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.

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.

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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 (formerly Riverfront, Inc.) 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
*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 4th 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 4th St. No., La Crosse  608-785-5700 or 1-800-500-3910
Alzheimer’s Association 3817 Mormon Coulee Rd Suite B, La Crosse 608-340-1499 or 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

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE
Eagle Crest Communities
   Eagle Crest North Memory Care 351 Mason St., Onalaska  608-779-1700
   Eagle Crest South Memory Care, 622 Bennora Lee Court, La Crosse 608-791-2700
   Hearten House I 2573 7th St. So., La Crosse  608-784-4511
   Hearten House II 2571 7th St. So., La Crosse  608-784-4522
   Hearten House III 101 Juniper Lane, Holmen 608-526-6793
Bluffview Memory Care 2101 Bluffview Court, Holmen 608-526-5864
Brookdale Senior Living (60+ years of age) 3161 East Ave. So., La Crosse 608-788-4372
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 7th 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
EMPLEYMENT 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
Couleecap 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 (formerly Riverfront Inc.) 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 608-789-5627
Vocational Rehabilitation, Job Center, Workforce Connections, Unemployment, Worker’s Compensation

FINANCIAL RESOURCES

FINANCIAL RESOURCES

BENEFITS ASSISTANCE

Aging & Disability Resource Center of La Crosse County 300 4th St. No., La Crosse 608-785-5700 or 1-800-500-3910
Couleecap 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 7th St So 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

OTHER FINANCIAL RESOURCES

Catholic Charities 413 3rd St. 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
Couleecap 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 1-888-958-7695
Xcel Energy PAR Department 1-800-331-5262

REPRESENTATIVE PAYEE SERVICES

Catholic Charities 413 3rd 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 1-888-958-7695
Payees Service, Inc. 390 Red Cedar St., Menomonie, WI 54751 715-233-0203

TELEPHONE ASSISTANCE

Lifeline/Link-up Program: contact your telephone service provider
Safelink Wireless Cell Phone Program 1-800-723-3546
Telecommunications Equipment Purchase and Assistance Plans (TEPP) · Voice: 608-231-3305 · TTY: 1-800-251-8345

LEGAL ASSISTANCE

Legal Action of Wisconsin 205 5th Ave So. Suite 300 La Crosse 608-785-2809 www.legalaction.org
Legal Clinic · 3rd Wednesday of every month 6pm - 7:30pm First Baptist Church, 1209 Main St. La Crosse
Wisconsin Elder Rights Project 1-844-614-5468 www.legalaction.org
Wisconsin State Bar Association 1-800-362-9082
Wisconsin JUDICARE Inc. 1-800-472-1638 www.judicare.org
Wisconsin Guardianship Support Center 1-855-409-9410
FOOD RESOURCES/SENIOR MEAL SITES

FINANCIAL ASSISTANCE FOR FOOD

Western Region Economic Assistance 1-888-627-0430 Online: access.wi.gov

FOOD PANTRIES (call for information and eligibility)

A Place of Grace Catholic Worker House 919 Hood St., La Crosse 608-782-6224
First Free Church Food Pantry 123 Mason Street, Onalaska 608-782-6022
From the Heart 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
Salvation Army 223 8th St. No, La Crosse 608-782-6126
Trinity Lutheran Church 1010 Sill Street, La Crosse 608-782-6200
WAFFER 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 Catholic Worker House 919 Hood St., La Crosse 608-782-6224 Tuesday and Wednesday 10:00am-1:00pm, Thursday 5:00pm-6:15pm, Last Sunday of month 2pm-3:30pm
Our Savior’s Lutheran Church Come for Supper 612 Division St., La Crosse 608-782-3468 Tuesday 5:00pm - 6:00pm
Presbyterian Church of West Salem 625 West Franklin St, West Salem 608 786-0910 4th Wed of the month 4pm-6pm
River of Life Church 1214 Cty PH Onalaska 608-782-2780 1st Wed of the month 5:30 pm
Salvation Army 223 8th St. No., La Crosse 608-782-6126 Monday - Friday 7:30am and 11:30am and 4:30pm, Meals Saturday & Sunday 8:30am and 12:30pm and 4:30pm
Trinity Lutheran Church 1010 Sill St., La Crosse 608-782-6200 Monday 5:00pm– 6:00pm
Holmen’s Hope American Legion 419 1st Ave. Holmen 526-4444 Last Tues. of the month 5pm-7 pm
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. 9:30 am, and first Wed. of each month at 12:30 pm

