

# La Crosse Senior Life

Photo from Phil Addis

August 2023

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

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## Input Needed: Proposed Update to Older Americans Act Regulations

The Administration for Community Living (ACL) is seeking input on proposed updates to the regulations for most of its Older Americans Act (OAA) programs. The last substantial update occurred 35 years ago in 1988. Updates are needed to meet the needs of today's older adults.

Congress passed the OAA in 1965 in response to concerned policymakers about a lack of community social services for older adults. The initial legislation established grants to states for community planning and social services, research and development projects, and personnel training in the field of aging. Last reauthorized in 2020, the OAA authorizes a wide array of service programs, most of which focus on helping older adults age in place. These services include home-delivered and congregate meals, support for family caregivers, preventive health services, personal and home care services, transportation, legal assistance, elder abuse prevention. In addition, the OAA provides ombudsman services for people who live in long-term care facilities.

According to the ACL, OAA "updates are needed to align regulations to the current statute and reflect the needs of today's older adults. The proposed rule [update] addresses issues that have emerged since the last update and clarifies a number of requirements. It aims to better support the national aging network that delivers OAA services and improve program implementation, with the ultimate goal of better serving older adults." For example, the proposed rule/update:

- Clarifies requirements for state and area plans on aging and details requirements for coordination among tribal, state and local programs.
- Specifies the broad range of people who can receive services, how funds can be used, fiscal requirements, and other requirements that apply across programs.
- Addresses emergency preparedness and response, incorporating lessons from pandemic.
- Establishes expectations for legal assistance and activities to prevent elder abuse.
- Updates definitions, modernizes requirements and clarifies flexibilities within the senior nutrition program (i.e., allow for continuation of innovations utilized during pandemic).

To learn more, go to the ACL website ([acl.gov](http://acl.gov)). To read or download the entire proposed rule, go to the Federal Register website ([www.federalregister.gov](http://www.federalregister.gov)) and search for "Older Americans Act."

Comments may be submitted (received or postmarked) through August 15, 2023, as follows:

- Online at [regulations.gov](http://regulations.gov) (enter "2023-12829" in search bar, select ACL's proposed rule, and then click the blue "comment" box at the top left of the page)
- By mail to:

Administration for Community Living  
Administration on Aging, Attention: ACL-AA17-P  
330 C Street SW  
Washington, DC 20201



For quick links to information, proposed rule, and website to submit comments, visit [www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc) and scroll to "News and Information Links" (bottom).

Introducing



## ACCESS GUIDEBOOK

The ADRC of La Crosse County's first newsletter specifically geared for the disability community. It covers a range of topics including articles on social, economic, and political issues; local news and feature stories; and a resource directory of community events, programs, and services.

*Access Guidebook* is a quarterly publication. The first issue (August) will be available in print and digital formats. To get on the mailing list, call the ADRC at 608-785-5700 or email [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org).

wiha

Wisconsin Institute  
for Healthy Aging

## AGEWELL

The Wisconsin Institute for Healthy Aging (WIHA) newsletter to help you age well! It provides information and motivation to encourage older adults to take control of their health.



AGEWELL is published bi-monthly and sent by email or can be viewed on the WIHA website ([wihealthyaging.org](http://wihealthyaging.org)) at any time. To get on the email list, go to [wihealthyaging.org](http://wihealthyaging.org), scroll to bottom and click on "subscribe."

WIHA is a non-profit organization that works with local communities across the state to bring programs and strategies that can help individuals age well. Their programs can help prevent a fall, manage a health problem, be more physically active and more. All of their programs have been researched and proven to help individuals stay healthy as they grow older.

## TWO (OR THREE) WHEEL TUESDAYS!

Join the ADRC for a bike ride on Tuesdays at 10 AM, during the month of August, beginning August 8th! Riders may bring/use their own bike, or use a Drift Cycle bike or trike located at Chad Erickson Memorial Park.

To register to participate, and/or to reserve a bike or trike, for one or more Tuesday, call the ADRC at 608-785-5700 at least 24 hours in advance. Bikes and trikes will be available first come, first served, and free of charge for individuals registering with the ADRC in advance.



10:00 AM • Chad Erickson Memorial Park (3601 Park Lane Dr, La Crosse)







**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? If you are over the age of 60, or perhaps have a disability, we can help. Whether it is for medical, nutrition (groceries), or employment, we can help you with some options:

**Shared Ride Taxi 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.

**La Crosse County ADRC** (Abby Vans) offers transportation for La Crosse County residents rides in La Crosse County Monday-Saturday from 7am-6pm and 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 and electric scooters accessible.

**Cost varies by zones:**

Zone 1A- La Crosse and Onalaska South \$3.50 each direction

Zone 1B- Onalaska North, Holmen and French Island \$4.00 each direction

Zone 2- West Salem, Bangor, Brice Prairie and rural areas including Galesville, Trempealeau, Mindoro, La Crescent and Stoddard.

\$4.50 each direction.

You must register with the ADRC before calling Abby Vans directly for your rides

Just 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.



**The Aging and Disability Resource Center is in need of volunteers** to help deliver meals to our elderly participants from 10:30am-12pm on a variety of days.

We have delivery routes available in La Crosse, Onalaska, Brice Prairie and Holmen

**Volunteers are also needed to assist with packaging the meals at our Holmen and La Crosse meal sites.**

Call us at 608-785-5700 to see how you can help.

**SUMMER WORD SEARCH**



- CHABE \_\_\_\_\_
- DUMIH \_\_\_\_\_
- CATONIAV \_\_\_\_\_
- LAGSESNUSS \_\_\_\_\_
- SLADNAS \_\_\_\_\_
- THEA \_\_\_\_\_
- GINMIWSM \_\_\_\_\_
- PAMGNIC \_\_\_\_\_
- CNIPCI \_\_\_\_\_
- SHIFGIN \_\_\_\_\_
- NIDGENRAG \_\_\_\_\_

Answers on page 7



**MTM/ Veyo Medical Rides**

For Medicaid & BadgerCare Plus recipients only, excluding Includa & My Choice WI Members. Monday—Friday, 7am - 6pm  
**Call 1-866-907-1493** to schedule a medical ride. Visit the website at member.veyo.com

**LA CROSSE MTU**

Senior Citizen Discount (ages 65 and older)  
 \* With an ID card issued by MTU or a Medicare Card .75 cents is the cash fare, and \$25 is the cost of a monthly bus pass.  
 Call **789-7350** for more information or questions

**Caring for a Veteran?**

Call VA's Caregiver Support Line for help toll-free:

**1-855-260-3274**

Monday - Friday, 8:00 am - 11:00 pm ET  
 Saturday, 10:30 am - 6:00 pm ET



**Contribution Designation Form**

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

**Please designate my contribution: (if applicable)**

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

And notify: \_\_\_\_\_

Address: \_\_\_\_\_

**To benefit the following: (check all that apply)**

- 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 do so, you can complete the donation form above and mail to the address on the form, along with a check written to **ADRC of La Crosse County**, or to use a credit card, you can go to our website at [www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc) and click on the yellow "Donate" button toward the bottom of the page. Either way, thank you for your support!

August

**La Crosse Senior Life Newspaper**  
 Mailing List Request  
 Return to: Aging & Disability Resource Center  
 300 4th Street N. La Crosse, WI 54601

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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



**Brain and Body Fitness**

Group physical and cognitive fitness class for people living with mild cognitive impairment (MCI) or early to mild stage dementias. Facilitated by trained instructor.

Choose from the following classes:

**Tuesdays 10:00am-11:00am**

August 22—November 14

**La Crosse Dahl YMCA**

1140 Main St. La Crosse Multipurpose Rm B (2nd Floor)

OR

**Fridays 10:00am-11:00am**

August 25—November 16

**Onalaska Houser YMCA**

400 Mason St. Onalaska Multipurpose Rm A (near main entry)

**Pre-registration and physician approval required. Register by calling 608-785-5700.**

**GRIEF & LOSS**

Free Group Counseling for Care Partners (Late Stage Dementia/End of Life)

A group where others who share similar trials can work through their grief and ambiguous loss together.

Starting in August, sessions meet Thursdays for 1.5 hours at Crossway Church 1407 St Andrew St. La Crosse  
Enroll now by calling Joy Buchman at 651-412-6651



"Because it's frightening to care for someone you don't understand"

Our staff is trained with Dementia Live.

