

# 2010 - La Crosse Senior Life Resource Guide

For Seniors Their Families, and Caregivers In La Crosse County



## ALZHEIMER'S, CONFUSION, MEMORY LOSS

### Alzheimer's, Information and Support Groups

Alzheimer's Disease Education & Referral Center	800-438-4380
Association Chapter/Support Groups in La Crosse	784-5011
Greater Wisconsin /National Alzheimer's Org.	800-272-3900
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>

### Memory Clinics

Franciscan Skemp Dementia Care	791-9505
Gunderson Lutheran	782-7300

### Day Care and Caregiver Relief

Aging and Disability Resource Center	785-5700
Alterra Sterling House of Onalaska	783-4955
Bethany Hearten House	526-6796
Bethany Lutheran - Adult Day Respite	775-8217
Causeway Interfaith Volunteer Caregivers	775-9999
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>
MERIT Centre ( <i>Bethany St. Joseph Corp</i> )	788-2900 784-2700
Riverfront, Inc ( <i>Comm. Resource program/day service</i> )	784-9450



## EMPLOYMENT

Job Center	789-5627
Older Workers Program	608-242-4897
Experience Works	789-5623
Division of Vocational Rehabilitation	785-9500
Foster Grandparent Program	785-0642
Workforce Connections	789-5620



## EXERCISE, FITNESS HEALTH

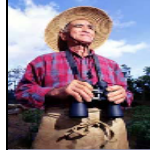
### Exercise and Fitness

Swing Into Shape (exercise designed for seniors)	775-4717
City of La Crosse Recreation Dept.	789-7533

Add **LIFE** to your Years

**Laughter**

"He who laughs, lasts!"  
Mary Pettibone Poole



**Independence**

Live life on your own terms!

**Friends**

Opportunities to build relationships.



**Energy**

Health & vitality are within your reach.

Enhance Your Life  
& the Lives of  
Others!

**Find Out How**  
**La Crosse County Aging Unit**  
**608-785-9710**

### Exercise, Fitness and Health (cont.)

Healthy Living Adult Services	775-4717
-------------------------------	----------

### HEALTH AND WELL-BEING

American Diabetes Association	800-342-2383
Arthritis Foundation	800-283-7800
Cancer Information	800-422-6237
La Crosse County Health Department	785-9872
Foot Care Clinics	785-9723
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>
Living Bank - Organ Donations <a href="http://www.livingbank.org">www.livingbank.org</a>	800-528-2971
Lung Line	800-222-5864
Wisconsin Well Woman Program	785-9723
Nation Health Information Center	800-336-4797
National Kidney Foundation	800-622-9010



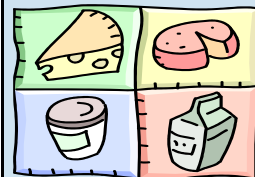
## Financial Legal Advocacy

### Complaint and Investigation

<b>Benefit Specialist/Aging Unit</b>	<b>785-6140</b>
Independent Living Resources	787-1111
Consumer Product Safety Commission	800-638-2772
Consumer Protection	800-422-7128
Fraud Information Center	800-876-7060 (or 211)

<b>Complaint and Investigation (cont.)</b>	
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>
Landlord/Tenant	800-422-7128
Medicare Fraud Spotters	800-633-4227
Office of the Commissioner of Insurance	800-236-8517
Ombudsman (Nursing Home)	800-815-0015
Coalition of Wisconsin Groups	800-488-2596
Disability Rights - Wisconsin	800-928-8778
<b>Financial Assistance</b>	
Aging and Disability Resource Center	785-5700
<b>Benefit Specialist/Aging Unit</b>	<b>785-6140</b>
Catholic Charities	782-0710
Food Stamps (Quest Card)	785-6001
Fuel/Energy Assistance	785-6001
Medical Assistance (Forward Card)	785-6001
Medicare	784-5605
Medigap Help Line	800-242-1060
Prescription Drug Assistance Programs	785-6140
Consumer Credit Counseling Services	782-0710
Social Security and SSI	784-5605
SeniorCare Prescription Drug Program	800-657-2038
Veterans Service Office	785-9719
<b>Guardianship Assistance</b>	
Aging and Disability Resource Center	785-5700
Guardianship Helpline	800-488-2596
Elder Law Center	800-488-2596
<b>Insurance Information</b>	
Office of the Commissioner of Insurance	800-236-8517
Medigap Hotline	800-242-1060
<b>Benefit Specialist/Aging Unit</b>	<b>785-6140</b>
<b>Legal Assistance</b>	
Lawyer Referral Service	800-362-9082
Wisconsin Judicare	800-472-1638
State Bar of Wisconsin	800-728-7788
<b>Benefit Specialist/Aging Unit</b>	<b>785-6140</b>
Legal Action of Wisconsin (low income)	785-2809
Disability Benefit Specialist	785-5700
Gunderson Lutheran Medical Center	775-5994
Pension Rights	800-488-2596
Elder Abuse & Financial Abuse	800-488-2596
<b>Veterans Services</b>	
La Crosse County Veterans Service Office	785-9719

