



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

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

National Hospice and Palliative Care Month: A Time to Learn and Connect

**November is a month dedicated to raising awareness about hospice and palliative care**—two forms of support that help people live well while navigating serious illness. Palliative care can begin early, offering relief from symptoms and emotional stress, while hospice care provides comfort and guidance during the final months of life. Both approaches focus on respecting a person’s values, easing burdens on families, and ensuring care decisions reflect what truly matters.

As we age and more families navigate complex health journeys, understanding these services has never been more important. **National Hospice and Palliative Care Month** encourages each of us to learn about the resources available and to start conversations ahead of time—not in moments of urgency.

**Local Event: Care Choices That Matter**

The Aging and Disability Resource Center of La Crosse County is hosting a community event designed to help individuals and families better understand their care options. Through short video stories and a moderated panel of local experts, the event explores how people make decisions about treatment, when supportive care can help, and how providers partner with families during difficult transitions.

This thoughtful, conversational evening offers clarity, compassion, and practical guidance for anyone wanting to better understand serious-illness care.



Aging and Disability Resource Center  
of La Crosse County

# Care Choices That Matter

Understanding Palliative & Hospice Support



Wednesday, November 4, 2026



6:00–7:30 PM



Black River Beach Neighborhood Center  
1433 Rose St, La Crosse, WI

Join us for a meaningful community conversation exploring treatment decisions, quality of life, and the support available to individuals and families navigating serious illness.

We will view two short PBS Frontline video clips followed by a moderated panel discussion with local care experts.

**Panelists**

- Larry Skendzel, MD – Emplify Health
- Agrace Representative
- St. Croix Hospice Representative

**Moderator**

Catherine Kolkmeier, Executive Director  
La Crosse Medical Health Science Consortium

**To register, contact the ADRC at:**



608-785-5700



adrc@lacrossecounty.org



FREE Event. Refreshments Provided.



Palliative care is one of the fastest growing areas of healthcare, supporting people at any stage of serious illness, while hospice provides compassionate comfort to more than 1.7 million Americans each year. Together, they ensure individuals and families receive the right support when it is needed most.

## TRANSPORTATION OPTIONS

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs?

**Shared Ride/DriftLink Transit Service** provides door to door transportation to all citizens in Onalaska, Holmen and West Salem from 6:30am-6:30pm, 7 days a week. This option does not service fire numbers unless within city limits.

Shared Ride does not enter into La Crosse.  
Prices range from \$3.25-\$4.50.  
To schedule a ride call **784-0000**.

### ADRC of La Crosse County (Abby Vans)

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

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

Monday-Saturday from 7am-6pm

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

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

#### Cost varies by zones:

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

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

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

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

## RISE Transportation Program



- Must be 55yrs + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- Drivers are volunteers with their own vehicles.
- Ride reimbursement is .76/mile.
- Mileage is calculated from the time your driver leaves their home until the time that your driver returns to their home + \$2 service fee applies.
- Ride must originate from La Crosse County.

Call **608-785-0500** for more information (previously RSVP)



THE ADRC OFFICE AND MEAL SITES WILL BE CLOSED  
**NOVEMBER 26TH & 27TH**  
FOR THE HOLIDAY.  
TRANSPORTATION WITH ABBY VANS WILL BE CLOSED ON  
THANKSGIVING DAY.

## Contribution Designation Form

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

**Please designate my contribution: (if applicable)**

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

And notify: \_\_\_\_\_

Address: \_\_\_\_\_

**To benefit the following: (check all that apply)**

\_\_\_ ADRC General Support \_\_\_ Elder Benefit Specialist

\_\_\_ Caregiver Support \_\_\_ Health Promotion

\_\_\_ Congregate Dining \_\_\_ Home-delivered Meals

\_\_\_ Dementia Support Services \_\_\_ Senior Life Newsletter

\_\_\_ Disability Benefit Specialist \_\_\_ Transportation Services

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

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

## LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

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

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

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

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

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-8:00pm

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



## MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

Visit the website at [www.mtm-inc.net/wisconsin](http://www.mtm-inc.net/wisconsin)



## Looking for a Fall Activity?



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

♦ Days are flexible.

Hours range from 10am-12pm, Mon thru Fri

♦ Mileage reimbursements monthly

♦ Help packaging meals also available at our Onalaska or Holmen meal sites

♦ Great way for students/families/retirees to give back to their community

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

**Your donations mean the world to us!** To help us continue providing this valuable newsletter, please consider making a donation. To donate by mail, complete the donation form above and send it, along with a check payable to ADRC of La Crosse County, to the address on the form. To donate online, visit [www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc), click "Get Involved" and then "Donate", and select the yellow "Donate" button at the bottom of the page. Thank you for your support!

## La Crosse Senior Life Newspaper

Mailing List Request

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

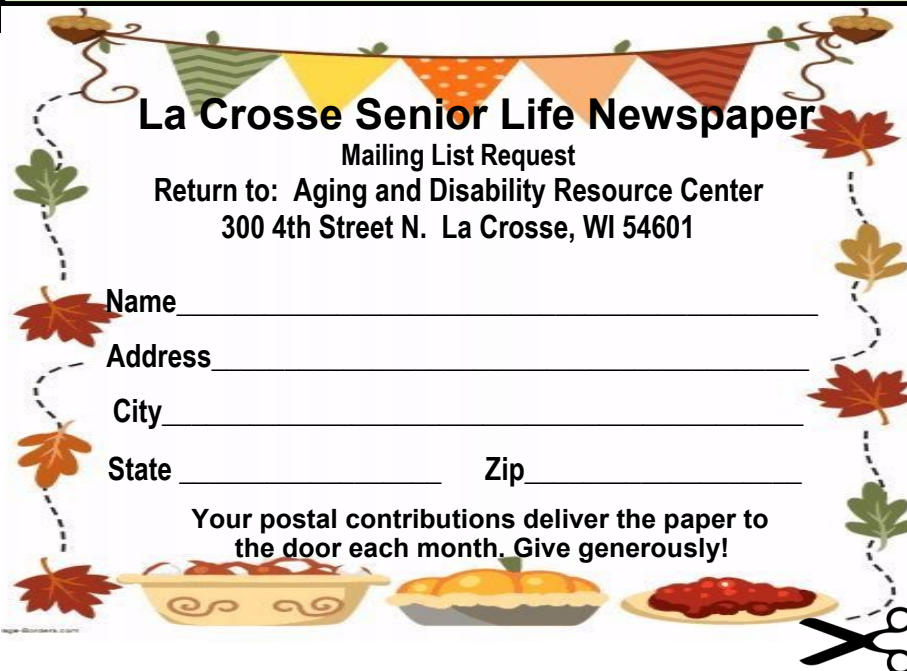
Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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



### Mindful Connections

A FREE welcoming wellness group for adults experiencing memory changes, brain injury or other cognitive challenges put on by UWL Recreation Therapy.

Caregivers and care partners are welcome to attend.

**October 21—November 18**

**Wednesdays, 2:30pm-3:30pm**

Health Science Center 1300 Badger St. La Crosse

Contact: 608-785-8203

### Grief Therapy Group for Dementia Caregivers

Class begins when registration fills

Grief is an unavoidable part of the caregiving journey and the loss of a loved one takes many forms—whether through a sudden passing or a gradual decline over time. Each person’s grief experience is unique, yet it is often not openly discussed. This group offers a supportive space to explore and process the grief and ambiguous loss that can accompany caring for someone with dementia, especially in the later stages and beyond. For questions about this program, please contact Kelsey 608-386-0767

Call or text for a pre-registration appointment: 651-412-6651

### Embrace

**November 11 & 25, 12:30pm—2pm**

Embrace offers fun and engaging creative engagement for persons living with dementia. This program offers small group sessions with focus on physical, social, emotional, and cognitive skills. Care partner support and education is offered in a separate room during each session. Facilitated by ADRC Dementia Care Specialists

**Black River Beach Neighborhood Center**

**To register call 608-789-8640**

### Nourish Your Mind Retreat

Join us for a day of learning essential brain health practices **for all ages.**

Hosted by:



**Wednesday November 4th**

**12:30pm–4:00pm**

**DASH Center**

**515 Quincy St. Onalaska WI**

REGISTRATION REQUIRED by 10/28!

