



La Crosse Senior Life

September 2026

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

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

Stay Steady, Stay Connected: It's Falls Prevention Awareness Month

Building Balance Through Connection

September is Falls Prevention Awareness Month! The Falls Free Wisconsin Coalition, a statewide effort to reduce falls as we age, is encouraging all of us to add connection to our toolbox this September and beyond. **Strong social connections help us stay active, supported, and mobile as we age.**

Most of us feel lonely at some point in our lives, and for many, those feelings are temporary. People of all ages and backgrounds can experience loneliness or social isolation (having little or no regular contact with others). As we age, the risk of loneliness and isolation can increase, and for many, it can become a regular part of life.

Social connection, on the other hand, means having meaningful relationships and feelings like we belong, are cared for, and are supported. Strong social connections do not just make life better, they also help protect our health and can lower the risk of heart disease, stroke, dementia, depression, anxiety, and even falls.

Here are some simple ways to stay connected and active, and help reduce our risk of falling as we age:

- Attend a community exercise class—and invite a friend
- Check in on friends or neighbors on a regular basis
- Ask someone you trust to go with you to doctor's appointment
- Try something new together, like a new activity
- Visit a congregate meal site (see page 7 for local directory)
- Make movement social—walk, dance, stretch together

Small moments of connection can make a big difference. They help us stay healthy, confident, and steady as we age.

To learn more about how social connection supports mobility as we age, consider attending the Falls Free Wisconsin September 24 webinar advertised on the right. Advance registration is required.

Visit **FallsFreeWI.org** to find tools and resources, including a balance and strength exercise guide to try with a friend and more!



Stay Steady, Stay Connected: How Social Connection Supports Mobility as We Age

Social connection plays an important role in helping us stay healthy, active, and resilient. Join us to explore the link between social isolation, loneliness, and falls risk. We'll discuss how a fear of falling can lead to reduced activity, increased isolation, and decreased physical function, as well as ways to overcome the stigma that can prevent people from seeking support.

Participants will learn how meaningful relationships, community engagement, volunteering, and group activities can support physical and emotional well-being, boost confidence and mobility, and help build resilience against falls.

**September 24
11 a.m. - 12 p.m.**



Presenter: Debby Berenz,
Curative Therapy Services

Register: bit.ly/AWSSept2026



Discover ways to
build relationships
and belonging at
ConnectWI.org



**Connections help us
thrive**



Tip: Stand Up

Too much sitting is bad for you. Spending more time standing can improve your balance and strength which can reduce your risk of a fall. Challenge yourself. Stand up for 1-2 minutes every 30 minutes.



Since 2021, the **La Crosse Fire Department** has partnered with the **ADRC** to ensure individuals get quick support after a fall. When a patient consents, firefighters send a referral that connects the individual to ADRC staff for follow-up. In 2025, **26 residents** received this support, gaining access to fall prevention tools, home safety tips, and community resources that help people stay safe where they live.

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 Inlusa & My Choice WI.
Monday—Friday, 7am - 6pm
Call **1-866-907-1493** to schedule a medical ride.
Visit the website at www.mtm-inc.net/wisconsin



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.



OKTOBERFEST WORD SCRAMBLE

REBE _____
LETZERP _____
TURAKERAUS _____
DEERLOHNSE _____
DNDIRL _____
RANMYEG _____
KAPLO _____
RUTSABTWR _____
RAPEDA _____
SMTERFATSE _____

Pg 12
answers



RISE Transportation Program

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

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

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

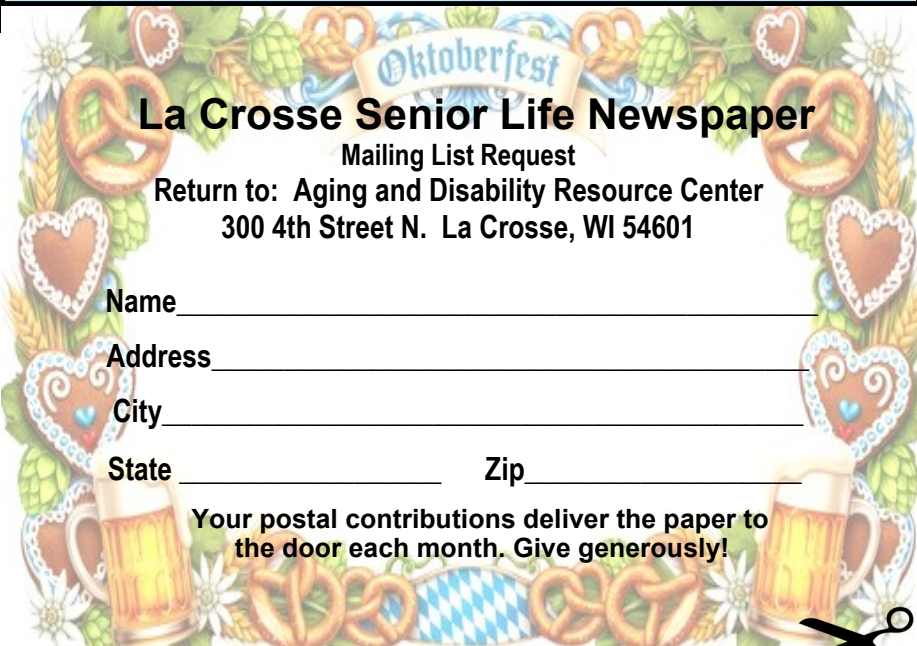
Name _____

Address _____

City _____

State _____ Zip _____

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



Healthy Living with Mild Cognitive Impairment
Education Series

Friday, September 11, 9:00am-11:30am

“What’s Next in Alzheimer’s Detection & Treatment”

Presenter: Henrik Zetterber, MD, PhD

Black River Beach Neighborhood Center – Maplewood Room

Free • Registration required: 608-785-5700

This session features a **live-streamed latest-research**

presentation shown on-screen with facilitation led by

Dr. Nathaniel Chin, memory clinic doctor with UW Health and medical director of the Wisconsin Alzheimer’s Disease Research Center. Local **Dementia Care Specialists will be onsite** to guide the session, answer questions, and support attendees throughout the morning.

