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

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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.
# ALPHABETICAL SERVICES LISTING

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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.nhagainstabuse.org

- **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

- **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](http://www.bsjcorp.com)

- **Catholic Charities**  
  Disability Services-Adult Day Services Program  
  3710 East Avenue South, La Crosse · **608-782-0710**

- **Coulee Region Adult Day Center**  
  Adult day service which provides supports for the elderly and for physically and mentally disabled individuals and their caregivers.  
  1062 Oak Forest Drive, Suite 160, Onalaska · **608-519-2306**

- **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](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](http://www.riverfrontinc.org)
ADVOCACY

• AARP
  601 E. Street, N.W.
  Washington D.C., 20049
  1-888-687-2277 or Toll-Free TTY: 1-877-434-7598

• 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: adrcntr@co.la-crosse.wi.us
  http://www.adrcww.org

• AIDS Resource Center of Wisconsin
  AIDS/HIV education, prevention, and access to services
  505 King Street, 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

• 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](http://www.ilresources.org)
  E-mail: [advocacy@ilresources.org](mailto: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](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](http://www.nami.org) (National) [http://www.namiwisconsin.org](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](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](http://www.ada.gov)

• **Wisconsin 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
  Greater Wisconsin Agency on Aging Resources (GWAAR)
  Provider of information about services and resources to citizens 60 years and older.
  Special emphasis on the frail and vulnerable elderly in need of long term care.
  1-855-409-9410
  http://guardian@gwaar.org
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 Health System: Memory Disorders Clinic**
  1900 South Avenue, La Crosse • 608-775-2338 or 1-800-362-9567
  http://www.gundersenhealth.org/

- **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

- **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](http://www.alz.org) (National)
  [http://www.alz.org/gwwi](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](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
  http://www.alz.org (National)   http://www.alz.org/gwwi (Greater Wisconsin Chapter)

  **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

- **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

Long Term Care Services Support Broker Services

Lutheran Social Services. Provides assistance to persons needing long term care services to understand options and ensure best service is obtained.
1320 W. Clairemont Avenue, Eau Claire • 715-843-2046
HOSPITALS

- **Gundersen Health System**
  - **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](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](http://www.mayohealthsystem.org)

- **Tomah VA Medical Center**
  - 500 East Veterans Street, Tomah • 1-800-872-8662
  - [http://www.tomah.va.gov](http://www.tomah.va.gov)

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](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.
  - 1526 Rose Street, La Crosse • 608-781-9880
  - [http://www.nfclinics.com](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](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 • **608-392-9546**
  [http://www.stclarehealthmission.org](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](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.co.la-crosse.wi.us/health/publichealth)
  [http://www.salvationarmylacrosse.org](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](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](http://www.wda.org)

OTHER CLINICS AVAILABLE

- **Gundersen Health System 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** • Festival Foods, 1260 Crossing Meadows Dr, Onalaska • 608-775-5858
  [http://www.glexpresscare.org](http://www.glexpresscare.org)

- **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
- **VA River Valley Integrated Health Center**
  - Outpatient clinic for area veterans
  - 2600 State Road, La Crosse • **608-784-3886**

- **Behavioral Health and Physical Therapy Services**
  - 1525 Losey Boulevard South, 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 ext. 61751

  [http://www.co.la-crosse.wi.us/departments/veterans](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](http://www.alz.org) (National)
  [http://www.alz.org/gwwi](http://www.alz.org/gwwi) (Greater Wisconsin Chapter)

- **Couleecap**
  **Skills enhancement Program**
  Addresses training needs of low income workers to increase income and economic self-sufficiency. Helps adults acquire skills through financial assistance for tuition, child care and transportation expenses related to returning to school.
  217 North Black River Street, Sparta · **608-269-5021** or **1-866-766-9215**
  [http://www.couleecap.org](http://www.couleecap.org)

- **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](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](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](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/](http://www.dva.state.wi.us/HomelessVeterans/)

• **Viterbo University**  
  Continuing education courses  
  900 Viterbo Drive, La Crosse • **608-796-3060**  
  [http://www.viterbo.edu](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](http://www.westerntc.edu)
EMERGENCY RESOURCES

