



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

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Permit No. 124

**Ageism Awareness Day: October 9, 2024—What It Is and Why It Matters**



Ageism is estimated to **cost billions annually** in the U.S. from age discrimination and unnecessary healthcare costs.



People with more positive self-perceptions of aging **live 7.5 years longer** than those with less positive perceptions.



According to the World Health Organization, **1 in 2 people worldwide** are ageist against older people.

*Infographics: American Society on Aging 2024*

Many of us have encountered situations where we are treated differently just because of our age. It might be something as simple as someone assuming we can not keep up with technology, or it might be more serious—like being overlooked for a job or medical treatment. These are all examples of ageism. On October 9th, we observe **Ageism Awareness Day** to raise awareness of this issue and encourage everyone—especially older adults—to push back against these limiting stereotypes.

**What Is Ageism?**

Ageism happens when people make assumptions or judgments about us based solely on our age. These assumptions can show up in everyday conversations, at work, or even in healthcare. Maybe someone has spoken to you more slowly, assuming you could not hear well, or a doctor has dismissed your concerns by saying, “That’s just part of getting older.”

While comments like these may seem harmless, they can lead to a world where older adults are unfairly seen as less capable or less valuable. Ageism can create barriers that limit your ability to live life fully and can even affect how you feel about yourself over time.

**Why Ageism Awareness Day Matters**

October 9th is Ageism Awareness Day, a day to shine a spotlight on how harmful ageism can be and to encourage people of all ages to challenge it. The day is about more than just raising awareness—it is about ensuring that older adults are seen for their experience, wisdom, and value, rather than being defined by their age.

Ageism Awareness Day matters because ageism affects everyone. When we confront ageist stereotypes, we help build a society where people are respected and included, no matter their age. Older adults deserve the opportunity to continue learning, contributing, and living vibrant, fulfilling lives without being limited by outdated beliefs.

**How Ageism Affects You**

You may have already felt the impact of ageism in your own life. Whether it is in personal interactions or through the way society views older adults, these attitudes can be discouraging. You might have been told you are “too old” for something, or you have noticed that people treat you differently because of your age. Over time, these small acts of discrimination can affect your confidence and limit your opportunities.

But Ageism Awareness Day is a reminder that growing older should be celebrated, not judged. By raising awareness, we can shift the conversation so that older adults are valued for their contributions and strengths.

**What You Can Do**

On October 9th, take the opportunity to reflect on your own experiences and start conversations with those around you. Talk to your family, friends, and caregivers about the assumptions people make about age and why it is important to challenge those views. If you hear someone making an ageist comment, you can remind them that older adults have much to offer and that we are all more than just our age.

By speaking up, we can help others see the importance of treating people as individuals, not numbers. And by celebrating Ageism Awareness Day, we are creating a world where we can all grow older with dignity, respect, and equality.

**NOTICE OF PUBLIC HEARING FOR LA CROSSE COUNTY’S PLAN ON AGING 2025-2027**

The Aging & Disability Resource Center (ADRC) of La Crosse County will conduct public hearings to present and gather feedback on the 2025-2027 La Crosse County Aging Plan. These hearings will be held:

**Monday, September 30th, 3 pm**, Holmen Public Library, 121 E Legion St, Holmen

**Tuesday, October 1st, 9 am**, La Crosse County Administrative Center, 212 6th St N, La Crosse, Room 2106

The purpose of these hearings is to provide La Crosse County residents an opportunity to comment on and provide input on the draft Aging Plan. A draft of the 2025-2027 La Crosse County Aging Plan is available for review at the ADRC of La Crosse County, 300 4th St N, La Crosse, from 8 am to 4:30 pm, Monday-Friday. Copies of the draft will also be available for viewing one hour prior to the start of each hearing, at the hearing location.

Input gathered from the public will be considered in the development of the final draft of the plan. The final draft will be presented for approval at the La Crosse County Health & Human Services Board meeting scheduled for 6 pm on 10/8/24 at the La Crosse County Administrative Center, 212 6th St N, La Crosse, Room 1107.

Written comments may be sent to ADRC of La Crosse County, 300 4th St N, La Crosse, WI 54601, Attn: Carissa Pagel-Smith, until 10/1.

For more information, contact Carissa Pagel-Smith, ADRC Manager, at 608-785-5700.

Note: If you plan to attend one of the hearings and require accommodations, contact the ADRC of La Crosse County (608-785-5700) at least 48 hours prior to the meeting date/time.







**American Red Cross**



### Smoke Alarms Save Lives!

Working smoke alarms can cut the risk of death from home fires in half.

That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*.

Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!

**Sign up at**  
[www.redcross.org/Wlsmokealarms](http://www.redcross.org/Wlsmokealarms)  
or call **608-232-7468**



*"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/>

### 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. Bus Passes and Tokens are available for sale at: Transit Center, 314 Jay St, La Crosse Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm



### MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

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



### 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.

### Contribution Designation Form

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

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

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

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

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

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

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

- |  |   |
|--|---|
| <input type="checkbox"/> ADRC General Support          | <input type="checkbox"/> Elder Benefit Specialist |
| <input type="checkbox"/> Caregiver Support             | <input type="checkbox"/> Health Promotion         |
| <input type="checkbox"/> Congregate Dining             | <input type="checkbox"/> Home-delivered Meals     |
| <input type="checkbox"/> Dementia Support Services     | <input type="checkbox"/> Senior Life Newsletter   |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Transportation Services  |

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

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

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To do so, you can complete the donation form above and mail to the address on the form, along with a check written to **ADRC of La Crosse County**, or to use a credit card, you can go to our website at [www.lacrossecounty.org/adrc](http://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!





**Respite Care with a Camp Experience**  
**Autumn Memory Camp**

Free for individuals in the beginning to mid stages of dementia.

Each week features unique weekly in and outdoor learning activities, lunch, and socialization.

Register for each week or as your calendar permits!

**Tuesdays, October 1, 8, 15 & 22. 10:30am-1:30pm**

At the Nature Place – 780 Myrick Park Dr. La Crosse

REGISTRATION REQUIRED with OASIS Program: 608-780-0471

**Savvy Caregiver Workshop**

Workshop for family caregivers of a person with dementia



**Thursdays, 10:30am-12pm**

**Oct 3 - Nov 7**

**Black River Beach Neighborhood Center, La Crosse**

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals. Register by calling the ADRC at 608-785-5700.

**UWL Recreation Therapy**  
**NEUROCOGNITIVE WELLNESS GROUP**

**"Purposeful Paws"**

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

**October 16-November 20**

**Health Science Center 1300 Badger St. La Crosse**

**Connect, socialize, interactive games and wellness topics with UWL facility dog "Rossi."**

**Call UWL, Emily Higgins at 608-785-8203**



**Caregiver Activity Kits**

Spend time in activity and having fun with your loved one with dementia. Check out 1 of the 5 themed kits that contain 3 activities geared toward people with dementia for stimulation, fun and enjoyment throughout the day.

