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## **What is the Aging and Disability Resource Center (ADRC)?**

The Aging and Disability Resource Center (ADRC) of Trempealeau County serves the general public as a source of information, assistance and connections to services for aging and disability resources. Senior Services and the ADRC of Trempealeau County joined together and consolidated all services to consumers on January 1, 2014. The combined units will be known as the ADRC of Trempealeau County. All Senior Services programs will remain the same.

**The mission of the Aging and Disability Resource Center of Trempealeau County is to provide useful information, assistance and education about service options while at all times supporting the rights, dignity and preferences of the individual.**

We provide **free**:

- confidential, professional consultations
- assistance planning and advocacy
- connections to home care, meals, transportation, respite/caregiver support, housing and much more

To learn more about the following publicly funded, community-based, long-term care programs of Family Care, the Self-Directed Supports Program known as IRIS (Include, Respect, I Self-Direct), the National Family Caregiver Support Program (NFCSP) and the Alzheimer Family Caregiver Support Program (AFCSP), please contact the ADRC of Trempealeau County by phone at 1-800-273-2001 or 715-538-2001 or by e-mail at [resourcecenter@co.trempealeau.wi.us](mailto:resourcecenter@co.trempealeau.wi.us). You may also visit us online at [www.trempealeaucounty.com/adrc](http://www.trempealeaucounty.com/adrc). For further information on Aging and Disability Resource Centers please contact us or visit <http://www.dhs.wisconsin.gov/lcicare/adrc/>

Family Care is a long-term care service system with goals to support people's independence, choice and access to services and supports to meet their needs, and improve overall quality of life through a cost-effective long-term care system. In our Western Wisconsin area of Trempealeau, Buffalo, Clark, Jackson, La Crosse, Monroe, Pepin, and Vernon, there are two managed care organizations that operate the Family Care Program, Inlusa and My Choice Wisconsin. IRIS (Include, Respect, I Self-direct) is a long-term care program where people are able to self-direct their publicly funded, community-based, long-term care supports and services. For further information on Inlusa, My Choice Wisconsin and/or IRIS visit them online at [www.inlusa.org](http://www.inlusa.org), [www.mychoicewi.org](http://www.mychoicewi.org) and [www.Wisconsin-IRIS.com](http://www.Wisconsin-IRIS.com).

The NFCSP (National Family Caregiver Support Program) provides information and assistance to family members and friends who help or care for persons age 60 and older and/or grandparents or relative caregivers age 55 and older who are caring for children under age 19 or who are caring for a relative with a disability. The AFCSP (Alzheimer's Family Caregiver Support Program) provides information and assistance to family members and friends who help or care for individuals with Alzheimer's disease and related disorders regardless of age.

Our qualified staff can connect you, family, and friends to a variety of agencies, programs, resources and information.

## **Abuse and Neglect**

Are you or someone you know...

- being threatened, hit or touched without your permission?
- not receiving adequate food, shelter, clothing, medical or dental care?
- experiencing financial problems because money is being taken without permission?

By reporting cases of abuse, you'll access the assistance of professionals who are sensitive to the needs of people who are elderly, physically or developmentally disabled.

### **Reporting Abuse**

- **By law your identity is kept confidential.**
- **Call the Aging and Disability Resource Center of Trempealeau County Monday through Friday 8:00 am to 4:30 pm at 1-800-273-2001 or 715-538-2001; evenings and weekends call the Trempealeau County Sheriff's Department at 715-538-4351.**
- **A staff member will listen to your concerns.**
- **An Adult Protective Services worker will assess the situation and offer options. If the person accepts help, he or she is linked to services.**
- **Remember, a competent adult has the right to decline assistance.**
- **If alleged abuse is confirmed, appropriate legal action is pursued.**

### **How You Can Help**

#### **Do's**

- **Maintain close ties with impaired friends, neighbors and relatives.**
- **Examine closely your ability to provide long-term, in-home care; explore alternative sources of care.**
- **Ask for sources of help and use them.**
- **Recognize that many forms of abuse and mistreatments are crimes.**
- **Contact Adult Protective Services if you suspect adult abuse in your family or community.**

#### **Don'ts**

- **Offer personal home care unless you thoroughly understand and can meet the demands, responsibilities and costs involved.**
- **Ignore your limitations and over extend yourself when caring for an impaired adult.**
- **Hamper the impaired adult's independence or intrude unnecessarily on the impaired adult's privacy.**
- **Ignore signs of abuse in the community because you aren't related to the suspected victim.**
- **Neglect reporting suspected abuse for fear of financial or legal responsibility.**

**If you or someone you know is living in one of these abusive situations, PLEASE CALL:**

- **911** for immediate danger
- **Aging and Disability Resource Center of Trempealeau County**  
Office hours: Monday through Friday, 8:00 am to 4:30 pm  
1-800-273-2001 or 715-538-2001

## *Abuse and Neglect – continued*

- **Trempealeau County Sheriff's Department**  
715-538-4351 (after hours)
- **New Horizons Outreach Office**  
24 Hour Crisis Line, 1-888-231-0066 or 715-538-2810 or text only 608-667-9944

## *Abuse Resources*

- **National Center on Elder Abuse**  
1-855-500-3537 <http://www.ncea.aoa.gov>
- **National Clearinghouse on Abuse in Later Life**  
608-255-0539 e-mail: [ncall@wcadv.org](mailto:ncall@wcadv.org) <http://www.ncall.us>
- **National Domestic Violence Hotline**  
Anonymous and confidential help 24 hours a day, seven days a week  
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, 608-266-2536  
<https://www.dhs.wisconsin.gov/aps/index.htm>
- **Wisconsin Coalition Against Sexual Assault**  
608-257-1516 or TTY 608-257-2537  
e-mail: [wcasa@wcasa.org](mailto:wcasa@wcasa.org) <http://www.wcasa.org>

## *Adult Day Care*

- **A New Day Adult Day Care**  
126 Peterson Ave, Blair, 608-989-2323
- **Bethany St. Joseph Merit Centre**  
North: 1020 Windsor Street, La Crosse, 608-784-2700  
South: 3900 East Avenue South, La Crosse, 608-788-2900  
<http://www.bsjcorp.com>
- **Bluffview Memory Care**  
2101 Bluffview Court, Holmen, 54636  
Holmen, 1-608-526-5864 or e-mail: [info@bluffviewmemorycare.com](mailto:info@bluffviewmemorycare.com)
- **Church Street Community Club**  
Adult Day Service Programs  
Pigeon Falls, 715-983-2293 ext. 4013 or ext. 4024
- **Coulee Region Adult Day Center**  
Onalaska, 608-519-2306
- **Grace Lutheran Foundation Adult Day Care**  
<http://www.livegracefully.org>  
Eau Claire, 715-832-3003  
Altoona, 715-598-7800

## Adult Day Care - continued

- **Aptiv, Inc**  
Day Services Program, La Crosse, 608-784-9450  
Black River Falls, 715-284-9987  
Blair, 715-785-3565

## Advocacy Services

The following agencies can help advocate on behalf of individuals or groups when needed services are not being adequately provided by a service delivery organization.

