

Resource Booklet



*Aging and Disability Resource Center
Of Trempealeau County*

DISCLAIMER:

This list is provided to you for informational purposes only. You are solely responsible to verify the credentials of a provider/resources. The ADRC does not assume any responsibility for these providers/resources and does not guarantee the quality or availability of services. This is not an all-inclusive list.

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INTRODUCTION

The Aging and Disability Resource Center (ADRC) of Trempealeau County is a single point of contact for information and assistance to residents of Trempealeau County, all at no cost to you. We can help you sort through the options that are available for older adults aged 60+ and adults with disabilities, mental illness and/or substance abuse disorders, along with their family members and caregivers. Having this knowledge will enable you to make informed decisions about such things as:

- Maintaining your independence
- Choices for long-term care and related services
- Medicare benefits and other health-related benefits
- Social Security benefits
- Supportive services and resources in your community

Trempealeau County publishes a monthly newsletter. This newsletter includes information and local resources for seniors and their family/caregivers. To start receiving this newsletter by mail or email, call 1-800-273-2001.

In Wisconsin, Help is 3 Numbers Away



211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

**Contact for
Information and
Community Resources**
211

211 also can connect people with information and referrals for:

- Substance Use / Mental Health Resources
- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare

988 provides support when a person, or someone they know, is experiencing a crisis:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

**Contact for the
Suicide & Crisis
Lifeline**
988

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

**Call for
Emergencies**
911

**Whole
Person
Care**

Referrals as needed, utilizing 211 WI's Resource Database

ABUSE AND NEGLECT

Adult protective services provide aid to elder adults and Adults-at-Risk who have been abused, neglected, or exploited. If you suspect an elder adult or adult at risk has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation, please contact your county agency. *If you or someone you know is in immediate life-threatening danger, call 911*

Wisconsin Elder Abuse Hotline

1-833-586-0107

<https://reportelderabusewi.org>

Trempealeau County Department of Human Services

18600 Hobson St, Whitehall, WI 54773

(715) 538-2311 ext. 290

<https://co.trempealeau.wi.us/>

- Business Hours: Monday - Friday 8:00 am - 4:30 pm

Long-Term Care Ombudsman

1402 Pankratz Street, Suite 111 Madison, WI 53704

(800) 815-0015

<http://www.longtermcare.wi.gov>

- Responds to complaints of residents or recipients of long-term care, such as care in nursing homes, assisted livings and services of managed long-term care programs (Family Care & IRIS).

Bolton Refuge House (715) 834-9578

807 S Farwell Street Eau Claire, WI 54701

<https://www.boltonrefuge.org/>

- Serves individuals affected by domestic violence, intimate partner violence, sexual assault, dating violence, and stalking. Eau Claire staff available 24 hours a day, 365 days a year.

New Horizons (715) 538-281021104th Avenue NE, Menomonie, WI 54751<http://www.nhagainstabuse.org/>

- New Horizons offers FREE and confidential services to victims and survivors of domestic and sexual abuse in Trempealeau County, Wisconsin. The shelter's Crisis Advocates provide support and advocacy for victims throughout their shelter stay.
- *24 Hour Crisis Line: Call (888)231-0066 or text for help: 608-667-9944*

The Bridge to Hope (715) 235-907421104th Avenue NE, Menomonie, WI 54751<https://www.thebridgetohope.org>

- The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Trempealeau County, Wisconsin.
- *24 Hour Hotline: Call (800) 924-9918 or Text (715) 505-3640*

Victim / Witness Services **Call your local District Attorney's Office**

Provides information, support and advocacy to victims of crime and to witnesses for hearings.

- Trempealeau County Victim Witness Coordinator: (715) 538-2311 ext. 278

ADULT DAY CARE / RESPITE

Adult Day Care is daytime care for functionally and/or cognitively impaired adults. It is provided through a structured program of social and rehabilitative services in a supportive group setting. Funding may be provided by the National Family Caregiver Support Program, or the Alzheimer's Family Caregiver Support Program. (Please refer to Page 8 of this booklet for more information on "Caregiver Assistance" and related programs). Adult Day Care and hourly respite are available at the facilities listed. Meals and activities may be included.

A New Day Adult Day Center (608) 989-2323

218 W Broadway, Blair, WI, 54616

Aptiv: Day Services Program

La Crosse

(608) 784-9450

Black River Falls

(715) 284-2546

<https://www.aptiv.org/services-we-offer/adults/learn/adult-day-service>**Augusta Health & Rehab/ Respite** (715) 286-2266

901 Bridge Creek Lane, Augusta, WI 54722

<http://augustahealthandrehab.com/>**Bethany St. Joseph Merit Centre**

Merit Centre North 1020 Windsor St Suite A, La Crosse, WI 54603

(608) 784-2700

Merit Centre South 3900 East Ave S, La Crosse, WI 54601

(608) 788-2900

<https://www.bsjcorp.com/adult-day-center/>

Coulee Region Adult Day Center (608) 519-2306
 565 Braund St, Onalaska, WI 54650 <https://www.couleeregionadultdaycenter.com/>

Grace Adult Day Services (715) 738-1925
 2050 County Trunk I, Chippewa Falls, WI www.livegracefully.org

Hmong Senior Center LLC (715) 514-3491
 1722 Westgate Road, Eau Claire, WI 54703

OASIS (608) 780-0471
 First Free Church 123 Mason St, Onalaska, WI 54650 <https://oasisrespite.org/>

- A respite program for individuals living with mild to moderate symptoms of an Alzheimer's Disease, Dementia, or other brain related diagnosis.

REACH: Helen's House (715) 456-3874
 309 Selma Street, Eau Claire, WI 54703 <http://reach-inc.org/>

- Selma House is for any adult with a disability.

ALZHEIMER'S, DEMENTIA & MEMORY LOSS

Alzheimer's Caregiver Support Program (715) 538-2001
 Funding to assist caregivers of persons with a dementia diagnosis to help with temporary respite or supplemental services like adaptive aids, transportation, or other things to help caregivers.

Alzheimer's Association of Greater Wisconsin
 404 ½ N. Bridge Street, Chippewa Falls, WI 54729 (920) 469-2110 <https://www.alz.org/gwwi>
 3817 Mormon Coulee Rd Suite B, La Crosse, WI 54601 (414) 296-5093

- *24-Hour Helpline: (800) 272-3900*

Memory Screens (715) 538-2001
 36250 Main St, Whitehall, WI 54773

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so that future changes can be monitored. The confidential screen takes about 10 minutes and can be done in your home or the ADRC Office. Talk to an Information and Assistance Specialist at your local ADRC for more information and to schedule your free memory screen.

ASSISTANCE PROGRAMS

Energy and Heating

Western Dairyland (715) 985-2391
 23122 Whitehall Road, Independence, WI 54747 <https://www.westerndairyland.org>

- **Wisconsin Home Energy Assistance Program (WHEAP):** WHEAP provides eligible households assistance with heating costs, non-heat electrical costs, energy crisis funding and furnace repair or replacement. The regular WHEAP season runs from October 1 through May 15. Funds are limited.

- **Weatherization:** The weatherization program exists to improve the energy efficiency of the housing stock for low/moderate income people. The program is available to eligible people who own or rent (with landlord's approval). Work can be done on homes, mobile homes, duplexes and apartment buildings. If you received Wisconsin Home Energy Assistance Program (WHEAP) benefits during the last heating season, you are automatically eligible for weatherization services.

