

The Monroe 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 people residing in the Monroe County area. Community Link is a resource guide developed by the Aging and Disability Resource Center of Western Wisconsin. There are also versions available for Jackson, La Crosse, and Vernon counties. Contact your local office for a copy. This guide is intended to provide information on a variety of topics for people age eighteen and over. It is not a complete list of all services available to people with disabilities, aging, mental health or substance abuse issues. It is not meant to be an endorsement or recommendation of these particular agencies.

To obtain further information about these or other services or to update the current listing, contact the Aging & Disability Resource Center of Western Wisconsin at (608) 785-5700 or 1-800-500-3910.

The Community Link informational resource guide can be viewed or printed in regular or large type on the Aging and Disability Resource Center of Western Wisconsin website – <http://www.adrcww.org>

AGING & DISABILITY RESOURCE CENTER OF WESTERN WISCONSIN

The first place to contact for information and assistance relating to aging, disability, mental health or substance abuse issues.

YOU HAVE QUESTIONS? WE HAVE ANSWERS!!

People often need help understanding what types of services can be available in their home. Our social work and nursing staff can offer ideas, suggestions, and advice on which services and supports will meet a person's needs. Our goal is for you to remain in the community and to be as independent as possible. The Aging and Disability Resource Center of Western Wisconsin works closely with other organizations to provide prevention and caregiver support services.

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ABUSE RESOURCES

- **911**
Call immediately if you feel someone is in immediate, serious, or life-threatening danger
- **Aging & Disability Resource Center of Western Wisconsin**
Call if you are concerned about an adult neighbor, friend, or family member
14305 County Highway B, Building B, Sparta
608-785-5700 or **1-800-500-3910** • **TTY 785-9787**
E-mail • adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **Brighter Tomorrows**
Supportive services to individuals involved in abusive relationships
608-269-7853 or **608-374-6975** or **1-888-886-2327**
Sexual Assault • 1-866-346-0374
- **Monroe County Department of Human Services**
Call if you are concerned about an adult neighbor, friend, or family member or to report concerns of abuse, neglect or exploitation of an adult
Building A, 14301 County Highway B, Sparta
608-269-8600
- **National Center on Elder Abuse**
<http://www.cncea.aoa.gov>
- **National Clearinghouse on Abuse in Later Life**
608-255-0539
Email: ncall@wcadv.org
<http://www.ncall.us>
- **National Domestic Violence Hotline**
For information about programs in a specific area
1-800-799-SAFE (7233) or **1-800-787-3224 (TTY)**
<http://www.ndvh.org>

- **Wisconsin Bureau of Aging and Disability Resources**
For information on abuse
608-266-2568
<http://www.dhfs.state.wi.us/aging/elderabuse/index.htm>
- **Wisconsin Coalition Against Sexual Assault**
608-257-1516 or 608-257-2537 (TTY)
<http://www.wcasa.org>

ADULT DAY SERVICES

- **C-R Day Service, LLC**

Adult day services which provide supports for physically and mentally disabled individuals and their caregivers, who do not function independently, but do not need 24 hour nursing care

Monday-Friday 7:00am-5:00pm

413 Osborne Drive, Sparta • 608-487-9160

<http://www.crdayservicellc.com>

- **Handishop Industries, Inc.**

Adult Day Care – Developmental Training Program

Day services for adults with developmental disabilities, mental illness, chemical abuse, physical disabilities and multiple disabilities

1411 North Superior Avenue, Tomah • 608-372-3289

<http://www.handishop.org>

Handishop Day Centers

Day services, including daily living skills, crafts, recreation, educational activities and community outings; for adults with developmental disabilities and elderly individuals with physical disabilities or dementia

620 Industrial Drive, Suite 2, Sparta • 608-269-4600

102 East Veterans Street, Tomah • 608-343-7056

<http://www.handishop.org>

- **Riverfront, Inc.**

Day Services Program

Day services in a group setting for individuals with disabilities or other challenges

905 Kilbourn Avenue, Tomah, • 608-374-4673

<http://www.riverfrontinc.org>

Prime Times

Day services for elderly

905 Kilbourn Avenue, Tomah • 608-374-4673

<http://www.riverfrontinc.org>

ADVOCACY

- **Age Advantage Area Agency on Aging, Inc.**
A regional office for adults age 60 and over and members of the Ho-Chunk Nation to contact with concerns
608-224-6300
<http://www.discover-net.net/~ageadvan>
- **Aging and Disability Resource Center of Western Wisconsin**
14305 County Highway B, Building B, Sparta
608-785-5700 or 1-800-500-3910 • TTY 608-785-9787
E-mail • adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **AIDS Resource Center of Wisconsin**
AIDS/HIV education, prevention and access to services
2519 South Avenue, La Crosse • **608-785-9866 or 1-800-947-3353**
<http://www.arcw.org>
- **The ARC – Monroe County**
Promotes quality of life for people with developmental and related disabilities
628 East Franklin Street, Sparta • **608-269-5148**
<http://www.arc-wisconsin.org>
- **Brighter Tomorrows**
608-269-7853 or 608-374-6975 or 1-888-886-2327
Sexual Assault • 1-866-346-0374
- **Coalition of Wisconsin Aging Groups**
Coalition of older persons and organizations to ensure adequate representation for the elderly
1-800-366-2990 or 1-888-758-6047
<http://www.cwag.org>
- **Disability Rights Wisconsin (formerly WI Coalition for Advocacy)**
1-800-928-8778 or 608-267-0214 • TTY 1-888-758-6049
<http://www.disabilityrightswi.org>
- **Families First of Monroe County**
1118 West Veterans Street, Tomah • **608-374-4141 or 608-269-1077**
<http://www.familiesfirstonline.org>

- **Ho-Chunk Nation Division of Health and Social Services**
Provides client advocacy for Ho-Chunk Nation tribal members
27374 Highway 21 East, Tomah • **608-372-5202**
<http://www.ho-chunknation.com>
- **Independent Living Resources (ILR)**
4439 Mormon Coulee Road, La Crosse
608-787-1111 or **1-888-474-5745**
TTY 608-787-1148 or **TTY 1-888-378-2198**
RAVE Drop-In Center, 608-785-9615
<http://www.ilresources.org>
- **Legislative Hotline**
Call to advocate for support or change in legislation
1-800-362-9472
- **Monroe County Courthouse**
Monroe County Victim Witness Coordinator
Advocates for victims under the criminal justice system
112 South Court Street, Sparta • **608-269-8779**
<http://www.co.monroe.wi.us>
- **Monroe County Human Services Department**
Elder abuse and neglect, guardianship and protective placement
14301 County Highway B, Building A, Sparta • **608-269-8600**
<http://www.co.monroe.wi.us>
- **Monroe County Senior Services**
Elderly Benefit Specialist – Advocates for adults age 60 and over concerning benefits, legal issues and legislative issues
14305 County Highway B, Building B, Sparta • **608-269-8693**
<http://www.co.monroe.wi.us>
- **Monroe County Veteran Services Office**
Councils and assists veterans pertaining to their federal, state and county rights
202 South K Street, Sparta • **608-269-8726**
<http://www.co.monroe.wi.us>
- **NAMI Wisconsin, Inc. (National Alliance on Mental Illness)**
La Crosse area • **608-779-1554** or **1-800-236-2988**
NAMI Helpline • **1-800-950-6264**
<http://www.nami.org> (National) <http://www.namiwisconsin.org> (State)

- **Office of the Commissioner of Insurance**
Will take complaints concerning an insurance company or a specific insurance agent
1-800-236-8517
Hearing and Speech Impaired number only • **608-266-3586**
<http://www.oci.wi.gov>
- **WI Board on Aging and Long Term Care Ombudsman Program**
Advocacy for long term care consumers age 60 and over who reside in nursing homes or group homes
1-800-815-0015
<http://www.longtermcare.state.wi.us>
- **Wisconsin Department of Agriculture, Trade and Consumer Protection**
Assists with concerns regarding products, services, and consumer complaints
608-224-4949 or **1-800-422-7128** • TTD/TTY **608-224-5058**
<http://datcp.state.wi.us>
- **Wisconsin Guardianship Support Center**
1-800-488-2596 extension 314
<http://cwag.org/legal/guardian-support>

ALZHEIMER'S/DEMENTIA SERVICES

SPECIALIZED ALZHEIMER/DEMENTIA SERVICES

- **Alzheimer's Association**

Advocacy, educational materials, family consults, peer mentoring

24 Hour Helpline • 1-800-272-3900

Safe Return Program (24/7 support for wandering) • **1-888-572-8566**

Comfort Zone Program (24/7 electronic location management tool) • **1-877-259-4850**

<http://www.alz.org/comfortzone>

Call for support group information.

1523 Rose Street, Suite 8, La Crosse • **608-784-5011** or **1-800-272-3900**

<http://www.alz.org> (National) <http://www.alz.org/gwwi> (Greater Wisconsin Chapter)

- **Faith in Action Volunteers of Monroe County**

Grocery delivery, driver escort, companionship, and other support

1118 West Veterans Street, Tomah • **608-372-0939** or **1-888-863-0272**

<http://www.fianationalnetwork.org>

- **Monroe County Senior Services**

- **Family Caregiver Support Program**

Family consults and referral; caregiver support program

14305 County Highway B, Building B, Sparta • **608-269-8691**

<http://www.co.monroe.wi.us>

- **Morrow Home Community and Services**

- **Olive Branch Dementia Unit**

331 South Water Street, Sparta • **608-269-3168** or **1-866-324-7365**

<http://www.morrowhome.org>

- **Retired Seniors Volunteer Program (RSVP)**

- **Friendly Caller Program**

A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for homebound citizens to socialize daily.

