

# La Crosse County



## Resource Guide

(608) 785-5700 or  
1-800-500-3910

The La Crosse County community has a wide variety of programs that offer services to meet the needs, maintain the independence, and improve the quality of life for residents. This resource guide has been developed by the Aging and Disability Resource Center of La Crosse County. It is intended to provide information about assistance available to persons over age eighteen, including those with disabilities, aging, mental health, or substance abuse issues. It is not a complete list of services and is not meant to be an endorsement or recommendation of these particular agencies. Please call the desired resource for most up-to-date information.

To obtain further information, services, or to update the current listing, contact the Aging & Disability Resource Center of La Crosse County at (608) 785-5700 or 1-800-500-3910.

### TABLE OF CONTENTS

#### Page 2

\* ADULT DAY SERVICES \* RESPITE CARE \* CAREGIVER SUPPORT \* ALZHEIMER \*  
\* DEMENTIA \* MEMORY CARE SERVICES \*

#### Page 3

\* EMPLOYMENT ASSISTANCE \* FINANCIAL RESOURCES \* LEGAL ASSISTANCE \*

#### Page 4

\* FOOD RESOURCES \* SENIOR MEAL SITES \*

#### Page 5

\* HEARING/VISION LOSS SERVICES \* HOMECARE \* HOSPICE \* CHORES/ERRANDS/REPAIRS \* ADVOCACY\*

#### Page 6

\* HOUSING \*

#### Page 7

\* HOUSING (continued) \*

#### Page 8

\* HOUSING (continued) \* MEDICAL/DENTAL \* CLINICS/HOSPITALS \*

#### Page 9

\* MEDICAL EQUIPMENT/SUPPLIES \* MENTAL HEALTH/ADDICTION SERVICES \*

#### Page 10

◆ MENTAL HEALTH/ADDICTION SERVICES (continued) \* TRANSPORTATION \* VETERAN'S SERVICES \*  
\* ADAPTIVE RECREATIONAL OPPORTUNITIES\*

#### Page 11

\* INFORMATION & ASSISTANCE \*

# **ADULT DAY SERVICES/RESPITE CARE/CAREGIVER SUPPORT**

## **ADULT DAY SERVICES**

**Bethany St. Joseph- Merit Centre:** North: 1020 Windsor St. La Crosse **608-784-2700**

South: 3900 East Ave. So., La Crosse **608-788-2900**

**Catholic Charities Adult Day Services Program:** 3710 East Ave. So., La Crosse **608-782-0710**

**Coulee Region Adult Day Center:** 565 Braund St., Onalaska **608-519-2306**

**Creative Community Living Services Day Services:** 704 Sand Lake Rd., Onalaska **608-779-4118**

**Aptiv Day Services Program:** 3000 South Ave., La Crosse **608-784-9450** or **1-800-949-7380**

## **RESPITE CARE**

**Coulee Region Adult Day Center:** 565 Braund St., Onalaska **608-519-2306**

**Oasis Respite Care (for people with dementia):** 123 Mason St., Onalaska **608-780-0471** [www.oasisrespitcare.org](http://www.oasisrespitcare.org)

**Respite Care WI (RCAW)** **608-222-2033**

*\*See supportive home care section for possible resources for in home respite*

*\*See nursing homes section for possible out of home respite*

## **CAREGIVER SUPPORT**

**Aging & Disability Resource Center of La Crosse County** 300 4<sup>th</sup> St. No., La Crosse **608-785-5700** or **1-800-500-3910**

**RSVP Friendly Caller Program:** **608-785-0500**

**VA Caregiver Support Line:** **1-855-260-3274**

**Causeway Caregivers-Peer Caregiver Support Program** **608-775-9999**

# **ALZHEIMER/DEMENTIA/MEMORY CARE SERVICES**

## **SERVICES**

**Aging & Disability Resource Center of La Crosse County** 300 4<sup>th</sup> St. No., La Crosse **608-785-5700** or **1-800-500-3910**

**Alzheimer's Association** **1-800-272-3900** (24 hour helpline)

**Music & Memory Program ADRC of La Crosse County** 300 4th Street No., La Crosse **608-785-5700** or **1-800-500-3910**

**Oasis Respite Care** 123 Mason St., Onalaska **608-780-0471** [www.oasisrespitcare.org](http://www.oasisrespitcare.org)

