

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

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

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

AGING & DISABILITY RESOURCE CENTER OF WESTERN WISCONSIN

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

YOU HAVE QUESTIONS? WE HAVE ANSWERS!!

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

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ABUSE RESOURCES

- **911**
Call immediately if you feel someone is in immediate, serious, or life-threatening danger
- **Aging & Disability Resource Center of Western Wisconsin**
Call if you are concerned about an adult neighbor, friend, or family member
14305 County Highway B, Building B, Sparta
608-785-5700 or 1-800-500-3910 • TTY 785-9787
E-mail • adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **Brighter Tomorrows**
Supportive services to individuals involved in abusive relationships. This includes 24 hour crisis intervention , emergency housing, legal advocacy and information about resources.
505 Douglas Street, Sparta • **608-269-7853 or 1-888-886-2327**
1118 West Veteran's Street, Tomah • **608-374-6975 or 1-888-886-2327**
Sexual Assault • 1-866-346-0374
- **Monroe County Department of Human Services**
Call if you are concerned about an adult neighbor, friend, or family member or to report concerns of abuse, neglect or exploitation of an adult
Building A, 14301 County Highway B, Sparta
608-269-8600
- **National Center on Elder Abuse**
<http://www.cncea.aoa.gov>
- **National Clearinghouse on Abuse in Later Life**
608-255-0539
Email: ncall@wcadv.org
<http://www.ncall.us>
- **National Domestic Violence Hotline**
For information about programs in a specific area
1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)
<http://www.ndvh.org>

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

ADULT DAY SERVICES

- **Coulee Region Adult Day Center**

Adult day service which provides supports for the elderly and for physically and mentally disabled individuals and their caregivers.

Monday through Friday from 8:00am-5:00pm

777 North Street, Sparta • **608-487-9160 or 608-519-2306**

- **Handishop Industries, Inc.**

Adult Day Care – Developmental Training Program

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

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

<http://www.handishop.org>

Handishop Day Centers

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

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

1411 North Superior Ave., Tomah • **608-343-7056**

<http://www.handishop.org>

ADVOCACY

- **AARP**
601 E. Street, N.W.
Washington D.C., 20049
1-888-687-2277 or Toll-Free TTY: 1-877-434-7598
- **Age Advantage Area Agency on Aging, Inc.**
A regional office for adults age 60 and over and members of the Ho-Chunk Nation to contact with concerns
608-224-6300
<http://www.discover-net.net/~ageadvan>
- **Aging and Disability Resource Center of Western Wisconsin**
14305 County Highway B, Building B, Sparta
608-785-5700 or 1-800-500-3910 · TTY 608-785-9787
E-mail · adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **AIDS Resource Center of Wisconsin**
AIDS/HIV education, prevention and access to services
505 King Street, La Crosse · **608-785-9866 or 1-800-947-3353**
<http://www.arcw.org>
- **The ARC – Monroe County**
Provides advocacy and support for the rights of the citizens with disabilities. Provides recreational activities for people with special needs, as well as camperships, scholarships, and grants for special education classrooms or adult day programs.
8093 Iband Avenue, Sparta · **608-317-1117**
<http://www.arc-wisconsin.org>
- **Brighter Tomorrows**
608-269-7853 or 608-374-6975 or 1-888-886-2327
Sexual Assault · 1-866-346-0374
- **Disability Rights Wisconsin (formerly WI Coalition for Advocacy)**
1-800-928-8778 or 608-267-0214 · TTY 1-888-758-6049
<http://www.disabilityrightswi.org>

- **Down Syndrome Association of Wisconsin**
 3211 South Lake Drive, suite 311, St. Francis WI
 414-327-3729 or 1-866-3729 • FAX 414-327-1329
- **Families First of Monroe County**
 1118 West Veterans Street, Tomah • 608-374-4141 or 608-269-1077
<http://www.familiesfirstonline.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
- **Ho-Chunk Nation Division of Health and Social Services**
 Provides client advocacy for Ho-Chunk Nation tribal members
 27374 Highway 21 East, Tomah • 608-372-5202
<http://www.ho-chunknation.com>
- **Independent Living Resources (ILR)**
 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
- **Monroe County Courthouse**
Monroe County Victim Witness Coordinator
 Advocates for victims under the criminal justice system
 112 South Court Street, Sparta • 608-269-8779
<http://www.co.monroe.wi.us>
- **Monroe County Human Services Department**
 Elder abuse and neglect, guardianship and protective placement
 14301 County Highway B, Building A, Sparta • 608-269-8600
<http://www.co.monroe.wi.us>

- **Monroe County Senior Services**
Elderly Benefit Specialist – Advocates for adults age 60 and over concerning benefits, legal issues and legislative issues
 14305 County Highway B, Building B, Sparta • **608-269-8693**
<http://www.co.monroe.wi.us>
- **Monroe County Veteran Services Office**
 Councils and assists veterans pertaining to their federal, state and county rights
 202 South K Street, Sparta • **608-269-8726**
<http://www.co.monroe.wi.us>
- **National MS Society – Wisconsin Chapter**
 Provides free statewide support and services to individuals 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 Drive, Suite A, Hartland • **1-800-344-4867**
www.wisms.org
- **NAMI Wisconsin, Inc. (National Alliance on Mental Illness)**
 La Crosse area • **608-779-1554** or **1-800-236-2988**
 NAMI Helpline • **1-800-950-6264**
<http://www.nami.org> (National) <http://www.namiwisconsin.org> (State)
- **Office of the Commissioner of Insurance**
 Will take complaints concerning an insurance company or a specific insurance agent
1-800-236-8517
 Hearing and Speech Impaired number only • **608-266-3586**
<http://www.oci.wi.gov>
- **U.S. Department of Justice**
ADA Information Line
 Provides information about the *Americans with Disabilities Act* or information about filing a complaint; Spanish language service also available
1-800-514-0301 • **TTY 1-888-514-0383**
<http://www.ada.gov>
- **WI Board on Aging and Long Term Care Ombudsman Program**
 Advocacy for long term care consumers age 60 and over who reside in nursing homes or group homes
1-800-815-0015
<http://www.longtermcare.state.wi.us>

- **Wisconsin Department of Agriculture, Trade and Consumer Protection**
Assists with concerns regarding products, services, and consumer complaints
608-224-4949 or 1-800-422-7128 · TTD/TTY 608-224-5058
<http://datcp.state.wi.us>

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 management tool) • **1-877-259-4850**
<http://www.alz.org> (National)
<http://www.alz.org/gwwi> (Greater Wisconsin Chapter)
- **Faith in Action Volunteers of Monroe County**
Grocery delivery, driver escort, companionship, and other support
1118 West Veterans Street, Tomah • **608-372-0939 or 1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Monroe County Human Services**
Alzheimer's Family Caregiver Support Program
Family consults and referral; caregiver support program. Funds for Alzheimer's Family and Caregiver Support Program available to assist individuals to purchase goods and services.
14301 County Highway B, Building A, Sparta • **608-269-8600**
<http://www.co.monroe.wi.us>
- **Coulee Region RSVP (Retired Seniors Volunteer Program)**
Friendly Caller Program
A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for homebound citizens to socialize daily.
2920 East Avenue South, Suite 104, La Crosse • **608-785-0500 or 1-888-822-1295**
<http://www.rsvplax.org>
- **Rolling Hills Rehabilitation Center**
Haven House
14345 County Highway B, Sparta • **608-269-8800**

See *Nursing Homes* section 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**

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)