2920 East Avenue South, Suite 104, La Crosse • **608-785-0500** or **1-888-822-1295**

<http://www.rsvplax.org>

- **Riverfront, Inc.**
Day Services Program
Day services for adults of all ages with mild to moderate dementia
905 Kilbourn Avenue, Tomah • **608-374-4673**
<http://www.riverfrontinc.org>
- **Rolling Hills Rehabilitation Center**
Haven House
14345 County Highway B, Sparta • **608-269-8800**
- **See Skilled Nursing Facilities in this resource guide**
(**) denotes facilities with Alzheimer's/Dementia specific units

SUPPORT GROUPS – SPECIALIZED ALZHEIMER/DEMENTIA SERVICES

There are a number of support groups in the area dealing with a variety of Alzheimer/Dementia issues. Call the number listed below for further information.

- **Alzheimer's Association**
Call for support group information
1523 Rose Street, Suite 8, La Crosse • **608-784-5011** or **1-800-272-3900**
24 Hour Helpline • 1-800-272-3900
<http://www.alz.org> (National) <http://www.alz.org/gwwi> (Greater Wisconsin Chapter)
- **Morrow Home Community and Services**
Dementia Support Group
Meets the 4th Tuesday of each month at 1:30 pm at Parkview Apartments
315 South Spring Street, Sparta • **608-269-3168** or **1-866-324-7365**
<http://www.morrowhome.org>
- **Great Rivers 2-1-1**
Dial 2-1-1 or **1-800-362-8255** • **TTY 1-866-884-3620**
<http://www.greatrivers211.org>

CAREGIVER SUPPORT

- **Aging and Disability Resource Center of Western Wisconsin**
Provides information and assistance relating to caregiver support
14305 County Highway B, Building B, Sparta
608-785-5700 or 1-800-500-3910 • TTY 608-785-9787
E-mail • adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **Alzheimer's Association**
Advocacy, educational materials, family consults, peer mentoring
Call for support group information • **608-784-5011 or 1-800-272-3900**
24 Hour Helpline • 1-800-272-3900
Safe Return Program (24/7 support for wandering) • **1-888-572-8566**
Comfort Zone Program (24/7 electronic location management tool) • **1-877-259-4850**
<http://www.alz.org/comfortzone>
1523 Rose Street, Suite 8, La Crosse
<http://www.alz.org> (National) <http://www.alz.org/gwwi> (Greater Wisconsin Chapter)
- **Faith in Action Volunteers of Monroe County**
Companionship and other support services
1118 West Veterans Street, Tomah • **608-372-0939 or 1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Retired Seniors Volunteer Program (RSVP)**
Friendly Caller Program
A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for homebound citizens to socialize daily.
2920 East Avenue South, Suite 104, La Crosse • **608-785-0500 or 1-888-822-1295**
<http://www.rsvplax.org>

- **Monroe County Senior Services**
14305 County Highway B, Building B, Sparta • **608-269-8691**
<http://www.co.monroe.wi.us>

Powerful Tools for Caregiving: Taking Care of You

Educational program for family or friend caregivers to help you take care of yourself while caring for an older relative or friend.

Wisconsin Family Caregiver Support Program

Program designed to help family members and friends who care for persons age 60 and over, and individuals age 55 and over caring for children under the age of 19.

- **Tomah Veterans Administration**
Caregiver support group held Wednesdays 4:00-5:00pm
500 East Veterans Street, Tomah • **608-372-3971 or 1-800-872-8662**
VA National Caregiver Support Line • **1-855-260-3274**
<http://www.tomah.va.gov>

CLINICS/MEDICAL CENTERS/DENTAL

HOSPITALS

- **Gundersen Lutheran Medical Center**
1900 South Avenue, La Crosse • **608-782-7300** • TTY **608-782-3784**
<http://www.gundluth.org>
- **Mayo Clinic Health System Franciscan Healthcare**
Sparta Campus 310 West Main Street, Sparta • **608-269-2132**
La Crosse Campus 700 West Avenue South, La Crosse • **608-785-0940**
TTY **608-785-1161**
<http://www.mayohealthsystem.org>
- **Tomah Memorial Hospital**
321 Butts Avenue, Tomah • **608-372-2181**
<http://www.tomahhospital.org>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>

CLINICS

- **Mayo Clinic Health System Franciscan Healthcare**
Sparta Campus 310 West Main Street, Sparta • **608-269-2132**
Lake Tomah Clinic 325 Butts Avenue, Tomah • **608-372-5951**
<http://www.mayohealthsystem.org>
- **Gundersen Lutheran Medical Center**
Sparta Clinic 315 West Oak Street, Sparta • **608-269-6731** or **1-800-554-0380**
Tomah Clinic 1330 North Superior Avenue, Tomah • **608-372-4111** or **1-888-600-3240**
<http://www.gundluth.org>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>

FREE OR REDUCED HEALTHCARE

- **Mayo Clinic Health System Franciscan Healthcare- Sparta Campus**
St. Clare Health Mission
Health care for those with low income or ineligibility for medical assistance programs
Tuesdays 5:00pm to 7:00pm
310 West Main Street, Sparta • **608-269-2132** or **608-269-1770**
<http://www.mayohealthsystem.org>
- **Monroe County Health Department**
Communicable and sexually transmitted disease treatment
14301 County Highway B, A-18, Sparta • **608-269-8666**
<http://www.co.monroe.wi.us>
- **Monroe County Health Department**
Wisconsin Well Woman Program
Preventive health screening services to women with little or no health insurance coverage (mammograms, pap tests, certain other health screenings); must be age 45-64, without health insurance and income within program's guideline limits
14301 County Highway B, A-18, Sparta • **608-269-8666**
<http://www.co.monroe.wi.us>
- **Neighborhood Family Clinic**
Our goal is to provide quality medical care at a reduced cost that is affordable and accessible to many without insurance or who are underinsured.
Bronston Chiropractic-Onalaska 1202 County Road PH, Onalaska **781-2225**
Bronston Chiropractic-La Crosse 525 Lang Drive, La Crosse
782-2225
<http://www.nfclinics.com>
- **Options Clinic**
Helps to create healthier lives and families by providing and advocating for sexual health and education. Services include annual exams, breast and cervical cancer screenings, FDA approved birth control, STD testing and treatment, pregnancy testing and counseling, and community education. All services are provided in harmony with the personal beliefs of each client.
100 Water Street South, Sparta • **1-800-657-5177**
<http://www.optionsclinic.org>

- **Scenic Bluffs Community Health Center**

Primary health care for acute, chronic, and routine/annual medical conditions; chiropractic care; pharmacy services

Healthy Neighbor Plan – sliding fee scale for patients with low incomes, those without health insurance, limited coverage or high deductibles; Private insurances also accepted

Cashton 238 Front Street, Cashton • **608-654-5100**

Norwalk 200 West North Street, Norwalk • **608-823-7853** (Medical services only)

<http://www.scenicbluffs.org>

FREE OR REDUCED DENTAL SERVICES

- **Affordable Dentures**

Provides affordable, low fee denture services

4850 Keystone Crossing, Eau Claire • **715-855-1020**

3434 55th Street NW, Suite 100, Rochester, MN • **507-529-9442**

- **Scenic Bluffs Community Health Center**

Dental services include preventive, restoration and urgent care.

Healthy Neighbor Plan – sliding fee scale for patients with low incomes, those without health insurance, limited coverage or high deductibles; Private insurances also accepted
238 Front Street, Cashton • **608-654-5100**

<http://www.scenicbluffs.org>

- **Wisconsin Dental Association, Inc.**

Donated Dental Services – provides referrals for free dental care to qualified applicants; eligibility includes individuals who are permanently disabled, chronically ill, or are of advanced age with a financial need; not for routine services but for extensive dental needs only

1-866-812-9840

<http://www.wda.org>

OTHER CLINICS AVAILABLE

- **House of Wellness Clinic**

Provides services to enrolled members of any federally recognized tribe, Ho-Chunk Nation employees and family

S2845 White Eagle Road, Baraboo • **608-355-1240** or **1-888-552-7889**

EDUCATION

- **Monroe County Health Department and Monroe County Senior Services**
14305 County Highway B, Sparta • **608-269-8690**
<http://www.co.monroe.wi.us>

Living Well with Chronic Conditions Workshop

Intended for individuals who have one or more chronic conditions and covers a variety of topics for self-management of chronic disease

Powerful Tools for Caregiving: Taking Care of You

Educational program for family or friend caregivers to help you take care of yourself while caring for an older relative or friend.

- **Sparta Parks and Recreation**
1000 East Montgomery Street, Sparta • **608-269-6322** or **608-269-9016**
<http://www.spartawisconsin.org>
- **University of Wisconsin Extension Office - Sparta**
14345 County Highway B, #1, Sparta • **608-269-8722**
<http://www.uwlax.edu>

Continuing Education Programs

Offers lifelong learning programs for participants of all ages
1725 State Street, La Crosse • **608-785-8000** • **TTY 608-785-6900**

Learning in Retirement

Learning community established to meet the wide range of interests of the area's growing retired population; for individuals of retirement age
1725 State Street, La Crosse • **608-785-8000** • **TTY 608-785-6900**

- **Viterbo University**
900 Viterbo Drive, La Crosse • **608-796-3060**
<http://www.viterbo.edu>
- **Western Technical College**
Sparta Campus 103 South Water Street, Sparta • **608-269-3791**
Tomah Campus 120 East Milwaukee Street, Tomah • **608-374-7700**
<http://www.westerntc.edu>

EMERGENCY RESOURCES

MEDICAL EMERGENCY

- **9-1-1**
- **Mayo Clinic Health System Franciscan Healthcare**
310 West Main Street, Sparta • **608-269-2132**
<http://www.mayohealthsystem.org>
- **Tomah Memorial Hospital**
321 Butts Avenue, Tomah • **608-372-2181**
<http://www.tomahhospital.org>