Jotform: 

Or Call 608-785-5700



### Dementia Friendly Community

LA CROSSE COUNTY

#### Dementia Friendly Coalition

**Contact: [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)**

We are a network of caregivers, professionals, and community members working to improve the lives of those affected by dementia in La Crosse County. Through education, awareness, and connection, we aim to reduce stigma and link people to local resources. Join our quarterly virtual networking meetings to connect, collaborate, and stay informed.

### HILLVIEW LIFE CENTER

**Where Generations Grow Together**

**3511 Park Lane Dr.**

**(Located at Hillview Healthcare Center)**

A space for those with mild cognitive impairment and newly diagnosed neurocognitive disorders, including mild dementia. We offer person-centered programs, wellness activities, social and inter-generational connections.

Programs launch January 2027!



HLC Adult Interest Form on Storify

For questions, volunteering, or donations



## Gather Together

### Respite Program

Soft Opening

**Nov 4**

**Dec 2**

**10am-2pm**



**Holmen**

Looking for a safe, engaging place for your loved one to spend time, connect with others, and enjoy meaningful activities?

Gather Together offers a warm, welcoming respite experience designed especially for adults living with Mild Cognitive Impairment (MCI) and early stages of dementia.

To learn more about application process, please contact **Amy Brezinka at (608)-399-1870 or [programs@holmenc.org](mailto:programs@holmenc.org)**

January 2027, 1st & 3rd Wednesdays, 10am-2pm. \$40/ 4hrs. No membership needed

### Levity on a Sunday – Celebrating Caregivers

**Sunday Nov. 1, 1pm-3pm**

**The Nature Place La Crosse**

Light-hearted event welcomes caregivers, volunteers and loved ones! Includes comedy by Lisa David Olson, Emcee Todd Olson, fun family photo vignettes with Rindfleisch Photography & Design, Tapas by 4 Sisters Events & Catering and basket raffles.

RSVP at 608-780-0471 – Free event with registration required.

| Dementia Caregiver Support Group Listing                                                                                                                                                     |                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| IN PERSON                                                                                                                                                                                    | VIRTUAL                                                                                                                                                      |
| <b>Parkinson’s Disease Group</b><br>1st Monday, 5pm-6pm<br>Black River Beach Neighborhood Center<br>Contact: STAR Center at 608-797-6295                                                     | <b>Monday Coffee Connect</b><br>Every Monday, 10am<br>Contact Kelsey at <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a>             |
| <b>All Stages Caregiver Groups</b><br>2nd Tuesday, 1:15pm-2:30pm<br>Good Shepherd 4141 Mormon Coulee Rd<br>Contact: Kathy at 608-386-8908                                                    | <b>Monday DISH</b><br>1st Monday, 7pm-8pm<br>Contact Carla, <a href="mailto:cbersheit@dunncountywi.gov">cbersheit@dunncountywi.gov</a>                       |
| <b>Online Men’s Caregiver Support Group</b><br>1st Tuesday, 1pm-2:30pm<br>Contact Alison at 608-240-7496 or <a href="mailto:resch.alison@countyofdane.com">resch.alison@countyofdane.com</a> | <b>Aging &amp; Down Syndrome Caregiver Support</b><br>3rd Wednesday, 5pm<br>Contact DSAW <a href="mailto:info@dsaw.org">info@dsaw.org</a>                    |
| <b>Living with Mild Cognitive Impairment</b><br>2nd Thursday, 1:30pm-2:30pm.<br>Franciscan Spirituality Center 920 Market St.<br>Register with Kelsey Flock at 608-386-0767                  | <b>Family Caregivers of Facility Based Care</b><br>Every Other Friday: 10am-11:30am<br>Contact Alzheimer’s Assoc. 1-800-272-3900                             |
| <b>Lewy Body Dementia Caregiver Support</b><br>2nd & 4th Wednesday, 1:30pm -3:30pm<br>Contact <a href="mailto:jwiegell@marquettecountywi.gov">jwiegell@marquettecountywi.gov</a>             | <b>Minds &amp; Voices</b><br>2nd Wednesday, 10:30am-11:30am<br>Contact Tonya, <a href="mailto:tonyar@jeffersoncountywi.gov">tonyar@jeffersoncountywi.gov</a> |

### SPARK! Programs

A free cultural program for people living with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity. Participants must register in advance.

**Wed. Nov. 4<sup>th</sup>, 10:30am-12:30pm at Minnesota Marine Art Museum**  
Call Heather Casper for information & waitlist: 507-474-1908.

**Monday Nov. 9<sup>th</sup>, 10:30 AM – 12:00 PM Grateful Gatherings at Clearwater Farm** 760 Green Coulee Rd. Onalaska. Registration Phone: (507) 319-9156 or [info@clearwaterfarm.org](mailto:info@clearwaterfarm.org)

**Mon. Nov. 16, 1;00-2:30pm Pump House Regional Arts Center** 119 King St. La Crosse  
Theme to be announced.  
To Register: Amber at 608-385-4819



## SPARK!

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

November is Hospice and Palliative Care Awareness Month  
By the GWAAR Legal Services Team

Every year, millions of Americans receive palliative care or hospice care. It's important to know the difference between the two types of care. Palliative care and hospice care both provide comfort. However, palliative care can be helpful at any stage of illness, while hospice care begins when treatment has stopped because it is clear that the patient will not survive the illness. Palliative care is provided by specially-trained doctors, nurses, and other care providers, like nutritionists or social workers, who work with the rest of the patient's care team. Care is provided in hospitals, nursing homes, outpatient clinics, or in the patient's home. The goal of palliative care is to provide relief from the symptoms of a serious illness in order to improve quality of life for the patient. Palliative care can help with a range of issues, like pain, depression, anxiety, fatigue, loss of appetite, and difficulty sleeping. It can improve a patient's ability to tolerate uncomfortable treatment. Care can be provided at the same time as curative treatment and may begin at the time of diagnosis.

Hospice, on the other hand, is for patients who have decided not to continue receiving treatment for their terminal illness. Instead, hospice care provides comfort for the patient and support for the entire family. The patient may continue receiving medical care for conditions other than the terminal illness. Hospice care is typically offered only when the patient is not expected to live for more than six months. Care is not tied to a specific location – hospice services can be provided at the patient's home or in hospitals, nursing homes, or even a separate hospice center. The hospice care team includes doctors, nurses, social workers, spiritual advisors or members of the clergy, and trained volunteers. In addition, respite care is available if family caregivers need a break.

- Patients with Medicare Part A can get hospice care benefits if they meet the following criteria:
- They get care from a Medicare-certified hospice
  - Their attending physician (if they have one) and the hospice physician certify them as terminally ill with a medical prognosis of 6 months or less to live if the illness runs its normal course
  - They sign an election statement to elect the hospice benefit and waive all rights to Medicare payments for the terminal illness and related conditions

- After certification, the patient may elect the hospice benefit for:
- Two 90-day periods followed by an unlimited number of subsequent 60-day periods
  - After the second 90-day period, the recertification associated with a hospice patient's third benefit period, and every subsequent recertification, must include documentation that a hospice physician or a hospice nurse practitioner had a face-to-face encounter with the patient

The patient may need to pay a copayment of no more than \$5 for each prescription drug for pain relief and symptom control. In addition, the patient may need to pay 5% of the Medicare-approved amount for respite care.

If you have another type of health insurance, check with your insurance company to find out whether your insurance will cover any hospice services.

### COLD WEATHER IS APPROACHING

#### Wisconsin Home Energy Assistance Program

provides assistance for:  
Heating Assistance, Electric Assistance, Crisis Assistance, Furnace Assistance, Weatherization & Water Conservation

Monthly Income Guidelines for 2026-2027:

|              |         |
|--------------|---------|
| 1 household: | \$3,322 |
| 2 household: | \$4,344 |
| 3 household: | \$5,366 |
| 4 household: | \$6,388 |

**homeenergy+**

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



### Medicare Part D Annual Enrollment Period

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.

The most effective way to choose a plan is by going on the [www.medicare.gov](http://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 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 [medicare.gov](http://medicare.gov)
  - 3) Call Medicare at 1-800-633-4227 (open 24 hours)
  - 4) The Benefit Specialists with the La Crosse County Aging and Disability Resource Center can compare PRESCRIPTION part D plans. This year we are **NOT** able to compare Medicare Advantage plans, such as Quartz or Security Health. If you have Quartz or Security Health or AARP United Health Advantage plans, please call an insurance agent for assistance.