**Alzheimer's Foundation of America** **1-866-232-8484**

**Lewy Body Dementia Association** **1-800-539-9767**

**Association for Frontotemporal Degeneration** **1-866-507-7222**

## **COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE**

### **Eagle Crest Communities**

Eagle Crest North Memory Care, 351 Mason St. NW, Onalaska **608-779-1700**

Eagle Crest South Memory Care, 622 Bennora Lee Court, La Crosse **608-791-2700**

Hearten House I 2573 7<sup>th</sup> St. So., La Crosse **608-784-4521**

Hearten House II 2571 7<sup>th</sup> St. So., La Crosse **608-784-4523**

Hearten House III 101 Juniper Lane, Holmen **608-526-6796**

**Bluffview Memory Care** 2101 Bluffview Court, Holmen **608-526-5864**

**Brookdale Senior Living (60+)** 3141 East Ave. So., La Crosse **608-788-7730**

**RBI Caring Hearts** accepts persons with mild dementia 1614 Henry Johns Blvd., Bangor **608-486-4801**

**The Meadows at Springbrook** 861 Critter Court, Onalaska **608-783-2292**

## **NURSING HOMES WITH DEMENTIA CARE UNITS**

**Riverside Transitional Care** 2575 7<sup>th</sup> St. So., La Crosse **608-406-3900**

**Bethany St. Joseph Care Center:** 2501 Shelby Rd., La Crosse **608-788-5700**

**Hillview Healthcare Center:** 3501 Park Lane Dr., La Crosse **608-789-4800**

**Lakeview Health Center:** 962 Garland St. E., West Salem **608-786-1400**

# EMPLOYMENT ASSISTANCE

**Aurora Vocational Services** 1501 Saint Andrews St. Ste C202, La Crosse **608-785-5090**

**Catholic Charities – Disability Services** 3710 East Ave. So., La Crosse **608-782-0710**

**Coulecap** 700 North 3rd St., Suite 202B, La Crosse **608-782-4877**

**Independent Living Resources (ILR)** 4439 Mormon Coulee Rd., La Crosse **608-787-1111 or 1-888-474-5745**  
· TTY **608-787-1148 or TTY 1-888-378-2198**

**Older Worker Program/WISE (WI Senior Employment)** 2615 East Ave So., La Crosse **608-789-5620 or 1-800-742-5627**

**ORC Industries** 2700 Commerce St., La Crosse **608-781-7727**

**Aptiv** 3000 South Ave., La Crosse **608-784-9450 or 1-800-949-7380**

**Senior Community Service Employment Program (SER)** 205 5th Ave S. Suite 426, La Crosse **608-615-1845**

**VARC** 1601 Ramsey Place, La Crosse **608-782-7010**

**Veterans Assistance Foundation** Fort McCoy: **608-372-8387** - Wis Vets Hotline: **1-800-947-8387**

**Workforce Development Center of Western Wisconsin** 2615 East Ave. So., La Crosse **608-789-5620**

Vocational Rehabilitation, Job Center, Workforce Connections, Unemployment, Worker's Compensation

# FINANCIAL RESOURCES

## BENEFITS ASSISTANCE

**Aging & Disability Resource Center of La Crosse County** 300 4<sup>th</sup> St. N., La Crosse **608-785-5700 or 1-800-500-3910**

**Aptiv** 3000 South Ave., La Crosse **608-784-9450**

**Coulecap** 700 N. 3rd St. Suite 202b La Crosse **608-782-4877 or 1-866-904-4507**

**Independent Living Resources (ILR)** 4439 Mormon Coulee Rd., La Crosse **608-787-1111 or 1-888-474-5745**  
TTY **608-787-1148 or TTY 1-888-378-2198**

**La Crosse County Veterans Service Office** 212 6th Street No., La Crosse **608-785-9719**

**Medicare** **1-800-633-4227 · TTY 1-877-486-2048**

**Social Security Administration** 210 7<sup>th</sup> St. S. Ste 100, La Crosse **1-866-770-2345 (La Crosse office) or 1-800-772-1213**  
TTY **1-800-325-0778**

**State of Wisconsin Medigap Help-line** **1-800-242-1060**

**Western Region Economic Assistance** **1-888-627-0430**

**WI Emergency Rental Assistance 1-844-267-0033 (Rental/Utility Assistance related to COVID-19)**

## OTHER FINANCIAL RESOURCES

**Catholic Charities** 3710 East Ave. So., La Crosse **608-782-0710**

**City of La Crosse Housing Rehabilitation Program** 400 La Crosse St., La Crosse **608-789-7513**

**Consumer Credit Counseling Service of La Crosse** 505 King St., Ste. 212, La Crosse **608-784-8380**

**Coulecap** 700 N. 3rd St. Suite 202b, La Crosse **608-782-4877 or 1-866-904-4507**

**GT Financial Services** 215 Broadus Street, Sturgis MI 49091 **1-877-659-4500**

**iLife Financial Management Services** 6100 North Baker Road, Glendale WI **1-888-490-3966**

**Xcel Energy** Personal Accounts Representatives (PAR Department) · **1-800-331-5262**

## REPRESENTATIVE PAYEE SERVICES

**Catholic Charities** 413 3<sup>rd</sup> St. So., La Crosse **608-782-0710**

**Consumer Credit Counseling Service of La Crosse** 505 King St., Suite 212, La Crosse **608-784-8380**

**GT Financial Services** 215 Broadus Street. Sturgis MI 49091 **1-877-659-4500**

**iLife Financial Management Services** 6100 North Baker Road, Glendale WI **1-888-490-3966**

**Payee Service, Inc.** 390 Red Cedar St., Menomonie, WI 54751 **715-233-0203**

## TELEPHONE ASSISTANCE

**Lifeline/Link-up Program:** contact your telephone service provider

**Lifeline Wireless Cell Phone Program** **1-800-234-9473**

**Telecommunications Equipment Purchase and Assistance Plans (TEPP)** · Voice:**608-231-3305**

# LEGAL ASSISTANCE

**Lawyer in the Library** 800 Main St., La Crosse **608-789-7122** (3rd Thursday; 10am - 2pm, appt required)

**Legal Action of Wisconsin** 205 5th Ave S. Ste 300 La Crosse **608-785-2809** [www.legalaction.org](http://www.legalaction.org)