What to Expect:

- Live viewing of research and education presentation at 9:30am
 - In-person support, conversation, and connection
 - Complimentary refreshments
 - Time afterwards for camaraderie and optional peer support, hosted by the ADRC of La Crosse County Dementia Care Specialists
- Facilitated by the Wisconsin Alzheimer’s Institute Disease

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

Save the Fall Dates! Details and Registration Coming

- **Autumn Memory Camp**
September 8-Oct 27, 10:30am-1:30pm
The Nature Place. Register 608-780-0471
- **Supporting Emotional Health: Agitation in Dementia and Depression in Aging**
Tuesday, October 20, 9:30am–2pm.
Kathy & Jack Family Fund for Alzheimer’s
- **Nourish Your Brain Retreat**
November 4, 12:30pm-4pm, DASH Center Onalaska | Free



Gather Together
Respite Program

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@holmencc.org

*Starting
This Fall!*



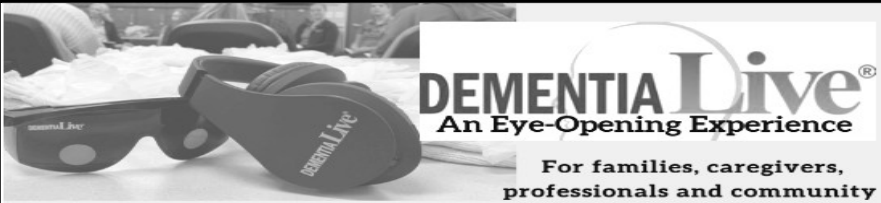
Holmen

Embrace

2nd & 4th Wednesday, Sept 9 & 23, 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



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.

Tuesday, September 15th , 1:00pm-2:00pm
Holmen Area Community Center

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



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@ywcax.org or 608-781-2783 ext. 251

Enrollment is ongoing. Scan QR code to begin!

September Program:
BEE ALIVE: September 15, 10-11:30am

Must Pre-Register: kflock@lacrossecounty.org
Stay for lunch? Available for donation through La Crosse County Nutrition Program – must pre-order.



HLC Adult Interest Form on StoreCare

Dementia Caregiver Support Group Listing

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



Sept 14
1pm-2:30pm
Windy Ridge Ranch
Hokah, MN

Register with Amber
@ 608-385-4819



3rd Monday of the Month
Sept 12, 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

H.R. 1 Medicaid Work Requirements

By the GWAAR Legal Services Team

With the passing of H.R. 1, aka the One Big Beautiful Bill, as many as 63,000 Wisconsinites face a loss of their health care coverage because of the new federal work requirements. While this is scary and overwhelming, there are steps people can and should take right now to prepare for the future. Continue reading below to learn more about who will be impacted by the work requirements, when the work requirements begin, how to comply, and what this means for you.

Who? Wisconsin's Medicaid waiver program, BadgerCare+, provides Medicaid coverage to childless adults ages 19-64 whose income is 100% or less than the federal poverty level. These individuals will need to comply with the work requirements in order to maintain their BadgerCare+ coverage. Importantly, people with a disability determination from the Social Security Administration, people enrolled in a Wisconsin Medicaid long-term care program like Family Care or IRIS, and people receiving Supplemental Security Income are exempt from the work requirement, meaning they do not have to comply.

When? States must implement the work requirements by January 1, 2027, and must notify individuals affected by the work requirements at least 3 months prior to the implementation. That means Wisconsin must notify affected individuals by October 1, 2026. However, the Wisconsin Department of Health Services (DHS) has indicated that they will send notifications to affected individuals by August or September 2026.

How? There are many ways an individual can comply with the work requirements. In fact, the phrase 'work requirements' is a bit misleading. 'Work' can include school, volunteering, work training programs, or paid employment. Affected individuals must complete either 80 hours of qualifying work per month or have monthly income of \$580.

- New BadgerCare+ applicants: After January 1, 2027, new applicants will need to meet the work requirements in the month before they submit an application. For example, someone applying for BadgerCare+ for the first time in May 2027 will need to have met the work requirements in April 2027 to qualify.
- Current BadgerCare+ members: Current members' compliance will depend on their renewal date. At their renewal, they must show that they met the work requirement for at least one month since they were last approved. For example, someone renewing their BadgerCare+ coverage in May of 2027, will need to show that they met the work requirement in one month between June 2026 and May of 2027.

What does this mean?

- **Review your coverage now!** Knowing whether you will need to meet the work requirement can help avoid a gap in coverage. DHS has a helpful screening tool, which lets you determine whether you may need to comply with the new work requirements: <https://www.dhs.wisconsin.gov/medicaid/work-tool.htm>.
- **Be on the lookout for mail from DHS and your County Consortium!** Wisconsin will be providing notices to those impacted by the work requirements in the coming months.
- **Make sure your County Consortium has your up-to-date address!** If you need to update your address, you can do so via the Access app, calling the consortium, or submitting an Information Change Report (form F-10183).

Long-Term Care Ombudsman Services

By the GWAAR Legal Services Team

The Long-Term Care Ombudsman program offers confidential help to individuals age 60 and older that are in long-term care facilities and programs. The Ombudsman can help an individual resolve issues that affect their health, safety, welfare, or rights. They help resolve issues across the state of Wisconsin. The program is mandated by the Older Americans Act and is administered through Wisconsin's Board on Aging and Long Term Care or BOALTC. This program also provides education about resident rights, abuse, and long-term care programs.

Who can ask for help from an Ombudsman?

- Individuals 60 years of age or older
- Living in:
 - ◊ A licensed and certified community-based living facility
 - ◊ A Skilled Nursing Facility

Or

- Individuals who receive services from a managed long-term care program like:
 - ◊ Family Care
 - ◊ Family Care Partnership
 - ◊ PACE (Program of All-Inclusive Care for the Elderly)
 - ◊ IRIS (Include, Respect, I Self-Direct)

What is a Long-Term Care Ombudsman?

The Ombudsman is an impartial advocate that helps resolve issues between individuals in long-term care and the long-term care providers and programs. Ombudsmen are volunteers that help Wisconsin residents access and maintain safe and appropriate long-term care.

How can they help?

Ombudsmen can help with a variety of long-term care issues. These issues can include denials of services or support, appeals or grievances, abuse or neglect, guardian or power of attorney problems, and transfer or discharge issues. They can even answer questions about the care available to you, whether you can refuse treatment, and what your power of attorney or guardian's roles are. The main goal of their work is to ensure that individuals in long term care get the help they need to stay safe and healthy.

