

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

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

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

AGING & DISABILITY RESOURCE CENTER OF WESTERN WISCONSIN

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

YOU HAVE QUESTIONS? WE HAVE ANSWERS!!

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

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ABUSE RESOURCES

- **911**
Call immediately if you feel someone is in immediate, serious or life-threatening danger
- **Aging & Disability Resource Center of Western Wisconsin**
Call if you are concerned about an adult neighbor, friend, or family member or to report concerns of abuse, neglect or exploitation of an adult
300 4th Street North, La Crosse • **608-785-5700** or **1-800-500-3910** • **TTY 608-785-9787**
E-mail: adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **National Center on Elder Abuse**
<http://www.ncea.aoa.gov>
- **National Clearinghouse on Abuse in Later Life**
608-255-0539
E-Mail: ncall@wcadv.org
<http://www.ncall.us>
- **National Domestic Violence Hotline**
Anonymous and confidential help 24/7
1-800-799-SAFE (7233) or **1-800-787-3224 (TTY)**
<http://www.ndvh.org>
- **New Horizons Domestic Abuse Shelter**
608-791-2600 or **1-888-231-0066**
<http://www.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**

Two Adult Day Care locations serving adults with disabilities, seniors, persons with Alzheimer's and veteran's in a home-like environment including a nutritious hot lunch and snacks. Program offerings include whirlpool bathing, medical support, exercise, entertainment, leisure activities and outings. WI Certified and serving the Coulee Region since 1977.

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

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

<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>

- **Riverfront, Inc.
Day Services Program**

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

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

<http://www.riverfrontinc.org>

ADVOCACY

- **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; benefit specialists to help person of all ages.
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>

- **Greater Wisconsin Agency on Aging Resources (GWAAR) • 608-243-5670**
<http://gwaar.org>
 Provides information about services and resources to citizens 60 years and older.
Wisconsin Guardianship Support Center • 1-855-409-9410
Elder Law Center • 608-243-5670
- **Hmong Mutual Assistance Association**
 1815 Ward Avenue, La Crosse • **608-781-5744**
- **Independent Living Resources (ILR)**
 Assists individuals to learn how to speak for themselves
 by building skills and self esteem.
 4439 Mormon Coulee Road, La Crosse
608-787-1111 or 1-888-474-5745
TTY 608-787-1148 or TTY 1-888-378-2198
<http://www.ilresources.org>
 E-mail: advocacy@ilresources.org
- **Legislative Hotline**
 Call to advocate for support or change in legislation
1-800-362-9472
- **NAMI Wisconsin, Inc. (National Alliance on Mental Illness)**
 Serves as advocates for persons affected by mental illness and their
 families on a state and national level
 La Crosse Advocate • **608-779-1554 or 1-800-236-2988**
 NAMI Helpline • **1-800-950-6264**
<http://www.nami.org> (National) <http://www.namiwisconsin.org> (State)
- **National MS Society-Wisconsin Chapter**
 Provides free statewide support and services to individuals living with MS, their loved ones,
 friends and caregivers. This includes information and referral, financial assistance for needs
 related to MS, education and peer support.
 1120 James Dr. Suite A, Hartland WI • **1-800-344-4867**
<http://www.wisms.org>

- **Office of the Commissioner of Insurance**
Will take complaints concerning an insurance company or a specific insurance agent.
1-800-236-8517
Hearing and Speech Impaired number only • **608-266-3586**
<http://www.oci.wi.gov>
- **U.S. Department of Justice ADA Information Line**
Provides information about the *Americans with Disabilities Act* or information about filing a complaint; Spanish language service also available.
1-800-514-0301 • TTY 1-888-514-0383
<http://www.ada.gov>
- **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>

ALZHEIMER'S/DEMENTIA SERVICES

SPECIALIZED ALZHEIMER/DEMENTIA SERVICES

- **Alzheimer's Association**
Advocacy, educational materials, family consults, peer mentoring.
Call for support group information.
404 ½ North Bridge Street, Chippewa Falls • **715-720-7611**
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 tool) • **1-877-259-4850**
<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)**
Caregiver Support Program and Powerful Tools for Caregiving.
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 *Nursing Homes* section in this resource guide.**
(**) denotes facilities with Alzheimer's/Dementia specific units

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.
404 ½ North Bridge Street, Chippewa Falls • **715-720-7611**
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> (National)
<http://www.alz.org/gwwi> (Greater Wisconsin Chapter)
- **La Crosse County Senior Services (Aging Unit)**
400 4th Street North, Room 2260, La Crosse • **608-785-9710**
<http://www.co.la-crosse.wi.us/aging>

Caregiver Support Program

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

Powerful Tools for Caregiving: Taking Care of You

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

- **RSVP**
Friendly Caller Program
A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for home-bound citizens to socialize daily.
608-785-0500 or **1-888-822-1295**
<http://www.rsvplax.org>

Long Term Care Support Broker Services

- **Lutheran Social Services**. Provides assistance to persons needing long term care services to understand options and ensure best service is obtained.
2307 South Avenue, La Crosse • **715-379-3810**

CLINICS/MEDICAL CENTERS/DENTAL

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>

- **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 1303 Main Street, Holmen • **608-526-3351**

Onalaska Campus 191 Theater Road, Onalaska • **608-392-5000**

<http://www.mayohealthsystem.org>

- **Tomah VA Medical Center**

500 East Veterans Street, Tomah • **1-800-872-8662**

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

FREE OR REDUCED HEALTHCARE

- **Community Care Clinic**

Provides outpatient medical care at a reduced rate. Services available to those with or without insurance.