MEDICAL EMERGENCY

- 9-1-1

- Gundersen Health System Trauma & Emergency Center
  1900 South Avenue, La Crosse • 608-775-3128

- Mayo Clinic Health System Franciscan Healthcare Emergency & Urgent Care Center
  700 West Avenue South, La Crosse • 608-392-7000
  [http://www.mayohealthsystem.org](http://www.mayohealthsystem.org)

HOUSING EMERGENCY

- 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
  608-796-9069 or 1-717-9490
  [http://www.couleecap.org](http://www.couleecap.org)

- New Horizons Domestic Abuse Shelter • 608-791-2600 or 1-888-231-0066
  [http://www.newhorizonslacrosse.com](http://www.newhorizonslacrosse.com)

- Salvation Army
  223 8th Street North, La Crosse • 608-782-6126
  [http://www.salvationarmyusa.org](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](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](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**  
  **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 • 608-785-9600  
  [http://www.co.la-crosse.wi.us](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](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**

- **Comfort Keepers**
  Grand Care Systems offer tele-health assessment, activity of daily living monitoring, medication management and virtual communication.
  2951 South 21st Place, La Crosse · **608-784-3357** or **1-800-567-6274**
  [http://www.comfortkeepers.com](http://www.comfortkeepers.com)

- **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](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](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 Health System**
  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**

• **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](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](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](http://www.rsvplax.org)
EMPLOYMENT ASSISTANCE

- Catholic Charities
  Disability Services
  Pre-vocational support and long term supported employment.
  3710 East Avenue South, La Crosse • 608-782-0710

- Couleecap
  Job and Business Development
  Assists with start-up and continuing management of new businesses for eligible clients.
  Skills enhancement Program
  Addresses training needs of low income workers to increase income and economic self-sufficiency. Helps adults acquire skills through financial assistance for tuition, child care and transportation expenses related to returning to school.
  608-782-5520 or 1-866-717-9490
  http://www.couleecap.org

- Couleecap
  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)
  Unemployment Insurance
  Initial claims • 800-822-5246
  Inquiries or Assistance • 800-494-4944
  my.unemployment.wisconsin.gov
  
  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 persons age 55 and over who have low income and are seeking employment.
  319 Main Street, Suite 404, La Crosse • **608-789-5623**
  [http://www.experienceworks.org](http://www.experienceworks.org)

• **Independent Living Resources (ILR)**
  Services for persons with disabilities: assessment, assistive technology consultation, assistance with applications and interviews, ongoing support, job development; job club available, counseling regarding impact of earned income on benefits.
  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](http://www.ilresources.org)
  E-mail: [advocacy@ilresources.org](mailto:advocacy@ilresources.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](http://www.orcind.com)

• **Riverfront, Inc.**

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

  **Work Incentive Counseling**
  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](http://www.riverfrontinc.org)
• Workforce Development Center of Western Wisconsin  
  East Ward Commerce Center, 2615 East Avenue South, La Crosse  
  608-789-5627

  Wisconsin Division of Vocational Rehabilitation (DVR)  
  Working with individuals with physical and/or mental  
  health issues to assist in achieving employment  
  608-785-9500 or 1-800-523-2139  
  TTY 1-866-392-3090  
  http://www.dwd.wisconsin.gov/dvr

  Job Center  
  Support for persons looking for employment, data base of job openings, instruction and  
  assistance with developing resume and interviewing skills.  
  608-789-5627  
  http://www.jobcenterofwisconsin.com

  WISE (Wisconsin Senior Employment)  
  Places individuals with a host agency for training on specific job demands; must be age  
  55+; income limits do apply  
  608-789-5645 or 608-433-2784

  Workforce Connections Inc.  
  Assists with career planning, job search assistance and skills training.  
  Counseling about impact of earned income on benefits.  
  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
  E-mail: adrcntr@co.la-crosse.wi.us
  http://www.adrcww.org

- Couleecap
  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
  http://www.couleecap.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 TTY 1-888-378-2198
  http://www.ilresources.org

- La Crosse County Human Services
  300 4th Street North, La Crosse • 608-785-9600
  Oversees questions and applications for
  - Energy Assistance, Emergency Energy Assistance
  - W-2
  - Emergency Assistance

