experience: Lunden cared for her mother until she died of Alzheimer's disease in 2013.

Advice: Getting and giving emotional support is critical but don't skip vital paperwork, she told *Preserving Your Memory* magazine.

"You should have a copy of your parents' and even your spouse's driver's license and passport. You should know where their health and life insurance papers are, the mortgage or rental agreement to where they live and the car title."

"You also need to have a legal and medical power of attorney so you can act on their behalf, a HIPAA [Health Insurance Portability and Accountability Act] release so medical institutions can release information to you, an advanced health care directive, otherwise known as a living will, and you need to know whether they have advanced long-term health care insurance."

Giving to others: Lunden became a motivational speaker for Alzheimer's patients and caregivers. She hosted *Taking Care*, a four-part RLTV series on caregiving, and she is a spokeswoman for [A Place for Mom](#), a senior living referral service.

Seth Rogen, 37

How you know him: The Canadian actor and comedian cowrote and starred in *Superbad*, *The Green Hornet*, *This Is the End* and *Pineapple Express*. He's also known for the comedies *Neighbors* and *Knocked Up*.

His caregiver experience: Rogen helped his wife, Lauren, care for her mother, who was diagnosed with early onset Alzheimer's disease at age 55 after working as a teacher for 35 years.

Advice: Don't suffer in shame and silence, Rogen told *InStyle* magazine.

"It's been nice to see my wife take control emotionally of a situation that was not very controllable. I think the most impressive thing she does is just talk about it."

"There's a lot of shame associated with having Alzheimer's. Some people don't want anyone to know. But it's good to acknowledge it."

Giving to others: Rogen and his wife established [Hilarity for Charity](#), an annual entertainment event featuring actors and comedians who help raise funds for and awareness of Alzheimer's disease.

Maria Shriver, 64

How you know her: A member of the Kennedy clan, Shriver is a TV journalist, author and a former first lady of California when her now-ex-husband Arnold Schwarzenegger was governor.

Her caregiver experience: She helped care for her father, politician Sargent Shriver, who was diagnosed with Alzheimer's disease in 2003. He died in 2011.

Advice: "Caregiver guilt is common, but there's nothing to feel guilty about," she said in an interview with *The Hill*. "You can love the person you're caring for but hate how challenging the act of caregiving can be."

"That's a normal feeling, and it's OK. Do the best you can and remember that you only have so much control over the situation that you're in. Accept that you're going to have these feelings but then do what you can to surround yourself with love and support so that you don't become isolated or overwhelmed."

"None of us can do this on our own. Finally, share your story. Storytelling is a powerful tool, and your voice matters."

"So many people are experiencing what you have and are continuing to experience today. Your challenges, your triumphs, what has helped you will probably help someone else, too."

Giving to others: In 2010, she issued *The Shriver Report: A Woman's Nation Takes on Alzheimer's*, which revealed that two-thirds of all brains with Alzheimer's in America belong to women and that almost two-thirds of all U.S. caregivers are women.

Shriver established the [Women's Alzheimer's Movement](#) to raise awareness and money on behalf of women affected by the disease.

Meredith Vieira, 65

How you know her: The broadcast journalist was an original host on daytime talk show *The View* and cohost of NBC's *Today* show.

Her caregiving experience: Vieira's husband, journalist Richard Cohen, has been battling multiple sclerosis since he was 25 and was twice diagnosed with colon cancer.

Advice: The progressive, incurable autoimmune disease has been challenging for the couple, and Vieira says it's essential for both to let off steam.

"Certainly, he's allowed to vent because he's got chronic illness," she told *Oprah* magazine. "But I am, too, because there are days I can't stand it and the limitations it puts on the entire family."

"It's good to say it. But we don't dwell. You can think, 'Why us?' but then it's like, 'Why not us?' So many people are dealing with stuff and it puts it into perspective."

Giving to others: Vieira and Cohen are longtime activists and supporters of the [National Multiple Sclerosis Society](#).



