

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
- **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
- **National Center on Elder Abuse**
202-898-2586
<http://www.elderabusecenter.org>
- **National Clearinghouse on Abuse in Later Life**
608-255-0539
<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>
- **Rape, Abuse and Incest National Network**
1-800-656-HOPE (4673)
<http://www.elderabusecenter.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 (voice and TTY)
<http://www.wcasa.org>

ADULT DAY SERVICES

- **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**

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

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

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

- **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**
Building B, 14305 County Highway 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>
- **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 or 608-372-8779
<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 or 608-372-8600
<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, Sparta • 608-269-8693 or 608-372-8693
<http://www.co.monroe.wi.us>
- **Monroe County Veteran Services Office**
Councils and assists veterans pertaining to their federal, state and county rights
14345 County Highway B, Room 2, Sparta • 608-269-8726 or 608-372-8726
<http://www.co.monroe.wi.us>
- **NAMI Wisconsin, Inc. (National Alliance on Mental Illness)**
La Crosse area • 608-784-7532 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://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**
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**
Driver escort, respite, companionship and other support
1118 West Veterans Street, Tomah • **608-372-0939**
- **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** or **608-372-8691**
<http://www.co.monroe.wi.us>
- **Retired Seniors Volunteer Program (RSVP)**
Friendly Callers – telephone reassurance program
2920 East Avenue South, Suite 104, La Crosse • **1-888-822-1295**
<http://www.rsvplacrosse.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>
- **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
1022 Caledonia Street, 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)
- **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
Building B, 14305 County Highway B, Sparta
608-785-5700 or **1-800-500-3910** • **TTY 608-785-9787**
e-mail • adrentr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **Alzheimer's Association**
1022 Caledonia Street, 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)
- **Faith in Action**
Companionship and other support services
1118 West Veterans Street, Tomah • **608-372-0939**
- **Friendly Callers / Coulee Region RSVP**
Telephone Reassurance Program
608-785-0500 or **1-888-822-1295**
- **Monroe County Senior Services**
14305 County Highway B, Building B, Sparta • **608-269-8691** or **608-372-8691**
<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.

CLINICS/MEDICAL CENTERS

HOSPITALS

- **Franciscan Skemp 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.franciscanskemp.org>
- **Gundersen Lutheran Medical Center**
1900 South Avenue, La Crosse • 608-782-7300 • TTY 608-782-3784
<http://www.gundluth.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.visn12.med.va.gov>

CLINICS

- **Franciscan Skemp Healthcare**
Sparta Campus 310 West Main Street, Sparta • 608-269-2132
Lake Tomah Clinic 325 Butts Avenue, Tomah • 608-372-5951
<http://www.franciscanskemp.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.visn12.med.va.gov/tomah>

FREE OR REDUCED HEALTHCARE
OTHER CLINICS AVAILABLE

- **Franciscan Skemp 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.franciscanskemp.org>
- **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 or 608-372-8666
<http://www.co.monroe.wi.us>
- **Options Clinic**
Provides contraceptive methods and family planning
Call for an appointment.
100 Water Street South, Sparta • 1-800-657-5177
<http://www.optionsclinic.org>
- **Scenic Bluffs Community Health Center**
Basic primary health care for acute and chronic conditions
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 North Street, Norwalk • 608-823-7853
- **Wisconsin Dental Association, Inc.**
Donated Dental Services – provides referrals for free dental care to qualified applicants; For 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>

EDUCATION

- **Monroe County Health Department and Monroe County Senior Services**
14305 County Highway B, Sparta • 608-269-8690 or 608-372-8690
<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**
- **Franciscan Skemp Healthcare**
310 West Main Street, Sparta • **608-269-2132**
- **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**
- **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

PERSONAL RESPONSE NON-EMERGENCY SERVICES

- **Alzheimer's Association**
Safe Return (ID bracelet)
1022 Caledonia Street, La Crosse • **608-784-5011** or **1-800-272-3900**
<http://www.alz.org> (National) <http://www.alz.org/gwwi> (Local)
- **Franciscan Skemp Healthcare – Sparta Campus**
Lifeline Home 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
310 West Main Street, Sparta • **608-269-2132**
<http://www.franciscanskemp.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>
- **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

- **AgeAdvantage**

- **Older Worker Program – Wise Options**

- Places individual with a host agency for training on specific job demands; must be age 55+; income limits apply

