



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

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Advocacy Opportunities This Fall: Your Voice Matters

This fall offers several important chances for older adults, caregivers, and community members to speak up about issues affecting Wisconsin’s aging population. Following the successful and well-attended Legislative Town Hall hosted by the Aging and Disability Resource Center (ADRC) of La Crosse County in August, many residents shared how valuable it was to connect directly with lawmakers, learn about current challenges, and ask questions about programs they rely on. Building on that momentum, statewide advocates are encouraging continued engagement as discussions begin for the 2027–2029 state budget. Key topics include supporting home-delivered meals, preventing falls, strengthening ADRCs, and improving specialized transportation. Community voices play a critical role in shaping policies that allow older adults to live safely, independently, and with dignity. Whether through attending virtual sessions, connecting with local legislators, or learning more about aging programs, residents are encouraged to stay involved and share their experiences.

GET READY TO ADVOCATE

JOIN WAAN'S FALL WEBINAR SERIES!

#WIAAD27

The Wisconsin Aging Advocacy Network (WAAN) is offering a series of **educational webinars** throughout October focused on major aging-related priorities. Each session features staff, policy experts, and individuals with lived experience who explain why these issues matter and how community members can talk about them with legislators. Sessions will explore WAAN’s issue briefs, strategies for sharing your personal story, and ways to make your voice heard. All webinars run from 12-1 pm and require advance registration. Recordings will be available afterward for anyone who cannot attend live.

- Tuesday, October 6: Home-delivered meals
- Tuesday, October 13: Falls Prevention
- Tuesday, October 20: ADRCs
- Tuesday, October 27: Specialized Transportation

To register for one or more of these webinars, go to gwaar.org/get-ready-to-advocate. Questions, contact Emily Petersen at emily.petersen@gwaar.org or 608-228-7253.

Action Alert: How You Can Support the Older Americans Act

The Older Americans Act (OAA) is the main federal law that funds important programs for older adults, including supportive services, home-delivered meals, transportation, and caregiver support. Many of the services people rely on every day exist because of this law. Right now, advocates across Wisconsin are asking community members to speak up about two important needs: increasing OAA funding in the upcoming federal budget and encouraging Congress to move forward with OAA reauthorization. Both efforts help make sure programs can keep up with rising demand, higher costs, and the growing number of older adults in every community.

Why OAA Funding and Reauthorization Matters

Local aging programs are seeing growing demand for meals, transportation, caregiver support, and help through the ADRC, and without increased Older Americans Act (OAA) funding, waitlists may grow and services may become harder to access. At the same time, Congress needs to reauthorize the OAA to keep these programs updated, flexible, and able to operate without disruption. Both increased funding and reauthorization are essential to maintaining strong aging services, and personal stories from community members help lawmakers understand why these improvements are needed.

Who to Contact and How

The best people to contact about both OAA funding and reauthorization are your three federal legislators—your two US Senators (Tammy Baldwin and Ron Johnson) and your US Representative (based on your district)—because they directly vote on these decisions. Reaching out is simple: you can call the office and briefly explain that you are a constituent who supports stronger OAA funding and reauthorization, send a short email or letter sharing how aging services have helped you or someone you know, or attend town halls and listening sessions to share your concerns in person.

Why Your Voice Matters

Every call, email, or conversation helps lawmakers understand what older adults and caregivers are experiencing. Many people think they need a long explanation or special knowledge, but the most powerful messages are personal, brief, and honest. Your story helps shape decisions that affect thousands of people in our region.

One voice, one story—sometimes that’s all it takes to spark change.



The ADRC’s August 31 Legislative Town Hall was a wonderful success, bringing together about 30 participants, three attending legislators, and several County Board members for meaningful conversation. Once attendees began sharing their personal experiences, the room quickly shifted into genuine, engaging dialogue. Legislators, Board members, and community participants asked questions, offered context, and learned from one another in a collaborative, respectful setting. We are grateful to everyone who joined us and appreciate Senator Pfaff, Representative Billings, and Representative Johnson’s presence and continued support for our priorities. Their engagement—and the willingness of attendees to share their voices—made this year’s Town Hall especially impactful.



SAVE THE DATE
9th Annual
2027 Aging Advocacy Day
May 11, 2027

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.

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 Inclusa & 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



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.



Our popular sale is back!



Benefit for the Seniors Rise Handcraft Program

FIBER ARTS GARAGE SALE

Saturday, October 24

9:00 a.m. - 2:00 p.m.

2920 East Ave. S., La Crosse, WI

Thousands of items, including:

- Yarn
- Fabric
- Sewing machines
- Floss
- Thread
- Canvas
- Books
- Patterns
- Kits
- Notions & knitting needles
- Stretchers
- Fabric paints & dyes

Special Offering: large selection of crafting supplies, many of them unused.

Seniors Rise was formerly known as Coulee Region RSVP. Loss of federal funding required that we change our name. We are excited to continue to offer the same valuable programming, and we are grateful for your support. www.seniorsrise.org, 608-785-0500

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

- | | |
|--|---|
| ☐ ADRC General Support | ☐ Elder Benefit Specialist |
| ☐ Caregiver Support | ☐ Health Promotion |
| ☐ Congregate Dining | ☐ Home-delivered Meals |
| ☐ Dementia Support Services | ☐ Senior Life Newsletter |
| ☐ Disability Benefit Specialist | ☐ Transportation Services |

Please make checks payable and send to:

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

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

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____

Address _____

City _____

State _____ Zip _____

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



Managing Agitation in Dementia and Understanding Depression

RSVP By Oct. 12
608-785-5700

Tuesday October 20th, 9:30am-2:00pm

FREE EDUCATIONAL PROGRAM

TWO IMPORTANT CONVERSATIONS: Understanding depression at every age and learning practical person-centered approaches to managing agitation in dementia.

This event is funded by the Kathy & Jack Lucey Family Fund for Alzheimer's.

ADRC

Aging and Disability Resource Center of La Crosse County

LEARN. CONNECT. SUPPORT.