HOUSING EMERGENCY

- **Brighter Tomorrows**
608-269-7853 or 608-374-6975 or 1-888-886-2327
- **Couleecap, Inc.**
Transitional Housing Program for Homeless
Provides limited term affordable housing and services to homeless individuals and families who need assistance returning to independent living situations; may remain within the program for up to two years
777 North Street, Sparta • **608-269-5021 or 1-866-766-9215**
<http://www.couleecap.org>
- **Families First of Monroe County**
Assistance with emergency shelter, rent or mortgage needs, utilities, car repairs, and fuel
1118 West Veterans Street, Tomah • **608-374-4141 or 608-269-1077 (8:00am – 4:00pm)**
Sheriff's Office – Tomah Area • 608-372-2117 (24 hours/day, 7 days/week)
Sheriff's Office – Sparta Area • 608-269-2117 (24 hours/day, 7 days/week)
<http://www.familiesfirstonline.org>
- **New Horizons Domestic Abuse Shelter**
608-791-2600 or 1-888-231-0066
<http://www.newhorizonslacrosse.com>

- **Salvation Army**
223 8th Street North, La Crosse • **608-782-6126**
<http://www.salvationarmyusa.org>

PERSONAL RESPONSE NON-EMERGENCY SERVICES

- **Alzheimer's Association**
Safe Return (ID bracelet) • **1-888-572-8566**
Comfort Zone (electronic location management tool) • **1-877-259-4850**
1523 Rose Street, Suite 8, La Crosse • **608-784-5011** or **1-800-272-3900**
<http://www.alz.org> (National) <http://www.alz.org/gwwi> (Local)
- **Guardian Alert 911**
Free lifeline service available to veterans that live alone and are currently enrolled in the VA Healthcare System. Must have a landline telephone. Contact your primary care provider at the VA for additional information and eligibility.
Veterans Administration Medical Center, Tomah • **1-800-872-8662**
- **Mayo Clinic Health System Franciscan Healthcare**
HelpLink Medical Alert Service
A personalized response system that uses a two-way voice console unit to automatically dial a 24-hour Response Center
608-392-9797 or **1-800-362-5454 ext. 26300**
<http://www.mayohealthsystem.org>
- **Oakdale Electric Cooperative (Mainstreet Messenger)**
Lifeline Response System - An easy-to-use personal response service to ensure older adults and people with disabilities living at home quick assistance whenever needed
489 North Oakwood Street, Oakdale • **608-372-4131** or **1-800-241-2468**
<http://www.oakdalerec.com>
- **ResCare**
Rest Assured OneTouch
An easy to use two-way speaker phone that automatically connects you to a Tele-Caregiver when you push the call button 24/7
1802 State Road Hwy 16, La Crosse • **608-779-0900**
<http://www.rescarehomecare.org>

- **RSVP**

- **Friendly Caller Program**

- A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for home-bound citizens to socialize daily.

- 608-785-0500** or **1-888-822-1295**

- <http://www.rsvplax.org>

- **Tomah Memorial Hospital**

- **Lifeline Emergency Response System** - An easy-to-use personal response service to ensure older adults and people with disabilities living at home quick assistance whenever needed

- 321 Butts Avenue, Tomah • **608-372-2181** • **TTY 608-374-0353**

- <http://www.tomahhospital.org>

EMPLOYMENT ASSISTANCE

- **Experience Works, Inc.**

A training program for individuals seeking employment who are age 55 and older and have a low income

402 8th Street North, Room 201, La Crosse • **608-789-5623** or **1-800-782-7519**

<http://www.experienceworks.org>

- **Handishop Industries Inc.**

Employment evaluation and work adjustment training for adults with developmental disabilities, mental illness, chemical abuse, physical disabilities and people with multiple disabilities

Rest Area Maintenance (RAM)

Employment program providing janitorial and grounds maintenance while employing Wisconsin citizens with disabilities.

1411 North Superior Avenue, Tomah • **608-372-3289**

<http://www.handishop.org>

- **Independent Living Resources (ILR)**

Assessment, assistive technology consultation, assistance with applications and interviews, ongoing support, job development; job club available

4439 Mormon Coulee Road, La Crosse • **608-787-1111** or **1-888-474-5745**

TTY 608-787-1148 or **1-888-378-2198**

<http://www.ilresources.org>

- **Manpower**

Assists individuals in obtaining employment

601 North Superior Avenue, Tomah • **608-374-2040**

- **Older Worker Program/ WISE (Wisconsin Senior Employment)**

Places individuals with a host agency from training on specific job demands; must be age 55+; income limits do apply

402 North 8th Street, 3rd Floor, La Crosse

608-789-5620 or **1-800-742-5627**

<http://www.gwaar.org>

- **Riverfront, Inc.**
Provides supported employment, job placement, follow-along, and job coaching for individuals with mental illness, developmental disabilities, and learning disabilities
103 South Water Street, Suite 8, Sparta • **608-269-8263**
<http://www.riverfrontinc.org>
- **Veterans Assistance Center**
Veterans Assistance Program (VAP)
Helps homeless veterans and those at-risk of becoming homeless receive job training, education, counseling and rehabilitation services they need to obtain steady employment, affordable housing and the skills to sustain a productive lifestyle
608-269-0234 (Fort McCoy site) or **1-800-947-8387** (WisVets Hotline)
<http://www.dva.state.wi.us/HomelessVeterans/>
- **Veterans Affairs Medical Center**
Vocational rehabilitation program for eligible veterans only; call for information
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>
- **Wisconsin Division of Vocational Rehabilitation (DVR)**
Working with individuals with physical and/or mental health issues to assist in achieving employment
124 North 6th Street, La Crosse • **608-785-9500** or **1-800-523-2139**
TTY 1-800-392-3090
<http://www.dwd.wisconsin.gov/dvr>
- **Worker's Compensation**
608-266-1340 or **TTY 1-866-265-3142**
<http://www.dwd.state.wi.us/wc>
- **Workforce Connections Inc.**
Wisconsin Job Center - Offers programs to assist with training and development of skills for career and/or job search
120 East Milwaukee Street, Tomah • **608-374-7740** or **1-800-742-5627**
<http://www.workforceconnections.org>

FINANCIAL RESOURCES • TAX/LEGAL ASSISTANCE

BENEFITS ASSISTANCE

- **Aging and Disability Resource Center of Western Wisconsin Disability Benefit Specialist** – serves ages 18-59
Building B, 14305 County Highway B, Sparta • **608-785-5700** or **1-800-500-3910**
TTY 608-785-9787
E-mail: adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **Couleecap, Inc.**
Energy Assistance Program
777 North Street, Sparta • **608-269-5021**
<http://www.couleecap.org>
- **Families First of Monroe County**
Provides resources and financial assistance for individuals not meeting other program criteria
1118 West Veterans Street, Tomah • **608-374-4141** or **608-269-1077**
<http://www.familiesfirstonline.org>
- **Independent Living Resources (ILR)**
Benefits Counseling
4439 Mormon Coulee Road, La Crosse
608-787-1111 or **1-888-474-5745**
TTY 608-787-1148 or **1-888-378-2198**
<http://www.ilresources.org>
- **Medicare**
Healthcare insurance for people age 65 and older through the Social Security program
1-800-772-1213 or **TTY 1-800-325-0778**
<http://www.medicare.gov>

- **Monroe County Human Services Economic Support Unit**

14301 County Highway B, A-19, Sparta • **608-269-8600**

Fax • 608-269-8935

<https://access.wisconsin.gov>

FoodShare (formerly Food Stamps)

Medicaid – a state/federal program providing health coverage for Wisconsin residents who are elderly, blind or disabled; also known as Medical Assistance, MA and Title 19; a person is eligible if meeting all Medicaid non-financial and financial requirements; individuals who are not elderly, blind, or disabled may be eligible for BadgerCare Plus

BadgerCare Plus – provides Medicaid coverage to families with children; no limit on assets and may require a premium payment

Family Planning Services – for women aged 15 to 45 for family planning services

MAPP – Medicaid Purchase Plan – provides Medicaid coverage to people determined disabled and who work or are interested in work; may require a premium payment; \$15,000 asset limit

QMB – pays Medicare Part A and Part B premiums and Medicare Part A and B deductibles and co-payments; there is an asset limit

SLMB – pays Medicare Part B premiums; there is an asset limit

- **Monroe County Senior Services**

Elderly Benefit Specialist – serves ages 60 and up

14305 County Highway B, Building B, Sparta • **608-269-8693**

<http://www.co.monroe.wi.us>

- **Monroe County Veterans Service Office**

202 South K Street, Sparta • **608-269-8726**

- **Social Security Administration**

210 7th Street South, Suite 100, La Crosse

1-866-770-2345 (La Crosse Office) or **1-800-772-1213** • **TTY 1-800-325-0778**

<http://www.ssa.gov>

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

<http://www.medicare.gov/medigap>

- **The Wisconsin Job Center and Workforce Connections
Emergency Assistance Program for the Homeless
W2 Program** - provides a monthly cash benefit to custodial parents, minor children, assessed as not being “job ready”; this program has an asset limit
Job Access Loans – short-term loans designed to meet expenses related to obtaining or maintaining employment
120 East Milwaukee Street, Tomah • **608-374-7740**

OTHER FINANCIAL RESOURCES

- **Couleecap**
<http://www.couleecap.org>
777 North Street, Sparta • **608-269-5021**

Work-N-Wheels Program – zero interest car loan program to purchase a vehicle to get to and from work; income limits apply; requires financial ability to pay loan, maintain vehicle, and vehicle insurance payments
- **Families First of Monroe County**
Emergency rent or mortgage assistance, emergency perishable food vouchers, emergency utility assistance, emergency car repairs, budget and money management
1118 West Veterans Street, Tomah • **608-374-4141** or **608-269-1077**
<http://www.familiesfirstonline.org>
- **Federal Housing Administration
Home Equity Conversion Mortgage**
Allows homeowners 62 years of age or older to draw income from home equity without requiring repayment for the time the home is occupied
1-800-880-7740
- **Sparta Area Cancer Support, Inc. (SACS)**
Donated monies available for fuel, groceries, medical costs, transportation and medications for local cancer victims
608-269-1880
Applications available at: Coverra Insurance Services
217 North Black River Street, Sparta
OR on the website: <http://www.spartaareacancersupport.org>