<b>Taxes</b>	
Internal Revenue Service	800-829-1040
Property Tax Deferral	800-755-7835
Wisconsin Department of Revenue	608-266-2772
Volunteer Income Tax Assistance (VITA)	Call 211
Association of Accountancy Students	785-8000
ASRP/RSVP	785-0500



## Food Nutrition

### Buying Clubs

Share ( <a href="http://www.sharewi.org">www.sharewi.org</a> )	800-548-2124
--	--------------

### Food Pantries

Onalaska Food Basket	783-7722
Salvation Army	782-6126
WAFER	782-6003
West Salem Area Comm. Care & Share Pantry	786-1142
Place of Grace	782-6224
La Crescent Area Food Shelf	895-4440

### Grocery Shopping Assistance

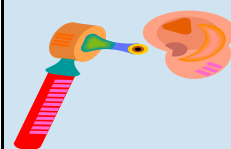
Causeway Interfaith Volunteers	775-9999
Care at Home	386-8915
Festival Foods	781-2272
Greg-Quillins in the Village	782-8663
Quillin's Foodfest	788-8777
Waltco Incorp.- Package delivery Services	784-2178

### Home Delivered Meals

<b>La Crosse County Aging Unit</b>	<b>785-6145</b>
Bethany Home Delivered Meals	796-1092
Mobile Meals of La Crosse	784-4623
West Salem Mobile Meals	786-1600

### Nutrition Education & Counseling

La Crosse County Health Department	785-9865
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>

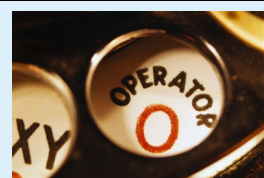


## Hearing Impairment

### Information, Support, Assistive Devices

Aging and Disability Resource Center	785-5700
	or (TTY) 785-9787

<b>Hearing Impairment (cont.)</b>	
Independent Living Resources	787-1111
Or 888-474-5745 or (TTY) 800-333-4636	
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>
Riverfront, Inc.	784-9450
National Hearing Aid Helpline	800-521-5247
TEPP Program (TTY) 608-267-1479	608-231-3305
	or (TTY) 608-267-1479
Wisconsin Telephone Relay System	(TTY) 800-947-3529
	(Voice) 1-800-947-6644
	(ASCII) 1-800-272-1773
"Local telephone companies can provide help with assistive devices."	



## Information Assistance

<b>Elder Abuse</b>	
Aging and Disability Resource Center	785-5700

<b>Long Term Support Services/Case Management</b>	
Aging and Disability Resource Center	785-5700

<b>Legislative Information</b>	
Legislative Hotline	800-362-9472
James Doyle (Governor)	608-266-1212
Russ Feingold (U.S. Senator)	608-782-5585
Herbert Kohl (U.S. Senator)	800-247-5645
Ron Kind (3rd District U.S. Congressman)	202-225-5506
Dan Kapanke (State Senator)	800-385-3385
Mike Huebsch (94th District Assembly)	888-534-0094
Jennifer Shilling (95th District Assembly)	888-534-0095

<b>Assistance</b>	
Aging and Disability Resource Center	785-5700
Great Rivers 211	1-800-362-8255 or (TTY) 866-884-3620
	211 or (TTY) 785-9787
Independent Living Resources	787-1111
	Or 888-474-5745 or (TTY) 888-378-2198
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>
Elder Care Locator	800-677-1116
Federal Information Center	800-333-4636
Hmong Mutual Assistance Association	781-5744
La Crosse County Veterans Service Office	785-9719

<b>Outreach</b>	
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>



## In Home Services

<b>Housing Repairs and Modifications</b>	
Causeway Interfaith Volunteer Caregivers	775-9999
Local Telephone and Utility Companies	
Local city/village governments "Block Grants"	

<b>Chores/Housekeeping</b>	
Aging and Disability Resource Center	785-5700
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>
Causeway Interfaith Volunteer Caregivers	775-9999