**Legal Clinic** - 3rd Wednesday of every month 6pm - 7:30pm First Baptist Church, 1209 Main St. La Crosse **608-782-6553**

**Wisconsin Elder Rights Project** **1-844-614-5468** [www.legalaction.org](http://www.legalaction.org)

**Wisconsin State Bar Association** **1-800-362-9082**

# FOOD RESOURCES/SENIOR MEAL SITES

## FINANCIAL ASSISTANCE FOR FOOD

Western Region Economic Assistance 1-888-627-0430 Online: [access.wi.gov](http://access.wi.gov)

## FOOD PANTRIES (call for information and eligibility)

**A Place of Grace** 919 Hood St., La Crosse 608-782-6224

**First Free Church Food Pantry** 123 Mason Street, Onalaska 608-782-6022

**From the Heart Food Pantry** 1010 Sill St. La Crosse *lower level Trinity Lutheran Church* 608-782-6200

**Onalaska Emergency Food Basket** 735 Sand Lake Road, Onalaska 608-783-7722

**River of Life Church** 1214 Cty PH Onalaska 608-782-2780 ext.1

**Salvation Army** 223 8<sup>th</sup> St. No, La Crosse 608-782-6126

**WAFER Food Pantry** 403 Causeway Blvd., La Crosse 608-782-6003

**West Salem Area Community Care & Share Pantry** 359 North Leonard St., West Salem 608-786-0030

## FREE MEALS (days and times may be subject to change)

**A Place of Grace** 919 Hood St., La Crosse 608-782-6224 Thursdays 5pm

**Our Savior's Lutheran Church Come for Supper** 612 Division St., La Crosse 608-782-3468 Tuesdays & Thursdays 5p—6p

**Presbyterian Church of West Salem** 625 West Franklin St, West Salem 608 786-0910 4<sup>th</sup> Wed of the month 5pm-6pm

**Salvation Army** 223 8<sup>th</sup> St. No., La Crosse 608-782-6126 M—F 7:30a ,11:30a, and 4:30p for residents; M-W, F-Sat 11a—12:30p community to go lunch Meals Saturday & Sunday 8a, 12:30p, 4:30p for residents; Sat. 11a—12:30 community to go lunch

**Trinity Lutheran Church** 1010 Sill St., La Crosse 608-782-6200 Monday 5:00pm

**Holmen's Hope** American Legion 419 1<sup>st</sup> Ave. Holmen 526-4444 Last Tues. of the month 5pm-7pm

**Onalaska Methodist Church** 212 4th Ave N., Onalaska 783-3380 2nd Tuesday of the month from 5:30pm-6:30pm

**RAVE** 1806 State St., La Crosse 785-9615 Mon. 9a-11a

## HOME DELIVERED MEALS/FOOD PACKAGES

**Aging and Disability Resource Center of La Crosse County Senior Nutrition Program** 608-785-5700

**Mobile Meals of La Crosse** 2600 Quarry Rd., La Crosse 608-784-4623

**Mom's Meals** 3210 SE Corporate Woods Drive, Ankeny, IA 1-877-508-6667

**WAFER Food Pantry Senior Share Program** 608-782-6003 Free monthly food package delivery to eligible 60+ seniors

## SENIOR NOON DINING CENTERS (weekdays)

Please call the **Aging and Disability Resource Center of La Crosse County Senior Nutrition Program** 608-785-5700 for eligibility information and to reserve 24 hours in advance.

**Community Connections Center** 1407 St. Andrew St., La Crosse 608-792-4487

**Holmen Community Center** 600 N Holmen Dr., Holmen 608-317-8104

**Onalaska Community Center** 515 Quincy St., Onalaska 608-317-9870

**Whispering Pines** 790 East Ave., West Salem 608-790-5082

**South Side Neighborhood Center** 1300 6th St. S., La Crosse 608-317-8174

# HEARING AND VISION LOSS SERVICES

Hamilton Relay 800-618-4781

Lions Affordable Hearing Aid Project 1-630-203-3837, option 3

Medicare to request accessible communications for persons with vision loss 1-844-258-3676

Office for the Blind or Visually Impaired 205 5<sup>th</sup> Ave. South, Suite 409, La Crosse 1-888-879-0017

Office for the Deaf and Hard of Hearing 855-359-5252

Telecommunications Equipment Purchase and Assistance Plans (TEPP) 608-231-3305

Vision Forward 1-414-615-0100

Wisconsin Council of the Blind and Visually Impaired 1-800-783-5213 or 608-255-1166

Wisconsin Telecommunications Relay Systems (TRS) dial 7-1-1 TDD English 1-800-947-6644 TDD Spanish 1-800-833-7813