- **Tomah Area Cancer Support, Inc. (TACS)**
Funding for transportation needs; call for information
608-372-9295
<http://www.geocities.com/tomahareacncrspt/index.html>
- **Wisconsin Housing and Economic Development Authority (WHEDA)**
Housing funding for low and moderate income residents; low-interest
1-800-334-6873 or **TTY 1-800-943-9430**
Property Tax Deferral Loan Program • 1-800-755-7835
<http://www.wheda.com>

TAX ASSISTANCE

- **AARP Foundation Programs**
Tax Aide Tax Assistance – free, face-to-face tax assistance and tax form preparation; serves people with low to moderate income and individuals age 60 and older during the tax season
14305 County Highway B, Building B, Sparta • **608-269-8690**
<http://www.aarp.org/foundation>
- **IRS Tax consulting**
1-800-829-1040 • TTY/TDD 1-800-829-4059
<http://www.irs.gov>
- **Monroe County Senior Services**
Elderly Benefit Specialist - serves age 60 and older; assistance with homestead credit
14305 County Highway B, Building B, Sparta
608-269-8693
<http://www.co.monroe.wi.us>
- **Western Technical College**
608-785-9200 or **1-800-322-9982**
<http://www.westermtc.edu>
- **Wisconsin Housing and Economic Development Authority (WHEDA)**
WHEDA Property Tax Deferral Loan Program
Allows individuals 65 and older with a limited income to convert equity from their home into cash to pay all or a portion of property taxes
1-800-755-7835

- **Wisconsin Department of Revenue**
Homestead tax credit – homeowners or renters may apply; income limit applies
608-266-8641

FOOD/MEAL ALTERNATIVES

EMERGENCY FOOD RESOURCES

- **Cashton Cupboard and Closet Food Pantry**
Very minimal charge for clothing items.
Monday, Wednesday, Thursday, Friday 10:00am-4:00pm; Tuesday 10:00am-6:00pm;
Saturday 10:00am-2:00pm
1213 Front Street, Cashton • **608-654-5770**
- **Cashton Mobile Pantry**
Cashton Community Hall; 3rd Tuesday of the month 11:00am-12:00pm
812 Main Street, Cashton
- **Church Women United**
Based on availability of resources; eligibility requirements exist
608-269-6442
- **Couleecap, Inc.**
Office and Food Pantry
Provides food to individuals and families with an emergency need;
income guidelines apply; call for available times and days
777 North Street, Sparta • **608-269-1507** or **1-866-766-9215**
<http://www.couleecap.org>
- **Ecumenical Bread Basket Food Pantry (Affiliated with Sparta Ministerial)**
112 Water Street, Sparta • **608-269-5081**
- **Faith Evangelical Free Church Food Pantry**
Times / days vary, call for more information
6644 State Highway 16, Sparta • **608-269-5469**
- **Families First of Monroe County**
Emergency perishable food vouchers
1118 West Veterans Street, Tomah • **608-374-4141** or **608-269-1077**
<http://www.familiesfirstonline.org>

- **Neighbor for Neighbor, Inc.**
Food baskets providing a three day supply of food for emergency needs;
income guidelines apply; Monday and Friday 1:00-3:30pm,
2nd and 4th Wednesday 3:30-6:00pm
1118 West Veterans Drive, Tomah • **608-372-6737**
Emergency or 24 hour • 608-374-7400
- **Norwalk Mobile Pantry**
Norwalk Community Hall; Last Tuesday of the month 11:00am-12:30pm
200 North Street, Norwalk
- **Ontario Food Pantry**
Serves the Ontario and Norwalk area
Community Baptist Church • **608-337-4656**
- **Wilton Food Pantry**
Call for an appointment
406 Main Street, Wilton • **608-435-6406** or **608-435-6647**

FREE MEALS

- **Sparta United Methodist Church**
Free soup supper every Tuesday 5:00pm - 6:00pm; handicap accessible
210 North Court Street, Sparta (use “K” Street entrance) • **608-269-6949**
- **Tomah Community Table**
Meal is provided free or donations are accepted.
Meal on Monday 4:30-5:30pm; Tomah Masonic Lodge, east entrance
520 East Saratoga Street, Tomah • **608-343-7039**

HOME DELIVERED MEALS

- **Ho-Chunk Nation Tribal Aging Unit**
Elderly Nutrition Program – home delivered meals for elderly tribal members
358 Eos Road, Tomah • **608-372-4547**
<http://www.ho-chunknation.com>

- **Monroe County Senior Services**

For individuals 60 years of age and older (or the spouse) who are homebound, unable to cook for themselves and unable to attend meal sites; call for further information

14305 County Highway B, Building B, Sparta • **608-269-8690**

<http://www.co.monroe.wi.us>

- **Morrow Home Community & Services**

Morrow Meals in Motion

Provides noon meals delivered to the home for a fee; for age 60 years of age and older

331 South Water Street, Sparta • **608-269-3168** or **1-866-324-7365**

<http://www.morrowhome.org>

- **Mom's Meals**

Provides fresh meals to home every other week

517 K Avenue, PO Box 297, Nevada, IA • **1-866-204-6111**

MISCELLANEOUS FOOD SOURCES

- **Monroe County Human Services**

Economic Support – FoodShare (formerly Food Stamps)

14301 County Highway B, A-19, Sparta • **608-269-8600**

<http://www.co.monroe.wi.us>

- **Self-Help and Resource Exchange (SHARE)**

Nonprofit food buying club offering good, nutritious products at a reduced cost through a volunteer run, community based distribution system. This volunteer network can help you save 30-50% compared to grocery store prices. There are no income guidelines, membership fees or eligibility requirements.

1-800-548-2124

<http://www.sharewi.org>

Sparta pick-up site: St. John's Evangelical Lutheran Church, 419 Jefferson Ave., Sparta
608-269-6355

Tomah pick-up site: Bible Evangel Free Church, 625 West Veterans Street, Tomah
608-372-2878

HEALTH / WELLNESS

- **Health Education Answers**

Online health education resource; learn ways to help get healthy and stay healthy; helpful information and tips for learning to live better with disease; follow these links:

<http://www.adrcww.org>

Select *Links* Tab

Select *Health Education Answers*

Select *Launch*

***Further questions, call 608-785-5700 or 1-800-500-3910**

- **House of Wellness Clinic**

Provides services to enrolled members of any federally recognized tribe, Ho-Chunk Nation employees and family

S2845 White Eagle Road, Baraboo • **608-355-1240** or **1-888-552-7889**

- **Monroe County Health Department**

Individual, family, and community programs that assure healthy conditions; Provides health education resources, adult and childhood immunizations, blood pressure screening, etc.; Women, Infants, and Children (WIC) and Wisconsin Well Woman Program.

Wisconsin Well Woman Program

Preventive health screening services to women with little or no health insurance coverage (mammograms, pap tests, certain other health screenings); must be age 45-64, without health insurance and income within program's guideline limits

14301 County Highway B, A-18, Sparta • **608-269-8666**

<http://www.co.monroe.wi.us>

HEARING, VISUAL, AND INTERPRETER SERVICES

- **Badger Association for the Blind and Visually Impaired, Inc.**
Offers financial help and other services
1-877-258-9200
<http://www.badgerassoc.org>
- **International Quality Home Care Corporation**
Offers interpreter services for a variety of languages, sign language is not available.
306 Main Street, Suite 4, La Crescent, Minnesota
507-895-2570 or 1-855-447-4762
- **Lions Affordable Hearing Aid Program (Lions AHAP)**
Financial assistance for the purchase of hearing aids
E-mail: LionsAHAP@lionsclubs.org
International Lions Foundation 630-571-5466
WI Lions Foundation 715-677-4969 or 877-463-6953 · TTY 715-677-6999
- **Office for the Blind or Visually Impaired**
Services to assist individuals who are blind or visually impaired to achieve their own goals of independent living through individual visits, group trainings and teaching techniques and technologies for use in daily living
115 5th Avenue South, Suite 506, La Crosse
608-789-5663 or 1-888-879-0017
<http://www.dhs.wisconsin.gov/blind>
- **Office for the Deaf and Hard of Hearing**
Provides information and referral, education and training
Voice 715-836-2107 · TTY 1-888-701-1254
<http://www.dhs.wi.gov/sensory>
- **Telecommunications Equipment Purchase and Assistance Plans**
TEPP- assists individuals that are hard of hearing, deaf/severely hard of hearing, speech impaired, mobility/motion impaired, deaf with low vision or deaf and blind to obtain equipment for basic phone service
TAP- a program for those who are deaf or severely hard of hearing in a low income household to pay the TEPP co-payment if you qualify
Voice 608-231-3305 · TTY 1-800-251-8345

- **Wisconsin Council for the Blind and Visually Impaired**

A variety of services including assistive aids and appliances, computer technology, and education. If you are blind or visually impaired, you may eligible to receive a free white cane from the Council.

1-800-783-5213 or **608-255-1166**

<http://www.wcblind.org>

HOME HEALTH • HOSPICE

HOME HEALTH

Skilled and non-skilled patient-centered care to meet individual needs for obtaining or maintaining a successful recovery at home

- **Black River Memorial Homecare**
711 West Adams Street, Black River Falls • **715-284-3662**
<http://www.blackriverhospital.com>
- **Comprehensive Nursing Services, LLC**
Assists elderly remain in home by providing home-support services
14774 Hibiscus Road, Tomah • **608-372-4475** or **608-343-4475**
Email: pambort@hotmail.com
- **Hess Memorial Hospital**
Hess Home Health
1050 Division Street, Mauston • **608-847-6161** or **1-800-252-4377**
<http://www.milebluff.com>
- **International Quality Home Care Corporation**
306 Main Street, Suite 4, La Crescent, Minnesota
507-895-2570 or **1-855-447-4762**
- **Mayo Clinic Health System Franciscan Healthcare Home Care**
212 11th Street South, La Crosse • **608-392-9790** or **1-800-362-5454**
<http://www.mayohealthsystem.org>
- **Monroe County Health Department**
14301 County Highway B, A-18, Sparta • **608-269-8666**
<http://www.co.monroe.wi.us>
- **Recover Health (formerly REM Health of Wisconsin)**
1501 Saint Andrew Street, Suite C200 • **608-406-3140**
<http://www.recoverhealth.org>
- **ResCare (formerly Caregivers Home Health)**
1802 State Road 16, La Crosse • **608-779-0900** or **1-877-235-3026**
<http://www.rescarehomecare.com>

- **Wisconsin's Home Health Care Hotline**
Answers to questions or concerns you may have about home health care providers in your area
1-800-642-6552

HOSPICE

Hospice care represents a dignified, compassionate and respectful approach for supporting people who are in the final phases of a terminal illness.