1202 County Road PH, Onlasksa • **608-781-2225**

<http://www.bronstonchiro.com/community-care-clinic/>

Neighborhood Family Clinic

Provides outpatient medical care at a reduced rate. Services available to those with or without insurance.

1526 Rose Street, La Crosse • **608-781-9880** <http://www.nfclinics.com>

- **Options Clinic**

Helps to create healthier lives and families by providing and advocating for sexual health and education. Services include annual exams, breast and cervical cancer screenings, FDA approved birth control, STD testing and treatment, pregnancy testing and counseling, and community education. All services are provided in harmony with the personal beliefs of each client.

1201 Caledonia Street, La Crosse • **608-775-8390** or **1-800-657-5177**

<http://www.optionsclinic.org>

- **St. Clare Health Mission**

Free medical care for people with no insurance and low income

Hours are Tuesday & Thursday 5:00-8:00pm

916 Ferry Street, La Crosse • **608-392-9546**

<http://www.stclarehealthmission.org>

- **Scenic Bluffs Community Health Center**

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

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

Private insurances also accepted

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

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

<http://www.scenicbluffs.org>

- **Salvation Army - Caring, Inc.**

General health and wellness screenings for people with no insurance and low income

223 8th Street North, La Crosse • **608-782-6126** or **608-782-0962**

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

<http://www.salvationarmylacrosse.org>

- **Wisconsin Well Woman Program**

- **La Crosse County Health Department**

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>

FREE OR REDUCED DENTAL SERVICES

- **Affordable Dentures**

Provides affordable, low fee denture services

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

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

- **Scenic Bluffs Community Health Center**

Dental services include preventive, restoration and urgent care.

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

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

<http://www.scenicbluffs.org>

- **Wisconsin Dental Association, Inc.**

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

1-866-812-9840

<http://www.wda.org>

OTHER CLINICS AVAILABLE

- **Gundersen Health System Express Care**

Treating patients of all ages no matter where primary care is received.

No appointment is needed. Call for fee information.

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>

- **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>

EDUCATION

- **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>

- **University of Wisconsin - La Crosse**

- **Continuing Education Programs**

- Offers lifelong learning programs for participants of all ages

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

- <http://www.uwlax.edu>

- **Learning in Retirement**

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

- 205 Morris Hall, 1725 State Street, La Crosse • **608-785-6504** • **TTY 608-785-6900**

- <http://www.uwlax.edu>

- **Viterbo University**

- Continuing education courses

- 900 Viterbo Drive, La Crosse • **608-796-3060**

- <http://www.viterbo.edu>

- **Western Technical College**

- Adult evening education courses

- 400 7th Street North, La Crosse • **608-785-9200** or **1-800-322-9982**

- **TTY 608-785-9551** • **Interpreter 608-788-9551**

- <http://www.westerntc.edu>

EMERGENCY RESOURCES

MEDICAL EMERGENCY

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

HOUSING EMERGENCY

- **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>
- **New Horizons Domestic Abuse Shelter** • **608-791-2600** or **1-888-231-0066**
<http://www.newhorizonslacrosse.com>
- **Salvation Army**
223 8th Street North, La Crosse • **608-782-6126**
<http://www.salvationarmyusa.org>
- **Veterans Assistance Center**
Transitional housing program for homeless veterans and veterans at risk of becoming homeless
1-800-947-8387 (State Hotline)
http://www.dva.state.wi.us/Ben_homeless.asp

CLOTHING EMERGENCY

- **Catholic Charities Men's Clothing Closet**
Providing no cost business and casual clothing for individuals in the community
413 3rd Street South, La Crosse • **608-782-0710**
- **Salvation Army**
Clothing vouchers available to Salvation Army Thrift Store; must set up an appointment to apply for the voucher
223 8th Street North, La Crosse • **608-782-6126**
<http://www.salvationarmyusa.org>
- **Our Saviors Lutheran Church Women's Clothing Closet**
The mission of the Women's Clothes Closet is to provide used clothing to low income women, especially those who are entering or are in the workforce.
Monday 9:00am-3:00pm; Tuesday 2:00-7:00pm; Saturday 11:00am-4:00pm
612 Division Street, La Crosse • **608-784-5745**

ENERGY / FUEL ASSISTANCE

- **La Crosse County Human Services**
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 • **608-784-4357**
<http://www.co.la-crosse.wi.us>
- **Salvation Army**
Heat and electrical assistance for low-income individuals and families facing crisis situations when funds are available
223 8th Street North, La Crosse • **608-782-6126**
<http://www.salvationarmyusa.org>

PERSONAL EMERGENCY RESPONSE SYSTEMS

- **Alzheimer's Association**

Advocacy, educational materials, family consults, peer mentoring.