**Experience what it may be like to live with Dementia!**

Thursday, August 10th. 6pm-7pm  
Clearwater Farm  
760 Green Coulee Rd. Onalaska

Please register for this **FREE** event by calling 608-785-5700.



**Touching Moments Animal Assisted Program**

Now offering opportunities for people living with dementia at Windy Ridge Ranch. Participants are able to visit the ranch and interact with the horses. Open session is free and activities include grooming and petting the horses and leading them through an obstacle course (assisted by volunteers) if the individual is comfortable.

**Dates:** August 16, 23 & 30 and September 13, 20 & 27 from 6pm-7pm

**Location:** Windy Ridge Ranch 8526 Union Ridge Drive, Hokah, MN

Contact for registration....Shelley Ellingson at 507-884-4365 or email [windyrr@goacentek.net](mailto:windyrr@goacentek.net)

Website: [www.touchmoments.org](http://www.touchmoments.org)



Free Programs for people living with early to mid-stage memory loss and their care partners.

**1st Wednesday Monthly 10:30am-12:00pm  
Minnesota Marine Art Museum (MMAM)  
Winona, MN**

Register: Heather M. Casper, at 507-474-1910

**3rd Wednesday Monthly 10:30 a.m. – 12:00pm  
Clearwater Farm 760 Green Coulee Rd. Onalaska**

To Register: [ajoswick@clearwaterfarm.org](mailto:ajoswick@clearwaterfarm.org) or call 608-385-4819.

**LOCAL DEMENTIA SUPPORT GROUPS**

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

**All-Stages Caregiver Group**

2nd Tuesday monthly  
1:15pm-2:30pm  
Good Shepard 4141 Mormon Coulee

This is an opportunity to learn from others who face similar experiences. For caregivers only.

**Club Connectivity - MCI/Early-Onset**

\*Outings to various locations in the area Mondays 1-2x monthly  
\*\*Call 608- 519-2088 for details

For persons diagnosed with MCI, early-onset dementias to stay connected in the community. Topics & activities determined by the group.

**Parkinson's Disease Group**

1st Monday monthly, 5:00pm-6:30pm  
Black River Beach Neighborhood Center, La Crosse

For care partners and persons living with Parkinson's disease to meet and have the opportunity to ask questions, share resources & manage the disease. #608-789-8640

**For Working Caregivers - Virtual**

1st Monday monthly 7:00pm-8:00pm  
Virtual via Google Meets.  
Email [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org) for link

For adults who provide caregiving responsibilities for their aging parents or family/friends of any stages of the disease. This group will foster a space for discussing the challenges and successes of working and caring.

**All Stages Coffee Connect - Virtual**

Mondays weekly, 10:00am-11:00am  
Virtual via Zoom or Dial-in by phone  
Email [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org) for link

For caregivers of all stages of the disease that fosters a space for sharing, insight, advice, and encouragement. Led by dementia care specialists - SW WI.

**Aging & Down Syndrome Caregiver Support Group- Virtual**

3rd Wednesday/month from 5p-6p  
Virtual via Zoom or Dial-in by phone  
Email [Abigail@dsaw.org](mailto:Abigail@dsaw.org)

For people who provide care for aging individuals with Down syndrome. Emotional support and experience sharing as well as an educational component. Focus on Alzheimer's and dementia in the Down syndrome community. DSAW & ALZ Assoc.

**Grief Therapy Group**

Meets weekly  
Closed Group- Must Call/Text  
Joy 651-412-6651

Dementia comes with so much loss. This group is shared with others experiencing similar trials and can work through grief. For care partners with loved ones in late stages, end of life or passed within the last 2 years.

**Dementia Caregiver Education Series**

\*Education \*Conversation \*Support

**Thursday, August 10 at 9:30am**

**Safety & Pre-Crisis Planning**

**Community Connections Center**

**1407 St Andrew St.**

**Register at ADRC 608-785-5700**

**Conversations with Kathy – Dementia Caregiver Camaraderie**

**4<sup>th</sup> Tuesdays 1pm-2:15pm** (July 25, August 22, Sept 26, Oct 24, Nov 28)

**La Crosse YMCA-GHS Healthy Living Center** (south entrance to Dahl YMCA, parking lot off of King St.)

**Questions? 608-386-8908**



**Day Respite Program for Individuals with Mild to Moderate Symptoms Associated with Alzheimer's, Dementia or Brain Related Impairments**

OASIS respite is a safe place for loved ones, allowing caregivers to make time for themselves along their caregiving journey. This program is designed to be affordable and provide purpose, social connections and stimulation for its participants. Mondays 9am-11am and Thursdays 11am-3pm @ First Free Church in Onalaska. Days may vary with holidays. A suggested donation is set per day. You must register: 608-780-0471



### Coping With No Longer Driving

www.wvpersonalinjury.com

For many people, driving translates to independence and freedom. Yet, when that freedom is taken away, the ability to come and go as one pleases is no longer as simple as grabbing the car keys and heading out. Losing this independence can be difficult to grapple with.

Providing an empathetic, understanding ear is crucial if your loved one struggles to cope with the transition. Reflective listening can help you convey support and encouragement to their struggle in a non-confrontational way.

As your loved one navigates the transition, support them by helping them find a safe, creative outlet, such as painting, sculpting, or other projects. Also, help them find alternative forms of transportation. This can alleviate the stark loss of independence by allowing them to do their favorite things. In this challenging time, it's essential to convey that relinquishing their driving option doesn't automatically smother their independence or mobility. Here are a few ways seniors can maintain these things throughout the transition:

**Establish routines:** Set routines, including meals, bathing times, and sleep schedules, to promote feelings of familiarity and security.

**Write schedules:** Knowing scheduled appointments, mealtimes, and activities promotes independence for seniors with dementia, as they know what to expect.

**Use labels and signs:** Recalling tasks is often tricky, so use labels and signs placed in the living space as reminders.

**Use alternative transportation:** Not driving doesn't mean being stuck at home. Look for alternative transportation to get safely from Point A to Point B.

**Remain social:** Social activities offer a sense of meaning and purpose. Pick activities that match their preferences and ability levels.

#### How to Talk to a Person About Quitting Driving

No longer driving is often a sensitive topic. When broaching this conversation, it's important to be prepared to avoid stressful confrontations. Here are a few tips on how to talk to a person about retiring from driving:

- **Plan ahead:** This isn't always an option, but if possible, discuss the topic with the person before it becomes an issue.
- **Initiate the conversation:** Express your concerns, focus on the positives, and offer alternative options.
- **Acknowledge their feelings:** Remain open and empathetic about their feelings regarding this loss, as this can feel like losing their independence.
- **Remain supportive:** Appeal to their sense of responsibility surrounding safety while reaffirming your unwavering love and support.
- **Seek third-party assistance:** Sometimes, it's best to seek help from an objective third party or their physician.
- **Remain firm:** If the conversation doesn't go smoothly, remain firm, but be patient. This is a difficult transition and can be overwhelming to face.

**Offer gentle reminders:** The initial conversation about driving may be the first of many, so be patient and offer gentle reminders as the conversation reappears.

#### What to Do If You Are Unable to Persuade Them Not to Drive

If you are unable to persuade the person not to drive, use the following methods as a last resort:

- \* Take away or hide the car keys
- \* Replace the car keys with a set that can't start the car
- \* Disable the car
- \* Consider selling the car
- \* Park the car out of sight

### Medicare Coverage of Seat Elevation Technology in Power Wheelchairs

By the GWAAR Legal Services Team (for reprint)

The Centers for Medicare & Medicaid Services (CMS) recently announced that it will cover seat elevation technology in Medicare-covered power wheelchairs (PWCs). Previously, CMS considered seat elevation to be just an accessory for PWCs, which meant that it was not covered. Because CMS now considers seat elevation technology to be durable medical equipment, Part B of Original Medicare and Medicare Advantage plans will cover seat elevation for PWC users who need it to perform activities of daily living in the home. This means that PWC users will be able to more safely reach items and transfer to and from their wheelchairs.