The Part D appointments can be done by mail, email or by telephone. Remember, Elder Benefit Specialists are not licensed insurance agents, so they are not able to help you choose or compare a Medicare Supplemental plan or Medicare advantage options.

- If you would like to get Part D prescription comparison information by email:
- Please email your name and contact information along with your current part d plan, your current medications, names, dosages and preferred pharmacy to [tina.johnson@lacrossecounty.org](mailto:tina.johnson@lacrossecounty.org)
- If you would like a telephone appointment:
- 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. Please have the name of your current plan when calling for an appointment.

If you would like to get the information and receive your results by regular mail:

Please mail the following:  
Name, address, phone number, along with a list of prescriptions and preferred pharmacy to:  
Aging and Disability Resource Center of La Crosse County  
300 N 4<sup>th</sup> Street  
La Crosse, WI 54601



## MEDICARE

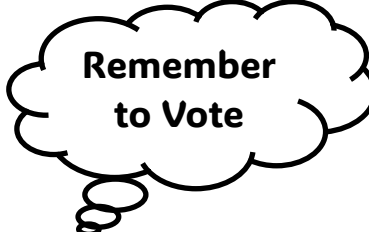
### Medicare 101: Understanding the ABC's of Medicare

This program is geared towards those new to Medicare in the coming year.

**November 4th**  
**10am-11am or 6pm-7pm**  
**Black River Beach Neighborhood Center**

Register by calling 608-789-8640





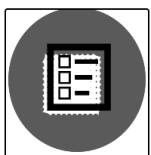
2026 General Election  
**Tuesday, November 3**



Vote Absentee By Mail



Where Do I Vote?



What's On My Ballot?



Register To Vote



Track My Ballot

To find all your voting information visit: <https://myvote.wi.gov>

### South Side Neighborhood Center

1300 6<sup>th</sup> Street, La Crosse

Most programs require registration: 608-789-8298

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site w/link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class Nov. 26)

**Music Café:** Nov. 5 & 12, 1pm-2pm. Various performers. Free

**Coping Skills:** Nov. 6 & 20, 10am-11:30am. Register by 1 day prior. Free

**Wise Wednesdays:** Nov. 4 & 18, 10:30am-12pm. Register by 1 day prior. Free

**Shuffle Together** (cards): Nov. 13, 2pm-3:30pm. Register anytime.

**La Crosse Area Parkinson's Support Social Night:** Nov. 18, 5:30pm-7pm. (CALL STAR CENTER: 608.797.6295)

**\*NEW\* Nickel Bingo:** Wednesdays, 10am-11am. Sponsored by the ADRC. Stay and enjoy lunch afterward (see below).

**Senior Meal Site Open:** Lunch served at 11:30am, Monday-Friday. Call 608.792-6996 by noon the day prior to reserve a meal. Suggested donation is \$5. Home Delivered Meals are also offered from this site; when you call the ADRC at 608-785-5775.

### Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site or at home w/link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. (No class Nov. 26)

**Qigong/Tai Chi:** Mondays & Wednesdays, 6:30pm-8pm. Register anytime. No class Nov. 2, 18, & 25.

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

**Art Club:** Thursdays year-round, 12pm-3pm. Register. \$2/session. No class Nov. 26.

**Knitting Group:** Thursdays, 1pm-3pm. \$1/week. No class Nov. 26.

**International Folk Dance:** Nov. 7 & 21, 7pm-9:30pm. Register. \$2

**Parkinson's Disease Support Group:** Nov. 9, 5pm-6:30pm. (CALL STAR CENTER: 608.797.6295)

**Medicare 101-Understanding the ABCs:** Nov. 4. 10am-11am OR 6pm-7pm

**Embrace** (for those with dementia & care partners): Nov. 11 & 25, 12:30pm-2pm. Register. Free

**Blue Bridge Brass:** Nov. 20, 7pm-9pm. Free

**Your Affairs in Order-Wills, Trusts, & Beneficiaries:** Nov. 19, 9:30am-2pm. Register. Free



### HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

|            |         |                                        |
|------------|---------|----------------------------------------|
| Monday:    | 9:30am  | <b>Chair Yoga/Tai Chi Class</b>        |
|            | 12pm    | <b>Coulee Region Woodcarvers</b>       |
| Tuesday:   | 9am     | <b>Strong Seniors</b>                  |
|            | 1pm     | <b>500 Cards</b> register at 786-1114  |
|            | 7pm     | <b>Duplicate Bridge-</b> 797-3587      |
| Wednesday: | 1pm     | <b>Euchre</b> register at 786-1114     |
|            | 6:30pm  | <b>Live Band Dance</b> –public welcome |
| Thursday:  | 9am     | <b>Strong Seniors</b>                  |
|            | 10:15am | <b>Chat Bridge</b> – register 797-3587 |
|            | 12:30pm | <b>Duplicate Bridge</b>                |
| Friday:    | 9:30am  | <b>Chair Yoga/Tai Chi Class</b>        |

**Wednesday Lunch:** Nov 18, 11am-12:30pm

**Sons of Norway:** 1st Thursday at 6pm.

**Variety Singers:** 1st Thursday at 10:15am

**Foot & Nail Clinic:** call for appointment

**Tech Help Drop-In:** Nov 18, 10:30am-12pm

**Crafty Corner:** 2nd Thursday at 1pm, rsvp

**Trolley Ride to Rotary Lights & Dinner:** Dec 1



### HOLMEN AREA COMMUNITY CENTER



**600 N Holmen Dr.**

**608-399-1870 [www.holmencc.org](http://www.holmencc.org)**

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

*\*Registration required for some programs.*



**WALKING PATH:** Monday, Wednesday & Friday 7am-10am & 11am-1pm  
Tuesday & Thursday 7am-10am & 11am-12pm

**MONDAY**  
Fun with Watercolor: 8:30 am–10:30am (open to all levels of artists)  
Chair Yoga with Marty: 9:15am–10am  
Cardio Fitness Video Workout: 10am–10:45am  
Beginner Line Dancing: 11:30am-12:30pm  
Mahjong Club: 1pm -4pm  
Coulee Region Giving Hearts Choir: Nov 2, 2pm \*Free Concert  
Vietnam, Then and Now (HAHC): Nov 2, 6pm. Register  
Evening Euchre Open Play: 2nd & 4th Mondays, 6pm  
Mocktails & Me Series: Nov 9, 2pm (I'll be on your CIDE-r)  
Granny Basketball Game: Nov 9, 6pm  
Red Cross Blood Drive: Nov. 23, 10am-3pm

**TUESDAY**  
Cardio & Strength Fitness: 10am–10:45am  
Pickleball Open Play: 12-2pm (FREE for Members)  
Holmen Ukelele Group (HUG): 12pm–1pm Open to all levels, register  
Community Crafts with Jackie & Pam: Nov 3, 1pm-3pm (Fall Gnomes)  
Holmen High School Tri-M Performance: Nov 10, 4pm \*Free Concert  
Family Fun Night: Nov 10, 5pm–6:30pm \*Register  
Evening Book Club: Nov. 17, 6pm-7pm “Whistler” by Ann Patchett  
Connect2Nature: Nov 24, 1pm  
Holmen Community Table: Nov 24, 5pm-7pm

**WEDNESDAY**  
Chair Yoga with Sarah: 8:30am-9:15am \*Register  
Diamond Art: 9am-10:30am  
Wall Pilates for Beginners: 9:30am-10:15am \*Register  
Cardio Fitness Workout Video: 10:30am-11:15am  
Sound Healing with Laurie Café: Nov 4, 10:30am-11:30am \*Register  
Bingo: 12:30pm-1:30pm  
Intermediate Line Dancing Video: 12:30pm-1:30pm  
Cozy Readers Book Club: Nov 24, 2pm-3pm “Have you seen Louis Valez”  
“One”-derful 1 Wednesdays: Nov 18, 2pm \*Friendship group who are al”one”