Call for support group information.

404 ½ North Bridge Street, Chippewa Falls • **715-720-7611**

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 tool) • **1-877-259-4850**

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

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

- **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>

- **Degen Berglund**

Lifeline Personal Response and Support Services

An easy-to-use personal response service that ensures older adults living at home will get quick assistance whenever it is needed

4000 Mormon Coulee Road, La Crosse • **608-775-8500**

2442 State Road, La Crosse • **608-775-8500**

111 Sand Lake Road, Onalaska • **608-775-8500**

<http://www.degenberglund.com>

- **Great Rivers 2-1-1**

Information, help and crisis line 24-hours a day, 7 days a week

Carrier Alert - free service that allows mail carriers to get assistance for you if your mail is not removed from your box; requires registration through Great Rivers 2-1-1

608-791-4344

<http://www.greatrivers211.org>

- **Guardian Alert 911**

Free lifeline service available to veterans that live alone and are currently enrolled in the VA Healthcare System. Must have a landline telephone. Contact your primary care provider at the VA for additional information and eligibility.

Veterans Administration Medical Center, Tomah • **1-800-872-8662**

- **Mayo Clinic Health System Franciscan Healthcare HelpLink Medical Alert Service**
 A personalized response system that uses a two-way voice console unit to automatically dial a 24-Hour Response Center
608-392-9797 or 1-800-362-5454 ext. 26300
<http://www.mayohealthsystem.org>
- **ResCare Rest Assured OneTouch**
 An easy to use two-way speaker phone that automatically connects you to a Tele-Caregiver when you push the call button 24/7
 1425 B State Road 16, Plaza 16, La Crosse • **608-779-0900**
<http://www.rescarehomecare.org>
- **RSVP Friendly Caller Program**
 A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for home-bound citizens to socialize daily.
608-785-0500 or 1-888-822-1295
<http://www.rsvplax.org>

EMPLOYMENT ASSISTANCE

- **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>

- **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>

E-mail: 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>

- **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>

- **Workforce Development Center of Western Wisconsin**
East Ward Commerce Center, 2615 East Avenue South, La Crosse
608-789-5627 or 1-800-742-5627

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
Elderly Benefit Specialist – serves ages 60 and up
300 4th Street North, La Crosse
608-785-5700 or **1-800-500-3910**
[E-mail: adrcnr@co.la-crosse.wi.us](mailto:adrcnr@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 • **608-784-4357**
Oversees questions and applications for
 - Energy Assistance, Emergency Energy Assistance
 - W-2
 - Emergency Assistance
- **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> Medicare

- **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>
- **Social Security Administration**
 210 7th Street South, Suite 100, La Crosse
 1-866-770-2345 (La Crosse office) or 1-800-772-1213 • TTY 1-800-325-0778
<http://www.ssa.gov>
- **State of Wisconsin Medigap Help-line • 1-800-242-1060**
<http://www.medicare.gov/medigap>
- **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 – St. Lawrence Community Services**
 Helps people prevent further financial problems by providing instruction in the wise use of credit, budgeting, and family money management; representative payeeship
 413 3rd Street South, La Crosse • 608-782-0710
<http://www.cclse.org>
- **City of La Crosse Housing Rehabilitation Program**
 Provides funding to help eliminate housing conditions which are detrimental to health, safety, and public welfare; eligibility requirements apply
 400 La Crosse Street, La Crosse • 608-789-7513
<http://www.lacrossehousing.org>
- **Consumer Credit Counseling Service of La Crosse**
 Dedicated to helping people manage their finances and solve their debt problems through counseling and debt management programs
 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.
608-634-7371
<http://www.couleecap.org>
- Federal Housing Administration**
The FHA Resource Center • 1-800-CALL-FHA (225-5342) • TTY 1-800-877-8339
 For programs including **Home Equity Conversion Mortgage** which allows homeowners 62 years of age or older to draw income from home equity without requiring repayment for the time the home is occupied.
 To find a HUD (Housing and Urban Development) approved housing counseling agency
1- 800-569-4287
- iLIFE Financial Management Services**
 Assistance for persons receiving long term care services: Fiscal/Employer Agent, Third Party Administration, Financial Services Consultation, Online time reporting.
 6100 North Baker Road, Glendale WI • **1-888-958-7695**
<http://www.iLIFEms.com>
- 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>

REPRESENTATIVE PAYEE SERVICES

- Catholic Charities – St. Lawrence Community Services**
 413 3rd Street South, La Crosse • **608-782-0710**
<http://www.cclse.org>
- Consumer Credit Counseling Service of La Crosse**
 505 King Street, Suite 212, La Crosse • **608-784-8380**