Effective immediately, power seat elevation equipment will be considered medically necessary and reasonable for individuals using complex rehabilitative PWCs when:

1. The individual has undergone a specialty evaluation that confirms the individual's ability to safely operate the seat elevation equipment in the home. This evaluation must be performed by a licensed or certified medical professional, like a physical therapist, occupational therapist, or other practitioner who has specific training and experience in rehabilitation wheelchair evaluations; and
2. At least one of the following apply:
  - a. The individual performs weight-bearing transfers to and from the PWC while in the home, using either the arms during an uneven sitting transfer or the legs during a sit-to-stand transfer. Transfers may be accomplished with or without caregiver assistance and/or the use of assistive equipment, like a sliding board, cane, crutch, or walker; or
  - b. The individual requires a non-weight-bearing transfer to and from the power wheelchair in the home. Transfers may be accomplished with or without a floor or mounted lift; or
  - c. The individual performs reaching from the power wheelchair to complete one or more mobility-related activities of daily living (MRADLs) in the home, such as toileting, feeding, dressing, grooming, and bathing. MRADLs may be completed with or without caregiver assistance and/or the use of assistive equipment.

In addition, the Durable Medical Equipment Medicare Administrative Contractor (DME MAC), which processes claims for individuals enrolled in original Medicare, has discretion to determine whether coverage of power seat elevation equipment is medically necessary and reasonable for individuals who use Medicare-covered PWCs other than rehabilitative PWCs. These coverage decisions will be made on a case-by-case basis.

If you would like to know whether Medicare or your Medicare Advantage plan will cover seat elevation equipment for your PWC, please speak with your healthcare provider.

### Did you know that there may be additional help for your prescription costs through the Wisconsin Senior Care State Pharmacy Assistance program?

SeniorCare is a program for Wisconsin residents who are 65 or older and need help paying for medicine.

The program helps seniors pay for prescription drugs if your gross income is below the Annual Income limits. Your annual income determines how much of your prescription drug costs SeniorCare will cover. The amounts are based on federal guidelines, which change each year.

If your Gross income (before deductions) is at or below **\$34,992 for a Single/Individual person or \$47,328 for a Couple/Married**

You may qualify for additional help on your prescriptions. You can use the Wisconsin Senior Care program along with your current Medicare prescription, part D plan to maximize your savings.

If you would like more information about the Wisconsin Senior Care program please **call Senior Care at 1-800-657-2038** or visit <https://www.dhs.wisconsin.gov/seniorcare/fpl.htm> for information and/or application. If you need more assistance, please call the ADRC of La Crosse County Benefit Specialist at 608-785-5700.



Tuesday, August 8th, **Walk with an Eagle Community Social Walk**, 5-6 p.m. Info: [www.aarp.org/lacrosse](http://www.aarp.org/lacrosse), or 877-926-8300

Wednesday, August 9th, **Coffee & Conversations**, 8-10 a.m., Java Vino, 2311 State Rd., Register: <https://aarp.cvent.com/LaxCoffeeCovno23> or 877-926-8300

**Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Knitting Group:** Thursdays, 5pm-7pm; \$1/session  
**Mah Jongg Club:** Tuesdays, 12pm-3:30pm; \$2/session  
**Zumba:** Mondays & Wednesdays, May – Aug., 5:30-6:30pm; register. \$50  
**International Folk Dance:** Wednesday, August 2 & Saturday, August 19, 7-9:30pm; \$2/session  
**Parkinson's Disease Support Group:** Mon., August 7, 5pm-6:30pm; register. Free  
**Your Financial Life-A Bucket Strategy:** Thurs, August 10, 10-11:30am; register. Free  
**Monthly Card Creations:** August 30, 12pm-7pm; \$8/session; register Friday prior

**Southside Neighborhood Center  
1300 6th St S. La Crosse**

Congregate dining is now open. To participate in the afternoon lunches call the day prior by noon to reserve a meal. Suggested donation is \$4. Call to register at 608-792-6996.



600 N Holmen Dr.  
608-399-1870

Mon. - Thurs. 7:30am- 4:30pm Friday 7:30am - 3pm

**Indoor Walking:** Mon-Fri., 7am – 10am only (summer hours)  
**BINGO:** Wednesdays at 1pm & Fridays at 1pm, \$1 per card  
**I Heart Art:** Mondays at 9am  
**Chair Yoga:** Mondays at 9:15am with Marty  
**StrongBodies Virtual Strength Training Class–** Mondays at 9am  
**Intergenerational Activity–**Tuesdays & Thursdays, 9am-10am  
**Mah Jongg:** Mondays at 1pm. No experience necessary.  
**Active Older Adult Fitness:** Tuesdays & Thursdays at 10am  
**Mindful Yoga:** Tuesdays & Thursdays at 8:45am with Jean  
**Crafternoon Social Group:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays at 1pm  
**Diamond Art:** Wednesdays at 9am  
**Euchre Tournament:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6:00pm  
**Book Club:** Last Tuesday of the month, 6pm. *West with Giraffes*  
**WAFER Mobile Pantry:** Tuesday, Aug 22, 4pm-5:30pm  
**Historical Society Program:** Aug 6 at 1pm, Ice Cream Social and Fundraiser at Yahnke's Antique Green with music and raffles.  
**Veterans Service Coordinator, La Crosse County:** 1<sup>st</sup> Wednesday of the month at 11am  
**Hearing Instrument Checks:** Aug 1 & 15, 10am-12pm  
**Blood Pressure Checks:** Wednesday, Aug 23 at 11am  
**SimpleSteps** with Kathy: Monday, Aug 14 & 28 at 10:30am  
 Bring your phone or other devices for help.  
**Leif's Therapy Dogs–** Aug 9 & 23 at 11am. What is pet therapy?

\*Senior Nutrition Program: 12pm lunch, Mon.-Fri.  
 Register at ADRC 608-785-5775 or Nutrition Site 608-317-8104

[www.holmenc.org](http://www.holmenc.org) for more programming details

**Onalaska Park & Rec Dept**

415 Main St.

Onalaska / 608-781-9560

[Cityofonalaska.com/parkrec](http://Cityofonalaska.com/parkrec)

Aug 6– **Bark in the Park**, Van Ripper Park.  
 Free activities for both people and pets.

**ONALASKA OMNI CENTER EVENTS**

255 Riders Club Rd.

608-781-9566

**Mah Jongg:** Wednesdays 1pm - 4pm

**Bridge:** Mondays 12:30pm - 3:30pm & Fridays 1pm - 4pm  
 Call Rita 608-780-7810

**Market in the Park–** Aug 26th, 8am-1pm

**My History with UW Marching Band–** Aug 16 at 10am

**COMMUNITY CONNECTIONS CENTER**

1407 St. Andrew Street

Most programs require registration: 608-519-2088

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Art Club:** First & third Wednesdays each month, 1pm, \$2/session  
**Staying Active Together:** Mondays & Thursdays, May – Aug., 9:30am. Free  
**Coulee Region Woodcarvers:** Tuesdays, 12pm-7pm  
**Realistic Abstract Painting w/Color,** Thursdays, July – Aug., 1pm; register.  
**ALS Care Connections Support Group:** August 1, 4pm-5:30pm.  
**Wise Wednesdays:** August 2 & 16; 10:30am–12pm; register. Free  
**Bingo:** August 2, 16, & 30, 1pm; register 1 day prior. Free  
**Coping Skills:** August 4 & 18, 10am-11:30am; register. Free  
**Pet Loss Support Group:** August 8 & 22, 5pm-6:30pm. Free  
**Coping with Grief & Loss:** August 9, 10am-11:30am. Free  
**ConnectSmart:** August 9 & 23, 12:30pm-2pm; register 2 days prior.  
**In-Person Tech Help:** August 9 & 23, 11am; register 1 day prior.  
**Dementia Caregiver Edu.-Safety and Pre-Crisis Planning:** August 10, 9:30-10:30am; register. Free  
**Alzheimer's Edu.-Understanding AD & Dementia:** August 10, 12pm-1:30pm; register. Free  
**Alzheimer's Edu.-Caregivers Guide to Finances:** August 24, 12pm-1:30pm; register. Free  
**Club Connectivity:** August 21 at Huck Finn's on the Water, 11:30am  
**Home is Where Your Stuff is:** August 30, 11am; register 1 week prior. Free  
**What Seniors Should Know- Selling Their Home:** August 30, 10am; register 1 week prior. Free  
 Senior Meal Site Open: Lunch served at 11:30am, Monday-Friday. Call La Crosse County ADRC at 785-5775 to register one day in advance. Home Delivered Meals are also offered from this meal site: Contact Dawn at ADRC at 608-785-5775.

**MYRICK PARK CENTER**

789 Myrick Park Dr, La Crosse 769-5766

**Nature Saturday:** 1st Saturday of month, 9:30am - 11am

**Shin Jin Do–** now-Aug 30, 6:30pm. Call 789-7533

**Yoga in the Garden–** now-Aug 30, 5pm-6pm

**Great GROW Get Together–** Aug 24, 5:30pm-8pm

Food, music, games and auction.



