

SEPTEMBER 2024



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

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Permit No. 124

La Crosse Senior Life

It's Falls Prevention Awareness Month!

Chances are you or someone you know has experienced a fall. If you have, you are not alone. Falls can happen at any age, making falls prevention a concern for many, though especially for older adults. According to the Centers for Disease Control and Prevention (CDC), more than one in four people aged 65 and older will have a fall each year and one out of ten falls result in an injury, making falls among older adults a growing health crisis. The good news is that although falls are common, they do not have to be a normal part of aging—they can be prevented. The La Crosse County Falls Prevention Coalition is here to help! This year, **Falls Prevention Awareness Day** offers two convenient locations for you to learn more about how to stay safe. Check out some or all of one or both events!

THURSDAY, SEPTEMBER 19TH
9:00 am—1:00 pm

Holmen Area Community Center
600 N Holmen Dr, Holmen

No fee or registration required, with exception of lunch option as noted below, for activities. Light refreshments will be provided courtesy of the Holmen Area Community Center and Aging & Disability Resource Center (ADRC) of La Crosse County.

Indoor Walking Path (7:00 am—10:00 am)

Walking just 30 minutes a day can greatly reduce the risk of falls. Put on your walking shoes and take steps toward better health!

Resource Tables (9:00 am—11:00 am)

Explore resources and connect with local experts.

Health Screening (9:00 am—3:00 pm)

From blood pressure checks and fall risk assessments to hearing and vision checks, basic foot care, and more, we got you covered. Courtesy of the Winona State University (WSU) Nursing Program.

Presentation by Sara Franzose, Mayo Clinic Health System, Occupational Therapy (10:15 am)

Learn practical tips and discover tools that can help you stay independent, reduce your risk of falls, and make your home safer.

Indoor Walking Path (11:00 am—1:00 pm)

Another opportunity to walk. Grab a friend and get those steps in!

La Crosse County Senior Nutrition Program Lunch (11:30 am)

Proper nutrition plays a crucial role in falls prevention. Nourish your body, connect with others, and support your health in a meaningful way by participating in congregating dining. Must be at least 60 years of age and reservation required by calling ADRC at 608-785-5700 by 9/17/24. \$4.00 suggested donation. Menu: brat, German potato salad, coleslaw, oatmeal raisin cookie, bun.

Presentation by WSU Nursing Program Students (12:15 pm)

Proper foot care is essential for preventing complications that can affect your mobility and increase your risk of falls. Learn valuable tips to help maintain your independence and overall well-being.

FRIDAY, SEPTEMBER 20TH
9:00 am—1:00 pm

Concordia Ballroom
1129 La Crosse St, La Crosse

No fee or registration required, with exception of lunch option as noted below, for activities. Light refreshments will be provided courtesy of the Coulee Region Pharmacy Association.

Fall Risk Assessments (9:00 am—11:00 am)

Identify factors that may increase your likelihood of falling. Courtesy of the University of Wisconsin-La Crosse Physical Therapy Program.

Resource Tables (9:00 am—11:00 am)

Explore resources and connect with local experts.

“Fall-Proof” Fashion Show (9:15 am)

Get ready for a fun and informative show! Whether non-slip shoes, easy-to-wear clothing, or accessories that enhance balance, discover practical tips on dressing safely without compromising on style.

Presentation by Jonathan Lamb (10:00 am)

There is nothing better than putting your favorite song on and moving your body. Whether you are in a chair or on your feet, alone or moving with friends—throw your own dance party every day! Jonathan will lead us on an adventure that is sure to clear your mind, get your heart pumping, and lift your spirit. Wear comfortable clothing and shoes.

Presentation by Sara Franzose, Mayo Clinic Health System, Occupational Therapy (11:15 am)

Learn practical tips and discover tools that can help you stay independent, reduce your risk of falls, and make your home safer.

La Crosse County Senior Nutrition Program Lunch (11:30 am)

Proper nutrition plays a crucial role in falls prevention. Nourish your body, connect with others, and support your health in a meaningful way. Must be at least 60 years of age, reservation required by calling 608-785-5700 by 9/18/24. \$4.50 suggested donation. Menu: chicken wild rice casserole, beets, fruit salad, chocolate chip cookie, bread.

Fire Station #2 Walk & Talk (12:15 pm)

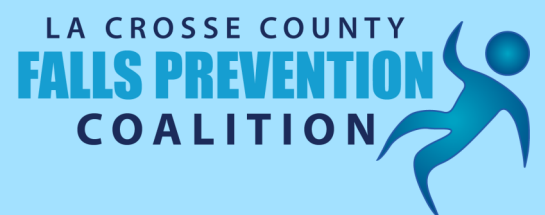
Take the short 0.2-mile walk to the newly built City of La Crosse Fire Station #2 for a brief demo and Q&A on preventing injuries related to falls and what to do if you or someone you care for experiences a fall.



Age with confidence,
prevent falls.

Visit FallsFreeWI.org, an interactive website that gives you the information and tools to prevent falls, today!

Falls are not a normal part of aging.



Get information, including local events and activities, to reduce your risk of falls at lacrossestopfalls.org.

GREEN BAY PACKERS SCHEDULE 2024

OPPONENT	DATE	TIME (CT)	NETWORK
at Eagles (Brazil)	Sept. 6	7:15 p.m.	Peacock
vs. Colts	Sept. 15	12 p.m.	FOX
at Titans	Sept. 22	12 p.m.	FOX
vs. Vikings	Sept. 29	12 p.m.	CBS
at Rams	Oct. 6	3:25 P.M.	CBS
vs. Cardinals	Oct. 13	12 p.m.	FOX
vs. Texans	Oct. 20	12 p.m.	CBS
at Jaguars	Oct. 27	12 p.m.	FOX
vs. Lions	Nov. 3	3:25 p.m.	FOX
BYE	-	-	-
at Bears	Nov. 17	12 p.m.	FOX
vs. 49ers	Nov. 24	3:25 p.m.	FOX
vs. Dolphins (🍷)	Nov. 28	7:20 p.m.	NBC
at Lions (TNF)	Dec. 5	7:15 p.m.	Prime Video
at Seahawks (SNF)	Dec. 15	7:20 p.m.	NBC
vs. Saints (MNF)	Dec. 23	7:15 p.m.	ESPN
at Vikings	Dec. 29	12 p.m.	FOX
vs. Bears	Jan. 4 or 5	TBD	TBD



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 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!



Today we celebrate the pride and spirit of the great men and women who have worked hard to improve the lives of not only their families but this country. Have a blessed and safe labor day.

www.7thought.com

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.

As of May 13th, 2024 the Main Office hours of La Crosse MTU at 2000 Marco Dr will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens.

Bus Passes and Tokens are available for sale at:

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm

MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

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



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only **\$4.00 (cash) one way** no matter how far you ride.

Operates **Monday-Friday**, no weekends or holidays.

Service Routes Cover: La Crosse, Coon Valley, Westby, Viroqua, Stoddard, DeSoto, Prairie Du Chien, West Salem, Sparta and Tomah.