- **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
- **iLIFE Financial Management Services**
6100 North Baker Road, Glendale WI • **1-888-958-7695**
<http://www.iLIFEms.com>
- **Riverfront, Inc.**
3000 South Avenue La Crosse • **608-784-9450** or **1-800-949-7380**
<http://www.riverfrontinc.org>

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>
- **Aging and Disability Resource Center of Western Wisconsin**
Elderly Benefit Specialist - serves age 60 and older; assistance with homestead credit
3004th Street North, La Crosse • **608-785-5700** or **1-800-500-3910**
[E-mail: adrcnr@co.la-crosse.wi.us](mailto:adrcnr@co.la-crosse.wi.us)
<http://www.adrcww.org>
- **IRS Tax consulting 1-800-829-1040 • TTY/TDD 1-800-829-4059**
<http://www.irs.gov>
- **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>

- **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 • **1-800-723-3546**

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

Days and times subject to change. Please contact facility to confirm.

- **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**
- **Catholic Charities**
Monday 8:30am – 4pm, other times possible if emergency
413 3rd St South, La Crosse • **608-782-0710**
- **Community Garden**
Monday and Thursday 3:30pm-6:00pm and Saturday 10:00am-1:00pm
for food distribution
No charge for the fresh produce. Produce available June-September.
Volunteers are welcome Monday-Friday 9:00am-3:30pm and produce is available at the end of your shift.
Located at the corner of Kane St. and St. Cloud St., La Crosse • **608-386-3319**
<http://www.lacrossehtf.org>
- **First Evangelical Free Church Food Pantry**
Tuesday 10:00am-2:00pm
Must call to set an appointment
1950 State Road 35, Onalaska • **608-782-6022**
- **From the heart Food Pantry**
Monday 5:30-7pm, Last Saturday of month 10am-1pm.
Trinity Lutheran Church, 1010 Sill St la Crosse • **608-782-2526**
- **Holmen Area Food Pantry** (Holmen residency not required)
Tuesday, Friday 9-11am
St Elizabeth Ann Seaton Catholic church, 515 Main St, Holmen
- **Onalaska Emergency Food Basket** (resident of Onalaska, Holmen, French Island)
Monday 4-6 pm; Tuesday-Friday 9:00 -11:00am.
735 Sand Lake Road, Onalaska • **608-783-7722**

- **River of Life Church**
Thursday 10am-2pm or call for appt. Monday-Thursday 9am-1pm
1214 County Road PH, Onalaska • **608-782-2780**

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

- **TLC Center**
Tuesday-Saturday 9am-5pm
1232 Clinton St, La Crosse • **608-781-9111**

- **WAFER Emergency Food Shelf**
Monday-Friday 10:00am – 12:45pm
Monday, Tuesday & Thursday 4:00pm – 7:45pm,
Food fair usually fourth Saturday of month, need ticket by Friday before
403 Causeway Boulevard, La Crosse • **608-782-6003**
<http://waferlacrosse.org>

- **West Salem Area Community Care & Share Pantry**
(resident of West Salem, Bangor, Mindoro, Melrose, Barre Mills, Rockland)
Saturday 10:00am-12:00pm.
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

Days and times subject to change. Please contact facility to confirm.

- **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
612 Division Street, La Crosse • **608-782-3468**
- **Holmen’s Hope**
Last Tuesday of month, 5-7pm
Holmen American Legion 419 1st Ave W, Holmen • **608-526-4444**
- **Lutheran Church**
Doors open 4:30pm and meal served at 5:00pm – 6:00pm
1010 Sill Street, La Crosse • **608-782-6200**
- **New Beginnings Christian Fellowship**
Wednesday 5:30-6:30pm
122 5th Ave, La Crosse • **608-78-8030**
- **Onalaska United Methodist Church**
Tuesday 5:30-6:30pm
212 4th Ave N, Onalaska • **608-783-3380**
- **Presbyterian Church of West Salem**
4th Wednesday of the month 5-6pm
625 W Franklin St, West Salem • **608-786-0910**
- **RAVE (Recovery Avenue)**
Monday, 9:30am
1806 State St, La Crosse • **608-787-1111**
- **Salvation Army**
Monday - Friday 11:30am and 4:30pm, Tuesday at 4:30 pm for shelter residents only
Meals Saturday & Sunday 12:30pm and 4:30pm
223 8th Street North, La Crosse • **608-782-6126**

HOME DELIVERED MEALS

- **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
3210 SE Corporate Woods Drive, Ankeny, IA • **1-877-508-6667**