**World War II Ship  
to Visit Riverside Park  
August 31st – September 4th**

The La Crosse Region and their citizens are planning big celebrations for the entire time LST 325 will be in the area with tours of the ship by the crew as well as other festivities. This is truly a piece of United States history.

**Harry J Olson Center 1607 North Street, La Crosse  
781-2122**

Email us at [harryjolson@gmail.com](mailto:harryjolson@gmail.com)

|            |         |  |
|------------|---------|--|
| Monday:    | 9:30am  | <b>Chair Yoga / Tai Chi Class</b>              |
|            | 9:30am  | <b>Intro to Bridge Class</b> -call for details |
| Tuesday:   | 9am     | <b>Strong Seniors</b> –call to register        |
|            | 1pm     | <b>500</b> (register at 786-1114)              |
|            | 7pm     | <b>Duplicate Bridge</b> (797-3587)             |
| Wednesday: | 1pm     | <b>Euchre</b> (register at 786-1114)           |
|            | 7pm     | <b>Live Band Dance</b> –public welcome         |
|            | 10am    | <b>Watercolor class</b> , Third Wed of month   |
| Thursday:  | 9am     | <b>Strong Seniors</b> –call to register        |
|            | 10:30am | <b>Chat Bridge</b> – call to register          |
|            | 12:30pm | <b>Duplicate Bridge</b>                        |
| Friday:    | 9:30am  | <b>Chair Yoga / Tai Chi Class</b>              |
|            | 10:45am | <b>VIP Coffee Connection</b> – 1st Friday/mo.  |

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

**August 15** at 10:30am– “Lets Travel” with Jeremy Hundt

**August 9** at 10am– Watercolor class

**August 16** from 11am-12:30pm– Free lunch for Seniors 55yrs +

**August 20** from 11am-2pm– Pie & Ice Cream Social



**ACT NOW****SENIOR FARMER'S MARKET VOUCHERS**

The Senior Farmers Market Nutrition Program (SFMNP), coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with vouchers to purchase fresh, nutritious, locally grown fruits, vegetables and herbs from participating farmers' markets, roadside stands and community supported agriculture (CSA) programs. This year, SFMNP will be conducted by mail, email, in-person or fax on a first come, first served basis. Eligible La Crosse County residents may request an application by **calling the ADRC of La Crosse County at 608-785-5700** or visiting the ADRC of La Crosse County website at [www.lacrossecounty.org/adrc/meals](http://www.lacrossecounty.org/adrc/meals) for additional options.

Eligible applicants must:

- Live in La Crosse County
  - Be 60 years of age or older (or if Native American, 55 years of age or older)
  - Monthly income at or below \$2,480 single; \$3,041 couples
- One set of vouchers (\$35) is allowed per person. A limited number of vouchers are available therefore completed applications will be processed in the order received.

**Senior Stock Boxes** is a monthly meal program The Hunger Task Force of La Crosse has set up for seniors 60+ who meet a certain income level. The income limits are \$1,369 for a 1-person household, \$1,888 for a 2-person household, add \$492 for each additional person. These boxes will be delivered to the doors or certain pick-up sites of those participating in this program. The boxes may include items: cheese, canned fruits, canned vegetables, juice, cereal, canned and dry milk, peanut butter, canned meat, canned soup, rice, instant mashed potatoes, or pasta. To apply call The Hunger Task Force at 608-793-1002.

**HOW TO KEEP FRUITS AND VEGETABLES FRESHER LONGER**

**Ethylene** is a gas released by some fruits and vegetables as they ripen, and it can cause certain other fruits and vegetables to get overripe, soft, or mealy. The trick is to keep the ethylene "producers" away from the ethylene "sensitives." In alphabetical order, the ethylene producers that you need to be aware of are apricots, avocados, bananas, cantaloupes and honeydew melons, kiwis, mangoes, nectarines, papayas, peaches, pears, plums, and finally, tomatoes. The ethylene sensitives are apples, asparagus, broccoli, carrots, cucumbers, eggplants, green beans, lettuce and other greens, potatoes, summer squash, and watermelon. If you want to extend the life of your produce, do not store any of the producers in close proximity to the sensitives.

**HOW TO KEEP FRUIT FRESHER LONGER**

While it may seem like a time-saver to wash fruit before refrigerating it, this is in general not a good idea. Rinsing or washing fruit adds extra moisture and can make fruit decay more quickly.

Citrus fruits can be kept on the counter but refrigerating them will extend their lifespan, so why not do that?

When it comes to bananas, peaches, mangoes, melons, and other fruits that ripen off the tree or the vine, they should be refrigerated once ripe, but not while they are still in the ripening process.

(Bananas will turn brown in the refrigerator but this won't affect the quality of the fruit, it's purely an aesthetic concern.)

**HOW TO KEEP VEGETABLES FRESHER LONGER**

Potatoes, tomatoes, onions, and gourds store well in a cool, dry place, but not in the refrigerator. You can refrigerate the unused portions of tomatoes once cut open, with the exposed interior portion covered.

Carrots go in the fridge in plastic bags or glass containers, making sure that the carrots are completely enclosed and not exposed directly to the air.

Broccoli can likewise be stored in bags or containers.

Cauliflower, as well as parsnips, turnips, and other root vegetables, can be stored loosely in a bag with a paper towel to soak up extra moisture.

Salad greens and herbs can be stored in bags or glass containers sealed with a good bit of air inside.

To store lettuce, remove the store band, cut the end off, and separate the leaves. Wash the leaves with cold water and then dry off partially by spinning in a salad spinner or shaking excess water off manually. Next, add paper towels to a container (or even the salad spinner or colander), then top with the lettuce, and cover the leaves with paper towels which will help to absorb the excess moisture in the container.



**Forest Park**– 1st Wed, 9am-11am  
**Salzer Square**– 1st Thur, 9am-10:30am  
**Coach Lite Estates Mobile Homes**– 1st Thurs, 11am-12:30pm  
**Becker Plaza**– 2nd Tues, 9am-11am  
**Huber Ct**– 2nd Thur, 3pm-4pm  
**North Presbyterian Church**– 4th Thur, 12:30pm-1:30pm  
**River Crest Trailer Crt**– 2nd Thur, 1:30pm-2:30pm  
**Stokke Tower**– 3rd Tues, 9am-11am  
**Solberg Heights**– 2nd Wed, 9am-11am  
**Sauber Manor**– 3rd Wed, 9am-11am  
**Ping Manor**– 3rd Thur, 9am-11am  
**Carroll Heights**– 2nd Thur, 12:15pm-1:15pm  
**Schuh Homes**– 4th Thur, 10am-12pm  
**Stoffel Court**– 4th Tues, 9am-11am  
**St. Elizabeth's Church Holmen**– 1st Tues, 9am-11am  
**Onalaska American Legion**– 1st Fri, 9am-10am  
**Holmen Area Community Center**– 4th Tues, 4pm-5:30pm  
**Pinedale Apts Onalaska**– 4th Wed, 9am-10am  
**Greendale Apts Onalaska**– 4th Wed, 10:15am-11:15am  
**West Salem Anytime Fitness**– 1st Fri, 10:45am-12:15pm

Clients may either receive a food package at the WAFER in-house pantry **or** at the Mobile Food Pantry, not both.

Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at [wafermobile@waferlacrosse.org](mailto:wafermobile@waferlacrosse.org) or 782-6003.

**Subject to change– confirm by calling.**

**Are you Dehydrated?**

Water is an essential nutrient, making up about 50-60% of an adult's body. It has many functions in our body, including regulating our body temperature, helping us remove waste from our body, providing lubrication to our joints, and providing moisture to our tissues such as muscle and skin. It keeps our blood volume up and lets us move nutrients to all the cells in our body.

We "lose" water from our bodies and must replace it to stay healthy. Nutritionists and other health professionals used to recommend people drink "8 glasses of water each day". However, this recommendation turned out not to apply to everyone. Additionally, individuals may not replace all the water they lose if they just drink when thirsty.

It's important to remember that in addition to water we drink, we take in water through food (about 20% of our water each day) and through other beverages. The water in our food, drinking beverages with meals, and drinking in other social situations work together with thirst to keep us hydrated. Current recommendations for fluid intake in adults for men, the recommendation is 13 cups/day, and for women, 9 cups/day.

