La Crosse County
Resource Guide

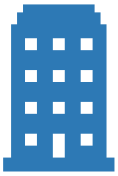
The ADRC is your source for reliable and objective information about the broad range of programs and services available in La Crosse County.

Our goal is to empower you to make informed choices and to help you access the right services and supports to meet your needs.

We can help you understand and evaluate the various options available to you.
Our services are free and available to older adults, adults with disabilities, their families, friends, and caregivers. **Please contact us for more information.**

608-785-5700
1-800-500-3910
Mon-Fri
8am-4:30pm

adrc@lacrossecounty.org
www.lacrossecounty.org/adrc



300 4th St. N
La Crosse, WI 54601
Walk-In Hours
M, Tu, Th, F
8:30am-3:30pm
Wed 10:30am-3:30pm

This guide has been developed by the Aging and Disability Resource Center (ADRC) of La Crosse County. It is intended to help you find resources in the community. It is not a complete list of services and is not meant to be an endorsement or recommendation of specific businesses or agencies. Please call the desired resource for the most up-to-date information. Updated 5/14/2024

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HOME HEALTH/PERSONAL/SUPPORTIVE HOME CARE

MA = Medicaid MC = Medicare VA = Veterans PI = Private Insurance

Almost Family 608-779-0900 *Accepts MA, MC, PI*
www.lhcgroup.com/locations/almost-family-home-heatlh-care-of-lacrosse/
1052 Oak Forest Dr. Ste 150, Onalaska

Aptiv Community Supportive Living 608-784-9450
www.aptiv.org/services-we-offer/adults/learn/adult-day-service
3000 South Ave., La Crosse

Aveanna Home Health 608-406-3140 *Accepts MC*
www.aveanna.com/locations/328/la-crosse-wisconsin-54601/
2600 State Rd, La Crosse

BrightStar 608-519-4324 *Accepts PI, VA*
www.brightstarcare.com/locations/lacrosse/
1062 Oak Forest Drive, Ste 500, Onalaska

Christian Servants Home Care 262-939-0894
www.christianservantshomecare.com/

Comfort Keepers 608-455-6853 *Accepts VA*
www.comfortkeepers.com/offices/wisconsin/la-crosse/
2951 S. 21st Place, La Crosse

Commonheart Home Health and Hospice 844-206-4930
www.commonheart.com/
1045 Hill Street, Watertown, WI

Cornerstone Caregiving 608-200-3236
W6851 Industrial Blvd, Onalaska
Ebobb@cornerstonecaregiving.com

Grace Community Supported Living Services 608-963-4357
www.gracecsls.com/
1501 St Andrew St, Ste B201, La Crosse

Hallmark Homecare 608-315-8530
www.hallmarkhomecare.com/140

Integrity Home Care Solutions 608-987-0470 ext.203
www.integrityhomecaresolutions.com/
PO Box 110, Mineral Point, WI

International Quality Home & Personal Care Services 800-345-0669 *Accepts MA, MC, PI*
www.internationalquality.com/
1501 St Andrew St, Ste C202, La Crosse

La Crosse Home Care, LLC. 608-519-2914 *Accepts MA, MC*
1702 George St., La Crosse, WI

Lee Quality Home Care 608-519-3124 *Accepts MA, PI*

1511 George St., La Crosse, WI
Lori Knapp Companies 608-781-4594 *Accepts MA, MC, VA, PI*
www.loriknappcares.com/
938 Green Bay St. Onalaska
MCFI Home Care 1-888-381-5696 or 414-290-0050 *Accepts MA*
www.mcfihomecare.org/
Riverview Home Health Care, Inc 608-519-8080 *Accepts MA*
www.riverviewhomehealthcare.com/
3908 Circle Drive Ste. 100, Holmen
Veterans Affairs Home Based Primary Care 1-800-872-8662 ext. 67734 *Accepts VA*
www.va.gov/geriatrics/pages/Home_Based_Primary_Care.asp
Veterans Affairs Home Care Services 608-784-3886 *Accepts VA*
www.va.gov/geriatrics/pages/Homemaker_and_Home_Health_Aide_Care.asp
4000 State Rd 16 (Valley View Mall), La Crosse

HOSPICE

Gundersen Health System Hospice 608-775-8435
www.gundersenhealth.org/services/hospice-for-end-of-life-care
1900 South Ave., La Crosse
Mayo Clinic Health System Franciscan Healthcare Hospice 608-392-9790, Option 1
www.mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/hospice
620 South 11th St., La Crosse
Moments Hospice 608-399-6019
www.momentshospice.com/
4425 Mormon Coulee Rd., La Crosse
St. Croix Hospice 608-433-9704
www.stcroixhospice.com/
1540 Heritage Blvd Ste 201A, West Salem

CHORES/ERRANDS/REPAIRS

Causeway Interfaith Volunteer Caregivers 608-775-9999
www.causewaycaregivers.org/
Coulee Region Retired Senior Volunteer Program (RVSP) Handyman 608-785-0500 or 1-888-822-1295
www.rsvplax.org/
Couleecap Weatherization Program 1-866-904-4508
www.couleecap.org/home-weatherization.html
Friedman's Home Delivery Service 608-788-8777, option 6

ADULT DAY SERVICES

Aptiv Day Services Program 608-784-9450
www.aptiv.org/services-we-offer/adults/learn/adult-day-service
3000 South Ave., La Crosse
Bethany St. Joseph Merit Centre North 608-784-2700
www.bsjcorp.com/community-programs/
1020 Windsor St., La Crosse
Bethany St. Joseph Merit Centre South 608-788-2900
www.bsjcorp.com/community-programs/
3900 East Ave. So., La Crosse
Catholic Charities Adult Day Services Program 608-782-0710
www.cclse.org/support-specialist-la-crosse/
3710 East Ave. So., La Crosse
Coulee Region Adult Day Center 608-519-2306
www.couleeregionadultdaycenter.com/
565 Braund St., Onalaska
Creative Community Living Services Day Services 608-779-4118
www.cclswi.org/services.html
704 Sand Lake Rd., Onalaska