How can I get help?

You can call 1-800-815-0015 or email BOALTC@wisconsin.gov to access assistance from the Long-Term Care Ombudsman Program. Be advised that calls and submitted complaints are not addressed on an emergency basis and are only processed during business hours Monday through Friday. You can submit an anonymous complaint by or on behalf of an eligible individual.

Gemütlichkeit (noun) — guh-MOOT-likh-kyte
A cozy, warm feeling of contentment and belonging shared with good company.

VA Healthcare: Am I Eligible?

VA healthcare is a **health service**, NOT **health insurance**! VA healthcare facilities in our area include the La Crosse Outpatient Clinic (attached to the Valley View Mall) and the Tomah VA Medical Center. With VA healthcare, veterans can receive regular check-ups with a primary care provider and appointments with specialists. There are services like home health and geriatric care along with access to medical equipment, prosthetics, and prescriptions.

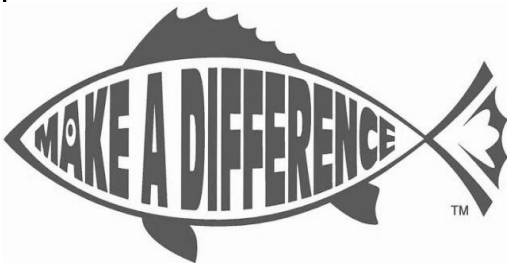
To be eligible for VA healthcare, you must have an honorable discharge and served 24 continuous months or the full period for which you were called to active duty, unless you were discharged by a disability caused by active-duty service, discharged for a hardship or "early out", or service prior to September 7, 1980.

Contact the La Crosse County Veteran Services Office for more information or help enrolling!

La Crosse County Veteran Services
Health and Human Services Building
300 4th Street N, La Crosse
608-785-9719

lacrossecounty.org/veterans

Helping Veterans and their families learn and apply for the benefits earned through military service. Our office is here to help with benefits such as: disability, education, healthcare, burial, dependents, and many more state and federal benefits. Appointments are encouraged, but if you need help sooner, we offer Community Office Hours where you can meet with our coordinator at one of the community locations on a walk-in basis!



**MAKE A
DIFFERENCE FISHING
TOURNAMENT**
Saturday, September 12th
11am-2:30pm
Arctic Springs Pond N18078
County T, Galesville

Join in for a day of fishing, food and fun! Food and drinks will be provided. Open to the public!
If you are considered a special needs adult or child, you will receive a t-shirt, goody bag, fishing pole, door prizes and bait during the tournament. There will be medals and trophies for fun.
Family and friends are welcome to join in.

Pre registration is preferred at www.makingadifferencefishing.com

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/link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. No class 9/7

Wise Wednesdays: Wednesdays, September 2 & 16, 10:30am-12pm. Register by 1 day prior. Free

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

Shuffle Together (cards): Fridays, September 11 & 25, 2pm-3:30pm. Register anytime. Free

La Crosse Area Parkinson’s Social Night: Wednesday, September 16, 5:30pm-7pm. (Call STAR CENTER: 608.797.6295)

Music Café: Thursdays, September 17 & 24. Free

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, ask for Dawn.

Black River Beach Neighborhood Center
1433 Rose Street, La Crosse
Most programs require registration: 608-789-8640
www.cityoflacrosse.org/parks

Mississippi Melodies Outdoor Concerts: Tuesdays, 12pm-1pm, September 1 & 8

Staying Active Together: On site or at home w/link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. (No class Sept. 7)

Qigong/Tai Chi: Mondays & Wednesdays, 6:30pm-8pm. Register

Mah Jongg Club (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session

Art Club: Thursdays year round, 12pm-3pm. Register. \$2/session

Knitting Group: Thursdays, 1pm-3pm. \$1/week

Embrace (for those with dementia & care partners): Wednesdays, September 9 & 23, 12:30pm-2pm. Register, free

International Folk Dance: Saturdays only, September 12 & 19, 7pm-9:30pm. Register. \$2/session

Retirement to RMDs – 10 Important Years: Thursday, September 17, 10am-11:30am. Register by 1 day prior. Free

Parkinson’s Disease Support Group: Monday, September 14, 5pm-6:30pm. (CALL STAR CENTER: 608.797.6295)

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

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

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

Wednesday Lunch: Sept 16, 11am-12:30pm

Sons of Norway: 1st Thursday at 6pm.

Variety Singers: 1st Thursday at 10:15am

Foot & Nail Clinic: call for date and appointment

Tech Help Drop-In: Sept 16, 10:30am-12pm

ONALASKA PARK & REC EVENTS
608-781-9560- Park & Rec Dept.

DASH Center Events
515 Quincy St.

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

Nickel Bingo – T/TH, 10:30am-11:20am

Walking Group—M-F, 8am-9am

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

Mah Jongg - Wednesdays, 12:30pm-4pm

ALS Support Group– Sept 3, 1pm-3pm

SimpleSteps, Simple Acts of Kindness– Sept 16, 2pm, \$5

SimpleSteps Tech Support– Sept 1, 15 & 19 at 10:30am-12pm

Dash Discoveries: Move-Mingle-Learn– Sept 14, 9am-11am

Fall Craft Market– Sept 19, 10am-3pm

Chair Yoga– T/TH, 2pm from 9/8-11/12. Register

Tai Chi– Sept 1, 8 & 15 at 9am. Register

Strong Bodies– M/W, 8am or 9:45am from 9/8-11/23. Register

ADRC Caregiver Education– Sept 17, 1pm. Call 608-785-5700

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

Bingo: Wednesdays at 6pm

Three River Throwdown: Sept 12

Hmong New Year Night Party: Sept 19

The Big Event: Stand Up for All Abilities– Sept. 26, 6pm



NARVRE
National Association of Retired and Veteran Railroad Employees, Unit 047 meet **Sept 8**, 10am at the Onalaska American Legion. Speaker: Access Elevator and CCU Credit Union. Contact Patty Burr at 608-781-6032.



600 N Holmen Dr.
608-399-1870 www.holmencc.org
Mon. - Thurs. 7am- 4:30pm Friday 7am - 3pm
*Registration required for some programs.