Free for caregivers to check out. Available at the La Crosse County Libraries (Holmen, West Salem, Bangor, Onalaska, Campbell). Call (608) 526-9600 to reserve.

For more information contact the ADRC at 608-785-5700.

**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

**Join the Coulee Region Giving Hearts Choir**

Creative support through your journey for people living with dementia and caregivers.

Engage socially...Have fun together...Contribute to our community. We are a non-profit group for those in the early to mid-stages of memory loss along with their caregivers.

No singing experience required.

**Rehearsals on Fridays at 10:00am**

**North Presbyterian Church La Crosse**

Please call Ruth at 608-792-8608 for more information or if interested in joining our group.

**Connect Smart Group**

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

**October 9 & 23**

**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**

**LOCAL DEMENTIA SUPPORT GROUPS**

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

GROUP, TIME & LOCATION	DESCRIPTION & CONTACT
<b>All-Stages Caregiver Group</b> 2nd Tuesday monthly: 1:15pm-2:30pm Good Shepard 4141 Mormon Coulee	For caregivers only. Contact- Kathy 608-386-8908
<b>Parkinson's Disease Group</b> 1st Monday monthly, 5pm-6:30pm Black River Beach Neighborhood Center	For care partners and persons living with Parkinson's disease. Register with La Crosse Park & Rec.: 608-789-8640
<b>Connect Smart Group</b> 2nd & 4th Wednesdays, 12:30pm-2pm Black River Beach Neighborhood Center	Group activity for people living with dementia. Care partner support and education in a separate room. Register with the ADRC: 608-785-5700
<b>Frontotemporal Dementia Group</b>	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
<b>Conversations with Kathy</b> 4th Tuesday monthly: 1pm-2:30pm Black River Beach Neighborhood Center	Informal sharing with those who are on a similar journey. For caregivers only. Contact- Kathy 608-386-8908
<b>Circle of Support – Virtual</b> 3rd Tuesday/Month 2pm-3pm	Led by dementia care specialists from WI. For virtual link: Teresa.gander@vernoncounty.org
<b>Monday Coffee Connect - Virtual</b> Weekly; Every Monday 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link: kflock@lacrossecounty.org
<b>Evening Conversations - Virtual</b> Every Thursday 7:30pm-8:30pm	Led by dementia care specialists from WI. For link: Teresa.gander@vernoncounty.org
<b>Caring for a relative/parent with dementia - Virtual</b> 1st Monday monthly 7pm-8pm	For adults who provide caregiving responsibilities for their aging parents or family/friends of any stages of the disease. For link: scott.seeger@adrc-cw.org
<b>Aging &amp; Down Syndrome - Virtual</b> 3rd Wednesday/month from 5pm-6pm	For people who provide care for aging individuals with Down syndrome. Hosted by DSAW & ALZ Assoc. For link: info@dsaw.org
<b>Lewy Body Dementia- Virtual</b> 2nd & 4th Wednesday/month 1:30pm-3:30pm	For caregivers of people with Lewy Body Dementias. For link: rgriesel@co.dodge.wi.us



**SPARK!**

CULTURAL PROGRAMMING for PEOPLE WITH MEMORY LOSS

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

Register for either SPARK!

Call the Aging and Disability Resource Center 608-785-5700

**SPARK! On the Go!**

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

**October 14 at**

**The Pump House**

\*Must pre-register

**SPARK! At Clearwater Farm**

Third Wednesday Monthly

**Oct 16: Pumpkin Palooza**

10:30am-12pm at Clearwater Farm (760 Green Coulee Rd. Onalaska)

Hosted by Clearwater Farm Volunteers

\*Must pre-register



**Medicare 101 Class  
Understanding the ABC's of Medicare  
Tuesday, November 14  
10am or 6pm**

Black River Beach Neighborhood Center  
1433 Rose St. La Crosse  
Register by calling, 608-789-8640

**Social Security Basics  
Applying for Disability**

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

**November 12th**

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

**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.

**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>**

The most effective way to choose a Part D 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 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](http://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](http://www.Medicare.gov) website tool that is available to anyone.

**Changing a Will is Not a Do-it-Yourself Project**

Can't you just draw a line through the part(s) of your current will that you do not like, and then write your initials next to the crossed-out text? This is not recommended for several reasons. First, when you signed your will, you probably had two witnesses and a notary also sign the document (these requirements vary from state to state). But your strike-through has no witnesses and no notary, so it may not be deemed an effective change. Without witnesses testifying that you were “of sound mind” at the time of the change, someone who prefers the way the will read before your markup may attempt to challenge the validity of the change.

Also, you may not have dealt with what happens to the property whose disposition you just changed, so it might actually go to someone you had not planned to receive it. In any event, the will would surely wind up in court, where the effect of your strike-out will be argued by attorneys representing different family members. This would come at a great expense to everyone involved and could generate bad feelings between family members that may persist for years.

**Drafting a New Will**

Sometimes even a few minor changes warrant drafting an entirely new will and revoking old versions. Having all current, accurate provisions in one concise document can help minimize confusion, because codicils and additional paperwork run the risk of being misplaced. This can be a costlier option, but starting from scratch provides the opportunity to update the entirety of the will to reflect not only your wishes but also current tax, probate, and property laws. But does a new will cancel an old will? It does if it's written with care. A well-drafted will should always include the statement “**hereby revoking all prior wills signed by me**” or words to that effect. This is to make it clear that your new will is not deemed an amendment to an existing will — it is a complete replacement for any prior wills. Otherwise, the court may decide that the newest copy will only supersede the old one where the two documents conflict.

The lesson in all of this is not to make a quick and easy change to your will in an attempt to save time and money. You may just wind up causing your family a great deal of stress and financial hardship.

Source: [agingcare.com](http://agingcare.com)

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](mailto:tina.johnson@lacrossecounty.org) or Mail to: Aging & Disability Resource Center of La Crosse County 300 N 4<sup>th</sup> St. La Crosse, WI 54601

**Please be AWARE of Scams During the Medicare Open Enrollment Period**

- No one should be cold calling you to change or compare plans.
- No one should be going door to door to change plans.
- Be aware that Television (TV) advertisements may not work in our area and may be misleading about the types of benefits they offer.
- Research anything you see on TV as the information is often misleading.
- Be aware of email scams during this time as well. Do not open or click on any links in emails from companies you are not aware of.
- Be aware of post cards and other advertisements in the mail that sound too good to be true as they may be misleading about the types of benefits offered and again may not be available in our area.

By Tina Johnson - ADRC of La Crosse County

**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/live link to instructor; Mondays & Thursdays, 9:30am-10:30am, no class Oct. 21. Register.