MEDICAL SUPPLIES & ADAPTIVE EQUIPMENT

A&J Mobility 715-874-6630
www.aandjmobility.com/
Access Elevator Inc. 608-784-9980
www.allaboutaccess.com/
65 Copeland Ave., La Crosse
Access Mobility Products 608-782-1069
www.accessmobilityproducts.com/
1542 Rose St., La Crosse
All Star Mobility 608-519-9292
www.allstarmobilityllc.com/locations/la-crosse/
66 Copeland Ave, La Crosse
American Cancer Society 1-800-227-2345
www.cancer.org/about-us/local/wisconsin.html
1285 Rudy St., Suite 103, Onalaska
Apria Healthcare 715-834-7517
www.apria.com/
1316 N. Hastings Way Ste. B, Eau Claire
4871 19th St. NW Ste. 100, Rochester **507-285-9959**
Cass St. Pharmacy Gundersen Health System 608-784-9922
www.gundersenhealth.org/locations/gundersen-pharmacy-cass-street

528 Cass St., La Crosse

Dan's Shoe Repair 608-782-3775

www.dansshoerepairlax.com/

112 5th Ave. No., La Crosse

Family Medical Supply and CPAP Store 608-791-1100 or 1-855-791-1549

www.familymedicalandcpap.com/

624 King St., La Crosse

Hanger Clinic: Prosthetics and Orthotics 608-782-5070 or 1-866-241-0606

www.hangerclinic.com/clinics/WI/la-crosse/losey-boulevard-s/

3440 Losey Blvd. S., La Crosse

Home Safety Innovations 920-379-4439 or 608-738-4219

www.homesafetyinnovations.com

Hilton Medical Supply 608-785-0390

www.hiltonmedicalsupply.com/

500 3rd St. So., La Crosse

Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745

www.ilresources.org/

4439 Mormon Coulee Rd.

Lincare 608-791-0018

www.lincare.com/en/

214 Copeland Ave., La Crosse

Limb Lab 608-782-1855

www.limblab.com/

1919 State Rd., La Crosse

Mayo Clinic Store 608-392-9797

www.mayoclinichealthsystem.org

700 West Ave. S, La Crosse

Wisconsin Council of the Blind and Visually Impaired 608-255-1166 or 1-800-783-5213

www.wcblind.org/

PERSONAL EMERGENCY RESPONSE SYSTEMS

Alert 1 1-866-474-1351

www.alert-1.com/

Comfort Keepers Health Watch Personal Response System 608-455-6853

www.comfortkeepers.com/care-services/in-home-care/safety-care/personal-emergency-response-system/

Family First Medical Alert 304-813-7878 or 801-738-0005

www.familyfirstalert.com/

Lively 1-800-918-8543

www.lively.com *or at Best Buy or Walgreens*

**Liberty Honor Alert 1-800-872-8662 ****for Veterans*

www.honoralert.com/

LifeFone Medical Alert System 1-888-489-1186
www.lifefone.com/
Next Day Access 1-866-403-0090
Twin Cities, MN
VRI 1-800-860-4230
www.vricares.com/
Wear Tech 1-414-458-1349
www.wear-tech.com/

HEARING & VISION LOSS SERVICES

Hamilton Relay 800-618-4781
www.hamiltonrelay.com/
Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745
www.ilresources.org/
Medicare 1-844-258-3676
***** Call to request accessible communications for persons with vision loss*
www.medicare.gov/
Office for the Blind and Visually Impaired (Central Office) 1-888-879-0017
www.dhs.wisconsin.gov/obvi/index.htm
Office for the Deaf and Hard of Hearing 855-359-5252
www.dhs.wisconsin.gov/odhh/index.htm
Telecommunications Equipment Purchase Program (TEPP) 608-231-3305
www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx
Vision Forward 1-414-615-0100
www.vision-forward.org/
Wisconsin Council of the Blind and Visually Impaired 1-800-783-5213 or 608-255-1166
www.wcblind.org/
WI Lions Foundation Hearing Project 715-677-4969 or 1-877-463-6953
www.wlf.info/hearing-program/
Wisconsin Telecommunications Relay Systems (TRS) Dial 7-1-1
www.wisconsinrelay.com/

TDD English **1-800-947-6644** TDD Spanish **1-800-833-7813**
Customer Service TDD **1-800-283-9877**

DEMENTIA CARE & SUPPORT

ADRC Dementia Care Programs 608-785-5700 or 1-800-500-3910

Alzheimer's Association 1-800-272-3900 (24-hour helpline)

www.alz.org/wi

Association for Frontotemporal Degeneration (24-hour helpline) 1-866-507-7222

www.theaftd.org

Lewy Body Dementia Association 1-800-539-9767

www.lbda.org

WI Parkinson Association 414-312-6990

www.wiparkinson.org

CAREGIVER SUPPORT

ADRC Caregiver Support Programs 608-785-5700

www.lacrossecounty.org/adrc/caregiver.asp

Causeway Caregivers-Peer Caregiver Support Program 608-775-9999

www.causewaycaregivers.org/peer-caregiver-support/

RSVP Friendly Caller Program 608-785-0500

www.rsvplax.org/

Trualta Online Learning for Caregivers Call the ADRC 608-785-5700 or visit their website at:

www.wisconsincaregiver.org

Veterans Affairs Caregiver Support Line 1-855-260-3274

www.caregiver.va.gov/

Wisconsin Family Caregiver Support Programs

www.wisconsincaregiver.org

RESPITE CARE

See supportive home care section for possible in-home respite providers & see nursing homes section for possible out of home respite.