<b>Caregiver Relief (In-home respite)</b>	
<b>La Crosse County Aging Unit</b>	<b>785-9710</b>
Causeway Interfaith Volunteer Caregivers	775-9999
Call Great Rivers 211 at	211 or 1-800-362-8255

<b>Hospice Services</b>	
Franciscan Skemp Healthcare	791-9790
Gunderson Lutheran Hospice Program	775-8400

<b>Lifeline/Telephone Reassurance</b>	
Lifeline-Franciscan Skemp Healthcare	791-9505
Lifeline - Degen Berglund	775-8500
Telecare (non-emergency)	775-6755

<b>Long-Term Support Services</b>	
Aging and Disability Resource Center	785-5700

<b>Medical Equipment</b>	
Veterans of Foreign War (VFW)	785-1530
Independent Living Resources	
La Crosse County Health Department Loan Closet	
Check your local telephone directory under "Hospital Equipment"	

<b>MORE INFORMATION AND RESOURCES?</b>	
<b>CALL Great Rivers 211</b>	
<b>1-800-362-8255</b>	
<b>or (TTY) 866-884-3620</b>	
<b>or 211</b>	

<b>For additional information or questions about the listings in</b>	
<b>La Crosse Senior Life Resource Guide,</b>	
<b>please call the La Crosse County Aging Unit</b>	
<b>785-9710.</b>	



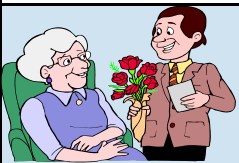
## Medical Providers

Gunderson Lutheran Medical Center	782-7300
Franciscan Skemp Medical Center	785-0940
St. Clare Health Mission Free Clinic (income limits)	392-9546
River Valley Clinic (VA Outpatient)	784-3886



## Mental Health Depression Alcohol Problems

Aging and Disability Resource Center	785-5700
First Call for Help	775-4344
Coulee Council on Addictions	784-4177
Check your local telephone directory under "Counseling Services," "Mental Health Services," and "Alcoholism."	



## Senior Centers

Campbell Community Center	783-8310
Harry J. Olson Multi-Purpose Sr. Center	781-2122
Hmong Blacksmith Shop and Senior Center	781-5744 or 782-4241
Onalaska Senior Center	789-7829
Southside Senior Center	782-2444
Village Hall, Holmen	526-4336
West Salem Senior Center	786-2975

### Senior Citizen Organizations

AARP (American Assoc. of Retired Persons)	866-448-3611
RSVP (Retired & Senior Volunteer Program)	785-0500
CWAG (Coalition of WI Aging Groups)	800-488-2596



## Senior Dining (noon meals)

Becker Plaza	789-7827
Black Oak Inn	857-3012
Carroll Heights	785-5556
Forest Park	789-7826
Hayfield Restaurant	786-1866
H. J. Olson Center	781-2122
Holmen Community Center	526-4336
Onalaska Senior Center	789-7829

## Senior Dining (cont.)

Sauber Manor	789-7825
Solberg Heights	789-7824
Southside Senior Center	782-2444
Stokke Tower	789-7823
Village Inn	486-2741
West Salem Senior Center	786-2975



## Transportation

### Buses

Municipal Transit Utility	789-7350
La Crosse County Mini Bus	781-3069

### Volunteer Drivers

Retired Senior Volunteer Program (RSVP)	785-0500
Veterans Service Office	785-9719

### Transportation Options

MTU Mobility Plus (ADA Certified)	781-3069
Onalaska/Holmen/West Salem Shared Ride	784-0000

### Disabled Parking Permits for Individuals

Application at Department of Motor Vehicles



## Vision Impairment

### Books/Newspapers on Tape (talking books)

Regional Library for the Blind	888-879-0017
La Crosse Public Library	789-7100
La Crosse County Library	526-9600
Wisconsin Talking Books and Brail Library	800-242-8822

\*Local libraries have large print books and will deliver

### Information, Support, and Assistive Devices

Bureau for the Blind	888-879-0017
Rehabilitation Teaching Program for the Blind and Visually Impaired - Division of Supportive Living	
Visually Impaired Support Group	888-879-0017
NFBW - La Crosse Chapter	781-3361
Independent Living Resources	787-1111
Low Vision Clinic - Gund/Luth Med. Ctr.	775-5005
"Read to Me" C. R. Region Literacy Council	789-4752
American Foundation for the Blind	800-232-5463
Lighthouse National Ctr for Vision & Aging	800-829-0500
Wisconsin Council for the Blind	800-783-5213