

The La Crosse County community has a wide variety of programs that offer services to meet the needs, maintain the independence, and improve the quality of life for people residing in the La Crosse 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, Monroe, 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 or to report concerns of abuse, neglect or exploitation of an adult
300 4th Street North, La Crosse • 608-785-5700 or 1-800-500-3910 • TTY 608-785-9787
E-mail: adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **National Center on Elder Abuse**
<http://www.ncea.aoa.gov>
- **National Clearinghouse on Abuse in Later Life**
608-255-0539
E-Mail: ncall@wcadv.org
<http://www.ncall.us>
- **National Domestic Violence Hotline**
Anonymous and confidential help 24/7
1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)
<http://www.ndvh.org>
- **New Horizons Domestic Abuse Shelter**
608-791-2600 or 1-888-231-0066
<http://www.newhorizonslacrosse.com>
- **Wisconsin Bureau of Aging and Disability Resources**
For information on abuse
608-266-2568
<http://www.dhs.wi.gov/aging/elderabuse>
- **Wisconsin Coalition Against Sexual Assault**
608-257-1516 or TTY 608-257-2537
E-Mail: wcasa@wcasa.org
<http://www.wcasa.org>

ADULT DAY SERVICES

ADULT DAY CARE

- **Bethany Lutheran Homes**

- **Adult Day Respite at The Lighthouse**

- A holistic environment for people in mid to late stages of dementia
2575 7th Street South, La Crosse • **608-775-8217**

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

- **Bethany St. Joseph**

- **Merit Centre**

- Designed to enable older adults to maintain an independent lifestyle within the community

- North: 1020 Windsor Street, La Crosse • **608-784-2700**

- South: 3900 East Avenue South, La Crosse • **608-788-2900**

- <http://www.bsjcorp.com>

- **Coulee Region Adult Day Center**

- State certified adult day care center serving veterans, elderly, and adults with disabilities. No client will be turned away. If the center cannot provide the care needed they will work with the client until they are able to find the services needed.

- 1062 Oak Forest Drive, Suite 160, Onalaska • **608-519-2306**

- **Home Away From Home Elder Day Care**

- Providing alternative care for ambulatory elderly in a safe, structured, home-like atmosphere, specializing in Dementia and Alzheimer's support

- 707 Lakeview Drive, La Crosse • **608-386-0740**

- **Riverfront, Inc.**

- **Day Services Program**

- Recreational and social activities provided on-site and in the community

- 3000 South Avenue, La Crosse • **608-784-9450** or **1-800-949-7380**

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

DAY SERVICES

- **Creative Community Living Services (CCLS)**

- Day Services**

- Shopping, day trips, assistance with errands provided in the community

- 704 Sand Lake Road, Onalaska • **608-779-4118**

- <http://www.cclswi.com>

- **Riverfront, Inc.**

- Day Services Program**

- Recreational and social activities provided on-site and in the community

- 3000 South Avenue, La Crosse • **608-784-9450** or **1-800-949-7380**

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

ADVOCACY

- **Aging & Disability Resource Center of Western Wisconsin**
Free professional consultation to assist consumers and families to examine all community options before life changes are made; short term intervention and advocacy services; assistance with arrangement of community services; disability benefits specialist services
300 4th Street North, La Crosse • **608-785-5700** or **1-800-500-3910** • **TTY 785-9787**
E-mail: adrcnr@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 - La Crosse Chapter**
Promotes quality of life for people with developmental and related disabilities
1035 Green Bay Street #4, La Crosse • **608-782-4799**
<http://www.arc-wisconsin.org>
- **Citizen Advocacy**
Inviting community members to individually protect the rights, promote interests, and support the lives of people with disabilities
1035 Green Bay Street #4, La Crosse • **608-782-4760**
<http://www.citizenadvocacylacrosse.com>
- **Coalition of Wisconsin Aging Groups**
Provides advocacy and education on issues affecting elders
The Wisconsin Guardianship Support Center
Answers questions about the law in Wisconsin relating to guardianships, protective placements, conservatorships, Power of Attorneys for Health Care and Finances, Living Wills, and Do Not Resuscitate orders;
does not provide legal representation, legal advice, or finds/provides guardians
1-800-366-2990 or TTY/Texnet **1- 888-758-6047**
E-mail: cwag@cwag.org
<http://www.cwag.org>

- **Disability Rights Wisconsin (formerly WI Coalition for Advocacy)**
 Assists individuals to gain access to services and opportunity through advocacy and legal expertise
1-800-928-8778 or 608-267-0214 • TTY 1-888-758-6049
<http://www.disabilityrightswi.org>
- **Hmong Mutual Assistance Association**
 1815 Ward Avenue, La Crosse • **608-781-5744**
- **Independent Living Resources (ILR)**
 Assists individuals to learn how to speak for themselves by building skills and self esteem
 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>
 E-mail: advocacy@ilresources.org
- **La Crosse County Senior Services (Aging Unit)**
Elderly Benefit Specialist
 Assists individuals in solving problems which arise in public benefit programs, consumer issues and financial problems
 400 4th Street North, Room 2260, La Crosse • **608-785-9710**
<http://www.co.la-crosse.wi.us/aging>
- **Legislative Hotline**
 Call to advocate for support or change in legislation
1-800-362-9472
- **NAMI Wisconsin, Inc. (National Alliance on Mental Illness)**
 Serves as advocates for persons affected by mental illness and their families on a state and national level
 La Crosse Advocate • **608-779-1554 or 1-800-236-2988**
 NAMI Helpline • **1-800-950-6264**
<http://www.nami.org> (National) <http://www.namiwisconsin.org> (State)
- **National Federation of the Blind of Wisconsin - La Crosse Chapter**
 Aims to improve people's lives through advocacy, education, research, technology and programs encouraging independence and self-confidence.
 The La Crosse Chapter meets monthly.
 For additional information contact • **608-799-5666**
<http://www.nfbwis.org>

- **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>
- **U.S. Department of Justice**
ADA Information Line
 Provides information about the *Americans with Disabilities Act* or information
 about filing a complaint; Spanish language service also available
1-800-514-0301 • TTY 1-888-514-0383
<http://www.ada.gov>
- **WI 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>
- **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://longtermcare.state.wi.us>

ALZHEIMER'S/DEMENTIA SERVICES

SPECIALIZED ALZHEIMER/DEMENTIA SERVICES

- **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)

- **Gundersen Lutheran Medical Center: Memory Disorders Clinic**

1900 South Avenue, La Crosse • **608-775-2338** or **1-800-362-9567**

<http://www.gundluth.org>

- **La Crosse County Senior Services (Aging Unit)**

Caregiver Support Program and Powerful Tools for

Caregiving: Taking Care of You – see page 8

400 4th Street North, Room 2260, La Crosse • **608-785-9710**

<http://www.co.la-crosse.wi.us/aging>

- **Mayo Clinic Health System: Dementia Care Program**

Offers dementia diagnosis, treatment, and long-term follow-up

700 West Avenue South, La Crosse • **608-392-9505** or **1-800-362-5454 extension 9505**

<http://www.mayohealthsystem.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>

- **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.