Oasis Respite Care 608-780-0471

**for people with dementia*

www.oasisrespite.org

123 Mason St., Onalaska

Respite Care WI (RCAW) 608-222-2033

**Respite and caregiver resources, online trainings, and toolkits*

www.respitecarewi.org

SUPPORT GROUP INFORMATION

Call Great Rivers 2-1-1 or visit:

www.211wisconsin.communityos.org/

Call the ADRC 608-785-5700 for local dementia support and caregiver support groups.

HOUSING & HOMELESS RESOURCES

City of La Crosse Housing Rehabilitation Program 608-789-7512
www.cityoflacrosse.org/your-government/departments/community-development-and-housing/housing-rehabilitation
Couleecap 1-866-904-4508 or 608-782-4876
Homeowners Help/Rehabilitation, Weatherization program
www.couleecap.org/
REACH Services and Resource Center 608-781-2783, ext. 200
www.reachcenterlacrosse.org/
212 11th St. S. La Crosse
The Exchange - La Crosse Area Furniture Bank 608-301-5345
www.theexchangelacrosse.org/
1009 4th St. S., La Crosse * *Caseworker needed to access.*

TEMPORARY/EMERGENCY HOUSING

Catholic Charities Warming Center 608-782-0710
www.cclse.org/la-crosse-warming-center/
413 3rd St. S, La Crosse, *November 1st – April 30th 7pm – 8am*
New Horizons Domestic Abuse Shelter 608-791-2610 or 1-888-631-0066 (crisis line)
www.nhagainstabuse.org/
Salvation Army 608-782-6126
www.centralusa.salvationarmy.org/lacrosse/
223 N. 8th St., La Crosse
Veterans Assistance Foundation Fort McCoy: **608-372-8387·** Wis Vets Hotline: **1-800-947-8387**
www.vafvets.org/
Veterans Homeless Hotline 1-877-4AID-VET (1-877-424-3838)
www.va.gov/homeless/nationalcallcenter.asp

DROP IN CENTERS

RAVE Recovery Avenue 608-785-9615 or 608-787-1111
www.ilresources.org/home-1
1806 State St, La Crosse
RHYMES Drop-in services at the REACH Center 608-781-2783
for 17-24 age group; also provides housing financial assistance.
www.blacklax.org/rhymes/
212 11th St S, La Crosse
The Center: 7 Rivers LGBTQ Connection 608-784-0452
www.7riverslgbtq.org/
230 6th St S, La Crosse

INDEPENDENT HOUSING

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

Al Baldus Manor (Impact Seven) 608-799-1898 or 1-800-685-9353
www.impactseven.org/apartments/al-baldus-manor/
1320 Pinecrest Lane, Onalaska **Chronic mental illness*

Bethany St. Joseph Corporation (62+ or 55+ with a disability)
www.bsjcorp.com/

Mill St. Manor 840 Mill St., West Salem **608-786-2440**
OnaMain 920 Main St., Onalaska **608-781-7730**
OnaTerrace 1126 Main St., Onalaska **608-783-1516**
Prairie Home 620 Malin Ct., Holmen **608-526-4850**
Salem Terrace 104 Lewis St., West Salem **608-786-2440**
Welcome Home Apartments 3600 28th St. S., La Crosse **608-788-0254**
Windsor Place 1020 Windsor St., La Crosse **608-785-2271**

Carroll Heights Apartments 608-785-5500 ext. 1
www.lacrossecounty.org/hillview/carroll-heights
3505 Park Lane Drive, La Crosse **55+ or with disability*

Cedar Court Apartments 608-786-4101
321 Wagon Drive, West Salem **Income limits*

Christopherson House (Allegiant Properties) 608-784-1381
www.allegiantpropertymgmtllc.com/
2121 Sims Place, La Crosse **Income limits, physical disabilities*

Coulee View Apartments 608-637-6355
www.bethelhome.org/couleeview-apartments
98 Hiawatha St, Coon Valley, WI

Eagle Crest Communities (55+)
www.eaglecrestlife.org/

Heights Town Homes 102 Juniper Lane, Holmen **608-791-2709**
Eagle Crest North Independent Living 351 Mason St., Onalaska **608-779-1700**
Eagle Crest South Independent Living 622 Bennora Lee Ct., La Crosse **608-791-2700**

Fox Hollow Senior Apartments 608-526-4000
990-1000 Linden Dr., Holmen **55+ or income limits*

Greendale Apartments 608-784-1381
321 13th Ave. S., Onalaska **Low-income adults with physical disabilities*

Havenwood of Onalaska 608-615-4700
www.havenwoodonalaska.com/
3770 Emerald Dr. E., Onalaska

Hidden Glen Apartments 608-526-9026 or 800-944-4866 ext. 1120
www.accmanagementgroup.com/properties/property.php?propertyid=349
100 Holmen Dr. S., Holmen **Income limits*