**La Crosse Parks & Rec
Senior Excursions**

For ages 50+

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

- November 6:** Tundra Swans – Brownsville
- November 23:** Divas at the Middleton Performing Arts Center
- December 12:** Miracle on 34th Street at the Fireside
- December 13:** Kriskindlmarkt – Sparta
- January 5:** Funny Girl at the Overture Theatre
- January 25:** Top of the World Carpenters Tribute – Middleton
- January 23:** Back in the Building - Elvis Tribute at the Fireside
- January 31:** Jersey Boys at the Legacy Theatre
- February 2:** Winter Dance Party at the Sheldon Theater
- February 14:** Whitney Houston! At the Legacy Theatre
- February 28:** West Side Story at the Fireside

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

- Yoga – Tues, Weds, Thurs**
- Amanda Grace Concert – Nov 2, 7pm**
- Board Game Social – Nov 8, 6pm**

Pump House Regional Arts Center

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

- 11/14-11/24– Small Mouth Sounds**
- 12/19-12/20– String Ties**

La Crosse Symphony Orchestra

- Nov 16– Rhapsody in Blue, 7:30pm**
- Dec 21– Holiday Romance**
929 Jackson St. La Crosse

WEBER CENTER
FOR THE PERFORMING ARTS

- Deer Camp**
Nov 29—Dec 21
- White Christmas**
Dec 6—Dec 22
- Holiday Gala**
Dec 14



www.webercenterarts.org 608-784-9292

Senior Preview: Dec 5th, White Christmas

**Onalaska & Holmen Community
Thanksgiving Dinner**

November 28th, 11am-2pm
National Guard Armory

910 Oak Forest Dr., Onalaska

website: www.octd.org

phone: **608-397-8569 for home delivery**

Serving a free traditional dinner along with entertainment.

DINE IN, CARRY OUT OR HOME DELIVERED



**La Crosse Community
Thanksgiving Dinner**

La Crosse Center
November 28
10am-3pm
Free dinner and
entertainment for
everyone.

laxthanksgivingdinner.com to order a meal.
Online and phone # will be available Nov. 1st.

Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

Dec 6 & 7: A Holly Jazzy Christmas



VITERBO
UNIVERSITY
FINE ARTS CENTER

**Viterbo University
Fine Arts Center**

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

- Nov 1: The Beat Goes On (Cher)**
- Nov 2: Yonder Mountain String Band**
- Nov 8: Little River Band**
- Nov 9: Nurse Blake**
- Dec 7: A Viterbo Christmas**
- Dec 9: A Swingin' Little Christmas**
- Dec 13-15: Nutcracker Ballet**

G-E-T Performing Arts Center

17511 N. Main St
Galesville, WI
(608) 484-4458

Footloose– Nov 8, 9 & 10

MARIE HEIDER CENTER FOR THE ARTS

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

November 23- Tribute to Jimmy Buffet, 7:30pm

- Nov 1 & 2: Charlie Berens**
- Nov 8 & 9: Bull Riding**
- Nov 17: Charlie Brown Xmas**
- Nov 21-24: Holiday Fair**

**LA CROSSE
CENTER**

608-789-7400

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

NOV 1 & 2: A CONCERT OF DANCE
DEC 6-8: CHRISTMAS AT PEMBERLY

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

November 29 - December 31

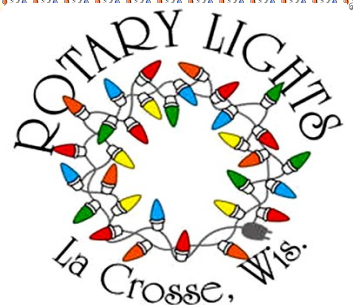
5pm to 10pm daily

Opening Parade– Nov 29 at 5pm

Christmas Eve, Christmas Day –

5pm to 9pm

New Year's Eve – 5pm-1am



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**



Presidential Pardon

In 1949, President Harry Truman received a gift turkey that likely became dinner. Today, two turkeys (one each for the president and vice president) get a Thanksgiving pardon. The birds usually go to a farm to live out their lives.