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>

HEARING AND VISION LOSS SERVICES

- **Lions Affordable Hearing Aid Project (Lions AHAP)**
Financial assistance for the purchase of hearing aids, eligibility based on income criteria
E-mail: LionsAHAP@lionsclubs.org
International Lions Foundation 630-571-5466
WI Lions Foundation 715-677-4969 or 877-463-6953 • TTY 715-677-6999
- **Office for the Blind or Visually Impaired**
Services to assist individuals who are blind or visually impaired to achieve their own goals of independent living through individual visits, group trainings and teaching techniques and technologies for use in daily living. Call for support group information.
115 5th Avenue South, Suite 506, La Crosse
608-789-5663 or 1-888-879-0017
<http://www.dhs.wisconsin.gov/blind>
- **Office for the Deaf and Hard of Hearing**
Provides information and referral, education, and training
608-319-1249
<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.
1-414-615-0100
<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.cns-homehealth.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**
1501 St. Andrews St, suite 200, La Crosse • **608-796-9131** or **1-800-345-0669**
<http://www.alphiqh.com>
- **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**
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**
1900 South Avenue, LaCrosse • **608-775-8435**
<http://www.gundersenhealth.org/hospice>
- **Home Instead Senior Care**
1333 Gillette Street • 608-782-4000
<http://www.homeinstead.com>
- **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)
2904 East Avenue South, La Crosse • **608-788-7489**
<http://www.blclacrosse.org>

- **Bethany Lutheran Homes**
<http://www.bethanylutheranhomes.org>

Bethany Heights Assisted Living (55+ years of age)
112 Juniper Lane, Holmen • **608-526-2635**

Bethany on Cass (55+ years of age)
1315 Cass Street, La Crosse • **608-796-1091**

Eagle Crest Assisted Living (62+ years of age)
351 Mason Street, Onalaska • **608-779-1700**

****Eagle Crest Senior Living Community** (62+ years of age)
351 Mason Street, Onalaska • **608-779-1700**

****The Willows Senior Housing** (55+ years of age)
2555 7th Street South, La Crosse • **608-406-3978**

- **Bethany St. Joseph Corporation**
<http://www.bsjcorp.com>

****Laurel Manor** (55+disability or 62+)
108 17th Avenue South, Onalaska • **608-783-1815**

Mill St. Manor (55+ disability or 62+)
840 Mill Street, West Salem • **608-786-2447**

Prairie Home (55+ disability or 62+)
620 Malin Court, Holmen • **608-526-4850**

Salem Terrace (55+disability or 62+)
104 Lewis Street, West Salem • **608-786-2440**

Shelby Terrace (55+disability or 62+)
2525 and 2527 Shelby Road, La Crosse • **608-788-4477**

- **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>
- **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 <http://www.adrcww.org/>

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) – General

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

- **Bethany Lutheran Homes**

<http://www.bethanylutheranhomes.org>

Eagle Crest South, High Acuity Assisted Living

622 Bennora Lee Court, La Crosse • **608-779-1702**

Eagle Crest South Serenity Suites (end of life care)

622 Bennora Lee Court, La Crosse • **608-779-1702**

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

<http://www.brookdaleliving.com>

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**

- **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.theclarahouse.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**

<http://www.bethanylutheranhomes.org>

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

Eagle Crest South Memory Care 622 Bennora Lee Court, La Crosse • **608-779-1702**

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**

- **Bluffview Memory Care** 2101 Bluffview Court, Holmen

608-526-5864 • 608-799-0993

info@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.brookdaleliving.com>

- **The Meadows at Springbrook**

861 Critter Court, Onalaska • **608-783-2292**

<http://www.springbrookassistedliving.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 • **608-392-6888**

<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**

<http://www.bethanylutheranhomes.org>

Bethany Heights (55+)

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

Eagle Crest Senior Living Community

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

Eagle Crest South Independent Living Plus

622 Bennora Lee Court, La Crosse • **608-779-1702**

- **Bethany St. Joseph Corporation**

<http://www.bsjcorp.com>

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

840 Mill Street, West Salem • **608-786-2440**

OnaMain (55+disability or 62+)

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

OnaTerrace (55+disability or 62+)

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

Prairie Home (55+ disability or 62+)

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

Salem Terrace

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

Welcome Home Apartments (55+disability or 62+)

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

Windsor Place (55+disability or 62+)

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

- **Brookside Meadows (55+)**

4350 Fireclay Court, La Crosse • **608-782-4488 ext. 317**

<http://www.gerrardcompanies.com>

- **Carroll Heights Apartments** (55+ or disability)
3505 Park Lane Drive, La Crosse • **608-785-5555**
<http://www.co.la-crosse.wi.us/hillview>
- **Cedar Court Apartments** (income limits)
321 Wagon Drive, West Salem • **608-786-4101**
<http://www.lifestyleinc.net>
- **Christopherson House** (low income adults with physical disabilities; no age limit)
2121 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>
- **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>