Heritage Haven (Allegiant Properties) 608-784-1381
www.allegiantpropertymgmtllc.com/
800 St. James St., La Crosse **62+ or disability income limits apply.*
Housing Authority of the City of La Crosse 608-782-2264
www.lacrossehousing.org/
1307 Badger St., La Crosse
La Crosse County Housing Authority 608-781-5365 TTY 1-800-283-9877
www.lcha.net/
615 Plainview Rd., La Crosse
Leo Fishman Manor (Impact Seven) 608-799-1898 or 1-800-685-9353
www.impactseven.org/apartments/leo-fishman-manor/
1106 Wilson St., Onalaska **Chronic mental illness*
Pinedale Apartments (Allegiant Properties) 608-784-1381
www.allegiantpropertymgmtllc.com/
501 13th Ave. S., Onalaska *62+ or disability
Ponderosa Apartments 608-786-4101
1719 Viking Ave, Holmen **Income limits*
Redwood Terrace Apartments 608-783-6229
812 Redwood St., Onalaska **62+ or with disability; income limits*
River Oaks Apartments 608-787-0200
www.accmanagementgroup.com/properties/property.php?propertyid=350
3464 East Ave. S., La Crosse **Income limits*
Salzer Square I 608-785-7775 or 608-784-2935
1205 7th St. So., La Crosse **55+*
Salzer Square II 608-782-0585
1224 8th St. S., La Crosse **55+ and income limits*
Schumann Apartments (Allegiant Properties) 608-782-4001
www.allegiantpropertymgmtllc.com/
617 Bennora Lee Ct., La Crosse **Chronic mental illness and income limits*
Stonefield Manor 608-779-4906
1264 County Rd. PH, Onalaska **55+*
The Gardens at Kristy 608-498-4498
www.3amigosapartments.com/property/the-gardens-at-kristy
1077 Kristy Lane, Onalaska **55+*

ASSISTED LIVING

There are different types of assisted living facilities as described below:

Residential Care Apartment Complex (RCAC): Residence for adults that consists of independent apartments. Each apartment has own lockable entrance, kitchen with stove, private bathroom, sleeping and living areas. Can provide an individual with up to 28 hours of assistance per week.

Community Based Residential Facilities (CBRF): Residence for 5 or more adults. CBRF's may provide either private or semi-private rooms that do not have a kitchen. They may or may not have a private bathroom in each room. CBRFs provide more care than RCACs.

Adult Family Home (AFH): Residence for 1 to 4 adults. May provide private or semi-private rooms that do not have a kitchen. May or may not have a private bathroom in each room. Provides similar services as CBRF.

ADULT FAMILY HOMES (AFH)

ADRC of La Crosse County 608-785-5700 or 1-800-500-3910

Choosing an Adult Family Home: www.dhs.wisconsin.gov/guide/afh.htm

RESIDENTIAL CARE APARTMENT COMPLEXES (RCAC)

******Registered* RCAC facilities that only accept private funds. Others are *certified* and can accept public funds.

****Benedictine Living Community 608-788-9870 (62+)**

www.benedictineliving.org/la-crosse-wi/

2902 East Ave. S., La Crosse

Bethany St. Joseph Corporation (55+ disability or 62+)

www.bsjcorp.com/

****Laurel Manor 608-783-1815**

108 17th Ave. S., Onalaska

Mill St. Manor 608-786-2440

840 Mill St., West Salem

Prairie Home 608-526-4850

620 Malin Ct., Holmen

Salem Terrace 608-786-2440

104 Lewis St., West Salem

Shelby Terrace 608-788-4477

2525 Shelby Rd., La Crosse

Brookdale Senior Living - The Villas 608-403-4647 (60+)

www.brookdale.com/en/communities/brookdale-lacrosse-al.html

3141 East Ave. S., La Crosse

Caretta Senior Living 608-465-4561

www.carettaseniorliving.com/

2120 Staphorst Lane, Holmen

Eagle Crest Communities

www.eaglecrestlife.org/

The Heights Assisted Living (55+) 608-526-2635

112 Juniper Lane, Holmen

Cass St. (55+) 608-784-6656

1315 Cass St., La Crosse

Eagle Crest North (62+) 608-779-1700

351 Mason St., Onalaska

Eagle Crest South (62+) 608-791-2700

622 Bennora Lee Ct, La Crosse

The Willows (55+) 608-406-3980

2555 7th St. S., La Crosse

Hillview Terrace 608-785-5500

www.lacrossecounty.org/hillview/hillview-terrace

3503 Park Lane Drive, La Crosse

Springbrook Community Assisted Living 608-783-2292

www.springbrookassistedliving.com/

861 Critter Ct., Onalaska

1384 County Rd. 25, La Crescent, MN **507-551-2034**

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)

Brookdale Senior Living La Crosse (60+) 608-403-4647

www.brookdale.com/en/communities/brookdale-lacrosse-al.html

3141 East Ave. S., La Crosse

Brookdale Senior Living Onalaska (60+) 608-291-9980

www.brookdale.com/en/communities/brookdale-onalaska.html

949 10th Ave. N., Onalaska

Caretta Senior Living 608-465-4561

www.carettaseniorliving.com/

2120 Staphorst Lane, Holmen

Eagle Crest South 608-791-2700 *High acuity assisted living.*

www.eaglecrestlife.org/

622 Bennora Lee Ct, La Crosse

Maplewood 608-786-1436 *serving adults in mental health and substance use recovery.*

www.lacrossecounty.org/lakeview/assisted-living/maplewood

994 Garland St East, West Salem

Monarch Manor 608-612-0441

www.lacrossecounty.org/lakeview/assisted-living/monarch-manor

848 Garland St E., West Salem

Neshonoc Manor 608-612-0661
www.lacrossecounty.org/lakeview/assisted-living/neshonoc-manor
998 Garland St E., West Salem
RBI– The Caring Hearts 608-486-4800 *accepts persons with mild dementia.*
www.rbicare.com/
1612 Henry Johns Blvd., Bangor
Springbrook 608-783-2292
www.springbrookassistedliving.com/
861 Critter Ct., Onalaska
1384 County Rd. 25, La Crescent, MN **507-551-2034**
Traditions of La Crescent 507-895-6447 *High acuity assisted living.*
www.traditionsliving.com/locations/la-crescent/
333 S. 2nd St., La Crescent, MN