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

Dial 2-1-1 or 1-800-362-8255 • TTY 1-866-884-3620

<http://www.greatrivers211.org>

CAREGIVER SUPPORT

- **Aging and Disability Resource Center of Western Wisconsin**
Provides information and assistance relating to caregiver support
14305 County Highway B, Building B, Sparta
608-785-5700 or 1-800-500-3910 • TTY 608-785-9787
E-mail • adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **Alzheimer's Association**
Advocacy, educational materials, family consults, peer mentoring.
Call for support group information.
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)
- **Faith in Action Volunteers of Monroe County**
Companionship and other support services
1118 West Veterans Street, Tomah • **608-372-0939 or 1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Coulee Region RSVP (Retired Seniors Volunteer Program)**
Friendly Caller Program
A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for homebound citizens to socialize daily.
2920 East Avenue South, Suite 104, La Crosse • **608-785-0500 or 1-888-822-1295**
<http://www.rsvplax.org>

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

Powerful Tools for Caregiving: Taking Care of You

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

Wisconsin Family Caregiver Support Program

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

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

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**
1900 South Avenue, La Crosse • **608-782-7300** • TTY **608-782-3784**
<http://www.gundersenhealth.org/>
- **Mayo Clinic Health System Franciscan Healthcare**
Sparta Campus 310 West Main Street, Sparta • **608-269-1770**
La Crosse Campus 700 West Avenue South, La Crosse • **608-785-0940**
TTY **608-785-1161**
<http://www.mayohealthsystem.org>
- **Tomah Memorial Hospital**
321 Butts Avenue, Tomah • **608-372-2181**
<http://www.tomahhospital.org>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>

CLINICS

- **Mayo Clinic Health System Franciscan Healthcare**
Sparta Campus 310 West Main Street, Sparta • **608-269-1770**
Lake Tomah Clinic 325 Butts Avenue, Tomah • **608-372-5951**
<http://www.mayohealthsystem.org>
- **Gundersen Health System**
Sparta Clinic 315 West Oak Street, Sparta • **608-269-6731** or **1-800-554-0380**
Tomah Clinic 1330 North Superior Avenue, Tomah • **608-372-4111** or **1-888-600-3240**
<http://www.gundersenhealth.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**

- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>
- **VA River Valley Integrated Health Center**
Primary care outpatient clinic for 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>

FREE OR REDUCED HEALTHCARE

- **Mayo Clinic Health System Franciscan Healthcare- Sparta Campus**
St. Clare Health Mission
Health care for those with low income or ineligibility for medical assistance programs
First and Third Tuesdays 5:00pm to 7:00pm
310 West Main Street, Sparta • **608-269-1770**
<http://www.mayohealthsystem.org>
- **Monroe County Health Department**
Communicable and sexually transmitted disease treatment
14301 County Highway B, A-18, Sparta • **608-269-8666**
<http://www.co.monroe.wi.us>
- **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>

- **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>

- **Essential Health 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.

415 West Wisconsin Street South, Sparta • **1-800-657-5177**

<http://www.optionsclinic.org>

- **Scenic Bluffs Community Health Center**

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

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

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

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

<http://www.scenicbluffs.org>

FREE OR REDUCED DENTAL SERVICES

- **Affordable Dentures**

Provides affordable, low fee denture services

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

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

- **Family Health Center of Marshfield, Inc.**

Black River Falls Dental Center

N 6571 Lumberjack Guy Road, Black River Falls • **715-670-0400**

- **Mauston Dental**

Call on Monday morning to check for available appointments. Accepts Medical Assistance.

880 Herriot Drive, Mauston • **608-847-6700**

- **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>

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>

- **Monroe County Health Department and Monroe County Senior Services**

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

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

- **Living Well with Chronic Conditions Workshop**

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

- **Powerful Tools for Caregiving: Taking Care of You**

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

- **Sparta Parks and Recreation**

- 1000 East Montgomery Street, Sparta • **608-269-6322** or **608-269-9016**

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

- **University of Wisconsin Extension Office - Sparta**

- 14345 County Highway B, #1, Sparta • **608-269-8722**

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

- **Continuing Education Programs**

- Offers lifelong learning programs for participants of all ages

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

- **Learning in Retirement**

- Learning community established to 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**

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

EMERGENCY RESOURCES

MEDICAL EMERGENCY

- **9-1-1**
- **Mayo Clinic Health System Franciscan Healthcare**
310 West Main Street, Sparta • **608-269-1770**
<http://www.mayohealthsystem.org>
- **Tomah Memorial Hospital**
321 Butts Avenue, Tomah • **608-372-2181**
<http://www.tomahhospital.org>

HOUSING EMERGENCY

- **Brighter Tomorrows**
Supportive services to individuals involved in abusive relationships including 24 hour crisis intervention and emergency housing.
505 Douglas Street, Sparta • **608-269-7853** or **1-888-886-2327**
1118 West Veteran's Street, Tomah • **608-374-6975** or **1-888-886-2327**
Sexual Assault • 1-866-346-0374
- **Coulecap, Inc.**
Transitional Housing Program for Homeless
Provides limited term affordable housing and services to homeless individuals and families who need assistance returning to independent living situations; may remain within the program for up to two years
777 North Street, Sparta • **608-269-5021** or **1-866-766-9215**
<http://www.coulecap.org>
- **Families First of Monroe County**
Assistance with emergency shelter, rent or mortgage needs, utilities, car repairs, and fuel
1118 West Veterans Street, Tomah • **608-374-4141** or **608-269-1077 (8:00am – 3:00pm)**
Sheriff's Office – Tomah Area • 608-372-2117 (24 hours/day, 7 days/week)
Sheriff's Office – Sparta Area • 608-269-2117 (24 hours/day, 7 days/week)
<http://www.familiesfirstonline.org>

- **New Horizons Domestic Abuse Shelter**
608-791-2600 or 1-888-231-0066
<http://www.newhorizonslacrosse.com>
- **Salvation Army**
223 8th Street North, La Crosse • 608-782-6126
<http://www.salvationarmyusa.org>
- **Veterans Assistance Foundation**
Wisconsin Veterans Housing and Rehabilitation Program – Transitional housing program for homeless veterans and veterans at risk of becoming homeless
1-800-947-8387

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 management 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>
- **Coulee Region RSVP (Retired Seniors Volunteer Program)**
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>

- **Mayo Clinic Health System Franciscan Healthcare HelpLink Medical Alert Service**
 A personalized response system that uses a two-way voice console unit to automatically dial a 24-hour Response Center
608-392-9797 or **1-800-362-5454 ext. 26300**
<http://www.mayohealthsystem.org>
- **Oakdale Electric Cooperative (Mainstreet Messenger) Lifeline Response System** - An easy-to-use personal response service to ensure older adults and people with disabilities living at home quick assistance whenever needed
 489 North Oakwood Street, Oakdale • **608-372-4131** or **1-800-241-2468**
<http://www.oakdalerec.com>
- **ResCare Rest Assured OneTouch**
 An easy to use two-way speaker phone that automatically connects you to a Tele-Caregiver when you push the call button 24/7
 1425 B State Road 16, Plaza 16, La Crosse • **608-779-0900**
<http://www.rescarehomecare.org>
- **Tomah Memorial Hospital Lifeline Emergency Response System** - An easy-to-use personal response service to ensure older adults and people with disabilities living at home quick assistance whenever needed
 321 Butts Avenue, Tomah • **608-372-2181** • **TTY 608-374-0353**
<http://www.tomahhospital.org>
- **VA Medical Center 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.
 500 East Veterans Street, Tomah • **1-800-872-8662**

EMPLOYMENT ASSISTANCE

- **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.