- 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**  
  1-800-633-4227 · TTY 1-877-486-2048  
  [http://www.medicare.gov](http://www.medicare.gov)  

• **Riverfront, Inc.**  
  Money Management/Benefits Counseling  
  3000 South Avenue, La Crosse · 608-784-9450 or 1-800-949-7380 · TTY 608-784-0039  
  [http://www.riverfrontinc.org](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](http://www.ssa.gov)  

• **State of Wisconsin Medigap Help-line** · 1-800-242-1060  
  [http://www.medicare.gov/medigap](http://www.medicare.gov/medigap)  

• **Western Region Economic Assistance**  
  1-888-627-0430 · FAX 1-855-293-1822  
  **Online:** access.wi.gov  
  Oversees benefits such as Medicaid, Foodshare  
  • Apply for benefits  
  • Report changes  
  • Get information about benefits  
  • Find location and hours of local office  

**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](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](http://www.lacrossehousing.org)  

Printed November 2014
• **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  
  505 King Street, Suite 212, La Crosse • **608-784-8380**

• **Couleecap**  
  **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](http://www.couleecap.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](http://www.xcelenergy.com)

**REPRESENTATIVE PAYEE SERVICES**

• **Catholic Charities**  
  3710 East Avenue South, La Crosse • **608-782-0710**  
  [http://www.cclse.org](http://www.cclse.org)

• **Consumer Credit Counseling Service of La Crosse**  
  505 King Street, Suite 212, La Crosse • **608-784-8380**

• **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](http://www.gtindependence.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](http://www.aarp.org/taxaide)

- **IRS Tax consulting**  
  1-800-829-1040 · TTY/TDD 1-800-829-4059  

- **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](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**

**TELEPHONE ASSISTANCE**

- **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](http://lifelinesupport.org)

- **Safelink Wireless Cell Phone Program**  
  Issues a free cell phone with free minutes each month to low income households.  
  People who qualify either already participate in a government assistance program or fall under the income guidelines for eligibility · **1-800-977-3768**  
  [www.safelinkwireless.com](http://www.safelinkwireless.com)
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
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](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](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](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
FINANCIAL ASSISTANCE FOR FOOD

- Western Region Economic Assistance
  1-888-627-0430 · FAX 1-855-293-1822
  Online: access.wi.gov
  Oversees benefits such as Medicaid, Foodshare
  - Apply for benefits
  - Report changes
  - Get information about benefits
  - Find location and hours of local office

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 – Trinity Lutheran Church**
  Doors open 4:30pm and meal served at 5:00pm – 6:00pm
  1010 Sill Street, La Crosse · 608-782-6200

- **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 • 608-796-1093
  http://www.bethanylutheranhomes.org

- La Crosse County Senior Services (Aging Unit)  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
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

- **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](http://www.specialolympicswisconsin.org/index.html)
HEARING, VISUAL, AND INTERPRETER SERVICES

- **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](mailto: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](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](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**

- **Vision Forward**
  Offers financial help and other services for persons with vision loss.
  **1-877-258-9200**
  [http://www.visionforward.org](http://www.visionforward.org)
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

- BrightStar Lifecare
  1052 Oak Forest Drive, Suite 240, Onalaska • 608-519-4324

- Comfort Keepers
  2951 South 21st Place, La Crosse • 608-784-3357 or 1-800-567-6274
  http://www.comfortkeepers.com

- CNS Home Health Care
  700 N. 3rd Street, Suite 103, La Crosse • 608-783-3200
  http://www.cnshomehealth.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

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

- Mayo Clinic Health System Franciscan Healthcare Home Care and Hospice
  212 11th Street South, La Crosse • 608-392-9790
  http://www.mayohealthsystem.org
- My Innovative Services
  9534 East Highway 16, Onalaska, WI • 608-738-2142

- 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

- 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

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

- Gundersen Health System Hospice
  1843s Place, La Crosse • 608-775-8435
  http://www.gundersenhealth.org/hospice

- Mayo Clinic Health System Franciscan Healthcare Home Care and Hospice
  21211th Street South, La Crosse • 608-392-9790
  http://www.mayohealthsystem.org

- Saint Jude Hospice
  1427 State Road 16, La Crosse • 608-781-5490
  http://www.saintjudehospice.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; **denotes RCAC facilities that are registered facilities and can only accept private funds.