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE

Bluffview Memory Care 608-526-5864
www.bluffviewmemorycare.com/
2101 Bluffview Ct., Holmen
Brookdale Senior Living (60+) **608-788-7730**
www.brookdale.com/en/communities/brookdale-lacrosse-al.html
3141 East Ave. So., La Crosse
Caretta Senior Living 608-465-4561
www.carettaseniorliving.com/
2120 Staphorst Lane, Holmen
Eagle Crest Communities
www.eaglecrestlife.org/

- **Eagle Crest North Memory Care 608-779-1700**
  351 Mason St. NW, Onalaska
- **Eagle Crest South Memory Care 608-791-2700**
  622 Bennora Lee Ct., La Crosse
- **Hearten House I 608-784-4521**
  2573 7th St. S., La Crosse
- **Hearten House II 608-784-4523**
  2571 7th St. S., La Crosse
- **Hearten House III 608-526-6796**
  101 Juniper Lane, Holmen

Hope Stay Memory Care 608-790-9080
www.hopestayinc.com/
3908 Circle Drive, Holmen

RBI Caring Hearts 608-486-4801 *accepts persons with mild dementia.*
www.rbicare.com/
1612 Henry Johns Blvd., Bangor
The Meadows at Springbrook 608-783-2292
www.springbrookassistedliving.com/
861 Critter Ct., Onalaska
Traditions of La Crescent 507-895-6447 *High acuity assisted living.*
www.traditionsliving.com/locations/la-crescent/
333 S. 2nd St., La Crescent, MN

NURSING HOMES

***has Dementia/Alzheimer's care unit*
Benedictine Manor Rehabilitation Center 608-788-9870
www.benedictineliving.org/la-crosse-wi/
2902 East Ave. So., La Crosse
****Bethany St. Joseph Care Center 608-788-5700**
www.bsjcorp.com/
2501 Shelby Rd., La Crosse
****Hillview Health Care Center** and **The Oaks (Short-Term Behavioral Health Facility) 608-789-4800**
www.lacrossecounty.org/hillview/hillview-health-care-center
3501 Park Lane Dr., La Crosse
****Lakeview Health Center 608-786-1400**
www.lacrossecounty.org/lakeview/
962 East Garland St., West Salem
Mulder Healthcare Facility 608-786-1600
www.atriumlivingcenters.com/
713 N. Leonard St., West Salem
Onalaska Care Center 608-783-4681
www.bsjcorp.com/
1600 Main St., Onalaska
****Riverside Transitional Care 608-406-3900**
www.eaglecrestlife.org/community/riverside-transitional-care/
2575 7th St. S., La Crosse

REDUCED COST/FREE MEDICAL

Community Care Clinics Bronston Chiropractic 608-781-2225

www.bronstonchiro.com/

1202 County Rd PH, Onalaska

Family Health Center of Marshfield, Inc 1-800-782-8581 or 715-670-0400

N6571 Lumberjack Guy Rd, Black River Falls

La Crosse County Health Department 608-785-5753

www.lacrossecounty.org/health

Wisconsin Well Woman Program 300 4th St. N., La Crosse

Neighborhood Family Clinic

www.mynfclinics.com/

1526 Rose St., La Crosse **608-781-9880**

1580 Heritage Blvd, West Salem **608-518-3410**

N5560 CTH ZM, Onalaska **608-779-5323**

Planned Parenthood 608-657-5177

www.plannedparenthood.org

1201 Caledonia St., La Crosse

St. Clare Health Mission 608-519-4633

www.stclarehealthmission.org/

916 Ferry St., La Crosse

Scenic Bluffs Community Health Center

www.scenicbluffs.org/

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

REDUCED COST/FREE DENTAL

Affordable Dentures

www.affordabledentures.com/

4850 Keystone Crossing, Eau Claire **715-502-2784**

3434 55th St NW #100, Rochester **507-299-0658**

Black River Falls Dental Center 1-715-670-0400

www.marshfieldclinic.org

N6571 Lumberjack Guy Rd, Black River Falls

Dental Pain Clinic (La Crosse County Health Dept) 608-785-9723

**Must have dental pain and difficulty finding dental care*

Scenic Bluffs Community Health Center

www.scenicbluffs.org/

La Crosse Office 2030 7th St. S. (lower level of Smile Care Center), La Crosse **608-654-5100**

Cashton Office 238 Front St., Cashton **608-654-5100**

Wisconsin Dental Association, Inc. Donated Dental Services 1-866-812-9840

www.wda.org/

HOSPITALS

Gundersen Health System 608-782-7300
www.gundersenhealth.org/
1900 South Ave., La Crosse
Mayo Clinic Health System 608-785-0940
www.mayoclinichealthsystem.org
700 West Ave. South, La Crosse
Tomah Veterans Affairs Medical Center 1-608-372-3971
www.va.gov/tomah-health-care/
500 East Veterans St., Tomah

CLINICS

Gundersen Health System Express Care
www.gundersenhealth.org/services/expresscare-clinic
La Crosse Festival Foods, 2500 State Rd., 33, La Crosse **608-775-5858**
Onalaska Festival Foods, 1260 Crossing Meadows Dr., Onalaska **608-775-5858**
Gundersen Health System
www.gundersenhealth.org/
1900 South Ave., La Crosse **608-782-7300**
3111 Gundersen Dr., Onalaska **608-775-8100**
Ho-Chunk Nation Public Health House of Wellness Clinic 1-888-560-4616 Ext. 5506
www.health.ho-chunk.com/MSH.html
S2845 White Eagle Rd., Baraboo
Mayo Clinic Health System
www.mayoclinichealthsystem.org/locations/la-crosse
700 West Ave. S., La Crosse **608-785-0940**
1303 Main St., Holmen **608-526-3351**
191 Theater Rd., Onalaska **608-392-5000**
Veterans Affairs River Valley Integrated Health Center 608-787-6411
4000 State Rd. 16, La Crosse (Valley View Mall)