BLACK RIVER BEACH NEIGHBORHOOD CENTER
1433 Rose St.
La Crosse, WI 54603

Alzheimer's & Dementia: Reducing Caregiver Stress & Burnout -- Reimagining the Family Caregiver Experience

Caring for someone living with Alzheimer's disease or another form of dementia can be one of life's most meaningful experiences—but it can also be physically, emotionally, and mentally demanding. The daily responsibilities of caregiving, combined with the emotional challenges of watching a loved one's condition change over time, can leave caregivers feeling overwhelmed, isolated, and at risk for burnout.

Learn how to recognize the signs of caregiver burnout and discover practical strategies to care for yourself while continuing to provide compassionate, person-centered care. Via live stream is available

October 21, 2026 | 6pm–7:30pm
In-person | Student Union Theater, 0120 Lower Level
University of Wisconsin-La Crosse 521 East Avenue N

RSVP at: <https://shorturl.at/Tny6M>
Questions/Accommodations: ex@uwlax.edu or 608.785.6500

Embrace

October 14 & 28, 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

Learn & Connect – Cognitive & Memory Loss Education

Take the guess work out of your dementia diagnosis

Thursdays October 8, 15, 22 & 29, 1:30pm-3:00pm

Register with the ADRC at 608-785-5700

DEMENTIA Live®

An Eye-Opening Experience

For families, caregivers, professionals and community

Dementia Live - Experience what it may be like to live with dementia. Dementia Live® offers an ‘inside-out’ understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By “walking in their shoes,” participants will gain a heightened awareness and leave with valuable tips and tools to improve communication and connection. This experience is free and great for community members, families and professionals to better understand dementia.

October 29, 9:30-10:30am
Black River Beach Neighborhood Center

Register with The Aging and Disability Resource Center of La Crosse County
608-785-5700 or scan the QR Code.



Gather Together

Respite Program

Nov 4
Dec 2

10am-2pm

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

Holmen



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 intergenerational connections.

For questions, volunteering, or donations contact: hlcadultprograms@ywcalax.org or 608-781-2783 ext. 251



Dementia Caregiver Support Group Listing			SPARK! ON THE GO CREATIVE ENGAGEMENT PROGRAMS for PEOPLE WITH MEMORY LOSS and THEIR CARE PARTNERS Oct. 14 1pm-2:30pm Minnesota Marine Art Museum Winona Register with Amber @ 608-385-4819 SPARK! CREATIVE ENGAGEMENT PROGRAMS for PEOPLE WITH MEMORY LOSS and THEIR CARE PARTNERS 3rd Monday of the Month Oct 19, 10:30am-12pm Clearwater Farm 760 Green Coulee Rd. Onalaska Register with Anna at 507-319-9156. info@clearwaterfarm.org Lewy Body Dementia Caregiver Support 2nd & 4th Wednesday, 1:30pm -3:30pm Contact jwiegel@marquettecountywi.gov	
IN PERSON	VIRTUAL			
Parkinson's Disease Group 1st Monday, 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295	Monday Coffee Connect Every Monday, 10am Contact Kelsey at kflock@lacrossecounty.org			
All Stages Caregiver Groups 2nd Tuesday, 1:15pm-2:30pm Good Shepherd 4141 Mormon Coulee Rd Contact: Kathy at 608-386-8908	Monday DISH 1st Monday, 7pm-8pm Contact Carla, cbersheit@dunncountywi.gov			
Online Men's Caregiver Support Group 1st Tuesday, 1pm-2:30pm Contact Alison at 608-240-7496 or resch.alison@countyofdane.com	Aging & Down Syndrome Caregiver Support 3rd Wednesday, 5pm Contact DSAW info@dsaw.org			
Living with Mild Cognitive Impairment 2nd Thursday, 1:30pm-2:30pm. Franciscan Spirituality Center 920 Market St. Register with Kelsey Flock at 608-386-0767	Family Caregivers of Facility Based Care Every Other Friday: 10am-11:30am Contact Alzheimer's Assoc. 1-800-272-3900			
Grief Therapy Group Pre-registration required. Offered annually Call Kelsey to inquire 608-386-0767	Minds & Voices 2nd Wednesday, 10:30am-11:30am Contact Tonya, tonyar@jeffersoncountywi.gov			

Medicare Open Enrollment: New Technology Same Smart Medicare Decisions

By: Ingrid Kunder, Fraud & Abuse Programs Manager, GWAAR

Medicare's Open Enrollment Period (OEP) runs October 15 through December 7, giving you the opportunity to review your Medicare health and prescription drug coverage for the coming year. Even if you're happy with your current plan, taking a few minutes to compare your options could save you money or help you find coverage that better meets your needs.

This year, there's another reason to be prepared. Artificial intelligence (AI) is making scam phone calls, emails, text messages, and even websites look and sound more convincing than ever before. While AI can be a helpful tool, scammers are using it to impersonate trusted organizations—including Medicare and health insurance companies—to trick people into sharing personal information.

The good news? Knowing what to expect can help you make confident decisions and avoid becoming a victim. During Open Enrollment, you can:

- Switch between Original Medicare and a Medicare Advantage Plan.
- Join, switch, or drop a Medicare Part D prescription drug plan.
- Review your current coverage to make sure it still meets your healthcare and prescription needs.

Any changes you make will take effect on January 1, 2027. Before choosing a plan, take these simple steps:

Review your Annual Notice of Change. Your current plan will send you information explaining any changes to premiums, copayments, covered medications, provider networks, or other benefits.

Think about what's changed. Have you started taking new medications? Are you seeing different doctors? Your healthcare needs can change from year to year, and your Medicare coverage should change with them.

Compare your options. Use Medicare's Plan Finder or speak with an Insurance Agent or Elder Benefit Specialist at your local Aging and Disability Resource Center or Tribal Aging Unit for free, unbiased assistance. Remember—trusted counselors educate you about your options. They don't pressure you to enroll in a particular plan.

Look beyond the monthly premium. Consider deductibles, copays, prescription drug costs, provider networks, and total out-of-pocket expenses. Sometimes the lowest premium isn't the lowest overall cost.