Please call: **877-444-6543** or visit ww.ridesmrt.com



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

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

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

Autumn Memory Camp
Tuesdays; 9/17- 10/22

10:30am-1:30pm –The Nature Place, Myrick Park

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 September 27 by calling the ADRC at 608-785-5700.

Learn & Connect

Cognitive & Memory Loss Education

Designed for those with young onset memory loss or newly diagnosed in the early stages, classes to help connect you to resources and help navigate daily living.

Wednesday's September 4th-25th from 2pm-4pm

Gundersen East Building, 3rd Floor Neuro.

Call to register: ADRC at 608-785-5700



A Experience for Professional and Family Caregivers

Dementia Live® offers a unique inside-out understanding of dementia by immersing participants into what it may be like to live with dementia. By "walking in their shoes," participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

Thursday, Sept 26th - 9am or 12:30pm (1 hour sessions)
Holmen Area Community Center
Call the ADRC to register at 608-785-5700

Connect Smart Group

2nd & 4th Wednesday, 12:30pm-2pm
September 11-Onalaska Library &

September 25- Black River Beach Neighborhood Center
Offering fun and engaging creative activities for persons living with dementia. Care partner support and education is offered in a separate room during each session.

Call the ADRC to register: 608-785-5700

Healthy Living with Mild Cognitive Impairment (MCI) Education Series

Sept 13th, 9:30am-11:30am

Black River Beach Neighborhood Center, La Crosse

Topic: Heart Health is Brain Health: Reducing Vascular Risk Factors for a Healthier Mind.

Register to attend in-person and stay for the lunch funded by the Jack & Kathy Lucey Fund for Alzheimer's. Also available via Zoom. Call the ADRC to register at 608-785-5700.



Saturday, Sept 21

9:40am Opening Ceremonies
Riverside Park

To join a group/register
CJ Werley, 414.296.5102
cjwerley@alz.org

LOCAL DEMENTIA SUPPORT GROUPS

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

GROUP, TIME & LOCATION	DESCRIPTION & CONTACT
All-Stages Caregiver Group 2nd Tuesday monthly: 1:15pm-2:30pm Good Shepard 4141 Mormon Coulee	For caregivers only. Contact Kathy 608-386-8908.
Parkinson's Disease Group 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.
Frontotemporal Dementia Group	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
Conversations with Kathy 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 at 608-386-8908.
Monday Coffee Connect - Virtual Weekly; Every Monday 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link: rkamrowski@lacrossecounty.org
Evening Conversations - Virtual Every Thursday 7:30pm-8:30pm	Led by dementia care specialists from WI. For link: Teresa.gander@vernoncounty.org
Caring for a relative/parent with dementia - Virtual 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
Aging & Down Syndrome - Virtual 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
Lewy Body Dementia- Virtual 2nd & 4th Wednesday/ 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 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

September 9 at

La Crosse Community Theatre
*Must pre-register

SPARK! At Clearwater Farm

Third Wednesday Monthly
10:30am-12pm at Clearwater Farm
(760 Green Coulee Rd. Onalaska)
Hosted by Clearwater Farm Volunteers
*Must pre-register

UNDERSTANDING THE NEED FOR A REPRESENTATIVE PAYEE

By Elida Elizondo, Social Security Public Affairs Specialist, ssa.gov

You may know someone who gets a monthly Social Security benefit or Supplemental Security Income (SSI) payment and who also needs help managing their money. We can appoint a person or an organization to act as a “representative payee” responsible for receiving and managing a person’s Social Security benefits or SSI payments.

When we assign a representative payee, we select someone who knows the beneficiary’s needs and can make decisions about how to best use their benefits for their care and well-being. An application is required, and an in-person interview may be needed. You can call us at 1-800-772-1213 to schedule an appointment.

Most representative payees are responsible for completing an annual form to account for the benefit payments they receive and manage. They must complete this form and return it to Social Security by mail or, if they have a personal *my Social Security* account, they can file it online using the Representative Payee portal.

Account holders can also get a benefit verification letter and manage direct deposit and wage reporting for their beneficiaries.

You also have the option to identify up to 3 people to serve as your future representative payee and help manage your benefits, if the need arises. We call this Advance Designation. We offer Advance Designation to capable adults and emancipated minors who are applying for or already receiving Social Security benefits, SSI, or Special Veterans Benefits.

With Advance Designation, you and your family can enjoy peace of mind knowing someone you trust may be appointed to manage your benefits. Find more information about:

- Advance Designation at www.ssa.gov/payee/advance_designation.
- Representative Payees at www.ssa.gov/payee.
- Publications about representative payees at www.ssa.gov/payee/newpubs.

If you know someone who needs help managing their monthly benefits, please consider becoming a representative payee.

SUPPLEMENTAL SECURITY INCOME FOR CHILDREN WITH DISABILITIES

By Elida Elizondo, Social Security Public Affairs Specialist, ssa.gov

Did you know that Social Security’s Supplemental Security Income (SSI) program provides cash payments to children with disabilities whose families have limited income and resources?

A child must meet all of the following disability requirements to be considered medically eligible for SSI:

- The child, if not blind, generally must not be working or earning more than \$1,550 a month in 2024.
- If the child is blind, they must not be working or earning more than \$2,590 in 2024.

The earning amounts usually change every year to keep up with inflation. The child must have a medical condition(s), that result in “marked and severe functional limitations.” This means that the condition(s) must very seriously limit the child’s activities.

The child’s condition(s) must be expected to last for at least a year or result in death.

Some teens may have part-time jobs or be involved in work programs, which may affect their eligibility for SSI. In addition, if an unmarried child under age 18 is living at home with one or both parents, we will consider some of the parents’ income as the child’s income. We make allowances for the parents and their other children living in the home when we consider the parents’ income. You can learn more about children’s benefits in our publication, *Benefits for Children with Disabilities* at www.ssa.gov/pubs/EN-05-10026.pdf.

We also help children – and adults – through our Compassionate Allowances program. Compassionate Allowances are a way to quickly identify conditions that, by definition, meet our standard for disability benefits. You can read the list of conditions at www.ssa.gov/compassionateallowances/conditions.htm.

Compassionate Allowances can help reduce the time it takes for us to make a disability determination for applicants with the most serious disabilities. Thousands of children receive benefits because they have a condition on this list, but children with conditions not on this list can still qualify for SSI.

If you are or know a parent, guardian, caregiver, or representative of a child who may be eligible for SSI, visit our Disability Benefits webpage - Apply for a Child (Under Age 18) at www.ssa.gov/ssi to learn more.

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.”