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

MONDAY
Fun with Watercolor: 8:30am – 10:30am
Chair Yoga with Marty: 9:15am – 10am
Cardio Fitness Video Workout: 10am – 10:45am
Beginner Line Dancing: 11:30am -12:30pm
Mahjong Club: 1pm-4pm
Mocktails & Me Series – How to be Your Cherry Best: Sept 14, 2pm-3pm

TUESDAY
Cardio & Strength Fitness: 10am–10:45am
Hearing Evaluations: Sept 1, 9:30am–11:30am (by appointment)
Hearing Instrument Checks: Sept 15, 9:30am–11:30am (by appointment)
Pickleball Open Play: 12pm-2 pm (FREE for Members)
Holmen Ukelele Group (HUG): 12pm–1pm, register
Community Crafts with Jackie & Pam: Sept 1, 1pm-3pm, register
Spring Rolls with Tan Pham: September 8, 1pm
Dementia Live: Sept 15, 1pm, call ADRC to register 608-785-5700
Connect2Nature: Sept 22, 1pm
Evening Euchre Open Play: Sept 1 & 15, 6pm
Evening Book Club: Sept 15, 6pm “The Lion Women of Tehran”

WEDNESDAY
Chair Yoga with Sarah: 8:30am, register
Brain Checks: Sept 23, 8:30am-3:30pm, call ADRC to register 608-785-5700
Diamond Art: 9am-10:30am
Wall Pilates for Beginners: 9:30am-10:15am, register
Cardio Fitness Workout Video: 10:30am-11:15am
Sound Healing with Laurie Café: Sept 9, 10:30am-11:30am, register
Empowering Adults with Essential Tech Skills: Sept 15, 1pm
Bingo: 12:30pm-1:30pm
Intermediate Line Dancing Video: 12:30pm-1:30pm
Cozy Readers Book Club: Sept 23, 2pm, “The Silent Patient”
“One”-derful 1 Wednesdays: Sept 16, 2pm

THURSDAY
Wellness Checks – WSU Nursing Student: 8:30am-2pm
Total Body Conditioning Series: 8:30am-9:10am, register
Beginner Pilates Series: 9:20am-10am, register
Pickleball Open Play: 12pm-2pm (FREE for Members)
Fun & Games: 1pm–4pm
Crafternoon Social – Knit & Crochet: 1pm-3pm
La Crosse County Veterans Service Hours: Sept 3, 12:30pm–4pm
Hello Holmen! Sept 17, 8:30am (Brain Healthy Living) open to the public
Coping with Grief Support Group: Sept 10, 12:30pm
AA Meetings: 6pm–7pm
I Don’t Want to Cook, Yet Here We Are: Sept 3, 6pm

FRIDAY
Gentle Yoga for Beginners: Sept 11 & 25, 8am, register
Chair Yoga with Samantha: Sept 11 & 25 9:15am, register
Yoga Nidra and Sound Bath: Sept 25 10:15am, register
StrongBodies Video: 10:15am
Music with Greg Grokowsky: Sept 4, 11am–12pm
BINGO: 12:30pm-1:30pm

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

Cooler Season Brings New Effects

The fall season brings cooler temperatures, changing leaves, and shorter days, which can create a cozy atmosphere and invite reflection. However, these seasonal changes can have significant implications for seniors’ physical and mental health. Understanding how autumn affects senior health and wellness can help caregivers, family members, and older adults prepare for and manage the challenges while enjoying the beauty and tranquility the season offers.

1. Physical Health Impacts

A. Cold Weather and Circulation Issues

Seniors often experience more pronounced circulatory problems as temperatures drop during the fall, especially if they have conditions like arthritis or peripheral artery disease. Cold weather constricts blood vessels, making it harder for blood to circulate efficiently. This can lead to cold extremities and a greater susceptibility to issues like frostbite, even during moderate weather.

Tip: To mitigate these effects, seniors should dress in layers, wear insulated clothing, and avoid prolonged exposure to cold. Maintaining a comfortable home environment where the temperature is controlled is also critical.

B. Respiratory Health

Fall often ushers in an increase in respiratory illnesses, such as the flu, pneumonia, and exacerbations of chronic obstructive pulmonary disease (COPD). Seniors are especially vulnerable because their immune systems are often weaker, and chronic conditions like asthma or bronchitis can worsen as the cold sets in. Seasonal allergies due to mold, pollen, and dust from falling leaves can also add to respiratory issues, leading to a higher risk of infection and complications.

Tip: Flu shots, pneumonia vaccines, and regular medical check-ups are vital for senior health during this time of year. Maintaining clean air in the home using air purifiers and regularly changing air filters can also help reduce the risk of respiratory problems.

C. Joint Pain and Mobility Issues

Arthritis and joint pain commonly worsen during colder months, particularly in the fall, as temperatures drop. The decrease in barometric pressure can lead to swelling and stiffness in the joints, making it harder for seniors to move around. This limitation in mobility not only impacts their independence but can also increase the risk of falls, which is one of the leading causes of injury among older adults. Tip: Seniors should focus on maintaining an active lifestyle during fall by incorporating light exercise routines, such as walking indoors or doing chair yoga. Heating pads and warm baths can help alleviate joint pain, and supportive shoes can reduce fall risks.

D. Changes in Appetite and Nutrition

As the fall season progresses, seniors may experience a shift in their appetite and nutritional needs. Cooler weather often leads to cravings for comfort foods that are high in calories but low in essential nutrients. Additionally, the decrease in sunlight can impact Vitamin D levels, weakening bones and muscles, which is already a concern for older adults.

Tip: A balanced diet rich in seasonal vegetables, lean proteins, and whole grains can help seniors maintain their health. Vitamin D supplements or fortified foods can also help compensate for the lack of sunlight during shorter fall days. Even in cooler weather, staying hydrated is essential for maintaining overall health.

2. Mental and Emotional Health Impacts

A. Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a type of depression that is triggered by the change in seasons, most commonly occurring in the fall and winter months. Seniors may be more prone to SAD due to a combination of factors, including reduced exposure to sunlight, changes in routine, and the isolation that sometimes accompanies the colder months. Symptoms of SAD can include fatigue, difficulty concentrating, mood swings, and a loss of interest in activities once enjoyed.

Tip: Light therapy, which involves exposure to artificial sunlight, has been shown to help alleviate SAD symptoms. Maintaining regular social interactions and engaging in hobbies can also keep the mind active and reduce feelings of isolation and depression.