Don't Let AI Make a Scam More Believable

Every Open Enrollment season, scammers look for opportunities to steal Medicare numbers and personal information. AI has made their tactics more sophisticated, but the warning signs remain the same. Be cautious if someone:

- Calls, texts, or emails unexpectedly, claiming to be from Medicare.
- Pressures you to "act now" or says you'll lose your benefits if you don't respond immediately.
- Promises free gifts, cash, or special benefits in exchange for your Medicare number.
- Asks for your Medicare, Social Security, banking, or credit card information over the phone.

Remember: **Medicare will not contact you out of the blue to sell you a plan or ask for your Medicare number.**

If you receive an unexpected call or message, slow down. Verify the information through official Medicare resources or a trusted benefits counselor before taking any action.

We're Here to Help

If you have questions about your Medicare coverage or suspect Medicare fraud, the Wisconsin Senior Medicare Patrol (SMP) is here to help. Our services are free, confidential, and unbiased. Call the Wisconsin SMP at 1-888-818-2611 if you have questions about suspicious Medicare activity or believe you may have been targeted by a scam.

A few minutes spent reviewing your Medicare coverage can help you make informed decisions and protect your Medicare benefits.

SPECIAL NEEDS PLANNING – TRANSITION PLANNING FOR FAMILIES AT AGE 18

Thursday, October 22, 2026 6:00 p.m.-7:30 p.m.
Black River Beach Neighborhood Center

Do you have a child or loved one with a qualified disability that is approaching age 18? What are the steps that need to be taken to ensure that they are receiving help and benefits they are entitled to? How does Guardianship work? What's a Rep Payee? Does my child really need to pay rent? In this workshop, we will discuss the transition process and give you a checklist and reasonable set of resources to get you on the right path.

Register by calling 608-789-8640

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 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
- 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

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 4th Street
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 some local hospitals will not accept.
- 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 may not be available in our area.

By Tina Johnson - ADRC of La Crosse County



Medicare 101: Understanding the ABC's of Medicare

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

October 14th or November 4th
10am-11am or 6pm-7pm
Black River Beach Neighborhood Center

Register by calling 608-789-8640

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.

Special Needs Planning-Transition at Age 18: Thursday, October 22, 6pm-7:30pm. Register by 1 day prior. Free



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

Road Trip to Red Wing: Oct 2, 9:30am

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

Tri State Rail Sale: Oct 24, 9am-3pm



National Association of Retired and Veteran Railroad Employees, Unit 047 meet **10/13**, 10:30am at the Onalaska American Legion. Speaker: Andy Hauck, UTU/SMART
Contact Patty Burr at 608-781-6032.

HOLMEN AREA
COMMUNITY CEN

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

Evening Euchre Open Play: 2nd & 4th Monday, 6pm

Family Fun Night: Oct 13, 5pm-6:30pm

"One"-derful 1 Wednesdays: Oct 21, 2pm

I Love You & I Hate You: Oct 1, 6pm, for care partners, register

Beading Workshop: Oct 30, 10am-12pm, register. Halloween Spiders

Senior Meal Site: Lunch served at 11:30am, Monday-Friday. Call 608-317-8104 by noon the day prior. Suggested donation is \$5

FLU SEASON

Getting a flu shot every year helps protect you from getting the flu. If you do get sick, the flu shot can help you feel less sick and lower your chances of going to the hospital or getting very sick.

Everyone 6 months old and older should get a flu shot every year.

Some people need the flu shot even more, like:

- People with long-term health problems (like asthma, diabetes, or heart disease)
- People who work in health care
- People who live with or take care of others who could get very sick from the flu

Babies under 6 months are too young to get the flu shot, but they can get very sick from the flu. People who take care of babies should get the flu shot to help keep them safe. It is also safe to get the flu shot while you are pregnant.

Try to get your flu shot starting in September, and before the end of October if you can. Call your doctor or local pharmacy to make an appointment for your flu shot and other fall vaccines.

For questions about flu vaccine, call the La Crosse County Health Department at 608-785-9872.



- 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 or 782-6003

1603 George St. La Crosse

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

October is Breast Cancer Awareness Month

This month we seek to raise awareness about breast cancer, learn how to detect it early, and find ways to better support those affected by it. Breast Cancer is one of the most common cancers among women and early detection combined with timely treatment can make a significant difference. Cancer can affect more than just the body. It can also cause stress, anxiety, and feelings of sadness or fear. Many people with cancer need help dealing with these feelings. That's why emotional support is especially important during cancer treatment and recovery. Treatment options may be only partially covered by insurance, so out of pocket expenses can often add financial strain to an already challenging time.



Vibrant Autumn: October Nutrition Strategies for Healthy Senior Living

As the autumn air cools in October, our bodies naturally shift their metabolic and lifestyle needs. For seniors, this seasonal transition presents an excellent opportunity to update dietary habits. By focusing on nutrient-dense autumn harvests, immune-supporting vitamins, and gentle digestive health, older adults can maintain high energy levels, protect bone density, and strengthen immunity all season long.

Embrace October's Harvest: Nutrient-Dense Seasonal Foods
Autumn brings a vibrant array of fruits and vegetables packed with antioxidants, fiber, and essential vitamins that specifically target senior health concerns:

- Pumpkins and Winter Squash: Varieties like butternut, acorn, and pumpkin are loaded with Beta-Carotene (which the body converts to Vitamin A). This nutrient is vital for maintaining sharp vision, supporting cellular repair, and keeping skin healthy.
- Apples and Pears: These local orchard favorites are exceptionally high in Pectin, a soluble fiber. Soluble fiber helps regulate blood sugar levels, supports healthy digestion, and aids in managing cholesterol.
- Root Vegetables: Sweet potatoes, carrots, and parsnips provide a steady, slow-burning source of carbohydrates, keeping energy levels stable without causing sharp blood sugar spikes.