- **Black River Memorial Homecare**
711 West Adams Street, Black River Falls
715-284-3662
<http://www.blackriverhospital.com>
- **Gundersen Lutheran Hospice**
914 Greenbay Street, La Crosse
608-775-8435 or 1-800-848-5443
<http://www.gundluth.org>
- **Mayo Clinic Health System Franciscan Healthcare Homecare and Hospice**
311 West Main Street, Sparta
608-269-5131 or 1-800-362-5454 extension 29790
<http://www.mayohealthsystem.org>
- **Tomah Memorial Hospital**
The Hospice Touch / Serenity House
321 Butts Avenue, Tomah
608-374-0250
<http://www.tomahhospital.org>

HOUSING ALTERNATIVES

ASSISTED LIVING FACILITIES

RESIDENTIAL CARE APARTMENT COMPLEX (RCAC)

An RCAC is a place where five or more adults reside. Apartments must have a lockable entrance and exit, a kitchen, including a stove (or microwave oven), individual bathroom, sleeping and living areas. This living option can provide up to (but cannot exceed) 28 hours per week of the following services: supportive services, personal assistance, nursing services, and emergency assistance. RCACs provide services either directly or under contract and the services must be part of the tenant's service agreement. RCACs are either registered or certified. Certified facilities can accept public funding; registered facilities can only accept private funds from individuals.

- ****Close to Home, Inc.**
Available to senior citizens and people with disabilities
1206 Mark Avenue, Tomah • **608-374-5300**
<http://www.cthtomah.com>
- **HoChunk Community Housing Development Agency**
1116 E. Monowac St., P.O. Box 730, Tomah
1-800-236-2260 or 608-374-1245
- **Liberty Village Assisted Living**
200 Liberty Place, Tomah • **608-374-5005**
<http://libertyvillagecare.com>
- **Morrow Home Community and Services**
Homestead Assisted Living Apartments
Available to individuals at least 60 years of age
331 South Water Street, Sparta • **608-269-3168 or 1-866-324-7365**
<http://www.morrowhome.org>
****MaryCrest Assisted Living Apartments**
Available to individuals at least 60 years of age and people with disabilities
401 South Water Street, Sparta • **608-269-3168 or 1-866-324-7365**
<http://www.morrowhome.org>
- ****Touch of Home, Inc.**
Available to senior citizens and people with disabilities
1211 Mark Avenue, Tomah • **608-372-5454**
<http://www.cthtomah.com>
****Denotes RCAC facilities that are registered and can only accept private funds.**

ADULT FAMILY HOMES (AFH)

Adult Family Homes are a place where families make a decision to open their home and provide care for one to four adults who require support to live in the community because of aging, mental health, developmental or physical disabilities.

An AFH is defined as “a place where one to four adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board and that may include up to seven hours per week of nursing care per resident.” Counties certify one and two bed adult family homes; the State of Wisconsin licenses three and four bed adult family homes.

- For information regarding *Adult Family Homes*, contact **Western Wisconsin Cares** and ask to speak with the Adult Family Home Coordinator for Monroe County
1407 St. Andrews, Suite 100, La Crosse • **608-785-6266**
<http://www.wwcares.org>

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) – General

A CBRF is a place where five or more adults reside who do not require care above intermediate level nursing care. Adults receive care, treatment, or services that are above the level of room and board. It includes no more than three hours of nursing care per week per resident. Other supports and services are also offered. These facilities are state licensed. The facilities listed are able to accept private or public funding sources.

- **Agape Acres**
3737 Blueberry Road, Warrens • **608-378-4054**
- **Close to Home, Inc.**
1206 Mark Avenue, Tomah • **608-374-5300**
<http://cghtomah.com>
- **Cranberry Court, LLC**
1031 Heeler Avenue, Tomah • **608-372-5070**
1025 Heeler Avenue, Tomah • **608-372-5070**
- **Greenfield House**
21444 Flatiron Avenue, Tomah • **608-372-7335**

- **Morrow Home Community and Services**
BridgePath Advanced Assisted Living
 Available to individuals at least 60 years of age
 503 South Water Street, Sparta • **608-269-3168** or **1-866-324-7365**
<http://www.morrowhome.org>
- **Little Falls Group Home**
 4039 County Highway I, Sparta • **608-272-3238**
- **Rolling Hills Rehabilitation Center**
The Meadows
 14345 County Highway B, Sparta • **608-269-8800**
- **Sunset Ridge Estates**
 20035 Junco Road, Tomah • **608-372-9670**
- **Time for Ease**
 1848 West River Road, Sparta • **608-269-8532**

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)
MENTAL HEALTH RELATED SERVICES

- **Morrow Home Community and Services**
BridgePath Advanced Assisted Living
 Available to individuals at least 60 years of age
 503 South Water Street, Sparta • **608-269-3168** or **1-866-324-7365**
<http://www.morrowhome.org>
- **Trowbridge Personal Care Residence**
 110 East Council Street, Tomah • **608-372-4388**

INDEPENDENT HOUSING

Eligibility requirements such as age, disability and/or income limits may apply

- **Bethel Village**
904 Wall Street, Cashton • **608-654-7600**
- **Court Yard at Willow Woods**
1500 Lincoln Avenue, Tomah • **608-374-5300**
- **Heritage Haven and Village Apartments**
622 South Court, Sparta • **608-269-5544** or **1-800-944-4866**
- **Kenview Apartments**
412 Spring Street, Kendall • **608-463-7696**
- **Liberty Village Independent Apartments**
200 Liberty Place, Tomah • **608-374-5005**
<http://libertyvillagecare.com>
- **Monroe County Housing Authority**
Subsidized housing for elderly, families and individuals with disabilities;
income and asset limits apply
1108 West Wisconsin Street, Sparta • **608-269-5017** or **1-800-491-5017**

Eastwood Manor I

711 Wisconsin Avenue, Tomah

Eastwood Manor II

612 East Brownell Street, Tomah

Hillcrest Manor

300 Trescher Avenue, Cashton

Hilltop Apartments

405 Market Street, Warrens

Oakdale Apartments

131 Tara Drive, Oakdale

Westwood Manor

1102 and 1108 West Wisconsin Street, Sparta

Wilcrest Manor I
500 Cemetary Road, Wilton

Wilcrest Manor II
900 Lydon Drive, Wilton

- **Morrow Home Community and Services**

Homestead Independent Apartments

Independent living with services; available to individuals at least 60 years of age
331 South Water Street, Sparta • **608-269-3168** or **1-866-324-7365**
<http://www.morrowhome.org>

Parkview Independent Living Apartments

Independent living with services; available to individuals at least 60 years of age
315 South Spring Street, Sparta • **608-269-3168** or **1-866-324-7365**

- **Sparta Deluxe Housing**

Subsidized housing for elderly and individuals with disabilities;
income and asset limits apply
106 North L Street, Sparta • **608-269-4070** (AM only)

Sparta Arms

106 North L Street, Sparta

- **Sparta Housing Authority**

Subsidized housing for elderly and individuals with disabilities;
income and asset limits apply
301 North Court Street, Sparta • **608-269-2188** (8-11am only)

Brookside Apartments

307 North Court Street, Sparta • **608-269-2188**

- **Tomah Housing Authority**

Subsidized housing for elderly, families and individuals with disabilities;
income and asset limits apply
819 Superior Avenue, Tomah • **608-374-7455**

Kilbourn Apartments

515 North Kilbourn Avenue, Tomah

Tomah Manor

901 Mc Lean Avenue, Tomah

Lake Side Apartments

720 Williams Ave, Tomah

- **Freedom Village** (income limits)
304-306 Murdock Street, Tomah, **608-374-2466**
<http://www.dominiumapartments.com>
- **Village of Norwalk Housing Authority**
Subsidized housing for elderly; income and asset limits apply
608-823-7942

Norcrest Apartments

206 West Center Street, Norwalk

LEGAL ASSISTANCE

- **Coalition of Wisconsin Aging Groups**
Provider of legal services and resources to citizens 60 years and older with special emphasis on the frail and vulnerable elderly in need of long term care
1-800-488-2596
<http://www.cwag.org>
- **Lawyer Information and Referral Service of State Bar of Wisconsin**
1-800-362-9082
<http://www.legalexplorer.com>
- **Legal Action of Wisconsin - La Crosse Office**
Free legal advice and representation in civil matters to eligible applicants
205 5th Avenue South, Suite 300, La Crosse
608-785-2809 or 1-800-873-0927 • TTY 1-800-947-3529
<http://www.legalaction.org>
- **Monroe County District Attorney**
112 South Court Street, Sparta • **608-269-8780**
- **Monroe County Victim Witness Coordinator**
Information and support for crime victims and witnesses
112 South Court Street, Room 201, Sparta • **608-269-8780**
- **Wisconsin Judicare, Inc.**
Indian Law Office
The Indian Law Office provides representation to low income Native Americans in civil matters involving Indian law issues. Eligible individuals must be an enrolled member of one of the federally recognized tribes in Wisconsin. Income and asset guidelines may apply.
300 Third Street, Suite 210, Wausau • **715-842-1681 or 1-800-472-1638**
<http://www.judicare.org>
- **Also see Attorney listing in the Yellow Pages**