Home Buying / Home Repair Programs

Foundation for Rural Housing, Inc. (608) 238-3448

PO Box 314, Oregon, WI 53575

<https://www.wisconsinruralhousing.org/>

- Provides critical financial assistance toward Security Deposit, Rent, Mortgage, Utilities and Property Taxes. Applicant must be under the 50% County Median Income. Other program restrictions apply.

Independence First (414) 291-7520

540 S. 1st St, Milwaukee, WI 53204

independencefirst.org

WisLoan is a statewide financial loan program that can assist people with disabilities in purchasing assistive technology or making home modifications.

Movin' Out Inc, Housing Solutions for People and Families with Disabilities (608) 251-4446

902 Royster Oaks Dr Suite 105, Madison, WI 53714

<https://www.movin-out.org/>

Housing counseling, ownership, buyer education, and repair. Rental housing for qualified individuals with disabilities.

Refinance & Mortgage Guide for People with Disabilities

<https://www.refinancemortgagerates.org/mortgage-guide-for-people-with-disabilities/>

Tomorrow's Home Foundation (608) 255-1088

258 Corporate Drive, Suite 200 C, Madison, WI 53714

<https://www.tomorrowshomefoundation.org/>

- **Helping Hands Grant:** Designed to assist low-income mobile and manufactured homeowners who need critical repairs to their primary residence. Critical home repairs are those that are essential to remain in the home.
- **Project Renewal Grant:** Available to assist Wisconsin low-income mobile homeowners with disposal or recycling of old, uninhabitable mobile homes. Applicant must own the home to be disposed of.

USDA Rural Development (715) 232-2614

390 Red Cedar Street, Suite G, Menomonie, WI 54751

<https://www.rd.usda.gov/wi>

- Provides a variety of low-interest loans to low-income eligible persons for housing needs. Housing Programs give families and individuals the opportunity to buy, build, repair, or own safe and affordable homes located in rural America. Also provides grants to persons aged 62 + that are unable to repay a repair loan.

Western Dairyland (715) 985-2391

23122 Whitehall Road, Independence, WI 54747

<https://www.westerndairyland.org/>

- **Rapid Rehousing Program:** The goal of the program is to move homeless families and individuals into permanent housing as quickly as possible. For information about the program call (715) 836-7511.

- **Home Repair & Accessibility Program:** Provides funds for making essential improvements to homes. Income eligibility restrictions apply.

MEDICATIONS

Aurora **(855) 838-7178**

<https://www.auroraservices.com/callcenter>

The Medication Program is designed to remind individuals to take their medication. Reminders can be provided as often as needed in a variety of ways, such as a telephone call, text message, email, or webcam. Contact Aurora to inquire about monthly cost.

Benefits Check-up **https://benefitscheckup.org/**

Online tool that helps older adults and people with disabilities find benefit programs that assist with healthcare, medicine, food, utilities by entering a zipcode.

RxAssist **https://rxassist.org**

RxAssist offers a comprehensive database of patient assistance programs run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. A free prescription savings card is also available for print which can save costs on your prescription medications at participating pharmacies.

Medicine Assistance Tool **https://medicineassistancetool.org/**

The Medicine Assistance Tool is a search engine designed to help patients, caregivers, and health care providers by matching you with resources and cost-sharing programs that may help to lower your out-of-pocket costs, whether or not you have insurance.

Medicare **(800) 633-4227**

Call Medicare to report fraud or a lost or stolen card.

Board on Aging and Long Term Care

- **Medigap Helpline** **(800) 242-1060**

The Medigap Helpline is a free, confidential counseling service for ALL Medicare beneficiaries, including disabled individuals and those age 65 and over. Insurance counselors at the Medigap Helpline can help with questions about various health insurance topics at no cost to the caller. A counselor's purpose is to help beneficiaries understand their options so they may make their personal decisions based on their individual needs.

- **Medigap Part D & Prescription Drug Helpline** **(855) 677-2783**

The Medigap Part D & Prescription Drug Helpline is a free, confidential counseling service for Medicare beneficiaries aged 60 and over. Prescription drug counselors can help with questions about prescription drug options.

Needy Meds **https://www.needymeds.org**

NeedyMeds is an online information resource of programs that provide assistance to people who are unable to afford their medications and health care costs. All the information is free, easy to access and updated regularly.

FamilyWize **https://familywize.org/**

FamilyWize is a trusted provider of prescription discounts, drug coupons and a prescription discount card. Prescription discounts are pre-activated, ready-to-use and free.

Seniorcare**(800) 657-2038**<https://www.dhs.wisconsin.gov/seniorcare/index.htm>

SeniorCare helps older adults pay for prescription drugs and vaccines. A person must be a Wisconsin resident, a U.S. citizen or qualifying immigrant, and must be 65 years or older. You can enroll in SeniorCare no matter what coverage you have, except you can't be a member of a full-benefit Medicaid program. The enrollment fee is \$30 per year. Your annual income determines how much of your prescription drug costs SeniorCare will cover.

Other Assistance / Programs**Feed My People - Foodshare Specialist****(715) 835-9415**

2610 Alpine Road, Eau Claire, WI 54703

Fmpfoodbank.org

Assists individuals in applying for and renewing FoodShare benefits.

FoodShare & Medicaid**(888) 627-0430**

Western Region for Economic Assistance (WREA)

<https://www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm>

To apply for FoodShare and/or Medicaid Insurance, there are 4 options:

- Online: Visit <https://access.wisconsin.gov> to complete an application
- Call: WREA at (888) 627-0430 to complete a phone interview
- Local Agency: Call WREA at (888) 627-0430 to request a face-to-face appointment with someone from your local agency.
- Mail or Fax: Complete a paper application and mail to CDPU, PO Box 5234, Janesville, WI 53547 OR Fax to (855) 293-1822

Connect to your benefits anywhere, anytime using the MyAccess mobile app available for download from Google Play or the Apple Store

Goodwill Vouchers**(715) 538-2311**

Vouchers are available to Trempealeau County residents experiencing a financial hardship and in need of clothing. Vouchers are valued at \$25 and can be used at most Goodwill stores.

Homestead Tax Credit Program**(608) 266-2772**

The Homestead Tax Credit is a tax benefit for renters and homeowners with low or moderate incomes. Eligible persons can get back some or all of their state taxes withheld during the year. Those who do not have earnings, or whose earnings were too small to have taxes withheld, can get extra cash back from the State. <https://www.revenue.wi.gov/Pages/FAQS/ise-home.aspx>

Salvation Army**(608) 797-2038**www.salvationarmy.com

The Salvation Army provides short-term emergency financial assistance and help for people in a crisis. Funds can be used toward shelter, heat/utilities, food, clothing, medical and transportation.