Customer Service 1-800-676-3777

## HOME CARE

### HOME HEALTH/PERSONAL/SUPPORTIVE HOME CARE

Almost Family 1052 Oak Forest Drive Suite 150, Onalaska 608-779-0900

Aveanna Home Health formerly Recover Health 2600 State Rd, La Crosse 608-406-3140

BrightStar Care 1062 Oak Forest Drive, Suite 500, Onalaska 608-519-4324

Christian Servants Home Care 920-642-3329

Comfort Keepers 2951 South 21<sup>st</sup> Place, La Crosse 608-784-3357

Department of Veterans Affairs-Home Based Primary Care 1-800-872-8662 ext. 67734

Grace Community Living 4421 Mormon Coulee Region Ste. C, La Crosse 608-963-4357

Innovative Services 1052 Oak Forest Dr. Suite 360, Onalaska 608-519-5438

International Quality Home & Personal Care Services 306 Main St., Suite 4, La Crescent, MN 888-304-6230

La Crosse Home Care, LLC. 1702 George St., La Crosse, WI 608-519-2914

Lee Quality Home Care 1511 George St., La Crosse, WI 608-519-3124

Lori Knapp Companies 938 Green Bay St., Onalaska, WI 608-781-4594

MCFI Home Care 1-888-331-5696 or 414-290-0050

Riverview Home Health Care, Inc 3908 Circle Drive Ste. 100, Holmen 608-519-8080

VA Home Care Services 4000 State Rd 16 (Valley View Mall), La Crosse 608-784-3886

Helping Hands Home Care for Vernon County and some Monroe County 608-637-2378

### HOSPICE

Gundersen Health System Hospice 1900 South Ave., La Crosse 608-775-8435

Mayo Clinic Health System Franciscan Healthcare Hospice 620 South 11th St., La Crosse 608-392-9790 Option 1

Moments Hospice 4425 Mormon Coulee Road, La Crosse 608-399-6019

St. Croix Hospice 1540 Heritage Blvd Ste 201a, West Salem 608-433-9704

### CHORES/ERRANDS/REPAIRS

Brandon Balfanz operator of The Grounds Crew LLC 608-780-9201

Causeway Interfaith Volunteer Caregivers 608-775-9999

Coulecap Weatherization Program 1-866-904-4508

Friedman's Home Delivery Service 608-788-8777, option 6

RSVP (Retired Senior Volunteer Program) 608-785-0500 or 1-888-822-1295

University of Wisconsin La Crosse Financial Aid Office (student volunteers or workers) 608-785-8604

Western Technical College Student Career Services 608-785-9440 [wisconsintechconnect.com](http://wisconsintechconnect.com)

Wiscorps 608-799-8966

### ADVOCACY

Centro Latino 1209 Main St., La Crosse 608-515-9134

The ARC of La Crosse 1035 Green Bay Street #4, La Crosse 608-782-4799

Long-Term Care Ombudsman 1-800-815-0015

Disability Rights Ombudsman 1-800-928-8778

# HOUSING

\*Contact Aging and Disability Resource Center for options or rental directory 1-608-785-5700 or 1-800-500-3910

CouleeCap (Couleecap's homeless programs) 1-866-904-4508 or 608-782-4876

REACH Service and Resource Center 212 11th St. S. La Crosse 608-781-2783, ext. 200

The Exchange - La Crosse Area Furniture Bank *Caseworker needed to access* 1009 4th St. S., La Crosse 608-301-5345

## TEMPORARY/EMERGENCY HOUSING

**New Horizons Domestic Abuse Shelter** 608-791-2610 Crisis line: 1-888-231-0066

**Salvation Army** 223 North 8th St., La Crosse 608-782-6126

**Veterans Assistance Foundation** 608-372-8387 · Wis Vets Hotline: 1-800-947-8387

**Veteran's Homeless Hotline** 1-877-4AID-VET (1-877-424-3838)

**YWCA Ruth House** (female only in recovery) 608-782-0706

## INDEPENDENT HOUSING (Eligibility requirements such as age, disability and/or income limits may apply)

### Eagle Crest Communities (55+)

Heights Town Homes 102 Juniper Lane, Holmen 608-791-2709

Eagle Crest North Independent Living 351 Mason St. NW, Onalaska 608-779-1700

Eagle Crest South Independent Living Plus 622 Bennora Lee Court, La Crosse 608-791-2700

### Bethany St. Joseph Corporation (55+ disability or 62+)

Mill St. Manor 840 Mill St., West Salem 608-786-2440

OnaMain 920 Main St., Onalaska 608-781-7730

OnaTerrace 1126 Main St., Onalaska 608-783-1516

Prairie Home 620 Malin Ct., Holmen 608-526-4850

Salem Terrace 104 Lewis St., West Salem 608-786-2440

Welcome Home Apartments 3600 28th St. S., La Crosse 608-788-0254

Windsor Place 1020 Windsor St., La Crosse 608-785-2271

**Carroll Heights Apartments** (55+ or disability) 3505 Park Lane Drive, La Crosse 608-785-5500 ext 1

**Cedar Court Apartments** (income limits) 321 Wagon Drive, West Salem 608-786-4101

**Christopherson House** (income limits, physical disabilities) 2121 Sims Place, La Crosse 608-784-1381 (Allegiant Properties)