MEDICAL EQUIPMENT/SUPPLIES

- **Access Mobility Products**
Stair lifts and elevators; free assessment and recommendations for consumer
226 Hood Street, La Crosse • **608-782-1069** or **1-800-658-9054**
- **American Cancer Society**
1285 Rudy Street, Suite 103, Onalaska • **608-783-5000** or **1-877-423-9125**
<http://www.cancer.org>
- **American Home Patient**
575 Lester Avenue, Suite 200, Onalaska • **608-779-9900** or **1-800-947-2330**
<http://www.ahom.com>
- **Apria Healthcare**
W6853 Industrial Boulevard, Onalaska • **608-783-7668** or **1-800-285-9233**
<http://www.apria.com>
- **Degen Berglund**
4000 Mormon Coulee Road, La Crosse • **608-775-8500**
111 Sand Lake Road, Center 90, Onalaska • **608-775-8500**
2442 State Road, Village Shopping Center • **608-775-8500**
<http://www.degenberglund.com>
- **Ho-Chunk Nation Tribal Aging Unit**
Financial assistance with purchase of medical goods for enrolled
Ho-Chunk Nation Elders (60 years or older)
358 Eos Road, Tomah • **608-372-4547**
- **Independent Living Resources (ILR)**
Staff members are trained to provide assessments/recommendations to people with
disabilities regarding their technology needs; staff can assist with locating and
applying for financial assistance; adaptive equipment is available for loan
4439 Mormon Coulee Road, La Crosse
608-787-1111 or **1-888-474-5745** • **TTY 608-787-1148** or **TTY 1-888-378-2198**
<http://www.ilresources.org>
- **Mayo Clinic Health System Franciscan Healthcare Home Medical Equipment**
620 11th Street South, La Crosse • **608-392-9797**
<http://www.mayohealthsystem.org>

- **Medicine Shoppe Pharmacy**
Provides rental and sales of medical equipment
300 Superior Avenue, Tomah • **608-372-2101** or **1-877-842-2101**

- **Monroe County Health Department**
Provides a loan closet of medical equipment
14301 County Highway B, A-18, Sparta • **608-269-8666**
<http://www.co.monroe.wi.us>

- **Phillips Pharmacies**
1004 Superior Avenue, Tomah • **608-372-4115**
<http://www.phillipsrx.com>

- **Tomah Senior Center – Loan Closet**
1002 Superior Ave., Tomah • **608-374-7476**

- **USA Medical Suppliers, Ltd**
Orthotics, prosthetics, and medical supplies
1919 State Road, La Crosse • **608-782-1855**

- **Wal-Mart Pharmacy**
1600 West Wisconsin Street, Sparta • **608-269-7843**
<http://www.wal-mart.com>

- **Wisconsin Council of the Blind and Visually Impaired**
1-800-783-5213 or **608-255-1166** • **TTY 608-255-3301**
<http://www.wcblind.org>

MENTAL HEALTH SERVICES

BEHAVIORAL MEDICINE/COUNSELING/MENTAL HEALTH SERVICES

- **Gundersen Lutheran Behavioral Health**
218 West Main Street, Sparta • **608-269-1588** or **1-800-362-9567** extension 57991
601 North Superior Avenue, Tomah • **608-374-3853** or **1-800-362-9567** extension 57991
<http://www.gundluth.org>
- **Ho-Chunk Nation Division of Health and Social Services**
Available for members of the Ho-Chunk Nation, members of other Native American Nations, and employees of the Ho-Chunk Nation
27374 Highway 21 East, Tomah • **608-372-5202**
<http://www.ho-chunknation.com>
- **Independent Living Resources**
Peer Specialists assist with maintaining wellness for individuals in mental health recovery. Support groups are available, including Women Supporting Women, Wellness and Recovery Support Group, and Paths to Wholeness (Spirituality) Group.
4439 Mormon Coulee Road, La Crosse • **608-787-1111** or **1-888-474-5745**
TTY 608-787-1148 or **1-888-378-2198**
<http://www.ilresources.org>
E-mail: advocacy@ilresources.org
- **Mayo Clinic Health System Franciscan Healthcare Behavioral Health Services**
212 11th Street South, La Crosse • **608-392-9555**
<http://www.mayohealthsystem.org>
- **Monroe County Department of Human Services**
14301 County Highway B, A-19, Sparta • **608-269-8600**
Emergency services after hours: 608-269-2117
<http://www.co.monroe.wi.us>
- **Vet Center**
Free mental health counseling services to combat veterans and their family. Military sexual trauma counseling services available to all military service members.
20 Copeland Avenue, La Crosse • **608-782-4403**
<http://www.vetcenter.va.gov>

- **Veterans Affairs Medical Center**
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>
- For a listing of additional providers, see *Counselors or Mental Health Services* in the Yellow Pages or call the number below.

Great Rivers 2-1-1
Dial 2-1-1 or 1-800-362-8255 • TTY 1-866-884-3620
<http://www.greatrivers211.org>

MENTAL HEALTH CRISIS INTERVENTION

Whether you need someone to talk to, someone to listen, or someone to refer you to get the kind of help you need, call one of the following numbers:

- **Great Rivers 2-1-1**
Dial 2-1-1 or 1-800-362-8255 • TTY 1-866-884-3620
<http://www.greatrivers211.org>
- **Monroe County Mobile Crisis Unit**
608-269-2117

MENTAL HEALTH DROP-IN CENTERS

- **PIE (Partners In Empowerment)**
Open Thursday 5:00-10:00 pm; Friday-Saturday 5:00pm-12:00am;
Sunday 5:00-10:00pm
1201 South 10th Street, La Crosse • **608-784-1141** or **1-866-895-3650**
<http://www.partnersinempowerment.org>
- **RAVE (Recovery Avenue)**
Open Monday – Friday 9:00am – 5:00pm
1806 State Street, La Crosse • **608-785-9615** or **608-787-1111**

SUPPORT GROUPS RELATED TO SPECIFIC MENTAL HEALTH ISSUES

There are a number of groups in the area offering support to people with mental health issues and those who care about them. Call the number listed below for information or a current listing of support groups.

Great Rivers 2-1-1
Dial 2-1-1 or 1-800-362-8255 • TTY 1-866-884-3620
<http://www.greatrivers211.org>

PHARMACIES

- **Medicine Shoppe Pharmacy**
300 Superior Avenue, Tomah • **608-372-2101** or **1-877-842-2101**
- **Phillips Pharmacies**
1004 Superior Avenue, Tomah • **608-372-4115**
<http://www.phillipsrx.com>
- **Scenic Bluffs Community Health Center**
On-site pharmacy for individuals with low incomes or without health insurance
238 Front Street, Cashton • **608-654-5100**
<http://www.scenicbluffs.org>
- **Sparta Pharmacy**
201 South Water Street, Sparta • **608-269-6558**
- **Tomah Memorial Hospital**
321 Butts Avenue, Tomah • **608-372-2181** • TTY **608-374-0353**
<http://www.tomahhospital.org>
- **Walgreen Pharmacy**
710 West Wisconsin Street, Sparta • **608-269-4031**
- **Wal-Mart Pharmacy**
1600 West Wisconsin Street, Sparta • **608-269-7843**
222 West McCoy, Tomah • **608-372-7557**
<http://www.wal-mart.com>
- **See Yellow Pages for a more complete listing**

PRESCRIPTION DRUG PROGRAMS

- **Coalition of Wisconsin Aging Groups Prescription Hotline**
1-866-456-8211
<http://www.cwag.org>
- **Medicare Part D**
A prescription drug program that provides additional coverage to your current Medicare plan
<http://www.medicare.gov>
- **Prescriptions Drug Assistance Programs**
Prescription drugs are a major expense for many health care consumers and some insurance programs provide no or limited coverage for these drugs. The website listed will provide some places to turn for help and information.
<http://www.dhs.wisconsin.gov/guide/spec/freeprescr.htm>
- **Wisconsin Drug Card Program**
Discount prescriptions with no restrictions or eligibility criteria
<http://www.wisconsindrugcard.com> or **contact your nearest pharmacy**
- **Wisconsin SeniorCare**
A prescription drug program for Wisconsin residents who are 65 years of age or older. There is an annual enrollment fee and minimal co-pay for each prescription. A senior's projected annual income will determine whether certain out-of-pocket expenses will also be required.
1-800-657-2038 or <http://www.dhs.wisconsin.gov/seniorcare/index.htm>
- For more information contact your pharmacy or Benefit Specialist
Ageing and Disability Resource Center of Western Wisconsin
Building B, 14305 County Highway B, Sparta • **608-785-5700** or **1-800-500-3910**

RECREATION • SOCIAL ACTIVITIES

- **Able Trek Tours**
Vacation tours and day trips for individuals with disabilities; call for information
Reedsburg • **1-800-205-6713**
- **City of Sparta Recreation Department / Sparta Barney Community Center**
1000 East Montgomery, Sparta • **608-269-6322**
<http://www.spartawisconsin.org>
- **Fishing Licenses: Monroe County Clerk Department**
A senior fishing license can be obtained at a reduced rate
202 South K Street, Room 1, Sparta • **608-269-8705** or **608-372-8705**
- **Independent Living Resources (ILR)**
Connects individuals with activities in the community
4439 Mormon Coulee Road, La Crosse
608-787-1111 or **1-888-474-5745** • **TTY 608-787-1148** or **TTY 1-888-378-2198**
<http://www.ilresources.org>
- **Monroe County Senior Services**
Exercise classes, trips and volunteer opportunities
14305 County Highway B, Building B, Sparta • **608-269-8693**
<http://www.co.monroe.wi.us>
- **North American Squirrel Association (NASA) • 608-234-5988**
Creating and enhancing opportunities for people with
disabilities and the elderly to access the outdoors
<http://www.nasasquirrel.org>
- **Senior Clubs**
 - A.A.R.P., Sparta • 608-366-1849**
 - Cashton Senior Citizens • 608-654-5615**
 - Kendall Senior Citizens • 608-463-7326** or **608-463-7622**
 - Norwalk Senior Citizens • 608-823-7605**
 - Sparta Senior Citizens • 608-269-9165**
 - Tomah Senior Citizens • 608-372-5975**
 - Wilton Senior Citizens • 608-435-6894**
- **Tomah Parks and Recreation Department**
819 Superior Avenue, Tomah • **608-374-7445**