**THURSDAY**  
Total Body Conditioning Series: 8:30am-9:10am \*Register  
Beginner Pilates Series: 9:20am-10am \*Register  
Cardio & Strength Fitness: 10am-10:45am  
Pickleball Open Play: 12pm-2pm (FREE for Members)  
Holmen Wood Carvers Group: 1pm-4pm  
Fun & Games: 1pm–4pm (Learn new card and board games!)  
Crafternoon Social – Knit & Crochet: 1pm-3pm  
La Crosse County Veterans Service Hours: Nov 5, 12:30pm–4pm  
Extra Baggage: Nov 5, 6pm (Clearing physical emotional baggage)\* Register  
Hello Holmen! Nov 19, 8:30am (Seasons of Giving) \* FREE public program  
Coping with Grief Support Group: Nov 12, 12:30pm \*FREE public program  
AA Meetings: 6pm–7pm

**\*Closed November 26th\***

**FRIDAY**  
Gentle Yoga for Beginners: Nov 6 & 20, 8am-9am \*Register  
Chair Yoga with Samantha: Nov 6 & 20 9:15am-10:15am \*Register  
Yoga Nidra and Sound Bath: Nov 20, 10:15am-11am \*Register  
StrongBodies Video: 10:15am-11:15am  
Music with Greg Grokowsky: First Friday, 11am–12pm \*FREE, open to public  
BINGO: 12:30pm-1:30pm

**\*Closed November 27th\***

### ONALASKA PARK & REC EVENTS

608-781-9560- Park & Rec Dept.

### DASH Center Events

515 Quincy St.

**Open Pickleball** – M/W/F, 6am-8am and M-F 9am-1pm

**Nickel Bingo** – T/TH, 10:30am-11:20am

**Walking Group-** M-F, 8am-9am

**Bridge Groups-** Mondays, 12:30pm-4pm (competitive/social)

**Mah Jongg** - Wednesdays, 1pm-4pm

**ALS Support Group**– Nov 5, 1pm-3pm

**The Weekly Deal**-free rotating card games, Thursdays, 12pm-2pm

**The Board Room**– free rotating board games, Tuesdays, 12-2pm

**Wellness Wednesdays**– rotating physical activities, 1pm-3pm, \$2

**55+ Basketball**– Thursdays, 1pm-3pm

**Senior Lunch**– M-F, 11:30am. Call day prior to reserve 317-9870

### OMNI CENTER EVENTS

255 Riders Club Rd. 608-781-9566

**Bingo:** Wednesdays at 6pm

**Blood Drive:** Nov 17, 9am-2pm

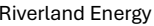
**Turkey Trot:** Nov 26, 8am

**Winter on Ice Spectacular:** Dec 5



### ENERGY EFFICIENCY TIP OF THE MONTH

**Turn your suds into savings.** Lower your energy use by washing clothes with cold water, as heating water accounts for most of the energy use in a laundry cycle. **Wash full loads** to make the most of energy savings, and use high-efficiency detergent. **For drying cycles**, clean the lint filter before each load to improve airflow.



The Importance of Getting Enough Sleep

By the GWAAR Legal Services Team (for reprint)

According to the National Institute on Aging, all adults need 7-9 hours of sleep per night. There are two types of sleep, REM (rapid eye movement) sleep and non-REM sleep. REM sleep is when dreaming happens. Non-REM sleep is deep sleep and is needed to feel re-freshed upon waking. Not getting enough sleep can lead to health issues, from high blood pressure and diabetes to heart disease and problems with memory. It can also affect relationships, increase negative feelings, and increase the risk of falls or accidents. Sleep can change as we get older, with medications and medical conditions affecting the quality of sleep people experience. Many older adults find that sleep is lighter and shorter, waking up more at night.

- Here are some tips for improving your sleep include:
- Follow a sleep schedule, going to bed at the same time every night and getting up at the same time every morning
  - Have a bedtime routine that helps you relax, such as reading a book or taking a bath
  - Keep your room at a comfortable temperature
  - Avoid napping in the late afternoon or evening
  - Exercise, but not within three hours of bedtime
  - Avoid caffeine late in the day
  - Avoid using screens in the bedroom
  - Avoid alcohol

You may also want to try keeping a sleep diary for a couple weeks. This may help you notice patterns or factors that affect your sleep quantity or quality. Track when you go to bed, when you wake up during the night, and when you wake up to start your day. Speak with a doctor if you have trouble sleeping, especially if you have trouble breathing while sleeping, or a movement disorder such as restless leg syndrome or periodic limb movement disorder. Finally, stay safe while sleeping – keep a phone by the bed in case of emergencies, make sure a light is within reach, and reduce hazards such as rugs that can be tripped on in the night. And never smoke in bed! For information about how menopause can affect sleep, visit: <https://www.nia.nih.gov/health/menopause/sleep-problems-and-menopause-what-can-i-do>. For: managing sleep problems in Alzheimer's disease, visit <https://www.nia.nih.gov/health/sleep/managing-sleep-problems-alzheimers-disease>.



- 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** 10:30am-11:30am 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  
**Carroll Heights, back lot** 12:15pm-1:15pm 2nd Thursday  
**Campbell Community Center** 9am-10am 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 10am-11am 4th Wednesday  
**Bangor Library/Dutch Creek Manor** 9am-10am 4th Thursday  
**West Elm Manor West Salem** 10:45am-11:45am 4th Thursday

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

DEER HUNTING SEASON AND TRAFFIC

During Wisconsin's deer season, drivers should be highly vigilant for increased deer activity, especially at dawn and dusk. While specific real-time alerts are not issued, officials warn that crash numbers peak in October and November during the deer rutting season. Here are the safe-driving tips for the 2026 deer seasons:



- Safe driving alerts and tips:**  
**Be extra alert at dawn and dusk.** Deer are most active during these times. As daylight saving time ends in November, commutes are more likely to coincide with peak deer movement.  
**Scan the road ahead.** Watch for dark silhouettes on the roadway and the reflection of your headlights in deer's eyes along the sides of the road.  
**Watch for multiple deer.** If you see one deer cross the road, be aware that others are likely to follow. Deer often travel in groups.  
**Honk your horn.** A long, continuous blast from your horn can sometimes scare deer off the road.  
**Brake firmly, but don't swerve.** If a collision is unavoidable, brake firmly and stay in your lane. Swerving can cause you to lose control and potentially lead to a more serious crash with another vehicle or a fixed object.  
**Obey "Deer Crossing" signs.** These signs are placed in areas with higher migration traffic and should serve as a strong reminder to pay attention.  
**After a collision:**  
**Report.** In Wisconsin, the driver of the vehicle that killed the deer has the first priority to take the carcass.  
**Use hazard lights** to warn oncoming traffic.  
**Do NOT attempt to move the animal:** Never try to handle a large injured animal as it could be dangerous.

Nov. 10  
5pm-6pm  
Onalaska  
Methodist Church  
212 4th Ave N.

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

**Senior Citizen Social**  
9am – 11am  
Every Thursday  
Pizza Ranch  
3130 Chestnut Pl. La Crosse  
Meet new friends over coffee and treats!

**Normal Aging or Something Else?  
Free Brain Checks**

Similar to other health screenings, a brain-checkup is a wellness tool for identifying possible changes in cognition or capture a baseline to allow for conversation and preplanning. Resources & support are available. Results are free and confidential. NOT intended for people undergoing diagnosis or care for a cognitive impairment/dementia diagnosis. To Schedule a 30-minute appointment: Call ADRC at 608-785-5700

**HOLMEN COMMUNITY TABLE**  
*Gather. Eat. Share*  
**FREE COMMUNITY DINNER**  
4th TUESDAY OF EACH MONTH 5-7 PM  
AT THE HOLMEN AREA COMMUNITY CENTER

Join us for a FREE community dinner with your family and neighbors. Each month a different community organization or business will be hosting the dinner to bring you an opportunity to gather, eat and share. Connect with resources and enjoy food, music and community.