**Coulee View Apartments** Coon Valley, WI 608-637-6355

**Fox Hollow Senior Apartments** (55+ or income limits) 990-1000 Linden Dr., Holmen 608-526-4000

**Havenwood of Onalaska** 3770 Emerald Dr. E., Onalaska 608-615-4700

**Greendale Apartments** (low income adults w/ physical disabilities) 321 13<sup>th</sup> Ave. S., Onalaska 608-784-1381 (Allegiant Properties)

**Hidden Glen Apartments** (income limits) 100 Holmen Dr. S., Holmen 608-526-9026 or 800-944-4866 ext. 1120

**Heritage Haven** (62+ or disability income limits apply) 800 Saint James St., La Crosse 608-784-1381 (Allegiant Properties)

**Housing Authority of the City of La Crosse** 1307 Badger St., La Crosse 608-782-2264

### Impact Seven 608-799-1898 or 1-800-685-9353

Leo Fishman Manor: (chronic mental illness) 1106 Wilson St., Onalaska

Al Baldus Manor: (chronic mental illness) 1320 Pinecrest Lane, Onalaska

**La Crosse County Housing Authority** 615 Plainview Rd., La Crosse 608-781-5365 · TTY 1-800-283-9877

**The Gardens at Kristy** (55+) 1077 Kristy Lane, Onalaska 608-498-4498

**Pinedale Apartments** (62+ or disability) 501 13<sup>th</sup> Ave. So., Onalaska 608-784-1381 (Allegiant Properties)

**Ponderosa Apartments** (income limits) Holmen 608-786-4101

**Redwood Terrace Apartments** (62+ or disability income limits apply) 812 Redwood St., Onalaska 608-783-6229

**River Oaks Apartments** (income limits) 3464 East Ave. So., La Crosse 608-787-0200

**Salzer Square I** (55+) 1205 7<sup>th</sup> St. S., La Crosse 608-785-7775 or 608-784-2935

**Salzer Square II** (55+ and income limits) 1224 8<sup>th</sup> St. So., La Crosse 608-782-0585

**Schumann Apartments** (chronic mental health and income limits)

617 Bennora Lee Court, La Crosse 608-784-1381 (Allegiant Properties)

**Stonefield Manor** (55+) 1264 County Rd. PH, Onalaska 608-779-4906

# HOUSING (continued)

## ASSISTED LIVING OPTIONS

The type of Assisted Living Facility is based on how the facility is licensed:

**Residential Care Apartment Complex (RCAC):** Residence for adults that consists of independent apartments. Each apartment has own lockable entrance, kitchen with stove, private bathroom, sleeping and living areas. Can provide an individual with up to 28 hours of assistance per week.

**Community Based Residential Facilities (CBRF):** Residence for 5 or more adults. CBRF's may provide either private or semi-private rooms that do not have a kitchen. They may or may not have a private bathroom in each room. CBRFs provide more care than RCACs.

**Adult Family Home (AFH):** Residence for 1 to 4 adults. May provide private or semi-private rooms that do not have a kitchen. May or may not have a private bathroom in each room. Provides similar services as CBRF.

## RESIDENTIAL CARE APARTMENT COMPLEX (RCAC)

\*\* RCAC facilities that are registered facilities and can only accept private funds. The others are certified and can accept public funds.

### Eagle Crest Communities

The Heights Assisted Living (55+ years of age) 112 Juniper Lane, Holmen **608-526-2635**

Cass Street (55+ years of age) 1315 Cass St., La Crosse **608-796-1091**

Eagle Crest North (62+ years of age) 351 Mason St. NW, Onalaska **608-779-1700**

Eagle Crest Senior (62+ years of age) 622 Bennora Lee Court, La Crosse **608-779-2700**

\*\*The Willows (55+ years of age) 2555 7<sup>th</sup> St. S., La Crosse **608-406-3980**

### Bethany St. Joseph Corporation (55+ disability or 62+)

\*\*Laurel Manor 108 17<sup>th</sup> Ave. S., Onalaska **608-783-1815**

Mill St. Manor 840 Mill St., West Salem **608-786-2440**

Prairie Home 620 Malin Court, Holmen **608-526-4850**

Salem Terrace 104 Lewis St., West Salem **608-786-2440**

Shelby Terrace 2525 Shelby Rd., La Crosse **608-788-4477**

**Brookdale Senior Living - The Villas** (Ages 60+) 3141 East Ave. So., La Crosse **608-403-4647**

**Hillview Terrace** 3503 Park Lane Drive, La Crosse **608-785-5500**

\*\***Benedictine Living Community** (62+ years of age) 2902 East Ave. So., La Crosse **608-788-9870**