24 Hour Helpline • 1-800-272-3900

1523 Rose St., Ste. 8, La Crosse • **608-784-5011** or **1-800-272-3900**

<http://www.alz.org> (National)

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

- **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 & Disability Resource Center of Western Wisconsin**
Provides information and assistance relating to caregiver support
300 4th Street North, La Crosse • **608-785-5700** or **1-800-500-3910** • **TTY 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)
- **La Crosse County Senior Services (Aging Unit)**
400 4th Street North, Room 2260, La Crosse • **608-785-9710**
<http://www.co.la-crosse.wi.us/aging>

Caregiver Support Program

Provides information to caregivers about available services, assistance in gaining access to supportive services, individual counseling, caregiver training, respite care and supplemental services to complement the care provided by caregivers; eligibility includes family caregivers of adults age 60 years and older

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 a relative or friend

- **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>

CLINICS/MEDICAL CENTERS/DENTAL

HOSPITALS AND CLINICS

- **Gundersen Lutheran Medical Center**
Hospital 1900 South Avenue, La Crosse • **608-782-7300** • **TTY 608-782-3784**
La Crosse Clinic 1900 South Avenue, La Crosse • **608-782-7300**
Onalaska Clinic 3111 Gundersen Drive, Onalaska • **608-775-8100**
<http://www.gundluth.org>
- **Mayo Clinic Health System Franciscan Healthcare**
Hospital 700 West Avenue South, La Crosse • **608-785-0940** • **TTY 608-785-1161**
La Crosse Campus 800 West Avenue South, La Crosse • **608-782-9760**
Holmen Campus 520 Amy Drive, Holmen • **608-526-3351**
Onalaska Campus 191 Theater Road, Onalaska • **608-392-5000**
<http://www.mayohealthsystem.org>

FREE OR REDUCED HEALTHCARE

- **La Crosse County Health Department**
Wisconsin Well Woman Program
Preventative screenings for women including mammogram and pap smears who meet guidelines: Ages 45-64, low income, underinsured or no insurance, not on Medicare
300 4th Street North, La Crosse • **608-785-9723**
<http://www.co.la-crosse.wi.us/health>
- **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.
1201 Caledonia Street, La Crosse • **608-775-8390** or **1-800-657-5177**
<http://www.optionsclinic.org>

- **St. Clare Health Mission**
Free medical care for people with no insurance and low income
Hours are Tuesday & Thursday 5:00-8:00pm
916 Ferry Street, La Crosse • **608-791-9546**
<http://www.stclarehealthmission.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>
- **Salvation Army - Caring, Inc.**
General health and wellness screenings for people with no insurance and low income
223 8th Street North, La Crosse • **608-782-6126** or **608-782-0962**
<http://www.co.la-crosse.wi.us/health/publichealth>
<http://www.salvationarmylacrosse.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

- **Gundersen Lutheran ExpressCare**
 Treating adults of all ages no matter where primary care is received.
 A flat fee of \$50 for the service of a healthcare provider and diagnostic test at the time the service is provided. No appointment is needed.
La Crosse
 Village Festival Foods, 2500 State Road 33, La Crosse • **608-775-5858**
Onalaska
 Onalaska Festival Foods, 1260 Crossing Meadows Dr, Onalaska • **608-775-5858**
<http://www.glexpresscare.org>
- **Mayo Clinic Health System The Clinic at Walmart**
 Treating individuals of all ages no matter where primary care is received.
 A flat fee of \$45 for the service of a healthcare provider and diagnostic test at the time the service is provided. Walk in service only.
 Wal-Mart, 4622 Mormon Coulee Road, La Crosse • **608-392-8100**
- **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**
- **River Valley Integrated Health Center**
 Outpatient clinic for area veterans
 2600 State Road, La Crosse • **608-784-3886**
Must be screened for eligibility requirements
If unsure if enrolled in VA healthcare, contact the following:
La Crosse County Veterans Service Office
 400 4th Street North, Room 1340, La Crosse • **608-785-9719**
Tomah VA 1-800-872-8662 ext. 61751
<http://www.co.la-crosse.wi.us/departments/veterans>

EDUCATION

- **Alzheimer's Association**

Educational programs designed to meet the needs of all persons affected by dementia, including individuals with the disease, their families and the general public
Call for support group information • **608-784-5011** or **1-800-272-3900**

1523 Rose Street, Suite 8, La Crosse

<http://www.alz.org> (National)

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

- **University of Life**

The ARC - La Crosse Chapter

Continuing educational opportunities for adults with developmental disabilities including ceramics, aerobics, cooking, self-advocacy training, etc.

1035 Green Bay Street #4, La Crosse • **608-782-4799**

<http://www.arc-wisconsin.org>

- **University of Wisconsin - La Crosse**

Continuing Education Programs

Offers lifelong learning programs for participants of all ages

1725 State Street, La Crosse • **608-785-8000** • **TTY 608-785-6900**

<http://www.uwlax.edu>

Learning in Retirement

Learning community established to help meet the wide range of interests of the area's growing retired population; for individuals of retirement age

1725 State Street, La Crosse • **608-785-6500** • **TTY 608-785-6900**

<http://www.uwlax.edu>

- **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/>

- **Viterbo University**
Continuing education courses
900 Viterbo Drive, La Crosse • **608-796-3060**
<http://www.viterbo.edu>
- **Western Technical College**
Adult evening education courses
400 7th Street North, La Crosse • **608-785-9200** or **1-800-322-9982**
TTY 608-785-9551 • Interpreter 608-788-9551
<http://www.westerntc.edu>

EMERGENCY RESOURCES

MEDICAL EMERGENCY

- **9-1-1**
- **Gundersen Lutheran Medical Center Trauma & Emergency Center**
1900 South Avenue, La Crosse • **608-775-3128**
<http://www.gundluth.org>
- **Mayo Clinic Health System Franciscan Healthcare Emergency & Urgent Care Center**
700 West Avenue South, La Crosse • **608-392-7000**
<http://www.mayohealthsystem.org>

HOUSING EMERGENCY

- **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>
- **Veterans Assistance Center**
Transitional housing program for homeless veterans
and veterans at risk of becoming homeless
1-800-947-8387 (State Hotline)
http://www.dva.state.wi.us/Ben_homeless.asp

CLOTHING EMERGENCY

- **Catholic Charities Men's Clothing Closet**
Providing no cost business and casual clothing for individuals in the community
Tuesday 9:00am-12:00pm; Thursday 1:00-3:00pm
3710 East Avenue South, La Crosse • **608-782-0710**

- **Salvation Army**
Clothing vouchers available to Salvation Army Thrift Store; must set up an appointment to apply for the voucher
223 8th Street North, La Crosse • **608-782-6126**
<http://www.salvationarmyusa.org>
- **Our Saviors Lutheran Church Women's Clothing Closet**
The mission of the Women's Clothes Closet is to provide used clothing to low income women, especially those who are entering or are in the workforce.
Monday 9:00am-3:00pm; Tuesday 2:00-7:00pm; Saturday 11:00am-4:00pm
612 Division Street, La Crosse • **608-784-5745**

ENERGY / FUEL ASSISTANCE

- **La Crosse County Human Services Economic Support Wisconsin Home Energy Assistance Program (WHEAP)**
Heating and electric assistance; specialized services include emergency fuel assistance, counseling for energy conservation and energy budgets, pro-active co-payment plans, emergency furnace repair and replacement
Income limits apply
300 4th Street North, La Crosse • **608-785-6001**
<http://www.co.la-crosse.wi.us>
- **Salvation Army**
Heat and electrical assistance for low-income individuals and families facing crisis situations when funds are available
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)

- **Degen Berglund**
Lifeline Personal Response and Support Services
 An easy-to-use personal response service that ensures older adults living at home will get quick assistance whenever it is needed
 4000 Mormon Coulee Road, La Crosse • **608-775-8500**
 2442 State Road, La Crosse • **608-775-8500**
 111 Sand Lake Road, Onalaska • **608-775-8500**
<http://www.degenberglund.com>
- **Great Rivers 2-1-1**
Information, help and crisis line 24-hours a day, 7 days a week
Carrier Alert - free service that allows mail carriers to get assistance for you if your mail is not removed from your box; requires registration through Great Rivers 2-1-1
608-791-4344
<http://www.greatrivers211.org>
- **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**
- **Gundersen Lutheran Medical Center**
Telecare (non-emergency)
 A friendly call by volunteers to someone who benefits from the reassurance of a daily contact
 1900 South Avenue, La Crosse • **608-775-6755**
<http://www.gundluth.org>
- **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>

- **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

- 1425 B State Road 16, Plaza 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>

EMPLOYMENT ASSISTANCE

- **Coulee Cap**

- **Work-N-Wheels Program**

- Assists eligible low income families purchase vehicles that meet their need for reliable transportation to employment.