There are times when drinking the recommended amounts may not be enough. People may need to pay attention and drink more, if they are exercising for long periods of time or find themselves in hotter temperatures than they are accustomed. Older adults are more likely to become dehydrated; they have less body water than younger adults, may have an impaired thirst mechanism, and may take medications that affect hydration. In older adults, chronic dehydration may contribute to urinary tract infections or constipation. Signs of mild or moderate dehydration include thirst, dry mouth and headache; signs of severe dehydration include feeling dizzy, rapid heartbeat, or fainting. A common indicator of hydration status is urine color-well hydrated produces a pale-yellow urine. (Olson, Beth, 2022)

**Tips for getting more fluids**

- ▶ Sip on water throughout the day
- ▶ Fill a water bottle and carry it while running errands or exercising
- ▶ Get fluids from a variety of food and drinks
- ▶ Set a goal; for example: finishing a cup of tea or glass of water while watching a movie or working on a project
- ▶ Try flavoring water with fresh fruits, herbs, or even vegetables to make it more interesting

Karie Johnson FoodWise Nutrition Education Coordinator


**Berry Good Pops**

2/3 cup cranberry, raspberry, or other 100% fruit juice or blend  
 1 cup fat-free vanilla yogurt  
 1 cup berries (fresh or frozen blueberries, strawberries, or raspberries)

Mix all ingredients together.

Pour the mixture into popsicle molds or 3-ounce paper cups. Cover the top of each cup with foil. Push a wooden Popsicle® stick down into the middle of each cup. The foil will hold the stick in place.

Put the cups on a cookie sheet and freeze for 3 to 4 hours. When the popsicles are ready to eat, peel away the foil and the paper cups and enjoy! 6-8 servings

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|  | Turkey & gravy<br>Mashed potatoes<br>Green bean bake<br>Marble cake, Cranberries  1 | BBQ Ribettes<br>Steamed baby reds<br>Peas & carrots<br>Peaches 2                          | Egg salad sandwich<br>Vegetable soup & crackers<br>Cucumber salad<br>Fresh fruit, Cookie 3          | Beef stroganoff<br>Buttered noodles<br>Baby carrots<br>Applesauce, Orange juice 4                    |
| Sloppy Joes on bun<br>Potato wedges<br>Baked beans<br>Tropical fruit salad 7           | Chicken alfredo<br>Broccoli<br>Grapes, Fruit fluff<br>Garlic bread 8   | 1/4 BBQ chicken<br>Au gratin potatoes<br>Hubbard squash<br>Carrot cake 9                  | Brat on a bun<br>German potato salad<br>Coleslaw<br>Chocolate cake 10                               | Lasagna<br>Romaine salad<br>Fresh fruit<br>Grape juice, Garlic breadstick 11                         |
| Tuna salad sandwich<br>Tomato cucumber salad<br>Watermelon<br>Oatmeal raisin cookie 14 | Goulash<br>Country style vegetables<br>Pumpkin pie<br>Rye bread 15   | Cheeseburger<br>Potato salad<br>Baked beans<br>Fresh fruit cup 16                         | Chicken craisin salad<br>on romaine lettuce<br>Pineapple orange salad<br>Muffin, Ice cream treat 17 | Meatloaf<br>Baked sweet potato<br>Buttered peas<br>Strawberry shortcake 18                           |
| Fish sandwich<br>Potato wedges<br>Green beans<br>Rosy applesauce 21                    | Broccoli cheese soup<br>Chicken salad on a bun<br>Oriental coleslaw<br>Fruit cup, Crackers 22  | Pulled pork sandwich<br>Rosemary potatoes<br>Calico beans<br>Peach cobbler 23             | Chicken & gravy<br>over biscuits<br>Mixed vegetables<br>Fruited jello, Cookie 24                    | Pepper steak w/ tomatoes<br>Dairy potato bake<br>California blend vegetables<br>Chocolate pudding 25 |
| Meatballs<br>Mashed potatoes<br>Creamed corn<br>Pumpkin bar 28                         | Chef salad<br>Watermelon<br>Corn muffin<br>Fruit pie 29  | Salisbury steak<br>Mashed potatoes, gravy<br>Cauliflower & broccoli<br>Blueberry crisp 30 | Spaghetti<br>Spinach salad<br>Pears<br>Black bean brownie<br>Garlic breadstick 31                   | *All meals include milk or juice. Menu subject to change without notice.                             |

### Best Ramen Noodle Salad

- 2 (3 ounce) packages chicken-flavored ramen noodles, broken into pieces, seasoning packets reserved
- ½ cup raw sunflower seeds
- ½ cup slivered almonds
- 1 (16 ounce) package coleslaw mix
- 3 green onions, chopped



#### Dressing:

- ½ cup olive oil
  - 3 tablespoons white vinegar
  - 1 tablespoon white sugar
  - ½ teaspoon ground black pepper
1. Preheat the oven to 350 degrees F (175 degrees C).
  2. Spread ramen noodles, sunflower seeds, and almonds onto a baking sheet.
  3. Bake noodle mixture in the preheated oven until fragrant and toasted, 10 to 15 minutes. Set aside to cool to room temperature.
  4. Combine coleslaw mix and green onions in a large bowl; sprinkle cooled noodle mixture over the top.
  5. Make dressing: Whisk olive oil, reserved ramen seasoning packets, vinegar, sugar, and black pepper together in a bowl until smooth.
  6. Pour dressing over noodle mixture and toss to coat.

### Avocado Breakfast Sandwich

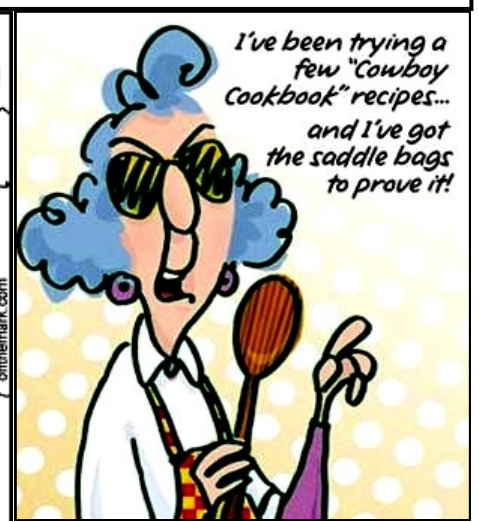
- 1 tablespoon olive oil
- 2 large eggs
- salt and ground black pepper to taste
- 1 tablespoon butter, softened
- 2 slices Italian bread
- 1 ounce Swiss cheese, sliced
- 1 ounce Cheddar cheese, sliced
- ½ ripe avocado, sliced



1. Heat olive oil in a skillet over medium heat. Crack eggs into skillet; cook for 1 to 2 minutes. Flip and cook egg until done, 2 to 5 minutes more. Transfer eggs to a plate and season with salt and pepper.
2. Spread butter onto 1 side of each bread slice.
3. Heat a skillet over medium heat. Lay bread slices in the hot skillet, butter-side down. Quickly layer Swiss cheese, 1 fried egg, Cheddar cheese, 1 fried egg, avocado, and remaining bread slice, butter-side up. Carefully flip sandwich to grill other side until golden brown, 3 to 4 minutes.
4. Remove sandwich from skillet and cut in half.

If you do not qualify for the home delivered meal program, you may have the option for the in-person dining program. Meals for those age 60 and over are paid for on a donation basis with \$4 being the suggested donation.

**Want to check out our meal sites? Need a ride?**  
Transportation is available to our meal sites.  
Call the ADRC 608-785-5700, to arrange a ride.



### 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:

- 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**.