- **Benedictine Villa Assisted Living** (62+years of age)
  (formerly Meadow Wood Assisted Living, [http://www.meadowwood.org](http://www.meadowwood.org))
  2904 East Avenue South, La Crosse • 608-788-7489
  [http://www.blclacrosse.org](http://www.blclacrosse.org)

- Bethany Lutheran Homes
  
  **Bethany Heights Assisted Living** (55+ years of age)
  112 Juniper Lane, Holmen • 608-526-2635
  [http://www.bethanylutheranhomes.org](http://www.bethanylutheranhomes.org)

  **Bethany on Cass** (55+ years of age)
  1315 Cass Street, La Crosse • 608-796-1091
  [http://www.bethanylutheranhomes.org](http://www.bethanylutheranhomes.org)

  **Eagle Crest Assisted Living** (62+ years of age)
  351 Mason Street, Onalaska • 608-779-1700
  [http://www.bethanylutheranhomes.org](http://www.bethanylutheranhomes.org)

  **Eagle Crest Senior Living Community** (62+ years of age)
  351 Mason Street, Onalaska • 608-779-1700
  [http://www.bethanylutheranhomes.org](http://www.bethanylutheranhomes.org)

  **The Willows Senior Housing** (55+ years of age)
  2555 7th Street South, La Crosse • 608-406-3978
  [http://www.bethanylutheranhomes.org](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

• Hillview Terrace
3503 Park Lane Drive, La Crosse • 608-785-5500
http://lacrossecounty.org/hillview/assistedliving

• 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
**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
  
  Aging and Disability Resource Center of Western Wisconsin
  
  608-785-5700 · 1-800-500-3950
  
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 · 608-406-3982
  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

- Clara 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](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](http://www.bethanylutheranhomes.org)

- Bluffview Memory Care 2101 Bluffview Court, Holmen  
  **608-526-5864 · 608-799-0993**  
  info@bluffviewmemorycare.com  
  [http://www.bluffviewmemorycare.com](http://www.bluffviewmemorycare.com)

- Brookdale Senior Living (60+ years of age)  
  **Claire Bridge** 3161 East Avenue South, La Crosse · **608-788-2832**  
  [http://www.brookdalesliving.com](http://www.brookdalesliving.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](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](http://www.bethanylutheranhomes.org)

  **Eagle Crest Senior Living Community**
  351 Mason Street, Onalaska · 608-779-1700
  [http://www.bethanylutheranhomes.org](http://www.bethanylutheranhomes.org)

- Bethany St. Joseph Corporation
  
  **Mill St. Manor (55+ disability or 62+)**
  840 Mill Street, West Salem · 608-786-2440
  [http://www-bsjcorp.com](http://www-bsjcorp.com)

  **OnaMain (55+disability or 62+)**
  920 Main Street, Onalaska · 608-781-7730
  [http://www-bsjcorp.com](http://www-bsjcorp.com)

  **OnaTerrace (55+disability or 62+)**
  1126 Main Street, Onalaska · 608-783-1516
  [http://www-bsjcorp.com](http://www-bsjcorp.com)

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

  **Salem Terrace**
  104 Lewis Street, West Salem · 608-786-2440
  [http://www-bsjcorp.com](http://www-bsjcorp.com)

  **Welcome Home Apartments (55+disability or 62+)**
  3600 28th Street South, La Crosse · 608-788-0254
  [http://www-bsjcorp.com](http://www-bsjcorp.com)

  **Windsor Place (55+disability or 62+)**
  1020 Windsor Street, La Crosse · 608-785-2271
  [http://www-bsjcorp.com](http://www-bsjcorp.com)
• **Brookside Meadows (55+)**
  4350 Fireclay Court, La Crosse • **608-782-4488 ext. 317**
  [http://www.gerrardcompanies.com](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](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](http://www.lifestyleinc.net)

• **Christopherson House** (low income adults with physical disabilities; no age limit)
  2121 Sims 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](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**

• **Heritage Haven** (62+ or disability income limits apply)
  800 St. James Street, La Crosse • **608-784-1381** or **608-782-2362**

• **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](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](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](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](http://www.mayohealthsystem.org)