- Zero interest vehicle loans and other financial assistance for repair of the vehicle or costs associated with driver's training.

- Vehicle must be used for employment purposes and other rules do apply.

- 608-634-7831**

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

- **Department of Workforce Development (DWD)**

- **Worker's Compensation**

- All questions relating to worker's compensation

- 608-266-1340 or TTY 1-866-265-3142**

- <http://www.dwd.state.wi.us/wc>

- **Experience Works, Inc.**

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

- 402 8th Street North, Room 201, La Crosse • **608-789-5623**

- <http://www.experienceworks.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>

- E-mail: advocacy@ilresources.org

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

- Places individuals with a host agency for 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>

- **ORC Industries**

Vocational evaluations, development, and placement,
production work, work services, and pre-vocational services
2700 Commerce Street, La Crosse • **608-781-7727**
<http://www.orcind.com>

- **Riverfront, Inc.**

Employment Services (supported and sheltered)
Assessment, job preparation, job development,
community employment, and production plant

Work Incentive Planning and Assistance (WIPA)

Enables Social Security beneficiaries with disabilities to
make informed decisions about work, benefits, and incentives
3000 South Avenue La Crosse • **608-784-9450** or **1-800-949-7380** •
TTY 608-784-0039
<http://www.riverfrontinc.org>

- **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 1-866-392-3090
<http://www.dwd.wisconsin.gov/dvr>

- **Workforce Connections Inc.**

Assists with career planning, job search assistance and skills training
402 8th Street North, 3rd Floor, La Crosse
608-789-5620 or **1-800-742-5627**
TTY 1-800-947-3529
<http://www.workforceconnections.org>

FINANCIAL RESOURCES • TAX ASSISTANCE

BENEFITS ASSISTANCE

- **Aging & Disability Resource Center of Western Wisconsin**
Disability Benefit Specialist – serves ages 18-59
300 4th Street North, La Crosse
608-785-5700 or **1-800-500-3910** • **TTY 608-785-9787**
[E-mail: adrcnr@co.la-crosse.wi.us](mailto:adrcnr@co.la-crosse.wi.us)
<http://www.adrcww.org>
- **Coulecap**
Social Security Outreach, Access, and Recovery (S.O.A.R)
Provides case management supports to individuals who are homeless and mentally ill; assistance is available in applying for Social Security benefits and application
2101 Victory Street, Suite C, La Crosse • **608-796-2725**
- **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 **TTY 1-888-378-2198**
<http://www.ilresources.org>
- **La Crosse County Human Services Economic Support**
300 4th Street North, La Crosse • **608-785-6001**
<https://access.wisconsin.gov/access>
Energy Assistance Program
Emergency Assistance Program for the Homeless
FoodShare (formerly Food Stamps)
Medicaid
 - 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
 - W-2** – provides a monthly cash benefit to custodial parents, minor children, assessed as not being “job ready”; this program has an asset limit

Job Access Loan – short-term loans designed to meet expenses related to obtaining or maintaining employment

- **La Crosse County Senior Services (Aging Unit)**
Elderly Benefit Specialist – serves ages 60 and up
400 4th Street North, La Crosse • **608-785-9710**
<http://www.co.la-crosse.wi.us/aging>
- **La Crosse County Veterans Service Office**
400 4th Street North, Room 1340, La Crosse • **608-785-9719**
<http://www.co.la-crosse.wi.us/departments/veterans>
- **Medicare**
210 7th Street South, Suite 100, La Crosse • **1-866-770-2345** or **1-800-772-1213**
TTY 1-800-325-0778
<http://www.medicare.gov>
- **Riverfront, Inc.**
Money Management/Benefits Counseling
3000 South Avenue, La Crosse • **608-784-9450** or **1-800-325-0778** • **TTY 608-784-0039**
<http://www.riverfrontinc.org>
- **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>

OTHER FINANCIAL RESOURCES

- **Catholic Charities**
Helps people prevent further financial problems by providing instruction in the wise use of credit, budgeting, and family money management; representative payeeship
3710 East Avenue South, La Crosse • **608-782-0710**
<http://www.cclse.org>

- **City of La Crosse Housing Rehabilitation Program**
 Provides funding to help eliminate housing conditions which are detrimental to health, safety, and public welfare; eligibility requirements apply
 400 La Crosse Street, La Crosse • **608-789-7513**
<http://www.lacrossehousing.org>
- **Consumer Credit Counseling Service of La Crosse**
 Dedicated to helping people manage their finances and solve their debt problems through counseling and debt management programs
 311 Main Street, Suite A, La Crosse • **608-784-8380**
- **Coulee Cap
 Work-N-Wheels Program**
 Assists eligible low income families purchase vehicles that meet their need for reliable transportation to employment.
 Zero interest vehicle loans and other financial assistance for repair of the vehicle or costs associated with driver's training.
 Vehicle must be used for employment purposes and other rules do apply.
608-634-7831
<http://www.couleecap.org>
- **Coulee Youth Center**
 Private pay payee services; no case management
 231 Copeland Avenue, La Crosse • **608-782-7152**
- **GT Financial Services**
 Provides representative payee service, for a fee, in Wisconsin.
 215 Broadus Street. Sturgis MI 49091 • **1-877-659-4500**
www.gtindependence.com
- **Lifeline/Link-up Program**
Lifeline: Provides discounts on basic monthly telephone service, up to \$10.00 per month.
Link-up: Assists with the initial installation fee or activation fee for telephone service.
 Contact your local telephone company or cell phone provider for additional eligibility information.
<http://lifelinesupport.org>
- **Xcel Energy**
 Assists and refers customers to other agencies for energy assistance; works with special needs customers regarding low income / medical issues
 PAR Department • **1-800-331-5262**
<http://www.xcelenergy.com>

TAX ASSISTANCE

- **AARP**
Tax-Aide – 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
To locate a site near you, call toll free **1-888-227-7669** or visit the website:
<http://www.aarp.org/taxaide>
- **IRS Tax consulting**
1-800-829-1040 • TTY/TDD **1-800-829-4059**
<http://www.irs.gov>
- **La Crosse County Senior Services (Aging Unit)**
Elderly Benefit Specialist - serves age 60 and older; assistance with homestead credit
400 4th Street North, La Crosse • **608-785-9710**
<http://www.co.la-crosse.wi.us/aging>
- **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

FOOD/MEAL ALTERNATIVES

EMERGENCY FOOD RESOURCES

- **A Place of Grace Catholic Worker House**
Tuesday and Wednesday 10:00am- 2:00pm, Thursday 2:00pm - 7:00pm, and last Sunday of month 1:00pm-5:00pm
919 Hood Street, La Crosse • **608-782-6224**
- **Community Garden**
Monday and Thursday 3:30pm-6:00pm and Saturday 10:00am-1:00pm for food distribution
No charge for the fresh produce. Produce available June-September. Volunteers are welcome Monday-Friday 9:00am-3:30pm and produce is available at the end of your shift.
Located at the corner of Kane St. and St. Cloud St., La Crosse • **608-386-3319**
<http://www.lacrossehtf.org>
- **First Evangelical Free Church Food Pantry**
Tuesday 11:30am-2:30pm
Must call to set an appointment
1950 State Road 35, Onalaska • **608-782-6022**
- **Onalaska Emergency Food Basket**
Monday-Friday 9:00am-11:00am and second Saturday of month
735 Sand Lake Road, Onalaska • **608-783-7722**
- **Salvation Army**
223 8th Street North, La Crosse • **608-782-6126**
<http://www.salvationarmylacrosse.org>
- **WAFER Emergency Food Shelf**
Monday-Friday 10:00am – 12:45pm
Monday, Tuesday & Thursday 4:00pm – 7:45pm,
403 Causeway Boulevard, La Crosse • **608-782-6003**
<http://waferlacrosse.org>
- **West Salem Area Community Care & Share Pantry**
Serves West Salem, Bangor, Mindoro, Melrose, Barre Mills, Rockland
Open Saturdays 10:00am-12:00pm only for walk-in food pick-up
359 North Leonard Street, West Salem • **608-786-1142**