- **Aging & Disability Resource Center of Trempealeau County**  
1-800-273-2001 or 715-538-2001 or e-mail: [resourcecenter@co.trempealeau.wi.us](mailto:resourcecenter@co.trempealeau.wi.us)
- **AIDS Resource Center of Wisconsin**  
AIDS/HIV education, prevention, and access to services  
505 S Dewey St, 715-836-7710  
811 Rose St. La Crosse, 608-785-9866
- **Alcoholics Anonymous**  
1-800-471-9876  
For local meeting information, call:  
Jim: 715-538-1566  
Dick: 608-534-7718  
Al: 608-687-8300  
Dan: 715-538-1644
- **ALS Association - Wisconsin Chapter**  
920-279-4449  
[www.alsawi.org](http://www.alsawi.org)
- **Alzheimer's Association**  
Chippewa Valley Region, 715-720-7611; Helpline, 1-800-272-3900  
Helpline, 1-800-272-3900 or <http://www.alz.org>  
CareFinder, <http://www.alz.org/carefinder>  
Navigator, <http://www.alzheimersnavigator.org>
- **American Cancer Society—[www.cancer.org](http://www.cancer.org)**  
1-800-227-2345  
La Crosse Area, 608-783-5001
- **ARC La Crosse, Inc.**  
Promotes quality of life for people with developmental and related disabilities  
1035 Green Bay Street #4, La Crosse, 608-782-4799; email:  
[arclacrosse@centurytel.net](mailto:arclacrosse@centurytel.net)
- **Benefit Specialist**  
Aging and Disability Resource Center of Trempealeau County  
**Disability** Benefit Specialist (Ages 18-59) 1-800-273-2001 or 715-538-2001  
**Elder** Benefit Specialist (Ages 60 and older) 1-800-273-2001 or 715-538-2001
- **Better Business Bureau**  
414-847-6000, [www.bbb.org](http://www.bbb.org)

## Advocacy Services - continued

- **Brain Injury Resource Center of Wisconsin, Inc.**  
262-770-4882, e-mail: [admin@bircofwi.org](mailto:admin@bircofwi.org)
- **Citizen Advocacy**  
Inviting community members to individually protect the rights, promote interests, and support the lives of people with disabilities  
1035 Green Bay Street #4, La Crosse  
608-782-4760 <http://www.citizenadvocacylacrosse.org>
- **Coalition of Wisconsin Aging Groups (CWAG)**  
Provides advocacy and education on issues affecting elders  
1-800-488-2596 or 608-224-0606  
e-mail: [webmaster@cwag.org](mailto:webmaster@cwag.org) <http://www.cwag.org>
- **Diabetes Local**  
<http://www.diabeteslocal.org>
- **Disability Rights Wisconsin**  
State protection and advocacy agency for people with disabilities  
1-800-928-8778 or 608-267-0214, Madison Office  
1-800-708-3034 or 414-773-4646, Milwaukee Office or TTY 1-888-758-6049
- **Domestic Violence & Victim Witness Coordinator**  
1-877-538-2311 ext. 278 or 715-538-2311 ext. 278
- **Hmong Mutual Assistance Association**  
Eau Claire, 1320 W Clairemont Ave  
La Crosse, 1815 Ward Ave, 608-781-5744  
[Www.hmoobagency.org](http://www.hmoobagency.org)
- **Independent Living Resources**  
Advocates for people with physical or developmental disabilities  
1-888-474-5745 or 608-787-1111  
e-mail: [advocacy@ilresources.org](mailto:advocacy@ilresources.org) <http://www.ilresources.org>
- **Legislative Hotline**  
Call to advocate for support or change in legislation  
1-800-362-9472
- **Medicaid/Medical Assistance (MA) Medical Transportation**  
Medical Transportation Management, Inc. (MTM)  
To schedule a ride, call 1-866-907-1493  
Complaint line "We Care," 1-866-436-0457  
If ride is late, call 1-866-907-1494  
<http://www.mtm-inc.net/wisconsin-website/wisconsin-home/>  
Report Fraud, 1-877-865-3432 <http://reportfraud.wisconsin.gov/>
- **National Alliance for the Mentally Ill (NAMI)**  
NAMI Trempealeau County, 608-484-2723 e-mail: [namitremplecounty@yahoo.com](mailto:namitremplecounty@yahoo.com)  
NAMI Helpline, 1-800-950-6264  
<http://www.nami.org> (National) <http://www.namiwisconsin.org> (State)



## Advocacy Services - continued

- **National Federation of the Blind of Wisconsin**  
608-622-7632, email: [admin@nfbwis.org](mailto:admin@nfbwis.org), [www.nfb.org](http://www.nfb.org)
- **National Multiple Sclerosis Society**  
1-800-344-4867  
<http://www.nationalmssociety.org>
- **Office of the Commissioner of Insurance**  
Will take complaints concerning an insurance company or a specific insurance agent  
1-608-266-3585, 1-800-236-8517, <http://www.oci.wi.gov>  
Hearing and Speech Impaired number only, 608-266-3586
- **U.S. Department of Justice**  
Americans with Disabilities Act (ADA) Information Line  
Provides information about the ADA or information about filing a complaint;  
Spanish language service also available  
1-202-353-1555, TTY 1-800-877-8339 <http://www.justice.gov>
- **Wisconsin Alzheimer's Institute**  
Madison: 608-263-2862, email: [waimail@mailplus.wisc.edu](mailto:waimail@mailplus.wisc.edu)
- **Wisconsin Board on Aging and Long Term Care Ombudsman Program**  
Advocates and investigates complaints about services for people who age 60 and over  
with home care, nursing homes and/or other long term care institutions  
1-800-815-0015, email: [BOALTC@Wisconsin.Gov](mailto:BOALTC@Wisconsin.Gov)  
MediGap, 1-800-242-1060
- **Wisconsin Board for People with Developmental Disabilities**  
Dedicated to improving the independence, productivity and integration of people with  
developmental disabilities  
1-608-266-7826
- **Wisconsin Council on Mental Health**  
Madison: 608-266-2717  
e-mail: [WCMH@wisconsin.gov](mailto:WCMH@wisconsin.gov)
- **Wisconsin Department of Agriculture, Trade and Consumer Protection**  
Assists with concerns regarding products, services and consumer complaints  
608-224-5012; TDD: 608-224-5058; <http://datcp.wi.gov>
- **Wisconsin's Family Care and IRIS Ombudsman Program**  
Disability Rights Wisconsin  
Madison, 1-800-928-8778 or email: [info@drwi.org](mailto:info@drwi.org)
- **Wisconsin Guardianship Support Center**  
Answers questions about the law in Wisconsin relating to guardianships, protective  
placements, conservatorships, Power of Attorneys for Health Care and Finances, Living  
Wills, and Do Not Resuscitate orders; does not provide legal representation, legal  
advice, or finds/provides guardians  
1-855-409-9410 e-mail: [guardian@gwaar.org](mailto:guardian@gwaar.org) <http://www.gwaar.org>

## **Aging and Disability Resource Centers (ADRC)**

- **Aging and Disability Resource Center of Buffalo and Pepin Counties**  
1-866-578-2372  
Buffalo County office, 608-685-6336  
Pepin County office, 715-672-8945  
e-mail: [ADRC-BP@co.pepin.wi.us](mailto:ADRC-BP@co.pepin.wi.us)  
<https://www.adrc-bcp.com/>
- **Aging and Disability Resource Center of Eau Claire County**  
1-888-338-4636 or 715-839-4735 e-mail: [adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)  
[http://www.co.eau-claire.wi.us/Aging\\_and\\_DisabilityResourceCenter/index.htm](http://www.co.eau-claire.wi.us/Aging_and_DisabilityResourceCenter/index.htm)
- **Aging and Disability Resource Center of Trempealeau County**  
1-800-273-2001 or 715-538-2001  
e-mail: [resourcecenter@co.trempealeau.wi.us](mailto:resourcecenter@co.trempealeau.wi.us); <http://www.trempealeaucounty.com/adrc>
- **Aging and Disability Resource Center of Jackson County**  
1-844-493-4245 or 715-284-3978
- **Aging and Disability Resource Center of La Crosse County**  
1-800-500-3910 or 608-785-5700
- **Find an Aging and Disability Resource Center**  
<http://www.dhs.wisconsin.gov/adrc/customer/adrccontactlist.pdf>
- **Eldercare Locator**  
1-800-677-1116 [www.eldercare.acl.gov](http://www.eldercare.acl.gov)