ASSISTED LIVING (RCACs)

* = *Also a CBRF Facility*

Residential Care Apartment Complexes (RCACs):

- Residential Care Apartment Complexes (RCACs) are adult independent apartments.
- Private lockable entrance, kitchen with stove, private bathroom, sleeping/living areas.
- Individual can receive up to 28 hours of assistance per week.
- An individual cannot have an activated POA of healthcare or be under legal guardianship
- Current listing of residential care apartment complexes:

<https://www.dhs.wisconsin.gov/guide/rcac.htm>

*The Homeplace of Mondovi

(715) 926-4777

158 E. Main Street, Mondovi, WI 54755

<https://www.thehomeplaceof.com/>

Country Ridge Apartments

(715) 538-4312

13197 Church St, Pigeon Falls, WI 54760

Dove Healthcare Osseo Assisted Living

(715) 597- 1796

51017 Ridge View Road, Osseo, WI 54758

https://www.dovehealthcare.com/osseo_assisted_living.html

Clover Way RCAC

(715) 538-4518

36125 E End Road, Independence, WI 54747

<https://www.tchcc.com/community-living/clover-way-rcac/>

Sunrise Manor

(715) 538-4361

36024 Park St, Whitehall, WI 54773

ASSISTED LIVING (CBRFs)

** = *Memory Care Facility*

Community Based Residential Facilities (CBRFs):

- State licensed: 24-hour supervision, meals, medication monitoring, personal care, semi-private/private rooms or apartments.
- May or may not have a private bathroom in each room.
- Facilities generally have 5-25 residents.
- Current listing of Community Based Residential Facilities

<https://www.dhs.wisconsin.gov/guide/cbrf.htm>

Grand Avenue Assisted Living

(608) 989-2511

620 Grandview Ave, Blair, WI 54616

<https://www.grandviewhome.org/>

Trempealeau County Healthcare Center Community Living Facilities

(608) 386-4204

Farnam Community Based Residential Facility

Willow Brook and Willow Ridge Community Based Residential Facilities

Hillview Senior Living

(715) 926-4962

200 Memorial Drive, Mondovi, WI 54755

<https://www.americanlutheranhomes.com/>

****The Homeplace of Mondovi** (715) 926-4777
 158 E Main Street, Mondovi, WI 54755 <https://www.thehomeplaceof.com/>

Family Circle (715) 695-3531
 211 6th Avenue N, Strum, WI 54770

Rolling Meadows (715) 695-3951
 208 Elm St, Strum, WI 54770 <https://rollingmeadowsal.com/index.html>

ASSISTED LIVING (AFHs)

Adult Family Home (AFH):

- State licensed: 24-hour supervision, meals, medication monitoring, personal care and private rooms.
- Can accommodate 2 - 4 residents.
- May include up to 7 hours per week of nursing care per resident.
- Current listing of Adult Family Homes: <https://www.dhs.wisconsin.gov/guide/afhdir.pdf>

Trempealeau County Healthcare Center Licensed and Certified Adult Family Homes

(608) 386-4204

<https://www.tchcc.com/>

Apple Way Licensed Adult Family Home - Independence

Cedar Ridge Licensed Adult Family Home - Arcadia

Clover Way Licensed Adult Family Home - Independence

Hickory Ridge Licensed Adult Family Home - Blair

Elmwood, Maplewood, Oakwood, and Pinewood Certified Adult Family Homes - Whitehall

A Country Home

(608) 582-2616

W14272 Becker Ln, Ettrick, WI 54627

BENEFIT SPECIALIST PROGRAMS

A Benefit Specialist is an individual who has been trained to help persons who are having difficulty with their private or government benefits. Benefit Specialists are often called “red tape cutters” because they are experts at helping adults with disabilities and the aging population with the extensive and complicated paperwork that is often required in applying for and obtaining benefits.

An *Elder Benefit Specialist (EBS)* assists anyone that is 60 years of age or older with answering questions or helping with the complicated paperwork that comes along with:

- Medicare A, B, C, and D
- Medicare Supplement Policies
- Social Security
- Other Public and Private Benefit Programs

A **Disability Benefit Specialist (DBS)** assists individuals ages 18-59 who have physical and/or developmental disabilities, mental illness, or substance use disorders. They provide information and assistance regarding public and private benefit programs and help individuals apply for and/or appeal the denial of benefits. Some areas and programs that they can assist with include:

- Medicaid (Medical Assistance)
- Medicare, Including Part D
- Prescription Drug Assistance
- Health Insurance Issues
- Employment
- Supplemental Security Income (SSI)
- Social Security Disability (SSDI)
- Housing & Utility Issues
- Low-Income Tax Credits
- Food Share

****You may make an appointment with a Benefit Specialist through the ADRC of Trempealeau County by calling (715) 538-2001.**

CAREGIVER ASSISTANCE

National Family Caregiver Support Program **(715) 538-2001**

Funding to help caregivers who care for a person aged 60 and over, or a person with Alzheimer's disease or a related disorder regardless of age. Funding can help pay for such services as temporary respite, supplemental services like adaptive aids, transportation, etc. Funding assistance is also available to grandparents or relative caregivers 55 years of age and older who care for children under the age of 19, or care for a relative with a disability who is 19-59 years of age.

Respite Care Association of Wisconsin **(608) 222-2033**

<https://respitecarewi.org/>

RCAW promotes, supports, and expands quality statewide respite care across the lifespan. RCAW offers grants to family caregivers and organizations. These grants are not income-based. RCAW also offers free training for people interested in providing respite care, training for family caregivers, and the Wisconsin Respite Care Registry.

TRUALTA **(800) 214-5085**

<https://wisconsin caregiver.trualta.com>

TRUALTA is a free, online training platform for family caregivers across WI. Anyone caring for an older adult can benefit from Trualta's support, whether they are seeking personal care training, safety and fall prevention tips, help caring for a person with dementia, caregiver wellness ideas, or other support. To register visit: WisconsinCaregiver.Trualta.com

COMMUNITY RESOURCES

Carrier Alert Program - Great Rivers 211

The Carrier Alert program can provide special monitoring for those who live alone. After registration, mail carriers will notify Great Rivers 2-1-1 if the mail is not collected at the home. Specialists will try to reach the resident, emergency contacts and police, if needed. To register yourself or someone else, complete an intake form online: <https://forms.office.com/r/v3EWD7YUZ8>

Center for Independent Living (CIL)**(715) 233-1070**

2920 Schneider Avenue E, Menomonie, WI 54751

<http://cilww.com/>

The Center for Independent Living in Western Wisconsin offers an array of services and will work with anyone who has a disability, regardless of age. Their services include such areas as advocacy, independent living skills training, information and referral, peer support, transition, assistive technology, accessibility, benefits analysis, and transportation.

Great Rivers 211**Dial 2-1-1 or (800) 362-8255**<https://www.greatrivers211.org/gr211/>

The 2-1-1 database takes the struggle and frustration out of finding answers to your questions. Offers free, confidential community information and referrals 24 hours/day. Using a comprehensive resource database, 2-1-1 Information and referral specialists will listen to your concerns, help you make informed decisions and link you to the most appropriate community resources.

Independent Living Resources**(888) 474-5745**

4439 Mormon Coulee Road, La Crosse, WI 54601

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

Helps individuals with disabilities achieve or maintain more self-sufficient and productive lives in their communities. People with disabilities are assisted in exploring alternatives to institutionalization and are encouraged to make their own decisions about how they will live. Services include Information and referral; Independent living skills training; Advocacy; Peer support; and Transition Services.

United Way Great Rivers**(608) 796-1400**

1855 E Main St, Onalaska, WI 54650

Families in need can receive furniture, bedding, housewares, hygiene items, clothing and more - free of charge. This program is intended to make their homes and their lives better by allowing them to utilize their financial resources for basic needs such as food, housing, and childcare. Whether someone is in a crisis or having a short-term difficulty, we are here to help.

EMPLOYMENT & VOCATIONAL REHAB**Aptiv****(608) 784-9450**

3000 South Ave, La Crosse, WI 54601

<https://www.aptiv.org/>

Aptiv has services for children, teens, transition ages, and adults through life to help people with disabilities live, learn, and work.