- 608-242-4928**

- <http://www.wis4a.net/ageadvantage.html>

- **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**

- **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**

- **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 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.visn12.med.va.gov/tomah>
- **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: adrc@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** or **608-372-8600**;
Fax • 608-269-8935
<https://access.wisconsin.gov/access>
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** or **608-372-8693**
<http://www.co.monroe.wi.us>
- Monroe County Veterans Service Office**
 14345 County Highway B, Room 2, Sparta • **608-269-8726**
- Social Security Administration • 1-800-242-1060**
 210 7th Street South, Suite 100, La Crosse
608-784-5605 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

Weatherization/Public Benefits Program – provides weatherization services to reduce energy costs; income limits exist

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** or **608-372-8690**
<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 or **608-372-8693**
<http://www.co.monroe.wi.us>
- **University of Wisconsin - La Crosse**
Volunteer Income Tax Assistance (VITA)
Association of Accountancy Students
608-785-6831 for recordings
Mid-February through April 5
<http://www.uwlax.edu>
- **Western Technical College**
608-785-9200 or **1-800-322-9982**
<http://www.westerntc.edu>
- **Wisconsin Department of Revenue**
Homestead tax credit – homeowners or renters may apply; income limit applies
608-266-8641

LEGAL ASSISTANCE

- **Coalition of Wisconsin Aging Groups**

Provider of legal services and resources to people 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>

- **Independent Living Resources (ILR)**

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>

- **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 Courthouse**

Monroe County Corporate Counsel

Provides legal services to complete the process for persons in need of guardianship and protective placement

112 South Court Street, Room 103, Sparta

608-269-8891 or 608-372-8891

Monroe County District Attorney

112 South Court Street, Sparta

608-269-8780 or 608-372-8780

Monroe County Victim Witness Coordinator

Assists with restraining orders, determines restitution for criminal cases

112 South Court Street, Room 201, Sparta

608-269-8780 or 608-372-8780

- **Monroe County Senior Services**
Elderly Benefit Specialist - serves age 60 and older; provides counseling with consumer problems
14305 County Highway B, Building B, Sparta • **608-269-8693** or **608-372-8693**
<http://www.co.monroe.wi.us>
- **Also see *Attorney* listing in the Yellow Pages**

FOOD/MEAL ALTERNATIVES

EMERGENCY FOOD RESOURCES

- **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**
112 Water Street, Sparta
- **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; call for current distribution days / times
1118 West Veterans Drive, Tomah • **608-372-6737**
Emergency or 24 hour • 608-374-7400
- **Wilton Food Pantry**
Call for an appointment
406 Main Street, Wilton • **608-435-6406** or **608-823-7397** 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**

HOME DELIVERED MEALS

- **Ho-Chunk Nation Tribal Aging Unit**

Elderly Nutrition Program – home delivered meals for elderly tribal members
16250 Helmet 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** or **608-372-8690**
<http://www.co.monroe.wi.us>

- **Morrow Memorial Home**

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>
- **Sparta Self-Help and Resource Exchange (SHARE)**
Food-buying club / groceries at a reduced cost; open to all ages and incomes
900 Depot Street, Sparta • **608-269-6355**
- **Tomah Self-Help and Resource Exchange (SHARE)**
Food-buying club / groceries at a reduced cost; open to all ages and incomes
625 West Veterans Street, Tomah • **608-797-0540**

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.adreww.org>

Select *Links* Tab

Select *Health Education Answers*

Select *Launch*

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

- **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** or **608-372-8666**

<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>
- **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>
- **Wisconsin Council for the Blind and Visually Impaired**
A variety of services including aids and appliances available
1-800-783-5213
<http://www.wcblind.org>
- **Wisconsin Lions Foundation Hearing Program**
Financial assistance for the purchase of hearing aids
Sparta Lions · 608-269-5939
Tomah Lions · 608-372-5257 or 608-372-2101
Wilton Lions · 608-435-6430
Norwalk Lions · 608-823-7805