MENTAL HEALTH SERVICES

Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255
www.greatrivers211.org/
Gundersen Health System 608-775-2287
www.gundersenhealth.org/services/behavioral-health
Ho-Chunk Nation Behavioral Health 608-784-3083
www.ho-chunknation.com/
724 Main St., La Crosse

Independent Living Resources 608-787-1111 or 1-888-378-2198
www.ilresources.org/
4439 Mormon Coulee Rd, La Crosse
La Crosse County Integrated Support and Recovery Services 608-784-4357 (HELP)
www.lacrossecounty.org/humanservices/
300 4th St. N., La Crosse
Mayo Clinic Health System Behavioral Health Services 608-392-9555
www.mayoclinichealthsystem.org/
615 S. 10th St., La Crosse
Scenic Bluffs Community Health Center 608-654-5100
www.scenicbluffs.org/
238 Front St., Cashton
Veterans Affairs River Valley IHC Mental Health Clinic 608-784-3886
www.va.gov/tomah-health-care/locations/la-crosse-va-clinic/
4000 State Rd., La Crosse (Valley View Mall)

MENTAL HEALTH CRISIS INTERVENTION

Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255
www.greatrivers211.org/
La Crosse County Crisis Responders 1-608-784-HELP (4357)
www.lacrossecounty.org/humanservices/services/our-services/adult-mental-health
Suicide and Crisis Lifeline Dial 9-8-8
www.preventsuicidewi.org/county-crisis-lines
Veteran's Crisis/Suicide Prevention Hotline 1-800-273-TALK (1-800-273-8255)
www.veteranscrisisline.net/

COUNSELING SERVICES

Call Great Rivers 2-1-1 or visit:
www.211wisconsin.communityos.org/

ADDICTION TREATMENT CENTERS

AMS (Addiction Medical Solutions) of Wisconsin 608-783-0506
www.amswisconsin.com/
9532 East 16 Frontage, Onalaska
Gundersen Health System 608-775-7991
www.gundersenhealth.org/services/behavioral-health
Mayo Clinic Health System Behavioral Health 608-392-9555
www.mayoclinichealthsystem.org/

ADDICTION-RELATED RESOURCES

Coulee Recovery Center 608-784-4177
www.couleerecovery.org/
933 Ferry St., La Crosse
Great Rivers 2-1-1 Dial 2-1-1 or **1-800-362-8255**
www.greatrivers211.org/
La Crosse County Integrated Support and Recovery Services 608-784-4357 (HELP)
www.lacrossecounty.org/humanservices/services/
300 4th St. No., La Crosse
National Council on Problem Gambling 1-800-522-4700
www.ncpgambling.org/
Wisconsin Council on Problem Gambling 1-800-426-2535
www.wi-problemgamblers.org/

FOOD PANTRIES (call for information and eligibility)

A Place of Grace 608-782-6224
919 Hood St., La Crosse
Care and Share Food Pantry 608-786-0030
Our Savior's Lutheran Church, 359 N. Leonard St, West Salem
Catholic Charities Food Pantry 608-782-0710
508 5th Ave S, La Crosse
Coulee Recovery Center 608-784-4177
933 Ferry St, La Crosse
First Free Church Food Pantry 608-782-6022
123 Mason St., Onalaska
From the Heart Food Pantry 608-782-6200
1010 Sill St. La Crosse **Lower-level Trinity Lutheran Church*
Holmen Area Food Pantry 608-526-4424
St. Elizabeth Ann Seton Catholic Church, 525 N. Main St, Holmen
La Crosse Public Library's Little Pantry 608-789-7100
800 Main St, La Crosse
Onalaska Emergency Food Basket 608-783-7722
735 Sand Lake Rd., Onalaska
Onalaska Schools Food Pantry 608-783-5644 / 608-799-8419
Irving Pertzsch Elementary School, 524 Main St, Onalaska
River of Life Church 608-782-2780 Ext. 1
1214 County PH, Onalaska
WAFER Food Pantry 608-782-6003
1607 George St, La Crosse
WAFER Food Pantry-Mobile Distribution 608-782-6003
Anytime Fitness Parking Lot, 1500 WI-16, West Salem

Vivent Health Food Pantry 608-785-9866
811 Rose St, La Crosse

FREE COMMUNITY MEALS (days and times may be subject to change)

A Place of Grace 608-782-6224 Tuesdays 12pm – 4pm; Thursdays 12pm – 6pm
919 Hood St., La Crosse
New Beginnings Christian Fellowship 608-782-8030 Saturdays 5:30pm
122 5th Ave N, La Crosse
Onalaska United Methodist Church 783-3380 2nd Tuesday of each month from 5pm– 6pm
212 4th Ave N., Onalaska
Our Savior's Lutheran Church Come for Supper 608-782-3468 Tuesdays 5pm – 6pm
612 Division St., La Crosse
Presbyterian Church of West Salem 608 786-0910 4th Wednesday of the month 5pm – 6pm
625 West Franklin St, West Salem
RAVE Recovery Avenue 608-785-9615 Monday 9am—11am
4439 Mormon Coulee Rd., La Crosse
Salvation Army 608-782-6126 Monday - Saturday 11am – 12:30pm *community to-go lunch.*
223 8th St. N., La Crosse
Trinity Lutheran Church 608-782-6200 Monday 5:00pm
1010 Sill St., La Crosse

SENIOR NOON DINING CENTERS (weekdays)