*Join us at the Table!*

Call Nancy  
to Sponsor  
a Month or  
Volunteer  
608-792-1051

**HOLMEN AREA COMMUNITY CENTER**  
600 N. Holmen Drive, Holmen, WI 54636 608-399-1870

| MONDAY                                                                                      | TUESDAY                                                                                                                                                                      | WEDNESDAY                                                                                                 | THURSDAY                                                                                                                       | FRIDAY                                                                               |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Meatballs in gravy 2<br>Mashed potatoes<br>Buttered corn<br>Carrot cake, Fresh fruit        | Chicken salad sandwich 3<br>3 bean salad<br>Watermelon<br>Grape juice, Sugar cookie                                                                                          | Ham w/ pineapple 4<br>Sweet potato bake<br>Green beans, apple juice<br>Chocolate pudding                  | Chili w/ beans 5<br>Baked potato, sour cream<br>Spinach salad<br>Corn muffin, Banana                                           | Chicken supreme 6<br>Garlic mashed potatoes<br>Peas & carrots<br>Pineapple           |
| Spaghetti & meat sauce 9<br>Romaine salad<br>Ambrosia cup, Breadstick<br>Black bean brownie | Beef tips & mushrooms 10<br>Egg noodles<br>Peas & carrots, Roll <br>Marble cake, Applesauce | Baked 1/4 chicken 11<br>Baked sweet potato<br>Country vegetables<br>Fruit fluff, Roll                     | Salisbury steak 12<br>Mashed potatoes & gravy<br>Glazed carrots<br>Fruited Jello                                               | Fish sandwich on a bun 13<br>Baked beans<br>Peas<br>Peach Cobbler, Tartar sauce      |
| Sweet & sour chicken 16<br>Rice blend, soy sauce<br>Broccoli, Melon cup<br>Blueberry muffin | Swedish meatballs 17<br>Mashed potatoes, Roll<br>Glazed baby carrots<br>Diced pears, Pudding                                                                                 | Lasagna 18<br>Romaine salad<br>Fruit salad, Breadstick<br>Black bean brownie                              | Broccoli cheese soup 19<br>Grilled chicken sandwich<br>Fruit cup, Apple juice<br>Crackers, Mayo                                | Goulash with beans 20<br>Country vegetables<br>Fresh fruit, Rye bread<br>Pumpkin bar |
| Egg bake w/ sausage 21<br>Warm applesauce<br>Blueberry muffin<br>Orange juice               | Turkey & gravy 24<br>Mashed potatoes<br>Green beans, Pumpkin pie<br>Cranberry sauce                                                                                          | Beef taco salad 25<br>Corn tortilla chips<br>Banana, Sugar cookie<br>Taco sauce, sour cream               |  All Sites<br>Closed for<br>Thanksgiving 26 | All Sites<br>Closed 27                                                               |
| Beef stew 30<br>Creamy coleslaw<br>Orange wedges<br>Biscuit<br>Peanut butter cookie         |                                                                                                                                                                              | MAY YOUR HOME BE FILLED<br>WITH LAUGHTER, YOUR TABLE<br>WITH FAVORITES AND YOUR<br>HEARTS WITH GRATITUDE. |                                                                                                                                | *All meals include milk or<br>juice & bread.<br>*Substitutions may occur.            |

16<sup>TH</sup> ANNUAL

Onalaska & Holmen  
Community Thanksgiving Dinner

**Onalaska & Holmen Community Thanksgiving Dinner**  
**November 26th, 11am-2pm**  
National Guard Armory 910 Oak Forest Dr. Onalaska  
**website: [www.octd.org](http://www.octd.org)** or call **608-667-9571** for home  
delivery requests.  
Dine in, carry outs or home delivered.



La Crosse Community  
Thanksgiving Dinner

**La Crosse Center Thanksgiving Dinner**  
**November 26, 10am-2pm**  
Free dinner and entertainment for everyone.  
Dine In, Carry out or Delivery  
**[laxthanksgivingdinner.com](http://laxthanksgivingdinner.com)** to order a delivered meal or  
arrange transportation.  
**Online and phone # will be available Nov. 1st.**

**Cabbage Soup**

3T olive oil  
1 chopped yellow onion  
2 medium carrots,  
sliced  
1 tsp salt  
1/2 tsp black pepper  
1 small head green cabbage, chopped  
4 garlic cloves, chopped  
4 c. vegetable broth  
2 (15 oz) cans diced tomatoes, undrained  
2 bay leaves  
2 (15 oz) cans white beans, drained

In a large Dutch oven, heat the olive oil  
over medium heat. Add the onion, carrot,  
salt, pepper, and fennel seeds, if using.  
Cook, stirring occasionally, until the vegeta-  
bles are slightly softened, 5 to 7 minutes.  
Add the cabbage and garlic to the pot and  
stir to combine. Cook, stirring occasionally,  
until the cabbage is slightly softened, about  
5 minutes.  
2Add the broth, tomatoes, and bay leaves.  
Bring to a simmer; cover, and cook until the  
cabbage is tender, about 15 minutes. Stir in  
the white beans and simmer, uncovered,  
for 5 minutes. Remove the bay leaves.  
Serves 6-8

**Apple Cinnamon Oatmeal**

1 T. salted butter  
1 apple, cored and cut into 1/2 inch cubes  
3 T. brown sugar, divided  
1 tsp. cinnamon  
1 c. old fashioned oats  
1/4 c. heavy cream or milk  
2 T chopped walnuts or pecans (optional)

In a medium saucepan, melt the butter over medium heat. Add the  
apple, 2 tablespoons of brown sugar, and cinnamon. Cook until the  
apples are softened. Remove a quarter of the apples to a small bowl.  
In the saucepan with the remaining apples, add the oats, salt, the  
remaining 1 tablespoon of brown sugar, and 2 cups of water. Bring  
the mixture to a simmer, until the oats are softened, 3 to 5 minutes  
more. To serve: divide the oatmeal between two bowls and top  
each with the heavy cream. Top with the reserved apples, brown  
sugar, cinnamon, and nuts, if you like. Serves 2

**TURKEY COOKING  
TIP:**

Consider roasting the  
turkey breast-side  
down for the first half  
of the cooking time to  
protect the delicate  
white meat from dry-  
ing out, then flip it  
right-side up to crisp  
the breast skin.



**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.**

**Slow Cooker Cranberry Sauce**

1 package (12 ounces) fresh or frozen cranberries  
2/3 cup sugar  
1 seedless orange, peeled and sectioned  
2 bay leaves  
1 cinnamon stick

Place all ingredients in a 4-quart slow cooker. Cover.  
Cook for 3 hours on HIGH, stirring every hour. Uncover and stir  
well.  
Cook, uncovered, for 30 to 45 minutes longer on HIGH or until  
slightly thickened. Serves 8

| ADRC NUTRITION OFFICE PHONE IS 608-785-5775 |         |                              |          |
|---------------------------------------------|---------|------------------------------|----------|
| MEAL SITES                                  | TIME    | ADDRESS                      | PHONE    |
| DOWNTOWN LA CROSSE                          |         | HOME DELIVERED               | 792-4487 |
| SOUTHSIDE                                   | 11:30AM | 1300 6TH ST S.,<br>LA CROSSE | 792-6996 |
| HOLMEN                                      | 11:30AM | 600 N. HOLMEN DR.            | 317-8104 |
| ONALASKA                                    | 11:30AM | 515 QUINCY ST                | 317-9870 |
| WEST SALEM                                  |         | HOME DELIVERED               | 785-5775 |

If you do not qualify for the home delivered meal program, you may  
have the option for the in-person dining program. Meals for those  
age 60 and over are paid for on a donation basis with \$5 being the  
suggested donation for in-person and \$5.50 for home delivered.

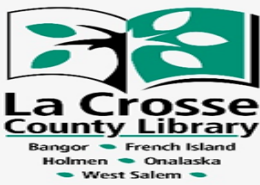
La Crosse Main Library

800 Main Street | 608-789-7100  
programteam@lacrosselibrary.org  
M-Th 9am-7pm, Fri 9am-5pm, Sat 9am-1pm,  
Sun closed



Some workshops require registration. Contact the library.

**Monday Mornings at Main:** Mondays, 10am-11am  
**Mondays Book Sale:** 9am-12pm  
**Chair Fitness:** Mondays, 9am  
**Chair Yoga:** Nov 5, 6, 12, 13, 19 & 20 at 10am  
**La Crosse County Veterans Services:** Nov 3, 9am-12pm  
**Qigong:** Nov 7, 9:30am-10:30am  
**Knit & Needle:** Nov 9, 5pm-6:45pm  
**Chapters Book Discussion:** Nov 11, 1pm & Nov 14 at 10am,  
*The Heart in Winter*  
**Older Adult Advisory Council:** Nov 11, 2pm  
**Storytime for Adults:** Nov 5, 6:30pm at Saxon Hall. Ages 21+  
**BookTok Bingo:** Nov 17, 6:30pm at 608 Brewing in La Crosse  
**Tech Help Drop In** at Harry J Olson Center: Nov 18, 10:30am-12  
**La Crosse Community Read:** *The House on Mango Street* book  
can be picked up at La Crosse Public Library, Pump House,  
Viterbo, UWL Language Resource Center or WTC The Space.  
Call for details for events to follow.