**Zumba with Lynne:** Mondays & Wednesdays, no class Oct. 2, 5:30pm-6:30pm. Register.

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

**Knitting Group:** Thursdays, 5pm-7pm; \$1/week.

**Art Club:** Thursdays, 12pm-3pm; register; \$2/session.

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

**Rebuilding American Civics Session 1-State & Local Government:** Wed., Oct. 2, 12pm-1:30pm. Register. Free

**Your Financial Life – Retirement to RMC's -Taxation Guide:** Thurs. Oct 3, 10am-11:30am. Register by 1 day prior. Free

**Parkinson's Disease Support Group:** Monday, Oct. 7, 5pm-6:30pm.

**Medicare 101:** Wed., Oct. 9, 10am-11am OR 6pm-7pm; register by Friday prior. Free

**Rebuilding American Civics Session 1-Conservatism & Liberalism:** Wed., Oct. 9, 12pm-1:30pm. Register. Free

**Awareness and Misperceptions of Hospice Care:** Wed., Oct. 16, 10am-11am. Register by 1 day prior. Free

**Rebuilding American Civics Session 2-Executive Brand & Its Power:** Wed., Oct. 23, 12pm-1:30pm. Register. Free

**Rebuilding American Civics Session 2-Election Preview:** Wed., Oct. 30, 12pm-1:30pm. Register. Free

**Immersion Night with Tan & Tim:** Tues., Oct. 29, 6pm-7:30pm. Register.

**Monthly Card Creations:** Wed., Oct. 30, 12pm-7pm. Register Friday prior; \$12/session.

**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/live link to instructor, Mondays & Thursdays, 9:30am-10:30am, no class Oct. 21. Register

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

**Music Café:** Thursdays through October, 1pm-2pm. Free

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

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

**Assistive Technology (AT) Mini-Sessions with ILR:** Tuesdays, Oct. 1 & 22, 6pm-7:30pm. Register. Free

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

**Bingo:** Wednesday, Oct. 2 & 16, 12:30pm-1:30pm. Register by 1 day prior. Free

**Great Rivers 211 – A Go-To for Family Caregiver Resources & Support:** Thurs., Oct. 2, 5pm-6pm. Free

**Coping Skills:** Friday, Oct. 4 & 18, 10am-11:30am. Register by 1 day prior. Free

**AARP Smart Driver Course:** Wed. Oct. 9, 1:30pm-5:30pm. Register by Oct. 7.

**Shuffle Together (cards):** Friday, Oct. 11 & 25, 2pm-3:30pm. Free

**Pets & Poems:** Monday, Oct. 14, 12:30pm-1:30pm. Free

**What Seniors Should Know About Selling Their Home:**

Wednesday, Oct 16, 1pm-2pm. Register by 2 days prior. Free

**Connect2Nature-Variety of Topics:** Tuesday, Oct. 15, 12:30pm-2pm. Register. Free

**Healing Through Sound:** Sunday, Oct. 20, 10am-11:30am. Register

**Travel Tales:** Tuesday, Oct. 22, 12:30pm-2pm. 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](http://www.holmenc.org)

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

**Indoor Walking:** Monday - Friday: 7am-10am & 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

**Gentle Yoga:** Friday, Oct 11th & 25th at 7:30am

**Beginner Line Dancing Classes:** Mondays, 1pm -2pm

**Bingo:** Wednesdays & Fridays at 12:30pm

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

**Mah Jongg Club:** Mondays at 1pm

**Good Morning Holmen!** Friday, October 18th, 9am-10am

**Community Crafts with Pam & Jackie:** Tuesday, October 15th at 1pm

**Diamond Art:** Wednesdays at 9am

**Crafternoon Social – Knit & Crochet:** Oct 3rd & 17th at 1pm

**I Heart Art Club:** Mondays at 8:30am-10:30am

**Wafer Mobile Pantry:** 4th Tuesday each month at 12:30pm-1:30 pm

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

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

**Medicare 101:** Tuesday, October 16th, 3pm-4pm

**SimpleSteps Tech Help with Kathy Helgeson:** Mondays, October 7 & 21, 10am-11:30am

**Music with Allison Sky:** Tuesday, October 1, 11am-12pm

**Veterans Services Hours:** Thursday, October 3, 12:30pm-4pm

**AA Meetings:** Thursdays, 6pm-7pm

**SimpleSteps to Stop Scams:** Tuesday, October 22, 2pm-3:30pm

**Eat Well. Be Well.** Tuesdays, Oct 1 & 15, 6:30pm-7:30pm (Cost for class & registration encouraged)

**Family Fun Night:** Tuesday, October 8, 5pm-7pm (Cost for class & registration encouraged)

**Positive Parenting Series:** Wednesday, October 16, 5:30pm-6:30pm

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

**Community Wellness Checks:** Thursdays, 9am-3pm

**Pumpkin Fest:** Saturday, October 19, 10am-7pm, Open to The Public

**Caring Better & Braver:** Saturday, October 26, 10am-4pm (Call ADRC to sign up for this event)

**Holmen Historical Society – Human Library:** Monday, October 7, 6pm. National History Day

**Stepping On Falls Prevention Program:** Mondays, Oct 7-Nov 18, 10am-12pm (Registration required, see page 9 for more details)

**HARRY J OLSON CENTER**

1607 North St. La Crosse

608-781-2122

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

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

**Wednesday for Lunch:** October 16, 10am-12:30pm. Free

**Crafty Corner:** Monday: October 14, 1pm. Free

**ONALASKA OMNI/PARK & REC EVENTS**

255 Riders Club Rd.

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

**Mah Jongg:** Wednesday's, 1pm - 4pm

**Bridge:** Monday's 1pm-4pm, Call Rita 608-780-7810

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

**Fall Gift & Craft Show:** Oct 12 & 13

**Quilt Fest:** Oct 18 & 19

**Halloween Bash:** Oct 25, 4pm-6:30pm

**Pet Expo:** Oct 27

**Coffee and Conversation with City Staff**

Thursdays from 10:30am-11:30am Enjoy a cup of coffee and pastry while connecting with City of Onalaska staff members.

**Oct 3rd – Parks and Rec/City Clerk, Oct 10th – Public Works,**

**Oct 17th – Administration, October 24th – Police**

**October 31st – Fire**

**Music with Greg Grokowsky-** October 16, 10:30am-11:30am, enjoy free live music in the banquet room.

**Rebuilding American Civics–** October 28, 10:30am.

Sam Scinta provides civics education and discussion.

Free and open to the public in the banquet room.



## Effective Ways to Stop Snoring

We all know somebody who snores. Maybe it's you, or you may be lucky enough to share a room with the snoring offender. Either way, those snorts and snuffles can challenge your ability to get a good night of sleep.

### Why do people snore?

"Snoring is caused by the vibration of soft tissues in the upper airway when you sleep," says Jacob Patty, PA-C in Sleep Medicine. "It most commonly happens when you breathe in but can also happen during expiration."