September 16, 3:30pm-5pm at Holmen Area Community Center or VIRTUAL

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

September is National Preparedness Month

A time for communities to educate and raise awareness about the importance of being prepared for an emergency or disaster. Agencies, schools, and families often take part in annual exercises to simulate a disaster or emergency. They often follow certain procedures laid out ahead of time, to practice what they would do during a real situation. Disasters and emergencies can vary in type and severity. These might include Extreme Heat or Cold, Tornadoes, High Winds, Fire, Explosions, Flooding, Nuclear-Radiological events, Water Contamination, Active Shooter events, and Abduction or Human Trafficking events. Emergencies are usually incidents that require specific actions from local resources to address the event. Disasters are larger scale events that may require resources outside of local jurisdiction to mitigate, prepare for, respond, and aid in recovery. Great Rivers 2-1-1 holds memorandums with county Emergency Management offices which allow for 2-1-1 to be activated in times of disaster. Activation of the 2-1-1 disaster line allows counties to assess the needs of the community and relay that information back to the county Emergency Management office. Appropriate resources are then mobilized and shared with community members. Families and communities can do their part to prepare for disasters by planning and creating emergency or disaster kits ahead of time. Make sure you practice your plan, to work out any kinks. Contact your local Emergency Management office or Red Cross for information on what should be in your emergency or disaster kit. Consider any special needs of family members or pets when making a kit.

For those that have faced a disaster and are looking for support, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a Disaster Distress Helpline 1-800-9885-5990 staffed by counselors 24/7 available by call or text. These professionals offer support, follow up, and connection to ongoing services if needed. They address all types of disasters; natural or man-made.

Available 24 hours a day, 7 days a week.
Free and Confidential.

Serving Western Wisconsin, Southeastern Minnesota, and Northeastern Iowa.

Simply dial the three-digit telephone number 2-1-1 or (800) 362-8255 to learn more.
Language Interpretation is available.
Chat with us at our website www.greatrivers211.org

Common Medicare Fall Open Enrollment Notices

As we approach the Medicare fall open enrollment period, it is essential to be aware of the various notices you may receive. These notices can include information about changes to your coverage, new plan options, and important deadlines. It is crucial to review these notices carefully to ensure that you understand any changes that may impact your coverage. By staying informed and proactive, you can make the most of the open enrollment period and make any necessary changes to your Medicare plan for the upcoming year.

SHIP counselors can help by reviewing Medicare notices, explaining coverage changes, highlighting new plan options, and offering guidance during the open enrollment period. Visit www.shiphelp.org to learn more or by calling your local ADRC. For La Crosse County residents please call the ADRC at 608-785-5700 to be connected to a SHIP counselor.

**Senior Medicare Patrols
Toll-free Helpline:
888-818-2611**



Email: smp-wi@gwaar.org
Web: <https://gwaar.org/senior-medicare-patrol>

Empower & assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640
www.cityoflacrosse.org/parks

Staying Active Together: On site or at home Mondays & Thursdays, 9:30am-10:30am, no class Sept. 2; 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: Sept. 4 & Sept. 14, 7pm-9:30pm; \$2
Parkinson's Disease Support Group: Sept. 9, 5pm-6:30pm.
Medicare 101: Wednesday, Sept. 11, 10am-11am OR 6pm-7pm; register by Friday prior. Free
Coping with Grief & Loss: Sept. 11, 10am-11:30am; register.
Zumba with Lynne: Mondays, Sept. 16, 23, 30 & Wed., Sept. 25, no class Sept. 18, 5:30pm-6:30pm; register.
Special Needs Planning-ABLE Accts & Special Needs Trusts: Mon., Sept. 16, 6:30pm-8pm; register 1 day prior. Free
Awareness and Misperceptions of Hospice Care: Wed., Sept. 18, 10am-11am; register 1 day prior. Free
Rebuilding American Civics Session 1-Historic Time 2000-2024: Wed., Sept. 25, 12pm-1:30pm. Register by Sept. 18. Free
Monthly Card Creations: Wed., Sept. 25, 12pm-7pm; register/\$12
The Celebration of the United Nation's International Day of Democracy: Sunday, September 15, 2pm

South Side Neighborhood Center

1300 6th Street, La Crosse

Most programs require registration: 608-789-8298
www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am, no class Sept. 2; register.
Expressive Drawing: Tuesdays, 1pm-3pm; register by Sept. 10.
Open Cards, Board, and Word Games: Tues., Sept. 3, 12:30pm-2pm; \$1/session.
Assistive Technology (AT) Mini-Sessions with ILR: Tuesdays, Sept. 3 & 24, 6pm-7:30pm; register. Free
Wise Wednesdays: Wednesday, Sept. 4 & 18, 10:30am-12pm; register. Free
Bingo: Wednesday, Sept. 4 & 18, 12:30pm-1:30pm; register 1 day prior. Free
Coping Skills: Friday, Sept. 6 & 20, 10am-11:30am; register by 1 day prior. Free
Ukulele Lessons: Tuesdays, Sept. 10, 17, & 24 (Beginner 1: 9:30am; Beginner 2: 10:45am; Beginner 1: 6:30pm); register by Aug. 24.
Teaching Your Body How to Get Out of Pain: Wednesdays, Sept. 11, 18, & 25, 10:30am-11:30am; register.
Before the After: Friday., Sept. 13, 10am-12pm; register by Sept. 12. Free
Connect2Nature: Tuesday, Sept. 17, 12:30pm-2pm; register. Free
Music Café: Thursdays, Sept. 19 & 26, 1pm-2pm; register by Monday prior. Free
Travel Tales: Tuesday, Sept. 24, 12:30pm-2pm; register. Free

Senior Meal Site Open: Lunch served at South Side Neighborhood Center at 11:30am, Monday-Friday. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals are also offered from this site; when you call the ADRC, ask for Dawn.



600 N Holmen Dr.
 608-399-1870 www.holmenc.org

Indoor Walking: Monday - Friday: 7am-10am and 11am-1 pm
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: Fridays, Sept 13 & 27 at 7:30am
Moving with Moments Workout Program: Thursdays, Sept 5, 12, 19 & 26 at 11am
Beginner Line Dancing Classes: Mondays at 1pm
Bingo: Wednesdays & Fridays at 12:30pm
Euchre & Cribbage Tournament: 1st & 3rd Tuesdays at 6pm
Mah Jongg Club: Mondays at 1pm
Good Morning Holmen! Friday, September 20th from 9am to 10am
Community Crafts with Pam & Jackie: Tuesday, Sept 17th at 1pm (Wine Cork Pumpkins) *registration required
Diamond Art: Wednesdays at 9am
Crafternoon Social – Knit & Crochet: Sept 5th & 19th at 1pm
I Heart Art Club: Mondays at 8:30am
Wafer Mobile Pantry: 4th Tuesday each month, 12:30pm-1:30pm
Hearing Evaluations: 1st Tuesday each month, 9:30am-11:30am
Hearing Instrument Checks: 3rd Tuesday each month, 9:30am-11:30am
Medicare 101: Wednesday, September 11th at 3pm
Social Security Basics: Monday, September 16th, 3:30pm-5pm
SimpleSteps Tech Help with Kathy Helgerson: September 9th & 23rd, 10am-11:30am
Music with Allison Sky: Tuesday, Sept 3rd at 11am-12pm
Music with Greg Grokowsky: Tuesday, Sept 10th at 11am-12pm
Veterans Services Hours: Thursday, Sept 5th at 12:30pm-4pm
AA Meetings: Thursdays, 6pm-7pm
Cooking For One Is Fun! Wednesday, Sept 18th, 3pm-4:30pm (Cost for class, registration required)
Family Fun Night: Tuesday, Sept 10th, 5pm-7pm (Cost for class, registration encouraged)
Positive Parenting Series: Wednesday, Sept 18th, 5:30pm-6:30pm
Muscles in Motion: Tuesdays 9am-10am (Toddler Craft 2nd Tuesdays & Toddler Story Time 4th Tuesdays at 10am)
American Red Cross Blood Drive: Friday, Sept 20th 11am-4pm
Fall Prevention Awareness Day: Thursday, Sept 19th, 9am-1pm
Noggin Knowledge: Tuesday, Sept 12th, 12:30pm-1:30pm
Dementia Live: Thursday, Sept 26th, 9am-2pm
Holmen Get Together – Autumn Fest: Friday, Sept 13th, 4pm-7pm
Community Wellness Checks: Thursdays, 9am-3pm (Sept 12, 19, 26)