**Spring Brook Assisted Living** (contact for eligibility) 861 Critter Ct., Onalaska **608-783-2292**

1384 County Road 25, La Crescent, MN **507-551-2034**

## COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)

### Eagle Crest Communities

Eagle Crest South, High Acuity Assisted Living 622 Bennora Lee Court, La Crosse **608-791-2700**

### Brookdale Senior Living (60+ years of age)

Brookdale La Crosse 3141 East Ave. So., La Crosse **608-403-4647**

Brookdale Onalaska 949 10<sup>th</sup> Ave. No., Onalaska **608-291-9980**

**Traditions of La Crescent** 333 S., 2nd Street, La Crescent, MN **507-895-6447**

**Monarch Manor** 848 Garland St E. West Salem **608-612-0441**

**Neshonoc Manor** 998 Garland St E. West Salem **608-612-0661**

**RBI- The Caring Hearts** accepts persons with mild dementia 1612 Henry Johns Blvd., Bangor **608-486-4800**

**Springbrook** 861 Critter Ct., Onalaska **608-783-2292**

1384 County Road 25, La Crescent, MN **507-551-2034**

## ADULT FAMILY HOMES (AFH) *For information regarding Adult Family Homes,*

\***Aging and Disability Resource Center of La Crosse County** **608-785-5700** or **1-800-500-3910**

State website-Choosing an Adult Family Home: <http://www.dhs.wisconsin.gov/guide/afh.htm>

**Aurora Residential Services** 1501 Saint Andrews St. Ste B100, La Crosse **608-785-5090**

# HOUSING (continued)

## NURSING HOMES

\*\*has Dementia/Alzheimer care unit

**Benedictine Manor Rehabilitation Center:** 2902 East Ave. So., La Crosse **608-788-9870**

**\*\*Riverside Transitional Care:** 2575 7<sup>th</sup> St. So., La Crosse **608-406-3900**

**\*\*Bethany St. Joseph Care Center:** 2501 Shelby Rd., La Crosse **608-788-5700**

**\*\*Hillview Healthcare Center:** 3501 Park Lane Dr., La Crosse **608-789-4800**

**\*\*Lakeview Health Center:** 962 East Garland St., West Salem **608-786-1400**

**Mulder Healthcare Facility:** 713 N. Leonard St., West Salem **608-786-1600**

**Onalaska Care Center:** 1600 Main St., Onalaska **608-783-4681**

## MEDICAL / DENTAL

### REDUCED COST/FREE MEDICAL

**Community Care Clinic** Bronston Chiropractic 1202 County Rd PH, Onalaska **608-781-2225**

**Planned Parenthood** 1201 Caledonia St., La Crosse **800-657-5177**

**Family Health Center of Marshfield, Inc** Black River Falls, **1-800-782-8581 or 715-670-0400**

**La Crosse County Health Department** Wisconsin Well Woman Program 300 4<sup>th</sup> St. N., La Crosse **608-785-5753**

#### **Neighborhood Family Clinic**

1526 Rose St., La Crosse **608-781-9880**

N5560 CTH ZM, Onalaska **608-779-5323**

1580 Heritage Blvd, West Salem **608-518-3410**

**St. Clare Health Mission** 916 Ferry St., La Crosse **608-519-4633**

#### **Scenic Bluffs Community Health Center**

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

**Salvation Army Caring, Inc.** 223 8<sup>th</sup> St. N., La Crosse **608-782-6126**

## CLINICS

#### **Gundersen Health System Express Care**

La Crosse Festival Foods – 2500 State Rd., 33, La Crosse **608-775-5858**

Onalaska Festival Foods – 1260 Crossing Meadows Dr., Onalaska **608-775-5858**

#### **Gundersen Health System**

1900 South Ave., La Crosse **608-782-7300**

3111 Gundersen Dr., Onalaska **608-775-8100**

**Ho Chunk Nation Public Health -House of Wellness Clinic** -S2845 White Eagle Road, Baraboo **1-888-560-4616 x5506**

#### **Mayo Clinic Health System**

700 West Ave. So., La Crosse **608-785-0940**

1303 Main St., Holmen **608-526-3351**

191 Theater Rd., Onalaska **608-392-5001**

232 3rd Street No. Ste. 100, La Crosse (Belle Square) **608-392-9769**

**VA River Valley Integrated Health Center** 4000 State Rd 16 (Valley View Mall) **608-787-6411**

## HOSPITALS

#### **Gundersen Health System**

1900 South Ave., La Crosse **608-782-7300**

#### **Mayo Clinic Health System**

700 West Ave. So., La Crosse **608-785-0940**

**Tomah VA Medical Center** 500 East Veterans St., Tomah **608-372-3971**

### REDUCED COST/FREE DENTAL

**Affordable Dentures** Eau Claire **1-715-502-2784**, Rochester **507-299-4959**

**Black River Falls Dental Center** Black River Falls, **715-670-0400**

**Dental Pain Clinic** (La Crosse County Health Dept.) **608-785-9723** *\*Must have dental pain and difficulty finding dental care*

#### **Scenic Bluffs Community Health Center**

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

La Crosse Office 2030 7th St. So. (lower level of Smile Care Center), La Crosse **608-654-7471**