Occasional snoring is very common. It could be caused by things like a cold, allergies, or alcohol consumption. Regular bouts of snoring occur in about 44 percent of males and 28 percent of females between the ages of 30 and 60. Here are some of the causes:

- **Anatomy of your nasal passages**

You may have certain anatomical or mechanical problems with your nasal passages – like a deviated septum – that disrupt your breathing. You would likely experience troubles with daytime breathing in addition to the nasal breathing problems at night. Surgery to correct the issue could help to lessen the impact it has on your snoring habits. Our Ear, Nose & Throat experts can help you determine if you'd benefit from surgery.

- **Sleep position**

Your sleep position can play a role in how much – or how little – you snore. "When we're flat on our back in the supine position, tissue tends to fall back more into the airway which makes the tongue relax back more and worsens the crowding of your airway," explains Jacob.

Adjusting to a side sleep position promotes less crowding and easier breathing. Use a body pillow to help you stay on your side more consistently.

- **Nasal congestion**

Illness and allergies add congestion and increase inflammation in your nasal passages – which can lead to snoring. Try to manage your condition and keep your airways as clear as possible and lessen inflammation.

- **Smoking and alcohol use**

Smoking is associated with an increase in snoring due to the nasal congestion that comes with smoke exposure. There may also be effects on the respiratory muscles like swelling during the night due to the nicotine withdrawal.

Alcohol use tends to relax the pharyngeal dilator muscles and close down your airway when you sleep. It's best to avoid alcohol use within a few hours of your bed time.

- **Carrying excessive weight**

Any time you gain weight, it adds extra tissue to many areas of your body – including your tongue. An increase in fat tissue in the tongue can lead to snoring and an increased risk of obstructive sleep apnea. "Weight loss can significantly improve snoring just because as you take the weight off, the tongue gets a little smaller. Some of the soft tissue around the neck can get smaller, and there's less pressure on that airway – and less collapsibility," says Jacob.

- **Obstructive sleep apnea**

Snoring may be a sign that you suffer from a deeper issue – a sleep disorder called obstructive sleep apnea. If you notice paused breathing during sleep or regularly experience restless sleep at night,

it's important to consult a sleep specialist so you can get back to breathing better at night. Morning headaches and excessive sleepiness during the daytime can also be signs of obstructive sleep apnea.

### How to stop snoring

Pay attention to when you snore and think about what may be causing you trouble. If you can get to the root of your snoring problems, you can make some changes in your lifestyle that can lessen the impact that snoring has on your life.

- ▶ **Live healthier**

Do your best to live a healthier life. Kick, or cut back, on that smoking habit. Be more mindful of when you drink alcohol. Lose a little weight. Every little bit of movement in the right direction can help you get that all-important good night of sleep.

- ▶ **Eat better**

Be mindful of what you're eating. Set aside a little bit of time to meal prep or make something healthy and new. Try one of our healthy recipes to get on a path to a healthier you.

- ▶ **Work out**

Find time in your schedule to go for a walk or run. Try a new workout. You'll get double the benefit out of being active. Not only could you reduce your snoring intensity or frequency, but studies also show that regular physical activity can improve your sleep quality and duration.

### Best devices and techniques for snoring

Outside of changes to your lifestyle, there are a few options you can try to reduce snoring.

- ▶ **Switch sleeping positions**

A simple adjustment during sleep may stop or lessen your snoring. If it's your bed partner, give them a gentle nudge or pull the sheets and they'll likely make a switch in sleeping positions.

- ▶ **Nasal strips**

A trial of nasal dilator strips could help to reduce the intensity of snoring. The strips widen the nasal passages, which decreases the resistance to airflow during breathing.

- ▶ **Over-the-counter oral appliances**

A mandibular advancement device could be an option for some snorers. The device fits around your teeth and brings the lower jaw forward. That helps to reduce crowding and keeps the airway open. "Those devices don't always fit very well and can get to be uncomfortable or even affect your bite a little bit. In those situations it's better to go through a dentist or prosthodontist who can customize an oral appliance fit for you," says Jacob.

Another option that may help is a tongue stabilizing device. This appliance creates suction on the tongue and helps to hold it forward, which can improve your breathing. It tends to be a bit uncomfortable to use, so it may not be tolerated well long-term.

### When to see a sleep expert for snoring

If you think that your snoring issues may be related to obstructive sleep apnea, it's important to be seen by a sleep medicine specialist. Our experts can help you determine if your snoring is associated with any other medical or anatomical problems.

It's also important to consider the affect that your snoring may have on your bed partner. If the snoring is severe enough, it can be a significant cause of marital stress.

Source: Gundersenhealth.org



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

[wafermobile@waferlacrosse.org](mailto:wafermobile@waferlacrosse.org) or 782-6003.

1603 George St. La Crosse

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



3rd Wednesday of the month

**OCT 16TH**

**4:30pm—6pm**

Journey Lutheran Church  
 2703 Sand Lake Rd. Onalaska

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

**The Care & Share Food Pantry** supports those needing food assistance in West Salem, Bangor, & Mindoro.  
 10am-Noon, Saturdays at Our Saviors Lutheran Church  
 359 Leonard St. N. West Salem 608-786-0030

## THE FOOD BASKET FEEDING PEOPLE IN NEED

735 Sand Lake Rd. Onalaska American Legion  
 608-783-7722 (building in back right corner of lot)

**Monday** 3:30pm - 5:30pm

**Tuesday** 9am - 11am

**Wednesday** 9am - 11am & 2pm - 4pm

**Thursday** 9am - 1pm

Serving families in crisis and low income residents of Onalaska, Holmen, French Island, Galesville, Melrose and Mindoro.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Roast pork & gravy  1 Mashed potatoes Monte Carlo vegetables Bishop's Cake	Chef salad & dressing 2 Ham & bean soup Bran muffin, crackers Peanut butter cookie	BBQ meatballs 3 Rice blend Broccoli Peaches, Apple juice	Beef stroganoff 4 Buttered noodles Peas & carrots Mandarin fluff
Ham 7 Sweet potato bake Baby carrots Pineapple	Beef stew 8 Creamy coleslaw Orange wedges, biscuit Peanut butter cookie	Spaghetti 9 Romaine salad Garlic toast Lemon bar, Grape juice	Chicken & gravy 10 Over biscuit Mixed vegetables Fruit salad, Apple crisp	Brat on a bun 11 German potato salad Baked beans Oatmeal raisin cookie
Chicken rice casserole 14 Squash Fresh fruit Ice cream sundae	<b>All meal sites closed for training</b> 15	Mushroom burger 16 Potato wedges Romaine salad Banana pudding	Scalloped potatoes/ham 17 Beets Applesauce Snickerdoodle cookie	Sloopy Joe on a bun 18 Sweet potatoes Broccoli & cheese sauce Black bean brownie
Turkey & gravy 21 Mashed potatoes Green beans Pumpkin bar	Tuna noodle casserole 22 Peas & carrots Rosy applesauce Fruited jello	Pulled pork on a bun 23 Baked beans Potato wedges Pears, Yellow cake	Chili & crackers 24 Baked potato, sour cream Spinach salad Orange wedges	Meatloaf 25 Dairy potato bake Corn Carrot cake
Fish sandwich 28 Potato wedges Carrot coleslaw Banana	Beef taco salad 29 Corn tortilla chips Fresh fruit Sugar cookie Taco sauce, sour cream	Pepper steak 30 Garlic mashed potatoes Glazed carrots Fruited jello	Grilled chicken breast 31 Roasted sweet potatoes Asparagus Peach cobbler 	*All meals include milk or juice & bread. *Menu subject to change without notice.