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**

<http://www.impactseven.org>

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

- **La Crosse County Housing Authority**

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

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

<http://www.lcha.net>

Dutch Creek Manor 402 18th Avenue North, Bangor

Hillside Manor W3829 Lions Road, Mindoro

McHugh Manor 705 McHugh Road, Holmen

Oak Knoll Manor 301 12th Avenue South, Onalaska

Pertzsch Manor 322 13th Court, Onalaska

Salem Manor 144 South Oak, West Salem

War-leh Manor 615 Plainview Road, La Crosse

West Elm Manor 540 West Elm Street, West Salem

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

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

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

<http://www.mayohealthsystem.org>

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

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

<http://www.gerrardcompanies.com>

- **Mulder Apartments (50+)**

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

- **Page Manor (55+)**

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

- **Pinedale Apartments** (62+ or disability)
510 13th Avenue South, Onalaska • **608-781-5550**
- **Ponderosa Apartments** (income limits)
1709 Viking Avenue, Holmen • **608-786-4101**
<http://www.lifestyleinc.net>
- **Redwood Terrace Apartments** (62+or disability income limits apply)
812 Redwood Street, Onalaska • **608-783-6229**
- **River Oaks Apartments** (income limits)
3460 East Avenue South, La Crosse • **608-787-0200**
- **Salzer Square I** (55+)
1205 7th Street South, La Crosse • **608-785-7775** or **608-784-2935**
<http://www.lovelandpp.com>
- **Salzer Square II** (55+ and income limits)
1224 8th Street South, La Crosse • **608-782-0585** or **608-784-2935**
<http://www.lovelandpp.com>
- **Schumann Apartments** (chronic mental health and income limits)
617 Bennora Lee Court, La Crosse • **608-782-4001** or **608-784-2935**
- **Stonefield Manor** (55+)
1264 County Road PH, Onalaska • **608-779-4906**
- **YWCA Transitional Housing Program** (female only)
Transitional housing program for single, homeless females with children
3219 Commerce Street, La Crosse • **608-781-2783 ext. 8**
<http://www.ywcalax.org>

LEGAL ASSISTANCE

- **Greater Wisconsin Agency on Aging Resources (GWAAR) • 608-243-5670**
<http://gwaar.org>
Provides information about services and resources to citizens 60 years and older.
Wisconsin Guardianship Support Center • 1-855-409-9410
Elder Law Center • 608-243-5670
- **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>
- **American Cancer Society**
1285 Rudy Street, Suite 103, Onalaska • **608-783-5000** or **1-877-423-9125**
<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>
- **Apria Healthcare**
W6853 Industrial Boulevard, Onalaska • **608-783-7668** or **1-800-285-9233**
<http://www.apria.com>
- **Cass Street Pharmacy (formerly The Medicine Shoppe)**
528 Cass Street, La Crosse • **608-784-9922**
- **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>
- **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>
 E-mail: 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>
- **Midwest Off-Road Center**
 Car/van adaptations, repairs, scooters, wheelchairs
 65 Copeland Avenue, La Crosse • **608-784-9980 or 1-800-626-1001**
<http://www.brunomidwest.com>
- **Prosthetic Laboratories of La Crosse**
 2109 South Avenue, La Crosse • **608-782-5070 or 1-866-241-0606**
 831 Critter Court, Suite 300, Onalaska • **608-783-2009**
<http://www.plor.net>
- **Silhouette Shoppe**
 Full assortment of breast forms, bras and swimwear after breast surgery
 2109 South Avenue, La Crosse • **608-782-5070 or 1-866-241-0606**

- **USA Medical Suppliers, Ltd**
Orthotics, prosthetics, and medical supplies
1919 State Road, La Crosse • **608-782-1855**
- **Veterans of Foreign Wars (VFW) Loan Closet**
1530 6th Avenue South, La Crosse • **608-785-1530**
<http://www.vfwofwi.com>
- **Wisconsin Council of the Blind and Visually Impaired**
1-800-783-5213 or 608-255-1166 • TTY 608-255-3301
<http://www.wcblind.org>

MENTAL HEALTH SERVICES

BEHAVIORAL MEDICINE/COUNSELING/MENTAL HEALTH SERVICES

- **Gundersen 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>
- For a listing of additional providers, see *Counselors or Mental Health Services* in the Yellow Pages or call the number below.

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

MENTAL HEALTH CRISIS INTERVENTION

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

- **784-HELP (784-4357)**
La Crosse County Emergency Mental Health Services - Crisis Program
24-hour contact information
- **Great Rivers 2-1-1**
Dial 2-1-1 or 1-800-362-8255 • TTY 1-866-884-3620
<http://www.greatrivers211.org>