**Wisconsin Dental Association, Inc. Donated Dental Services** **1-866-812-9840**



## **MEDICAL EQUIPMENT/SUPPLIES**

**A&J Mobility 715-874-6630**

**Access Transit Mobility Products** – 1542 Rose St. La Crosse **608-782-1069**

**All Star Mobility** 66 Copeland Ave, La Crosse **608-519-9292**

**American Cancer Society** – 1285 Rudy St., Ste. 103, Onalaska **1-800-227-2345**

**Apria Healthcare**

1316 N. Hastings Way Ste. B, Eau Claire **715-834-7517**

4871 19th St. NW Ste. 100, Rochester **507-285-9959**

**Cass Street Pharmacy Gundersen Health System**– 528 Cass St., La Crosse **608-784-9922**

**Dan’s Shoe Repair** – 112 5<sup>th</sup> Avenue N., La Crosse **608-782-3775**

**Family Medical Supply and CPAP Store** 624 King St., La Crosse **608-791-1100** or **1-855-791-1549**

**Home Safety Innovations** **920-379-4439** or **608-738-4219** *homesafetyinnovations.com*

**Hilton Medical Supply** 500 3<sup>rd</sup> St. S., La Crosse **608-785-0390**

**Independent Living Resources (ILR)** – 4439 Mormon Coulee Road **608-787-1111** or **1-888-474-5745**

**Lenny’s Shoe Repair** 721 Clinton St., La Crosse **608-782-0014**

**Lincare** 214 Copeland Ave., La Crosse **608-791-0018**

**Mayo Clinic Store** 700 West Avenue S. (main hospital building), La Crosse **608-392-9797**

**Midwest Off-Road Center** 65 Copeland Ave., La Crosse **608-784-9980** or **1-800-626-1001**

**Prosthetic Laboratories** 3440 Losey Blvd S. La Crosse **608-782-5070** or **1-866-241-0606 3440**

**Limb Lab** 1919 State Rd., La Crosse **608-782-1855**

**Wisconsin Council of the Blind and Visually Impaired** **608-255-1166** or **1-800-783-5213**

## **PERSONAL EMERGENCY RESPONSE SYSTEMS**

**Lively** *lively.com* **1-800-918-8543** or at Best Buy or Walgreens

**Advanced Cable/ Life Assist + VRI** **1-888-860-8098**

**Alert 1** **1-866-474-1351**

**Comfort Keepers Health Watch Personal Response System** 2951 S. 21<sup>st</sup> Place, La Crosse **608-455-6853**

**Family First Medical Alert** **304-813-7878** or **801-738-0005**

**Liberty Honor Alert** Veteran’s Administration Medical Center, Tomah **1-800-872-8662**

**LifeFone Medical Alerts System** **1-844-253-7939**

**Safe Living Technologies** **1-519-240-8735**

**VRI** **1-800-860-4230**

## **MENTAL HEALTH / ADDICTION SERVICES**

### **MENTAL HEALTH CRISIS INTERVENTION**

**La Crosse County Crisis Responders** **1-608-784-4357 (HELP)**

**Great Rivers 2-1-1: Dial 2-1-1** or **1-800-362-8255**

**Suicide and Crisis Life Line: Dial 9-8-8**

**Veteran’s Crisis/Suicide Prevention Hotline** · **1-800-273-TALK (1-800-273-8255)**

### **MENTAL HEALTH SERVICES**

**Gundersen Health System** **608-775-2287**

**Ho-Chunk Nation Behavioral Health** 724 Main St., La Crosse **608-784-3083**

**Independent Living Resources** 4439 Mormon Coulee Rd, La Crosse, **608-787-1111** or **1-888-378-2198**

**Mayo Clinic Health System Behavioral Health Services** 615 S. 10th St., La Crosse **608-392-9555**

**La Crosse County Human Services-Integrated Support and Recovery Services** 300 4<sup>th</sup> St. N., La Crosse **608-784-4357 (HELP)**

**Scenic Bluffs Community Health Centers:** 238 Front St., Cashton, **608-654-5100**

**VA River Valley Integrated Health Center** 4000 State Road 16, La Crosse (Valley View Mall) **608-784-3886**

**Great Rivers 2-1-1: Dial 2-1-1** or **1-800-362-8255**

### **COMMUNITY BASED RESIDENTIAL FACILITY (CBRF)**

**Maplewood** 994 Garland St. E., West Salem **608-786-1436**

### **ADDICTION TREATMENT CENTERS**

**AMS (Addiction Medical Solutions) of Wisconsin** 9532 East 16 Frontage Rd, Onalaska **608-783-0506**

**Gundersen Health System** **608-775-7991**

**Mayo Clinic Health System Behavioral Health** **608-392-9555**

# MENTAL HEALTH / ADDICTION SERVICES (continued)

## ADDICTION RELATED RESOURCES

Coulee Recovery Center 933 Ferry St., La Crosse 608-784-4177

Great Rivers 2-1-1: Dial 2-1-1 or 1-800-362-8255

La Crosse County Human Services-Integrated Support and Recovery Services 300 4<sup>th</sup> St. N., La Crosse 608-784-4357 (HELP)