• **Michael Heights** (55+ or income limits)
  420 5th Avenue South, La Crosse • 608-782-4488
  [http://www.gerrardcompanies.com](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

Printed November 2014
- **Pinedale Apartments** (62+ or disability)  
  510 13th Avenue South, Onalaska · **608-781-5550**

- **Ponderosa Apartments** (income limits)  
  1709 Viking Avenue, Holmen · **608-786-4101**  
  [http://www.lifestyleinc.net](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](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](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**

- **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](http://www.ywcalax.org)
LEGAL ASSISTANCE

- **Coalition of Wisconsin Aging Groups**
  Provider of legal 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

- **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

- **State Bar of Wisconsin Lawyer Information and Referral Service**
  (608) 257-3838 • (800) 728-7788
  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](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](http://www.cancer.org)

- **American Home Patient**
  1052 Oak Forest Drive, Suite 160, Onalaska · **608-779-9900** or **1-800-947-2330**
  [http://www.ahom.com](http://www.ahom.com)

- **Apria Healthcare**
  W6853 Industrial Boulevard, Onalaska · **608-783-7668** or **1-800-285-9233**
  [http://www.apria.com](http://www.apria.com)

- **Cass Street Pharmacy (formerly The Medicine Shoppe)**
  528 Cass Street, La Crosse · **608-784-9922**

- **Dan’s Shoe Repair**
  112 5th Avenue North, La Crosse · **608-782-3775**

- **Degen Berglund**
  4000 Mormon Coulee Road, La Crosse
  111 Sand Lake Road, Center 90, Onalaska
  2511 Green Bay Street, Village Shopping Center, La Crosse
  **608-775-8500**
  [http://www.degenberglund.com](http://www.degenberglund.com)

- **Family Medical Supply and CPAP Store**
  705 State Street, La Crosse · **608-791-1100** · **1-855-791-1549**

- **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](http://www.ilresources.org)
  E-mail: [advocacy@ilresources.org](mailto:advocacy@ilresources.org)

• **La Crosse County Aging Unit Loan Closet**
  Wheelchairs, walkers, commodes, and other equipment is available for a modest monthly service charge
  400 4th Street North, La Crosse • 608-785-9710

• **Lenny’s Shoe Repair**
  721 Clinton Street, La Crosse • 608-782-0014

• **Lincare**
  Durable medical equipment including respiratory needs, professionally licensed staff.
  1010 19th Street South, La Crosse • 608-791-0018

• **Mayo Clinic Health System Franciscan Healthcare Home Medical Equipment**
  620 11th Street South, La Crosse • 608-392-9797
  [http://www.mayohealthsystem.org](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](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](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 Health System
  1900 South Avenue, La Crosse • 608-775-2287
  http://www.gundersenhealth.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 – Integrated Support and Recovery Services
  300 4th Street North, La Crosse • 608-784-4357 (HELP)
  http://www.co.la-crosse.wi.us/HumansServices/cs

- Mayo Clinic Health System Franciscan Healthcare Behavioral Health Services
  212 11th Street South, La Crosse • 608-392-9555
  http://www.mayohealthsystem.org

- VA 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](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](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

• **Great Rivers 2-1-1**  
  Dial 2-1-1 or 1-800-362-8255 • TTY 1-866-884-3620  
  [http://www.greatrivers211.org](http://www.greatrivers211.org)

**MENTAL HEALTH DROP-IN CENTERS**

• **PIE (Partners In Empowerment)**  
  1201 South 10th Street, La Crosse • **608-784-1141**

• **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](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
PRESCRIPTION DRUG PROGRAMS

- **Medicare Part D**
  A prescription drug program that provides additional coverage to your current Medicare plan
  http://www.medicare.gov

- **Medigap Helpline/SHIP**
  A free, confidential counseling service for all Medicare beneficiaries, including disabled individuals and those age 65 and over to help with questions about various health insurance topics. · 1-800-242-1060

- **Medigap Part D and Prescription Drug Helpline**
  State of Wisconsin Board on Aging and Long Term Care
  Assistance with questions about prescription drug insurance for callers age 60 and over. 1-855-677-2783