### ADRC NUTRITION OFFICE PHONE IS 608-785-5775

| MEAL SITES                    | ADDRESS                        | PHONE    |
|-------------------------------|--------------------------------|----------|
| SOUTHSIDE NEIGHBORHOOD CENTER | 1300 6TH ST S., LA CROSSE      | 792-6996 |
| HOLMEN                        | 600 N. HOLMEN DR., HOLMEN      | 317-8104 |
| ONALASKA                      | 515 QUINCY ST., ONALASKA       | 317-9870 |
| COMMUNITY CONNECTIONS         | 1407 ST. ANDREW ST., LA CROSSE | 792-4487 |
| WEST SALEM                    |                                | 785-5775 |

**Pg 2 Word Scramble Answers:** Beach, Humid, Vacation, Sunglasses, Sandals, Heat, Swimming, Camping, Picnic, Fishing, Gardening



**La Crosse Main Library**  
**800 Main Street | 608-789-7100**



Phone: 608-399-3390  
 Email: [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org)  
 Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)  
 Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

**Creation Space Open Lab:** Tues 1pm-3pm, Wed 5pm-7pm, Thurs 10am-12pm, Sat 9am-12pm. Bring a project & create w/others  
**Chair Yoga:** Aug 3 & 17, 10am  
**BYOB Club:** Aug 24, 7pm  
**Knit & Needle:** Aug 2, 5:30pm  
**Courtyard Chapters:** Aug 12, 10am. *Once There Were Wolves*  
**South Library Chapters:** Aug 9, 12:30pm. *Once There Were Wolves*  
**Friends Monday Booksale:** Mondays, 9am-12pm  
**Technology & Skills Development:** Aug 16, 11am-12pm. Basic internet security part 2  
**Lawyers in the Library:** Aug 17, 10am-2pm. Call for an appt.  
**Homebound Delivery Service:** Free home delivery to any person who is temporarily or permanently unable to come to the library because of illness, disability, or other factors and lives within the city of La Crosse. 608-789-7125.  
**La Crosse County Veterans Service Outreach** 4th Tuesday of the month from 12pm - 4pm in the study room on the 2nd floor.

“Find Your Voice” Summer Book Bingo runs through August 16.  
**Bangor**– Game Day, 8/10 at 1:30pm  
**Bangor**– Brain Checks, 12:30-4pm Call ADRC 785-5700 for appt.  
**Bangor**– Movie, August 17 at 2:30pm or 6pm  
**Bangor**– Yoga on the Library Lawn, August 23 at 6:30am  
**Campbell**–Book Club meets second Tuesday at 6pm  
**Campbell**– Movie, August 18 at 1:15pm  
**Holmen**– Community Puzzle Exchange, drop off Aug 21-25 then pick up Aug 26 from 9am-2pm  
**Onalaska** –Book Club, Third Thursday of the month at 1:15pm  
**Onalaska** –Senior Moments, Wednesdays at 10am. **8/2**– Blazing a Trail: Sculptor Harriet Hosmer. **8/9**– All Things Oz. **8/16**– Special Event at the Omni Center at 10am. **8/23**– WI Winged Women of WWII. **8/30**– Murder in WI: The Clara Olson Case.  
**Onalaska**- Public Health Outreach, August 3, 10am-12pm  
**Onalaska**– Drop in free tech help, August 16, 10am-12pm  
**Onalaska**– Public Speaking Workshop with the La Crosse Toastmasters Club, August 24 & 31 at 6pm  
**West Salem**-Community Café: Vacation Memories, August 11, 10am  
**West Salem**– Midday movies, Thursdays at 2:15pm  
**West Salem**– Afternoon book club, 2nd Wednesday at 1:30pm  
**West Salem**– Evening book club, 3rd Monday at 7pm

**End of Summer Celebration– Aug 17, 4pm-7pm**  
**Live Music/ Food Trucks/ Activities for all ages**

**The La Crosse Area Retired Educator Association**  
 Next meeting: **September 7th**  
 Speaker: **Martin Schreiber, author and former Governor**

Cedar Creek Country Club at 11:30am Reservations are required by noon one week in advance. All who have retired from *any* position in public education in Wisconsin are welcome. Reservations call Sherry at 608-788-3875 [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com).

**Blood Drives for August:** **Blood Drive**

- 8/2– Trinity Lutheran Church, 12pm-5pm
- 8/3– Shepherd of the Hills Onalaska, 1pm-6pm
- 8/8– West Salem High School, 11am-4pm
- 8/10– Hokah Fire Station, 12pm-6pm
- 8/11– Pearl Street Brewery, 11am-4pm
- 8/15– YMCA, Onalaska, 10am-3pm
- 8/17– Altra Credit Union, Oak Forest Dr Onalaska, 8am-1pm
- 8/21– St Matthews Church, Stoddard, 12:30pm-4:30pm
- 8/22– YMCA, La Crosse, 9am-2pm
- 8/24– St Joseph Workman Cathedral, 12:30pm-5:30pm
- 8/30– Moose Lodge, 12:30pm-5:30pm
- 8/30 & 8/31– La Crosse County Human Services, 9:30am-2:30pm

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

**SAVE THE DATE**

**Steppin' Out in Pink Sep 9th**  
 7:00 am - 11:30 am starting at Riverside Park this year!



**STEPPIN' OUT IN PINK**

Gundersen Medical Foundation

Facebook: @Steppin' Out in Pink - Gundersen Medical Foundation

Email: [steppinout@gundersenhealth.org](mailto:steppinout@gundersenhealth.org) Phone: 608-775-7647



**American Legion Post 417**  
 700 Fishermans Rd. French Island  
 783-1836  
**Chicken Que**– August 4, starting at 4pm



**West Salem American Legion Post 51**  
 West Salem 608-786-0051  
 8/5– **Chicken Q**, 11am-1pm at park  
 8/7– **Bingo** at 5:30pm  
 8/13– **All You Can Eat Breakfast**, 8am-11am  
 8/25– **Fish & Shrimp**, 5:30pm-8pm



**American Legion Post 52**  
 711 6th St. S., La Crosse  
 608-782-3232  
**Euchre**– Every 1st & 3rd Friday of the month, 5:45pm  
 Aug 1– **National Night Out**, 7pm-8:30pm  
 Aug 4– **RCCW Wrestling**, food at 6pm, start 7pm  
 Aug 10– **Veterans Service Officer**, 11am-4pm  
 Aug 20– **Dream Team Prom & Carnival Extravaganza**, 3pm-8pm



**Onalaska American Legion Post 336**  
 731 Sand Lake Rd. Onalaska 783-3300  
**Tuesdays**– Bingo at 6:30pm, Taco specials  
**Wednesdays**– Homemade lunches, 11am-2pm  
**Thursdays**– Euchre, 10am-3pm. \$4 burgers  
**Fridays**– Fish Fry, 11am-2pm & 4pm-8pm, Live Music  
**Sundays**– Bar Pot Luck  
**Onalaska Community Days**– August 4-5

**The Variety Singers**

Looking for people who love to sing! The Variety Singers travel throughout the community visiting Care Centers to give some joy through music. You don't need a great singing voice, you just have to like singing! If this is something that may interest you, we rehearse the first Thursday of the month at the Harry J Olson Center at 9:30am. For more information please call Darlene at 608-881-0348.

**Coulee Region Giving Hearts Choir**

Friday weekly rehearsals at 10am  
 North Presbyterian Church 1327 Salem Road  
 Engage Socially...Have Fun Together...Contribute to our community. We are a non-profit group for those in the early to mid-stages of Memory Loss along with Care Partners, family or friends.  
 We come together and share a love of music.  
 Register with Director, Ruth Kapanke 608-792-8608

**The Historic Tour** is narrated by the La Crosse County Historical Society members as you tour through historic neighborhoods. Trolley boarding starts at 10:15am, tour starts at 10:30am till 12:00pm.

**Dark La Crosse Tour**, boarding at 12:15pm, tour starts at 12:30pm til 1:30pm

**2023 Saturday Tour Dates**  
 August 5th, 12th, 19th, 26th  
 September 2nd, 9th, 16th, 23rd

Call Explore La Crosse's office at 608-782-2366.





**IT'S BEEN A SUMMER FOR TICKS!**

The idea of ticks being out in the grassy and wooded areas during the summer months can be a deterrent to getting outside and enjoying working in your yard, going for walks, and picnicking. With a bit of knowledge, however, you can feel more confident knowing how to manage these parasites to keep yourself as healthy and unaffected as possible. The following paragraphs will describe ticks, the diseases they can bring, how to protect yourself against bites, and when to seek medical attention that may be tick related. The more you know about ticks, the better prepared and confident you will be.

Ticks are not actually insects. They are parasites in the same category as spiders. There are over 800 species worldwide, but only a small number of species make their home in the USA. They get the name 'parasite' because they must feed on the blood of other species to survive and move from one life stage to another. As a result, they can feed on an animal that is infected with a bacterium, a virus, or a protozoan (and sometimes more than one of these). The next time they need to feed, they transmit these pathogens. The bite can be on a human. It is important to note that not all ticks carry illness. Even ticks that are carrying illness can be prevented from making a person ill if the tick is removed in a timely manner.