FREE MEALS

- **A Place of Grace Catholic Worker House**
Tuesday and Wednesday 10:00am- 2:00pm (Meal served 10:00am-1:00pm)
Thursday 2:00pm -7:00pm (Meal served 5:00pm-6:15pm)
Last Sunday of month 1:00pm-5:00pm (Meal served 2:00pm-4:00pm)
919 Hood Street, La Crosse • **608-782-6224**
- **Come for Supper – Our Savior’s Lutheran Church**
Meals served every Tuesday at 5:00pm; for kitchen menu call **608-782-4277**
612 Division Street, La Crosse • **608-782-3468**
- **Monday’s Meals – St. Luke’s United Methodist Church**
Doors open 4:30pm and meal served at 5:00pm – 6:00pm
1022 Caledonia Street, La Crosse • **608-782-6421**
- **Salvation Army**
Meals Monday - Friday 11:30am and 4:30pm
Meals Tuesday evenings for shelter residents only 4:30pm
Meals Saturday & Sunday 12:30pm and 4:30pm
223 8th Street North, La Crosse • **608-782-6126**

HOME DELIVERED MEALS

- **Bethany Lutheran Home Delivered Meals**
1315 Cass Street, La Crosse • **608-796-1092**
<http://www.bethanylutheranhomes.org>
- **La Crosse County Senior Services (Aging Unit)**
Senior Nutrition Program – Homebound Meal – serves ages 60 and up
Home delivered meals serving Holmen, Bangor, West Salem, La Crosse, Mindoro
Congregate Meal Sites – see Senior Meals, page 47
400 4th Street North, La Crosse • **608-785-9710**
<http://www.co.la-crosse.wi.us/aging>
- **Mobile Meals of La Crosse**
Delivers nutritious meals over the noon hour
2600 Quarry Road, La Crosse • **608-784-4623**

- **Mom's Meals**
Provides fresh meals to home every other week
517 K Avenue, PO Box 297, Nevada, IA 50201 • **1-866-204-6111**
- **West Salem Mobile Meals**
Serves West Salem area only
713 North Leonard Street, West Salem • **608-786-1600**

MISCELLANEOUS FOOD SOURCES

- **La Crosse County Human Services**
Economic Support – Food Share (formerly Food Stamps)
300 4th Street North, La Crosse • **608-785-6001**
<http://www.co.la-crosse.wi.us/es>
- **SHARE (Self-Help and Resource Exchange)**
Nonprofit food buying club offering good, nutritious products as 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 is no income guidelines, membership fees or eligibility requirements
1-800-548-2124
La Crosse pick-up site: Southside Christian Church, 1800 Jackson Street, La Crosse
608-788-1924
Onalaska pick up site: Apostolic Church, N5898 State Road 35, Onalaska
608-386-2940 or 608-582-4619
<http://www.sharewi.org>

HEALTH/WELLNESS

- **Department of Veterans Affairs**

- **Home Based Primary Care**

- Primary Care Team available to veterans living in the community

- Eligibility includes veterans living in a stable home setting or assisted living within a 50 mile radius of the hospital and have difficulty making it to clinic visits because of physical or emotional reasons; no emergency care

- Veterans Administration Medical Center, Tomah

- 608-372-7734 or 1-800-872-8662 extension 67734**

- **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**

- **Special Olympics**

- Offers a variety of programs for individuals with developmental disabilities

- To learn more, visit the Special Olympics Website

- To volunteer, donate, or participate: **1-800-552-1324 or 608-222-1324**

- <http://www.specialolympicswisconsin.org/index.html>

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 Project (Lions AHAP)**
Financial assistance for the purchase of hearing aids, eligibility based on income criteria
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 be eligible to receive a free white cane from the Council.

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

<http://www.wcblind.org>

- **Wisconsin Telecommunications Relay Systems (TRS)**

Assists individuals who use telecommunication devices (TDDs) to communicate with people and places that do not have a TDD

TDD English **1-800-947-6644**

TDD Spanish **1-800-833-7813**

Customer Service TDD **1-800-283-9877**

Customer Service Voice **1-800-901-8389**

HOME 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>
 - **Department of Veterans Affairs
Home Based Primary Care**
Primary Care Team available to veterans living in the community
Eligibility includes veterans living in a stable home setting or assisted living within a 50 mile radius of the hospital and have difficulty making it to clinic visits because of physical or emotional reasons; no emergency care
Veterans Administration Medical Center, Tomah
608-372-7734 or **1-800-872-8662 ext. 67734**
- VA Home Care Services**
Services for qualifying veterans; veteran must be evaluated to determine eligibility; services may include home care, homemaker services, bath assistance, in-home respite, community adult day health center, home health aide services
River Valley VA Clinic, La Crosse
608-784-3886
- **International Quality Home Care Corporation**
306 Main Street, Suite 4, La Crescent, Minnesota
507-895-2570 or **1-855-447-4762**
 - **La Crosse County Health Department**
300 4th Street North, La Crosse • **608-785-9872**
<http://www.co.la-crosse.wi.us/health>
 - **Mayo Clinic Health System Franciscan Healthcare Home Care and Hospice**
212 11th Street South, La Crosse • **608-392-9790**
<http://www.mayohealthsystem.org>

- **Recover Health**
1501 Saint Andrew Street, Suite C200, La Crosse • **608-406-3140**
<http://www.recoverhealth.org>
- **ResCare (formerly Caregivers Home Health)**
1425 B State Road 16, Plaza 16, La Crosse • **608-779-0900**
<http://www.rescarehomecare.com>

HOSPICE

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

- **Gundersen Lutheran Hospice**
914 Greenbay Street, La Crosse • **608-775-8435**
<http://www.gundluth.org>
- **Mayo Clinic Health System Franciscan Healthcare Home Care and Hospice**
212 11th Street South, La Crosse • **608-392-9790**
<http://www.mayohealthsystem.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 can not 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.

- **Bethany Lutheran Homes**

Bethany Heights Assisted Living (55+ years of age)

112 Juniper Lane, Holmen • **608-526-2635**

<http://www.bethanylutheranhomes.org>

Bethany on Cass (55+ years of age)

1315 Cass Street, La Crosse • **608-784-6656**

<http://www.bethanylutheranhomes.org>

Eagle Crest Assisted Living (62+ years of age)

351 Mason Street, Onalaska • **608-779-1700**

<http://www.bethanylutheranhomes.org>

****Eagle Crest Senior Living Community** (62+ years of age)

351 Mason Street, Onalaska • **608-779-1700**

<http://www.bethanylutheranhomes.org>

****The Willows Senior Housing** (55+ years of age)

2555 7th Street South, La Crosse • **608-775-8280**

<http://www.bethanylutheranhomes.org>

- **Bethany St. Joseph Corporation**

****Laurel Manor** (55+disability or 62+)

108 17th Avenue South, Onalaska • **608-783-1815**

<http://www.bsjcorp.com>

Mill St. Manor (55+ disability or 62+)
840 Mill Street, West Salem • **608-786-2447**
<http://www.bsjcorp.com>

Prairie Home (55+ disability or 62+)
620 Malin Court, Holmen • **608-526-4850**
<http://www.bsjcorp.com>

Salem Terrace (55+disability or 62+)
104 Lewis Street, West Salem • **608-786-2440**
<http://www.bsjcorp.com>

Shelby Terrace (55+disability or 62+)
2525 and 2527 Shelby Road, La Crosse • **608-788-4477**
<http://www.bsjcorp.com>

- **Brookdale Senior Living - The Villas** (Ages 60+)
3141 East Avenue South, La Crosse • **608-788-1964**
<http://www.brookdaleliving.com>
- **Mayo Clinic Health System - Village Apartments on Cass** (62+ years of age)
225 24th Street South, La Crosse • **608- 392-9486**
<http://www.mayohealthsystem.org>
- ****Meadow Wood Assisted Living** (62+ years of age)
2904 East Avenue South, La Crosse • **608-788-7489**
<http://www.meadowwood.org>
- **SpringBrook Assisted Living** (contact for eligibility)
861 Critter Court, Onalaska • **608-783-2292**
<http://www.springbrookassistedliving.com>
- **Whispering Pines** (62+, contact for eligibility)
780 East Avenue, West Salem
La Crosse County Housing Authority
615 Plainview Road, La Crosse • **608-781-5365 • TTY 1-800-283-9877**
<http://www.lcha.net>

**Denotes RCAC facilities that are registered facilities 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 La Crosse 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.