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

FREE

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

HARRY J OLSON CENTER
 1607 North St. La Crosse
 608-781-2122

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

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

Wednesday for Lunch: Sept 18, 11am-12:30pm, Free
Crafty Corner: Monday, Sept 9, 1pm. RSVP at 608-781-2122

ONALASKA OMNI CENTER EVENTS
 255 Riders Club Rd.
 608-781-9566

Mah Jongg: Wednesday's, 1pm - 4pm
Bridge: Monday's 1pm-4pm, Call Rita 608-780-7810
Brews & Tunes: Sept 13, 5pm-8pm. Music, food
BBB Bingo: Wednesday's 6pm, vendors, food
3 River Throwdown: Sept 14, 6pm
Coulee Rock Swap: Sept 14, 9am
Fall Gift & Craft Show: Oct 12 & 13

Kiwanis **apTV**

LA CROSSE
KIWANIS
 DAY OF FUN FOR EVERYONE!

FREE EVENT FOR KIDS AND ADULTS WITH DIFFERING ABILITIES

Trane All Ability Park Sept 7, 12pm-2pm

Focus on Fiber

More than 90 percent of women and 97 percent of men do not meet recommended intakes for dietary fiber. This aligns with intake patterns where fruits, vegetables, and whole grains are under consumed by more than 85 percent of adults. Fiber is often overlooked as being important in a healthy diet. Fiber is a type of nutrient that is not used for energy or stored as fat. However, fiber aids in digestion by providing bulk to stools, can help lower cholesterol, and slows down the absorption of sugar. High fiber diets are thought to prevent cardiovascular diseases, many types of cancers, and can be helpful in managing long-term health problems such as diabetes or hypertension. High fiber meals have fewer calories, are affordable, and can help your family feel full after a meal.

Fiber comes in two forms: soluble and insoluble. Most plant sources of food have a mix of both. For example, the skin of an apple is made up of insoluble fiber, while the fleshy part inside is made up of soluble. Soluble fiber dissolves in water and forms a gel-like substance that binds to fats which helps lower blood cholesterol levels. Soluble fiber also slows the absorption of glucose which can help people with diabetes. Foods high in soluble fiber include oat bran, legumes, barley, and many fruits and vegetables. Insoluble fiber on the other hand does not dissolve in water and provides bulk to stools and aids in digestion. Wheat and corn bran, and many whole grains are high in insoluble fiber. In general, whole fruits, legumes and vegetables are good sources of both types of fiber.

Nutritionists recommend that half of the grains eaten should be whole. Examples of whole grains include popcorn, brown rice, corn, buckwheat, farro, bulgur, barley, oats, quinoa, millet and rye. Breads, cereal and pastas made from whole grains have two or more grams of fiber per serving.

The 2020-2025 Dietary Guidelines recommend that women over 51 consume at least 22 grams of fiber per day and men over 51 consume at least 28 grams of fiber per day. Eating around 5½ cups fruits and vegetables and a couple servings of whole grains per day would meet the recommendation.

Banana Oat Cookies

- 1 cup banana, mashed, use overripe banana
- 1/2 cup yogurt, low-fat plain 1/4 cup water
- 1 cup quick oats (not "instant")
- Raisins, sunflower seeds (1/2 cup, optional)
- cinnamon (optional)

Preheat oven to 375 °F. Mix mashed bananas with yogurt and water. Add quick oats. Mix well. Add optional raisins or sunflower seeds if you wish and mix well. Add optional cinnamon to taste.

The batter should be thick and easily to scoop with a spoon.

Grease a baking sheet. Place a tablespoon of dough on the sheet, press lightly a make a flat disk.

Bake at 375 °F for 20 minutes. Flip cookies over and return to oven to bake 15 minutes longer or until cookie are crisp.

Karie Johnson, FoodWise Nutrition Education Coordinator



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

Clients may either receive a food package at the WAFER in-house pantry **or** at the Mobile Food Pantry, not both. Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at wafermobile@waferlacrosse.org or 782-6003. 1603 George St. La Crosse
Drive thru pick up available Wednesday & Thursdays 10am-12pm

5 Healthy Foods That Promote a Healthy Weight

Nut butters are one of the easiest ingredients to incorporate into a senior's diet. Smooth and creamy, they're much easier to eat and digest than raw nuts. Nut butters are rich in monounsaturated fat, making them excellent for heart health and lowering blood pressure.

Avocados are another high-calorie food many seniors love. Their high fat content acts as an emulsifier, creating a thick texture when blended into a variety of dishes.

Coconut products are high in saturated fat, we're learning that this fat operates differently from the kind found in animal products. So, when you're making creamy soups and stews, try adding full-fat coconut milk to the pot. Coconut oil can be a nice substitute for olive and vegetable oils in many dishes, too.

Full-fat dairy products are another tasty, calorie-dense option. It takes an excess of 3,500 calories for a senior to gain a single pound. Substituting skim milk and low-fat dairy products with their full-fat counterparts can easily add another 100 to 250 calories to your loved one's daily caloric intake.

Potatoes and whole-grain starches consumed as part of a diet high in carbohydrates are great for promoting weight gain.

Source: Agingcare.com



Cameron Park, La Crosse
 Fridays 4pm-dusk

Holmen American Legion Lot
 Wednesdays 3pm-6:30pm

Onalaska Festival Foods
 Sundays 8am-1pm

West Salem, Jefferson & Mill St.
 Wednesdays 3pm-6:30pm

Hmoob Cultural & Community Center 1815 Ward Ave
 Thursdays 8am-3pm

La Crescent Vets Park Parking Lot
 Tuesdays 4pm-7pm

Galesville, On the Square
 Saturdays 8am-12pm

Sparta's Farmers Market
 Saturdays, 8am-1pm
 120 N Water St.



3rd Wednesday of the month
September 18
 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. www.rubyspantry.org

HARVESTING AT THE KANE STREET GARDEN

Every Monday, Thursday, and Saturday during the harvest season volunteers assist with harvesting vegetables for distribution. Come to the garden on harvest days during the hours listed below, register as a volunteer, and wait for instruction from staff member.