Hellman's Once Wanted People To Make Cranberry Salad Candles For The Holidays

We'll stick to our grandma's cranberry sauce recipe, thank you very much. At some point during '60s, Hellmann's Mayonnaise tried to convince people that they should serve a gelatinous cranberry salad with a candle stuck in it at their holiday dinner. The ad copy reads, "You'll start a whole new holiday tradition [when you] serve cranberry 'candles' as your salad." But what it

really seems to say is, "Who needs a centerpiece when you have a chunky stick of cranberry sauce to light the way!"

While it's not uncommon to come across a midcentury recipe that uses more mayonnaise and gelatin than most people can handle these days, these cranberry "candles" are truly one of a kind.

Here's the full recipe, if the photos didn't scare you off already:

- 1 1-lb. can Ocean Spray Whole Cranberry Sauce
- 1 3-oz. pkg. red, yellow or orange fruit-flavored gelatin
- 1 cup boiling water
- 1/4 teaspoon salt
- 1 tablespoon lemon juice
- 1/2 cup Hellmann's Real Mayonnaise
- 1 apple or orange, peeled and diced
- 1/4 cup chopped walnuts

Heat cranberry sauce, strain, set berries aside. Dissolve gelatin in hot juice and water. Add salt and lemon juice.

Chill until thickened enough to mound slightly when dropped from a spoon. Beat in real mayonnaise with rotary beater till light and fluffy. Fold in cranberries, fruit and nuts.

Divide mixture evenly into eight 6-oz. fruit juice cans. Chill 4 hours or longer. Unmold. Garnish with real mayonnaise to taste.

To flame: Cut thin birthday candles in half to shorten. Insert into tops of cranberry candles. Light.

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 @ Onalaska American Legion
- 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
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- 11/1-** Downtown Art Walk, 4pm-7pm
- 11/1 & 11/2-** Christmas in the Valley, Coon Valley Dairy Supply
- 11/2-** Makers Market, 9am-2p Havenwood Event Center Sparta
- 11/2-** Norwegian Supper, 3:30pm-6:30pm, Our Savior Lutheran Church West Salem
- 11/6-** Meatball & Lefse dinner, 4pm-7pm, Trinity Lutheran Church
- 11/8-** Downtown La Crosse Open House, 4pm-8pm
- 11/9-** Holmen Fall Craft Show, 9am-3pm at High School Gym
- 11/9-** Holiday Arts & Craft Show, 9am-2pm Journey Lutheran Church, Onalaska
- 11/9-** Holiday Bazaar, 8:30am-1pm, St. Elizabeth's Church Holmen
- 11/9-** Holly Berry Fair, 8am-2pm, 716 Windsor St, lower gym
- 11/9-** Holiday Bazaar, 8am-2pm, Our Redeemer Lutheran Church
- 11/10-** Bestie Fest, 11am-3pm, Stoney Creek Hotel with workshops, food & drinks, vendors, and blingo
- 11/12-** AARP HomeFit workshop, 2pm at La Crosse Public Library
- 11/16-** Beaver Moon Market, 9am-2pm, Stoddard American Legion
- 11/22 & 11/23-** Mistletoe Market, Maple Grove Venue
- 11/23-** Holiday Walk-About, 9am-4pm, downtown Galesville
- 11/28-** Festival Foods Turkey Trot, 8am at the Omni Center

Thanksgiving Foods



D G E L O R E S S A C H M L V I E G C G
T R E D I C D E L L U M E N W V L F H R
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WORD LIST

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| APPLE PIE | CREAMED CORN | HAM | SOUP |
| BRUSSEL SPROUTS | DINNER ROLLS | MAPLE SYRUP | SQUASH |
| CASSEROLE | DRUMSTICK | MULLED CIDER | STUFFING |
| CHERRY PIE | GIBLETS | PARSNIPS | SWEET POTATO |
| COLLARD GREENS | GLAZED CARROTS | PECAN PIE | TURKEY |
| CORNBREAD | GRATIN | POTATOES | VEGETABLES |
| CORNUCOPIA | GRAVY | PUMPKIN PIE | YAMS |
| CRANBERRY SAUCE | GREEN BEANS | | |

Holidays Makers Market
The Main, 422 Main St. La Crosse
November 10, 10am-3pm