REPAIR • HOME SUPPORT SERVICES

- **City of Sparta**
Community Development Block Grant Office
201 West Oak Street, Sparta • **608-269-6509**
- **City of Tomah**
Community Development Block Grant Office
819 Superior Avenue, Tomah • **608-374-7455**
- **Coulecap, Inc.**
Provides weatherization, if a person meets eligibility requirements
777 North Street, Sparta • **608-269-5021** or **1-866-766-9215**
- **Faith In Action Volunteers of Monroe County**
Grocery delivery, yard work, snow shoveling and minor home repair
1118 West Veterans Street, Tomah • **608-372-0939** or **1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Monroe County Sanitation, Zoning, and Forestry**
Provides financial assistance for replacement of existing sewer systems
14307 County Highway B, Sparta • **608-269-8736**
- **Monroe County Senior Services**
Coordinates financial assistance of minor home safety issues
14305 County Highway B, Building B, Sparta • **608-269-8693**
<http://www.co.monroe.wi.us>
- **Rural Economic and Community Development Services**
Provides low interest loans and grants for home repair and weatherization purposes
820 Industrial Drive, Sparta • **608-269-3116**
- **Wisconsin Housing and Economic Development Authority (WHEDA)**
Provides below-market mortgage financing for home improvements and first time homebuyers
1-800-334-6873 or **TTY 1-800-943-9430**
<http://www.wheda.com>

- **Wisconsin Rural Housing, Inc**

Provides assistance for older adults to obtain grants and loans to repair owner occupied homes including septic systems and wells

608-238-3448

RESPITE CARE

RESPITE CARE

Respite care is a service that provides a temporary break or rest for primary caregivers of individuals with developmental or physical disabilities, mental illness, or people 60 years or older.

- **Agape Acres**
3737 Blueberry Road, Warrens • **608-378-4054**
- **Cranberry Court, LLC**
1025/1031 Heeler Avenue, Tomah • **608-372-5070**
- **Faith In Action Volunteers of Monroe County**
Provides caring companionship, telephone reassurance
1118 West Veterans Street, Tomah • **608-372-0939** or **1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Gemini Cares**
1501 Saint Andrew Street, Suite C104, La Crosse
608-796-9131 or **1-800-345-0669**
<http://www.geminicares.com>
- **International Quality Home Care Corporation**
306 Main Street, Suite 4, La Crescent, Minnesota
507-895-2570 or **1-855-447-4762**
- **Mayo Clinic Health System Franciscan Healthcare Sparta Campus Respite Care Program**
310 West Main Street, Sparta • **608-269-2132**
<http://www.mayohealthsystem.org>
- **Prime Times**
Day services for elderly
905 Kilbourn Avenue, Tomah • **608-374-4673**
<http://www.riverfrontinc.org>
- **ResCare (formerly Caregivers Home Health)**
1802 State Road Hwy 16, La Crosse
608-779-0900
<http://www.rescarehomecare.com>

- **Retired Seniors Volunteer Program (RSVP)**

- **Friendly Caller Program**

- A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for homebound citizens to socialize daily.

- 2920 East Avenue South, Suite 104, La Crosse • **608-785-0500 or 1-888-822-1295**

- <http://www.rsvplax.org>

- **Riverfront, Inc.**

- **Day Services Program**

- Day services in a group setting for individuals with disabilities or other challenges

- 331 South Water Street, Sparta • **608-269-8263**

- <http://www.riverfrontinc.org>

- **Tomah Healthcare Center**

- 1505 Butts Avenue, Tomah • **608-372-3241**

- **Veterans Affairs Medical Center**

- Temporary relief for caregivers of chronically ill veterans

- 500 East Veterans Street, Tomah • **608-372-3971 or 1-800-872-8662**

- <http://www.tomah.va.gov>

- **Also see *Skilled Nursing Facilities* in this directory**

SENIOR CENTERS

Common meeting areas for seniors that offer a variety of social and recreational services

- **Kupper-Ratsch Senior Citizen Center**
1002 Superior Avenue, Tomah • **608-372-7291**
- **Norwalk Senior Citizens Center**
309 Main Street, Norwalk • **608-343-3158**
- **Sparta Community Center**
1000 East Montgomery Street, Sparta • **608-269-6778**

SENIOR/DISABLED MEAL SITES

Individuals age 60 or older and the spouse of the person, regardless of age, are eligible to participate in the congregate nutrition program. If meals are served in housing facilities primarily occupied by the elderly, meals may be available to non-elderly disabled individuals residing in the facility on a contribution basis. Non-elderly individuals with disabilities, who reside with or accompany older individuals to the meal site, may receive meals on a contribution basis.

- **3 Bears Lodge-Chop House**
Serving time: 11:00am-1:00pm Monday-Friday
701 Yogi Circle, Warrens • **608-378-2500**
- **Hillcrest Manor**
Monday to Friday, 10:00am-1:30pm
Serving time: 11:30am
300 Trescher Avenue, Cashton • **608-654-5544**
- **Kenview Manor**
Monday to Friday, 10:30am-1:30pm
Serving time: 11:30am
412 Spring, Kendall • **608-463-7622**
- **Kupper-Ratsch Senior Citizen Center**
Monday to Friday, 9:00am-2:00pm
Serving time: 11:30am
Roundtrip transportation for a fee available; exercise classes
1002 Superior Avenue, Tomah • **608-372-7291**
- **Little Falls Town Hall**
Monday to Friday, 9:00am-12:30pm
Serving time: 11:00am
4124 County Highway I, Cataract • **608-487-6128**
- **Norwalk Senior Citizens Center**
Monday to Friday, 10:00am-1:30pm
Serving time: 12:00pm
Roundtrip transportation for a fee available
309 Main Street, Norwalk • **608-343-3158**

- **Sparta Community Center**
Monday to Friday, 9:00am-2:00pm
Serving time: 11:30am
Roundtrip transportation for a fee available; exercise classes
1000 East Montgomery Street, Sparta • **608-269-6778**
- **Terry's Hideout**
Tuesday, Wednesday, Thursday
Serving time: 11:30am
10041 County Highway XX, Cashton • **608-269-9953**
- **Warren's Meal Site**
608-269-8690
- **Wilton Fire Station**
Monday to Friday, 10:00am-1:00pm
Serving time: 11:30am
806 Railroad Street, Wilton • **608-487-6130**

SKILLED NURSING FACILITIES

SKILLED NURSING FACILITIES

People with developmental disabilities must meet certain criteria for admission

- **Morrow Home Community and Services Skilled Nursing Care**
331 South Water Street, Sparta • 608-269-3168 or 1-866-324-7365
<http://www.morrowhome.org>

 ****Olive Branch Dementia Unit**
 331 South Water Street, Sparta • 608-269-3168 or 1-866-324-7365
 <http://www.morrowhome.org>
- ****Rolling Hills Rehabilitation Center**
14345 County Highway B, Sparta • 608-269-8800 or 608-372-8800
<http://www.rollinghillsrehab.org>
- **Tomah Health Care Center**
1505 Butts Avenue, Tomah • 608-372-3241
<http://www.atriumlivingcenters.com>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • 608-372-3971 or 1-800-872-8662
<http://www.tomah.va.gov>

**Denotes facilities with Alzheimer's/Dementia specific units

SUBSTANCE USE AND ADDICTION SERVICES

SUBSTANCE USE TREATMENT CENTERS

- **Gundersen Lutheran Medical Center**
Sparta Clinic 315 West Oak Street, Sparta • **608-269-6731** or **1-800-554-0380**
Tomah Clinic 1330 North Superior Avenue, Tomah • **608-372-4111** or **1-888-600-3240**
Unity House for Men • **608-775-7991**
Unity House for Women • **608-775-7991**
<http://www.gundluth.org>
- **Ho-Chunk Nation Division of Health and Social Services**
Serves members of Ho-Chunk Nation
27374 Highway 21 East, Tomah • **608-372-5202**
<http://www.ho-chunknation.com>
- **Mayo Clinic Health System Franciscan Healthcare**
Sparta Campus 310 West Main Street, Sparta • **608-269-2132**
Lake Tomah Clinic 325 Butts Avenue, Tomah • **608-372-5951**
Women's LAAR House • **608-392-6147** or **608-392-4436**
Scarseth House • **608-392-4542** or **608-392-4436**
Villa Succes • **608-326-8424** or **608-392-4436**
<http://www.mayohealthsystem.org>
- **Monroe County Department of Human Services Clinical Services**
Offers a full range of services on an outpatient basis; Intoxicated Driver Program
14301 County Highway B, A-19, Sparta • **608-269-8600**
Emergency services after hours: 608-269-2117
<http://www.co.monroe.wi.us>
- **Tomah Memorial Hospital**
321 Butts Avenue, Tomah • **608-372-2181**
<http://www.tomahhospital.org>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **608-372-1758** or **1-800-872-8662**
<http://www.tomah.va.gov>

ADDICTION RELATED RESOURCES

- **Monroe County Department of Human Services**
14301 County Highway B, A-19, Sparta • **608-269-8600**
Emergency services after hours: 608-269-2117
<http://www.co.monroe.wi.us>
- **National Council on Problem Gambling**
1-800-522-4700
- **Northern Rivers Gambling Services**
1-800-522-4700
- **Scenic Bluffs Community Health Center**
238 Front Street, Cashton • **608-654-5100**
<http://www.scenicbluffs.org>
- **Substance Abuse National Hotline**
1-800-662-HELP (4357)
- **Wisconsin Council on Problem Gambling**
1-800-426-2535
<http://www.wi-problemgamblers.org>

SUPPORT GROUPS - ADDICTIONS

There are a number of support groups in the area offering support to people with addiction issues and those who care about them. Call the number listed below for further information.