Fortifying Immunity and Bone Health for the Cooler Months
With the arrival of fall, shorter days mean less direct sunlight, which can impact your natural Vitamin D synthesis. Prioritizing specific micronutrients helps keep your body resilient:

- Essential Autumn Micronutrients
- Vitamin D & Calcium: Crucial for preserving bone density and reducing fracture risks. Incorporate fortified dairy or plant milks, salmon, and leafy greens.
 - Vitamin C & Zinc: This duo acts as a shield for your immune system. Zinc—found in lean meats, pumpkin seeds, and lentils—supports immune cell development, while Vitamin C from citrus and cruciferous vegetables enhances tissue repair.

Hydration and Warming, Gut-Supportive Comfort Foods
As temperatures decline, the natural sensation of thirst often diminishes in older adults. However, staying hydrated is just as critical in October as it is in July for joint lubrication, cognitive clarity, and kidney function.

- Warming Soups and Broths: Slow-simmered vegetable, chicken, or bone broths are excellent for hydration. They are easy to digest, simple to chew, and allow you to easily pack multiple servings of soft vegetables into a single meal.
- Probiotic-Rich Foods: A healthy gut directly influences your immune system. Enjoying warm oatmeal topped with yogurt, or adding fermented foods like kefir to your routine, keeps your microbiome thriving.

Practical Tips for Seasonal Meal Planning
Prepare large pots of soups or stews and freeze individual portions. This ensures a nutritious, home-cooked meal is always available on days when you feel less active.

If chopping fresh, firm autumn root vegetables is difficult or fatiguing, pre-chopped frozen squash and carrots retain all their nutritional value and cook quickly.

Use aromatic spices like cinnamon, nutmeg, ginger, and garlic. They add robust flavor without relying on added sodium, helping to maintain healthy blood pressure levels.

November Absentee Ballots Mailed

The City of La Crosse has begun mailing absentee ballots for the November 3, 2026 General Election to electors who have a request on file. If you requested an absentee ballot, please watch for it in your mail and PLEASE READ the instructions and methods for returning your voted ballot. Remember to sign the absentee certificate envelope and have a witness sign, print their name, and provide their full residential address. Voters may continue to submit absentee ballot requests for the upcoming election through Thursday, October 29 and may do so by mail, email, or online through the [MyVote Wisconsin](#) website. State Law allows Clerk's offices to begin receiving absentee ballot requests in person on Tuesday, October 20. In-person absentee voting will begin on October 20 and will close on October 30. Dates, times, and locations for in-person absentee voting sites will be posted on the [Absentee Voting](#) webpage. To look up your voter registration, see what is on your ballot, find your polling place, and track your absentee ballot, visit <http://myvote.wi.gov/en-us>

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



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.	REMINDER: USE YOUR FARMERS MARKET VOUCHER BY OCT 31		Chef salad 1 Ham & bean soup Bran muffin, Crackers Peanut butter cookie	Chicken rice casserole 2 Squash Fresh fruit
Beef stew/ crackers 5 Creamy coleslaw Orange wedges, Biscuit Ice cream sundae	All Sites Closed for Training 6	Spaghetti 7 Romaine salad Fresh fruit Garlic toast, Lemon bar	Pork roast & gravy 8 Mashed potatoes Monte Carlo vegetables Applesauce, Bishop cake	Brat on a bun 9 German potato salad Baked beans, Fresh fruit Oatmeal raisin cookie
Ham w/ pineapple 12 Sweet potato bake Baby carrots Ambrosia salad	Egg sausage potato bake 13 Warm cinnamon applesauce Blueberry muffin Orange juice	Hamburger w/ fixings14 Potato wedges Romaine salad Banana pudding	Grilled chicken breast 15 Roasted sweet potatoes Asparagus Peach cobbler	Sloppy Joes on a bun 16 Baked beans Broccoli with cheese sauce Black bean brownie, Fruit
Turkey & gravy 19 Mashed potatoes Green beans Fruit salad, Pumpkin bar	Tuna noodle casserole 20 Peas & carrots Rosy applesauce Fruited jello	Pulled pork on a bun 21 Baked beans Potato wedges, Pears Frosted yellow cake	Chili & crackers 22 Baked potato w/ sr cream Spinach salad Orange wedges	Meatloaf 23 Dairy potato bake Squash Carrot cake, Apple juice
Fish sandwich on bun 26 Potato wedges Carrot coleslaw Banana Tartar sauce, ketchup	Beef taco salad w/ chips 27 Fresh fruit Sugar cookie Taco sauce, Sour cream	Pepper steak 28 Garlic mashed potatoes Glazed carrots Fruited jello	Scalloped potatoes & Ham 29 Beets Applesauce Snickerdoodle cookie	Beef stroganoff 30 Buttered noodles Peas & carrots Fresh fruit Mandarin fluff



Cheesy Broccoli Spaghetti Squash

- 1 medium spaghetti squash
- 1 Tbsp. neutral oil
- 1 3/4 tsp. (or more) kosher salt, divided
- 1 1/4 cups broccoli, cut into 1" florets
- 1 Tbsp. plus 1/4 cup water, divided
- 3 Tbsp. unsalted butter
- 1/2 yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 Tbsp. all-purpose flour
- 1/2 cup whole milk
- 4 oz. cheddar, shredded



Preheat to 400°. Cut spaghetti squash half lengthwise. Scrape out seeds. Rub inside of squash with oil; season with 1 tsp. salt. Arrange cut side down on a baking sheet. Roast squash 35 to 45 minutes. Meanwhile, in a medium bowl, season broccoli with 1/4 tsp. salt. Pour 1 Tbsp. water into bottom of bowl. Cover and microwave for 1 minute. Stir and continue to microwave in 30-second increments until broccoli is bright green and fork-tender. In a large skillet melt butter. Add onion; season with 1/2 tsp. salt. Cook until onion is tender. Add garlic and cook for about 1 minute more. Add flour and cook, stirring, until a bubbling paste forms on bottom of skillet, about 1 minute more. Slowly whisk in milk and remaining 1/4 cup water. Bring to a simmer stirring occasionally, until thickened, 1 to 2 minutes. Remove from heat and fold in 3 oz. cheddar. Using 2 forks, shred spaghetti squash strands from shell. Measure out 3 cups and transfer to skillet; reserve remaining squash for another use. Add broccoli to skillet and toss to coat in sauce. Return cheesy spaghetti squash to squash shells. Top with remaining 1 oz. cheddar. Heat broiler. Broil squash, until cheese is bubbly.