- **Bethany Lutheran Homes**
Sagen Centre 2221 Simms Place, La Crosse • **608-775-4704**
<http://www.bethanylutheranhomes.org>
- **Brookdale Senior Living** (60+ years of age)
Sterling House of La Crosse 3141 East Avenue South, La Crosse • **608-788-7730**
Sterling House of Onalaska 949 10th Avenue North, Onalaska • **608-783-4955**
<http://www.brookdaleliving.com>
- **Chrishaven** (18+ years of age)
Serves individuals with cognitive disabilities who are ambulatory
2905 Scarlett Drive, La Crosse • **608-769-5125**
<http://www.chrishaven.org>
- **Claddagh House**
Accepts persons at least 60 years of age; able to transfer with one-person assist
1301 28th Street South, La Crosse • **608-787-8094**
<http://www.claddaghhomes.com>
- **Helen House I**
Accepts persons at least 60 years of age who are able to transfer independently;
accepts persons with mild dementia
1614 Henry Johns Boulevard, Bangor • **608-486-4210**
- **The Meadows at Springbrook**
861 Critter Court, Onalaska • **608-783-2292**
<http://www.springbrookassistedliving.com>

**COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) -
ALZHEIMER/ DEMENTIA-SPECIFIC**

- **Bethany Lutheran Homes**

Eagle Crest Memory Care 351 Mason Street, Onalaska • **608-779-1700**

<http://www.bethanylutheranhomes.org>

Hearten House I 2573 7th Street South, La Crosse • **608-784-4521**

Hearten House II 2571 7th Street South, La Crosse • **608-784-4523**

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

<http://www.bethanylutheranhomes.org>

- **Brookdale Senior Living** (60+ years of age)

Claire Bridge 3161 East Avenue South, La Crosse • **608-788-2832**

<http://www.brookdaleliving.com>

**COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)
MENTAL HEALTH RELATED SERVICES**

- **Siena Hall**

Offers wide variety of groups to promote support, socialization, and skills training;
offers adult mental health day treatment programs

Call for information • **608-392-9555**

<http://www.mayohealthsystem.org>

- **Maplewood**

14 bed CBRF for persons with persistent and/or severe mental illness

914 East Garland Street, West Salem • **608-786-1436**

INDEPENDENT HOUSING

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

- **Bethany Lutheran Homes**

Bethany Heights (55+)

112 Juniper Lane, Holmen • **608-526-6796**

<http://www.bethanylutheranhomes.org>

Eagle Crest Senior Living Community

351 Mason Street, Onalaska • **608-779-1700**

<http://www.bethanylutheranhomes.org>

- **Bethany St. Joseph Corporation**

Mill St. Manor (55+ disability or 62+)

840 Mill Street, West Salem • **608-786-2447**

<http://www.bsjcorp.com>

OnaMain (55+disability or 62+)

920 Main Street, Onalaska • **608-781-7730**

<http://www.bsjcorp.com>

OnaTerrace (55+disability or 62+)

1126 Main Street, Onalaska • **608-783-1516**

<http://www.bsjcorp.com>

Prairie Home (55+ disability or 62+)

620 Malin Court, Holmen • **608-526-4850**

<http://www.bsjcorp.com>

Salem Terrace

104 Lewis Street, West Salem • **608-786-2440**

<http://www.bsjcorp.com>

Welcome Home Apartments (55+disability or 62+)

3600 28th Street South, La Crosse • **608-788-0254**

<http://www.bsjcorp.com>

Windsor Place (55+disability or 62+)

1020 Windsor Street, La Crosse • **608-785-2271**

<http://www.bsjcorp.com>

- **Brookside Meadows (55+)**
4350 Fireclay Court, La Crosse • **608-782-4488 ext. 317**
<http://www.gerrardcompanies.com>
- **Carroll Heights Apartments (55+ or disability)**
3505 Park Lane Drive, La Crosse • **608-785-5555**
<http://www.co.la-crosse.wi.us/hillview>
- **Cedar Court Apartments (income limits)**
321 Wagon Drive, West Salem • **608-786-4101**
<http://www.lifestyleinc.net>
- **Christopherson House (low income adults with physical disabilities; no age limit)**
2121 Simms Place, La Crosse • **608-782-4001** or **608-784-2935**
- **Fox Hollow Senior Apartments (55+ or income limits)**
990-1000 Linden Drive, Holmen • **608-526-4000**
<http://www.fcconline.org>
- **Greendale Apartments (low income adults with physical disabilities)**
321 13th Avenue South, Onalaska • **608-781-5550**
- **Hidden Glen Apartments (income limits)**
100 Holmen Drive South, Holmen • **608-526-9026**
- **Housing Authority of the City of La Crosse**
Subsidized housing within the City of La Crosse; income and asset limits;
uses a waiting list
1307 Badger Street, La Crosse • **608-782-2264**
<http://www.lacrossehousing.org>

Becker Plaza 415 7th Street, South, La Crosse
Forest Park 1230 Badger Street, La Crosse
Ping Manor 1311 Badger Street, La Crosse
Sauber Manor 1025 Liberty Street, La Crosse
Solberg Heights 215 6th Street South, La Crosse
Stoffel Court 333 7th Street South, La Crosse
Stokke Tower 421 6th Street South, La Crosse

- **Impact Seven**

Housing specific to persons with chronic mental illness and low income

Leo Fishman Manor: 1106 Wilson Street, Onalaska

1-800-685-9353 or **715-357-3334**

Al Baldus Manor: 1320 Pinecrest Lane, Onalaska

1-800-685-9353 or **715-357-3334**

Housing available to any individual that meets income guidelines

Valley View Apartments: 4631 Cty Hwy B, La Crosse

1-800-685-9353

<http://www.impactseven.org>

- **La Crosse County Housing Authority**

Subsidized housing within La Crosse County; income and asset limits; uses a waiting list

615 Plainview Road, La Crosse • **608-781-5365** • **TTY 1-800-283-9877**

<http://www.lcha.net>

Dutch Creek Manor 402 18th Avenue North, Bangor

Hillside Manor W3829 Lions Road, Mindoro

McHugh Manor 705 McHugh Road, Holmen

Oak Knoll Manor 301 12th Avenue South, Onalaska

Pertzsch Manor 322 13th Court, Onalaska

Salem Manor 144 South Oak, West Salem

War-leh Manor 615 Plainview Road, La Crosse

West Elm Manor 540 West Elm Street, West Salem

Whispering Pines I (55+) and II (62+) 780 & 790 East Avenue, West Salem

- **Mayo Clinic Health System Franciscan Healthcare- Village Apartments on Ninth (62+)**