B. Loneliness and Isolation

As the days grow shorter and temperatures drop, seniors may find it harder to leave their homes and participate in social activities. This can lead to increased loneliness and isolation, particularly if they live alone or are far from family. Fall also marks the start of the holiday season, which can amplify feelings of loss or sadness, especially for those who have lost loved ones or have limited family connections.

Tip: To combat loneliness, seniors can stay connected with family and friends through phone calls, video chats, and visits. Engaging in group activities like book clubs, knitting circles, or fitness classes for older adults can also foster a sense of community and belonging.

C. Cognitive Health

With fall comes a more sedentary lifestyle for many seniors due to the colder weather. This shift can lead to cognitive decline if older adults are not regularly engaging in mentally stimulating activities. Studies show that staying mentally active can help slow the progres-

sion of dementia and other cognitive impairments. Still, the isolation and reduced physical activity associated with colder months can hinder this.

Tip: Seniors should incorporate brain-stimulating activities into their daily routines, such as puzzles, reading, and games that challenge the mind. Social engagement and learning new skills or hobbies, like knitting or painting, can also boost cognitive health.

3. Immune System and Fall Illnesses

A. Flu and Pneumonia

Seniors are at high risk for developing severe complications from the flu, particularly in the fall when flu season begins. This risk is compounded by age-related declines in immune function, making it harder for older adults to fight off infections. In addition, seniors are more prone to developing pneumonia as a secondary infection from the flu or other respiratory illnesses, which can be life-threatening.

Tip: Seniors should prioritize getting their annual flu vaccine and consider receiving the pneumonia vaccine if recommended by their healthcare provider. Good hygiene practices, such as frequent hand-washing and avoiding contact with sick individuals, can also help prevent the spread of illness.

B. Weakened Immune Response

Colder weather can weaken the body’s immune response, making it harder for seniors to fend off infections. The fall season often brings a rise in indoor activities, which increases the chances of being in close quarters with others and exposing oneself to germs. A compromised immune system can lead to longer recovery times and more severe illnesses.

Tip: Seniors should focus on strengthening their immune systems by eating a balanced diet, staying hydrated, getting plenty of rest, and incorporating light exercise into their routines. Supplements like Vitamin C and zinc may also provide a boost to immune function.

4. Safety Concerns During Fall

A. Fall Prevention

Wet leaves, slippery sidewalks, and early sunsets can all increase the risk of tripping and falling. Seniors with mobility issues or balance problems are particularly vulnerable, and a single fall can lead to serious injuries like hip fractures or head trauma.

Tip: Seniors should wear proper footwear with good traction, avoid going out during inclement weather, and use assistive devices like canes or walkers if needed.

B. Road Safety and Visibility

Shorter daylight hours in the fall can affect seniors’ ability to drive safely, as reduced visibility can make it harder to see pedestrians, other vehicles, or road hazards. Glare from the low-hanging autumn sun can also contribute to driving difficulties. In addition, seniors may find it more challenging to adjust to the time changes brought on by daylight saving time, which can disrupt sleep and lead to slower reaction times behind the wheel.

Tip: Seniors who drive should have regular eye exams to ensure their vision is up to par and consider limiting their driving to daylight hours. It’s also important to ensure that their vehicle is well-maintained and that headlights and windshield wipers function correctly for maximum visibility.

Positive Effects of Fall on Senior Health

Despite the challenges the fall season can bring, there are many positive aspects for senior health and wellness. Cooler weather can be more comfortable for physical activity, allowing seniors to enjoy outdoor walks without the risk of overheating, which is more common during the summer months. The crisp, clean air and scenic beauty of fall foliage can inspire tranquility and improve mental health.

Source: Seasonshospice.com



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Swedish meatballs 1 Mashed potatoes Buttered corn, apple juice Black Forest cake	Brat on a bun 2 German potato salad Baked beans, Pears Oatmeal cookie	Chicken broccoli Divan 3 Baked sweet potato Buttered peas Pineapple	Baked cod 4 Baked potato w/ sour cream Coleslaw Fruited Jello, Tartar sauce
 Closed 7	Ham w/ pineapple 8 Au gratin potatoes Green beans Pumpkin bar	Chicken craisin salad 9 Watermelon Grape juice Sugar cookie, Bun	Meatballs & gravy 10 Mashed potatoes Squash Fruited Jello	Beef taco salad 11 Corn tortilla chips, taco sauce Fresh fruit, sour cream Corn bread muffin
Meatloaf 14 Mashed potatoes & gravy California blend veggies Fresh fruit, Ice cream	Pulled pork on a bun 15 Sweet potato wedges Calico beans Banana pudding	Potato soup, crackers 16 Turkey sandwich Broccoli raisin salad Cream pie, Mayo	Chicken rice casserole 17 Beets Fresh fruit salad Chocolate chip cookie	Spaghetti 18 Romaine salad Black bean brownie Garlic toast, parmesan cheese
Chicken supreme 21 Baby baker potatoes Stewed tomatoes Fresh fruit	Egg salad sandwich 22 Vegetable soup, crackers Cucumber salad Brownie, Apple juice	BBQ Ribette 23 Baked beans Broccoli, Oranges String cheese, Rye bread	1/4 baked chicken 24 Baked potato Squash Apple raisin crisp	Salisbury steak & gravy 25 Mashed potatoes Green beans Peaches
Mushroom burger 28 Sweet potato wedges Baked beans Fresh fruit Snickerdoodle cookie	Chicken & gravy 29 Biscuits Mixed vegetables Fruit salad Apple crisp	Beef stroganoff 30 Buttered noodles Baby carrots Tropical fruit salad Orange juice		*All meals include milk or juice & bread. *Substitutions may occur.

Crockpot Applesauce for Canning

6 lbs apples, peeled, cored and chopped
1 stick cinnamon
1 1/2 cups water
1/2 cup sugar (or honey) - optional
Bottled lemon juice (for canning)



Peel, core, and roughly chop your apples.
Throw apples, water, cinnamon and sugar (or honey) into a crockpot.
Slow cook on low for 4 hours in a crockpot.
Puree until smooth, return to saucepan/crockpot and reduce until desired consistency.
Add 1 tbsp lemon juice to each pint, 2 tbsp lemon juice to each quart.
Ladle hot applesauce into hot jars, leaving 1/2 inch headspace.
Remove air bubbles, wipe rims and affix lids and jars.
Process jars in a boiling water bath for 20 minutes for pints, 25 minutes for quarts.