Career Development Center**(715) 834-2771**

1515 Ball Street, Eau Claire, WI 54703

<https://www.lecdc.org/>

Provide meaningful and appropriate vocational services and employment opportunities for individuals with disabilities or disadvantages. Some of the services provided include job placement, benefits analysis, vocational evaluation, prevocational services, and skills training.

Center for Independent Living (CIL): Telework Program**(715) 233-1070**

2920 Schneider Avenue E, Menomonie, WI 54751

<http://cilww.com/funding-resources/>

The Wisconsin Telework Program is a statewide, alternative loan program that allows Wisconsin residents with disabilities to purchase computers and other equipment needed to work from home or from other remote sites away from the office, such as work on the road or at a telework center.

Division of Vocational Rehabilitation (DVR)**Contact Your Local Agency**

Provide vocational services such as: Job search and placement assistance; Transition to work services for students with disabilities in high school; Supported employment services for persons with severe disabilities (includes time-limited on-the-job training); Rehabilitation technology, vocational and other training; Disability and employment assessment; Occupational licenses, tools and other equipment; Interpreter services; Rehabilitation teaching services; Post-employment services; And other supports.

- Eau Claire: (715) 836-4001
- La Crosse: (608) 405-4111

ORC Industries**<https://www.orcind.com/>**

A non-profit organization that provides employment opportunities to persons with a disability.

- Arcadia: 715 Dettloff Dr, Arcadia, WI 54612 (608) 323-2101
- La Crosse: 2700 Commerce St, La Crosse, WI 54603 (608) 781-7727

REACH**(715) 833-7755**

2205 Heimstead Road, Eau Claire, WI 54703

<http://reach-inc.org/home/3582174>

Assists individuals with disabilities to successfully achieve competitive employment each year. Programs include the Supported Employment Program and the Adult Pre-Vocational and Life Skills Program.

Stout Vocational Rehabilitation Institute**(715) 232-1410**

221 10th Avenue E, Menomonie, WI 54751

<https://www.uwstout.edu/outreach-engagement/stout-vocational-rehabilitation-institute>

Highly qualified staff coordinate and deliver vocational services directly to individuals with disabilities based on referrals from DVR, managed care organizations, and others. Services may include determining eligibility for DVR services, analyzing the effect that working will have on an individual's benefits, vocational evaluation assessment, pre-driving evaluation and training.

Ticket to Work**(866) 833-2967**<https://www.ssa.gov/work/>

Ticket to Work is a voluntary employment program for people ages 18 through 64 who are receiving disability benefits under Social Security's Supplemental Security Income (SSI) program and/or Social Security Disability Insurance (SSDI) program. The goal is to assist beneficiaries in obtaining employment and working towards becoming self-sufficient.

Wisconsin Senior Employment Program (WISE)**(608) 615-1845**

205 5th Avenue S, Suite 426, La Crosse, WI 54601

<https://ser-national.org/senior-community-service-employment-program/>

The Wisconsin Senior Employment Program (Senior Community Services Employment Program) is an employment training program for low-income, unemployed individuals aged 55 years and older. The program provides subsidized, part-time work experience for a limited time through community service to obtain the skills necessary for permanent employment. Participants in the program learn new skills and talents, or enhance existing ones, through valuable work experience and other training to become competitive in today's workforce.

Workforce Connections (608) 789-5620

Workforce Connections, Inc. administers employment and training programs funded through a variety of sources. Services include general staff assistance, specialist staff assistance, resource room facilities, job seeker services, youth services and business services.

- Independence Office: 36084 Walnut Street, Independence, WI 54747
- La Crosse Office: 2615 East Ave South, Suite 300, La Crosse, WI 54601

FINANCIAL SERVICES*Financial Counseling***Lutheran Social Services** (888) 577-2227

<https://www.lsswis.org/>

LSS Financial Counseling offers an array of services that will assist in developing financial literacy.

Services include budget and debt counseling; debt management plans, credit report review, and financial education.

Representative Payee Services

A representative payee, or substitute payee, is a person who acts as the receiver of United States Social Security Disability (SSDI) or Supplemental Security Income (SSI) for a person who is not fully capable of managing their own benefits.

Aptiv (608) 784-9450

3000 South Avenue, La Crosse, WI 54601

<https://www.aptiv.org/>

Catholic Charities (888) 212-4357 or (608) 782-0710

3710 East Avenue South, La Crosse, WI 54601

<https://cclse.org/representative-payee-program/>

House Calls of Menomonie (888) 232-6475

1921 Talen Street, PO Box 361, Menomonie, WI 54751

<http://www.housecallsinc.org>

Payee Service Inc (715) 233-0203

390 Red Cedar Street, #R, Menomonie, WI 54751

RP Services of Wisconsin, Inc. (715) 285-5020

PO Box 368, Arkansaw, WI 54721

Social Security Representative Payee Program (800) 772-1213

<https://www.ssa.gov/payee>

- Assists in finding a representative payee if you are concerned that someone you know becomes incapable of managing or directing the management of their benefits.

FOOD RELATED SERVICES

Community Meals

St. John Lutheran Church (608) 685-4534
709 S 2nd Street, Alma, WI 54610 <https://www.stjohn-alma.org>

- 1st Sunday of the month from 5 - 6 pm. A no cost meal where all are welcome.

Central Lutheran Church (715) 926-3811
221 W Main Street, Mondovi, WI 54755 <https://www.centralmondovi.org>

- 2nd Wednesday of the month from 4:30 - 6 pm. Everyone is welcome to attend.

Come for Supper Ettrick Community Dinner (608) 525-4060
Living Hope Lutheran Church 15630 E 4th St, Ettrick, WI 54627

- 3rd Sunday of the month from 5pm to 6:30pm

Food Pantries

***If you are new to the pantry, please be prepared to provide: 1. A form of ID for each member in your household; 2. Proof of Address; 3. Income ***

***For subsequent visits, please be prepared to provide: 1. A form of ID for the person picking up the food; 2. Proof of Residency only if it has changed since your last visit. ***

Trempealeau County Food Pantry and TEFAP Commodity Distribution (715) 538-2397
Trempealeau County Care Center W20298 State Road 121, Whitehall, WI 54773

- 3rd Saturday of the month from 7am to 5pm
- Please go to the old building and use the West side parking lot.

OLPH Mission Food Pantry (608) 797-7169 or (608) 323-7116
223 Maple St, Arcadia, WI 54612

- Call Holy Family Catholic Church office to schedule an appointment.

Arcadia Community Pantry (608) 323-7116
Bethel Lutheran Church N29280 Loesel Ln, Arcadia, WI 54612

- 4th Thursday 3:30pm to 4:30pm and 3rd Thursday in November and December due to Holidays.

Blair Food Pantry (608) 989-2818
Blair Lutheran Church 126 S. Peterson Ave, Blair, WI 54616

- 2nd Friday of the month from 10am to Noon and 4th Thursday of the month from 4pm to 6pm
- Open to residents with a Blair or Ettrick address.

The Food Basket: Galesville, Trempealeau residents (608) 783-7722
P.O. Box 311 735 Sand Lake Rd, Onalaska, WI 54650

- Monday 3:30pm to 5:30pm
- Tuesday 9:00am to 11:00am
- Wednesday 9:00am to 11:00am and 2:00pm to 4:00pm
- Thursday 9:00am to 11:00am
- Provide proof of residence.