Apple Dump Cake

- 3/4 cup (1 1/2 sticks) salted butter, cut into slices
- 2 (21-oz.) cans apple pie filling
- 1 tsp. apple pie spice
- 1 (15.25-oz.) box yellow cake mix



Preheat the oven to 350°F. Butter a 9-by-13-inch baking dish. Dump the apple pie filling into the prepared baking dish. Sprinkle with the apple pie spice. Sprinkle the cake mix over the top of the fruit. Distribute the butter slices evenly over the cake mix. Bake until the top is brown and bubbly, 50 minutes to 1 hour. Serve drizzled with caramel sauce and topped with ice cream, if desired. Serves 12

Butternut Squash Soup

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper



Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes. Add garlic, sage, rosemary, and ginger. Stir and cook for 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Serves 6

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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



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

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

- In order to qualify for this program, you must meet all criteria:
- Be 60 years of age or the spouse of that person
 - Be homebound--you don't get out under normal circumstances
 - Be unable to prepare your own meals or get groceries
 - Be home when your meal is delivered & within our delivery area

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

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

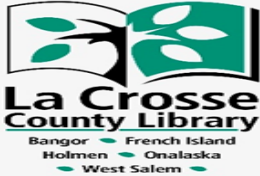


Some workshops require registration. Contact the library.

Monday Mornings at Main: Mondays, 10am-11am
Chair Fitness: Mondays, 9am
Chair Yoga: Thursdays, 10am and Fridays Oct 16, 23, 30, 10am
Repair Café: Nov 21, 10:30am-12:30pm
La Crosse Veterans Services: Oct 6, 9am-12pm
Chapter Book: Oct 10, 10am and Oct 14, 1pm. Register
Older Adult Advisory Council: Oct 14, 2pm
BookTok Bingo: Oct 20, 6:30pm at 608 Brewing
Qigong: Oct 3, 9:30am
Knit & Needle: Oct 12, 5pm-6:45pm
Sound Healing & Moving Meditation: Oct 17, 10am
Beginner Tapestry Weaving: Oct 19: 5:30pm
Block Printing w/ Kim Hammer: Oct 23, 10am
Stitching & Patchwork Help: walk in, Oct 28, 1pm-4pm
Volunteer Fair: Oct 8, 4pm-6pm
Closure: Oct 9 for Staff Development Day
A Home Away From Home: Latino Dreams Film: Oct 15

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



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

October Mini Read for adults: complete a reading challenge and win a prize! Pick up form at any of our locations beginning October 1.

Bangor “Commun-knit-y Fiber Arts Knitalong”: Oct 14, 6pm.
French Island “Needle Felting for Mending”: Oct 6, 6pm. Register
Holmen 608 Brewing Company: “Book Bingo” for all ages on the first Thursday of the month at 6pm.
Holmen “Jack Norton: Old-Time Blues and Good-Time Folk Music”: Oct 3, 10am.
Holmen “Drop-in Tech Help”: Oct.15, 11am-12pm & 4:30pm-5:30pm.
Holmen “Salsa Dancing”: October 17, 11am. All ages welcome.
Holmen “Badger Talk: What’s Your Favorite Color?”: Oct 22 at 6pm.
Holmen “Taste, Texture, and Topography”: Oct 24, 11am. Register
Onalaska “Senior Moments”: Wednesdays, 10am
October 7: Matanuska Valley Colony
October 14: Tailspin author John Armbruster
October 21: The Grey Eagles of Chippewa Falls
October 28: The Clamming and Pearl Button Industry
Onalaska “Chip Carving Showcase & Info Session”: Oct 5 at 6pm.
“Chip Carving Workshop”: Oct 19, 6pm. Register.
Onalaska Friends of the Library Fall Book Sale: Oct 15, 9am-6pm; Oct 16, 9am-5pm; and Oct 17, 9am-12pm.
Onalaska “Mocktales: Elizabeth Oness” author talk: Oct 21, 6pm.
West Salem “Considering Home Ownership”: Oct 7, 6:30pm.

AARP Foundation Tax-Aide is recruiting volunteers

in La Crosse, Onalaska, Sparta and Viroqua to help provide free tax preparation services during the upcoming tax season. Tax-Aide provides free preparation of basic federal and Wisconsin state income tax returns for low- to moderate-income residents of all ages, with a special focus on older adults. A variety of volunteer opportunities are available, including client greeters/document organizers, tax return preparers, a District Communications Specialist, and a Telephone Team Coordinator for the Onalaska site. Training is provided for all positions. Tax return preparers should have some previous experience, whether for themselves or through their work. Application **deadline is October 31**. For more information about volunteer opportunities and how to apply visit taxaidewcwisconsin.org.



The Nature Place



789 Myrick Park Dr, La Crosse 608-860-6864
www.natureplacelacrosse.org
Mon-Fri 9am-4pm, Sat 9am-12pm

Nature Saturday: Oct 3, 9:30am-11:30am
Enviro-Wednesday: Oct 7, 7pm-8:15pm, 14+ yrs
Free Birding Program: Oct 21, 7pm

Native Bees of WI, Badger Talk: Oct 25, 1pm. Presented by LCHS

The La Crosse Area Retired Educators' Association

next luncheon is on **Nov. 4** at Cedar Creek Country Club. Arrive by 11:10am. Cost is \$20. Speaker: Abby from Children’s Miracle Network
Reserve at lacrosserea@gmail.com

HALLOWEEN WORD SCRAMBLE

- okypos _____
- pkpinum _____
- rteta _____
- hotgs _____
- dacyn _____
- rpivaem _____
- keonslet _____
- luhgo _____
- pecyre _____
- tomcuse _____
- nthua _____
- owaercrcs _____
- iyderah _____
- dolbo _____
- klabc tca _____
- oglibn _____
- myumm _____
- rasyc _____
- piserd _____
- sremca _____