National Council on Problem Gambling 1-800-522-4700

Wisconsin Council on Problem Gambling 1-800-426-2535

## DROP IN CENTERS

RAVE (Recovery Avenue) 1806 State St., La Crosse 608-785-9615 or 608-787-1111

SUPPORT GROUP INFORMATION contact Great Rivers 2-1-1

## TRANSPORTATION

NON-MEDICAL TRANSPORTATION \*\*wheelchair accessible vehicle available

Aging & Disability Resource Center of La Crosse County 300 4<sup>th</sup> St. No. La Crosse 608-785-5700 or 1-800-500-3910

\*\*La Crosse County Mini-Bus 608-785-5700

La Crosse County Volunteer Drivers 608-785-5700

\*\*Bee Cab 608-784-4233

Bullet Cab 2001 State Rd, La Crosse 608-519-3200

Coulee Region RSVP Volunteer Driver 608-785-0500

\*\*Coulee Region Taxi 608-881-2050

\*\*CTS Taxi 226 Hood St., La Crosse 844-665-5232

Groome 1-888-781-5181 or 608-781-5181 [www.groometransportation.com](http://www.groometransportation.com)

Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000 or 1-866-666-2561

Scenic Mississippi Regional Transit (S.M.R.T. bus) [www.ridesmrt.com](http://www.ridesmrt.com) 1-877-444-6543

MEDICAL TRANSPORTATION NON-EMERGENCY \*\*wheelchair accessible vehicle available

Aging & Disability Resource Center of La Crosse County 300 4<sup>th</sup> St. No., La Crosse 608-785-5700 or 1-800-500-3910

\*\*Access Medical Transit 608-782-4200 or 1-800-658-9054

\*\*Abby Vans 1-800-236-8438 (if 60+ or disabled call the ADRC to arrange ride at reduced rate)

American Cancer Society – Road to Recovery 1285 Rudy St., Suite 103, Onalaska 1-800-227-2345

Coulee Region RSVP Volunteer Driver 2920 East Avenue So., Suite 104, La Crosse 608-785-0500

Disabled American Veterans 1-800-872-8662 ext. 66227

\*\*Gundersen Health System Coulee Trails 608-637-8884 or 1-800-771-8884

\*\*MTM (formerly VEYO) 1-866-907-1493 *Medical Assistance recipients only (excluding Inclusa and My Choice WI members)*

\*\*Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000

## VETERAN'S SERVICES

For programs and eligibility contact La Crosse County Veteran Service Office 608-785-9719

La Crosse Area Veterans Mentor Program, Inc. 212 6th St. North, Room 450, La Crosse, WI 54601 608-785-6420

La Crosse Veterans Center 20 Copeland Ave., La Crosse 608-782-4403

## ADAPTIVE RECREATIONAL OPPORTUNITIES

Arts Buddies and Sports Buddy (Causeway Interfaith Volunteer Caregivers) 608-775-9999

Flying Horse Stable 608-317-1448 <http://www.flyinghorsestable.net/>

HorseSense for Special Riders 608-518-5356 <http://horsesensewi.org>

NASA (North American Squirrel Association) 608-234-5988 [www.nasasquirrel.org](http://www.nasasquirrel.org)

Special Olympics, La Crosse Park & Recreation Department 608-789-7533

STAR Center La Crosse Org 608-797-6295 <https://www.starcenterprograms.org>

Center on Disability Health and Adapted Physical Activity, UW-La Crosse 608-785-8000 <http://www.uwlax.edu/center/cdhapa>

YMCA Inclusion and Adaptive Programs 608-782-9622 <https://laxymca.org/inclusion/>

# The Aging & Disability Resource Center of La Crosse County

(608) 785-5700

Toll Free: (800) 500-3910

<http://www.lacrossecounty.org/adrc>

## INFORMATION & ASSISTANCE

The Aging & Disability Resource Center of La Crosse County offers information and assistance to residents of La Crosse County.

The Aging & Disability Resource Center of La Crosse County provides information and assistance regarding services available in the community. You may call **(608) 785-5700** or come to our conveniently located office at **300 4<sup>th</sup> Street North** in **La Crosse**. **Please contact us for more information about our services in the community.** If you prefer, staff will meet with you in your home to answer questions and provide more in-depth consultation.

One of the goals of the Aging & Disability Resource Center of La Crosse County is to help people plan for current or future long-term care needs. The Aging & Disability Resource Center of La Crosse County professionals are familiar with all the local community services. They can help determine which services best meet your needs.

People often need help understanding what types of services would be available in their home. Our social workers can offer suggestions and advice on which services and supports will meet a person's needs while remaining as independent as possible.

If you would like to have a representative of the Aging & Disability Resource Center of La Crosse County make a presentation to your group or organization, call **(608) 785-5700**.

## LA CROSSE COUNTY

### EMERGENCY MENTAL HEALTH SERVICES

(MOBILE CRISIS)

### 24 – HOUR CONTACT INFORMATION

CALL

**608-784-4357**

**(608-784-HELP)**