G-E-T Community Food Pantry (608) 399-8440

First Presbyterian Church 20237 West Ridge Ave, Galesville, WI 54630

- All Wednesdays 9:30am to 11:30am
- Provide proof of residency in G-E-T school district.

Independence Food Pantry (715) 985-3055

Independence City Hall 23688 Adams St, Independence, WI 54747

- Available during city hall hours

Tri-County Osseo Food Pantry (715) 597-3213

Osseo Rural Fire Dept. 50965 Industrial Rd, Osseo, WI 54758

- 3rd Saturday of the month from 10am to 11am
- Open to residents of Osseo.

Ruby's Pantry (715) 597-2485

Osseo Rural Fire Dept. 50965 Industrial Road, Osseo, WI 54758

- 2nd Tuesday of the month from 4pm to 5:30pm

Strum Area Food Pantry (715) 695-3511

Immanuel Lutheran Church 109 Elm St, Strum, WI 54770

- 1st Saturday of the month from 9am to 11am and 3rd Wednesday of the month from 5pm to 7pm
- Open to residents living in the Eleva-Strum school district.

Whitehall Food Pantry (715) 538-2397

Our Savior's Lutheran Church in Sunday School building 36197 Main St, Whitehall, WI

- Last Wednesday of the month from 11:30am to 1pm
- Open to residents of the Whitehall school district.

Food Distribution between Pigeon Falls and Whitehall (715) 896-0604 or (715) 538-3701

Reaching Out Ministry Center W15822 Simonson Rd, Whitehall, WI 54773

- 1st and 3rd Thursday of the month from 9am to 11am
- 2nd, 4th, and 5th Thursday from 3pm to 5pm

Feed My People Food Bank in Eau Claire

Pop-up pantries: visit website for current locations

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

Grocery Delivery**Robbe's IGA** (715) 695-3765

207 5th Ave N, Strum, WI 54770

Other Food Programs**Senior Farmer's Market Nutrition Program** (715) 538-2001

36250 Main St, Whitehall, WI 54773

<https://co.trempealeau.wi.us/>

The Senior Farmers Market Nutrition Program offers low-income citizens, aged 60 or older, an opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. The individual will be issued vouchers which can be used from June 1 - October 31 at any participating farmers market or roadside stand in Wisconsin.

Hard of Hearing & Visual Impairments

iCanConnect (844) 638-5800

Center for Deaf-Blind Persons, Inc

8306 West Lincoln Avenue, West Allis, WI 53219

<https://www.icanconnect.org>

iCanConnect provides free equipment including smartphones, tablets, computers, screen readers, braille displays, and more to people who meet federal disability and income guidelines.

Independent Living Resources (888) 474-5745

4439 Mormon Coulee Road, La Crosse, WI 54601

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

- **Donations: Durable Medical Equipment** is donated by community members. Because these items come in as a donation, they are able to be given out to individuals in need for free. Call to inquire about vision or hearing devices in loan closet or visit website where the items can viewed.

National Federation of the Blind of Wisconsin (608) 622-7632

27824 Nuthatch Rd, Kendall, WI 54638

<https://nfbwis.org/>

Provides resources, support, and programs including the free white cane program and scholarship for a legally blind student.

Office for the Blind and Visually Impaired (OBVI) (888) 879-0017

www.dhs.wisconsin.gov/blind

Helps improve the lives of people with vision loss. Staff provide one-on-one services at a local office or in home. Some services OBVI staff can provide include adjustment to vision loss, education about eye diseases and disorders, suggest resources and teach new skills.

Office for the Deaf and Hard of Hearing (715) 502-9355

610 Gibson Street, Suite 1, Eau Claire, WI 54701

www.dhs.wisconsin.gov/odhh

Provides information and referral services on a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or hard of hearing residents. Topics include but are not limited to the following: 1. Available Technologies for Accessibility; 2. Community Services and Resources; 3. Communicating with people who are deaf, hard of hearing and deaf-blind.

Telecommunications Equipment Purchase Program (TEPP) (844) 411-3861

PO Box 7854, Madison, WI 53707

<https://tepp.solixinc.com>

Helps people with disabilities buy equipment they need in order to use basic telephone services.

Wisconsin Talking Book and Braille Library (800) 242-8822

813 W Wells Street, Milwaukee, WI 53233

<http://dpi.wi.gov/talkingbooks>

A full-service public library which provides talking books and players free of charge, along with free postage, to anyone with any type of vision or physical limitation that prevents them from reading normal print or comfortably holding a book. In addition, they also provide audio-described DVDs, audio and braille magazines and newspapers from across the nation.

Wisconsin Dept. of Public Instruction (608) 266-3390 option #2 or (800) 441-4563 option #2

<https://dpi.wi.gov/sped/program/deaf-hard-of-hearing>

Resources to support students who are deaf or hard of hearing.

711 Wisconsin Relay Connector**Dial 711 or (800) 947-6644**<http://www.wisconsinrelay.com/>

Wisconsin Relay is a free 24 hour service that allows people who are deaf, hard-of-hearing, or deaf-blind to place and receive phone calls. Wisconsin Relay users can communicate freely with businesses, friends, or family who use a standard telephone.

Health Care Providers

For individuals with Medicaid Insurance, contact Forward Health Member Service at (800) 362-3002 for benefit information and assistance in locating a service provider in your area that accepts Medicaid.

Chiropractic

Arcadia Chiropractic and Wellness**(608) 323-7651**

305 South Detloff Dr, Arcadia, WI 54612

<http://www.rkdchiro.com/>**Crossroads Chiropractic****(715) 287-3456**

50667 Main St N, Eleva, WI 54738

Foundations Chiropractic**(608) 687-1255**

W502 Spur Lane, Fountain City, WI 54629

<https://www.foundationschiropracticwi.com/>**Independence Family Chiropractic****(715) 985-2500**

23717 Washington St, Independence, WI 54747

<https://www.trempealeauchiropractor.com/>**Galesville Chiropractic****(608) 582-4612**16812 S 2nd St, Galesville, WI 54630<https://galesvillechiropractic.com/>**The Hive Chiropractic Center****(608) 501-1062**

19815 E Gale Ave, Galesville, WI 54630

<https://thehiveholmen.com/>**Mondovi Chiropractic****(715) 926-4998**

143 Franklin Street, Mondovi, WI 54755

<http://www.mondovichiropractor.com/>**Osseo Chiropractic and Health Center****(715) 597-3388**13512 9th St, Osseo, WI 54758<https://www.osseochiropractor.com/>**Pank Chiropractic****(715) 538-2333**

36321 Main St, Whitehall, WI 54773

<https://www.pankchiropractic.com/>**Pimblett Chiropractic****(715) 828-1655**

695 E Main Street, Mondovi, WI 54755

<https://www.pimblettchiro.com/>**Procare Chiropractic****(608) 323-8563**

308 S Saint Joseph Ave #2, Arcadia, WI 54612

<https://www.procarechiropracticdraj.com/>**Trempealeau Family Chiro****(608) 534-6090**

11378 Chase St, Trempealeau, WI 54661

<https://www.trempealeauchiropractor.com/>

Dental

Baxa Dental (715) 985-3316

35791 Osseo Rd, Independence, WI 54747

Chippewa Valley Technical College - Dental Hygiene Clinic (715) 833-6271

615 W Clairemont Avenue, Eau Claire, WI 54701

<https://www.cvtc.edu/community-members/dental-clinic>

Galesville Dental (608) 582-4115

N17942 Beaver Creek Ct, Galesville, WI 54630

<https://galesvilledental.com/>

Marshfield Dental Clinics *Accepts Medicaid

Black River Dental Clinic: N6571 Lumberjack Guy Rd, Black River Falls, WI 54615 (715) 670-0400