Harvest Hours:

- Monday 3:00pm- 4:30pm-Distribution 4:30pm-6:00pm.
- Thursday 3:00pm- 4:30pm-Distribution 4:30pm-6:00pm.
- Saturday 10:00am- 11:30am-Distribution 11:30am-1:00pm.

After harvesting, distribution to individuals is determined by order of sign-up, but anyone coming to the garden will receive produce.

(608) 386-3319

<https://lacrossehtf.org>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Holiday Sites Closed	Swedish meatballs  Mashed potatoes California blend vegetables Black Forest cake	Spaghetti Romaine lettuce salad Pineapple Garlic toast	Chicken/broccoli Divan Baked sweet potato Buttered peas Butterscotch pudding	Baked cod w/ tartar sauce Baked potato w/ sour cream Coleslaw Fruited jello
Beef stroganoff Buttered noodles Baby carrots, Orange juice, Tropical fruit salad	Ham Au gratin potatoes Green beans Pumpkin bar	Chicken salad sand. 3 bean salad Watermelon, grape juice Sugar cookie	Meatballs & gravy Mashed potatoes Squash Fruited jello	Beef taco salad Corn tortilla chips Sugar cookie Taco sauce, sour cream
Meatloaf Mashed potatoes & gravy California blend veggies Fresh fruit, Ice cream	Pulled pork on a bun Sweet potato wedges Calico beans Banana pudding	Potato soup/ crackers Turkey sandwich Broccoli raisin salad Cream pie	Brat on a bun German potato salad Coleslaw Oatmeal raisin cookie	Chicken/rice casserole Beets Fresh fruit salad Chocolate chip cookie
Chicken supreme Baby red potatoes Stewed tomatoes Fresh fruit	Egg salad sandwich Vegetable soup/ crackers Cucumber salad Black bean brownie	BBQ Ribbette Scalloped potatoes Corn, Rye bread Orange wedges	1/4 baked chicken Mashed potatoes & gravy Squash Apple crisp w/ raisins	Salisbury steak & gravy Mashed potatoes Green beans Peaches
Mushroom/Swiss burger Seasoned potatoes Baked beans Snickerdoodle cookie				*All meals include milk or juice & bread. *Menu subject to change without notice.

Eggplant Pizza

1 large eggplant, sliced 1 inch thick
 12 oz jar tomato sauce
 10 slices provolone or mozzarella cheese
 3 oz fresh cherry tomatoes, sliced
 1/2 cup fresh spinach
 1/4 tsp salt
 Pepper flakes, optional
 Preheat your oven to 425 F. In a baking tray arrange the sliced eggplants. Sprinkle salt and bake for 15-20 minutes.
 Remove the eggplant from the oven and turn your broiler on. Spread 1 tablespoon of tomato sauce over each eggplant followed by one slice of provolone. Arrange some fresh spinach and cherry tomatoes over the cheese and broil for 3-5 minutes. Make sure you keep a close watch while under the broiler as they can burn fast. Serve while still hot.



Ground Turkey Stuffed Peppers

6 large bell peppers
 2 cups wild rice cooked
 1 lb. 93% Lean ground turkey
 2 cloves garlic minced
 1 small onion diced
 1 16 oz. jar crushed tomatoes
 1 teaspoon Italian seasoning
 1 teaspoon salt
 1/2 teaspoon pepper
 1 1/2 cups sharp cheddar shredded
 1 tablespoon olive oil



Preheat oven to 350 F. Prepare your rice and set aside.
 Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
 In a large skillet add the olive oil, garlic and onion, saute until tender. Add the turkey and brown until thoroughly cooked.
 Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir.
 Fill the peppers evenly with the mixture. Place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice. Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes.

Onalaska Senior Nutrition Site is Moving Temporarily to the Omni Center!

Starting on **September 3, 2024**, the Onalaska Senior Nutrition Site will be located at the Omni Center, 255 Riders Club Road, Onalaska. The phone number will remain the same. Meals will be served in the banquet room at 11:30 AM.

Please note that parking is limited in the back of the Omni Center, so if you are able, we ask that you park in the front. Signs will be posted to direct you to the meal service area. Maps and additional information will be available at the current nutrition site for you to take as a reference.

A big thank you to the City of Onalaska for accommodating us during the construction of the new Onalaska Community Center!

What do you call cheese that isn't yours? Nacho cheese!
Why shouldn't you tell a secret while at a farm? Because the potatoes have eyes and the corn has ears.
Why are eggs such good comedians? They're always yolking around.

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 ADRRC 608-785-5700, to arrange a ride.



Do you qualify for the Home Delivered Meal Program through the ADRRC 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 ADRRC 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	255 RIDERS CLUB RD ONALASKA	317-9870
WEST SALEM		HOME DELIVERED	785-5775

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



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

Holiday Closure: Sept 1 & 2 for Labor Day
Library Closed for Catalog Upgrade: Sept 18
Monday Mornings at Main: Sept 9- Music by Prairie Smoke,
Sept 16- Senior ID protection, **Sept 23-** Stories of homelessness,
Sept 30- Cranberries
Chair Fitness: Mondays, 9am
Chair Yoga: Thursdays, 10am
Veteran Services: Sept 3, 1pm-4:30pm
Genealogy Basics: Sept 11, 11am-12pm
Courtyard Chapters: Sept 11, 1pm and Sept 14, 10am
Friends Book Sale: Mondays, 9am-12pm
Footsteps of La Crosse History Tours: Sept 4, 11 & 25, 5:30pm.
 Register for meeting locations. 608-789-7136
Community Blood Drive: Sept 13, 10am-2pm
Deciding What's True in a Polarized Society: Sept 15, 1:30pm
Creativity and Connection: Sept 21, 10:30am
When Driving is Not an Option: Sept 30, 6:30pm. Online via Zoom

All library locations will be closed on September 2 for Labor Day and on September 18 for a catalog upgrade.

"Jigsaw Puzzle Battle for Care Facilities" -Care facilities have until the end of the day on September 14th to complete a 300-piece jigsaw puzzle. Contact libraryprograms@lacrossecounty.org if interested.

During the week of September 23-28, **sign up for a library card** for a chance to win 4 free passes to a movie at the Rivoli!

Bangor "Game Day" on September 12 at 1:30pm.

Bangor movie on September 19 at 2:30pm and 6pm.

Bangor "Cupcakes & Canvas" program on September 26 at 6:30pm. Cost is \$15; registration required.

Campbell Book Club meets the second Tuesday of the month at 6pm.

Holmen "Common Scams for Seniors" on September 12 at 1pm.

Holmen "Artists' and Puzzlers' Swap" on September 19 from 3pm-6pm.

Drop off donations of craft supplies and puzzles September 3-17 to the Library Checkout Desk.

Holmen movie on September 23 at 2:15pm.

Onalaska Senior Moments on select Wednesdays at 10am:

September 4: International Owl Center

September 11: A Year at a Beaver Pond with Al Cornell

September 25: Iron Brigade, Second Wisconsin

Onalaska movies on September 5 and 19 at 6pm.