### Cold Weather Braised Beef

- 3 tablespoons butter
- 1 pound sliced fresh mushrooms
- 3 medium onions, thinly sliced
- 2 garlic cloves, minced
- 2 pounds boneless beef chuck roast, cut into 1-inch cubes
- 2-1/2 cups water, divided
- 2 cups beef broth
- 1/2 cup dry red wine
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground pepper
- Hot cooked mashed potatoes or noodles



#### Directions

1. Preheat oven to 325°. In a large skillet, melt butter over medium heat. Add mushrooms and onions; cook and stir until softened, 5-7 minutes. Add garlic; cook and stir 1 minute longer. Spoon mixture into a greased 13x9-in. baking dish, leaving drippings in skillet.
2. In the same skillet over medium heat, brown beef in batches, adding more butter if necessary. Spoon browned beef over mushroom mixture in baking dish.
3. Add 2 cups water, broth, wine and soy sauce to skillet; increase heat to medium-high. Cook 1 minute, stirring to loosen browned bits from pan. In a small bowl, mix cornstarch and remaining 1/2 cup water until smooth. Gradually whisk into broth mixture. Bring to a boil, stirring constantly; cook and stir until slightly thickened, 1-2 minutes. Stir in salt and pepper. Pour over beef in baking dish.
4. Cover and bake until beef is almost tender, about 2 hours. Uncover and bake until beef is tender, 30-35 minutes. Serve over mashed potatoes or noodles. Serves 8

### Gluten-Free Apple Crumble

- 6 cups sliced peeled tart apples
- 1 cup sugar
- 3/4 cup gluten-free all-purpose baking flour
- 1 teaspoon ground cinnamon
- 1/2 cup cold butter, cubed
- Ice cream, optional



#### Directions

1. Place the apples in a greased 9-in. square baking dish. In a small bowl, combine sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over apples.
  2. Bake at 375° for 50-55 minutes or until golden brown and bubbly around the edges. If desired, serve with ice cream.
- Serves 6

### Pumpkin Seed Nutrition

Pumpkin seeds are packed with healthy nutrients, like fiber and protein, and also contain impressive amounts of the micronutrients magnesium and zinc. There are carbs in pumpkin seeds, but they are a great source of fiber which has been linked to weight loss and several health benefits. The pumpkin seeds' protein and fiber content is considered high for a snack and is a combination that can help keep you feeling full.



#### Reminder:

Please use your Senior Farmer's Market Vouchers by the end of the month.

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](mailto:programteam@lacrosselibrary.org)



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

**Monday Mornings at Main:** 10am-11am  
**La Crosse County Veteran Services:** Oct 1, 1pm-4:30pm  
**Chair Fitness:** Mondays at 9am and Wednesdays at 10am  
**Chair Yoga:** Thursdays at 10am  
**Knit & Needle:** Oct 2, 5pm  
**Hear, Here North Launch Tour & Brunch Series:** Sundays, 9:30am  
**Friends Book Sale:** Mondays, 9am-12pm. Members night is Oct 18, 2pm-5pm. Fall Book Sale is Oct 19 & 20.  
**Information in the Age of Misinformation:** Oct 8, 5pm  
**Courtyard Chapters:** Oct 9 at 1pm and Oct 12 at 10am, *Ghost Eaters*  
**Allergy Friendly Baking Magic:** Oct 9, 5:30pm  
**Community Wide Volunteer Fair:** Oct 10, 4pm-6pm  
**What is Media Literacy?:** Oct 16, 11am

**Closure: Friday, Oct 11 for Staff Development Day**

**Blood Drives for October**

10/1 & 10/2: UWL Student Union, 11am-5pm  
 10/1: Viterbo University, 11am-4pm  
 10/3: WTC College, 10am-3pm  
 10/9: Bangor High School, 12pm-12:30pm  
 10/9 & 10/10: La Crosse County Human Services, 9:30am-2:30pm  
 10/10: Moose Lodge, 11:30am-5pm  
 10/14: St. Matthew's Church Stoddard, 12:30pm-4:30pm  
 10/14: St. Joseph's Ridge Hall, 1pm-6pm  
 10/18: Valley View Mall, 11am-4pm  
 10/18: First Free Church Onalaska, 12pm-5pm  
 10/21: Onalaska United Methodist Church, 1pm-6pm  
 10/22: Luther High School, 10am-3pm  
 10/24: St Patrick's Church, 1pm-6pm  
 10/28: Rivoli Theatre, 10am-3pm  
 10/28: Roncalli Newman Center Parish, 11am-4pm  
 10/31: Central High School, 9am-2pm



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

October Mini Read: Join the challenge to read 31 minutes for 31 days for a chance to win prizes!  
**Bangor** "Game Day" on October 10 at 1:30pm.  
**Bangor** movie on October 17 at 2:30pm and 6pm.  
**Campbell** Book Club meets the second Tuesday of the month at 6pm.  
**Holmen** "Disco Night" on October 3 at 5:45pm. Registration required.  
**Holmen** movies on October 7 and 21 at 2:15pm and 6pm.  
**Holmen** "Wool Felting" on October 12 at 11am. Registration required.  
**Holmen** "Fermentology 101" on October 17 at 6pm.  
**Onalaska** Senior Moments, Wednesdays at 10am:  
**October 2:** Hooded History (KKK)  
**October 9:** Your Plan, Your Wishes Honored: Funeral Pre-Planning  
**October 16:** Who Rode the War Eagle?  
**October 23:** Prohibition: A Great Misadventure  
**October 30:** Northern Colony  
**Onalaska** movies on October 3 and 10 at 6pm.  
**Onalaska** "Author Visit: Danielle Trussoni" on October 5 at 10am.  
**Onalaska** Friends of the Library Book Sale, October 17-19.  
**Onalaska** "Art and the Driftless Region Book Discussion" on October 23 at 6pm. Registration required.  
**Onalaska** Book Club meets the third Thursday of the month at 1:15pm.  
**West Salem** "Vision Board Workshop" on October 8 at 10am. Registration required.  
**West Salem** movies on October 10 and 24 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.