Ticks are most active during warmer temperatures of 45 degrees F and above, ANY TIME OF THE YEAR. They do not die or hibernate during the colder times; they practice dormancy for however long they need to. It takes many days of less than 10-degree F temperatures at direct exposure to kill ticks. Ticks do not jump or fly but they do place themselves strategically on the tip of grass and leaves and hold themselves there with 1-2 sets of legs. With the free set(s) of legs, they wave their outstretched limbs when they detect breath or body odor, body heat, moisture, shadow, or vibrations that alert them a possible host is nearby. This is called questing. As the host passes, the tick attaches itself and then works its way to find suitable skin to cut into and insert with its feeding tube. Ticks come with a substance secretion and barbs that keep them firmly in place during a feed. When these are released, the tick can drop off to continue its life cycle process. The substance the tick secretes while feeding deadens the host's sensitivity so that the host/human cannot feel the tick moving or feeding. It is important for people to do frequent and thorough skin checks during exposure periods. Even if you do not see the tick, recognizing a bite can be helpful in getting appropriate treatment. Remember that ticks like to climb and access skin where blood is the closest to the surface. Be sure to check your armpits, under folds, around your neck, in your ears, and on your scalp. Use a mirror to check your back.

The best way to reduce your risk without sacrificing outdoor time is to take precautions any time that temperatures will reach a high of 40 degrees F. Treat clothing with products containing 0.5% permethrin **before** you put them on (Sawyer's is a reputable brand).

Read the instructions carefully for safety in application. Treat socks, shoes, and pants and keep them tucked in while in use. Treat shirts and hats as well, especially if you will be sitting, kneeling, or crawling in the grass and leaves. These treated fibers in clothing will remain protected through several washings. Treat your skin with environmentally, skin friendly products that best meet your needs. Picaridin is one possible choice. The good news is that many of these repellents are effective toward mosquitoes and gnats as well. Even when you use these measures, check your clothing, shoes, blankets, etc., for ticks before bringing them indoors. Place dry fabrics in the dryer on high heat (129-185 degrees Fahrenheit) for at least 6 minutes if you are concerned. Check your skin routinely as well. If you do see a tick, which can be as small as a poppy seed, remove it as soon as possible. Use a tick remover or a tweezers with a steady grasp and an even pressured pull as close to the skin's surface as possible. Avoid squeezing the tick and keep it in one piece while you are removing it. Do not save the tick but destroy it with a shoe crush or flush it down the toilet. Thoroughly clean the bite and your hands afterward and mark the date and body spot on the calendar to report to your care provider if needed.

There are a number of illnesses that a person can receive from an infected tick. This article does not have room to mention them specifically, but the symptoms and treatment are similar. Knowing the details below will help you. One disease is faster acting and more serious than the others. It is important for you and your medical care provider to be aware of the faster need to test and treat since lasting complications and/or death can result. This disease is known as Spotted Fever or Rocky Mountain Spotted Fever. Symptoms to watch for are a sudden onset of fever (often high and persistent), headache, muscle pain or aches, GI signs such as nausea, vomiting, lack of appetite or stomach pain. A rash may appear at any time or may not appear at all. Symptoms can occur one to several weeks after the bite. Seek medical care as soon as you experience symptoms and inform the provider of your outdoor time so that they can do a complete tick related illness test panel. Be sure to give your medical provider the dates you could have been exposed or know that you received a bite. If the test results return positive for any of the related tick illnesses, an antibiotic (doxycycline is one of the most effective) will be prescribed and should be taken exactly as directed to be sure that the pathogen is thoroughly killed.

If you take these precautions, you will become more comfortable being outside and enjoying activities. For further questions, please contact your health care provider or the La Crosse County Health Department.

Doreen Cox RN  
Communicable Disease Lead, La Crosse County Health Dept.

**Public Health Outreach**

Available staff and resources include: Social Workers, Health Educator and Registered Nurse.

Help with applying for Medicaid or Foodshare, answers on health concerns and needs and free blood pressure checks.

La Crosse Main Library– Aug 14 & 28, 10am-12pm  
Onalaska Library– Aug 3, 10am-12pm  
West Salem Library– Aug 7, 10am-12pm  
No appointment needed.

**Stepping On Falls Prevention Program**

September 5 - October 24  
(Tuesdays - no class September 19)  
9am-11am at Gundersen Winona Campus  
2pm-4pm at Gundersen Lutheran Onalaska Clinic



The Stepping On program is a seven-week program designed for people over 60 who are living at home and have experienced a fall or are concerned about falling. It is an evidence-based program that is proven to significantly reduce falls in older people living in the community by incorporating strategies to include positive lifestyle changes to keep them confident, independent and active.

For more information and to register for the series, please call Gundersen Clinic at 608-775-2011.

**Healthy Living with Diabetes**

August 1– Sept 5  
10am-12pm

Online 6 week workshop to learn skills and better manage your diabetes. \$30 Fee

**Healthy Living with Chronic Pain**

August 3– Sept 7  
9am-11:30am

Online 6 week workshop to learn skills and better manage your pain. \$30 Fee

To register for one of these workshops contact: Gundersen Health System at 775-3885 or slschert@gundersenhealth.org

**Virtual Grief Support Group For Widowed Men**

**August 23** at 1:30pm (every 4th Wed of each month)  
This free virtual monthly gathering on Zoom is for informal conversation, camaraderie and support for men after the death of a spouse or significant other.

You will receive the Zoom link after registering. Call Mayo Health Systems to register at 715-464-5086

**Gundersen Low Sodium Nutrition Therapy**

Class is a 90-minute, dietitian-led class offered the **third Thursday** of each month from **3:00-4:30 pm**. Class sessions are held at the Healthy Living Center 1140 Main St. La Crosse

During your class, our registered dietitian will provide you with practical information on sodium recommendations, how to identify sources of sodium in your diet and how to put together balanced meals that meet your sodium goals. There will also be a cooking demonstration and opportunity to try different seasonings and flavors. You are welcome to bring one support person. To register call Gundersen Clinic at 608-775-3447.

# Powerful Tools FOR Caregivers

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

Participants will learn to:

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

Class meets for 90 minutes once a week for 6 weeks

**Tuesday's, August 1st- September 5th**  
**Time: 2pm—3:30pm**

**Location:** Virtually on Microsoft Teams

**Cost:** Workshop is FREE!

\*\*Suggested donation of \$20 to cover the cost of the Caregiver Helpbook

**Space is limited!**

**To register call Melissa, Dementia Care Specialist, at 608-297-3148**

Or

**The La Crosse County ADRC at 1-800-500-3910 or 608-785-5700**

## All Aboard Family Caregivers!

We are taking you on a riverboat tour of the mighty Mississippi River. Join us for an afternoon of sightseeing and relaxation aboard the La Crosse Queen. Enjoy free pizza and refreshments. All expenses paid for family caregivers. The person you are caring for is also welcome to join at no cost (limit of 2 per caregiver).



**Sunday, Sept. 16th**  
**1:30pm-3:00pm**  
 \*\*Must arrive by 1:10pm for boarding.  
 Park at "River Cruise Parking Area" on the north end of Riverside Park.

If you are not sure whether you are a family caregiver or if you have any barriers to attending, please let us know so we can try to help. Sign up now! Call the ADRC of La Crosse County at 608-785-5700 or email [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

**Do you have a loved one who needs your help to get meals, get dressed, or get out of the house?**

**Do you have a plan for your loved one if something happens to you?**

**You must evacuate your home. Would you need to scramble to get together what you and your loved one needs to be gone from the house for a week?**

If you answered YES to any one of these questions, then this event is for you...

### EMERGENCY PLANNING FOR CAREGIVERS

Sponsored by  
 Bethany St. Joseph MERIT Centre

A good emergency plan includes all the information that someone else will need to take over temporary care. This class will help you start your plan. Led by Kristine Meyer, Caregiver Support Specialist at the Aging & Disability Resource Center of La Crosse County. You will receive a complimentary emergency planning workbook.

**Tuesday, September 12, 2023**  
**3- 4 PM**

**MERIT Centre North**  
**1020 Windsor St. La Crosse, WI 54603**  
**Registration deadline: Friday, September 8, 2023**

This is a **FREE** event!  
 On-site Respite is available. Questions and registration through the ADRC of La Crosse County at 608-785-5700 / [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

### COMMUNITY CAFÉ

**Tuesday, August 1 at 10am**  
 West Salem Library

Relax and sip a cool glass of lemonade as we take you on a virtual vacation. Listen to other's vacation memories and share some of your own.