- 217 North Black River Street, Sparta • **608-269-5021** or **1-866-766-9215**

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

- **Experience Works, Inc.**

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

- 319 Main Street, Suite 404, La Crosse • **608-789-5623**

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

- **Handishop Industries Inc.**

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

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

- 1411 North Superior Ave., Tomah • **608-343-7056**

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

- **Rest Area Maintenance (RAM)**

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

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

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

- **Independent Living Resources (ILR)**

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

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

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

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

- **WISE (Wisconsin Senior Employment)**
 Places individuals with a host agency for training on specific job demands; must be age 55+; income limits do apply
 Workforce Development Center of Western Wisconsin,
 East Ward Commerce Center, 2615 East Avenue South, La Crosse
608-789-5645 or 608-433-2784
<http://www.gwaar.org>
- **Riverfront, Inc.**
 Provides supported employment, job placement, follow-along, and job coaching for individuals with mental illness, developmental disabilities, and learning disabilities
 1021 North Superior Avenue, Tomah • **608-372-4673**
<http://www.riverfrontinc.org>
- **Veterans Assistance Center**
 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
608-372-1280 (Referral line at VA Hospital) or 1-800-947-8387
<http://vafvets.org>
- **Veterans Affairs Medical Center**
 Vocational rehabilitation program for eligible veterans only; call for information
 500 East Veterans Street, Tomah • **608-372-3971 or 1-800-872-8662**
<http://www.tomah.va.gov>
- **Wisconsin Department of Vocational Rehabilitation (DVR)**
 Provides employment services and counseling to people with disabilities; arranges for services to enable individuals to go to work, training and technical assistance to employers regarding disability employment issues.
 2615 East Avenue South, Suite 101, La Crosse • **608-785-9500 or 1-800-523-2139**
www.dwd.wisconsin.gov/dvr/
- **Worker's Compensation**
608-266-1340 or TTY 1-866-265-3142
<http://www.dwd.state.wi.us/wc>

- **Workforce Connections Inc.**

Wisconsin Job Center - Offers programs to assist with training and development of skills for career and/or job search

120 East Milwaukee Street, Tomah • **608-374-7740** or **1-800-742-5627**

<http://www.workforceconnections.org>

FINANCIAL RESOURCES • TAX ASSISTANCE

BENEFITS ASSISTANCE

- **Aging and Disability Resource Center of Western Wisconsin
Disability Benefit Specialist** – serves ages 18-59
Building B, 14305 County Highway B, Sparta • **608-785-5700** or **1-800-500-3910 TTY
608-785-9787**
E-mail: adrcntr@co.la-crosse.wi.us
<http://www.adrcww.org>
- **Families First of Monroe County**
Provides resources and financial assistance for individuals not meeting other program criteria
1118 West Veterans Street, Tomah • **608-374-4141** or **608-269-1077**
<http://www.familiesfirstonline.org>
- **Flocks Guardians, Inc.**
Energy Assistance, Emergency Energy Assistance
606 Cap Street, Sparta • **608-487-9356**
flocksguardians@gmail.com
- **Independent Living Resources (ILR)
Benefits Counseling**
4439 Mormon Coulee Road, La Crosse
608-787-1111 or **1-888-474-5745**
TTY 608-787-1148 or **1-888-378-2198**
<http://www.ilresources.org>
- **Medicare**
1-800-633-4227 • TTY 1-877-486-2048
<http://www.medicare.gov>
- **Monroe County Human Services**
14301 County Highway B, A-19, Sparta • **608-269-8600**
Fax • 608-269-8935
Oversees questions and applications for
 - Energy Assistance
 - Emergency Energy Assistance

- **Monroe County Senior Services**
Elderly Benefit Specialist – serves ages 60 and up
 14305 County Highway B, Building B, Sparta • **608-269-8693**
<http://www.co.monroe.wi.us>

- **Monroe County Veterans Service Office**
 202 South K Street, Sparta • **608-269-8726**

- **Social Security Administration**
 210 7th Street South, Suite 100, La Crosse
1-866-770-2345 (La Crosse Office) or **1-800-772-1213** • **TTY 1-800-325-0778**
<http://www.ssa.gov>

- **State of Wisconsin Medigap Help-line** • **1-800-242-1060**
<http://www.medicare.gov/medigap>

- **Tomah Job Center**
 120 East Milwaukee Street, Tomah • **608-374-7740**
 - Emergency Assistance
 - W2 Program

- **Western Region for 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 payee service.
 413 Third Street South, La Crosse • **608-782-0710**

- **Couleecap, Inc.**

Emergency Assistance includes food pantries; clothing centers; fuel, utility, and rental assistance; foreclosure intervention; and information and referral. Assistance to help low income persons purchase homes.

217 North Black River Street, Sparta • **608-269-5021** or **1-866-766-9215**

<http://www.couleecap.org>

Work-N-Wheels Program

Assists eligible low income families to 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. Other rules do apply.

201 Melby Street, Westby • **608-634-7371**

<http://www.couleecap.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**

- **Families First of Monroe County**

Emergency rent or mortgage assistance, emergency perishable food vouchers, emergency utility assistance, emergency car repairs, budget and money management

1118 West Veterans Street, Tomah • **608-374-4141** or **608-269-1077**

<http://www.familiesfirstonline.org>

- **Federal Housing Administration**

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
1-800-225-5342

- **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>

- **Sparta Area Cancer Support, Inc. (SACS)**
 Donated monies available for fuel, groceries, medical costs, transportation and medications for local cancer victims
 217 North Black River Street, Sparta • **608-269-1880**
Applications available at: Coverra Insurance Services
 OR on the website: <http://www.spartaareacancersupport.org>
- **Tomah Area Cancer Support, Inc. (TACS)**
 Funding for transportation needs; call for information
608-372-8227
[http:// tomahareacancersupport.org](http://tomahareacancersupport.org)
- **Wisconsin Housing and Economic Development Authority (WHEDA)**
 Housing funding for low and moderate income residents; low-interest
1-800-334-6873 or TTY **1-800-943-9430**
Property Tax Deferral Loan Program • 1-800-755-7835
<http://www.wheda.com>

REPRESENTATIVE PAYEE SERVICES

- **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 payee service.
 413 Third Street South, La Crosse • **608-782-0710**
- **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**
- **Flocks Guardian, Inc.**
 Representative payee services, for a fee.
 606 Cap Street, Sparta • **608-487-9263**
flocksguardians@gmail.com
- **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>
- **Legal Guardianship Services**
P.O. Box 366, Viroqua WI • 608-637-2150
- **Olson's Guardianship Services**
6434 Jackpot Ave, Sparta WI • 608-487-5421
- **Riverfront, Inc.**
3000 South Avenue, La Crosse
• 608-784-9450 or 1-800-949-7380 • TTY 608-784-0039
<http://www.riverfrontinc.org>
- **Shutter Guardianships, Inc.**
20366 Egret Avenue, Tomah WI 54660 • 608-343-4070
- **Western Wisconsin Guardianships, Inc.**
1037 North Fairway Drive, Sparta WI • 608-269-4400
- **Western Wisconsin Guardianship Services, Inc.**
5608 Hamlin Avenue, Sparta WI • 608-269-3310

TAX ASSISTANCE

- **AARP Foundation Programs**
Tax Aide Tax Assistance – free, face-to-face tax assistance and tax form preparation; serves people with low to moderate income and individuals age 60 and older during the tax season
14305 County Highway B, Building B, Sparta • 608-269-8690
<http://www.aarp.org/foundation>
- **IRS Tax Consulting**
1-800-829-1040 • TTY/TDD 1-800-829-4059
<http://www.irs.gov>
- **Monroe County Senior Services**
Elderly Benefit Specialist - serves age 60 and older; assistance with homestead credit
14305 County Highway B, Building B, Sparta
608-269-8693
<http://www.co.monroe.wi.us>