- **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; annual enrollment fee and minimal co-pay for each prescription; projected annual income will determine whether certain out-of-pocket expenses will also be required.
  SeniorCare Customer Service Hotline
  1-800-657-2038 (voice) or 711 (TTY)
  dhs.wi.gov/seniorcare Wisconsin SeniorCare

- 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](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](http://www.cclswi.com)

- **Gundersen Health System**
  **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](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](http://www.ilresources.org)  
E-mail: [advocacy@ilresources.org](mailto: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](mailto: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](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](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](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](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
REPAIRS / CHORES / ERRANDS

- **Brandon Balfanz · 608-769-1237**
  Lawn work, snow removal, packing up for moving, other chores

- **Causeway Interfaith Volunteer Caregivers**
  Light housekeeping and minor repairs
  608-775-9999

- **Couleecap, Inc.**
  Weatherization Program to improve energy efficiency for homeowners or renters at no cost for qualifying households.
  608-634-7821 · 1-866-904-4508
  [http://www.couleecap.org](http://www.couleecap.org)

- **University of Wisconsin La Crosse**
  Financial Aid Office · 608-785-8604
  Access students that may be paid or volunteer
  [http://www.uwlax.edu/finaid](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](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](http://www.wisconsintechconnect.com)

- **Wiscorps**
  RSVP · 608-785-0500
  Free labor for home repairs and chores for seniors, person with disabilities or low income.
GROCERY SHOPPING

- **Causeway Interfaith Volunteer Caregivers**  
  608-775-9999

- **Friedman’s Home Delivery Service**  
  Grocery shopping and delivery to home. Call by 10 am, Monday through Thursday.  
  4225 Cliffside Drive, La Crosse · **608-7804010**

- **Groceries to Go**  
  RSVP · **608-785-0500**  
  In collaboration with WAFER food pantry, will provide transportation to WAFER monthly or delivery of groceries to seniors and home bound persons with low income.
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](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](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](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**  
  421uth 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

- **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** (closing in Nov. 2014)

- **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

People with developmental disabilities must meet certain criteria for admission

- **Benedictine Manor Rehabilitation Center**
  (formerly St. Joseph’s Rehabilitation Center, [http://www.crsinc.org](http://www.crsinc.org))
  2902 East Avenue South, La Crosse • 608-788-9870
  [http://www.blclacrosse.org](http://www.blclacrosse.org)

- **Bethany Riverside**
  2575 7th Street South, La Crosse • 608-406-3900
  [http://www.bethanylutheranhomes.org](http://www.bethanylutheranhomes.org)

- **Bethany St. Joseph Care Center**
  2501 Shelby Road, La Crosse • 608-788-5700
  [http://www.bsjcorp.com](http://www.bsjcorp.com)

- **Hillview Healthcare Center**
  3501 Park Lane Drive, La Crosse • 608-789-4800
  [http://www.co.la-crosse.wi.us/hillview](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](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](http://www.bsjcorp.com)

- **St. Joseph’s Rehabilitation Center**
  2902 East Avenue South, La Crosse • 608-788-9870
  [http://www.crsinc.org](http://www.crsinc.org)

**Denotes facilities with Alzheimer’s/Dementia specific units**
SUBSTANCE USE AND ADDICTION SERVICES

SUBSTANCE USE TREATMENT CENTERS

- AMS (addiction Medical Solutions) of Wisconsin
  Specializing in treatment of opiate addiction
  9532 East 16 Frontage, Suite 100, Onalaska
  608-783-0506

- Gundersen Health System
  Unity House for Men · 608-775-7991
  Unity House for Women · 608-775-7991
  http://www.gundersenhealth.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
  Integrated Support and Recovery Services
  300 4th Street North, La Crosse · 608-784-4357 (HELP)
  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 meetings 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](http://www.blackriverhospital.com)

- **BrightStar Lifecare**  
  1052 Forest Drive, Suite 240, Onalaska • **608-519-4324**

- **Care at Home**  
  1825 Sunset Lane, La Crosse • **608-386-8915**

- **Caring Hearts Home Care and Transportation**  
  W5942 Baker Road, Holmen • **608-317-3657**

- **CNS Home Health Care**  
  700 N. 3rd Street, Suite 103, La Crosse • **608-783-3200**  
  [http://www.cnshomehealth.com](http://www.cnshomehealth.com)