Pork Tenderloin with Roasted Apples

1 1/2 lbs pork tenderloin
4 apples green, tart, sliced
1 tbsp olive oil
1 tsp fennel seeds
1 tsp salt, pepper
1 tbsp butter
fresh thyme or rosemary
Season the pork with salt, pepper and fennel seeds on all sides.
Heat 1 tbsp oil in a large oven safe skillet over medium-high heat.
Brown tenderloin well on all sides (about 10 minutes)
Add butter and apple slices to the skillet. Toss them in the pan then spread them so they are not overlaying. Add fresh thyme or rosemary.
Transfer tenderloin and apples in skillet to the oven and roast at 450F degrees for about 15 minutes or until internal temperature registers 145 degrees.
Allow tenderloin to rest for 10 minutes before slicing it. Garnish with fresh thyme and serve. 4 servings



Marinated Tomato Salad

1 pound cherry or grape tomatoes, halved
1 clove garlic, finely grated
2 tablespoons olive oil
1 tablespoon vinegar or lemon juice
1 tablespoon freshly minced parsley



salt to taste (about 1/2 – 3/4 teaspoon kosher salt)
Toss tomatoes, grated garlic, olive oil, vinegar, herbs, and salt together in a small bowl. You're done. Timing: For longer marinating times, sometimes the oil will congeal a bit in the fridge. This should be resolved by just bringing it back to room temperature.

Apple & Brussels Sprout Salad

2 lbs brussels sprouts, quartered
2 large apples cubed
1 cup dried cranberries
1/2 cup pistachios crushed, optional
1/4 cup maple syrup
2 tbsp olive oil
Salad Dressing:
1/4 cup olive oil
1 tbsp apple cider vinegar
1 tbsp balsamic vinegar
1 tbsp maple syrup
2 cloves garlic pressed
salt and pepper to taste
Pre-heat a large baking sheet in oven at 450F degrees.
Toss quartered brussels sprouts in a large bowl with olive oil, maple, salt and pepper to coat. Quickly add to pre-heated baking sheet and roast at 450F degrees for 10 minutes.
Meanwhile prepare the apple salad by adding the cubed apples, dried cranberries and pistachios to a large bowl. In a medium jar mix the dressing ingredients. Shake well and set aside.
Add roasted Brussels to apple salad bowl. Pour in salad dressing and toss well to combine. Serves 8





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.

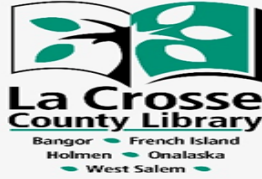
ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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

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.



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

Friends of the Library Book Sale: Mondays, 9am-12pm
Chair Fitness: Tuesdays, 10am
Chair Yoga: Thursdays, 10am
Repair Café: Sept 19, 10:30am-12:30pm
La Crosse Veterans Services: Sept 1, 9am-12pm
Chapter Book: Sept 9, 1pm and Sept 12, 10am. *Other Birds*
Older Adult Advisory Council: Sept 9, 2pm
BookTok Bingo: Sept 15, 6:30pm at 608 Brewing
Job Fair: Sept 17, 11am-2pm. Meet top employers in our area
Holiday Closure: Sept 5-7 for Labor Day

608 Brewing Company in **Holmen:** "Book Bingo" for all ages on the first Thursday of the month at 6pm
Holmen "Nature Papermaking" September 5 & 12 at 10am. Register
Holmen "Drop-in Tech Help" on September 17, 11am-12pm and 4:30pm-5:30pm
Holmen "Commun-knit-y Fiber Arts Knitalong", September 30 at 6pm
Onalaska "Senior Moments" at 10am on Wednesdays:
September 2: Bobcats Return to the Driftless Area
September 9: Reminiscing Recipes
September 16: The Lighthouse Keeper's Daughter
September 23: Polka, Waltz, Schottische
September 30: Singalong Sideshow
Onalaska "Books and Bouquet Bar" on September 8, drop in from 4pm-8pm. While supplies last
Onalaska "Driftless Regional Read Kickoff" on September 19, 10am
Onalaska "Learn Libby with Leslie" on September 22 at 2pm. Register
West Salem "Yoga on the Library Lawn" on September 9, 16, and 23 at 6pm. Register
Bangor "Cupcakes & Canvas" on September 10 at 6:30pm. In-person registration required

The Nature Place

789 Myrick Park Dr, La Crosse 608-860-6864
www.natureplacelacrosse.org



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

Nature Saturday: Sept 5, 9:30am-11:30am
Enviro-Wednesday: Sept 2, 7pm-8:15pm, 14+ yrs
Driftless Area BioBlitz: Sept 12, 10am-12pm. Insects
Coulee Region Audubon Society: Sept 16, 7pm, 14+ yrs
Suicide Prevention Awareness: Sept 17, 6pm



**LA CROSSE
KIWANIS**
DAY OF FUN FOR EVERYONE!



FREE
FOOD

FREE EVENT FOR KIDS AND ADULTS WITH
DIFFERING ABILITIES



SEPT 12, 12pm-2pm, Trane Park

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
Continental Dance: Sept 11, 7pm

**Fall Market
on the Mississippi**
September 12, 11am-3pm
Fox Hollow Golf Course,
West Salem



**DISCOVER THE SILENT CITY:
Brewed in La Crosse**

Oak Grove Cemetery Tours 1407 La Crosse St.
Sept 19, 11am-3pm

Silent City is an immersive walking tour through La Crosse's historic Oak Grove Cemetery, where theatrical performances bring to life the stories of our community.
Contact the Historical Society at 608-782-1980

Pump House Regional Arts Center

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

Artspire Pop-Up Market: Sept 4
King, Solo Dance: Sept 5
Storytelling Fest: Sept 11-12