621 9th Street South, La Crosse • **608- 392-9486**

<http://www.mayohealthsystem.org>

- **Michael Heights (55+ or income limits)**

420 5th Avenue South, La Crosse • **608-782-4488**

<http://www.gerrardcompanies.com>

- **Mulder Apartments (50+)**

116 East Tilson Street, West Salem • **608-786-1600**

- **Page Manor (55+)**

1065-1077 Kristy Lane, Onalaska • **608-783-2338** or **608-780-7338**

- **Pinedale Apartments** (62+ or disability)
501 13th Avenue South, Onalaska • **608-781-5550**
- **Ponderosa Apartments** (income limits)
1709 Viking Avenue, Holmen • **608-786-4101**
<http://www.lifestyleinc.net>
- **Redwood Terrace Apartments** (62+or disability income limits apply)
812 Redwood Street, Onalaska • **608-783-6229**
- **River Oaks Apartments** (income limits)
3460 East Avenue South, La Crosse • **608-787-0200**
- **Salzer Square I** (55+)
1205 7th Street South, La Crosse • **608-785-7775** or **608-784-2935**
<http://www.lovelandpp.com>
- **Salzer Square II** (55+ and income limits)
1224 8th Street South, La Crosse • **608-782-0585** or **608-784-2935**
<http://www.lovelandpp.com>
- **Schumann Apartments** (chronic mental health and income limits)
617 Bennora Lee Court, La Crosse • **608-782-4001** or **608-784-2935**
- **Stonefield Manor** (55+)
1264 County Road PH, Onalaska • **608-779-4906**
- **Village Apartments on St. James Street** (62+ or disability income limits apply)
800 St. James Street, La Crosse • **608-784-1381** or **608-782-2362**
- **YWCA Transitional Housing Program** (female only)
Transitional housing program for single, homeless females with children
3219 Commerce Street, La Crosse • **608-781-2783 ext. 8**
<http://www.ywcalax.org>

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>
- **La Crosse County District Attorney**
333 Vine Street, Room 1100, La Crosse • **608-785-9604**
- **La Crosse County Victim Witness Assistance Program**
Information and support for crime victims and witnesses
333 Vine Street, Room 1100, La Crosse • **608-785-9608**
- **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>
- **La Crosse County Bar Association**
Free legal clinic that is open to the public the third Wednesday of every month from 6:00pm-7:30pm at the First Baptist Church, located at the corner of West Avenue and Main Street in La Crosse. This is a question and answer format where participants have about 15 minutes to ask questions of a volunteer attorney.
<http://www.wisbar.org>
- **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 Transit Mobility Products**
226 Hood Street, La Crosse • **608-782-1069**
<http://www.amplax.com>
- **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>
- **Cass Street Pharmacy (formerly The Medicine Shoppe)**
528 Cass Street, La Crosse • **608-784-9922**
- **Dave's Foot-So-Port**
112 5th Avenue North, La Crosse • **608-782-3775**
- **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>
- **Hilton Medical Supply**
414 3rd Street South, La Crosse • **608-785-0390**
- **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>
E-mail: advocacy@ilresources.org

- **La Crosse County Health Department Loan Closet**
Wheelchairs, walkers, commodes, and other equipment is available for a modest monthly service charge
300 4th Street North, 2nd floor, La Crosse • **608-785-9864**
<http://www.co.la-crosse.wi.us/health>
- **Lenny's Shoe Repair**
721 Clinton Street, La Crosse • **608-782-0014**
- **Mayo Clinic Health System Franciscan Healthcare Home Medical Equipment**
620 11th Street South, La Crosse • **608-392-9797**
<http://www.mayohealthsystem.org>
- **Midwest Off-Road Center**
Car/van adaptations, repairs, scooters, wheelchairs
65 Copeland Avenue, La Crosse • **608-784-9980** or **1-800-626-1001**
<http://www.brunomidwest.com>
- **Prosthetic Laboratories of La Crosse**
2109 South Avenue, La Crosse • **608-782-5070** or **1-866-241-0606**
831 Critter Court, Suite 300, Onalaska • **608-783-2009**
<http://www.plor.net>
- **Silhouette Shoppe**
Full assortment of breast forms, bras and swimwear after breast surgery
2109 South Avenue, La Crosse • **608-782-5070** or **1-866-241-0606**
- **USA Medical Suppliers, Ltd**
Orthotics, prosthetics, and medical supplies
1919 State Road, La Crosse • **608-782-1855**
- **Veterans of Foreign Wars (VFW) Loan Closet**
1530 6th Avenue South, La Crosse • **608-785-1530**
<http://www.vfwofwi.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**
1900 South Avenue, La Crosse • **608-775-2287**
<http://www.gundluth.org>
- **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
- **Ho-Chunk Nation Behavioral Health**
724 Main Street, La Crosse • **608-784-3083**
<http://www.ho-chunknation.com>
- **La Crosse County Human Services – Mental Health Recovery Services**
300 4th Street North, La Crosse • **608-785-6101**
<http://www.co.la-crosse.wi.us/HumanServices/cs>
- **Mayo Clinic Health System Franciscan Healthcare Behavioral Health Services**
212 11th Street South, La Crosse • **608-392-9555**
<http://www.mayohealthsystem.org>
- **River Valley Integrated Health Center: Mental Health Clinic**
1525 Losey Boulevard, La Crosse • **608-787-6411**
Must be screened for eligibility requirements
If unsure if enrolled in VA healthcare, contact the following:
La Crosse County Veterans Service Office
400 4th Street North, Room 1340, La Crosse • **608-785-9719**
Tomah VA 1-800-872-8662 extension 61751
<http://www.co.la-crosse.wi.us/departments/veterans>

- **Scenic Bluffs Community Health Centers: Behavioral Health Services**
Services offer private and personalized counseling for adults, youth, families, and couples
238 Front Street, Cashton • **608-654-5100**
- **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>
- 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:

- **784-HELP (784-4357)**
La Crosse County Emergency Mental Health Services - Crisis Program
24-hour contact information
8:30am - 5:00pm weekdays call 608-785-6101 – Mental Health Recovery Services
5:00pm - 8:30am weeknights - 24 hours Saturday, Sunday and Holidays- call 608-784-4357
- **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 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**

<http://www.ilresources.org>

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

- **Big K Pharmacy**
2415 State Road, La Crosse • **608-788-0803**
- **Cass Street Pharmacy (formerly The Medicine Shoppe)**
528 Cass Street, La Crosse • **608-784-9922**
- **Clinic Pharmacy of West Salem**
210 North Leonard Street, West Salem • **608-786-2828**
<http://www.clinicpharmacyofwestsalem.com>
- **Degen Berglund**
2442 State Road, La Crosse • **608-775-8585**
111 Sand Lake Road, Onalaska • **608-775-8595**
600 North Holmen Drive (in Festival Foods), Holmen • **608-775-8875**
<http://www.degenberglund.com>
- **Gundersen Lutheran Medical Center**
Clinic Pharmacy 1836 South Avenue, La Crosse • **608-775-5595**
East Pharmacy 724 Denton Street, La Crosse • **608-775-1000**
Onalaska 3111 Gundersen Drive, Onalaska • **608-775-8699**
<http://www.gundluth.org>
- **Mayo Clinic Health System Franciscan Healthcare**
La Crosse Campus Pharmacy 800 West Avenue South, La Crosse • **608-392-9855**
Onalaska Campus Pharmacy 191 Theater Road, Onalaska • **608-392-5030**
St. Francis Pharmacy 700 West Avenue South, La Crosse • **608-785-1999**
<http://www.mayohealthsystem.org>
- **Prescription Center**
1907 West Avenue South, La Crosse • **608-788-4500**
- **Shopko Pharmacy**
East 9366 State Highway 16, Onalaska • **608-781-5404**
North 2400 Rose Street, La Crosse • **608-781-3300**
South 4344 Mormon Coulee Road, La Crosse • **608-788-8860**
<http://www.shopkotoday.com>