## **Alcohol & Other Drug Abuse (AODA) Services**

- **Gundersen Health System - Behavioral Health**  
La Crosse and Whitehall, 1-800-362-9567 ext. 52287 or 608-775-2287  
<http://www.gundersenhealth.org/behavioral-health>
- **Gundersen Health System - Behavioral Health Residential Treatment Centers**  
Unity House for Men, 608-775-8689  
Unity House for Women, 608-775-8689  
<http://www.gundersenhealth.org/behavioral-health/residential-treatment-centers>
- **Mayo Clinic Health System - Behavioral Health**  
Arcadia, 608-323-3373  
Holmen, 608-526-3351  
Eau Claire, 715-838-3311  
La Crosse, 1-800-362-5454 or 608-392-9555  
Whitehall, 715-538-2383
- **Northwest Connections**  
24 hour Mental Health and AODA Crisis Line, 1-888-552-6642

## **Alcohol and Other Drug Abuse (AODA) Services- continued**

- **West Central Wisconsin Behavioral Health**  
Whitehall, 1-866-805-0304 or 715-538-9495

### **Addiction Related Resources**

- **Coulee Council on Addictions**  
933 Ferry St, La Crosse, 608-784-4177  
e-mail: [CCA@couleecouncil.org](mailto:CCA@couleecouncil.org)  
<http://www.couleecouncil.org>
- **Wisconsin Council on Problem Gambling**  
1-800-426-2535      Text: 1-850-888-4673  
<http://www.wi-problemgamblers.org>

### **Support Groups – Addictions**

There are a number of support groups in the area offering support to people with addiction issues and those who care about them. Call the number listed below for further information.

- **Alcoholic Anonymous**  
1-800-471-9876  
Local meeting information: 715-538-1566
- **Great Rivers 211**  
Dial 211 or 800-362-8255  
TTY 1-866-884-3620    <http://www.greatrivers211.org>

## **Clinics**

- **Mayo Clinic Health System**  
Arcadia, 608-323-3373  
Eau Claire, 715-838-3311  
Holmen, 608-526-3351  
La Crosse, 608-785-0940  
Mondovi, 715-926-4858  
Onalaska, 608-392-5000  
Osseo, 715-597-3121
- **Geriatric Clinic - VA Medical (Veterans Only)**  
Tomah, 1-800-872-8662 ext. 66313
- **Gundersen Health System**  
Ashley Wellness Clinic, 608-323-3210  
Galesville, 608-582-2025  
La Crosse, 1-800-362-9567 or 608-782-7300  
Onalaska, 608-775-8100
- **Gundersen Tri-County Hospital and Clinics**  
Blair, 715-538-4355  
Independence, 715-985-2351  
Whitehall, 715-538-4355 (clinic) or 715-538-4361 (hospital) or 1-888-775-0516

### *Clinics– continued*

- **Krohn Clinic**  
Black River Falls, 715-284-4311
- **Scenic Bluffs Community Health Care Center**  
Norwalk, 608-823-7853 (has sliding fee scale)
- **Winona Health**  
Winona, MN, 507-454-3650

### *Clinics-Free*

- **Chippewa Valley Free Clinic**  
Eau Claire, 715-839-8477
- **Nurses Hotline**  
Gundersen, 608-782-7300; Mayo: 715-838-8311
- **St. Clare Health Mission**  
La Crosse, open Tuesday and Thursday from 5:00 to 7:00 p.m., 608-519-4633
- **Options Clinic, Whitehall**  
715-538-2306

### *Counseling*

- **Coulee Council on Addictions**  
608-784-4177
- **Great Rivers 211**  
Dial 211 or 1-800-362-8255  
TTY 1-866-884-3620 <http://www.greatrivers211.org>
- **Gundersen Health System - Behavioral Health**  
La Crosse and Whitehall, 1-800-362-9567, ext. 52287 or 608-775-2287  
<http://www.gundersenhealth.org/behavioral-health>
- **Mayo Clinic Health System Behavioral Health Services**  
Arcadia, 608-323-3373  
Eau Claire, 715-838-5369 (for appointments only) or 1-888-838-4777  
La Crosse, 1-800-362-5454 or 608-785-0940
- **Trempealeau County Department of Human Services**  
715-538-1768
- **West Central Wisconsin Behavioral Health**  
Whitehall, 1-866-805-0304 or 715-538-9495
- **Wisconsin Vet Centers**  
La Crosse, 608-782-4403

## **Dental Services**

### **Find a Dentist**

- **Affordable Dentures**  
Eau Claire, 534-444-4688
- **Black River Falls Dental Center**  
715-670-0400
- **Wisconsin Dental Association**  
414-276-4520      [www.wda.org](http://www.wda.org)

### **Medical Assistance (MA) Dental Providers**

- **Chippewa Falls Dental Center – Marshfield Clinic**  
Chippewa Falls, 1-800-782-8581 ext. 92000 or 715-738-2000
- **Chippewa Valley Technical College**  
Eau Claire, 1-800-547-2882 ext. 6271 or 715-833-6271
- **Scenic Bluffs Community**  
(sliding fee schedule)  
Cashton, 608-654-5100
- **Neillsville Dental Center**  
Neillsville, 715-743-1900

## **Emergency Resources**

### ***Immediate Danger - Call 911***

- **Great Rivers 211** (service available 24 hours, 7 days a week)  
Dial 211 or 1-800-362-8255  
TTY 1-866-884-3620    <http://www.greatrivers211.org>
- **Northwest Connections**  
1-888-552-6642
- **Road Conditions**  
Dial 511
- **Suicide Hot Line**  
1-800-273-8255

### **Clothing**

- **Holy Family Catholic Church Mission**  
Arcadia, 608-323-7116
- **Mondovi Area Thrift Shop,**  
Mondovi, 715-926-5268
- **Thrift Shop – Cents & Sensibility**  
23741 Washington Street, Independence, 715-985-3301  
e-mail: [thriftstore@westerndairyland.org](mailto:thriftstore@westerndairyland.org)

## **Emergency Resources - continued**

### **Housing – Homeless and Domestic Violence**

- **American Red Cross (Disaster Related)**  
1-877-618-6628 or 715-834-4182
- **Beacon House Family Shelter**  
309 E. Lake Street, Eau Claire, WI  
715-834-4357
- **Bolton Refuge House (Domestic Abuse)**  
Eau Claire, 1-800-252-4357 or 715-834-0628  
Jackson County, 715-333-2350  
Buffalo County, 715-834-9634
- **Hope Gospel Mission**  
Eau Claire, 715-552-5566
- **New Horizons Domestic Abuse Shelter**  
Whitehall, 1-800-706-8586 (24 hour crisis line) or 715-538-2810
- **Ruth House**  
Eau Claire, 715-834-4000
- **Salvation Army**  
223 North 8<sup>th</sup> Street, La Crosse, WI 54601  
608-782-6126 or Eau Claire 715-834-1224
- **Salvation Army, Trempealeau County**  
Lori Peterson, 608-989-9921
- **Western Dairyland EOC, Inc.**  
Independence, Haven homeless shelters *for families only*  
1-800-782-1063 or 715-985-2391  
e-mail: HomelessServices@WesternDairyland.org

### **Employment and Training**

The following agencies offer vocational services and support:

- **Division of Vocational Rehabilitation,**  
La Crosse, 1-800-523-2139 or 608-785-9500, TTY 1-866-392-3090
- **Experience Works**  
La Crosse, 1-866-976-5939 or 608-789-5623  
For people age 55 and over with low incomes who are seeking employment or training opportunities
- **Independent Living Resources**  
La Crosse, Work Incentive Benefit Specialist  
1-888-474-5745 or 608-787-1111, TTY 1-888-378-2198
- **ORC Industries**  
Arcadia, 608-323-2101  
La Crosse, 608-781-7727