1. spooky 2. pumpkin 3. treat 4. ghost 5. candy 6. vampire
7. skeleton 8. ghoul 9. creepy 10. costume 11. haunt
12. scarecrow 13. hayride 14. blood 15. black cat 16. goblin 17.
mummy 18. scary 19. spider 20. scream

Concordia Ballroom



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

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

Senior Card Players: MWF, 1pm-3pm
Country Western Dance: Oct 9, 7pm

Blood Drives for OCTOBER

10/5: St Joseph’s Ridge Hall, 1:30pm-6pm
10/5: Trempealeau Library, 11:30am-4pm
10/6 & 10/7: UWL Cleary Center, 11am-5pm
10/8: YMCA Onalaska, 10am-2:30pm
10/8: Luther High School, 10am-3pm
10/8: Festival Foods Support Center, 11am-4pm
10/9: Holmen Library, 12pm-5pm
10/16: Valley View Mall, 11am-4pm
10/19: United Methodist Church Onalaska, 1pm-6pm
10/19: Coon Valley Lutheran Church, 1pm-6pm
10/20: Moose Lodge, 11am-4pm
10/21: Roncalli Newman Center Parish, 11am-4pm
10/21: Bangor High School, 12pm-5:30pm
10/22: Central High School, 9am-2pm
10/22: St Patrick’s Church, 12:30pm-6pm
10/23: Trinity Lutheran Church, 10am-2:30pm
10/23: First Free Church Onalaska, 9am-2pm
10/27: Westby High School, 9am-2pm
10/30: Fort McCoy Bldg 50, 10:30am-3:30pm



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

FREE Brain Checks



NORMAL AGING OR SOMETHING ELSE???

Early Detection is Important

A brain-checkup is a wellness tool that can identify possible changes in cognition, capture a baseline and allow for conversation and planning if something is detected. Similar to other health screenings, brain checks can help you identify early; both irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Results are free and confidential. *NOT intended for people diagnosed with dementia.*

THURSDAY, OCTOBER 8
WEST SALEM LIBRARY
Call the ADRC to make an appointment: 608-785-5700



Saturday, Oct 10

10am

Riverside Park

414-441-7932

The Top Scams on Social Media

In 2025, nearly 30% of consumers who reported to the Federal Trade Commission that they lost money to a scam said it started on social media, with reported losses reaching \$2.1 billion. That's eight times more than was lost in 2020! Here's what you need to know about the most common scams that start on social media websites and apps.

Shopping Scams: These were the most reported scams on social media in 2025. Scammers post ads for rare or expensive items listed at low prices. If you click the ads, you end up on a website that seems like a familiar, trusted online sales platform – but it's actually a copycat website created by a scammer. If you log in to the scam website with your username and password for the real website, the scammer steals your login details and can gain access to your real account. And if you make a purchase on the scam website, the scammer gets your financial information too.

DATCP's Tips:

- Avoid clicking directly on ads or links. Instead, manually type in the real website's web address. Any deal being promoted in a real company's ad will also be found on their website.
- Double check the web address before logging in or entering any payment information. If it looks different than usual, that's a red flag.

Romance Scams: Nearly 60% of romance scams that resulted in losses in 2025 started on social media. It's easy to meet people online, but a new love interest who sends you an unsolicited direct message, or matches with you on a dating app, could be a scammer. Romance scammers spend time gaining your trust and building a relationship with you, then ask for money to travel or handle an emergency. In some cases, they offer to invest in stocks or cryptocurrency with you, then encourage you to put your money into a fake asset that they secretly control.

DATCP's Tips:

- It's a bad idea to send money to someone you have never met or to invest in a little-known asset that was recommended by an online romantic partner.
- Remember, modern technology makes it easy for scammers to fake how they look or sound on social media – even in real-time calls!

Coaching and Training Scams: You may find testimonials and ads posted on social media by “experts” who offer to teach fool-proof ways to get rich quick. Scammers make it sound easy to make money – they say all you need to do is pay for their training or coaching. They might claim they can help with your small business, set you up with a high-paying remote job, or show you how to make massive returns from investing in stocks or cryptocurrency. Some scammers provide no coaching or training at all. Other coaches/trainers do provide the promised lessons, but they cannot guarantee the huge earnings they advertised. Along with romance scams, coaching/training scams are often combined with investment scams, which are responsible for more than half of all reported social media scam losses.

DATCP's Tips:

- Be suspicious of big promises. If it sounds too good to be true, it probably is.
- Don't trust testimonials provided by the coach/trainer. Search for independent reviews online and include words like “scam” or “complaint” in the search so you can find critical reviews, too.

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 | (608) 797- 6295 | info@starcenterlacrosse.org |

HELPING OUT OUR AMERICAN HEROES

H.O.O.A.H. WI

ANNUAL VETERAN SUICIDE AWARENESS MARCH

SATURDAY, NOV 14

LA CROSSE CENTER

9:00 AM STEP OFF

REGISTER AT WWW.HOOAHWI.ORG

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

GREATER LA CROSSE AREA

24th Annual

Down Syndrome Awareness Walk

10:30am

R.W. Houser YMCA (Onalaska) | Oct. 3rd, 2026

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.*

Caring Better and Braver Conference

Saturday, October 24, 2026

9:00 AM to 3:30 PM

La Crosse Medical Health Science Consortium Building

1300 Badger St. La Crosse, WI 54601

Cost: **FREE!!!!** Register by calling the ADRC of La Crosse County at 608-785-5700 by October 12, 2026

Conference Schedule

9:00 AM to 11:00 AM— Vendor Fair

9:30 AM to 10:30 AM— Welcome and Keynote Speaker: Kris Bjerke- Ulliman, Chaplain from St. Croix Hospice
Kris Bjerke-Ulliman is a La Crosse native and a graduate of UWL and Wartburg Theological Seminary in Dubuque, IA. Kris has served in a variety of congregations with the Evangelical Lutheran Church in America and is still serving locally, while walking alongside patients and families full-time as a hospice chaplain with St Croix Hospice. As a spiritual caregiver, she specializes in guiding others through life’s most challenging moments. Kris addresses a critical gap in caregiving: while many step into the role looking only for practical “how-to” tools, she teaches caregivers how to navigate challenges with resilience, loving composure and always a healthy dose of humor.