- **Target Pharmacy**
9400 Highway 16, Onalaska • **608-779-5780**
<http://www.target.com>
- **Walgreen's Drug Store**
24 hour store and pharmacy
900 West Avenue South, La Crosse • **608-796-2058**
2626 Rose Street, La Crosse • **608-781-0791**
4415 State Road 16, La Crosse • **608-779-0939**
3909 Mormon Coulee Road, La Crosse • **608-788-9700**
<http://www.walgreens.com>
- **Wal-Mart Pharmacy**
4622 Mormon Coulee Road, La Crosse • **608-788-9146**
3107 Market Place, Onalaska • **608-781-8355**
<http://www.walmart.com>
- **West Salem Pharmacy**
880 North Mill Street, West Salem • **608-786-0210**
- **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
Aging & Disability Resource Center of Western Wisconsin
300 4th Street North • **608-785-5700** or **1-800-500-3910**

RECREATION • SOCIAL ACTIVITIES

- **A Place of Grace Catholic Worker House**
Open for hospitality and socialization
Tuesday and Wednesday 10:00am – 2:00pm; Thursday 2:00pm – 7:00pm
Last Sunday of month 2:00pm – 4:00pm
919 Hood Street, La Crosse • **608-782-6224**
- **Arts Buddy - Causeway Interfaith Volunteer Caregivers**
Allows people with disabilities and qualified older adults an opportunity to enjoy the ARTS with a friend
608-775-9999
- **City of La Crosse Parks and Recreation Department**
Provides variety of classes and activities for residents of all ages and ability including fitness, games and computers, and activities such as swimming, Senior-Cise, Special Olympics, HorseSense for Special Riders, and Senior Fishing Club.
400 La Crosse Street, 3rd floor, La Crosse • **608-789-7533**
<http://www.cityoflacrosse.org>
- **Coulee Region White Cane Club • 608-788-4222**
Social club for people with visual impairments and other interested individuals
- **Creative Community Living Services (CCLS) Recreation Program**
704 Sand Lake Road, Onalaska • **608-779-4118** or **1-800-283-9252**
<http://www.cclswi.com>
- **Gundersen Lutheran Medical Center**
Healthy Living for Older Adults
Designed to promote activity, independence, and good health through events and services for older adults in the community
1900 South Avenue, La Crosse • **608-775-4717**
<http://www.gundluth.org>
- **Hmong Community and Cultural Center**
Hmong blacksmith shop and senior center
1815 Ward Avenue, La Crosse • **608-782-4241**

- **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 1-888-378-2198
<http://www.ilresources.org>
 E-mail: advocacy@ilresources.org
- **La Crosse Deaf Club • TTY 608-787-5292**
 Open to all; however, if you do not sign or lip-read, you will need to bring an interpreter; meets monthly; call for meeting date and times
 713 St. James Street, La Crosse
 Email: andersonj500@aol.com
- **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>
- **Riverfront Inc.**
 Recreation Program including daily activities at Riverfront and in the community for people with disabilities
 3000 South Avenue, La Crosse • **608-784-9450**
<http://www.riverfrontinc.org>
- **University of Wisconsin – La Crosse**
Disability Resource Services • 608-785-6900
American Sign Language Club • 608-785-8000
Involvement Center • 608-785-6600
Leisure Lifestyles Program • 608-785-5075
Special Populations Program • 608-785-8690
<http://www.uwlax.edu>
- **YMCA**
 Aquatics, health and wellness activities, active older adult activities
YMCA North: 400 Mason Street, Onalaska • **608-783-9622**
YMCA La Crosse: 1140 Main Street, La Crosse • **608-782-9622**
<http://www.laxymca.org>

- **YWCA of the Coulee Region – Adaptive Physical Recreation Opportunities (A-PRO)**
3219 Commerce Street, La Crosse • **608-781-2783**
Provides recreational opportunities for youth and adults with physical disabilities to encourage independence, enhance self-confidence, and encourage a healthy and active lifestyle.
<http://www.ywcalax.org>

REPAIR • HOME SUPPORT SERVICES

- **Causeway Interfaith Volunteer Caregivers**
Light housekeeping and minor repairs
608-775-9999
- **University of Wisconsin La Crosse**
Financial Aid Office • 608-785-8604
Access students that may be paid or volunteer
<http://www.uwlax.edu/finaid>
- **Viterbo University**
Financial Aid Office • 608-796-3900
Access students that may be paid or volunteer
<http://www.viterbo.edu>
- **Western Technical College**
Student Employment Services • 608-785-9440
Access students that may be paid or volunteer
<http://www.wisconsintechconnect.com>

GROCERY SHOPPING

- **Causeway Interfaith Volunteer Caregivers**
608-775-9999
- **Festival Foods**
Weekly bus service, weekly pickup for residents at select apartment buildings for shopping and return home; no charge
1260 Crossing Meadows Drive, Onalaska • **608-781-2272**
<http://www.festfoods.com>

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.

- **Brookdale Sterling House**
3141 East Avenue South, La Crosse • **608-788-7730**
949 10th Avenue North, Onalaska • **608-783-4955**
<http://www.brookdaleliving.com>
- **Bethany St. Joseph Care Center**
Inpatient Respite
2501 Shelby Road, La Crosse • **608-788-5700**
- **Caring Hearts Homecare**
W5942 Baker Road, Holmen • **608-317-3657**
- **Causeway Interfaith Volunteer Caregivers**
608-775-9999
- **Coulee Region Adult Day Center**
1062 Oak Forest Drive, Suite 160, Onalaska • **608-519-2306**
- **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**
- **ResCare (formerly Caregivers Home Health)**
1425 State Road 16, Plaza 16, La Crosse • **608-779-0900**
<http://www.rescarehomecare.com>

- **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>

- Also see *Adult Day Services* and *Skilled Nursing Facilities* in this directory

SENIOR CENTERS

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

- **Campbell Community Center**
617 Plainview Road, La Crosse (French Island) • **608-783-8310**
- **Harry J. Olson Multi-Purpose Senior Center**
1607 North Street, La Crosse • **608-781-2122**
- **Hmong Blacksmith Shop and Senior Center**
1815 Ward Avenue, La Crosse • **608-782-4241**
- **Onalaska Seniors**
515 Quincy Street, Onalaska • **608-789-7829**
- **Southside Senior Center**
1220 Denton Street, La Crosse • **608-782-2444**
- **Holmen Nutrition Center**
421 South Main Street, Holmen (Village Hall) • **608-526-6316**
- **West Salem Senior Center**
175 Leonard Street, West Salem • **608-786-2975**

SENIOR/DISABLED MEAL SITES

Any disabled person living in senior housing or living with a person over the age of 60 qualifies for a meal

- **Becker Plaza**
Meal time – 11:30am
415 7th Street South, La Crosse • **608-789-7827**
- **Billy's Lantern**
Meal time – 11:00am-2:00 pm
Off Highway 14/61 & CTH YY • **608-787-0737**
- **Black Oak Inn**
Meal time – 4:00-5:00pm Wednesday-Saturday
County Highway V, Stevenstown • **608-857-3012**
- **Carroll Heights**
Meal time – 11:30am
3505 Park Lane Drive, La Crosse • **608-785-5556**
- **Forest Park**
Meal time – 11:20am
1230 Badger Street, La Crosse • **608-789-7826**
- **Harry J. Olson Senior Center**
Meal time – 11:30am
1607 North Street, La Crosse • **608-781-2122**
- **Holmen Community Center**
Meal time – Noon
421 Main Street, Holmen • **608-526-6316**
- **Onalaska Community Center**
Meal time – 11:30am
515 Quincy Street, Onalaska • **608-789-7829**
- **Sauber Manor**
Meal time – 11:30am
1025 Liberty Street, La Crosse • **608-789-7825**

- **Southside Senior Center**
Meal time – 11:30am
1220 Denton Street, La Crosse • **608-782-2444**
- **Stokke Tower**
Meal time – 11:00am
421 6th Street South, La Crosse • **608-789-7823**
- **Village Inn**
Meal time – 11:30am
1601 Bangor Street, Bangor • **608-486-2741**
- **West Salem Senior Center**
Meal time – 11:30am
175 South Leonard Street, West Salem • **608-786-2975**