**Domestic Violence Awareness Month Dare to Self Care Event**

**October 5, 12pm-4pm**  
 Hmong Cultural & Community Center on Ward Ave.  
 Crafts, Self-care activities, Resources, Prizes, Free

**The La Crosse Area Retired Educator Association**

May luncheon meeting at Cedar Creek Country Club beginning at 11:30am on October 3rd.  
 Presentation: Discover the benefits of WREA/AMBA with MJ Woodall  
 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](mailto:lacrosserea@gmail.com).

**NARVRE**

National Associates of Retired and Veteran Railroad Employees, Unit 047, at the Onalaska American Legion on Oct 15 at 10am. Topic: Ghost Stories.  
 Patty Burr at 608-781-6032.



O T V Q A M S T S C A R F X M  
 H A Y R I D E W B B C O R N K  
 J F P U M P K I N U H T G K Z  
 H O R C H A R D T V C B E I P  
 F H Q F D U H O Q B I M L P L  
 Q R W U A T P S U O V M N N M  
 Q E X O U U U E I N E Z E N U  
 U T O M M M O R L F B N D E O  
 V A C T U N S O T I C L L D R  
 Y E T J A N C M P R O W O W A  
 R W O S F S M S I E Z Q G Z N  
 E S B L O O K V O Y X C P G  
 D P E K S D T S E V R A H Q E  
 A A R V H Y L L I H C V A A P  
 U D J L Y S E V A E L H P V A

**WORD LIST**

AUTUMN	GOLDEN	ORANGE	RED
BONFIRE	HARVEST	ORCHARD	SCARF
CHILLY	HAYRIDE	PIE	SMORES
CORN	LEAVES	PUMPKIN	SOUP
COZY	OCTOBER	QUILT	SWEATER

**MYRICK PARK CENTER**

789 Myrick Park Dr, La Crosse 769-5766

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

**A Walk to Remember**

Saturday, Oct 12

10am-2pm

**Great GROW Get-Together**

Sunday, Oct 13

12pm-3pm

**Hunger Walk at 1:30pm**

Live music, garden recipes, carnival games, local chefs preparing food and local authors.

**Full Moon Forest Bathing Walk**

Oct 20, 3:30pm-6pm





Flu vaccines reduce the risk of getting the flu and any serious complications that may result from illness. Flu vaccine can also help reduce the severity of the illness even if you still get sick and help prevent hospitalizations and death caused by the flu.

Everyone 6 months old and older are recommended to get the flu vaccine annually. For those that are 65 years old or older, the high-dose flu vaccine offers extra protection. Vaccination is especially important for people with certain chronic health conditions, health care workers and anyone who lives or cares for people at a higher risk of serious flu illness.

Children younger than 6 months are at higher risk of serious flu illness but are too young to be vaccinated. Anyone caring for infants should be vaccinated instead. It is safe to get the flu vaccine while you're pregnant.

It is recommended to get your flu vaccine starting in September and ideally before the end of October. Please call your medical provider or local pharmacy to schedule an appointment for fall vaccines, including the flu vaccine. For questions about flu vaccine, call the La Crosse County Health Department at 608-785-9872.

**Breast Cancer Awareness Month**

Did you know that about 1 in 8 Women will be diagnosed with Breast Cancer in their lifetime? 85% of women diagnosed with breast cancer have no family history. According to the Wisconsin Cancer Collaborative, Breast Cancer is one of the 5 most common cancers in La Crosse County. Most providers recommend mammograms at age 40.

The Wisconsin Well Women Program helps women get FREE breast and cervical cancer screening, such as mammograms, pap tests, and other follow-up tests.

You may qualify for the program if:

- you are a woman aged 40-64, or aged 35-39 with breast symptoms or concerns
- You do not have health insurance, or your insurance policy has a high deductible for screenings or tests
- Your income is within the guidelines

Family Size	Household Income
1	Up to \$37,650
2	Up to \$51,100
3	Up to \$64,550
4	Up to \$78,000
5+	Add \$13,450 for each additional family member

La Crosse County Health Department staff work with women in the counties of Buffalo, Monroe, La Crosse, Vernon, and Crawford. For more information go to <https://www.dhs.wisconsin.gov/www> or by contacting the La Crosse County Health Department at 608-785-9872.

For information on how to do a self-breast exam, follow the link <https://www.nationalbreastcancer.org/breast-self-exam/>

**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](mailto:mjnylander61@charter.net)

**October 4th topic:** Accessible Voting Machines. Practice using the machines with real ballots.

**Free Brain Checks**

**October 14<sup>th</sup> - Onalaska Library Study**



A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning. Call for your 20 minute appointment. ADRC of La Crosse County 608-785-5700

**Boost Your Brain & Memory Tuesdays, Oct. 1-Nov. 5 (6 sessions) 2:00pm-3:30pm**

**La Crosse Dahl YMCA, basement training room** Have you ever wondered if there were ways to take care of your brain as you age? This class focuses on a variety of lifestyle factors that impact brain health and memory strategies that you can implement in your daily lives. Register with the ADRC at 608-785-5700

**October is National Breast Cancer Awareness Month. So grab those pumpkins and go get a mammogram.**



**October 22, November 5 & 19, 9:30am – 11:30am**  
Onalaska Public Library

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Mind Over Matter: Healthy Bowels, Healthy Bladder is a 3-session workshop for senior women that include information, group activities, and simple exercises to do at home. This class is 2 hours each session over the span of 5 weeks total.

To sign up, call the Aging and Disability Resource Center of La Crosse County at 608-785-5700.

**Stepping On Falls Prevention Program**



**Mondays, October 7 - November 18, 10am - 12pm**  
**Holmen Area Community Center**  
600 N. Holmen Drive, Suite 200, Holmen

OR

**Mondays, October 14 - November 25, 2pm-4pm**  
**Gundersen Onalaska Clinic - Lower Level**  
3111 Gundersen Drive, Onalaska

The Stepping On program is a 7-week program designed for people over 60 who are living at home and have experienced a fall or are concerned about falling. It is an evidence-based program that is proven to significantly reduce falls in older people living in the community by incorporating strategies to include positive lifestyle changes to keep them confident, independent and active. For more information and to register for the series, please call Gundersen Health Systems at (608) 775-2011.

# CARING BETTER & BRAVER

*A day of self-care & learning for family caregivers*

**Main Speaker:**  
**Kari Berit**



**Event Highlights:**

- S.A.N.E. Caregiver
- Stress & Wellbeing
- Long-Term Care
- End of Life
- Social Connection

**October 26, 2024**  
**10am - 4pm**

Holmen Area Community Center

**Register by**  
**October 14!**

**\$20 / person**  
**Lunch Included**

**Call the ADRC**  
**608-785-5700**



## 6 Questions to Ask Before Discharge

*Reprinted from Trualta*

Planning your care recipient's discharge home can be overwhelming. Here are the most important questions to ask the healthcare team when preparing for discharge:

### 1. What Is Their Medical Diagnosis?

How does this affect their health?