10:45 AM to 11:45 AM — Morning Breakout Sessions:

- For the Working Caregiver: Using FMLA for Caregiving Activities
- For the Caregiver Who is Considering Long Term Care: The State of Wisconsin’s Ombudsman Program
 - Presenters:** Jenna Helminski-Juve and Jennifer Bielefeldt with the Board on Aging & Long Term Care
 - ⇒ Jenna Helminski Juve leads the Wisconsin State Long Term Care Ombudsman Program at the Board on Aging and Long Term Care, directing statewide advocacy, complaint resolution, and systemic initiatives that protect the rights, dignity, and wellbeing of long-term care consumers. She brings more than 15 years of experience in long-term care, aging, and disability services, with a focus on strengthening systems so they work effectively for consumers, families, and care providers. Her work emphasizes collaboration, accountability, and advancing person-centered outcomes.
 - ⇒ Jennifer Bielefeldt is a Regional Ombudsman with the State of Wisconsin Board on Aging and Long Term Care for the past 18 years. Her current territory of responsibility includes; La Crosse, Monroe, Jackson, Buffalo, Pepin and Trempealeau counties. She advocates for residents 60 years and older who reside in long term care facilities or are members of the Family Care Program. Her previous role as an Enrollment Consultant for the Family Care Pilot Programs, included the counties of La Crosse, Richland and Portage counties. She also has experience as a Community Employment Director for an agency assisting individuals with disabilities to obtain employment with training and support services.
- For the Stressed Out Caregiver: Stress Reduction
 - Presenters:** Lori Anderson, Office Manager for BrightStar & Kristine Meyer, Caregiver Support Specialist for the Aging and Disability Resource Center of La Crosse County
 - ⇒ Lori joined the BrightStar team in May of 2023. While she spend seven years living in Florida, she is a proud Wisconsin native who is thrilled to be back home and making an impact in her local community. She has seven years experience managing & directing a Community Care Retirement Community & thirty years of sales, marketing, & customer service. While typically the first face that our new customers see, she is responsible for the intake process along with sales and marketing. She specializes in helping individuals maintain their independence and ensuring they can live safely and fully in the least restrictive environment possible.
 - ⇒ Kristine is a 35-year veteran of the human services field, having dedicated her career to advocating for individuals with disabilities and older adults. She has served La Crosse County since 2004, and in 2021, she stepped into the role of Caregiver Support Specialist—a position she helped envision and considers the most rewarding of her distinguished career. In addition to her county role, Kristine is a certified Caregiver Coach, bringing deep expertise, practical tools, and a compassionate approach to supporting caregivers on their journeys.

11:45 AM to 12:45 PM —Lunch and the opportunity to socialize with other caregivers

1:00 PM to 3:00 PM— From Executive Producer Bradley Cooper, comes the story of paid and unpaid caregivers navigating the challenges and joys of this deeply meaningful work. Intertwining intimate personal stories with the untold history of caregiving, the documentary provides a vital look at the current state of our care industry and the critical stakes facing families across the nation.

3:00 PM to 3:30 — Debriefing and Wrap-Up

Sponsored by :
La Crosse County Caregiver Coalition and the
Aging and Disability Resource Center of La Crosse County





**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.

- Oct 2:** Janesville Botanical Garden & Wollersheim Winery
- Oct 13:** Gangster Tour – St. Paul
- Oct 20:** Hidden Hills Farm – Stoddard
- 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

La Crosse Symphony Orchestra

929 Jackson St. La Crosse
608-783-2121

- 10/17:** Mahler Symphony No. 1
- 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

- 10/16 & 10/17: **Last Call at Chex Mort**, dinner theater, 6pm dinner, 7pm show
- 10/18: **Last Call at Chez Mort**, 2pm & 7pm (show only)
- 10/24: **Eddie Allen**, 7pm
- 10/31: **Rocky Horror Picture Show**, 7pm

Arnold House at East Side Farm

19408 Silver Creek Rd. Galesville
608-865-1047

Apple Affair Pasta Dinner– Oct 2, 4:30-7pm
Holiday Soup & Sandwich– Nov 21, 10am-2pm

WEBER CENTER
FOR THE PERFORMING ARTS

LA CROSSE **LCT**
community
THEATRE

608-784-9292

www.webercenterarts.org

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

- 10/3:** Churchill
- 10/10:** Girls Night: The Musical
- 10/16 & 17:** Comic Potential
- 10/16:** Lee Rocker of the Stray Cats



Norskedalen
Nature & Heritage Center

608-452-3424

OCTOBER 10-11:
CIVIL WAR EXPERIENCE

OCT 17: PUMPKIN CARVING

OCT 22-24: GHOULEES IN THE
COULEES



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

- Oct 8:** Kiss Me, Kate
- Oct 9:** Mariachi Herencia de México
- Oct 13:** The Carpenter’s Songbook
- Oct 16:** Lee Rocker of the Stray Cats (at Weber Ctr)
- Oct 28:** Outlander in Concert
- 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



THEATRE & DANCE **UWE**

OCTOBER 16-25, 2026
TOLAND THEATRE
LOWE CENTER FOR THE ARTS

A death sentence. A pregnancy. A jury of women.

The Welkin

by Lucy Kirkwood

MARIE HEIDER CENTER FOR THE ARTS

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

- 10/23: **Tribute to Toby Keith**, 7:30pm
- 11/19: **The Everly Set Duo**, 7:30pm
- 12/14: **True Love, Kenny & Dolly Tribute**, 7:30pm

**LA CROSSE
CENTER**

- Oct. 10:** Sugarland
- Oct 16:** Godsmack
- Oct 24:** 90’s Dance Party
- Nov 6 & 7:** Bull Riding Championships
- Nov 21:** A Home for the Holidays Gala

THE MUSE THEATRE

1353 Avon Street La Crosse
608-397-3752



OCT 22-25, 7PM

**The Rocky Horror
Picture Show**



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

- Adventure Film Festival**– Oct 14
- Film Society**– Oct 17
- Tales of the Creepy & Scary**– Oct 25



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



Senior Life newsletter Questions?