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
- **Franciscan Skemp Home Care**
212 11th Street South, La Crosse • 608-392-9790 or 1-800-362-5454
<http://www.franciscanskemp.org>
- **Gundersen Lutheran At Home Homecare and Hospice**
914 Greenbay Street, La Crosse • 608-775-8435 or 1-800-848-5443
<http://www.gundluth.org>
- **Hess Memorial Hospital**
Hess Home Health
1050 Division Street, Mauston • 608-847-6161 or 1-800-252-4377
<http://www.milebluff.com>
- **Monroe County Health Department**
14301 County Highway B, A-18, Sparta • 608-269-8666 or 608-372-8666
<http://www.co.monroe.wi.us>
- **Recover Health (formerly REM Health of Wisconsin)**
311 County Road A, Suite 2, Black River Falls • 715-284-9495
<http://www.remhealth.com>
- **ResCare (formerly Caregivers Home Health)**
1802 State Road 16, La Crosse • 608-779-0900 or 1-877-235-3026
<http://www.rescare.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>
- **Franciscan Skemp Homecare and Hospice**
311 West Main Street, Sparta
608-269-5131 or 1-800-362-5454 extension 29790
<http://www.franciscanskemp.org>
- **Gundersen Lutheran At Home Homecare and Hospice**
914 Greenbay Street, La Crosse
608-775-8435 or 1-800-848-5443
<http://www.gundluth.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 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.

- **Close to Home, Inc.**

Available to senior citizens and people with disabilities

1206 Mark Avenue, Tomah • 608-374-5300

<http://cthtomah.com>

- **Morrow Memorial Home and Apartments**

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://cthtomah.com>

Liberty Village Assisted Living

200 Liberty Place, Tomah, 608-374-5005

HoChunk Community Housing Development Agency

1116 E. Monowac St., P.O. Box 730, Tomah

1-800-236-2260 or 608-374-1245

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 the **Aging and Disability Resource Center of Western Wisconsin**
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>

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.

- **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**
- **Little Falls Group Home**
4039 County Highway I, Sparta • **608-272-3238**

- **Sunset Ridge Estates**
200035 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

- **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 • **608-387-5890**
- **Franciscan Eldercare**
608-791-9505 or **1-800-362-5454 extension 9505**
Subsidized housing for elderly and individuals with disabilities;
income and asset limits apply
- **Heritage Haven and Village Apartments**
622 South Court, Sparta • **608-269-5544** or **1-800-944-4866**
- **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>
- **Kenview Apartments**
412 Spring Street, Kendall • **608-463-7696**
- **Parkview 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**

- **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**

Family Housing Kilbourn Apts

515 Kilbourn Avenue, Tomah

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

- **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**

Tomah Manor

901 Mc Lean Avenue, Tomah

Lake Side Apts

720 Williams Ave, Tomah

- **Tomah Affordable Housing, Freedom Village**
P.O. Box 452, 304-306 Murdock Street, Tomah, **608-374-2466**
- **Village of Norwalk Housing Authority**
Subsidized housing for elderly; income and asset limits apply
608-823-7951 or **608-823-7635**

Norcrest Apartments

206 West Center Street, Norwalk

MEDICAL EQUIPMENT/SUPPLIES

- **Access Transit 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>
- **Franciscan Skemp Home Medical Equipment**
620 11th Street South, La Crosse • **608-392-9797**
<http://www.franciscanskemp.org>
- **Ho-Chunk Nation Tribal Aging Unit**
Financial assistance with purchase of medical goods for enrolled
Ho-Chunk Nation Elders (60 years or older)
16250 Helmet 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>

- **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** or **608-372-8666**
<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**

- **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

- **Franciscan Skemp Behavioral Health Services**
212 11th Street South, La Crosse • 608-392-9555
<http://www.franciscanskemp.org>
- **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>
- **Monroe County Department of Human Services**
14301 County Highway B, A-19, Sparta • 608-269-8600 or 608-372-8600
Emergency services after hours: 608-269-2117
<http://www.co.monroe.wi.us>
- **Veterans Affairs Medical Center**
500 East Veterans Street, Tomah • 608-372-3971 or 1-800-872-8662
<http://www.visn12.med.va.gov/tomah>
- 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 Sheriff's Department**
608-269-2117