- **Western Technical College**
608-785-9200 or 1-800-322-9982
<http://www.westerntc.edu>
- **Wisconsin Housing and Economic Development Authority (WHEDA)**
WHEDA Property Tax Deferral Loan Program
Allows individuals 65 and older with a limited income to convert equity from their home into cash to pay all or a portion of property taxes
1-800-755-7835
- **Wisconsin Department of Revenue**
Homestead tax credit – homeowners or renters may apply; income limit applies
608-266-8641
- **Workforce Connections, Inc.**
Transportation Connections
Provides income eligible individuals and families with assistance in obtaining an affordable and dependable vehicle
2615 East Avenue South, La Crosse • 608-789-5641
<http://www.workforceconnections.org>

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.
For enrollment and plan changes support • 1-800-Safelink (1-800-723-3546)
<https://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

- **Cashton Cupboard and Closet Food Pantry**
Very minimal charge for clothing items
Monday, Wednesday, Thursday, Friday 10:00am-4:00pm; Tuesday 10:00am-6:00pm;
Saturday 10:00am-2:00pm
9785 Ogden Avenue, Cashton • **608-654-5770**
- **Cashton Mobile Pantry**
Cashton Community Hall; 3rd Tuesday of the month 11:00am-12:00pm
812 Main Street, Cashton • www.churchwomenunited-madison.net
- **Couleecap, Inc.**
Office and Food Pantry
Provides food to individuals and families with an emergency need; income guidelines apply;
Monday and Thursday 10:00am -12:00pm
217 North Black River Street, Sparta • **608-269-5021** or **1-866-766-9215**
<http://www.couleecap.org>
- **Ecumenical Bread Basket Food Pantry (Affiliated with Sparta Ministerial)**
Monday and Thursday 10:00am – 12:00pm; Tuesday 5:00pm -7:00pm
114 Water Street, Sparta • **608-269-5081** or **608-269-7820**
- **Faith Evangelical Free Church Food Pantry**
Times / days vary, call for more information
6644 State Highway 16, Sparta • **608-269-5469**
- **Families First of Monroe County**
Emergency perishable food vouchers
1118 West Veterans Street, Tomah • **608-374-4141** or **608-269-1077**
<http://www.familiesfirstonline.org>
- **Neighbor for Neighbor, Inc.**
Food baskets providing a three day supply of food for emergency needs; income guidelines apply; Monday and Friday 1:00-3:30pm, 2nd and 4th Wednesday 3:30-6:00pm
1118 West Veterans Drive, Tomah • **608-372-6737**
Emergency or 24 hour • 608-374-7400

- **Ontario Food Pantry**

Serves the Ontario and Norwalk area
Community Baptist Church • **608-337-4656**

- **Second Harvest**

Norwalk

Norwalk Community Center; Last Tuesday of the month 11:00am-12:30pm
200 North Street, Norwalk • **608-234-0863**

Sparta

3rd Monday of Month 4-6 pm; Registration at 3pm
1615 West Wisconsin Street, Sparta • **608-234-0863**

Tomah

Monroe County Fairgrounds; 1st Tuesday of Month 4-6 pm; Registration at 3pm
West of Tomah on Highway 16, Tomah • **608-234-0863**

- **Wilton Food Pantry**

(St. Paul's Lutheran Church) Call for an appointment
406 Main Street, Wilton • **608-435-6406** or **608-435-6647**

FINANCIAL ASSISTANCE FOR FOOD

- **Western Region for 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.

- **Sparta United Methodist Church**

Free soup supper every Tuesday 5:00pm - 6:00pm; handicap accessible
210 North Court Street, Sparta (use "K" Street entrance) • **608-269-6949**

- **Tomah Community Table**

Meal is provided free or donations are accepted.

Meal on Monday 4:30-5:30pm; Tomah Masonic Lodge, east entrance
520 East Saratoga Street, Tomah • **608-343-7039**

HOME DELIVERED MEALS

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

Elderly Nutrition Program – home delivered meals for elderly tribal members

358 Eos Road, Tomah • **608-372-4547**

<http://www.ho-chunknation.com>

- **Monroe County Senior Services**

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

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

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

- **Morrow Home Community & Services**

Morrow Meals in Motion

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

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

<http://www.morrowhome.org>

- **Mom's Meals (PurFoods-nationwide)**

Provides fresh meals to home every other week

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

HEALTH / WELLNESS

- **Department of Veterans Affairs Home Based Primary Care**
Veterans Administration Medical Center, Tomah
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.
608-372-7734 • 1-800-872-8662 ext. 67734
- **Health Education Answers**
Online health education resource; learn ways to help get healthy and stay healthy; helpful information and tips for learning to live better with disease; follow these links:

<http://www.adrcww.org>
Select *Links* Tab
Select *Health Education Answers*
Select *Launch*
***Further questions, call 608-785-5700 or 1-800-500-3910**
- **House of Wellness Clinic**
Provides services to enrolled members of any federally recognized tribe, Ho-Chunk Nation employees and family
S2845 White Eagle Road, Baraboo • **608-355-1240 or 1-888-552-7889**
- **Monroe County Health Department**
Individual, family, and community programs that assure healthy conditions; Provides health education resources, adult and childhood immunizations, blood pressure screening, etc.; Women, Infants, and Children (WIC).
- **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
VA Medical Center, Tomah • **608-784-3886 • 1-800-872-8662**

- **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>

HEARING AND VISION LOSS SERVICES

- **Lions Affordable Hearing Aid Program (Lions AHAP)**

Financial assistance for the purchase of hearing aids

E-mail: LionsAHAP@lionsclubs.org

International Lions Foundation 630-571-5466

WI Lions Foundation 715-677-4969 or 877-463-6953 • TTY 715-677-6999

- **Office for the Blind or Visually Impaired**

Services to assist individuals who are blind or visually impaired to achieve their own goals of independent living through individual visits, group trainings and teaching techniques and technologies for use in daily living. 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 **Voice • 608-319-1249**

<https://www.dhs.wisconsin.gov/odhh/index.htm>

- **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 eligible to receive a free white cane from the Council.

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

<http://www.wcblind.org>

HOME HEALTH • HOSPICE

HOME HEALTH

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

- **Black River Memorial Homecare**
Service area is limited to within 30 miles of Black River Falls
711 West Adams Street, Black River Falls • **715-284-3662**
<http://www.brmh.net>
- **BrightStar Lifecare**
1052 Oak Forest Drive, Suite 240, Onalaska • **608-519-4324**
- **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>
- **Comprehensive Nursing Services, LLC**
Assists elderly remain in home by providing home-support services
14774 Hibiscus Road, Tomah • **608-372-4475 or 608-343-4475**
Email: pambort@hotmail.com
- **Department of Veterans Affairs Home Based Primary Care**
Veterans Administration Medical Center, Tomah
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.
608-372-7734 • 1-800-872-8662 ext. 67734
- **Hess Memorial Hospital
Hess Home Health**
1050 Division Street, Mauston • **608-847-6161 or 1-800-252-4377**
<http://www.milebluff.com>

- **International Quality Home Care Corporation**
1501 Saint Andrew Street, Suite C100, La Crosse • **608-796-9131** or **1-800-345-0669**
<http://www.alphaiqh.com>
- **Mayo Clinic Health System Franciscan Healthcare Home Care**
212 11th Street South, La Crosse • **608-392-9790** or **1-800-362-5454**
<http://www.mayohealthsystem.org>
- **My Innovative Services**
9534 East Highway 16, Onalaska, WI • **608-738-2142**
- **Recover Health**
700 North Third Street, Suite 205, La Crosse • **608-406-3140**
<http://www.recoverhealth.org>
- **ResCare**
1425 B State Road 16, Plaza 16, La Crosse • **608-779-0900** or **1-877-235-3026**
<http://www.rescarehomecare.com>
- **Wisconsin's Home Health Care Hotline**
Answers to questions or concerns you may have about home health care providers in your area
1-800-642-6552
- **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
VA Medical Center, Tomah • **608-784-3886** • **1-800-872-8662**