Great Rivers 2-1-1
Dial 2-1-1 or 1-800-362-8255 • TTY 1-866-884-3620
<http://www.greatrivers211.org>

SUPPORT GROUPS

There are a number of support groups in the area dealing with a variety of topics. The location and times for these meeting vary. Call the number listed below for further information.

- **Alcoholics Anonymous (AA)**
608-269-4021
- **Great Rivers 2-1-1**
Dial 2-1-1 or 1-800-884-3620 or TTY 1-866-884-3620
<http://www.greatrivers211.org>
- **Monroe County Senior Services**
Call for area support group information
14305 County Highway B, Building B, Sparta • **608-269-8693**
<http://www.co.monroe.wi.us>
- **Morrow Home Community and Services**
Dementia Support Group
Meets the 4th Tuesday of each month at 1:30 pm at Parkview Apartments
315 South Spring Street, Sparta • **608-269-3168 or 1-866-324-7365**
<http://www.morrowhome.org>

SUPPORTIVE HOME CARE/PERSONAL CARE

Services offered in the home to assist with daily living skills including bathing, dressing, toileting, food preparation, and light housekeeping

- **Black River Memorial Homecare**
711 West Adams Street, Black River Falls
715-284-3662
<http://www.blackriverhospital.com>
- **Caring Hearts Homecare and Transportation**
W5942 Baker Road, Holmen
608-317-3657
- **Comfort Keepers**
2101 Victory Street, Suite B, La Crosse
608-784-3357 or 1-800-567-6274
<http://www.comfortkeepers.com>
- **Faith In Action Volunteers of Monroe County**
Grocery delivery, yard work, snow shoveling, minor home repair, light housekeeping
1118 West Veterans Street, Tomah
608-372-0939 or 1-888-863-0272
- **Gemini Cares**
1501 Saint Andrew Street, Suite C104, La Crosse
608-796-9131 or 1-800-345-0669
<http://www.gemini-cares.com>
- **Gemini Helping Hands**
800 Wisconsin Street, Eau Claire
715-830-0546 or 1-888-278-3405
<http://www.geminihelpinghands.com>
- **Home Instead Senior Care**
917 4th Street North, Suite 103, La Crosse
608-782-4000
<http://www.homeinstead.com>

- **Home Sweet Home**
25453 Brimstone Avenue, Warrens
608-378-3004

- **Independent Living Resources (ILR)
Personal Care Program**
4439 Mormon Coulee Road, La Crosse
608-793-1700 or **1-888-474-5745**
TTY 608-787-1148 or **TTY 1-888-378-2198**
<http://www.ilresources.org>

- **International Quality Home Care Corporation**
306 Main Street, Suite 4, La Crescent, Minnesota
507-895-2570 or **1-855-447-4762**

- **LifeNet**
800 Wisconsin Street, Building D-2, Suite 305, Eau Claire
1-800-506-5433
<http://www.lifenet-llc.com>

- **Recover Health (formerly REM Health of Wisconsin)**
1501 St. Andrew Street, Suite C200, La Crosse
608-406-3140
<http://www.recoverhealth.org>

- **ResCare (formerly Caregivers Home Health)**
1802 State Road Hwy 16, La Crosse
608-779-0900
<http://www.rescarehomecare.com>

- **Tomah VA Medical Center**
500 East Veterans, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>

TRANSPORTATION

- **Caring Hearts Homecare and Transportation**
W5942 Baker Road, Holmen • **608-317-3657**
- **Faith In Action Volunteers of Monroe County**
Transportation / escort for people in need of assistance
1118 West Veterans Street, Tomah • **608-372-0939** or **1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Ho-Chunk Nation Division of Health and Social Services**
Provides transportation for Ho-Chunk Nation members for most services
17374 Highway 21 East, Tomah • **608-372-5202**
<http://www.ho-chunknation.com>
- **Ho-Chunk Nation Tribal Aging Unit**
Medical appointments and limited recreational activities for enrolled Ho-Chunk Elders (60 years and older)
358 Eos Road, Tomah • **608-372-4547**
<http://www.ho-chunknation.com>
- **Monroe County Senior Services**
Specialized transportation services for the elderly and disabled for medical appointments, banking, grocery shopping, visiting relatives in nursing homes or hospitals, etc.; special transportation may be arranged for people using wheelchairs
14305 County Highway B, Building B, Sparta
Transportation Coordinator: 608-269-8689

Mini-Bus Program: For individuals age 55 and older and/or disabled; people of any age may ride when space is available; must be scheduled through the Transportation Coordinator and requires a 72-hour advance notice; contact for fee details and bus schedule

Reservations: 608-269-8689

Volunteer Drivers: Reservations required along with a 72-hour notice; charges vary; call the Transportation Coordinator for more information

Transportation Coordinator: 608-269-8689

- **Wisconsin Department of Transportation, Special Plates Unit-ID Disabled Parking Identification Card**
Issues disabled parking identification cards; registration fees exist
608-266-3041
- **Workforce Connections, Inc.**
Wisconsin Employment Transportation Assistance Program (WETAP)
Provides income eligible individuals and families with assistance in obtaining an affordable and dependable vehicle
120 East Milwaukee Street, Tomah • **608-647-3957**
<http://www.workforceconnections.org>
<http://workforceconnections.org/wetap.htm>
- **Also see *Taxi Services* in the Yellow Pages**

Non-Emergency Medical Transportation

The following services are available to people needing transportation for medical services.

- **Abby Vans • 1-800-236-8438**
Call 48 hours in advance
- **Access Medical Transit / Top Hat, Inc.**
226 Hood Street, La Crosse • **608-782-4200** or **1-800-658-9054**
- **Disabled American Veterans**
Transportation for disabled veterans to medical appointments
500 Veterans Road, Building 400, Room 46, Tomah • **608-372-3971 extension 66227**
- **Ho-Chunk Nation Tribal Aging Unit**
Medical appointments and limited recreational activities for enrolled Ho-Chunk Elders (60 years and older)
358 Eos Road, Tomah • **608-372-4547**
<http://www.ho-chunknation.com>
- ****LogistiCare • 1-866-907-1493**
For Medical Assistance recipients only, excluding members of Western Wisconsin Cares. This is the only source of MA funded transportation services.

- **Sparta Area Cancer Support, Inc. (SACS)**
Transportation to medical appointments for people affected by cancer
608-269-1880
<http://www.spartaareacancersupport.org>
- **Tomah Area Cancer Support, Inc. (TACS)**
Funding for transportation needs; call for information
608-372-9295
<http://www.geocities.com/tomahareacncrspt/index.html>
- **Tomah VA Medical Center**
For eligible veterans going to the VA for clinic appointments; must be ambulatory
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>

VETERAN SERVICES

- **Guardian Alert 911**

Free lifeline service available to veterans that live alone and are currently enrolled in the VA Healthcare System. Must have a landline telephone. Contact your primary care provider at the VA for additional information and eligibility.
Veterans Administration Medical Center, Tomah • **1-800-872-8662**

- **Monroe County Veterans Service Office**

202 South K Street, Sparta • **608-269-8726**

- **Vet Center**

Free mental health counseling services to combat veterans and their family.
Military sexual trauma counseling services available to all military service members.

20 Copeland Avenue, La Crosse • **608-782-4403**

<http://www.vetcenter.va.gov>

- **Veterans Assistance Center**

- Veterans Assistance Program (VAP)**

Helps homeless veterans and those at-risk of becoming homeless receive job training, education, counseling and rehabilitation services they need to obtain steady employment, affordable housing and the skills to sustain a productive lifestyle

608-269-0234 (Fort McCoy site) or **1-800-947-8387** (WisVets Hotline)

<http://www.dva.state.wi.us/HomelessVeterans/>

- **VA Caregiver Support Line**

1-855-260-3274

- **Veteran's Homeless Hotline**

1-877-4AID-VET (1-877-424-3838)

- **Veteran's Suicide Prevention Hotline**

1-800-273-TALK (1-800-273-8255) Press "1" when prompted to do so.

VOLUNTEERING

Many of the organizations in the Community Link welcome and appreciate volunteers within their services. Please contact the agency directly to request opportunities to volunteer.

- **Great Rivers United Way Volunteer Center**

<http://www.greatriversunitedway.org/volunteercenter.php>

Online program connecting volunteers with organizations that need volunteers in La Crosse, Monroe, Trempealeau, and Vernon counties

- **Morrow Home Community and Services**

Morrow Home Community and Services is always looking for volunteers to help in activities, reading to the residents, assisting residents to chapel services, attending outing with them, etc. For more information please call and ask to be connected with the Recreation Therapy Director for the Nursing Home or the Activities Director for the Assisted Living.

331-503 South Water Street, Sparta 608-269-3168 or 866-324-7365

<http://www.morrowhome.org>

- **Monroe County Senior Services**

14305 County Highway B, Building B, Sparta • **608-269-8693**

<http://www.co.monroe.wi.us>

The Aging & Disability Resource Center of Western Wisconsin

(608) 785-5700

Toll Free: (800) 500-3910

Internet: <http://www.adrcww.org>

INFORMATION & ASSISTANCE

The Aging & Disability Resource Center of Western Wisconsin offers information and assistance to residents of La Crosse County, Jackson County, Monroe County, and Vernon County.

The Aging & Disability Resource Center of Western Wisconsin provides information and assistance regarding services available in the community. You may call **(608) 785-5700** or come to our conveniently located office at Building B, 14305 County Highway B in Sparta. **We also have offices available in Jackson County, La Crosse County, and Vernon County. Please contact us for more information about our partner offices or services in these communities.** 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 Western Wisconsin is to help people plan current or future long-term care needs. The Aging & Disability Resource Center of Western Wisconsin 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 Western Wisconsin make a presentation to your group or organization, call (608) 785-5700.

MONROE COUNTY

EMERGENCY

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(608) 269-2117