Onalaska "Community Storytelling Festival" on September 7. Workshop at 10am and panel at 11am.

Onalaska Book Club meets the third Thursday of the month at 1:15pm.

West Salem "Home Brewing with LAGER Brew Club" on September 16 at 6pm. Registration recommended.

West Salem movies on September 12 and 26 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.



Friendly Voice Program

By the GWAAR Legal Services Team

Do you ever find yourself feeling lonely or socially isolated? You are not alone. Older adults are at increased risk for loneliness and social isolation because they are more likely to live alone, endure the loss of family and friends, have a chronic illness, and/or suffer from hearing loss. Loneliness and social isolation, in turn, have been shown to have significant adverse effects on health, including an increased risk of depression, anxiety, dementia, heart disease, suicide, and stroke.

To help combat the epidemic of loneliness among American seniors, AARP has devised a program called Friendly Voice. This program is operated by trained AARP Friendly Voice volunteers who will happily call anyone to chat, listen, or simply say, "Hello." If you would like to request a call, please dial **1-888-281-0145** and leave your best call-back number. A volunteer from the Friendly Voice program will return your call between the hours of 9 a.m. and 5 p.m. local time.

VISIT WEST SALEM

Garland Days

Sept 12-14: Village wide rummage sales

Sept 14-15: Garland Days at Hamlin Garland Homestead

Sept 15: River City Corvette Car Show, 11am-2pm, Palmer Lewis Octagon home

Labor Day Street Dance

Sunday, Sept 1 at 4pm, South Leonard St.

Live music, kids activities, raffles and so much more!

Hosted by West Salem Cares

Flags of Honor

September 6th-8th

Village Park

Reservation cards of *Honor your Hero's* are available at the American Legion.

Blood Drives for September

9/3- First Lutheran Church Onalaska, 12:30pm-5:30pm

9/5- Pearl St Brewery, 11am-4pm

9/5- Journey Lutheran Church, Onalaska, 10am-3pm

9/10- Dahl Auto Museum, 11am-4pm

9/13- La Crosse Public Library, 10am-2pm

9/13- Valley View Mall, 11am-4pm

9/16- Coon Valley Lutheran Church, 1pm-6pm

9/16- Our Redeemer Lutheran Church, 12pm-5pm

9/17- Onalaska Public Library, 11am-4pm

9/18- Onalaska American Legion, 9am-1pm

9/20- Black River Beach Neighborhood Center, 10am-3pm

9/23- Olivet Lutheran Church, 12pm-5pm

9/24- West Salem Presbyterian Church, 12:30pm-5:30pm

9/24- YMCA Onalaska, 10am-3pm

9/25- Hogan Administration Center, 9am-2pm

9/27- Moose Lodge, 12pm-5pm



La Crosse Blood Donation Center- call for appt.

1-800-RED-CROSS

Versiti Blood Center- call for appt.

(877) 232-4376.

NARVRE

National Associates of Retired and Veteran Railroad Employees, Unit 047, at the Onalaska American Legion on Sept 10th at 10am. Patty Burr at 608-781-6032.

Telephone Reassurance Program

The Telephone Reassurance Program is offered to any older adult, persons with disabilities, or veterans who are homebound that need socialization.

COULEE REGION
RSVP

- ▶ It is a safety check and serves as a catalyst for home-bound citizens to socialize daily.
- ▶ RSVP volunteers offer reassurance to the participants, their family and their friends that someone will be calling them.
- ▶ There is no charge to participate in the program.
- ▶ Calls are weekdays between 8am and 5pm. No weekends or holidays.
- ▶ You will be matched with a volunteer based on your interests.

Coulee Region RSVP

608-785-0500 www.rsvplax.org

The La Crosse Area Retired Educator Association

May luncheon meeting at Cedar Creek Country Club beginning at 11:30 on Sept 5th.

Presentation: *Is Laughter the Best Medicine?*

All who have retired in public education in WI are invited to come. Contact Sherry at 608-788-3875 or email at lacrosserea@gmail.com.


**STEPPIN' OUT
 IN PINK**

Gundersen Medical Foundation, our mission is simple. We walk today so that future generations won't have to.

September 14

Riverside Park

7am-12:30pm- Vendors

9am- Official walk

steppinoutinpink.donordrive.com



La Crosse Area Suicide Prevention Initiative

SUICIDE PREVENTION AWARENESS EVENT

Wednesday, September 18, 6pm - 7:30pm at Riverside Park
 We welcome family and friends impacted by suicide loss, as well as any community members, to join us for a night of raising awareness of suicide and its prevalence in our community and remembering those we've lost.

SUICIDE PREVENTION SUMMIT

Thursday, September 19, 8:45am - 4:15pm at UW-L Student Union
 Increase your understanding of suicide, its prevalence, and the risk factors for specific populations, and acquire tools for prevention, assessment, and intervention. The event will include keynote speakers, breakout sessions, and lunch.

Register at <https://www.lacrossesuicideprevention.org/events>

How to Get Rid of Bloating

You're feeling uncomfortable and bloated. What do you do now? Here are some tips to help you get some relief.

Eating tips for reducing bloating:

1. Identify and avoid trigger foods. Keep a food diary to track what you eat and how it affects your bloating. Do your best to avoid foods that seem to cause bloating.
2. Eat smaller, more frequent meals. Instead of three large meals, opt for smaller, more frequent meals throughout the day. This can help prevent overeating and reduce the amount of gas produced.
3. Increase fiber gradually. It's always beneficial to incorporate fiber into your diet. If you need to increase your fiber intake, do so gradually over several weeks. Drink plenty of water to help fiber move through your digestive system and reduce the risk of constipation.
4. Chew food thoroughly. Chewing your food well can help reduce the amount of air you swallow and improve digestion, reducing the risk of bloating.
5. Consider probiotics. Probiotics can help balance the bacteria in your gut, which can reduce gas production and improve digestion. Foods rich in probiotics include yogurt, kefir, sauerkraut and other fermented foods.
6. Stay hydrated. Drinking water helps maintain regular bowel movements and can prevent constipation. Aim for at least 8 glasses of water per day.
7. Limit carbonated drinks. Carbonated beverages contain gas that can get trapped in your digestive system, leading to bloating. Opt for water, herbal teas or other non-carbonated drinks instead.

Source: Gundersenhealth.org

Senior Stock Boxes

is a monthly meal program by The Hunger Task Force of La Crosse. It's set up for seniors 60+ who meet a certain income level. The income limits are \$1,580 for a 1-person household, \$2,137 for a 2-person household, add \$557 for each additional person. These boxes will be delivered to the doors or certain pick-up sites of those participating in this program.

The boxes may include items: cheese, canned fruits, canned vegetables, juice, cereal, canned and dry milk, peanut butter, canned meat, soup, rice, instant potatoes, or pasta.

To apply call The Hunger Task Force at 608-793-1002.

Stepping On Falls Prevention Program



Mondays, October 7 - November 18, 10am - 12pm
Holmen Area Community Center

600 N. Holmen Drive, Suite 200 Holmen
 Note: Participants do NOT need to be a member of the Holmen Community Center to take the class.