HOSPICE

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

- **Black River Memorial Homecare**
711 West Adams Street, Black River Falls
715-284-3662
<http://www.blackriverhospital.com>

- **Gundersen Health System Hospice**
1843 Sims Place, La Crosse • **608-775-8435**
<http://www.gundluth.org>
- **Mayo Clinic Health System Franciscan Healthcare Homecare and Hospice**
311 West Main Street, Sparta
608-269-5131 or **1-800-362-5454** extension 29790
<http://www.mayohealthsystem.org>
- **Saint Jude Hospice**
1427 State Road 16, La Crosse • **608-781-5490**
<http://www.saintjudehospice.org>
- **Tomah Memorial Hospital**
The Hospice Touch / Serenity House
601 Straw Street, Tomah • **608-374-0250**
<http://www.tomahhospital.org>

HOUSING ALTERNATIVES

ASSISTED LIVING FACILITIES

RESIDENTIAL CARE APARTMENT COMPLEX (RCAC)

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

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

**Denotes RCAC facilities that are registered and can only accept private funds.

ADULT FAMILY HOMES (AFH)

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

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

- For information regarding *Adult Family Homes*, contact
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. The facilities listed are able to accept private or public funding sources.

- **Agape Acres**
3737 Blueberry Road, Warrens • **608-378-4054**
- **Close to Home, Inc.**
1206 Mark Avenue, Tomah • **608-374-5300**
<http://cthtomah.com>
- **Cranberry Court, LLC**
1031 Heeler Avenue, Tomah • **608-372-5070**
1025 Heeler Avenue, Tomah • **608-372-5070**
- **Greenfield House**
21444 Flatiron Avenue, Tomah • **608-372-7335**
- **Liberty Village**
200 Liberty Place, Tomah • **608-567-0005**
<http://libertyvillagecare.com>

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

**COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) –ALZHEIMER’S/
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>

- **Morrow Home Community and Services**
BridgePath Advanced Assisted Living
 Available to individuals at least 60 years of age
 503 South Water Street, Sparta • **608-269-3168** or **1-866-324-7365**
<http://www.morrowhome.org>
- **The Meadows at Springbrook**
 861 Critter Court, Onalaska • **608-783-2292**
<http://www.springbrookassistedliving.com>

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)
MENTAL HEALTH RELATED SERVICES

- **Trowbridge Personal Care Residence**
 110 East Council Street, Tomah • **608-372-4388**

INDEPENDENT HOUSING

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

- **Bethel Village**
 904 Wall Street, Cashton • **608-37-6340**
- **Court Yard at Willow Woods**
 1500 Lincoln Avenue, Tomah • **608-372-5890**
- **Freedom Village Apartments**
 304 Murdock Street, Tomah • **608-374-2466**
www.freedomvillageapts.com
- **Heritage Haven (Allegiant Property Management)**
 622 South Court, Sparta • **608-784-1381**
- **Hininger Rental Management, LLC**
 Independent Housing; • **608-372-5777**

Courtyard Townhouses

Veterans Ave., Heeler Ave., Grandview Ave., Tomah

Murdock Street Apartments

Murdock Street, Tomah

Northtowne Apartments

201 East Veterans; 205-227 East Veterans, Tomah

- **HOMZ Management Corporation**

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

Sparta Arms

106 North L Street, Sparta

Fairview Estates

719 Angelo Road, Sparta

- **Kenview Manor I & II (Kendall Housing Authority)**

412 Spring Street, Kendall • **608-343-0151**

- **Liberty Village Independent Senior Living**

200 Liberty Place, Tomah • **608-374-5005**

<http://libertyvillagecare.com>

- **Monroe County Housing Authority**

Subsidized housing for elderly, families and individuals with disabilities;
income and asset limits apply

1108 West Wisconsin Street, Sparta • **608-269-5017** or **1-800-491-5017**

Eastwood Manor I

711 Wisconsin Avenue, Tomah

Eastwood Manor II

612 East Brownell Street, Tomah

Hillcrest Manor

300 Trescher Avenue, Cashton

Hilltop Apartments

405 Market Street, Warrens

Kilbourn Apartments

515 North Kilbourn Avenue, Tomah

Oakdale Apartments

131 Tara Drive, Oakdale

Westwood Manor

1102 and 1108 West Wisconsin Street, Sparta

Wilcrest Manor I

500 Cemetary Road, Wilton

Wilcrest Manor II

900 Lydon Drive, Wilton

- **Morrow Home Community and Services**

Homestead Independent Apartments

Independent living with services; available to individuals at least 60 years of age

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

<http://www.morrowhome.org>

Parkview Independent Living Apartments

Independent living with services; available to individuals at least 60 years of age

315 South Spring Street, Sparta • **608-269-3168** or **1-866-324-7365**

- **Sparta Housing Authority (Life Style, Inc.)**

Subsidized housing for elderly and individuals with disabilities; income and asset limits apply

301 North Court Street, Sparta • **608-269-2188** or **1-800-676-6505**

www.lifestyleinc.net

Brookside Apartments

307 North Court Street, Sparta

Sparta Angelo Apartments

1020 Angelo Road, Sparta

- **Sunset Place (DAK Management)**

418 & 422 South Thayer Street and 421 South Thayer Street, Sparta • **1-800-938-5645**

- **Tomah Public Housing Authority**

Subsidized housing for elderly, families and individuals with disabilities; income and asset limits apply

819 Superior Avenue, Tomah • **608-374-7455**

Lakeside Apartments

720 Williams Ave, Tomah

Tomah Manor Apartments

901 Mc Lean Avenue, Tomah

- **Village of Norwalk Housing Authority**

Subsidized housing for elderly; income and asset limits apply

608-823-7942

Norcrest Apartments

206 West Center Street, Norwalk

- **WHJ Apartments**

1003 Saint Anne Street, Sparta • **608-378-3097**

LEGAL ASSISTANCE

- **Family Law Information Center**
La Crosse County Courthouse, Tuesday and Thursday 1:30-4:00 pm
Provide information about family law questions for Wisconsin residents
608-785-5886
- **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 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>
- **Legal Action of Wisconsin - La Crosse Office**
Free legal advice and representation in civil matters to eligible applicants
205 5th Avenue South, Suite 300, La Crosse
608-785-2809 or 1-800-873-0927 • TTY 1-800-947-3529
<http://www.legalaction.org>
- **Monroe County District Attorney**
112 South Court Street, Sparta • **608-269-8780**
- **Monroe County Victim Witness Coordinator**
Information and support for crime victims and witnesses
112 South Court Street, Room 201, Sparta • **608-269-8780**
- **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

- **A&J Mobility**
Specializes in vehicle conversions and repairs for people with disabilities.
Rentals available.
2650 Prospect Drive, Eau Claire • **715-874-6630** or **1-877-833-9830**
<http://www.aandjmobility.com>
- **Access Mobility Products**
Stair lifts and elevators; free assessment and recommendations for consumer
226 Hood Street, La Crosse • **608-782-1069** or **1-800-658-9054**
- **American Cancer Society**
1285 Rudy Street, Suite 103, Onalaska • **608-783-5000** or **1-877-423-9125**
<http://www.cancer.org>
- **American Home Patient**
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>
- **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**
- **Ho-Chunk Nation Tribal Aging Unit**
Financial assistance with purchase of medical goods for enrolled
Ho-Chunk Nation Elders (60 years or older)
358 Eos Road, Tomah • **608-372-4547**