Neillsville Dental Center: 8 Boon Blvd, Neillsville, WI 54456 (715) 743-1900

Chippewa Falls Dental Center: 850 Lakeland Dr, Chippewa Falls, WI 54729 (715) 738-2000

Menomonie Dental Center: 404 Red Cedar St, Menomonie, WI 54751 (715) 233-6800

Midwest Dental - Mondovi (715) 926-4237

132 Monroe Street B, Mondovi, WI 54755

<https://midwest-dental.com>

Midwest Dental - Strum (715) 695-2918

105 5th Ave N, Strum, WI 54770

<https://midwest-dental.com>

Pederson Dental (715) 926-6035

853 W Main Street, Mondovi, WI 54755

Rivertown Dental (608) 323-3888

1898, 310 S Nelson Dr #C, Arcadia, WI 54612

<https://www.rivertowndentalonline.com/>

Vogel Family Dentistry (715) 597-5559

50765 Industrial Ct, Osseo, WI 54758

<http://www.vogelfamilydentistry.com/>

WDA Donated Dental Services (866) 812-9840

<https://www.wda.org/wda-foundation/donated-dental-services>

Whitehall Dental Center (715) 538-1800

36220 Tower Dr, Whitehall, WI 54773

<https://whitehalldentalcenter.com/>

Trempealeau Dental (608) 534-6195

24043 3rd St, Trempealeau, WI 54661

<https://www.dentalclinicofonalaska.com/>

Hearing

Everclear Hearing Products (715) 831-0289

2215 E Clairemont Avenue, #5, Eau Claire, WI 54701

<https://everclearhearing.com/>

Medical

| | | |
|--|----------------------------------|---|
| <u>Gundersen Health System Medical Center</u> | | <u>(608) 782-7300</u> |
| 1900 South Avenue, La Crosse, WI 54601 | | https://www.gundersenhealth.org/ |
| <u>Gundersen Tri-County Hospital and Clinics</u> | | <u>https://www.gundersenhealth.org/</u> |
| Gundersen Tri-County Hospital and Clinic | 18601 Lincoln St, Whitehall, WI | (715) 538-4361 |
| Gundersen Galesville Clinic | 16812 S Main St, Galesville, WI | (608) 582-2025 |
| Gundersen Tri-County Independence Clinic | 35791 Osseo Rd, Independence, WI | (715) 538-4355 |
| Gundersen Tri-County Blair Clinic | 420 S Peterson Ave, Blair, WI | (715) 538-4355 |
| <u>Marshfield Medical Center</u> | | <u>(715) 858-8100</u> |
| 2310 Craig Road, Eau Claire, WI 54701 | | https://www.marshfieldclinic.org |
| <u>Mayo Clinic Health System - Oakridge</u> | | <u>(715) 597-3121</u> |
| 13025 8 th St, Osseo, WI 54758 | | https://mayoclinichealthsystem.org |
| <u>Mayo Clinic Health System - Franciscan Healthcare (Clinic)</u> | | <u>(608) 323-3373</u> |
| 895 South Dettloff Drive, Arcadia, WI 54612 | | https://mayoclinichealthsystem.org |
| <u>Mayo Clinic Health System - Franciscan Healthcare (Hospital)</u> | | <u>(608) 785-0940</u> |
| 700 West Avenue S, La Crosse, WI 54601 | | https://mayoclinichealthsystem.org |
| <u>Mayo Clinic Health System - Luther Campus</u> | | <u>(715) 838-3311</u> |
| 1221 Whipple Street, Eau Claire, WI 54703 | | https://mayoclinichealthsystem.org |
| <u>Mayo Clinic Health System - Oakridge</u> | | <u>(715) 926-4858</u> |
| 700 Buffalo Street, Mondovi, WI 54755 | | https://mayoclinichealthsystem.org |
| <u>Winona Health</u> | | <u>(507) 454-3650</u> |
| 855 Mankato Avenue, Winona, MN 55987 | | https://www.winonahealth.org |

Mental Health & Substance Use

Alcoholics Anonymous

AA of Blair: Blair Lutheran Church, 126 Peterson Ave, Blair, WI (Mondays 6:30pm-7:30pm)

AA of La Crosse (866) 491-8004

www.aa.org

Chippewa Valley Intergroup (715) 835-5543

Arbor Place

(715) 235-4537

4076 Kothlow Avenue, Menomonie, WI 54751

<https://arborplaceinc.org/>

- Services include Substance Dependence Treatment and Mental Health Counseling

Coulee Recovery Center

(608) 784-4177

933 Ferry St, La Crosse, WI 54601

<https://www.couleerecovery.org/>

Gundersen Health System Behavioral Health

La Crosse (800) 362-9567 ext. 52287 or (608) 775-2287 and Whitehall (715) 538-2383

Residential Treatment Centers: Unity House for Men and Unity House for Women (608) 775-8689

Marriage and Family Health Services

(715) 832-0238

2925 Mondovi Road, Eau Claire, WI 54701

<https://www.marriageandfamilyhealthservices.com/>

Mayo Clinic Health System Behavioral Health

Arcadia(608) 323-3373 Holmen(608) 526-3351 Eau Claire(715) 838-3274 La Crosse(608) 392-9555

Recovery Avenue (RAVE)**(608) 785-9615**

1806 State St, La Crosse, WI 54601

<https://www.ilresources.org/home-1>**West Central Wisconsin Behavioral Health****(866) 805-0304 or (715) 538-4312 ext. 2210**

N36647 County Road QQQ, Whitehall, WI 54773

Wisconsin Council on Problem Gambling**(800) 426-2535 or text (850) 888-4673**

1585 Allouez Ave, Green Bay, WI 54311

<https://www.wi-problemgamblers.org/>

******If you or someone you care for are experiencing a mental health crisis, contact the Northwest Connections Crisis Line at: 888-552-6642 or text Hopeline at "741741".***

Pharmacies**Blair Pharmacy****(608) 989-2919**

125 W Broadway St, Blair, WI 54616

Colby Pharmacy**(715) 538-4947**

36363 Main St, Whitehall, WI 54773

Galesville Pharmacy**(608) 582-2446**

16812 S Main St, Galesville, WI 54630

<https://hometownpharmacyrx.com/Locations/Galesville>**Mayo Clinic Health System Pharmacy and Home Medical**

1400 Bellinger St, Eau Claire, WI 54703

(715) 838-600013025 8th St, Osseo, WI 54758**(715) 597-3166*****Vision*****Gundersen Eye Clinic****(715) 538-4330**

18606 Ervin St, Whitehall, WI 54773

Mondovi Eye and Optical**(715) 926-4273**

129 S Eau Claire Street, Mondovi, WI 54755

<https://mondovieyeandoptical.com/>***Other Healthcare Resources*****Aids Resource Center of Wisconsin****(715) 836-7710**

505 S Dewey Street, #107, Eau Claire, WI 54701

<https://viventhealth.org/>

- Services include Lifepoint Needle Exchange Program; Testing: HIV, Hepatitis C & Sexually Transmitted Infections; Dental Care for patients with HIV; Behavioral Health and Wellness Clinic for patients with HIV

Bridges Health (715) 538-2001 or (507) 452-3535

Friendship First Community Center 419 Urberg St, Blair, WI 54616

<https://bridgeshealthwinona.com/>

- Clinic Hours: Select Thursdays. Appointments are encouraged.
- Services Provided: Health screening services, foot & nail care, primary care services, specialty services, virtual wellness program and other services.