MENTAL HEALTH DROP-IN CENTERS

- **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>

NURSING HOMES

- **Benedictine Manor Rehabilitation Center**
(formerly St. Joseph's Rehabilitation Center, <http://www.crsinc.org>)
2902 East Avenue South, La Crosse • **608-788-9870**
<http://www.blclacrosse.org>
- ****Bethany Riverside**
2575 7th Street South, La Crosse • **608-406-3900**
<http://www.bethanylutheranhomes.org>
- ****Bethany St. Joseph Care Center**
2501 Shelby Road, La Crosse • **608-788-5700**
<http://www.bsjcorp.com>
- ****Hillview Healthcare Center**
3501 Park Lane Drive, La Crosse • **608-789-4800**
<http://www.co.la-crosse.wi.us/hillview>
- ****Lakeview Health Center**
902 East Garland Street, West Salem • **608-786-1400**
<http://www.co.la-crosse.wi.us/lakeview>
- **Mulder Healthcare Facility**
713 North Leonard Street, West Salem • **608-786-1600**
- **Onalaska Care Center**
1600 Main Street, Onalaska • **608-783-4681**
<http://www.bsjcorp.com>

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

** People with developmental disabilities must meet certain criteria for admission

PET CARE

Coulee Region Humane Society

Assistance with costs of spay/neuter and emergency care for those who qualify financially.

Possible financial assistance through surrender prevention services.

911 Critter Court, Onalaska • **608-781-4014**

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 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>
- **Coulee Region White Cane Club • 608-788-4222**
Social club for people with visual impairments and other interested individuals
- **Creative Community Living Services (CCLS) Recreation Program**
704 Sand Lake Road, Onalaska • **608-779-4118** or **1-800-283-9252**
<http://www.cclswi.com>
- **Gundersen 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>
- **Independent Living Resources (ILR)**
Connects individuals with activities in the community
4439 Mormon Coulee Road, La Crosse
608-787-1111 or **1-888-474-5745** • **TTY 608-787-1148** or **1-888-378-2198**
<http://www.ilresources.org>
E-mail: advocacy@ilresources.org

- **La Crosse Deaf Club • TTY 608-787-5292**
 Open to all; however, if you do not sign or lip-read, you will need to bring an interpreter; meets monthly; call or email for meeting date and times.
 713 St. James Street, La Crosse
 Email: andersonj500@aol.com
- **La Crosse Area Hmong Cultural and Community Agency, Inc.**
 1815 Ward Avenue, La Crosse • **608-781-5744**
- **North American Squirrel Association (NASA) • 608-234-5988**
 Creating and enhancing opportunities for people with disabilities and the elderly to access the outdoors.
<http://www.nasasquirrel.org>
- **Riverfront Inc.**
 Recreation Program including daily activities at Riverfront and in the community for people with disabilities.
 3000 South Avenue, La Crosse • **608-784-9450**
<http://www.riverfrontinc.org>
- **University of Wisconsin – La Crosse**
Disability Resource Services • 608-785-6900
American Sign Language Club • 608-785-8000
Involvement Center • 608-785-6600
Leisure Lifestyles Program • 608-785-5075
Special Populations Program • 608-785-8690
<http://www.uwlax.edu>
- **YMCA**
 Aquatics, health and wellness activities, active older adult activities.
YMCA North: 400 Mason Street, Onalaska • **608-783-9622**
YMCA La Crosse: 1140 Main Street, La Crosse • **608-782-9622**
<http://www.laxymca.org>
- **YWCA of the Coulee Region – Adaptive Physical Recreation Opportunities (A-PRO)**
 3219 Commerce Street, La Crosse • **608-781-2783**
 Provides recreational opportunities for youth and adults with physical disabilities to encourage independence, enhance self-confidence, and encourage a healthy and active lifestyle.
<http://www.ywcalax.org>

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
- **Coulecap, 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.coulecap.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>
- **Viterbo University**
Financial Aid Office • 608-796-3900
Access students that may be paid or volunteer
<http://www.viterbo.edu>
- **Western Technical College**
Student Employment Services • 608-785-9440
Access students that may be paid or volunteer
<http://www.wisconsintechconnect.com>
- **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

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.

- **Bethany St. Joseph Care Center - Inpatient Respite**
2501 Shelby Road, La Crosse • **608-788-5700**
- **Bluffview Memory Care** 2101 Bluffview Court, Holmen
608-526-5864 • 608-799-0993
info@bluffviewmemorycare.com ; <http://www.bluffviewmemorycare.com>
- **Brookdale Sterling House**
3141 East Avenue South, La Crosse • **608-788-7730**
949 10th Avenue North, Onalaska • **608-783-4955**
<http://www.brookdaleliving.com>
- **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**
- **International Quality Home Care Corporation**
1501 St. Andrews St, La Crosse • **608-796-9131 or 1-800-345-0669**
- **ResCare**
1425 State Road 16, Plaza 16, La Crosse • **608-779-0900**
<http://www.rescarehomecare.com>
- **RSVP - Friendly Caller Program**
A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for home-bound citizens to socialize daily.
608-785-0500 or 1-888-822-1295 <http://www.rsvplax.org>
- Also see *Adult Day Services and Nursing Homes* resources in this resource guide.