Blood Drives for SEPTEMBER

9/3: Moose Lodge, 10am-3pm
9/3: Shepherd of the Hills Onalaska, 1pm-5:30pm
9/3: Altra Federal Credit Union Onalaska, 7:30am-12:30pm
9/4: Valley View Mall, 11am-4pm
9/10: Health Science Bldg., 9am-2pm
9/10: Onalaska Library, 12pm-5pm
9/10: Onalaska American Legion, 9am-1pm
9/11: Onalaska Omni Center, 9am-2pm
9/15: JF Brennan Co. 9:30am-2pm
9/16: Melrose Mindoro H.S., 12pm-5pm
9/18: Cashton Community Center, 12pm-5pm
9/21: Holmen Community Center, 10am-3pm
9/21: First Lutheran Onalaska, 12:30pm-5pm
9/22: La Crosse Library, 11am-3pm
9/22: YMCA La Crosse, 9am-1:30pm
9/23: Onalaska American Legion, 12pm-3:30pm
9/24: Journey Church Onalaska, 12:30pm-5:30pm
9/28: St. Matthews Stoddard, 12:30pm-4:30pm
9/30: West Salem Presbyterian Church, 11:30am-4:30pm



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

**LA CROSSE
HMONG NEW YEAR**
SEPTEMBER 19 & 20, 2026
8:00am-5:00pm
VETERANS MEMORIAL PARK
N4668 County Rd VP, West Salem, WI 54669

Grilling and open
flames are PROHIBITED on
park grounds.
This is a private event.

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

Saturday, September 19, 10am
Riverside Park, La Crosse

<https://act.alz.org/site/TR/Walk2026/WI-Wisconsin>

The La Crosse Area Retired Educators' Association
next luncheon is on Oct 8 at Cedar Creek Country Club. Arrive by 11:10am. Cost is \$20. Speaker: Chris Hardie
Reserve at lacrosserea@gmail.com by .

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.*

WEDNESDAY, SEPTEMBER 23
HOLMEN AREA COMMUNITY CENTER

THURSDAY, OCTOBER 8
WEST SALEM LIBRARY

Call the ADRC to make an appointment: 608-785-5700

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: mjnylander@icloud.com or britney.hodson@gmail.com



GREATER LA CROSSE AREA

24th Annual

Down Syndrome Awareness Walk

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.*

September is National Recovery Month and National Suicide Prevention Awareness Month

This month offers an important opportunity to learn about recovery from substance use and raise awareness to prevent suicide. Recovery means healing and finding new ways to live a healthy life. This is very possible with the right support and resources. Recovery Month highlights stories of hope, resilience, and the availability of treatment options for those affected by substance use. At the same time, Suicide Prevention Awareness Month focuses on educating communities about the warning signs, risk factors, and prevention strategies that save lives. Across the country, organizations, healthcare providers, and communities come together during September to host events, share inspiring stories, and provide educational materials. The goal is to create a supportive environment where people feel empowered to talk openly about substance use and mental health challenges and access the care they need. While September shines a spotlight on these critical issues, support and services are available year-round.

If you or someone you know is struggling with substance use or thoughts of suicide, reaching out to a healthcare professional or trusted support network can be a vital step toward recovery and safety. They can help you find the right support for you. If you're unsure where to start, dial 2-1-1 to get connected with resources. Help is available, and no one has to face these problems alone.

Simply Dial 2-1-1, Get Connected, Get Answers.

Professionally trained staff can answer your questions about local, statewide, and national resources and can assist you with life situations and challenges.

Simply dial the three-digit telephone number 2-1-1
Language Interpretation is available.

Suicide Prevention Summit

Increase your understanding of suicide, its prevalence, and the risk factors for specific populations, and acquire tools for prevention, assessment, and intervention.

Register at www.uwlax.edu/ex/suicide-prevention

Wednesday, September 16, 2026

8:45 a.m.-4:15 p.m.

Student Union, UW-La Crosse

521 East Ave North | La Crosse, WI 54601

THURSDAY, SEPTEMBER 17TH

THE NATURE PLACE 6:00 - 7:30 PM

Take a moment  to spread hope.

Presentation by former Green Bay Packer, Earl Dotson begins at 6:15 PM

SUICIDE PREVENTION AWARENESS EVENT

 La Crosse Area Suicide Prevention Initiative

Five Steps You Can Take to Help Someone Experiencing Suicidal Thoughts and Behaviors

Ask: Asking the question “Are you thinking about suicide?” communicates that you’re open to speaking about suicide in a non-judgmental and supportive way.

Be there: This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person. Listen carefully and learn what the individual is thinking and feeling.

Keep them safe: Reducing a person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the person has a plan and removing or disabling the lethal means can make a difference.

Help them connect: An important part of being there for someone is helping them access professional and community resources and services. Ask how you can support them in getting help from a trusted individual like a family member, friend, spiritual advisor, or mental health professional.

Follow-up: After you’ve connected the person with the immediate support systems they need, make sure to follow-up with them to see how they’re doing.

dhswi.gov

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 had availability when submitted for print; we cannot guarantee availability at time of publication.

Sept 9 & 22: Winona Boat Tour and Drugan's Supper Club
Sept 16: Minnesota Landscape Arboretum
Oct 2: Janesville Botanical Garden & Wollersheim Winery
Oct 7: Celebration Belle Autumn Cruise, Prairie du Chien
Oct 13: Gangster Tour– St Paul
Oct 20: Hidden Hills Farm– Stoddard
Nov 12: A Christmas Story– Fireside Theatre
Nov 18: Mall of America & IKEA



**Viterbo University
Fine Arts Center**

929 Jackson St. La Crosse
608-796-3100

Sept 19: The Boulevards
Sept 20: Dave Marck & Friends
Oct 8: Kiss Me, Kate
Oct 13: The Carpenter's Songbook
Oct 16: Lee Rocker of the Stray Cats
Oct 28: Outlander in concert
Nov 7: The Golden Girls play
Nov 12: Voyage, music of Journey

La Crosse Symphony Orchestra

929 Jackson St. La Crosse
608-783-2121

9/18: **BACHTOBERFEST** at Cappella



MISSISSIPPI MELODIES

Tuesdays, 12pm-1pm

Sept 1– Mark IV
Sept 8– Grumpy Old Men

Concerts are free and open to the public.

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

9/12: **John Smith & Elisi Smith Waller**, 7pm
9/19: **Fall Fest**, 11am-4pm

Arnold House at East Side Farm

19408 Silver Creek Rd. Galesville
608-865-1047

4th Annual Glow Ball Tourney
Apple Affair Pasta Dinner– Oct 2, 4:30-7pm



Sept 10
5:30pm-8pm
UWL Screaming Eagles

Free concert for the whole family.
Food trucks on site.