## **Employment and Training– continued**

- **Aptiv (formerly Riverfront)**  
La Crosse – Work Incentive Benefit Specialist  
608-784-9450
- **Western Dairyland Employment Services**  
Independence, 800-782-1063, 715-985-2391
- **Western Technical College (GED)**  
**independence@westernnc.edu**  
Independence, 715-985-3392
- **Winona ORC**  
Winona, 507-452-1855
- **Wisconsin Job Center**  
La Crosse, 608-789-5627
- **Workforce Connections – Connecting People, Work & Training**  
800-742-5627

*\*For funding options, contact the Aging & Disability Resource Center at  
1-800-273-2001 or 715-538-2001*

## **Financial Assistance**

- **Benefit Specialists of Trempealeau County**
  - Disability Benefit Specialist (Ages 18-59)  
1-800-273-2001 or 715-538-2001
  - Elder Benefit Specialist (Age 60 and older)  
1-800-273-2001 or 715-538-2001
- **Benefits Checkup**  
[www.benefitscheckup.org](http://www.benefitscheckup.org)
- **Safelink Wireless**  
Free Cell Minutes Program [www.safelinkwireless.com](http://www.safelinkwireless.com)  
1-800-723-3546 for Enrollment and Plan Changes Support  
1-800-378-1684 for Technical Support ONLY
- **Social Security**  
Eau Claire Office, 1-866-815-2924 or 1-800-772-1213
- **Western Dairyland for Energy Assistance**  
715-985-2391 or 1-800-782-1063
- **Veterans Service Office, Trempealeau County**  
1-877-538-2311 ext. 217 or 715-583-2311 ext. 217
- **Western Region for Economic Assistance Consortium, 1-888-627-0430**  
Monday, Tuesday, Thursday, Friday: 9:00 a.m., to 4:00 p.m.  
Wednesday: 10:00 a.m., to 4:00 p.m.  
Fax applications and/or proof/verification: 1-855-293-1822  
Apply on line: <http://access.wisconsin.gov>

## *Financial Assistance– continued*

- **Mail in applications:** CDPU  
PO Box 5234  
Janesville, WI 53547-5234

### Representative Payee Companies

- **Catholic Charities**  
1-888-212-4357 or 608-782-0710
- **House Calls of Menomonie**  
715-232-6475 or 888-232-6475      <http://www.housecallsinc.org>
- **Mississippi Valley Guardians**  
715-273-6628
- **Payee Services, Inc.**  
1-866-755-0203 or 715-233-0203

### Financial Counseling/Education

- **Family Financial Management Program (UW-Extension Office)**  
1-877-538-2311 ext. 209 or 715-583-2311 ext. 209
- **Family Means**  
715-834-7171      <http://www.familymeans.org>
- **Lutheran Social Services**  
1-888-577-2227      <http://www.conqueryourdebt.org>

### Financial Resources for Housing

- **Movin' Out, Inc - Housing Solutions for People with Disabilities**  
1-877-861-6746 ext. 7 or 608-251-4446  
e-mail: [info@movin-out.org](mailto:info@movin-out.org)      <http://www.movin-out.org>
- **Refinance & Mortgage Guide for People with Disabilities**  
<http://refinancemortgagerates.org/mortgage-guide-for-people-with-disabilities>
- **Rural Housing**  
1-888-400-5974 or <http://www.wisconsinruralhousing.org>  
608-238-3448

## *Hearing Services*

- **Division of Vocational Rehabilitation (Employment Only)**  
La Crosse, 1-800-523-2139 or 608-785-9500
- **Independent Living Resources**  
La Crosse, 1-888-474-5745 or 608-787-1114
- **Office for the Deaf and Hard of Hearing**  
Madison (central office), 1-855-359-5252  
Eau Claire, 715-836-2107  
e-mail: [DHSODHH@wisconsin.gov](mailto:DHSODHH@wisconsin.gov)      <http://dhs.wisconsin.gov/odhh>



## *Hearing Services– continued*

- **Wisconsin Dept of Public Instruction**  
608-266-3390 or 800-441-4563
- **Telecommunications Equipment Purchase Program (TEPP)**  
608-231-3305 or 608-266-3957  
<http://www.PSC.WI.gov/pages/programs/TEPP.aspx>
- **711 Wisconsin Relay Connector**  
Dial 711 or 1-800-947-6644  
<http://www.wisconsinrelay.com>

## *Home Care/Hospice/Respite*

### **Supportive Home Care**

In-home services such as laundry, housekeeping, meal preparation and more.

- **Almost Family**  
Eau Claire, 715-831-0631  
La Crosse, 608-779-0900
- **Always There Home Care of Western Wisconsin, LLC**  
Mondovi, 715-530-3076  
<http://www.alwaystherehomecarewi.com>
- **BrightStar**  
Onalaska, 608-519-4324  
<http://www.brightstarcare.com>
- **Home Instead Senior Care**  
Eau Claire 715-941-4717  
Winona, 507-285-1700  
<http://www.homeinstead.com>
- **International Quality Homecare**  
1-888-995-4742
- **Moore Genuine Care, LLC**  
Augusta, 715-286-2734
- **Recover Health of Wisconsin, Inc.**  
Eau Claire, 715-598-5600  
La Crosse, 608-406-3140  
Winona, 507-494-8600  
<http://www.recoverhealth.org>
- **Safe at Home Senior Care**  
Eau Claire, 715-598-7233

## Home Care/Hospice/Respite– continued

### **Nursing Assistance/Personal Care**

Skilled licensed nursing services.

- **Almost Family**  
Eau Claire, 715-831-0631  
La Crosse, 608-779-0900
- **BrightStar Lifecare**  
Onalaska, 608-519-4324  
<http://www.brightstarcare.com/lacrosse>
- **Home Instead Senior Care**  
Eau Claire 715-941-4717  
Winona, 507-285-1700  
<http://www.homeinstead.com>
- **International Quality Homecare**  
1-800-687-9480 or 715-955-4299  
La Crescent, MN, 507-895-2570
- **Mayo Clinic Health System Home Health and Hospice**  
(Serves communities of Eleva, Strum and Osseo)  
Chippewa Falls, 1-800-236-8408 or 715-831-0100
- **Moore Genuine Care, LLC**  
(Serves all Trempealeau County communities)  
Augusta, 715-286-2734
- **Recover Health of Wisconsin, Inc.**  
Eau Claire, 715-598-5600  
La Crosse, 608-406-3140  
Winona, 507-494-8600  
<http://www.recoverhealth.org>
- **St. Joseph’s Home Health Care**  
(Serves communities of Eleva, Strum and Osseo)  
Chippewa Falls, 1-800-726-3485 or 715-726-3485

### **Hospice Care**

Provides nursing, social work, home health aides, pastoral care, and volunteer services for people who are terminally ill.