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

SENIOR NOON DINING CENTERS (weekdays)

For persons over 60, persons living with someone over 60 and any disabled person living in a building which is a meal site (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)

Carroll Heights 3505 Park Lane Drive, La Crosse 608-792-6996
Forest Park 1230 Badger St., La Crosse 608-785-5700
Harry J. Olson Senior Center 1607 North St., La Crosse 608-792-4487
Holmen Community Center 421 Main St., Holmen 608-526-6316
Onalaska Community Center 515 Quincy St., Onalaska 608-789-7829
Stokke Tower 421 6th St. So., La Crosse 608-789-7823
Village Inn 1601 Bangor St., Bangor 608-486-2741
Whispering Pines 780 East Ave., West Salem 608-790-5082
HEARING AND VISION LOSS SERVICES

**Lions Affordable Hearing Aid Project** 630-203-3837
**Medicare** to request accessible communications for persons with vision loss 1-844-258-3676
**Office for the Blind or Visually Impaired** 205 5th Ave. South, Suite 409, La Crosse 608-789-5663 or 1-888-879-0017
**Office for the Deaf and Hard of Hearing** voice 855-359-5252
**Telecommunications Equipment Purchase and Assistance Plans (TEPP)** 608-231-3305 · TTY 1-800-251-8345
**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 711 TDD English 1-800-947-6644 TDD Spanish 1-800-833-7813

Customer Service TDD 1-800-283-9877 Customer Service Voice 1-800-901-8389

HOME CARE

**HOME HEALTH/PERSOAL/SUPPORTIVE HOME CARE**
**Almost Family** 2346 Rose St., Suite 14 La Crosse 608-779-0900
**BrightStar Lifecare** 1052 Oak Forest Drive, Suite 240, Onalaska 608-519-4324
**Comfort Keepers** 2951 South 21st Place, La Crosse 608-455-6853
**Department of Veterans Affairs-Home Based Primary Care** 1-800-872-8662 ext. 67734
**Heritage Health Services** 6634 Durand Ave., Racine, WI 262-554-8800
**Home Instead Senior Care** 1601 Caledonia Street, Ste J. La Crosse 608-782-4000
**Innovative Services** 1052 Oak Forest Dr. Onalaska 608-519-5438
**Integrity Home Care Solutions** PO Box 110, Mineral Point, WI 608-987-0470 ext. 203
**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 Greenbay St., Onalaska, WI 608-781-4594
**MCFI Home Care** 1-888-331-5696 or 414-290-0050
**Recover Health** 700 North 3rd St., Suite 104, La Crosse 608-406-3140
**Riverview Home Health Care, Inc** 419 Sandlake Rd, Suite H, Onalaska, 608-519-8080
**VA Home Care Services** River Valley VA Clinic, La Crosse 608-784-3886
**Helping Hands Home Care** for Stoddard and Coon Valley areas 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
**St. Croix Hospice** 1-855-278-2764 or 715-327-5600

CHORES/ERRANDS/REPAIRS

**Brandon Balfanz operator of The Grounds Crew LLC** 608-780-9201
**Causeway Interfaith Volunteer Caregivers** 608-775-9999
**CouleeCap Weatherization Program** 608-782-4877
**Friedman’s Home Delivery Service** 4225 Cliffside Dr., La Crosse 608-788-8777 (shops on Mon. Tues. & Thurs. 7 to Noon)
**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
**Wiscorps RSVP** 608-785-0500
HOUSING

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

TEMPORARY/EMERGENCY HOUSING

CoulleeCap, Inc Transitional Housing Program for Homeless 608-782-4877 or 1-866-904-4507

New Horizons Domestic Abuse Shelter 608-791-2600 or 1-800-231-0066

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

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

Veteran’s Homeless Hotline · 1-877-4AID-VET (1-877-424-3838)

YWCA Transitional Housing Program (female only) 3219 Commerce St. La Crosse 608-781-2783 ext. 8

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., 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. So., 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 608-785-5555