Phone: 608-399-3390  
Email: [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org)  
Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)  
Locations in Bangor, French Island,  
Holmen, Onalaska, and West Salem

**All locations will be closed November 26-28 for Thanksgiving.**  
**Bangor** "Planning for Retirement" on November 4 at 6:30pm.  
**Bangor** "Free Movie Screening" on November 19 at 2:30pm and 6pm.  
**Holmen** 608 Brewing Company : "Book Bingo" for all ages on the first  
Thursday of the month at 6pm.  
**Holmen** "Free Movie Screening" on November 16 and November 30  
at 2:15pm and 6pm.  
**Holmen** "Book-to-Screen Club" movie screening on November 17 at  
1pm.  
**Holmen** "Drop-in Tech Help" on November 19 from 11am-12pm and  
4:30pm-5:30pm.  
**Onalaska** "Free Movie Screening" on November 5 and November 12  
at 2:15pm and 6pm.  
**Onalaska** "Dungeons & Dragons" on November 9, 16, and 23 at 6pm.  
Registration required.  
**Onalaska** "Growing Minds Through Story" on November 11 at 6pm.  
**Onalaska** "Jigsaw Puzzle Battle" on November 14 at 10am.  
Registration required.  
**Onalaska** "Senior Moments" at 10am on Wednesdays:  
**November 4:** Cruise Hospitality  
**November 11:** U.S. Flag  
**West Salem** "Midday Movie" on November 5 and November 12 at  
2:15pm.  
**West Salem** "Commun-knit-y Fiber Arts Knitalong" on November 18 at  
6pm.  
**West Salem** "Cheesecake & Canvas" on November 19 at 6:30pm.  
Registration is in-person only with the workshop fee of \$15.  
**West Salem** "Gratitude Journal" on November 21 from 10am to 12pm.  
Registration required.  
**West Salem** "Eat Your Words" on November 30 at 6pm.



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

The Nature Place

789 Myrick Park Dr, La Crosse 608-860-6864  
[www.natureplacelacrosse.org](http://www.natureplacelacrosse.org)

Mon-Fri 9am-4pm, Sat 9am-12pm

**Nature Saturday:** Nov 7, 9:30am-11:30am  
**Enviro-Wednesday:** Nov 4, 7pm-8:15pm, 14+ yrs  
**Free Birding Program:** Nov 18, 7pm, 14+ yrs  
**Music on the Marsh:** Nov 12, 7pm, \$40 call to reserve.  
**Weekly Wanders:** Wednesday mornings, 8am-9am, free series on  
how nature can improve mental health  
**Celebrating Caregivers:** Nov 1, 1pm-3pm, 608-780-0471



Concordia Ballroom

1129 La Crosse St. La Crosse  
608-782-7049  
[www.concordiaballroom.com](http://www.concordiaballroom.com)

**Dances every Sunday, 1pm-4pm.**  
Zumba, Salsa and Line dance classes also available.

**Senior Card Players:** MWF, 1pm-3pm  
**Halloween Dance Party:** Oct 31, 7pm  
**River Road Line Dancers:** Nov 5 & 19, 7pm  
**Continental Dance:** Nov 13, 7pm  
**Folkfest Party:** Nov 20

Blood Drives for NOVEMBER

**11/2:** Chaseburg Village Hall, 1pm-6pm  
**11/3:** Altra Credit Union 1700 Oak Forest, 7:30am-12:30pm  
**11/4:** State Office Building, 11am-3pm  
**11/6:** G.E.T High School, 9am-2pm  
**11/12:** Church of Latter-Day Saints Onalaska, 1pm-6pm  
**11/13:** Cashton Community Center, 12pm-5pm  
**11/13:** La Crosse County Human Services, 10am-2pm  
**11/16:** Onalaska American Legion, 9am-1pm  
**11/16:** Westby Coon Prairie Church, 11am-4pm  
**11/17:** Omni Center, 9am-2pm  
**11/18:** Logan High School, 9am-2pm  
**11/19:** Journey Lutheran Church Onalaska, 12:30pm-5:30pm  
**11/20:** La Crosse Public Library, 11am-3pm  
**11/20:** Onalaska American Legion, 12pm-3:30pm  
**11/20:** Halfway Creek Church Holmen, 9:30am-2pm  
**11/23:** Holmen Community Center, 10am-3pm  
**11/27:** Valley View Mall, 11am-4pm  
**11/27:** Shepherd of the Hills Church, 10am-3pm  
**11/30:** Moose Lodge, 10am-3pm



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



Thursday, November 12th



A FREE  
COMMUNITY BAND  
CONCERT

Come And Help Us  
To Honor Those  
Who've Served

The  
La Crosse Wind Symphony

Jeff C. Krauklis, Conductor

3:00 pm

SUNDAY, November 8

General seating tickets required for this free event. Tickets available at the  
door or reserve yours today by calling 608-784-9292

Weber Center For The Performing Arts  
428 Front Street, La Crosse WI

NARYRE

National Association of Retired and Veteran Railroad  
Employees, Unit 047 meets **2nd Tuesday** at 10:30am at the  
Onalaska American Contact Patty Burr at 608-781-6032.

The La Crosse Area Retired Educators' Association

next luncheon is on **Dec. 2** at Cedar Creek Country Club.  
Arrive by 11:10am. Cost is \$20.  
Speaker: Tom Conrad will sing for the holiday.  
Reserve at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com)

How to Find a Lawyer in Wisconsin

By the GWAAR Legal Services Team

Aging & Disability Resource Centers (ADRCs) and Aging Units are a wealth of information; these organizations can assist with most issues related to health insurance, Medicare, Medicaid, Social Security, and many other public benefits and housing issues. In some cases, however, issues fall outside the areas in which a Benefit Specialist can assist. If this happens to you, you may be encouraged to seek assistance from an attorney who charges a fee (often called a “private attorney”).

You can always ask friends, family, or co-workers for recommendations for a private attorney, or search online. If you still don’t know where to start, here are a few places to consider:

**Lawyer Referral Service** (also called LRS) – A legal assistant will help you locate the best source of help, which may mean you need to hire an attorney. If so, the assistant will refer you to an attorney near you who is familiar with your legal situation. Attorneys with LRS agree to charge no more than \$20 for the first consultation, up to one half-hour. In some cases, you will resolve your legal issue at the first meeting. If your problem requires work beyond the first half-hour, you will be charged the lawyer’s regular fees.

- Phone: (800) 362-9082 or (608) 257-4666 (in Dane County and outside of Wisconsin).
- Online: [LRIS Request](#)

**Wisconsin State Bar Modest Means Panel**

The Modest Means Program of the State Bar of Wisconsin is designed to assist people whose income is too high to qualify for free legal services, but too low to pay a lawyer’s standard rate. The Modest Means Program is run by the LRS (see above). Qualifying for services through the Modest Means Program is based on your income level and area of legal need. To determine if you may qualify for the Modest Means Program, you can fill in and submit a questionnaire available on its website.

- Phone: 1-888-529-7599
- Online: <https://www.wisbar.org/forPublic/INeedaLawyer/Pages/Modest-Means.aspx>

**Legal Action of Wisconsin** – Legal Action serves all counties in Wisconsin since its merger with Judicare, effective January 1, 2026. Offices are located in Green Bay, La Crosse, Madison, Milwaukee, Oshkosh, Racine, and Wausau. This organization focuses on housing, employment, debt and taxes, public benefits, family law, and victim support. They also work with specific populations, including veterans, seniors, farmworkers, people who use drugs or are in recovery, students, and those near release or recently released from prison.

- Phone: 855-947-2529
- Online: <http://www.legalaction.org/contact-us>

Legal Action offers a program that is specific to elder financial and physical abuse. Contact this program if you are a victim of elder abuse, or know someone who is a victim.