- **Black River Memorial Hospice**  
(Serves communities of Arcadia, Blair, Ettrick, Galesville, Independence, Osseo, Strum and Trempealeau)  
Black River Falls, 715-284-3662  
<http://www.brmh.net/services/hospice>
- **Gundersen Health System - Hospice**  
(Serves communities within 45 miles of La Crosse)  
608-775-8435  
<http://www.gundersenhealth.org/hospice>

### Hospice Care– continued

- **Heartland Hospice**  
1-866-216-5708  
www.heartlandhospice.com
- **Mayo Clinic Health System Franciscan Healthcare Hospice**  
(Serves communities of Ettrick, Galesville and Trempealeau)  
La Crosse, 1-800-362-5454 ext. 29790 or 608-392-9790
- **Mayo Clinic Health System Home Care and Hospice**  
(Serves communities of Eleva, Strum and Osseo)  
Chippewa Falls – 1-800-236-8408 or 715-831-0100
- **St. Croix Hospice**  
Eau Claire, 1-855-278-2764
- **St Joseph’s Home Health - Hospice**  
(Serves communities of Eleva, Strum and Osseo)  
Chippewa Falls, 1-800-726-3485 or 715-717-7485
- **Winona Area Hospice**  
(Serves communities within 25 miles of Winona, MN)  
Winona, 507-457-4468      <http://www.winonahealth.org>

### **Respite Care**

- **Alzheimer Family Caregiver Support Program**  
Aging and Disability Resource Center of Trempealeau County  
1-800-273-2001 or 715-538-2001 or e-mail:  
resourcecenter@co.trempealeau.wi.us
- **National Family Caregiver Support Program**  
Aging and Disability Resource Center of Trempealeau County  
1-800-273-2001 or 715-538-2001 or e-mail:  
resourcecenter@co.trempealeau.wi.us
- **Gundersen Tri-County Care Center\***  
Whitehall, 715-538-2677
- **Mayo Clinic Health System in Osseo\***  
Osseo, 715-597-3121
- **Retired Senior Volunteer Program (RSVP) Volunteer Caregivers**  
Independence, 715-985-2391 ext. 1205
- **St. Michael’s Assisted Living\***  
Fountain City, 608-687-7721

*\*In-hospital respite only, pending bed availability*

### Home Improvements

- **Rural Development**  
Menomonie - home rehabilitation grants and loans to address wiring, plumbing, windows, siding and other needs including ramps and other home accessibility needs  
715-232-2614 ext. 4

## **Home Improvements– continued**

- **Rural Housing**  
Madison, 1-888-400-5974 or 608-238-3448    <http://www.wisconsinruralhousing.org>
- **Tomorrow’s Home Foundation (specific to manufactured and mobile homes)**  
<http://www.tomorrowshomefoundation.org>
- **Western Dairyland Economic Opportunity Council, Inc.**  
Independence, weatherization and home modification  
1-800-782-1063 or 715-985-2391                    <http://www.westerndairyland.org>

## **Housing and Residential Placements**

Helping people stay at home is at the heart of community long term care programs such as Family Care and IRIS. Whether you live in a house, apartment, condominium or mobile home, the Aging and Disability Resource Center of Trempealeau County, your Family Care care management team, or IRIS consultant can work with you to ensure you remain in your home for as long as you are safely able to do so. Residential placement is to be considered a “last resort” and most people are able to remain in their own homes for the duration of their lives.

If you are already in a residential placement that is not affordable to you, staff with the Aging and Disability Resource Center of Trempealeau County, your Family Care care management team, or IRIS consultant can help you find and secure the best living situation that meets your needs at a more affordable rate.

For more information on services that support independence or for information on locating or choosing a residential facility, please visit [www.dhs.wisconsin.gov/guide/find.htm](http://www.dhs.wisconsin.gov/guide/find.htm)

Below are the definitions of different types of residential placements intended for situations when a person is no longer safe to live independently in the community.

### **Adult Family Home (AFH)**

- Small group living situation (one to four residents)
- Home-like atmosphere
- Private or semi-private bedrooms
- Family style meals

### **Residential Care Apartment Complex (RCAC)**

- Separate apartments with a small kitchen, private bath and separate living and sleeping area
- Central dining room and a meal plan
- Provide up to 28 hours of support services, personal assistance and nursing services
- Emergency assistance available 24 hours a day
- Must be own legal decision maker at time of admission

## **Housing and Residential Placements– continued**

### **Community Based Residential Facility (CBRF)**

- Size of facility varies (five or more residents)
- Can be a remodeled home to a newly built facility
- Private or semi-private bedroom and bathroom
- Common dining room with all meals provided
- Staff available 24 hours a day

Below is a list of residential facilities located in Trempealeau County. If you are looking for a facility outside of Trempealeau County, please call the Aging and Disability Resource Center of Trempealeau County at 1-800-273-2001 or 715-538-2001 or visit [www.dhs.wisconsin.gov/guide/assisted-living.htm](http://www.dhs.wisconsin.gov/guide/assisted-living.htm)

### **Adult Family Homes (AFH)**

- Trempealeau County Health Care Center 715-299-2141 [www.tchcc.com](http://www.tchcc.com)
  - Apple Way AFH Independence
  - Cedar Ridge AFH Arcadia
  - Clover Way AFH Independence
  - Hickory Ridge AFH Blair
  - River Way North Pigeon Falls
  - River Way South Pigeon Falls
- Mary Ignasiak 608-582-2616
  - A County Home Ettrick

### **Residential Care Apartment Complexes (RCAC)**

- Dove Health Care 715-597-8922
  - Dove Assisted Living Osseo
- Trempealeau County Health Care Center 715-299-2141 [www.tchcc.com](http://www.tchcc.com)
  - Clover Way Independence
  - Country Ridge Pigeon Falls
- Tri-County Memorial Hospital
  - Sunrise Manor Whitehall 715-538-4312 ext. 64223

### **Community Based Residential Facilities (CBRF)**

- Family Circle (Specific for Males) 715-695-3531
  - Family Circle Strum
- Grand View Home, Inc 608-989-2511
  - Grand Avenue Assisted Living Blair
- Over the River LLC 608-534-2105
  - Over the River Trempealeau
- Strum Residence LLC 630-974-9515
  - Rolling Meadows of Strum Strum

## **Housing and Residential Placements– continued**

### **Community Based Residential Apartment Complexes– continued**

- Trempealeau County Health Care Center 715-299-2141  
Farnam Community Living Whitehall  
Willow Brook Whitehall  
Willow Ridge Whitehall

### **Independent Living Apartments for Seniors**

- Bethany St. Joseph Corporation 608-582-2211
- Eden House, Galesville 608-582-2211
- Eden House (meals only)  
Galesville, 608-582-2211
- Family Circle (CBRF-Males Only)  
Strum, 715-695-3531

## **Housing Resource List**

- **Public Housing Authority**  
Housing Authority of Trempealeau County, 715-538-2274
- **WIHousingSearch.org**  
1-877-428-8844 <http://wihousingsearch.org>
- **WISCAP Network**  
Western Dairyland Economic Opportunity Council, Inc.  
Independence, 1-800-782-1063 or 715-985-2391 <http://www.westerndairyland.org>
- **Weatherization**  
Western Dairyland Economic Opportunity Council, Inc.  
Independence, 1-800-782-1063 or 715-985-2391 <http://www.westerndairyland.org>
- **Independent Living Centers**  
Independent Living Resources, 1-888-474-5745 or 608-787-1111  
<http://www.ilresources.org>

**The following pages contain information on subsidized housing for families, individuals with disabilities and seniors. Typically subsidized housing is a percent of a person's gross income. For more information and to verify availability or to be added to a wait list, please contact individual housing provider listed.**

<b>Location</b>	<b>Building</b>	<b>On Site Office</b>	<b>Who to Contact</b>
<b>Arcadia</b>	Arcadia Elderly Public Housing - Willow Street Arcadia Housing-Central Manor - Gillespie Street		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Partridge Run Apartments		Allegiant Property Mgmt 412 South 3rd Street La Crescent, MN 55947 1-888-393-3282 608-784-1381 FAX 507-551-2068
<b>Blair</b>	Blair Apartments		Grandview Care Center P.O. Box 27 Blair, WI 54616 608-989-2511
<b>Dodge</b>	Hillside Apartments	608-539-4511 Fax 539-2066	
<b>Eleva</b>	Eleva Housing Inc.		Landmark Co. PO Box 720 Eau Claire, WI 54701 715-834-3411
	Eleva Lutheran Housing		Landmark Co. PO Box 720 Eau Claire, WI 54701 715-834-3411
<b>Ettrick</b>	North Pine Apartments Ettrick Housing		Horizon Management Group, Inc. Karen Sampson P.O. Box 2829 La Crosse, WI 54602-2829 608-784-2935 800-944-4866
<b>Galesville</b>	Galesville Elderly Public Housing West Ridge Avenue		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Galesville Housing, Inc. Lakeview Courts	608-582-2722	Horizon Management Group, Inc. Karen Sampson P.O. Box 2829 La Crosse, WI 54602-2829 608-784-2935 800-944-4866
<b>Independence</b>	Bugle Apartments, Inc. Elm Street		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Parkview Apartments, Inc.	715-985-2124 or 608-784-1318	Allegiant Property Mgmt 412 South 3rd Street La Crescent, MN 55947 1-888-393-3282 608-784-1381 FAX 507-551-2068
<b>Osseo</b>	Osseo Housing, Inc.		Christian Boetcher P.O. Box 643 Osseo, WI 54758 715-299-6603
<b>Pigeon Falls</b>	Pigeon Falls Apartments Winsand Drive and Church Street		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
<b>Trempealeau</b>	Riverview Apartments, Inc.	Office 608-534-7410	
<b>Strum</b>	Strum Apartments, Inc.		Sherry Severson W21751 Erlien Road Strum, WI 54770 715-695-3751
<b>Whitehall</b>	Brookside, Parkside, Hillside Independent Units & RCAC Units/Services Provided		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274