**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

**Coulée View Apartments** Coon Valley, WI 608-452-3170 or 608-637-6323

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

**Greendale Apartments** (low income adults with physical disabilities) 321 13th Ave. So., Onalaska 608-784-1381

**Hidden Glen Apartments** (income limits) 100 Holmen Dr. So., Holmen 608-526-9026

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

**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

**Michael Heights** (55+) 420 5th Ave. So., La Crosse 608-518-3381

**The Gardens at Kristy** (55+) 1065-1077 Kristy Lane, Onalaska 608-781-1275

**Pinedale Apartments** (62+ or disability) 501 13th Ave. So., Onalaska 608-784-1381

**Ponderosa Apartments** (income limits) 1709 Viking Ave., 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 7th St. So., La Crosse 608-785-7775 or 608-784-2935

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

**Schumann Apartments** (chronic mental health and income limits) 617 Bennora Lee Court, La Crosse 608-782-4001

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

- TheHeights Assisted Living (55+ years of age) 112 Juniper Lane, Holmen 608-526-2570
- Cass Street (55+ years of age) 1315 Cass St., La Crosse 608-784-6656
- Eagle Crest North (62+ years of age) 351 Mason St., 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 7th St. So., La Crosse 608-406-3978

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

- **Laurel Manor 108 17th Ave. So., 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 and 2527 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) 2904 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 10th Ave. No., Onalaska 608-783-4955

Traditions of La Crescent 333 So., 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 608-486-4801

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](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 7th 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: 902 East Garland St., West Salem  608-786-1400

Mulder Healthcare Facility: 713 North 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 Clinics  Bronston Chiropractic 1202 County Rd PH, Onalaska 608-781-2225

Planned Parenthood (formerly Options Clinic)  1201 Caledonia St., La Crosse  608-657-5177

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 4th St. No., La Crosse  608-785-9723

Neighborhood Family Clinic  1526 Rose St., La Crosse  608-781-9880

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

Planned Parenthood (formerly Options Clinic)  1201 Caledonia St., La Crosse  608-657-5177

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 4th St. No., La Crosse  608-785-9723

Neighborhood Family Clinic  1526 Rose St., La Crosse  608-781-9880

Neighborhood Family Clinic  N5560 CTH ZM, Onalaska 608-779-5323

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 8th St. No., La Crosse  608-782-6126 ext. 239 or 608-782-0962

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 608-355-1240 or 1-888-552-7889

Mayo Clinic Health System
  - 700 West Ave. So., La Crosse  608-785-0940
  - 1303 Main St., Holmen  608-526-3351
  - 191 Theater Rd., Onalaska  608-392-5000
  - 232 3rd Street No., La Crosse  608-392-7400

VA River Valley Integrated Health Center  1525 Losey Blvd. So. La Crosse  608-787-6411

HOSPITALS

Gundersen Health System
  - 1900 South Ave., La Crosse  608-782-7300

Mayo Clinic Health System
  - 700 West Ave. South, La Crosse  608-785-0940

Tomah VA Medical Center  500 East Veterans St., Tomah  1-800-372-3971

REDUCED COST/FREE DENTAL

Affordable Dentures  Eau Claire  715-502-2784, Rochester  507-299-0658

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

Scenic Bluffs Community Health Center
  - Cashton Office 238 Front St., Cashton  608-654-5100
  - Norwalk Office 200 West North St., Norwalk  608-823-7853

Wisconsin Dental Association, Inc. Donated Dental Services 1-866-812-9840
MEDICAL EQUIPMENT/SUPPLIES

Access Transit Mobility Products – 1542 Rose St., La Crosse  608-782-1069
American Cancer Society – 1285 Rudy Street, Suite 103, Onalaska  608-783-5001 or 1-877-423-9125
Apria Healthcare – 1316 N. Hastings Way, Eau Claire  715-834-7517 or 1-888-492-7742
Cass Street Pharmacy Gundersen Health System – 528 Cass Street, La Crosse  608-784-9922
Dan’s Shoe Repair – 112 5th Avenue No., La Crosse  608-782-3775
Family Medical Supply and CPAP Store  705 State Street, La Crosse  608-791-1100 or 1-855-791-1549
Hilton Medical Supply  500 3rd Street So., 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 Street, La Crosse  608-782-0014
Lincare
Limo Lab
Limb Lab 1919 State Road, La Crosse  608-782-1855
Veterans of Foreign Wars (VFW) Loan Closet  Post 1530, 630 6th St. So., La Crosse  608-785-1530
Wisconsin Council of the Blind and Visually Impaired  608-255-1166 or 1-800-783-5213