- **Independent Living Resources (ILR)**
 Staff members are trained to provide assessments/recommendations to people with disabilities regarding their technology needs; staff can assist with locating and applying for financial assistance; adaptive equipment is available for loan
 4439 Mormon Coulee Road, La Crosse
608-787-1111 or 1-888-474-5745 • TTY 608-787-1148 or TTY 1-888-378-2198
<http://www.ilresources.org>
- **Lincare**
 Medical equipment, specialize in 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>
- **Medicine Shoppe Pharmacy**
 Provides rental and sales of medical equipment
 300 Superior Avenue, Tomah • **608-372-2101 or 1-877-842-2101**
- **Monroe County Health Department**
 Provides a loan closet of medical equipment
 14301 County Highway B, A-18, Sparta • **608-269-8666**
<http://www.co.monroe.wi.us>
- **Phillips Pharmacies**
 1004 Superior Avenue, Tomah • **608-372-4115** <http://www.phillipsrx.com>
- **Tomah Senior Center – Loan Closet**
 1002 Superior Ave., Tomah • **608-374-7476**
- **USA Medical Suppliers, Ltd**
 Orthotics, prosthetics, and medical supplies
 1919 State Road, La Crosse • **608-782-1855**
- **Wal-Mart Pharmacy**
 1600 West Wisconsin Street, Sparta • **608-269-7843** <http://www.wal-mart.com>
- **Wisconsin Council of the Blind and Visually Impaired**
1-800-783-5213 or 608-255-1166 • TTY 608-255-3301
<http://www.wcblind.org>

MENTAL HEALTH SERVICES

BEHAVIORAL MEDICINE/COUNSELING/MENTAL HEALTH SERVICES

- **Gundersen Health System**
218 West Main Street, Sparta • **608-269-1588** or **1-800-362-9567** extension 57991
601 North Superior Avenue, Tomah • **608-374-3853** or **1-800-362-9567** extension 57991
<http://www.gundersenhealth.org/>
- **Ho-Chunk Nation Division of Health and Social Services**
Available for members of the Ho-Chunk Nation, members of other Native American Nations, and employees of the Ho-Chunk Nation
27374 Highway 21 East, Tomah • **608-372-5202**
<http://www.ho-chunknation.com>
- **Independent Living Resources**
Peer Specialists assist with maintaining wellness for individuals in mental health recovery. Support groups are available, including Women Supporting Women, Wellness and Recovery Support Group, and Paths to Wholeness (Spirituality) Group.
4439 Mormon Coulee Road, La Crosse • **608-787-1111** or **1-888-474-5745**
TTY 608-787-1148 or **1-888-378-2198**
<http://www.ilresources.org>
E-mail: advocacy@ilresources.org
- **Mayo Clinic Health System Franciscan Healthcare Behavioral Health Services**
212 11th Street South, La Crosse • **608-392-9582**
<http://www.mayohealthsystem.org>
Women's LAAR House • AODA halfway house for adult females • La Crosse
Scarseth House • Substance abuse group home for adult & adolescent males • La Crosse
Villa Success • AODA halfway house; AODA outpatient and detox • Prairie du Chien
- **Monroe County Department of Human Services**
14301 County Highway B, A-19, Sparta • **608-269-8600**
Emergency services after hours: 608-269-2117
<http://www.co.monroe.wi.us>
- **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**
www.scenicbluffs.org

- **Vet Center**

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

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

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

- **Veterans Affairs Medical Center**

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

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

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

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

Dial **2-1-1** or **1-800-362-8255** • TTY **1-866-884-3620**

<http://www.greatrivers211.org>

MENTAL HEALTH CRISIS INTERVENTION

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

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

Dial **2-1-1** or **1-800-362-8255** • TTY **1-866-884-3620**

<http://www.greatrivers211.org>

- **Monroe County Mobile Crisis Unit**

8 am-4:30 pm • **608-269-8600**

After 4:30 pm • **608-269-2117**

MENTAL HEALTH DROP-IN CENTERS

- **RAVE (Recovery Avenue)**

Open Monday – Friday 9:00am – 5:00pm

1806 State Street, La Crosse • **608-785-9615** or **608-787-1111**

SUPPORT GROUPS RELATED TO SPECIFIC MENTAL HEALTH ISSUES

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

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

NURSING HOMES

- **Lakeview Health Care Center**
902 East Garland Street
West Salem, WI 54669 • **1-608-786-1400**
- **Morrow Home Community and Services Skilled Nursing Care**
331 South Water Street, Sparta • **608-269-3168** or **1-866-324-7365**
<http://www.morrowhome.org>
- ****Rolling Hills Rehabilitation Center**
14345 County Highway B, Sparta • **608-269-8800** or **608-372-8800**
<http://www.rollinghillsrehab.org>
- **Tomah Health Care Center**
1505 Butts Avenue, Tomah • **608-372-3241**
<http://www.atriumlivingcenters.com>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>

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

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

PET CARE

- **Animal Shelters**

- **ASAP Cat Shelter**

- 1801 Old Airport Road, Sparta • **608-269-3525**

- **Chasing Daylight Animal Shelter**

- 15560 State Highway 131, Tomah • **608-374-2112**

- **Monroe County Human Society / Animal Shelter**

- 10714 State Highway 16, Sparta • **608-269-8775**

- **Cashton Cupboard and Closet (Pet Food)**

- 199 Front Street, Cashton • **608-654-5770**

- **SPOTT (Supporting Pets Over Troubled Times)**

- 14307 County Highway B, Sparta • **608-633-3345**

- **Tina's K-9 Rescue**

- 8838 County Highway I, Sparta • **608-272-3064**

For a listing of additional pet services, please refer to the
Veterinarian section in the Yellow Pages

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 Drug Card Program**

Discount prescriptions with no restrictions or eligibility criteria

Contact your pharmacy or <http://www.wisconsindrugcard.com>

- For more information contact your pharmacy or Benefit Specialist

Aging and Disability Resource Center of Western Wisconsin

Building B, 14305 County Highway B, Sparta • **608-785-5700** or **1-800-500-3910**

RECREATION • SOCIAL ACTIVITIES

- **Able Trek Tours**
Vacation tours and day trips for individuals with disabilities; call for information
Reedsburg • **1-800-205-6713**
- **City of Sparta Recreation Department / Sparta Barney Community Center**
1000 East Montgomery, Sparta • **608-269-6322**
<http://www.spartawisconsin.org>
- **Fishing Licenses: Monroe County Clerk Department**
A senior fishing license can be obtained at a reduced rate
202 South K Street, Room 1, Sparta • **608-269-8705** or **608-372-8705**
- **Independent Living Resources (ILR)**
Connects individuals with activities in the community
4439 Mormon Coulee Road, La Crosse
608-787-1111 or **1-888-474-5745** • **TTY 608-787-1148** or **TTY 1-888-378-2198**
<http://www.ilresources.org>
- **Monroe County Senior Services**
Exercise classes, trips and volunteer opportunities
14305 County Highway B, Building B, Sparta • **608-269-8690**
<http://www.co.monroe.wi.us>
- **North American Squirrel Association (NASA) • 608-234-5988**
Creating and enhancing opportunities for people with disabilities and the elderly to access the outdoors
<http://www.nasasquirrel.org>
- **Senior Clubs**
 - A.A.R.P., Sparta • 608-366-1849**
 - Cashton Senior Citizens • 608-654-5615**
 - Kendall Senior Citizens • 608-463-7326** or **608-463-7622**
 - Norwalk Senior Citizens • 608-823-7605**
 - Sparta Senior Citizens • 608-269-9165**
 - Tomah Senior Citizens • 608-372-5975**
 - Wilton Senior Citizens • 608-435-6894**

- **The ARC – Monroe County**

Provides advocacy and support for the rights of the citizens with disabilities. Provides recreational activities for people with special needs, as well as camperships, scholarships, and grants for special education classrooms or adult day programs.