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**HUD and Rural Development Housing**  
*For Families, Handicapped and/or Disabled and Elderly*

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<b><u>Arcadia</u></b>	Thousand Oaks 1385 East Wilson Avenue Arcadia, WI 54612 608-323-2198	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 608-784-2935 1-800-333-8250 – Voucher Program
	Arcadia Public Housing Sobotta Street Arcadia, WI 54612	Housing Authority of Trempealeau County P.O. Box 295 Whitehall, WI 54773 715-538-2274
<b><u>Ettrick</u></b>	Greenview Apartments East Third Street Ettrick, WI 54627 608-582-2206	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 608-784-2935 1-800-333-8250 – Voucher Program
<b><u>Galesville</u></b>	Galesville Public Housing 17432 Edgewood Lane Galesville, WI 54630	Housing Authority of Trempealeau County P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Galesville Greens Apts. West Clark Avenue Galesville, WI 54630 608-526-2206	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 608-784-2935 1-800-333-8250 – Voucher Program
<b><u>Independence</u></b>	Bugle Apartments 23556 Elm Street Independence, WI 54747	Housing Authority of Trempealeau Co 36358 Main Street Whitehall, WI 54773 715-538-2274
<b><u>Osseo</u></b>	Osseo Enterprises-Camelot Rose Street Osseo, WI 54758	Northern Investment 23684 Washington St, Independence 715-985-3191
<b><u>Strum</u></b>	Birchwood Apartments Birch Street Strum, WI 54770	WODA Group Columbus, Ohio 614-396-3200
<b><u>Whitehall</u></b>	Creekside Apartments South Street Whitehall, WI 54773 715-538-4165	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 Fax: 608-784-2935 1-800-333-8250 – Voucher Program
	Whitehall Public Housing Maranatha Place Whitehall, WI 54773	Housing Authority of Trempealeau County P.O. Box 295 Whitehall, WI 54773 715-538-2274



## **Legal Services/Resources**

- **Better Business Bureau of Wisconsin**  
1-800-273-1002 or 414-847-6000      <http://wisconsin.bbb.org>
- **Coalition of Wisconsin Aging Groups Elder Law Center**  
1-800-488-2596      <http://www.cwagwisconsin.org>
- **Free Legal Clinic – Eau Claire**  
L. E. Phillips Public Library, 400 Eau Claire Street, Eau Claire  
3rd Wednesday of each month: 6:30 p.m. to 8:00 p.m.  
<http://www.eauclaire.countybar.com>
- **Guardianship Hotline**  
1-855-409-9410
- **Lawyer Information and Referral Service of State Bar of Wisconsin**  
1-800-362-9082      <http://www.wisbar.org>
- **Legal Action of Wisconsin**  
La Crosse, 1-800-873-0927 or 608-785-2809      <http://www.legalaction.org>  
Tuesday and Thursday: 8:30 a.m. to 11:30 a.m.
- **State Bar of Wisconsin**  
<http://www.wisbar.org>
- **Tenant Resource Center**  
1-877-238-7368      [http://www.tenantresourcecenter.org/rights\\_in\\_wisconsin](http://www.tenantresourcecenter.org/rights_in_wisconsin)
- **Trempealeau County District Attorney**  
1-877-538-2311 ext. 421 or 715-538-2311 ext. 421
- **Wisconsin Guardianship Support Center**  
1-855-409-9410 or E-mail: [Guardian@gwaar.org](mailto:Guardian@gwaar.org)

*\*Also see Attorney listing in the telephone book yellow pages*

## **Lifeline (Personal Emergency Response System)**

- **Clark Electric**  
866-279-6544 or 715-267-6544
- **Phillips Lifeline**  
1-800-543-3546 ext. 3050
- **SafeLink Wireless**  
Free Cell Phone Minutes Program      [www.safelinkwireless.com](http://www.safelinkwireless.com)  
1-800-723-3546 for Enrollment and Plan Changes Support  
1-800-378-1684 for Technical Support ONLY
- **Verizon - SureResponse**  
1-855-299-9327

## **Meals/Nutrition**

### **Home-Delivered Meals**

- **Aging and Disability Resource Center of Trempealeau County (including Senior Services)** 1-800-273-2001 or 715-538-2001 (also have frozen meals)
- **Mom's Meals**, 1-877-508-6667  
www.momsmeals.com

### **Meal Sites**

- **Free Meal/Donations Accepted**  
Ettrick, Living Hope Parish, 5:00 to 6:30 p.m. every third Sunday
- **Meal Sites** – Aging and Disability Resource Center of Trempealeau County (including Senior Services) 1-800-273-2001 or 715-538-2001
  - Blair** – Rainbow Restaurant, 608-989-2003  
Monday through Friday, 11:30 am to 12:30 pm  
and, every Thursday, 5:00 pm
  - Galesville** – Boon Docks Locker Room, 608-582-4401  
Tuesday, Wednesday, Thursday, 11:00 am to 12:00 pm, reservations required
  - Pine Creek/Dodge** – Sacred Heart Church, 608-539-3704  
Tuesday and Thursday, 12:00 pm

### **Nutrition**

- **Senior Farmers Market Nutrition Program**  
June through October, Aging and Disability Resource Center of Trempealeau County 1-800-273-2001 or 715-538-2001

### **Grocery stores that will deliver:**

- **Robbe's IGA**  
Strum, 715-695-3765

### **Food Pantries**

- **Blair**  
608-989-2818
- **Galesville**  
608-582-2991
- **Independence**  
715-985-3055
- **OLPH Mission/Thrift Store (Arcadia)**  
608-323-7116 or in emergency 608-323-8462
- **Osseo**  
715-597-3213

**Meals/Nutrition– continued**  
**Food Pantries– continued**

- **Ruby’s Pantry**  
715-597-2485
- **Reaching Out Ministries**  
715-896-0604 or 715-538-3701
- **Strum**  
715-695-3511
- **TCHCC**  
715-538-2397
- **Whitehall**  
715-538-2397

**Medical Supplies/Equipment**

- **Access Mobility**  
608-782-1069
- **A&J Mobility**  
715-874-6630
- **ActivStyle (incontinence supplies)**  
888-280-8632
- **Apria Health Care**  
800-289-8700 or 715-834-7517
- **Degen Berglund, Inc**  
800-678-1862 or 608-775-8500
- **Grace Home Respiratory and Medical Supply**  
877-230-1622 or 715-832-7377
- **GT Mobility & Services, LLC** (Advantage Vans or Advantage Mobility and Services)  
1-877-275-4907 [www.gtmobility.com](http://www.gtmobility.com)
- **Hilton Medical Supply**  
La Crosse, 608-785-0390
- **Home Delivery of Incontinence Supplies**  
1-800-269-4663
- **Howard’s Home Furnishings** (lift-chairs)  
Osseo, 715-597-3344 [www.shophowards.com](http://www.shophowards.com)
- **J & B Medical Supply**  
1-800-737-0045
- **Independence First Mobility Store (Wheelchair Recycling Program)**  
Milwaukee Area, 414-291-7520
- **Mayo Clinic Health System-Franciscan Care Home Medical Equipment**  
La Crosse, 608-392-9797