St. Clare Health Mission Rotary Mobile Medical Clinic (608) 881-2288

Arcadia K12 Middle School Parking Lot, 725 Fairfield Ave, Arcadia, WI 54612

- Every other Thursday the mobile clinic assists walk-ins. Registration begins at 4pm and appointments are from 5pm to 7pm.
- Services are for those without health insurance.

St. Clare Health Mission (608) 519-4620

916 Ferry St, La Crosse, WI 54601

http://stclarehealthmission.org/?page_id=58

- Free clinic open for walk-ins. Pharmacy is available to fill prescriptions written here.
- Tuesday and Thursday Evening: Registration begins at 4:30pm.

Chippewa Valley Free Clinic (715) 839-8477

1030 Oak Ridge Drive, Eau Claire, WI 54701

<http://cvfreeclinic.org/>

- Walk-In Clinic: Tuesday from 4:30 pm - 9 pm
- Mental Health Clinic: 1st & 3rd Thursday from 4:30 pm - 9 pm
2nd & 4th Thursday 5 pm - 8 pm (*by appointment only)
- Vision Clinic: 4th Thursday from 5:15 pm - 8 pm (*by appointment only)
- Dental Clinic: Tuesday from 5 pm - 8 pm (*by appointment only)

Menomonie Free Clinic (715) 308-3808

2321 Stout Road, Menomonie, WI 54751

<http://www.menomoniefreeclinic.org/>

- Services Provided: Health exams, lab, medications (excluding controlled substances) and reproductive health services. Dental services referred to other providers and payment stipend offered on a case-by-case basis.
- Clinic Hours: Tuesdays from 5 pm - 7 pm. Walk-Ins Only.

Health and Wellness Education

American Diabetes Association (414) 778-5500

ADAWI@diabetes.org

<https://diabetes.org/local/wisconsin>

Provides information on life with diabetes, health and wellness, food and nutrition, tools and resources.

Brain Injury Resource Center of Wisconsin (262) 770-4882

511 North Grand Ave, Waukesha, WI 53186

<https://www.bircofwi.org/>

Provides programs and services, social/cognitive skills opportunities, education and awareness, supports for caregivers, along with service, therapy, and emotional support animals.

Diabetes Group Education Classes (507) 457-4521

Learn in a supportive environment that allows for an engaging discussion about diabetes.

Diabetes group classes consist of a small group of individuals with diabetes and their support person. The four-class sessions are held over a three-month period. If you are interested in attending one of these sessions, contact your doctor for a referral or contact Winona Health Scheduling at (507) 457-4521 to sign up.

www.winonahealth.org/diabetesgroup

Gundersen Health System Classes & Events (608) 782-7300

Find ways to get active, or get involved, in your community. A current listing of all classes and events is listed at <https://www.gundersenhealth.org/events>

Mayo Clinic Health Systems Classes & Events (888) 838-4777

Find ways to get active, or get involved, in your community. A current listing of all classes and events is listed at mayoclinichealthsystem.org/classes-and-events.

National Multiple Sclerosis Society (800) 344-4867

175 Patrick Boulevard Ste. 175, Brookfield, WI 53045 <https://www.nationalmssociety.org/Chapters/WIG>

Homeless Shelters

Hope Gospel Mission Inc. (715) 552-5566 Ext. 1307

2650 Mercantile Drive, Eau Claire, WI 54701

www.hopegospelmission.org

- Men's Shelter. Hours: Mon.-Fri. from 5 pm-8 am. Sat. & Sun. from 8 am-7 pm.

Ruth House (715) 834-4000

2517 Moholt Drive, Eau Claire, WI 54703

www.hopegospelmission.org

- Women's Shelter. Hours: Mon-Fri from 5 pm-8 am. Sat & Sun from 8 am-7 pm. Call after 5 pm or leave a message.

Salvation Army

• Salvation Army of La Crosse Emergency Shelter: 223 N. 8th St, La Crosse, WI 54601 (608-782-6126)

- Eau Claire (715-834-1224)
- Salvation Army of Trempealeau County (608-797-2038) for Lori Peterson

Sojourner House (715) 514-5556

618 S Barstow Street, Eau Claire, WI 54701

<https://cclse.org/the-sojourner-house/>

- A safe, clean place for adult men and women who are experiencing homelessness. Check in hours are 7 pm - 9 pm daily.

Catholic Charities - La Crosse Warming Center (608) 782-0710

413 South 3rd Street, La Crosse, WI 54603

<https://cclse.org/la-crosse-warming-center/>

- Open nightly November 1st - April 30th from 6:30 pm - 8:00 am.

Family Promise - Beacon House Shelter (715) 834-4357

309 E Lake Street, Eau Claire WI 54701

<https://www.familypromisecv.org/>

- Can house up to six families at a time and provides immediate relief for families without a place to stay by giving them short-term shelter and allowing them time to get their feet back on the ground.

Western Dairyland Community Action Agency (715) 985-2391
 23122 Whitehall Road, PO Box 125, Independence, WI 54747 www.WesternDairyland.org

- Single-family units may be occupied for 30-60 days.

Hospice

Black River Memorial Hospice (715) 284-3661

Heartland Hospice (Gentiva) (866) 216-5708
 3410 Oakwood Mall Drive Suite 400, Eau Claire, WI 54701 <https://www.gentivaahs.com/>

Interim Healthcare of Western WI, Inc. (715) 834-1313
 4410 Golf Terr Suite 101, Eau Claire, WI 54701 <https://www.interimhealthcare.com>

Mayo Clinic Health System Hospice in Eau Claire (800) 236-8408
 1221 Whipple Street, Eau Claire, WI 54703 <https://mayoclinichealthsystem.org>

Mayo Clinic Health System Hospice in La Crosse (608) 392-9790
 700 West Ave. S., La Crosse, WI 54601 <https://mayoclinichealthsystem.org>

Gundersen Lutheran Health System Hospice in La Crosse (608) 775-8435
 1900 South Ave, La Crosse, WI 54601 <https://www.gundersenhealth.org/>

St. Croix Hospice (855) 278-2764
 1280 W Clairemont Avenue, #4, Eau Claire, WI 54701 <https://stcroixhospice.com/>

Housing Options - Subsidized

The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. A housing subsidy is paid to the landlord directly by the Public Housing Authority (PHA) on behalf of the participating family. The family then pays the difference between the actual rent charged by the landlord and the amount subsidized by the program. Income eligibility rules apply.

Trempealeau County Housing Authority (715) 538-2274
 36358 Main St P.O. Box 295, Whitehall, WI, 54773

- Several apartment complexes in Arcadia, Blair, Galesville, Independence, Pigeon Falls, and Whitehall. Some apartments are reserved for elderly/disabled persons only.

Allegiant Property Management (608) 784-1381 or (888) 393-3282
 412 S 3rd St, La Crescent, MN 55947

- Several apartment complexes in Arcadia, Blair, Independence, and Trempealeau. Some apartments are reserved for elderly/disabled person only.

ACC Management Group (920) 966-9905
 2375 WI-44 Oshkosh, WI 54904

- Several apartment complexes in Arcadia and Galesville. Some apartments are reserved for elderly/disabled person only.