## Caring Better & Braver

A conference for family caregivers

**October 28, 2023**

**10AM-3PM**

**Black River Beach Neighborhood Center**  
**La Crosse, WI 54601**



**Lunch included**

**Register by Oct 13th**

**Call: 608-785-5700**

Email: [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

**Find us on Eventbrite**

\$10 suggested donation\*



### Conference Schedule

- 10:00am: Welcome
- 10:15am: Bust the Burnout
- 11:00am: Assistive Technology
- 11:40am: Lunch
  - Chair Chi activity
  - Guided meditation
- 12:40pm: The Techy Caregiver
- 1:20pm: Laugh for the Health of It
- 2:15pm: Open connection & resource tables

**Respite options may be available!**

Please indicate if you have this need when you register.



\*Payment options available upon registration

**Monthly brain checks** will be held on the 2nd Monday of the month from 9:30am-3:30pm to help consumers identify possible changes in cognition. ADRC professionals will discuss concerns, share brain health tips and resources available in the community during the 20 minute screen.

**Open to the public, but not intended for people with dementia.**

**August 14– Bangor Library from 12pm-4pm**  
**September 11– Onalaska Library**  
 Call the ADRC to register at 608-785-5700.







**La Crosse Park & Rec Senior Excursions**  
For ages 50+

- Aug 19– Deathtrap at Commonweal Theater
  - Aug 23- Trolley Ride to Nat'l Wildlife & Fish Refuge
  - Aug 28– La Crosse Queen Cruise
  - Sept 7– Wisconsin Quilt Expo, Madison
  - Sept 14– Million Dollar Quartet at Old Log Theatre
  - Sept 19– Lake Geneva
  - Oct 4– Celebration Belle Cruise
- To register please call 789-7533



**WEBER CENTER**  
FOR THE PERFORMING ARTS

[www.webercenterarts.org](http://www.webercenterarts.org)  
608-784-9292

**Legally Blonde**– Aug 4-20, (Senior Preview July 27)

The La Crosse Community Theater sells **Senior Preview Tickets** to adults over the age of 62. These tickets are \$15 and must be paid for at the time of purchase. Tickets are available at the Black River Beach Neighborhood Center up to 12pm the day of the show. Tickets are only provided for select shows with limited quantities.

Coming Soon

**Fiddler on the Roof**– Oct 6-22



**ADVENTURES AWAIT**  
*Moving In, On and Out*  
September 1 & 2, 7:30pm  
Weber Center

A 40-year old son moves home to help his family with his Mom's Alzheimer's. The Adventure that awaits them will show their true resilience. Imagination, true life, and love are at the heart of this premiere production, written by LCT's very own, Jonathan Lamb.

**SUMMER CONCERTS**

**Mississippi Melodies**

Pettibone Park, La Crosse  
Tuesdays, now-August 29  
12pm-1pm. Come early and eat lunch at food truck.



**Moon Tunes**

Riverside Park, La Crosse  
Most Thursdays, 5:30pm-8pm

**La Crosse Concert Band**

Riverside Park La Crosse  
Wednesdays at 7pm



**Great River Sound**

Dash Park Onalaska  
Tuesday at 6:30pm, June-August  
Free concert. Check out the concert schedule at [www.greatriversound.com](http://www.greatriversound.com)

**Concerts in the Park**

Halfway Creek Bandshell, Holmen  
Sundays at 5pm, concessions.  
[www.holmenwi.com/concertsinthepark](http://www.holmenwi.com/concertsinthepark)



**Concerts in the Park**

Evan Bosshard Park Sparta  
Wednesdays at 7pm  
Free music, Food truck, Fun for the family

*Harmony Under the Stars*

August 8 at Riverside Park  
[www.couleechordsmen.org](http://www.couleechordsmen.org)



**La Crescent Live**

Free outdoor concert for all to enjoy.  
August 18 at 4pm  
Veteran's Park La Crescent

**LA-CROSSE CENTER**

[www.lacrossecenter.com](http://www.lacrossecenter.com)  
Aug 19– PopROCKS at 7pm  
Sept 8-10 Elvis Explosion

**Summer Parties in the Park**

**National Friendship Day**  
July 30, 3pm-5pm  
Riverside Park

**Summer's Last Blast**  
Aug 5, 3pm-5pm  
Pettibone Park

**West Salem Park & Rec**

175 S Leonard St  
786-0222

**Village Park Activities:**

7/27– Ice Cream & Jazz in the Park, 6pm-7:30pm  
7/28– Movie in the Park  
8/1– National Night Out, 5pm-8pm

[www.westsalemwi.gov](http://www.westsalemwi.gov)

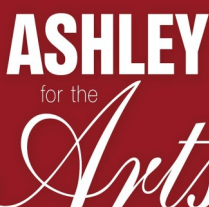
**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

Yoga with Kim– Weds, Thurs, Fri

**Summer Concerts Series**  
August 26, 6pm *Fly Casual*

Free concert on the lawn, refreshments available



**August 10-12**

551 Memorial Park Dr. Arcadia  
[www.ashleyforthearts.com](http://www.ashleyforthearts.com)

**Art & crafts, painting in the park, kids activities, bingo, zoo, lumberjack show, hot air balloons, and live bands daily**

*Fourth Fridays*

August 25 4pm-8pm

Food and drink vendors, arts and crafts, music, and fun to downtown La Crosse. Free for all ages to attend. Bring your blankets, chairs, and enjoy Fourth Fridays in Riverside Park!



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11 Means Drive  
Platteville, WI 53818

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



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



**Blast from the past...1951 Knotty Pines fire in Onalaska**  
Photo from Onalaska Area Historical Society Facebook page

### Northside Neighborhood Block Party

Monday, August 14, 5pm-7:30pm

Trinity Lutheran Church 1010 Sill St. La Crosse

Neighborly fun, food, music and resources



**August 18, 5pm-10pm**  
Free outdoor concert, food and drinks  
available. For all ages!  
At Charmant Hotel 101 State St.  
Tickets at [www.eventbrite.com](http://www.eventbrite.com)



**MUSIC IN THE VALLEY**  
Wednesdays, 5:30PM-7:30PM  
Now until Aug 16th  
Coon Valley  
608-452-3424

**Threshing Bee Dinner**— Aug 8-9  
More information at [www.norskedalen.org](http://www.norskedalen.org)

### 2023 Big Boat Shore Stops Riverside Park

Viking River Cruise Ship— Aug 4, 7, 17, 21 & 31  
American Countess Paddlewheel— Sept 3 & 7  
American Queen Paddlewheel— Aug 5 & 9



**ONALASKA  
COMMUNITY DAYS**  
FAMILY.FUN.MUSIC

**August 4-5**  
Onalaska American Legion  
Music, Food trucks,  
Texas Hold Em,  
Bingo and Family Activities

**River City Waterski Shows**  
Airport Beach Road, French Island  
Bring a lawn chair and picnic and enjoy  
watching an entertaining show put on by  
the River City Waterski Team.  
**August 2 & 9 at 7pm**  
[Rivercitywaterski.com](http://Rivercitywaterski.com)

**ROCK the VETS**  
Sept 3rd, 11:30am-7pm  
8 bands, food, beverages  
and dancing.  
American Legion,  
French Island



**Holmen Korn Fest**  
August 18-20  
Holmen American Legion  
Fireworks, 5K Run, St Elizabeth's breakfast,  
Music, Parade-Saturday, Car Show-Sunday,  
Horseshoe tournament, Carnival, Famous  
charcoal chicken and corn on the cob

**GREAT RIVER FOLK FESTIVAL**  
AUGUST 25-27  
Riverside Park, La Crosse  
3 Music & Dance stages  
Food & Beverages  
Artwork, crafts and performances  
[www.greatriverfolkfest.org](http://www.greatriverfolkfest.org)



**Second Saturday Art Market**  
August 12 / September 9  
11am-5pm on Second & Main St. La Crosse  
Art, music, food and fun for the whole family

**NATIONAL NIGHT OUT**  
POLICE-COMMUNITY PARTNERSHIPS

Join in your neighborhoods for the National Night Out.  
**August 1st, 5pm-8pm**  
Holmen Park, Onalaska Quincy St Center, West Salem  
Park, French Island and parks throughout La Crosse

**RIVER CITY WATERSKI SHOW TEAM**