### *Medical Supplies and Nutrition– continued*

- **Mayo Clinic Health System Pharmacy & Home Medical**  
Eau Claire, 715-838-6000; Osseo, 715-597-3121
- **Midwest Off Roads**  
La Crosse, 608-784-9980
- **NuMotion** (formerly Reliant Rehab)  
Eau Claire, 715-552-3711
- **Veterans Services Office, Trempealeau County**  
Whitehall, 1-877-538-2311 ext. 217 or 715-538-2311 ext. 217  
(wheelchairs to loan, hospital beds, commodes and walkers)

### *Mental Health Services*

- **Aging & Disability Resource Center of Trempealeau County**  
1-800-273-2001 or 715-538-2001 e-mail: resourcecenter@trempealeaucounty.com
- **Great Rivers 211** (service available 24 hours, 7 days a week)  
Dial 211 or 1-800-362-8255  
TTY 1-866-884-3620 <http://www.greatrivers211.org>
- **Gundersen Health System - Behavioral Health**  
Whitehall, 715-538-2383  
La Crosse, 1-800-362-9567 ext. 52287 or 608-775-2287  
<http://www.gundersenhealth.org/behavioral-health>
- **Ho-Chunk Nation Behavioral Health**  
La Crosse, 608-784-3083 Black River Falls, 715-284-9851  
<http://www.ho-chunknation.com>
- **Mayo Clinic Health System Behavioral Health**  
Eau Claire, 715-838-3311  
La Crosse, 608-392-9555
- **National Alliance on Mental Health (NAMI)**  
1-800-236-2988  
La Crosse, 608-779-1554  
Eau Claire, 715-450-6484
- **National Alliance on Mental Health (NAMI) - Trempealeau County**  
608-484-2723 or e-mail: namitrempealeaucounty@yahoo.com
- **NAMI Family to Family** [www.namilacrossecounty.org](http://www.namilacrossecounty.org)
- **Northwest Connections**  
1-888-552-6642
- **Positive Avenues Drop-In Center**  
618 South Barstow Street, Eau Claire, 715-514-5556 (8 am - 3:30 pm, Monday-Friday)
- **RAVE (Recovery Avenue) Drop-In Center**  
1806 State Street, La Crosse, Monday - Friday 9:00 am to 5:00 pm  
608-785-9615

### **Mental Health Services– continued**

- **Sacred Heart Behavioral Health Center**  
Eau Claire, 715-717-4121
- **Veteran’s Office - Trempealeau County**  
1-877-538-2311 ext. 217 or 715-538-2311 ext. 217
- **Veterans Only: Suicide Prevention**  
1-800-273-TALK or 715-538-2311 ext. 217
- **West Central Wisconsin Behavioral Health**  
Whitehall, 1-866-805-0304 or 715-538-9134
- **Wisconsin Vet Centers**  
La Crosse, 608-782-4403

### **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.

- **Great Rivers 211** (service available 24 hours, 7 days a week)  
Dial 211 or 1-800-362-8255  
TTY 1-866-884-3620 <http://www.greatrivers211.org>

### **Nursing Homes and Hospitals**

- **Dove Health Care**  
Osseo, 715-597-2493 (Nursing Home)
- **Grand View Care Center**  
Blair, 608-989-2511 (Nursing Home)
- **Gundersen Tri-County Care Center/Gundersen Tri-County Hospital and Clinics**  
Whitehall, 715-538-2677 (Nursing Home), or 715-538-4361 (Hospital)
- **Marinuka Manor**  
Galesville, 608-582-2211 (Nursing Home)
- **Mayo Clinic Health System – Oakridge**  
Osseo, 715-597-3121 (Hospital)
- **Pigeon Falls Health Care Center**  
Pigeon Falls, 715-983-2293 (Nursing Home)
- **Trempealeau County Health Care Center**  
Whitehall, 715-538-4312 (Nursing Home)

### **Pharmacies and Prescription Drug Programs**

#### **Pharmacy Services**

- **Blair Pharmacy**  
Blair, 608-989-2919  
Blair, Pigeon Falls and Whitehall (delivery and mail out)

## *Pharmacy and Prescription Drug Services– continued*

### *Pharmacies– continued*

- **Colby Pharmacy**  
Whitehall, 715-538-4947 (mail out only)
- **Galesville Pharmacy**  
Galesville, 608-582-2446  
Ettrick, Galesville, Trempealeau (delivery and mail out)
- **Mayo Clinic Health System Pharmacy and Home Medical**  
Eau Claire, 1-800-236-6807  
Osseo, 715-597-3166 (mail out only)  
*\*\*Pharmacies that deliver or mail out prescriptions may charge a fee for the service*

## **Prescription Drug Programs**

- **Benefit Specialist**  
Aging and Disability Resource Center of Trempealeau County (including Senior Services)  
*Disability* Benefit Specialist (Ages 18-59) 1-800-273-2001 or 715-538-2001  
*Elder* Benefit Specialist (Ages 60 and older) 1-800-273-2001 or 715-538-2001
- **Benefits Checkup**  
[www.benefitscheckup.org](http://www.benefitscheckup.org)
- **Board on Aging and Long Term Care**  
1-855-677-2783-8211      <http://www.longtermcare.wi.gov>  
Medicare Part D and Prescription Drug Hotline (ages 60 and older)
- **Medicare Part D**  
1-855-394-9168  
<http://www.medicare.gov>
- **Prescription Drug Assistance Programs**  
<http://www.dhs.wisconsin.gov>  
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.
- **Wisconsin Drug Card Program**  
<http://www.wisconsindrugcard.com>  
Discount prescriptions with no restrictions or eligibility criteria
- **Wisconsin SeniorCare**  
1-800-657-2038      <http://www.dhs.wisconsin.gov/seniorcare/index.htm>  
A prescription drug program for Wisconsin residents who are 65 years of age or older. There is an annual enrollment fee and minimal co-pay for each prescription. A senior's projected annual income will determine whether certain out-of-pocket expenses will also be required.

## *Support Groups and Contact Agencies*

- **Amyotrophic Lateral Sclerosis (ALS, Lou Gehrig's Disease)**  
Diane Fergot, 920-279-4449 or email: [diane@alsawi.org](mailto:diane@alsawi.org)