SENIOR CENTERS

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

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

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

There are a number of support groups in the area dealing with a variety of topics. The location and times for these meeting vary. Call the numbers 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>
- **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>

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>
- **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>
- **Comfort Keepers**
2951 South 21st Place, La Crosse • **608-784-3357** or **1-800-567-6274**
<http://www.comfortkeepers.com>
- **Coulee Region Adult Day Center**
1062 Oak Forest Drive, Suite 160, Onalaska • **608-519-2306**
- **Home Instead Senior Care**
1333 Gillette Street, La Crosse • **608-782-4000**
<http://www.homeinstead.com>
- **Ho-Chunk Nation**
724 Main Street, La Crosse • **608-784-3083**
<http://www.ho-chunknation.com>

- **Independent Living Resources (ILR)**
Personal Care Program
 4439 Mormon Coulee Road, La Crosse
608-793-1700 or **1-888-474-5745**
TTY 608-787-1148 or **TTY 1-888-378-2198**
<http://www.ilresources.org>
- **International Quality Home Care**
 1501 St. Andrews St, Suite 200, La Crosse • **608-796-9131** or **1-800-345-0669**
<http://www.alphaiqh.com>
- **LifeNet**
 800 Wisconsin Street, Building D-2, Suite 305, Eau Claire • **1-800-506-5433**
<http://www.lifenet-llc.com>
- **MCFI Home Care • 262-424-2901**
- **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**
 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>
- ****CTS Taxi • 608-784-7700** <http://www.ctstaxi.com>
- **Caring Hearts Homecare and Transportation • 608-317-3657**
- **La Crosse County Senior Services (Aging Unit)**
Onalaska/Holmen/West Salem Public Transit (Shared Ride) • 608-784-0000
La Crosse County Rural Public Transit (Shared Ride) • 1-866-666-2561
La Crosse County Volunteer Drivers • 785-6139 (Call 24 hours in advance)
Find-A-Ride Program • 1-888-300-9796 or <http://www.findaridewisconsin.org>
Service for the public, ages 18+, to connect you with the most appropriate ride that will cost the least
****La Crosse County Mini-Bus • 608-781-3069**
Call 24 hours in advance; serves all of La Crosse County
- **La Crosse Municipal Transit Utility (MTU) • 608-789-7350**
MTU Mobility Plus • 608-781-3069
- **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
- **Also see *Taxi Services* in the Yellow Pages**

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

Non-Emergency Medical Transportation

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

**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 Family Care. 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>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **1-800-872-8662**
<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>
- **Vet Center**
Free mental health counseling services to combat veterans and their family. Military sexual trauma counseling services available to all military service members.
20 Copeland Avenue, La Crosse • **608-782-4403**
<http://www.vetcenter.va.gov>

- **Veterans Assistance 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.

- **Causeway Volunteer Interfaith Caregivers.**

Causeway Interfaith Volunteer Caregivers connects people with needs to people who care for ongoing supportive connections. Causeway provides volunteer and community services to the elderly and adults with disabilities allowing them to maintain independence and dignity.

420 West Ave. S., La Crosse • **608-775-9999**

- **Coulee Region RSVP (Retired Senior Volunteer Program)**

Invites persons over 55 to share life experience and skills to make a positive impact on their community. You will be matched with a volunteer role which could include the Foster Grandparent or Telephone Reassurance Program.

2920 East Avenue South, Ste. 104, La Crosse • **608-785-0500**

- **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, manage their own care or finances, and therefore may need a guardian. These people usually are suffering from the infirmities of aging, 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 to be their guardians. Many of these people with disabilities only have contact with people who are paid to care for them. As a guardian, you have the power to change that. By visiting your ward once a month, you can show that he or she is special and that you care. You can develop a lasting friendship with your ward, a partnership that may long outlast your legal duties. Any interested and caring person can become a guardian. Spouses, family members, friends, and volunteers are frequently appointed guardians.

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

- **Great Rivers United Way Volunteer Center**

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

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

The Aging & Disability Resource Center of Western Wisconsin

(608) 785-5700

Toll Free: (800) 500-3910

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

INFORMATION & ASSISTANCE

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

The Aging & Disability Resource Center of Western Wisconsin provides information and assistance regarding services available in the community. You may call **(608) 785-5700** or come to our conveniently located office at **300 4th Street North** in **La Crosse**. **We also have offices available in Jackson County, Monroe County, and Vernon County. Please contact us for more information about our partner offices or services in these communities.** If you prefer, staff will meet with you in your home to answer questions and provide more in-depth consultation.

One of the goals of the Aging & Disability Resource Center of Western Wisconsin is to help people plan current or future long-term care needs. The Aging & Disability Resource Center of Western Wisconsin professionals are familiar with all the local community services. They can help determine which services best meet your needs.

People often need help understanding what types of services would be available in their home. Our social workers can offer suggestions and advice on which services and supports will meet a person's needs while remaining as independent as possible.

If you would like to have a representative of the Aging & Disability Resource Center of Western Wisconsin make a presentation to your group or organization, call (608) 785-5700

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

**24 – HOUR
CONTACT INFORMATION**

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