SKILLED NURSING FACILITIES

SKILLED NURSING FACILITIES

People with developmental disabilities must meet certain criteria for admission

- ****Bethany Riverside**
2575 7th Street South, La Crosse • **608-775-8200**
<http://www.bethanylutheranhomes.org>
- ****Bethany St. Joseph Care Center**
2501 Shelby Road, La Crosse • **608-788-5700**
<http://www.bsjcorp.com>
- ****Hillview Healthcare Center**
3501 Park Lane Drive, La Crosse • **608-789-4800**
<http://www.co.la-crosse.wi.us/hillview>
- ****Lakeview Health Center**
902 East Garland Street, West Salem • **608-786-1400**
<http://www.co.la-crosse.wi.us/lakeview>
- **Mulder Healthcare Facility**
713 North Leonard Street, West Salem • **608-786-1600**
- **Onalaska Care Center**
1600 Main Street, Onalaska • **608-783-4681**
<http://www.bsjcorp.com>
- **St. Joseph's Rehabilitation Center**
2902 East Avenue South, La Crosse • **608-788-9870**
<http://www.crsinc.org>

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

SUBSTANCE USE AND ADDICTION SERVICES

SUBSTANCE USE TREATMENT CENTERS

- **Gundersen Lutheran Behavioral Health**
Unity House for Men • 608-775-7991
Unity House for Women • 608-775-7991
<http://www.gundluth.org>
- **Mayo Clinic Health System Behavioral Health**
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>

ADDICTION RELATED RESOURCES

- **Coulee Council on Addictions**
921 West Avenue South, La Crosse • 608-784-4177
<http://www.couleecouncil.org>
- **La Crosse County Human Services Department**
Mental Health Recovery Services
300 4th Street North, La Crosse • 608-785-6101
<http://www.co.la-crosse.wi.us/HumanServices/cs>
- **Wisconsin Council on Problem Gambling**
1-800-426-2535
<http://www.wi-problemgamblers.org>
- **National Council on Problem Gambling**
1-800-522-4700

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.

- **Great Rivers 2-1-1**
Dial 2-1-1 or 1-800-884-3620 or TTY 1-866-884-3620
<http://www.greatrivers211.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 Home Care**
Please contact for specific homecare coverage area.
711 West Adams Street, Black River Falls • **715-284-3662**
<http://www.blackriverhospital.com>
- **Care at Home**
1825 Sunset Lane, La Crosse • **608-386-8915**
- **Caring Hearts Home Care 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>
- **Gemini Cares**
1501 Saint Andrew Street, Suite C104, La Crosse • **608-796-9131** or **1-800-345-0669**
<http://www.gemini-cares.com>
- **Home Instead Senior Care**
917 4th Street North, Suite 103, La Crosse • **608-782-4000**
<http://www.homeinstead.com>
- **Ho-Chunk Nation**
724 Main Street, La Crosse • **608-784-3083**
<http://www.ho-chunknation.com>
- **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**
1501 Saint Andrew Street, Suite C200, La Crosse • **608-406-3140**
<http://www.recoverhealth.org>
- **ResCare (formerly Caregivers Home Health)**
1425 B State Road 16, Plaza 16, La Crosse • **608-779-0900**
<http://www.rescarehomecare.com>

TRANSPORTATION

Non-Medical Transportation

- **Bethany Lutheran Homes Driver Escort Program • 608-775-9990**
Age 60 and up
- **Chia Lee Transportation Services • 608-397-9650 or 608-779-5575**
Hmong language spoken
- **Coulee Region RSVP Volunteer Driver • 608-785-0509**
Age 55 and up - call 48 hours in advance
<http://www.rsvplax.org>
- ****CTS Taxi • 608-784-7700**
<http://www.ctstaxi.com>
- **Caring Hearts Homecare and Transportation • 608-317-3657**
- **Gemini Cares**
1501 Andrew Street, La Crosse • **608-796-9131** or **1-800-345-0669**
<http://www.gemini-cares.com>
- **La Crosse County Senior Services (Aging Unit)**
Onalaska/Holmen/West Salem Public Transit (Shared Ride) • 608-784-0000
La Crosse County Rural Public Transit (Shared Ride) • 1-866-666-2561
La Crosse County Volunteer Drivers • 785-6139 (Call 24 hours in advance)
Find-A-Ride Program • 1-888-300-9796 or <http://www.findaridewisconsin.org>
Service for the public, ages 18+, to connect you with the most appropriate ride that will cost the least
****La Crosse County Mini-Bus • 608-781-3069**
Call 24 hours in advance; serves all of La Crosse County
- **La Crosse Municipal Transit Utility (MTU) • 608-789-7350**
- **MTU Mobility Plus • 608-781-3069**
- **Also see *Taxi Services* in the Yellow Pages**

****Denotes transportation options that are wheelchair accessible**

Non-Emergency Medical Transportation

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

- ****Access Medical Transit / Top Hat, Inc. • 608-782-4200 or 1-800-658-9054**
226 Hood Street, La Crosse
- ****Abby Vans • 1-800-236-8438**
Call 48 hours in advance; rural portion of La Crosse County
- **American Cancer Society - Road to Recovery • 1-800-227-2345 or 608-783-5000**
Chemotherapy and radiation appointments; La Crosse and Onalaska service
- **Caring Hearts Homecare and Transportation • 608-317-3657**
- **Coulee Region RSVP Volunteer Driver • 608-785-0509**
Call 48 hours in advance
<http://www.rsvplax.org>
- ****First Transit / First Student (formerly Laidlaw) • 608-781-3069**
Call 24 hours in advance; urban La Crosse and Onalaska only
- ****Gundersen Lutheran Coulee Trails • 608-637-8884 or 1-800-771-8884**
126 ½ West Jefferson Street, Viroqua, WI 54665
- ****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.
- ****Shared Transit • (608)784-000 or (866)666-2561**
Free transportation to Gundersen or Mayo Clinic Health System clinics in Onalaska or Holmen for residents of Onalaska, Holmen, West Salem, Bangor, Rockland, Town of Holland. For all ages and do not have to have a disability. Call at least 1 hour ahead of time.

****Denotes transportation options that are wheelchair accessible**

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**

- **La Crosse Veterans Service Office**

400 4th Street North, Room 1340, La Crosse • **608-785-9719**
<http://www.co.la-crosse.wi.us/departments/veterans>

- **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.

- **La Crosse County Human Services**

- Volunteer Guardianship**

- 300 4th Street North, La Crosse • 608-785-5700 or 1-800-500-3910**

- Some people in La Crosse County can no longer make decisions for themselves or manage their own care or finances, and therefore may need a guardian.

- These people usually are suffering from the infirmities of aging, like Alzheimer's disease, or from mental illness, developmental disabilities, or a similar problem. Some individuals who need guardians in La Crosse County have no family who can be their guardians. Many of these people with disabilities only have contact with people who are paid to care for them.

- As a guardian, you have the power to change that. By visiting your ward once a month, you can show that he or she is special and that you care. You can develop a lasting friendship with your ward, a partnership that may long outlast your legal duties.

- Any interested and caring person can become a guardian. Spouses, family members, friends, and volunteers are frequently appointed guardians.

For applications and more information, please contact the
Aging and Disability Resource Center of Western Wisconsin
608-785-5700 or 1-800-500-3910.

- **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

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 **300 4th Street North** in **La Crosse**. **We also have offices available in Jackson County, Monroe 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**

**LA CROSSE COUNTY
EMERGENCY MENTAL
HEALTH SERVICES
(CRISIS)**

24 – HOUR

CONTACT INFORMATION

8:30am to 5:00pm weekdays

**Call 608-785-6101 – Mental Health Recovery
Services**

**5:00pm to 8:30am weeknights and
24 hours Saturday, Sunday, and Holidays**

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