- **Comfort Keepers**  
  2951 South 21st Place, La Crosse • **608-784-3357 or 1-800-567-6274**  
  [http://www.comfortkeepers.com](http://www.comfortkeepers.com)

- **Coulee Region Adult Day Center**  
  Adult day service which provides supports for the elderly and for physically and mentally disabled individuals and their caregivers.  
  1062 Oak Forest Drive, Suite 160, Onalaska • **608-519-2306**

- **Gemini Cares**  
  1501 Saint Andrew Street, Suite C106, La Crosse • **608-796-9131 or 1-800-345-0669**  
  [http://www.geminicares.com](http://www.geminicares.com)

- **Home Instead Senior Care**  
  1333 Gillette Street, La Crosse • **608-782-4000**  
  [http://www.homeinstead.com](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

• My Innovative Services
  9534 East Highway 16, Onalaska, WI • 608-738-2142

• Recover Health
  700 3rd Street North, Suite 205, 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

- **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](http://www.rsvplax.org)

- **CTS Taxi** · 608-784-7700  
  [http://www.ctstaxi.com](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.geminicares.com](http://www.geminicares.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](http://www.findaridewisconsin.org) · 1-888-300-9796  
  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

- **Scenic Mississippi Regional Transit (S.M.R.T. bus)**  
  Offers several routes that provide weekday service for Crawford, Vernon and La Crosse Counties. · 1-877-444-6543  
  for route, schedule and fee information.  
  [www.ridesmart.com](http://www.ridesmart.com)

- **Also see Taxi Services in the Yellow Pages**

  **Denotes transportation options that are wheelchair accessible**

Printed November 2014
Non-Emergency Medical Transportation
The following services are available to people needing transportation for medical services.
**Denotes transportation options that are wheelchair accessible

- **Access Medical Transit / Top Hat, Inc. · 608-782-4200 or 1-800-658-9054
- **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 Health System Coulee Trails · 608-637-8884 or 1-800-771-8884
  126 ½ West Jefferson Street, Viroqua, WI 54665
- ** MTM (Medical Transportation Management) Medical transportation only and is for
  Medical Assistance recipients only, excluding members of Western Wisconsin Cares. This is
  the only source of MA funded transportation services.
  1-866-907-1493 · TTY 1-800-855-2880
- **Shared Transit-Gundersen · (608)784-0000 or (866)666-2561
  Free transportation to Gundersen 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.
- **Shared Transit-Mayo Clinic Health System · (608)784-0000 or (866)666-2561
  Transportation to Mayo Clinic Health System clinics in Onalaska or Holmen for residents of
  Onalaska, Holmen, West Salem, Bangor, Rockland, Town of Holland. There is a fee for this
  service, call ahead for rates. For all ages and do not have to have a disability. Call at least 1
  hour ahead of time.
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 VA Integrated Health Center (Mental Health)**
  1615 Losey Blvd., La Crosse
  (608)787-6411

- **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](http://www.co.la-crosse.wi.us/departments/veterans)

- **Tomah VA Medical Center**
  500 East Veterans Street, Tomah • 1-800-872-8662
  [http://www.tomah.va.gov](http://www.tomah.va.gov)

- **VA Caregiver Support Line**
  1-855-260-3274

- **VA River Valley Integrated Health Center**
  Outpatient clinic for area veterans
  2600 State Road, La Crosse • 608-784-3886
  **Behavioral Health and Physical Therapy Services**
  1525 Losey Boulevard South, 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 ext. 61751
  [http://www.co.la-crosse.wi.us/departments/veterans](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](http://www.vetcenter.va.gov)
• Veterans Assistance Foundation
  Provides transitional housing for veterans who are homeless or at risk of becoming homeless.
  Referral line: 608-372-1280
  www.vafvets.org

• Veteran’s Crisis/Suicide Prevention Hotline
  1-800-273-TALK (1-800-273-8255) Press “1” when prompted to do so.
  http://www.VeteransCrisisLine.net/chat
  http://www.VeteransCrisisLine.net/quiz

• Veteran’s Homeless Hotline
  1-877-4AID-VET (1-877-424-3838)
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 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

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