## **Support Groups and Contact Agencies– continued**

- **Alcoholics Anonymous/ALANON**  
715-538-1566
- **Alzheimer’s Association**  
Chippewa Falls, 715-861-6174  
Helpline, 1-800-272-3900 or <http://www.alz.org>  
CareFinder <http://www.alz.org/carefinder>  
Navigator <http://www.alzheimersnavigator.org>
- **Alzheimer’s Caregiver Support Group**  
Sacred Heart Hospital Education Department, Eau Claire, 715-839-4265  
Alzheimer’s Support Group or Peer Mentoring,  
La Crosse, 1-800-797-1656 or 608-784-5011
- **Attention Deficit Hyperactivity Disorder (ADHD) Support Group**  
National Alliance on Mental Illness (NAMI) of Trempealeau County  
608-484-2723 or e-mail: [namitrempealeau@yahoo.com](mailto:namitrempealeau@yahoo.com)  
Gundersen Tri-County Hospital and Clinics – Education Room, Whitehall  
3<sup>rd</sup> Monday of every month (except December), 6:00 pm to 7:00 pm
- **Caregiver Support Group**  
Church Street, Pigeon Falls Health Care Center  
2<sup>nd</sup> Thursday every month, 1:30 pm to 2:30 pm  
715-983-2293, Ext. 4158  
Shirley Wright Memorial Library, Trempealeau  
4th Tuesday of every month, 1:30 pm to 3 pm
- **Consumer Recovery Support**  
RAVE, 1806 State St, La Crosse, 608-785-9615; Wednesday, 5:00pm to 6:30pm
- **Diabetes Local**  
<http://www.diabeteslocal.org>
- **Diabetes Support Group**  
Whitehall, 1-800-232-3472 or 715-538-4355
- **Eau Claire Low Vision Support Group**  
715-835-3496
- **Family Support Group Meeting**  
608-784-9644 or 608-784-0062  
Franciscan Spirituality Center, 920 Market St, La Crosse  
1st and 3rd Tues/month 6:30 pm to 8:00 pm
- **Great Rivers 211** (service available 24 hours, 7 days a week)  
Dial 211 or 1-800-362-8255 or 608-791-4344  
TTY 1-866-884-3620 <http://www.greatrivers211.org>
- **Mayo Clinic Health System Behavioral Health Services**  
Eau Claire, 715-838-3311
- **Mental Health Coalition of the Greater La Crosse Area,**  
[www.mentalhealthlacrosse.org](http://www.mentalhealthlacrosse.org)

## **Support Group and Contact Agencies– Continued**

- **National Alliance for the Mentally Ill (NAMI)**  
La Crosse, 608-788-4888
- **National Alliance for the Mentally Ill (NAMI) of Trempealeau County**  
608-484-2723 or e-mail: namitrempealeaucounty@yahoo.com
- **Post Polio Support Group**  
Betty Marsolek, 715-985-3801 (meets in April and October)
- **Survivors of Suicide Support Group**  
Franciscan Spirituality Center, Rose Room 141, 920 Market St, La Crosse;  
3<sup>rd</sup> Wednesday of the month at 7:00 pm to 9:00 pm
- **Wisconsin Family Caregiver Support Program**  
Aging & Disability Resource Center of Trempealeau County  
1-800-273-2001 or 715-538-2001 e-mail: resourcecenter@trempealeaucounty.com  
Thursday, 1:00pm to 3:00pm
- **Women’s Way – Lutheran Social Services**  
AODA for Women 1-877-564-3225 or 715-855-6181

## **Transitional Planning**

### **Planning for the Future Prior to Age 17**

#### **Information and Assistance**

Help finding services and community resources, assessment for funding availability for children with developmental, physical disabilities or severe emotional disturbance.

- **Trempealeau County Department of Human Services, Behavioral Health Unit**  
1-877-538-2311 ext. 290 or 715-538-1768

### **Planning for Adulthood 17 Years of Age and Older**

#### **Information and Assistance**

Help finding services and community resources, assessment for available funding for adults with developmental and/or physical disabilities.

- **Aging & Disability Resource Center**  
1-800-273-2001 or 715-538-2001 e-mail: resourcecenter@co.trempealeau.wi.us

#### **Guardianship**

If the child is going to need a guardian, please call to begin the process (suggested age is 17 years, 6 months).

- **Trempealeau County Dept. of Human Services**  
1-877-538-2311



## *Transitional Planning– continued*

### **Disability Benefit Specialist**

Assistance in applying for Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) through Social Security (suggested age to begin is 17 years, 9 months).

- **Disability Benefit Specialist Aging & Disability Resource Center**  
1-800-273-2001 or 715-538-2001

### **Elderly Benefits Specialist**

Assistance in applying for

- **Elderly Benefit Specialist Aging & Disability Resource Center**  
1-800-273-2001 or 715-538-2001

## *Transportation Services*

- **Abby Vans**  
Neillsville, 1-800-236-8438 or 715-743-3364
- **Access Medical Transit**  
608-782-4200
- **Aging and Disability Resources of Trempealeau County (including Senior Services)**  
Bus and Van, 1-800-273-2001 or 715-538-2001  
Volunteer Driver, 1-800-273-2001 or 715-538-2001
- **Medical Transportation Management, Inc. (MTM) (Medicaid Only)**  
1-866-907-1493 single reservation (routine orders)  
1-866-907-1494 (“Where’s My Ride”) TTY – 1-800-855-2880  
Routine and regularly scheduled <http://mtm-inc.net/wisconsin>  
Report Fraud, 1-877-865-3432 <http://www.reportfraud.wisconsin.gov/>
- **Pine Creek Transportation Service**  
Taylor, 715-662-2028 email: [db.pinecreektrans@gmail.com](mailto:db.pinecreektrans@gmail.com)
- **Tender Care Transport**  
Eau Claire, 715-835-2435
- **Veterans Service Office, Trempealeau County (medical for veterans only)**  
1-877-538-2311 ext. 217 or 715-538-2311 ext. 217

## **Vision: Blind and Visually Impaired Services**

- **Aging and Disability Resource Center of Trempealeau County**  
(audio tapes of local newspapers)  
1-800-273-2001 or 715-538-2001
- **Division of Vocational Rehabilitation (*Employment Only*)**  
La Crosse, 1-800-523-2139 or 608-785-9500
- **Independent Living Resources**  
La Crosse, 1-888-474-5745 or 608-787-1111
- **Low Vision Clinic—Gundersen Health System**  
La Crosse, 1-800-362-9567 ext. 52191
- **Office for the Blind and Visually Impaired**  
1-888-879-0017, Eau Claire, 715-836-6772      [www.dhs.wisconsin.gov/blind](http://www.dhs.wisconsin.gov/blind)
- **Rehab Specialist for the Blind**  
Linda Palmer, 608-789-5663
- **Telecommunications Equipment Purchase Program**  
608-231-3305 or TTY 1-800-251-8345  
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
- **Wisconsin Council of the Blind & Visually Impaired**  
608-255-1166      <http://wcblind.org>  
A variety of services including assistive aids, appliances, computer technology, legislative advocacy, and education.

## **Volunteer Services**

- **Retired Senior Volunteer Program (RSVP) Volunteer Caregivers**  
Independence, 715-985-2391, ext. 1205
- **Aging and Disability Resource Center of Trempealeau County**  
Whitehall, 1-800-273-2001 or 715-538-2001

## *Trempealeau County Government at Your Service*

<b>Aging &amp; Disability Resource Center</b>	<b>715-538-2001</b>
<b>ADRC Toll-Free</b>	<b>1-800-273-2001</b>
<b>Government Center:</b>	<b>715-538-2311</b>
<b>Government Center:</b>	<b>Toll-Free 1-877-538-2311</b>
Child Support Agency	Ext. 232
Circuit Court Judge	Ext. 239
Clerk of Court	Ext. 331
Community Cable TV	Ext. 309
Coroner	715-538-4351
Corporate Counsel	Ext. 246
County Board Chair	Ext. 200
County Clerk	Ext. 201
Department of Corrections	715-538-4509
District Attorney	Ext. 476
Emergency Management	Ext. 215
Farm Service Agency - PO Box 645-Whitehall, WI	715-538-4396
Forester/DNR	715-928-2462
Health Care Center	715-538-4312
Health Department	Ext. 220
Highway Office	715-538-4799
Highway Shop	715-538-2221
Housing Authority	715-538-2274
Human Resources/Asst. Admin. Coordinator	Ext. 213
Human Services	715-538-1768
Land Conservation	Ext. 223
Land Records	Ext. 343
New Horizons, PO Box 518, Whitehall, WI	715-538-2810
Probation & Parole	715-538-4333
Register of Deeds	Ext. 244
Register and Probate	Ext. 244
Sheriff	Ext. 364
Treasurer	Ext. 219
University of WI Extension	Ext. 208
Veterans Services	Ext. 217
Victim/Witness Coordinator	Ext. 278

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