MENTAL HEALTH DROP-IN CENTERS

- **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
- **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
Aging 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, Room 2, Sparta • **608-269-8693** or **608-372-8693**
<http://www.co.monroe.wi.us>
- **North American Squirrel Association (NASA) • 608-784-3434**
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**
- **Couleecap, Inc.**
Provides weatherization
777 North Street, Sparta • **608-269-5021** or **1-866-766-9215**
- **Faith In Action Volunteers of Monroe County**
Yard work, snow shoveling and minor home repair
1118 West Veterans Street, Tomah • **608-372-0939**
- **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, Sparta • **608-269-8693** or **608-372-8693**
<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 and respite care
1118 West Veterans Street, Tomah • **608-372-0939**
- **Franciscan Skemp Sparta Campus
Respite Care Program**
310 West Main Street, Sparta • **608-269-2132**
<http://www.franciscanskemp.org>
- **Prime Times**
Day services for elderly
905 Kilbourn Avenue, Tomah • **608-374-4673**
<http://www.riverfrontinc.org>
- **Retired Seniors Volunteer Program (RSVP)**
Friendly Caller Program - telephone reassurance program for older adults and adults with disabilities who would benefit from a daily call
608-785-0500
- **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.visn12.med.va.gov/tomah>
- **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 • **608-823-7568**
- **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.

- **Hillcrest Manor**
Monday to Friday, 10:30am-1:30pm
Serving time: 11:30am
300 Trescher Avenue, Cashton • **608-654-5544**
- **Warren's Meal Site**
608-269-8690
- **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: 11:30am
4124 County Highway I, Cataract • **608-272-3272**
- **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 • **608-823-7568**

- **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**
- **Wilton Fire Station**
Monday to Friday, 10:00am-1:00pm
Serving time: 11:30am
806 Railroad Street, Wilton • **608-435-6447**

SKILLED NURSING FACILITIES

SKILLED NURSING FACILITIES

People with developmental disabilities must meet certain criteria for admission

- ****Morrow Memorial Home
Olive Branch**
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.visn12.med.va.gov/tomah>

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

SUBSTANCE USE AND ADDICTION SERVICES

SUBSTANCE USE TREATMENT CENTERS

- **Franciscan Skemp 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.franciscanskemp.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
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>
- **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 or 608-372-8600
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.visn12.med.va.gov/tomah>

ADDICTION RELATED RESOURCES

- **Monroe County Department of Human Services**
14301 County Highway B, A-19, Sparta • **608-269-8600** or **608-372-8600**
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**
- **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, Sparta • **608-269-8693** or **608-372-8693**
<http://www.co.monroe.wi.us>

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
608-782-2464 or 608-317-3657 (cell)
- **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**
Yard work, snow shoveling, minor home repair, light housekeeping
1118 West Veterans Street, Tomah
608-372-0939
- **Gemini Employee Leasing**
1501 Andrew Street, La Crosse
608-796-9131 or 1-800-345-0669
<http://www.geminiemploye leasing.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>

- **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)**
414 Broadway, Suite 201, Baraboo
715-356-7570
<http://www.remhealth.com>

- **ResCare (formerly Caregivers Home Health)**
1802 State Road 16, La Crosse
608-779-0900

- **Tomah VA Medical Center**
500 East Veterans, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.visn12.med.va.gov/tomah>

TRANSPORTATION

- **Caring Hearts Homecare and Transportation**
608-782-2464 or 608-317-3657 (cell)
- **Faith In Action Volunteers of Monroe County**
Transportation / escort for people in need of assistance
1118 West Veterans Street, Tomah • 608-372-0939
- **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)
16250 Helmet 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, Sparta
Transportation Coordinator: 608-269-8689 or 608-372-8689

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 or 608-372-8689

Volunteer Drivers: Reservations required along with a 72-hour notice; charges vary; call the Transportation Coordinator for more information
Transportation Coordinator: 608-269-8689 or 608-372-8689
- **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

Medical Transportation

The following services are available to people with an active Medical Assistance card going to medical services.

- **Abby Vans • 1-800-236-8438**
 Call 48 hours in advance
- **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)
 16250 Helmet Road, Tomah • 608-372-4547
<http://www.ho-chunknation.com>
- **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.visn12.med.va.gov/tomah>

Specialized Medical Transport

The following services are available to people with an active Medical Assistance card and a physician's prescription for transportation to medical services.

- **Abby Vans**
1-800-236-8438
- **Access Medical Transit / Top Hat, Inc.**
608-782-4200 or 1-800-658-9054

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
- **Monroe County Senior Services**
14305 County Highway B, Sparta • **608-269-8693** or **608-372-8693**
<http://www.co.monroe.wi.us>

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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.**