- Phone: 855-947-2529.
- Online (email): [elderabuse@legalaction.org](mailto:elderabuse@legalaction.org)

**Wisconsin State Public Defender Program** – This program is dedicated to providing attorneys for criminal cases. In most cases, applicants must meet financial guidelines in order to qualify for appointment of an attorney. Applicants may apply at the local office that serves the county in which the case will be heard. A staff member will assist the applicant by completing the financial eligibility form. The application process typically takes approximately 15 minutes, although in some cases the applicant may need to provide additional documentation in order to verify information.

You can locate your county’s public defender office here:

- Phone: 608-266-0087
- Online: <http://wispd.org/>

**National Academy of Elder Law Attorneys (NAELA)** – This national organization focuses on elder law, which means planning for incapacity and long-term care, Medicaid and Medicare coverage (including coverage of nursing home and home care), health and long-term care insurance, and health care decision-making. It also includes drafting of special needs and other trusts, the selection of long-term care providers, home care and nursing home problem solving, retiree health and income benefits, retirement housing, and fiduciary services or representation. If you visit their website, you can click “Find a Lawyer” to locate an elder law attorney in your area.

- Online only: <https://www.naela.org/>

If you are unsure whether a Benefit Specialist can assist you or if you need a private attorney, you can always contact your ADRC. Make sure that if you have a deadline, you reach out for help well before that deadline so you have plenty of time to find assistance.

Stay on the Move this Fall!

Explore STAR Center Specialized Exercise Programs designed to address the challenges associated with specific conditions. These programs are based on therapeutic exercises that have been shown to improve function, along with cardiovascular conditioning, strength, and flexibility.

For more information and a full listing of Specialized Exercise Programs, visit | [www.starcenterlacrosse.org](http://www.starcenterlacrosse.org) | (608) 797- 6295 | [info@starcenterlacrosse.org](mailto:info@starcenterlacrosse.org) |

**ANNUAL VETERAN SUICIDE AWARENESS MARCH**

**SATURDAY, NOV 14**

**LA CROSSE CENTER**  
**9:00 AM STEP OFF**

**REGISTER AT [WWW.HOOAHWI.ORG](http://WWW.HOOAHWI.ORG)**

**Join us as we honor our heroes, raise awareness for veteran suicide prevention, and stand together in solidarity.**

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.

La Crosse County Adult Protective Services

If you SEE something, SAY something.

Every adult deserves to live with dignity and safety. Please contact us if you have concerns that an elder or vulnerable adult is experiencing:

- Physical or Emotional Abuse
- Neglect or Self-Neglect
- Financial Exploitation

Call us to ask questions or submit a report

**608-785-5700**

Confidential • Professional • Supportive

Crisis Line

608-784-4357(HELP)

La Crosse County Crisis Intervention Services

Providing 24 Hour Crisis Mental Health Services

Services are available to adults and children living or experiencing a mental health crisis in La Crosse County. Our services aim to keep children and adult in their home/community setting.

- ⇒ Crisis Intervention
- ⇒ Consultation & Follow Up
- ⇒ Crisis Stabilization

*\*There is a charge for Crisis Intervention Services provided through La Crosse County Human Services Department. Your insurance will be billed directly for any services you receive. If you do not have insurance or find that these services are not covered by your insurance, you may apply for a reduced fee.*

## November is Family Caregiver Month 2027 Theme: Care Connects Us

78% of caregivers say they need more help finding information about services and support. *National Alliance for Caregiving / AARP*

Why is caregiver connection so important? Caregivers with lower income, less education, or limited English proficiency face greater barriers in finding and using services. *National Institutes of Health*

Employer-based resources are limited and hard to navigate. Even when benefits exist, caregivers report low awareness and difficulty understanding how to access them. *Society for Human Resource Management*

Caregivers lack a single point of contact for navigation. Experts highlight the absence of “care navigators” or centralized coordination systems as a major gap. *National Academies of Sciences, Engineering, and Medicine*

High emotional stress and burnout reduce the ability to seek help. High emotional and physical strain limits caregivers' capacity to search for and access resources. *Family Caregiver Alliance*

Approximately 40% do not self-identify as caregivers, limiting their likelihood of seeking resources. *AARP*

According to World Metrics:

Family caregivers in the U.S. spend an average of 51 hours per week on care tasks

26 hours per week is the average time spent on personal care (ADLs) by U.S. family caregivers

18 hours per week is the average time spent on instrumental activities (IADLs) by U.S. family caregivers

83% of U.S. family caregivers report at least one negative health effect from caregiving

65% of U.S. family caregivers experience physical health decline (e.g., fatigue, chronic pain)

30% of U.S. family caregivers experience depression symptoms

70% of family caregivers are women in the U.S.

22% of family caregivers are men in the U.S.

61% of U.S. family caregivers report unmet support needs

45% of U.S. family caregivers request information on care management

38% of U.S. family caregivers need emotional support (support groups, counseling)

22% of U.S. family caregivers reduce or leave their jobs to provide care  
15% of U.S. family caregivers take unpaid leave (FMLA) to provide care

**In 2026, U.S. family caregiving is estimated to provide over \$1 trillion in annual economic value, with 59–63 million adults providing unpaid care to adults.** (theworlddata.com)

The statistics on family caregiving show how important the work that family caregivers are in the United States and across the world. These statistics also show how important it is for caregivers to care for themselves in addition to caring for the care partner. It is so important for family caregivers to reach out to others for support and ask for help. Your first step is to contact the ADRC of La Crosse County to see what is available for you. The ADRC can get you connected to:

- Options counseling
- Support groups for you and your care partner
- Respite options
- Future planning for you and your care partner
- Caregiver and disorder specific education
- Funding for services and support
- Advocacy opportunities
- Transportation options
- And so much more!



You are not alone on the caregiving journey and there is no shame in asking for assistance. If you are struggling with your caregiving journey, call 608-785-5700!

Lastly, the staff of the ADRC of La Crosse County want to wish all family caregivers a huge thank you!

**Thank you for being the quiet heroes of our community and for bringing comfort, safety, and dignity to so many of our families.**



**La Crosse Parks & Rec  
Senior Excursions**



For ages 50+

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

PLEASE NOTE: Excursions below were open when submitted for print; we cannot guarantee availability after publication.

- Nov 4:** Explore Westby & Vernon Vineyards  
**Nov 18:** Mall of America & IKEA  
**Nov 20- Dec 15:** Holiday Lights Trolley Rides  
**Dec 2:** Mayowood & Apache Mall – Rochester  
**Dec 11:** Kriskindlmarkt – Sparta  
**Jan 20:** *And Then There Were None*– Guthrie Theatre  
**Jan 29:** *Who Loves You: Jersey Boys Tribute*– Legacy  
**Feb 12:** *Barry Manilow: Tribute by Daybreak*– Legacy



**Viterbo University  
Fine Arts Center**  
929 Jackson St. La Crosse  
608-796-3100

- Nov 7:** The Golden Girls play  
**Nov 12:** Voyage, music of Journey  
**Nov 14:** Black Violin– Be Free Tour  
**Nov 20-22:** The Thanksgiving Play  
**Dec 5:** A Viterbo Christmas: Awake, My Soul!  
**Dec 11-13:** Nutcracker Ballet



*La Crosse Symphony Orchestra*

929 Jackson St. La Crosse  
608-783-2121

- 11/18:** The Women of Chicago’s Black Renaissance  
**11/21:** Gershwin with Michelle Cann



**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

- Friday, November 13, 7pm **Big Strum Duo**  
Saturday, November 14, 7pm **Nomalala Duo**  
Saturday, November 21, 7pm **Beaver Creek Band**

**Arnold House at East Side Farm**

19408 Silver Creek Rd. Galesville  
608-865-1047

- Holiday Soup & Sandwich**– Nov 21, 10am-2pm  
**Victorian Dinners**– Dec 4-5, call for reservations  
**Christmas Open Houses**- Dec 9-23, Wed. & Thurs.