PERSONAL EMERGENCY RESPONSE SYSTEMS

5 Star *GreatCall  1-866-829-4527 or at your local Walmart
Advance Security / Life Assist  1-888-860-8098
Alert 1  1-877-659-8379
Comfort Keepers Health Watch Personal Response System  2951 South 21st Place, La Crosse  608-455-6853
First Family Medical Alert  1-877-9169
Guardian Alert 911 for Veterans  Veterans Administration Medical Center, Tomah  1-800-872-8662
LifeFone Medical Alerts System  1-844-253-7939
Mayo Clinic Health System - Lifeline Alert Service  608-392-9797 (La Crosse)
Safe Living Technologies  1-519-240-8735

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
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  212 11th St. So., La Crosse,  608-392-9555
La Crosse County Human Services-Integrated Support and Recovery Services  300 4th St. No., La Crosse  608-784-4357 (HELP)
Scenic Bluffs Community Health Centers: 238 Front Street, Cashton,  608-654-5100
VA River Valley Integrated Health Center-Mental Health Clinic  1525 Losey Boulevard, La Crosse  608-787-6411
Vet Center 20 Copeland Avenue, La Crosse  608-782-4403
Great Rivers 2-1-1: Dial 2-1-1 or 1-800-362-8255
MENTAL HEALTH / ADDICTION SERVICES (continued)

COMMUNITY BASED RESIDENTIAL FACILITY (CBRF)
Maplewood 994 Garland St. East, West Salem 608-786-1436

ADDITION TREATMENT CENTERS
AMS (Addiction Medical Solutions) of Wisconsin 9532 East 16 Frontage, Suite 100, Onalaska 608-783-0506
Gunderson Health System 608-775-7991
Mayo Clinic Health System Behavioral Health 608-392-9555

ADDITION RELATED RESOURCES
Coulee Recovery Center (formerly Coulee Council on Addictions) 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 4th St. No., 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 4th 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
A Cab 608-781-6655
**Bee Cab 608-784-4233
Bullet Cab 2709 South Ave. La Crosse 608-519-3200
Coulee Region RSVP Volunteer Driver 608-785-0500
**Coulee Region Taxi 608-881-2050
**CTS Taxi 608-784-7700
Groome 1-888-781-5181 or 608-781-5181 www.groometransportation.com
Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000 or 1-866-666-2561
La Crosse Municipal Transit Utility (MTU) 608-789-7350 MTU Mobility Plus 1-800-236-8438 option 1
Scenic Mississippi Regional Transit (S.M.R.T. bus) www.ridesmrt.com 1-877-444-6543

MEDICAL TRANSPORTATION NON-EMERGENCY **wheelchair accessible vehicle available
Aging & Disability Resource Center of La Crosse County 300 4th 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 60yrs + 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 or 608-775-1359
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
**Gunderson Health System Coulee Trails 608-637-8884 or 1-800-771-8884
**MTM (Medical Transportation Management) 1-866-907-1493 Medicaid / Medical Assistance recipients only
**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

ADAPTIVE RECREATIONAL OPPORTUNITIES
Arts Buddies (Causeway Interfaith Volunteer Caregivers) 608-775-9999
Flying Horse Stable 608-317-1448 http://www.flyinghorsetable.net/
HorseSense for Special Riders 608-791-4868 www.hssr.org
NASA (North American Squirrel Association) 608-234-5988 www.nasasquirrel.org
Special Olympics, La Crosse Park & Recreation Department 608-789-7596 http://www.cityoflacroce.org/parks/specialrec
Center on Disability Health and Adapted Physical Activity, UW-La Crosse 608-785-8000
http://www.uwlax.edu/center/cdhapla
YMCA Inclusion and Adaptive Programs 608-782-9622 or 608-519-5516 www.laxymca.org
The Aging & Disability Resource Center of La Crosse County

(608) 785-5700
Toll Free: (800) 500-3910
Internet: http://www.lacrossecounty.org/adrc

FORMATION & 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 4th 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

(CRISIS)

24–HOUR CONTACT INFORMATION

CALL

608-784-4357
(608-784-HELP)