8093 Iband Avenue, Sparta • **608-317-1117**

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

- **Tomah Parks and Recreation Department**

819 Superior Avenue, Tomah • **608-374-7445**

REPAIRS / CHORES / ERRANDS

- **City of Sparta - Community Development Block Grant Office**
201 West Oak Street, Sparta • **608-269-6509**
- **City of Tomah**
Community Development Block Grant Office
819 Superior Avenue, Tomah • **608-374-7455**
- **Coulecap, Inc.**
Provides weatherization, if a person meets eligibility requirements
217 North Black River Street, Sparta • **608-269-5021** or **1-866-766-9215**
- **Faith In Action Volunteers of Monroe County**
Grocery delivery, and minor home repair
1118 West Veterans Street, Tomah • **608-372-0939** or **1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Hansens IGA**
Grocery delivery for seniors and physically disabled individuals, call between 7:30 a.m. and 11:00 a.m. Mon., Wed., Fri. (Mon. and Fri.-\$5 charge) (Wed.,-Free)
834 West Wisconsin Street, Sparta • **608-269-6752**
- **Monroe County Sanitation, Zoning, and Forestry**
Provides financial assistance for replacement of existing sewer systems
14307 County Highway B, Sparta • **608-269-8736**
- **Monroe County Senior Services**
Coordinates financial assistance of minor home safety issues
14305 County Highway B, Building B, Sparta • **608-269-8693**
<http://www.co.monroe.wi.us>
- **Rural Economic and Community Development Services**
Provides low interest loans and grants for home repair and weatherization purposes
820 Industrial Drive, Sparta • **608-269-3116**

- **Wisconsin Housing and Economic Development Authority (WHEDA)**
Provides below-market mortgage financing for home improvements and first time homebuyers
1-800-334-6873 or **TTY 1-800-943-9430**
<http://www.wheda.com>
- **Wisconsin Rural Housing, Inc.**
Provides assistance for older adults to obtain grants and loans to repair owner occupied homes including septic systems and wells. • **608-238-3448**

SHOPPING/ERRANDS

- **Companion Services Plus**
Non-medical respite care, supportive homecare, companion and errand services
919 Butts Avenue, Tomah • **608-343-1780**
compservplus@gmail.com

RESPITE CARE

RESPITE CARE

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

- **Agape Acres**
3737 Blueberry Road, Warrens • **608-378-4054**
- **Bluffview Memory Care** 2101 Bluffview Court, Holmen
608-526-5864 • 608-799-0993
info@bluffviewmemorycare.com
<http://www.bluffviewmemorycare.com>
- **Companion Services Plus**
Non-medical respite care, supportive homecare, companion and errand services
919 Butts Avenue, Tomah • **608-343-1780**
compservplus@gmail.com
- **Coulee Region Adult Day Center**
Adult day service which provides supports in the home or at their center for the elderly and for physically and mentally disabled individuals and their caregivers.
777 North Street, Sparta • **608-487-9160** or **608-519-2306**
- **Cranberry Court, LLC**
1025/1031 Heeler Avenue, Tomah • **608-372-5070**
- **Faith In Action Volunteers of Monroe County**
Provides caring companionship, telephone reassurance
1118 West Veterans Street, Tomah • **608-372-0939** or **1-888-863-0272**
<http://www.fianationalnetwork.org>
- **Home Instead Senior Care**
917 4th Street North, Suite 103, La Crosse
608-782-4000
<http://www.homeinstead.com>
- **International Quality Home Care Corporation**
1501 Saint Andrew Street, Suite C100, La Crosse • **608-796-9131** or **1-800-345-0669**
<http://www.alphaiqh.com>

- **Mayo Clinic Health System Franciscan Healthcare Sparta Campus Respite Care Program**
310 West Main Street, Sparta • **608-269-1770**
<http://www.mayohealthsystem.org>

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

Wisconsin Family Caregiver Support Program

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

- **ResCare**
1425 B State Road 16, Plaza 16, La Crosse
608-779-0900
<http://www.rescarehomecare.com>
- **Coulee Region RSVP (Retired Seniors Volunteer Program) Friendly Caller Program**
A telephone reassurance program for older adults and adults with disabilities who live alone. It is a safety check and also serves as a catalyst for homebound citizens to socialize daily.
2920 East Avenue South, Suite 104, La Crosse • **608-785-0500 or 1-888-822-1295**
<http://www.rsvplax.org>
- **Tomah Healthcare Center**
1505 Butts Avenue, Tomah • **608-372-3241**
- **Veterans Affairs Medical Center**
Temporary relief for caregivers of chronically ill veterans
500 East Veterans Street, Tomah • **608-372-3971 or 1-800-872-8662**
<http://www.tomah.va.gov>

Also see *Nursing Homes* and *Supportive Home Care* in this resource guide

SENIOR CENTERS

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

- **Kupper-Ratsch Senior Citizen Center**
1002 Superior Avenue, Tomah • **608-374-7476**
- **Norwalk Senior Citizens Center**
309 Main Street, Norwalk • **608-343-3158**
- **Sparta Community Center**
1000 East Montgomery Street, Sparta • **608-269-6778**

SENIOR/DISABLED MEAL SITES- “Café Connections”

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

- **Cashton – Cashton Community Hall**
Serving time: 11:30am
812 Main Street, Cashton • **608-487-6129**
- **Cataract – Little Falls Town Hall**
Serving time: 11:00am
4124 County Highway I, Cataract • **608-487-6128**
- **Kendall – Kenview Manor**
Serving time: 11:30am
412 Spring Street, Kendall • **608-463-7622**
- **Norwalk – Norcrest Senior Housing**
Serving time: 12:00 pm
206 West Center Street, Norwalk • **343-3158**
- **Sparta – Sparta Community Center**
Serving time: 11:30am
1000 East Montgomery Street, Sparta • **608-269-6778**
- **Tomah – Kupper-Ratsch SeniorCenter**
Serving time: 11:30am
1002 Superior Avenue, Tomah • **608-372-7291**
- **Warrens – The Bog Restaurant**
Serving time: 11:00 am – 1pm
3514 Blarney Road, Warrens • **608-378-3514**
- **Wilton – Wilton Fire Station**
Monday - Friday, 10:00am-1:00pm
Serving time: 11:30am
806 Railroad Street, Wilton • **608-487-6130**

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**
Sparta 124 North Court Street, Sparta • **608-269-1588**
Tomah 601 North Superior Ave #2, Tomah • **608-374-3853**
Unity House for Men, La Crosse • **608-775-7991**
Unity House for Women, La Crosse • **608-775-7991**
<http://www.gundluth.org> Gundersen Health System
- **Ho-Chunk Nation Division of Health and Social Services**
Serves members of Ho-Chunk Nation
27374 Highway 21 East, Tomah • **608-372-5202**
<http://www.ho-chunknation.com>
- **Mayo Clinic Health System Franciscan Healthcare**
Sparta Campus 310 West Main Street, Sparta • **608-269-1770**
Lake Tomah Clinic 325 Butts Avenue, Tomah • **608-372-5951**
Women's LAAR House • **608-392-6147** or **608-392-4436**
Scarseth House • **608-392-4542** or **608-392-4436**
Villa Succes • **608-326-8424** or **608-392-4436**
<http://www.mayohealthsystem.org>
- **Monroe County Department of Human Services Clinical Services**
Offers a full range of services on an outpatient basis; Intoxicated Driver Program
14301 County Highway B, A-19, Sparta • **608-269-8600**
Emergency services after hours: 608-269-2117
<http://www.co.monroe.wi.us>
- **Tomah Memorial Hospital**
321 Butts Avenue, Tomah • **608-372-2181**
<http://www.tomahhospital.org>
- **Tomah VA Medical Center**
500 East Veterans Street, Tomah • **608-372-1758** or **1-800-872-8662**
<http://www.tomah.va.gov>