**WEBER CENTER**  
FOR THE PERFORMING ARTS



608-784-9292

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

(Senior Preview \$15 tickets available at the  
Neighborhood Centers on select shows)

- Nov 8:** Veterans Day Concert, free  
**Nov 27 - Dec 19:** Who’s Holiday  
**Dec 3:** Grinch Stole Christmas– Senior preview  
**Dec 4 - Dec 20:** How the Grinch Stole Christmas,  
the musical  
**Dec 23:** Christmas with Lorie Line

**LA-CROSSE  
CENTER**

- Nov 6 & 7:** Bull Riding  
Championships  
**Nov 7:** Scaled Up Expo  
**Nov 19-22:** Holiday Fair  
**Nov 21:** A Home for the  
Holidays Gala  
**Nov 26:** Thanksgiving  
Community Dinner

**Cappella Performing Arts Center**

721 King St, La Crosse  
608-299-7248

**11/6: Next Stop Comedy Live Tour**

**G.E.T. PERFORMING ARTS CENTER**

**17511 N. Main St. Galesville**  
**608-484-4458**

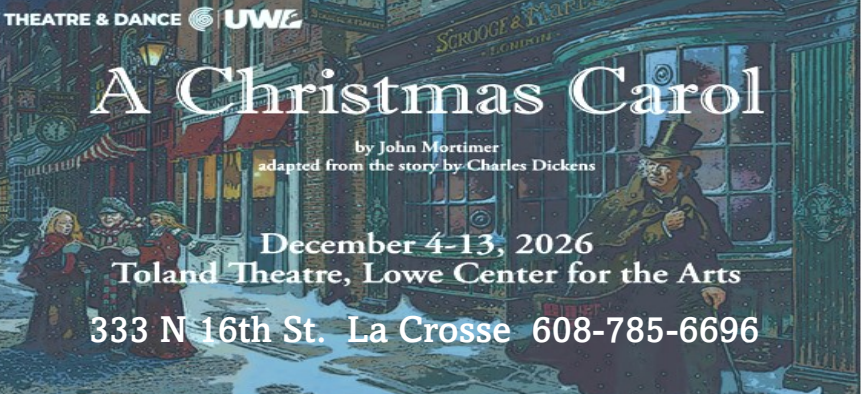


**November 6-8: Shrek, the musical**

**Pump House Regional Arts Center**

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

- Second Skin Play:** Nov 5 - Nov 22  
**Pump Up the Jam:** Nov 28  
**Cocktails & Cabaret:** Dec 1– Dec 12



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

Blast from the past....



A black and white photograph of a large, two-story industrial building. The building's facade is light-colored with several large, dark-framed windows. A prominent sign runs along the top of the building, reading "Pittsburgh PLATE GLASS CO. Glass". Below this, on the left side, is a sign for "MAX'S annex" with a downward-pointing arrow. To the right, another sign reads "Pittsburgh PLATE GLASS COMPANY". In front of the building, several vintage cars from the 1930s and 1940s are parked. A large, dark-colored truck is also visible. The scene is set on a street with a utility pole and wires in the foreground.

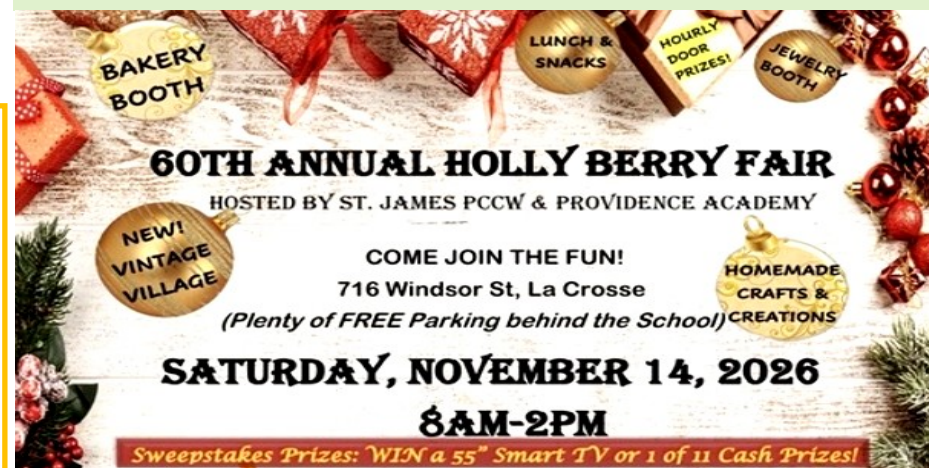
*La Crosse Public Library photo*

# Thanksgiving Food Scramble

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| L | U | A | P | P | L | E | P | I | E | I | X | P | Y | A | B | T | E | U |   |
| E | S | R | H | S | Q | U | A | S | H | P | V | C | A | Z | P | S | S | R | H |
| S | O | L | K | C | M | A | B | S | N | V | O | M | E | K | U | S | W | R | A |
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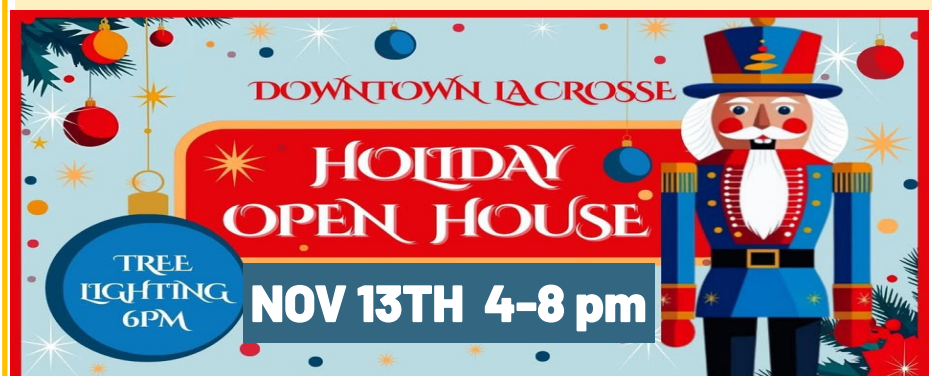
|                 |                |              |              |
|-----------------|----------------|--------------|--------------|
| APPLE PIE       | CREAMED CORN   | HAM          | SOUP         |
| BRUSSEL SPROUTS | DINNER ROLLS   | MAPLE SYRUP  | SQUASH       |
| CASSEROLE       | DRUMSTICK      | 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    |              |              |

**11/2:** Beaver Moon Market, 9am-2pm Stoddard American Legion  
**11/4:** Meatball & Lefse Dinner, 3:30pm-6:30pm at Trinity Luth. Church  
**11/7:** Craft/Vendor Show, 9am-3pm at Holmen High School  
**11/7:** Holiday Pop Up Shop at the Charmant Hotel, 10am-1pm  
**11/7:** Norwegian Supper & Bake Sale, 3:30pm-6:30pm at Our Savior Lutheran Church West Salem  
**11/8:** Packer Potluck Chili Cook Off, 3pm Onalaska American Legion  
**11/9:** Veterans Turkey Dinner, West Salem Legion, 5:30pm, free  
**11/13:** Hillbilly Fever, 9pm at Onalaska American Legion  
**11/13:** Downtown Holiday Open House, 4pm-8pm, tree lighting at 6pm at 3rd & Main St.  
**11/13:** Feather Party, 5:30pm, West Salem Legion. Win a turkey!  
**11/14:** Holiday Bazaar, 8am-2pm, Our Redeemer Lutheran Church  
**11/14:** Holiday Marketplace, 9am-2pm, Good Shepherd Church  
**11/14:** Holiday Bazaar, 8:30am-1:30pm, St Elizabeth Church Holmen  
**11/15:** Omelet Breakfast, 8am-12pm VFW Post 1530 La Crosse  
**11/15:** St Joseph Workman Cathedral Pancake Breakfast, 8am  
**11/20-21:** Mistletoe Market at Fox Hollow Golf Course West Salem  
**11/21:** Craft & Vendor Show, 9am-3pm, Sparta American Legion  
**11/21:** Galesville Holiday Walk-About at downtown square all day  
**11/28-11/29:** Kriskindlmarkt in Sparta Mueller Square  
**12/5:** Jinglefest in Holmen, shopping booths, food trucks, parade




  
**TURKEY**
  
**TROT**
  
**COULEE REGION**

**www.festivalfoodsturkeytrot.com**



at the **LA CROSSE CENTER**



**The opening night parade  
November 27th at 5pm,  
immediately followed by  
the opening ceremony  
and fireworks !**