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

The Incredible, Wonderful, Modest, Kind & Generous Dolly Parton performed in La Crosse at the Mary E



Blast from the past.... October 28, 1977
Dolly preformed at the Mary E Sawyer Auditorium with
Charley Pride. Tickets were \$6 for an afternoon or an
evening show. Rest in peace Dolly Parton.

43rd Annual Galesville Apple Affair

Saturday, October 3, 8:00 AM – 4:00 PM
Trempealeau County Fairgrounds (19780 Park Drive)

Highlights include, bingo, craft market, a petting zoo, a
children's activity zone, live musical performances,
orchard-style breakfast and a 10 foot apple pie.

Ecktoberfest

Saturday, October 3 and Sunday, October 4,
beginning 12 PM



HONEYCRISP HOOTENANNY

Saturday, October 10 from 12 PM – 10 PM.

Ecker's Apple Farm (W27062 State Road 54).

ONALASKA OMNI CENTER

Fall Gift & Craft Show

Saturday & Sunday
October 10 & 11, 2026

Over 100 Vendors! Giveaways! Beer and Wine!
Kids Crafts! FREE Admission!*



SAT: 9AM-3PM
SUN: 9AM-3PM

*NON-PERISHABLE AND MONETARY DONATIONS ACCEPTED FOR THE ONALASKA FOOD BASKET

CALEDONIA BALLOON RALLY



LAUNCH TIMES
4:30pm FRI & SAT
7:30am SAT & SUN

Behind the High School

Call Marian for any questions 507-450-6160

WHAT'S GOING ON IN THE NEIGHBORHOOD:

Mondays: 6pm Bingo @ Eagles Club 1254, La Crosse
Monday: First Monday, 6pm Bingo @ Valley View Mall food court
Mondays: 1pm Euchre @ Moose Lodge, \$5 register
Tuesdays: 6pm Bingo @ Onalaska American Legion
Tuesdays: 6pm Bingo @ Features West Salem
Wednesdays: Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
Wednesdays: 6pm Bingo @ Features in Holmen
Wednesdays: 6pm Bingo @ Omni Center
Thursdays: 6pm Bingo @ Holmen American Legion
10/3: Sparta Fall Fest, 9am-3pm, Mueller Square & Creekside
10/3: Taske of Norway, 1pm-4pm, Coon Prairie Church in Westby
10/3: American Legion West Salem Fall Craft Show, 9am-2pm
10/3: Farmfoolery Harvest Party, N7097 Cty XX Holmen. Family fun
10/3: Melrose Oktoberfest, 12pm-6pm, Washington St. music, food
10/4: Car show, live music, vendors and ice cream, 9am-2pm at The
Berry Market Hwy 54/35 Trempealeau
10/4: Packer Crockpot Showdown, 12pm, Onalaska Am. Legion
10/3: Taste of Norway, 1pm-4pm, Coon Prairie Church Westby
10/8: Wicked Wine & Potion Walk, American Legion WS, 5-730pm
10/8-10/11: Oktoberfest Race Weekend at the Speedway
10/10: Fall Artisan Market, 9am-2pm, Octagon Home, West Salem
10/14: 59th Annual Sauerkraut & Pork Supper, 4pm-7:30pm at St.
Peter's Church on Middle Ridge
10/16: Beatles Tribute, 7:30pm at Leo & Leona's Bangor
10/17: Fall Bazaar & Bake Sale, 8am at 1931 Loomis St. La Crosse
10/17: Day on Ice, 9:30am Green Island Ice Arena. Free sled hockey
10/17: La Crosse Screaming Eagles with local high school bands,
12:45pm at Roger Harring Stadium
10/23: Pumpkin Bash, 3pm-6pm, 525 McHugh Rd Holmen
10/24: Flannel Fest, 9am-5pm at 127 Sand Lake Rd Ona.
10/24: Logan HS Fall Craft Show, 9am-3pm
10/27: Holmen Community Dinner, 5-7pm, Community Center. Free
10/30: Pettibone Haunted Mile, 5pm-8pm, drive thru



Saturday, October 24th 9am-2pm

Holmen Area Community Center:

Craft & Art Market, Bake Sale, Concessions, Costume Pet Parade,
Entertainment, Halloween Story Time, Kids Games and More!

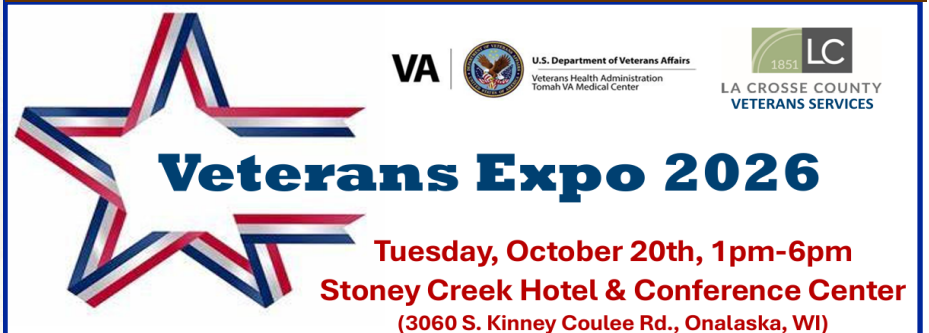
Halfway Creek Park:

Trick or Treat on the Decorated Pumpkin Trail



Holmen Area Community Center
600 N. Holmen Drive, Holmen, WI 54636 www.holmencc.org

Where Our
Communities
Gathers



Veterans Expo 2026

Tuesday, October 20th, 1pm-6pm
Stoney Creek Hotel & Conference Center
(3060 S. Kinney Coulee Rd., Onalaska, WI)

- ☒ Federal, State and Local Resource Expo
- ☒ Flu Shots offered by Tomah VA Medical Center
- ☒ Meet with a County Veteran Service Office
- ☒ Veteran Focused Educational Seminars



**THURS-SATURDAY
IN OCTOBER**
8PM, \$15/ PERSON
FRIENDSHIP GARDENS
IN RIVERSIDE PARK
(608) 789-7136