Will they need more treatment or surgery?

Will they be able to do things the way they used to before coming to hospital? If so, how long could that take?

Do they understand their diagnosis?

### 2. Who Can I Talk To If I Have Questions Or Need Information?

Who else can I talk to while we are at the hospital?

Who can I call if I need help once I am home?

Are there any support groups I could contact?

### 3. What Can I Expect To Happen Next?

When will they be discharged?

Do they have any restrictions or things they shouldn't do when they get home?

How long do they need help for?

Are there any follow-up doctor or other healthcare provider appointments I need to make?

### 4. What Changes Are There To Their Medications?

How long will they need to take this new medication?

Should they keep taking their old medications?

Can prescriptions be filled before we leave the hospital?

Do they need help managing their medications?

### 5. What Do I Need To Do At Home To Prepare?

Do they need any equipment, like a walker or commode, at home?

When will it be delivered?

Will they be able to get into the home and up any stairs?

Do I need to schedule community services and respite care ahead of time?

What should I do with animals or small children when I bring my care recipient home?

Do they require constant supervision, or are they safe to be alone?

Are there any changes to their diet? Any foods that should be kept out of the house?

How do I get my care recipient home? For example, they may have post-surgery restrictions preventing them from riding in the front seat or transferring into a low vehicle.

### 6. What Are Signs They Need Medical Attention?

How do I know if they need to come back to the hospital?

Are there any signs to watch for?

What is the typical recovery time frame?

## Seasonal Depression Home Remedies

Sit in front of an artificial lightbox 30-45 minutes a day

Spend more time outdoors in natural light

Take vitamin D supplements

Eat a balanced diet

Exercise regularly

Get proper sleep

Consider taking a vacation (if possible) to a warmer, sunnier climate



## CAREGIVER EDUCATION SERIES

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

Each month there will be a different topic

**October 15**

**Time: 1pm—2:30pm**

**Topic: Financial Matters with Trust Point**  
Hazel Brown Leicht Memorial Library  
201 Neshonoc Rd. West Salem, WI 54669

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

[kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org)

## Kinship4Caregivers Program

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

**October 17 at 1:30pm**

*Create a Safe Home*

First Lutheran Church

410 Main St. Onalaska

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

## Seasonal Blues

As temperatures drop, many of us may be dreading the impending mood changes that can accompany weather changes. If you go through periods of feeling sad, less motivated, or not like yourself as it gets colder and daylight gets shorter, you are not alone. This is a common occurrence and is often referred to as "Winter Blues." If you experience Winter Blues, consider what self-care ideas might be helpful to you. Talk to a trusted individual about how you are feeling. Take part in activities that make you feel good. Go to a movie, volunteer, create art, bake cookies, etc. Get regular exercise. Soak up natural light whenever you get a chance. Eat whole, healthy, well-balanced meals. Break down your to-do list into smaller tasks and celebrate when you complete one task. Get outside, even if just for a little bit, and even if it's cold. Plan things you will look forward to. Socialize with friends, family, and your community. Find something to be grateful for every day, even if just a warm cup of hot chocolate.

If your mood and/or behavior changes are more serious and impact your ability to function on a day-to-day basis, you could be experiencing Seasonal Affective Disorder (also known as "SAD"). SAD is a type of depression that presents in a recurring seasonal pattern. Whether the Winter Blues or SAD, if you or someone you know needs help, 2-1-1 can connect you with resources. Peer support, therapy, and medication are common types of support and treatment. Text, call, chat, or search our public database for what options might be available in your area.

**Simply Dial 2-1-1 \* Get Connected, Get Answers** column is provided by Great Rivers 2-1-1, an information & referral and crisis line service. Professionally trained staff can answer your questions about local, statewide, and national resources and can assist you with life situations and challenges. Available 24 hours a day, 7 days a week. Free and Confidential. Language Interpretation is available. Serving Western Wisconsin, Southeastern Minnesota, and Northeastern Iowa



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

Chat with us at our website  
[www.greatrivers211.org](http://www.greatrivers211.org)  
Or text your zip code to 898211





**La Crosse Parks & Rec Senior Excursions**

For ages 50+

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

- October 8:** International Crane Foundation
- October 13:** Ain't Too Proud at the Ordway
- October 17:** The Drifters at the Sheldon Theatre
- October 22:** Cranberry Highway
- November 6:** Tundra Swans – Brownsville
- November 8:** Clauson Family Music Show – Christmas on the Farm – Coloma
- November 10:** White Christmas at Chanhassen Dinner Theatre
- November 19:** Christmas in the Dells at Legacy Dinner Theatre
- November 23:** Divas at the Middleton Performing Arts Center
- December 12:** Miracle on 34th Street at the Fireside
- December 13:** Kriskindlmarkt
- January 5:** Funny Girl at the Overture Theatre
- January 23:** Elvis Tribute at the Fireside
- February 28:** West Side Story at the Fireside

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

- Yoga** – Tues, Weds, Thurs
- Board Game Night** – Oct 11, 6pm-9pm
- Silent Movie** – Oct 25, 7pm
- Amanda Grace** – Nov 2, 7pm

**Pump House Regional Arts Center**

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

- Cocktails & Cabaret:** Oct 10-12
- Tales of the Creepy & Scary:** Oct 25

**Lacrosse AF**  
Adventure Festival

<https://lacrosseaf.com/>

October 16 to 20 /  
La Crosse, Wisconsin

early bird tickets  
**ON SALE NOW!**

**LaCrosse AF – From mild to wild, your ticket to exploration in the Coulee Region!**

One ticket, access to all experiences!!! A week-long celebration of outdoor recreation and adventure in our region. LaCrosse AF aims to connect participants with the diverse outdoor opportunities available in the area while supporting and promoting the missions of local organizations dedicated to environmental conservation and outdoor education.

LaCrosse AF will span one week in October, featuring a variety of activities and events designed to engage participants of all ages and skill levels. Throughout the week, you can engage in various outdoor activities such as hiking, biking, yoga, trail running, standup paddle boarding, rock climbing, adventure storytelling and more. These activities will be led by experienced instructors to ensure safety and enjoyment for all participants. The highlight of LaCrosse AF will be a two-day adventure film festival hosted at the historic Rivoli Theater.