Call the ADRC Senior Nutrition Program 608-785-5700 for eligibility information and to reserve your meal 24 hours in advance.
Holmen Community Center 608-317-8104 Meal served 11:30am
600 N Holmen Dr., Holmen
Onalaska Community Center 608-317-9870 Meal served 11:30am
515 Quincy St., Onalaska
South Side Neighborhood Center 608-792-6996 Meal served 11:30am
1300 6th St. S., La Crosse

HOME DELIVERED MEALS/FOOD PACKAGES

ADRC Senior Nutrition Program 608-785-5700
www.lacrossecounty.org/adrc/meals.asp
Homestyle Direct 1-866-735-0921
www.homestyledirect.com/
Mobile Meals of La Crosse 608-784-4623
www.ugetconnected.org/agency/detail/?agency_id=43867
Mom's Meals 1-877-508-6667
www.momsmeals.com/
WAFER Food Pantry Senior Share Program 608-782-6003 **Free monthly food package delivery to eligible seniors 60+*

FINANCIAL ASSISTANCE FOR FOOD

Front Door Ministry 608-782-0322 ext. 2 Mondays 9am – 12pm
www.cathedralsjworkman.org/parish-life/outreach/
530 Main St., La Crosse **Also provides gas & bus tokens: limited assistance for housing/utilities.*
Western Region Economic Assistance 1-888-627-0430
www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm

TELEPHONE & INTERNET ASSISTANCE

Lifeline 608-267-3595 *******Phone, cell & internet*
www.lifelinesupport.org/
Public Service Commission of WI
www.psc.wi.gov/Pages/ForConsumers/AssistancePrograms.aspx
Telecommunications Equipment Purchase Program (TEPP) 608-231-3305
www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx
Telecommunications Relay Service (TRS) dial 7-1-1
TDD English **1-800-947-6644** TDD Spanish **1-800-833-7813**
Customer Service TDD **1-800-283-9877**
www.fcc.gov/consumers/guides/telecommunications-relay-service-trs

FINANCIAL MANAGEMENT

Consumer Credit Counseling Service of La Crosse 608-784-8380
www.cccsonline.org/
505 King St., Ste. 212, La Crosse

REPRESENTATIVE PAYEE SERVICES

Catholic Charities 608-782-0710
www.cclse.org/
413 3rd St. S., La Crosse
iLife Financial Management Services 1-888-490-3966
www.ilife.org/
6100 North Baker Rd., Glendale WI
Payee Service, Inc. 715-233-0203
390 Red Cedar St., Menomonie, WI 54751

BENEFIT ASSISTANCE

ADRC Benefit Specialist 608-785-5700 or 1-800-500-3910
**Assists with Medicaid, Medicare, SSDI/SSI, prescription drug coverage, private insurance, and more*
Aptiv 608-784-9450
www.aptiv.org/
3000 South Ave., La Crosse **Work incentive benefit counseling*

Couleecap 608-782-4877 or 1-866-904-4507
www.couleecap.org/
700 N. 3rd St. Suite 202b, La Crosse **SOAR Program*
**Covering Wisconsin 608-261-1455 ***Marketplace health insurance*
www.coveringwi.org/
Deaf Disability Benefit Specialist 262-347-3045 (video phone/telephone)
**Serves people who are Deaf, hard of hearing, or Deaf-Blind*
www.dhs.wisconsin.gov/odhh/benefits.htm
Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745
www.ilresources.org/
4439 Mormon Coulee Rd., La Crosse **Child/youth disability applications*
La Crosse County Veterans Service Office 608-785-9719
www.lacrossecounty.org/veterans
Medicare 1-800-633-4227 · TTY 1-877-486-2048
www.medicare.gov/
Social Security Administration 1-866-770-2345 (La Crosse office) or 1-800-772-1213 · TTY 1-800-325-0778
www.ssa.gov/
210 7th St S. Ste 100, La Crosse ***SSDI, SSI, SS Retirement, Survivor benefits*
**State of Wisconsin Medigap Help-line 1-800-242-1060 ***Medicare plans*
www.dhs.wisconsin.gov/aging/medigap
Tribal Nation Benefit Specialist
www.dhs.wisconsin.gov/benefit-specialists/tribes.htm
Western Region for Economic Assistance (WREA) 1-888-627-0430
**WI Medicaid Programs, Foodshare, Senior Care*
www.lacrossecounty.org/humanservices/services/
Wisconsin Home Energy Assistance Program (**WHEAP**) **608-785-5582**
www.energyandhousing.wi.gov/Pages/AgencyResources/energy-assistance.aspx
212 6th St. No., La Crosse ***Veterans benefits*

TRANSPORTATION (NON-MEDICAL)

Providers with wheelchair accessible vehicles available.

ADRC/La Crosse County Mini-Bus 608-785-5700 or 1-800-500-3910
Coulee Region Taxi 608-881-2050

Bee Cab 608-784-4233
Bullet Cab 608-519-3200
Coulee Region RSVP Volunteer Driver 608-785-0500
www.rsvplax.org/volunteering
Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000 or 1-866-666-2561
www.cityoflacrosse.org/your-government/departments/municipal-transit-mtu/information/other-transportation-options/onalaska-holmen-west-salem-service

Scenic Mississippi Regional Transit (S.M.R.T.) Bus 1-877-444-6543
www.ridesmrt.com

TRANSPORTATION (NON-EMERGENCY MEDICAL)

Providers with wheelchair accessible vehicles available.