MARIE HEIDER CENTER FOR THE ARTS

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

9/20: **Barn Bash & Chili Cook Off**, 3pm-6pm
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

Sept. 10: Alabama Concert
Sept. 11-13: Elvis Explosion
Sept. 18: Bingo Loco, Name That Song
Oct. 10: Sugarland

WEBER CENTER
FOR THE PERFORMING ARTS

608-784-9292

www.webercenterarts.org

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

9/11- 9/20: **Arsenic & Old Lace**
10/3: **Churchill**

LA CROSSE LCT community THEATRE

GARLAND DAYS 2026

CELEBRATING HISTORY
HONORING HAMLIN GARLAND

HAMLIN GARLAND HOMESTEAD

WHERE HISTORY LIVES
CELEBRATING 50 YEARS!

COME CELEBRATE OUR HISTORY AND COMMUNITY!

SATURDAY, SEPTEMBER 12TH

**Ulysses S. Grant Reenactor**

**Pioneer Stew**

**Silent Auction**

SUNDAY, SEPTEMBER 13TH

**Old Fashioned Birthday Party with Cake & Ice Cream**

**Panel Discussion by Previous Garland House Residents**

VILLAGE WIDE RUMMAGE SALE
THURSDAY, SEPTEMBER 10TH – SATURDAY, SEPTEMBER 12TH



**Norskedalen
Nature & Heritage Center**

608-452-3424

September 12:
Twilight Tour

Dinner at 5pm with tour to follow.
Reservations required.

October 10-11:
Civil War Experience

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**



BLAST FROM THE PAST

(top): 1962 Miss Oktoberfest Diane Morgan in the Parade
(bottom): 1966 Heileman Parade Float



Wed, Sept 23: Festmasters Ball

Thursday, Sept 24: Fest grounds open at 4:00 PM.
Torchlight Parade at 7:00 PM on the Northside.

Friday, Sept 25: Fest grounds open at 9:00 AM. **Tapping of the Golden Keg** at 11:00 AM.

Saturday, Sept 26: Fest grounds open at 11:00 AM.
Maple Leaf Parade steps off

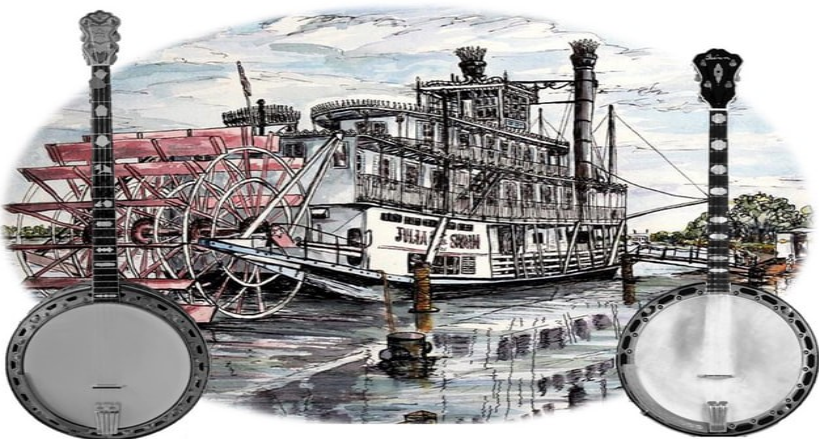
at 10:00 AM, following its traditional 2.2-mile route.

Sunday, Sept 27: **Free Admission Day** for all attendees from 11:00 AM to 6:00 PM.

www.oktoberfestusa.com for more events and details

THE 62ND ANNUAL MIDWEST BANJO JAMBOREE

THE HEARTLAND OF BANJO'S BEST



Sept. 11: 5:30pm-8:30pm, La Crosse Bierhaus

Sept. 12: 11:30am-2pm, Houghton's
6pm-11pm, Osteria Emilia, reservations required

Sept. 13: 1:15pm-3pm, La Crosse Queen, reserve tickets with the La Crosse Queen
7pm-?, Freighthouse

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

9/4-9/6: Cashton Fall Fest at the village park

9/5-9/6: Flea Market, Tractor Pull, Car show, Chicken Q at Mindoro Lions Park

9/6: West Salem Street Dance, downtown block party with live music, food and drinks for all ages.

9/10-9/12: Village wide rummage sales in West Salem

9/11-9/13: Stoddard American Legion Gun Show

9/11-9/12: Mississippi Mayhem Motor Fest, La Crosse Fairgrounds

9/12: Harvest Fest, 3pm at 923 12th Ave S. Onalaska with music, games, food trucks with donation going to Hunger Task Force

9/12: Saturday Art Market, 10am-4pm at 2nd & Main St. La Crosse

9/12: Legacy Run, 8am start at Holmen American Legion. 140 mile ride with a post ride party

9/17: Nothing More Concert, 7pm at Copeland Park Venue

9/18-9/20: La Crescent Apple Fest

9/19: Autumn Great River Market, 9am-3pm, La Crescent Event Ctr.

9/19: Patio Concert at Coulee Golf Bowl, outdoor

9/25-9/27: Warrens Cranberry Festival

9/26: Fall Fun Show, 10am, vendors & fun at La Crosse Fairgrounds

9/26: Classic & Custom Car Show at Morrie's on Theater Rd. Ona from 10am-2pm

9/26: Saturday Market, 9am at 127 Sand Lake Rd. Center 90

SEPTEMBER 12th

Riverside Park, La Crosse

7:00 AM: **Survivor Social** opens at 333 Front St N with refreshments, live music, and raffles.

7:30 AM: **Registration Tent** opens for packet pick-up at the park.

8:30 AM: **Survivor Walk** routes from the social area to the Riverside Park Bandshell.

9:00 AM: **Main 2.5-Mile Walk** kicks off through downtown La Crosse and along the Mississippi River.

11:45 AM: **Raffle Winners** are announced at the bandshell

Register at the Gundersen Medical Foundation website



The ADRC office and meal sites will be **closed** **September 7th** for the Labor Day holiday along with Abby Vans transportation.



SEPTEMBER 6
12PM-6PM
RIVERSIDE PARK

A free, family-friendly event features vendors, community groups, food, and entertainment.

Page 2 Answers for Oktoberfest Scramble: BEER, PRETZEL, SAUERKRAUT, LEDERHOSEN, DIRNDL, GERMANY, POLKA, BRATWURST, PARADE, FESTMASTER