OR

Mondays, October 14 - November 25, 2pm-4pm
Gundersen Onalaska Clinic - Lower Level - Education Center
 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.

Coffee Connect for Visually Impaired Persons (VIP)

Open to people with visual impairments and their caregivers. **Meets 1st Friday of the month, 10:30am—12pm**, Onalaska American Legion 731 Sand Lake Rd. Zoom option available.
 Contact Jeannie Nylander Phone: 608-781-3361
 Email: mjnylander61@charter.net

Free Brain Checks

September 9th - Holmen Library Study
October 14th - 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

BUILD SELF-CONFIDENCE IN YOUR ABILITY TO MANAGE YOUR PAIN

Healthy Living with Chronic Pain teaches you strategies for understanding and managing pain.

Eagle Crest South Eagle's Nest-5th Floor
Tuesdays, Sept. 3 - Oct. 8, 9am to 11:30am
Cost: \$30, includes textbook

Pre-register by calling (608) 775-6870 or visit gundersenhealth.org/living-well



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. Donations accepted.

Join us at The Holmen Area Community Center
August 27; 12:30pm-2:30pm
September 10; 12:30pm-2:30pm
September 24; 12:30pm-2:30pm

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



Reminder: All Aboard Family Caregivers!

We currently have a full occupancy and are not taking any more reservations. If you are registered and **no longer plan on attending**, please call the ADRC of La Crosse County at 608-785-5700 to cancel so others on our waiting list can attend.

Saturday, Sept 14th
1:30pm-3:00pm
 **Must arrive by 1:10pm for boarding.
 Park at "River Cruise Parking Area" on the north end of Riverside Park.

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

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



Register by October 14!

October 26, 2024
10am - 4pm Holmen Area Community Center

\$20 / person
Lunch Included

Call the ADRC
608-785-5700



Kinship4Caregivers Program

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

September 19th at 1:30pm
 Make a Caregiver "To Go" bag
 First Lutheran Church
 410 Main St. Onalaska

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

Speaking Up for Your Care Recipient

Reprinted from Trualta, Inc.

As the healthcare team talks about your care recipient's plan to go home, it is important for you to speak up. As their caregiver, you know their needs best.

The following are some tips to help you speak up for your care recipient with their healthcare team:

- 1. Describe your role as their caregiver**
 - Tell them what activities you help with. For example, describe what they could do independently and where they were having difficulty before coming to hospital.
 - Let them know if you are your care recipient's power of attorney.
 - Discuss other life roles and responsibilities. Be honest about how much time you must provide additional support.
- 2. Ask lots of questions**
 - Write down questions ahead of time or as you think of them. You can use a notebook or a note-taking app on your smartphone.
- 3. Use an assertive tone**
 - Use a firm and relaxed voice and match the volume to the situation when discussing your concerns.
 - Try not to be too loud or too quiet.
 - It's okay to feel uncomfortable or upset having these conversations. Try to communicate your feelings to the person you are speaking to so that they understand. You can try saying "I am feeling overwhelmed right now. I am trying not to come across as aggressive. Please let me know if I am raising my voice."
- 4. State facts and what you've observed**
 - For example, you can say: "I understand that you are ready to discharge him, but I noticed he hasn't been able to get out of bed on his own. We don't have anyone at home who can help him yet."
- 5. Reframe your concern as a question**
 - For example, you can say: "I've noticed that she isn't able to eat a full meal on her own yet. Is that normal?"
- 6. Show empathy**
 - Let the healthcare team know that you understand their workloads are heavy and they are busy. Sometimes sharing a thank you or a kind word can help you as you advocate.

EXPERT TIP

Try speaking to physical therapists, occupational therapists, or other allied health members about your concerns. They may be able to help advocate with the healthcare team.



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 90 minutes once a week for 6 weeks
Dates: Wednesdays, September 18 through October 23, 2024

Time: 5:30 PM to 7:00 PM

Location: Virtually on Microsoft Teams

Cost: Workshop is FREE!

Suggested donation of \$20 for *The Caregiver Helpbook*

Space is limited!

Register by calling

ADRC of Rock County 1-855-741-3600,
ADRC of Eau Claire County 1-888-338-4636

or

ADRC of La Crosse County 1-800-500-3910

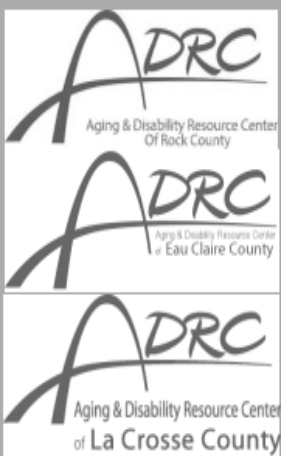
Questions:

Karen, Rock County Dementia Care Specialist, at
 Karen.Tennyson@co.rock.wi.us,

Barb, Eau Claire County Options Counselor, at
 Barbara.mcrae@eauclairecounty.gov,

Or

Kristine, La Crosse County Caregiver Support Specialist, at
 Kmeyer@lacrossecounty.org





**La Crosse Parks & Rec
Senior Excursions**

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

- September 6:** Villa Louis Carriage Classic, Fort Crawford
- September 10:** Gays Mills Apple Capital of Wisconsin
- September 24:** Minnesota Landscape Arboretum
- September 26:** Winona Boat Cruise and Pizza Farm
- October 8:** International Crane Foundation
- October 13:** Ain't Too Proud at the Ordway
- October 17:** The Drifters, Sheldon Theatre
- October 22:** Wisconsin Cranberry Highway

September 6 , 12pm - 12am
September 7, 9am - 1am
La Crosse Interstate Fairgrounds,
West Salem 608-612-0129



Car & Motorcycle Show

Swap meet & Retro Market, Camping onsite, Live music, Miss Mayhem Pageant, Burn outs, Bike parade, Burlesque bingo, Vintage bicycle relay race, Spark plug challenge, Flame throwing cars

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

- Yoga** – Tues, Weds, Thurs
- Silent Movie**– Aug 30th, *Metropolis*
- Coulee Classic Barbershop**– Sept 7, 7pm
- THE MAIN EVENT**- Ryan Howe & TUGG, food, raffles, games, and vendors- Sept 21, 11am-4pm



September 26-29

Thursday

7am-9am- Senior Breakfast at Oktoberfest grounds.

No admission, wristband required.

11am-2pm-Special Fester Carnival at Copeland Park.

4pm-7pm- The Big Glow Up at Logger's Field.

Free event for the entire family.

7pm- Torchlight Parade on Northside La Crosse.

Friday

11am- Opening Ceremony at the Oktoberfest grounds.

2pm-4pm- Lederhosen Games at Garden Stage.

11:30am-12am- Music throughout the day.

Saturday

7am- Maple Leaf Walk/Run at Riverside Park.

10am- Maple Leaf Parade.

2pm-4pm- Lederhosen Games at Garden Stage.

9pm- Fireworks Celebration at the Oktoberfest grounds.

11:30am-12am- Music throughout the day.