ADRC/La Crosse County Mini-Bus 608-785-5700 or 1-800-500-3910

Making a Way Transport 608-782-4200

Abby Vans 1-800-236-8438

**If 60+ or disabled call the ADRC to arrange your ride at reduced rate*

Due North Transportation, LLC 608-394-4900 or 844-509-1234

www.duenorthsts.com

Gundersen Health System Coulee Trails 608-637-8884 or **1-800-771-8884**

www.tristateambulance.org/coulee-trails/

MTM 1-866-907-1493

**For Medical Assistance recipients only excluding Inclusa and My Choice WI members*

Onalaska/Holmen/West Salem Public Transit (Shared Ride) 608-784-0000

www.cityoflacrosse.org/your-government/departments/municipal-transit-mtu/information/other-transportation-options/onalaska-holmen-west-salem-service

American Cancer Society Road to Recovery 1-800-227-2345
www.cancer.org/involved/volunteer/road-to-recovery.html

Coulee Region RSVP Volunteer Driver 608-785-0500
www.rsvplax.org/volunteering

Disabled American Veterans 1-800-872-8662 Ext. 66227
www.dav.org/

LEGAL ASSISTANCE

Lawyer in the Library 608-789-7122 3rd Thursday 10am – 2pm *appointment required.
www.lacrosselibrary.org/event/lawyer-library-17
800 Main St., La Crosse

Legal Action of Wisconsin 608-785-2809
www.legalaction.org
205 5th Ave S. Suite 300 La Crosse

Legal Clinic 608-782-6553 3rd Wednesday of every month 6pm – 7:30pm
www.wisbar.org/Directories/LawRelatedOrgs/Pages/LCCBA-Free-Legal-Clinic.aspx
First Baptist Church, 1209 Main St. La Crosse

Wisconsin Elder Rights Project 1-844-614-5468
www.legalaction.org

Wisconsin State Bar Association 1-800-362-9082
www.wisbar.org/Pages/default.aspx

Wisconsin Guardianship Support Center 1-855-409-9410 Email: guardian@gwaar.org

ADVOCACY

Centro Latino 608-515-9134
www.centrolatinolacrosse.org/en/
1209 Main St., La Crosse
Disability Rights WI Family Care and IRIS Ombudsman 1-800-928-8778
www.disabilityrightswi.org/program/family-care-and-iris-ombudsman-program/
Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745
www.ilresources.org/
4439 Mormon Coulee Rd., La Crosse
Long-Term Care Ombudsman 1-800-815-0015
www.dhs.wisconsin.gov/aging/ltcombud.htm
The ARC of La Crosse 608-782-4799
www.thearc.org/chapter/the-arc-of-la-crosse/
1035 Green Bay St. #4, La Crosse
The Center: 7 Rivers LGBTQ Connection 608-784-0452
www.7riverslgbtq.org/
230 6th St S, La Crosse
Veyo Ombudsmen 1-866-907-1493
www.wi.ridewithveyo.com/contact-us/
WI Disability Vote Coalition 1-844-347-8683 Email: info@disabilityvote.org
WI Board for People with Developmental Disabilities 608-266-7826
www.wi-BPDD.org

EMPLOYMENT ASSISTANCE

Aptiv 608-784-9450 or 1-800-949-7380
www.aptiv.org/
3000 South Ave., La Crosse
Aurora Vocational Services 608-785-5090
www.auroraservices.com/vocational
1501 Saint Andrews St. Ste C202, La Crosse
Catholic Charities-Disability Services 608-782-0710
www.cclse.org/disability-services/
3710 East Ave. So., La Crosse
Couleecap 608-782-4877
www.couleecap.org/
700 N. 3rd St., Suite 202B, La Crosse
Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745
www.ilresources.org/
4439 Mormon Coulee Rd., La Crosse

Older Worker Program/WISE (WI Senior Employment) 608-789-5620 or **1-800-742-5627**
www.dhs.wisconsin.gov/wise/index.htm
2615 East Ave So., La Crosse
ORC Industries 608-781-7727
www.orcind.com/
2700 Commerce St., La Crosse
Senior Community Service Employment Program 608-615-1845
www.dol.gov/agencies/eta/seniors
205 5th Ave. S. Suite 426, La Crosse
VARC 608-782-7010
www.varcinc.com/
3120 South Avenue, La Crosse
Veterans Assistance Foundation (VAF)
www.vafvets.org/
1118 Superior Avenue, Tomah
Fort McCoy: **608-372-8387**
Wis Vets Hotline: **1-800-947-8387**
Workforce Development Center of Western Wisconsin 608-789-5627
**Vocational Rehabilitation, Job Center, Workforce Connections, Unemployment, Worker's Compensation*
www.westernwdb.org/
2615 East Ave. So., La Crosse

VETERANS SERVICES

La Crosse Area Veterans Mentor Program, Inc. 608-785-6420
www.lavmp.org/
300 4th Street North, La Crosse
La Crosse County Veteran Service Office 608-785-9719
www.lacrossecounty.org/veterans
300 4th Street North, La Crosse
La Crosse Veterans Center 608-782-4403
www.va.gov/la-crosse-vet-center/
20 Copeland Ave., La Crosse

ADAPTIVE RECREATIONAL OPPORTUNITIES

Arts Buddies (Causeway Interfaith Volunteer Caregivers) 608-775-9999
www.causewaycaregivers.org/outreach-programs/arts-buddy/
Center on Disability Health and Adapted Physical Activity, UW-La Crosse, 608-785-8000
www.uwlax.edu/center/cdhapa
Driftless Recreation
www.sites.google.com/driftlessrec.com/lax/home
Flying Horse Stable 608-317-1448
www.flyinghorsestable.net/
HorseSense for Special Riders 608-518-5356
www.horsesensewi.org
Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745
www.ilresources.org/
NASA (North American Squirrel Association) 608-234-5988
www.nasasquirrel.org
Special Olympics, La Crosse Park & Recreation Department 608-789-7533
www.cityoflacrosse.org/your-government/departments/parks-recreation-forestry/
STAR Center 608-797-6295
www.starcenterprograms.org
YMCA Inclusion and Adaptive Programs 608-782-9622
www.laxymca.org/inclusion/