ADDICTION RELATED RESOURCES

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

SUPPORT GROUPS

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

- **Great Rivers 2-1-1**
Dial 2-1-1 or 1-800-884-3620 or TTY 1-866-884-3620
<http://www.greatrivers211.org>
- **Monroe County Senior Services**
Call for area support group information
14305 County Highway B, Building B, Sparta • 608-269-8693
<http://www.co.monroe.wi.us>

SUPPORTIVE HOME CARE/PERSONAL CARE

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

- **Black River Memorial Homecare**
Service area limited to within 30 miles of Black River Falls
711 West Adams Street, Black River Falls
715-284-3662
<http://www.brmh.com>
- **BrightStar Lifecare**
1052 Oak Forest Drive, Suite 240, Onalaska • **608-519-4324**
- **Caring Hearts Homecare 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>
- **Companion Services Plus**
Non-medical respite care, supportive homecare, companion and errand services
919 Butts Avenue, Tomah • **608-343-1780**
compservplus@gmail.com
- **Coulee Region Adult Day Center**
Provides in home supports for the elderly and for physically and mentally disabled individuals and their caregivers.
777 North St, Sparta • **608-487-9160** or **608-519-2306**

- **Faith In Action Volunteers of Monroe County**
 Grocery delivery, yard work, snow shoveling, minor home repair, light housekeeping
 1118 West Veterans Street, Tomah
608-372-0939 or **1-888-863-0272**
- **Good People**
 Can provide live-in care
 1634 Kings Mill Way #202, Madison • **1-800-608-8003**
<http://www.goodpeople.us>
- **Home Instead Senior Care**
 917 4th Street North, Suite 103, La Crosse
608-782-4000
<http://www.homeinstead.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**
 1501 Saint Andrew Street, Suite C100, La Crosse • **608-796-9131** or **1-800-345-0669**
<http://www.alphaiqh.com>
- **Kares-Just For You, Inc.**
 33237 Gypsum Avenue, Tomah • **608-343-0505**
- **MCFI Home Care**
262-424-2901
- **My Innovative Services**
 9534 East Highway 16, Onalaska, WI • **608-738-2142**
- **Premier Residential Care**
 PO Box 325, Tomah • **608-387-9537**
- **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>

- **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

VA Medical Center, Tomah • **608-784-3886** • **1-800-872-8662**

TRANSPORTATION

Non-Medical Transportation

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

Mini-Bus Program: For individuals age 55 and older and/or disabled; people of any age may ride when space is available; must be scheduled through the Transportation Coordinator and requires a 72-hour advance notice; contact for fee details and bus schedule
Reservations: 608-269-8689

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

- **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
- ****Tomah Transit**
All vehicles are accessible and have wheelchair lifts. Allow at least a couple of hours. Can Provide transportation to Sparta with 3 day notice.
1100 East Mc Coy Boulevard, Tomah • **608-374-3004**
- **Wisconsin Department of Transportation, Special Plates Unit-ID Disabled Parking Identification Card**
Issues disabled parking identification cards; registration fees exist
608-266-3041
- **Workforce Connections, Inc. Transportation Connections**
Provides income eligible individuals and families with assistance in obtaining an affordable and dependable vehicle
2615 East Avenue South, La Crosse • **608-789-5641**
<http://www.workforceconnections.org>

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.

- ****Abby Vans • 1-800-236-8438**
Call 48 hours in advance
- ****Access Medical Transit / Top Hat, Inc.**
226 Hood Street, La Crosse • **608-782-4200** or **1-800-658-9054**
- ****Disabled American Veterans**
500 East Veterans Street, Tomah • **608-372-3971 extension 66227**

- ****Ho-Chunk Nation Tribal Aging Unit**
 Medical appointments and limited recreational activities for enrolled Ho-Chunk Elders (60 years and older)
 358 Eos Road, Tomah • **608-372-4547**
<http://www.ho-chunknation.com>
- ****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
- ****Monroe County Senior Services**
 Specialized transportation services for the elderly and disabled for medical appointments, banking, grocery shopping, visiting relatives in nursing homes or hospitals, etc.; special transportation may be arranged for people using wheelchairs
 14305 County Highway B, Building B, Sparta
Transportation Coordinator: 608-269-8689
- **Sparta Area Cancer Support, Inc. (SACS)**
 Transportation to medical appointments for people affected by cancer
608-269-1880
<http://www.spartaareacancersupport.org>
- **Tomah Area Cancer Support, Inc. (TACS)**
 Funding for transportation needs; call for information
608-372-9295
<http://www.geocities.com/tomahareacncrsppt/index.html>
- **Tomah VA Medical Center**
 For eligible veterans going to the VA for clinic appointments; must be ambulatory
 500 East Veterans Street, Tomah • **608-372-3971** or **1-800-872-8662**
<http://www.tomah.va.gov>

** Denotes transportation options that are wheelchair accessible

VETERAN SERVICES

- **Department of Veterans Affairs Home Based Primary Care**
Veterans Administration Medical Center, Tomah
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.
608-372-7734 • 1-800-872-8662 ext. 67734
- **Department of Veterans Affairs
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
VA Medical Center, Tomah • **608-784-3886 • 1-800-872-8662**
- **Monroe County Veterans Service Office**
202 South K Street, Sparta • **608-269-8726**
- **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 Medical Center
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.
500 East Veterans Street, Tomah • **1-800-872-8662**

- **VA River Valley Integrated Health Center**
Primary care outpatient clinic for 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:
Monroe County Veterans Service Office
 202 South K Street, Sparta • **608-269-8626**
Tomah VA 1-800-872-8662 ext. 61751
<http://www.co.monroe.wi.us/departments/veterans>
- **Vet Center**
 Free mental health counseling services to combat veterans and their family.
 Military sexual trauma counseling services available to all military service members.
 20 Copeland Avenue, La Crosse • **608-782-4403**
<http://www.vetcenter.va.gov>
- **Veterans Assistance Center**
 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
608-372-1280 (Referral line at VA Hospital) or 1-800-947-8387
<http://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.

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

Invites persons over 55 to share life experiences 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, Suite 104, La Crosse • **608-785-0500** or **1-888-822-1295**

<http://www.rsvplax.org>

- **Great Rivers United Way Volunteer Center**

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

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

- **Morrow Home Community and Services**

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

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

<http://www.morrowhome.org>

- **Monroe County Senior Services**

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

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

The Aging & Disability Resource Center of Western Wisconsin

(608) 785-5700

Toll Free: (800) 500-3910

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

INFORMATION & ASSISTANCE

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

The Aging & Disability Resource Center of Western Wisconsin provides information and assistance regarding services available in the community. You may call **(608) 785-5700** or come to our conveniently located office at Building B, 14305 County Highway B in Sparta. **We also have offices available in Jackson County, La Crosse County, and Vernon County. Please contact us for more information about our partner offices or services in these communities.** If you prefer, staff will meet with you in your home to answer questions and provide more in-depth consultation.

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

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

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

MONROE COUNTY

EMERGENCY

**MENTAL HEALTH
SERVICES**

MOBILE CRISIS UNIT

(608) 269-2117