Sunday

7:30am-11am- Pancake breakfast at Erickson Boys & Girls Club.

11am-6pm- Oktoberfest grounds opens with free admission for all.

11am- Brats for Seniors delivered to La Crosse residents in housing facilities.

11am-6pm- Live music throughout the day.

Monday

11am-1:30pm- Ladies Day Luncheon at The Waterfront.

**WEBER CENTER
FOR THE PERFORMING ARTS**

**Church & State
Sept 20 & 21**

**Oliver
Oct 4-20**

**Deer Camp
Nov 29-Dec 21**

www.webercenterarts.org 608-784-9292



DOWN SYNDROME ASSOCIATION OF WISCONSIN



Myrick Park

OCT 12th, 10:30am-1:30pm



**VITERBO
UNIVERSITY
FINE ARTS CENTER**

**Viterbo University
Fine Arts Center**

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

- Sept 11**– Stardust: A Celebration of Hoagy Carmichael
- Sept 13**– Paula Poundstone at the Weber Center
- Sept 14**– Gavin DeGraw
- Sept 21**– All Things Equal: The Life & Trials of Ruth Bader Ginsburg at the Weber Center

MARIE HEIDER CENTER FOR THE ARTS

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

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

Shore Stops at Riverside Park

- August 29:** Viking Mississippi, 9:30am-5pm
 - September 2:** Viking Mississippi, 8am-5pm
 - September 5:** American Melody, 8am-11pm
 - September 12:** American Viking, 9:30am-5pm
- * dates are subject to change



September 25th at 5pm

La Crosse Center

www.oktoberfestusa.com



Bachtoberfest!

Sept 21, 7:30pm

**La Crosse Symphony
Orchestra**

**at Capella Performing Arts Center
608-299-7248**

**MICHAEL
PERRY**

September 14, 2024

7:00pm | \$15-\$30



**FORTY ACRES
DEEP**

**FORTY
ACRES DEEP**

608-785-1434

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



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



Early Fest Masters seen here: Front row, seated left to right: Don Rice, Ray Ping, John Coleman and Jack Martin. Back row, standing left to right: Richard "Dick" Beggs, Sr., Walt Hammond, John Rohner, Carlton "Cully" Prinz, Hans Zoerb and John Thomas.

WHAT'S GOING ON IN THE NEIGHBORHOOD:
Mondays: 6pm Bingo @ Eagles Club 1254, La Crosse
Mondays: 1pm Euchre @ Moose Lodge, \$5 register
Wednesdays: 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
Wednesdays: Ukulele Jam, 6pm-8pm Moose Lodge
Thursdays: 6pm Bingo @ Holmen American Legion
1st & 3rd Thursday: 6pm Bingo @ Moose Lodge
Saturdays: 8am-3pm Flea Market N4440 Hwy 162 Bangor
8/30: Features Fest XVII at La Crosse Speedway with Dustin Lynch at 5pm
9/1: Rock the Vets Music Fest, 12pm-7pm at French Island American Legion
9/1: Stoddard Labor Day Celebration, 500 Division St.
9/5: Neil Diamond Tribute at Moon Tunes, Riverside Park, 5pm
9/7: Taste of Summer, 4pm-8pm at Clearwater Farm Onalaska. Food, music, beverages. Clearwaterfarm.org for tickets
9/7: Harvest Fest, 3pm-6pm, 923 12th Ave S Onalaska. Free games, prizes, music, vendors
9/14: Market on the Mississippi, 9am-3pm Maple Grove Venue
9/14: Downtown Wine Walk, 12pm-5pm. 422 Main St La Crosse
9/26-9/29: Boats & Bluegrass Festival, Prairie Island Winona
9/27-9/29: Warrens Cranberry Festival

CELEBRATING AMERICA'S INSTRUMENT

LA CROSSE WISCONSIN

THE BANJO'S BACK IN TOWN

Banjo Fest
 9/6-5:30pm to 8:30pm, LA CROSSE BIERHAUS, 128 3rd Street S.
 9/7-11:30am to 2pm, HOUGHTON'S, 1002 Jackson Street.
 9/8-1:30pm-3:15pm — LA CROSSE QUEEN, 405 E. Veterans Memorial Drive. Call 784-8523
 9/8-5:00 pm to ??? — THE FREIGHT-HOUSE, 107 Vine St
 Visit Midwestbanjofest.com

September 20-22
Parade- 9/22 at 1pm
Apple Annie Cabaret
 9/24 at 6:30pm at the Events Center

Market on Market
 September 22
 11am-2pm
 2102 Market St. La Crosse
 Listen to music while enjoying a variety of vendors shares their products.

Second Saturday Art Market
 September 14, 10am-4pm
 Second & Main St.
 Downtown La Crosse
 Art, Music, Food, Fun

US Lock & Dam #7 Tours
 Sept 21 from 10am-2pm at the Main Gate
 Questions: Call 651-802-4909

Pride in the Park
September 7th
11am-6pm
Riverside Park
Vendors, community groups, kids activities, food & more!

BLUFF TO BLUFF EXPERIENCE

EXPLORE BETWEEN THE BLUFFS OF La CROSSE & La CRESCENT BY TROLLEY.
 SATURDAY AFTERNOONS, SEPT-OCT
WWW.EXPLORELACROSSE.COM

Norskedalen Nature & Heritage Center

Coon Valley, WI
 608-452-3424 ww.norskedalen.org

Twilight Tour
 Sept 8, 5pm
 3 Course Dinner, Wine, Music, and Tour.
 Reservations required.

Civil War Experience
 Oct 12 starting at 10am

KING EXPLOSION 2024 **SEPT 6-8** **LA-CROSSE CENTER**

LA CROSSE HMONG NEW YEAR FESTIVAL
 September 21 & 22, 2024

Veterans Memorial Campground, West Salem

Oktoberfest

P	F	E	S	T	M	A	S	T	E	R	Y	E	T	
I	O	L	K	P	L	B	E	Q	X	R	T	O		OKTOBERFEST
O	L	M	S	R	E	B	G	E	Q	T	C	G	R	STEIN
K	P	O	U	O	D	A	I	X	E	H	P	Y	C	PROST
T	O	U	I	S	E	R	O	F	F	R	A	E	H	PARADE
O	L	A	P	T	R	R	B	I	E	D	R	A	L	POLKA
B	K	Y	C	S	H	E	P	R	S	I	A	V	I	CARNIVAL
E	A	Y	A	N	O	L	E	E	T	R	D	K	G	BEER
R	V	P	R	G	S	D	X	W	I	N	E	P	H	FESTIVAL
F	F	G	N	P	E	A	G	O	V	D	B	D	T	LEDERHOSEN
E	X	T	I	E	N	T	R	A	L	L	N	D		BARREL
S	O	A	V	U	S	C	S	K	L	V	B	D	N	FESTMASTER
T	F	P	A	D	T	E	W	S	G	H	I	M	I	TORCHLIGHT
W	D	S	L	S	T	E	I	N	I	N	C	C	O	FIREWORKS

DIRNDL
DANCE