**WEBER CENTER**  
FOR THE PERFORMING ARTS

**Oliver**  
Oct 4-20

**Deer Camp**  
Nov 29-Dec 21

[www.webercenterarts.org](http://www.webercenterarts.org) 608-784-9292



**Cappella Performing Arts Center**

721 King St, La Crosse  
608-299-7248

- Oct 17 & 18– La Crosse Jazz Orchestra Fall Concert**
- Oct 30 & 31– Hunchback of Notre Dame Silent Film**

- Oct 19: Reptile Expo**
- 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



**VITERBO**  
UNIVERSITY  
FINE ARTS CENTER

**Viterbo University Fine Arts Center**

929 Jackson St. La Crosse  
608-796-3100  
[www.viterbo.edu/fac](http://www.viterbo.edu/fac)

- Oct 10-13: Sweeny Todd**
- Nov 1: The Beat Goes On (Cher)**
- Nov 2: Yonder Mountain String Band**
- Nov 8: Little River Band**
- Nov 9: Nurse Blake**

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

**OCT 11-20: PUFFS**

**Nov 1 & 2: A CONCERT OF DANCE**

Online ticket sales at [www.uwlax.edu/theatre-arts](http://www.uwlax.edu/theatre-arts) or go to the box office or call 608-785-6696

**MARIE HEIDER CENTER FOR THE ARTS**

405 E Hamlin St. West Salem  
608-786-2550 [www.heidercenter.org](http://www.heidercenter.org)

- October 25– Take 3, 7:30pm**
- November 23, Tribute to Jimmy Buffet, 7:30pm**



**THE MUSE THEATRE**

1353 Avon Street La Crosse  
608-397-3752

**Cabaret: Oct 4-26**

**Shore Stops at Riverside Park**

- Viking Mississippi**  
Oct 15-16, Oct 21
- American Symphony**  
Oct 6





**Repairing the First La Crosse Queen in 1968.**  
**(Not to be confused with Today's La Crosse Queen)**



The first La Crosse Queen, originally named Prairie Gal, was operated out of La Crosse by Big Indian Boat Lines from 1964 to 1981. She was replaced in 1982 by a new, bigger and better La Crosse Queen which operates to this day at La Crosse.

*Market on Market*

October 20  
11am-2pm  
2102 Market St. La Crosse

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

**Second Saturday  
Art Market**

October 12, 10am-4pm  
Second & Main St.  
Downtown La Crosse

Art, Music, Food, & Fun

**HARVEST MAGICKAL MARKET**

October 5th, 10am-3pm  
Copeland Park Pavilion

Free, rain or shine, vendors, costume contest, pumpkin carving & food.



EXPLORE BETWEEN THE BLUFFS OF  
La Crosse & La Crescent BY TROLLEY.  
SATURDAY AFTERNOONS IN OCTOBER.  
[WWW.EXPLORELACROSSE.COM](http://WWW.EXPLORELACROSSE.COM)



**Norskedalen  
Nature & Heritage Center**

**Coon Valley, WI**  
608-452-3424 [ww.norskedalen.org](http://ww.norskedalen.org)

**Civil War  
Experience**  
Oct 12 starting at  
10am



**PUMPKIN FEST**  
**Saturday, October 19**  
10am-7pm  
**Holmen Community Center**  
600 N Holmen Dr

Activities all day include a craft market, costume contest, pet parade, games, haunted house, food & drinks, trick or treating on the Halfway Creek Trail.  
Contact the Holmen Community Center for details 608-399-1870.

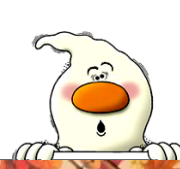
**WHAT'S GOING ON IN THE NEIGHBORHOOD:**

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Features in Holmen
- 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
- Saturdays:** 8am-3pm Flea Market N4440 Hwy 162 Bangor
- 9/27-9/29:** Warrens, WI Cranberry Festival
- 9/27-9/28:** Holiday Craft Show, Stoney Creek Onalaska
- 10/4:** Fall Market in the Valley, 9am-4pm Coon Valley Dairy
- 10/5:** Log Cabin Fall Craft Show, 9am-3pm, Bangor
- 10/5:** Fall Market Festival, 9am-2pm, 360 N Leonard St. West Salem. Drinks, snacks and tours.
- 10/5:** Craft Fair, 9am-2pm, West Salem American Legion
- 10/5:** Apple Affair on the Square, 9am-4pm, Galesville
- 10/6:** Oktoberfest 200 Race, 2pm, La Crosse Speedway
- 10/12:** Fall Fest, 8am-3pm, Water St. Sparta
- 10/13:** Coulee Region Hunger Walk, 1:30pm, Myrick Park
- 10/13:** Great Grow Get-Together, 12pm-3pm, Myrick Park
- 10/13:** Autumn Craft Fair, 10am-3pm, Holmen American Legion
- 10/17:** Taste of Downtown, 4pm-7pm, Cargill Room Waterfront
- 10/19:** Fall Bazaar, 8am-1pm, Bethel Church 1931 Loomis St
- 10/19:** Enchanted Forest, 10am-2pm, Riverside Park
- 10/25:** Pumpkin Bash, 3pm-6pm, 525 McHugh Rd. Holmen
- 10/26:** Flannel Fest, 9am-5pm, Center 90 Onalaska
- 10/26:** Fall Craft Show, 9am-3pm, Logan High School
- 11/1 & 11/2:** Christmas in the Valley, Coon Valley Dairy Supply



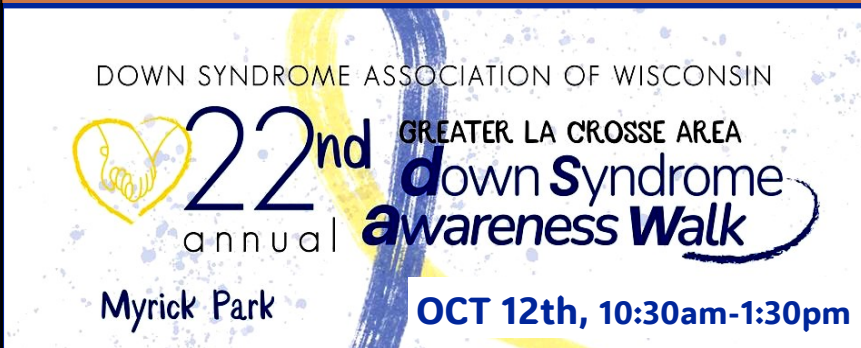
**PETTIBONE HAUNTED MILE**  
**A Spooky Night of Tricks & Treats**  
**Friday, October 18**  
**5pm-8pm**  
**Pettibone Park- drive thru**

**NOT-SO-SCARY TRICK OR TREAT TRAIL**  
**Friday, October 18, 4pm-7pm**  
Maple Grove Venue, West Salem  
Free community event for all ages,  
Halloween dance, & food trucks.




**BURNS PARK  
FALL CELEBRATION**

**Tuesday, October 15 4pm-7pm**  
7th & Main St. La Crosse  
Free family event with live music, pumpkin carving,  
and fall games.



DOWN SYNDROME ASSOCIATION OF WISCONSIN  
**22nd** annual **down Syndrome awareness Walk**  
Myrick Park **OCT 12th, 10:30am-1:30pm**