Landmark Co. (715) 834-3411

P.O. Box 720, Eau Claire, WI 54701

- Several apartment complexes in Eleva and Strum. Some apartments are reserved for elderly/disabled person only.

Horizon Management Group, Inc. (608) 784-2935 or (800) 944-4866

P.O. Box 2829 La Crosse, WI 54602-2829

- Several apartment complexes in Ettrick and Galesville. Some apartments are reserved for elderly/disabled person only.

Kristin B. Osseo Housing Inc. (715) 299-6603

P.O. Box 643 Osseo, WI 54758

- Apartment complex for the elderly/disabled.

Fair Housing Council (877) 647-3247759 N. Milwaukee Street, Suite 500, Milwaukee, WI 53202 <https://www.fairhousingwisconsin.com>

Promotes fair housing throughout the state of Wisconsin by combating illegal housing discrimination and by creating and maintaining racially and economically integrated housing patterns.

Wisconsin Housing Search (877) 428-8844<https://wihousingsearch.org>

In-Home Healthcare

In-home healthcare services include a variety of services from skilled nursing care, housekeeping, personal care assistance, therapy and more. Contact any of the agencies below to inquire about rates and payment options.

Almost Family **Contact Your Local Agency**<https://lhcgroupp.com>

- 2523 W Folsom Street, Suite B, Eau Claire, WI 54703 (715) 831-0631
- 1052 Oak Forest Dr Suite 160, Onalaska, WI 54650 (608) 779-0900

Always There Homecare (715) 530-3076

S643 County Road BB, Mondovi, WI 54755

<https://www.alwaystherehomecarewi.com>**Aveanna Home Health** **Contact Your Local Agency**<https://www.aveanna.com>

- 4319 Jeffers Road, Suite 201, Eau Claire, WI 54703 (715) 598-5600
- 2600 State Road, La Crosse, WI 54601 (608) 406-3140
- 111 Riverfront Suite 102, Winona, MN 55987 (507) 494-8600

Brightstar Care (608) 676-0682

1062 Oak Forest Dr Suite 500, Onalaska, WI 54650

<https://www.brightstarcare.com/locations/lacrosse/>**Clear Water Home Care** (715) 514-1520

1109 W MacArthur Avenue, Eau Claire, WI 54701

<https://cwhc.co>

| | |
|---------------------------------|----------------------------------|
| Home Instead Senior Care | Contact Your Local Agency |
| • Eau Claire, WI | (715) 941-4717 |
| • Winona, MN | (507) 285-1700 |

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| International Quality Home Care | Contact Your Local Agency |
| | http://www.internationalquality.com/ |
| • 36347 Main Street, Whitehall, WI 54773 | (800) 687-9480 |
| • 2620 Stein Boulevard, Suite A, Eau Claire, WI 54701 | (888) 278-3405 |

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| Mayo Clinic Health System - Home Health Care | (715) 831-0100 |
| 1221 Whipple Street, Eau Claire, WI 54703 | https://mayoclinichealthsystem.org |

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| Moore Genuine Care LLC | (715) 286-2734 |
| 711 Anderson Street PO Box 58, Augusta, WI 54722 | |

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| Safe at Home Senior Care | (715) 598-7233 |
| 505 S Dewey Street, Eau Claire, WI 54701 | https://www.sahsc.org |

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| Just Toes and Foot Care LLC | (715) 559-6077 |
| Rochelle Boos, LPN, AFCNA, is offering home visits for toenail trimming/debridement and callus and corn reduction in Menomonie, Durand, Mondovi, Eau Claire and surrounding areas. | |

Internet, Phone and Technology

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| Adaptive Technology Resources Inc. | (800) 770-8474 |
| W175 N11163 Stonewood Drive, Suite 232, Germantown WI 53022 | http://www.AdaptiveTR.com |
| Provides a range of technological support to senior citizens, individuals with disabilities, those with visual impairments, and caregivers. A few examples of support include assistance with setting up internet services, setting up smart home systems such as Alexa, making sure communication equipment is up to date, staying in touch remotely with family members and monitoring the health of loved ones remotely. | |

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| EveryoneOn | (877) 789-9889 |
| https://www.everyoneon.org | |
| Connects low-income families and individuals to affordable internet service, computers and provides online digital skills training and information. | |

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| Internet and Phone Helpline - Public Service Commission | (608) 267-3595 |
| A helpline for people who need help locating phone or internet service. A Consumer Affairs staff person will walk through internet and phone service options, share any discount information, and provide information about Lifeline eligibility and enrollment. | |

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|---|---|
| Open Wi-Fi tool for Drive-Up Internet | https://maps.psc.wi.gov/apps/PublicWiFiLocations/ |
| An online tool that can assist users in finding free-to-use public broadband locations in their area. These are emergency internet locations for residents who do not have access to the internet at home. The buildings are closed, but the Wi-Fi connections remain accessible. | |

Wisconsin Lifeline & Link-Up Program**Contact your local telephone company**<https://psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx>

Lifeline is a Wisconsin Universal Service Fund program that makes essential telecommunications more affordable for low-income households by reducing monthly telephone charges. Most telephone companies that provide local residential service in Wisconsin offer this program to their residential customers. If you are interested in financial assistance for your local telephone service, then call your provider and say that you want to apply for Lifeline benefits.

- CenturyLink: (800) 201-4099
- Frontier Communications: (844) 365-4737
- TracFone (Safelink): (800) 723-3546
- US Cellular: (800) 447-1339
- Virgin Mobile: (888) 898-4888
- 24/7 Telecom: (888) 247-2035
- Cochrane Cooperative: (608) 248-2323
- Nelson Telephone: (715) 672-4204
- Tri-County Telephone: (800) 831-0610
- TDS (855) 354-6962

Legal Assistance and Advocacy Organizations**Arc of La Crosse****(608) 782-4799**

1035 Green Bay St #4, La Crosse, WI 54601

<https://thearc.org/chapter/the-arc-of-la-crosse/>

Advocates for the rights of people with intellectual and developmental disabilities.

Citizen Advocacy**(608) 782-4760**601 7th St N, La Crosse, WIcitizenadvocacylacrosse.org

Inviting community members to protect individual rights, promote interests, and support the lives of persons with a disability.

Clients Rights Office - WI Department of Health Services**(608) 266-5525**

PO Box 7851, Madison, WI 53707

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

The Client Rights Office serves individuals receiving services for developmental disability, mental health, and substance use. Inmates, emergency room patients, and single-person provider clinic patients are not served by the Client Rights Office.

Coalition Of Wisconsin Aging Groups (CWAG)**(800) 488-2596 or (608) 224-0606**

30 West Mifflin Suite 406, Madison, WI 53703

<https://www.cwagwisconsin.org/elder-law-center>

Provides direct services to adults later in life who have been defrauded, scammed, or exploited. Assists victims in putting a stop to abuse, victim court advocacy, and in recovery.

Disability Rights Wisconsin (800)-928-8778 or Rice Lake office at (715) 736-1232

217 W Knapp Street, Rice Lake, WI 54868

<http://www.disabilityrightswi.org/>

Disability Rights Wisconsin is a private non-profit organization that protects the rights of people with disabilities statewide. They work to pursue justice on matters related to human and legal rights. They also provide assistance to individuals aged 18-59 who are currently enrolled or are eligible but not yet enrolled in Family Care, Family Care Partnership, or IRIS.

Free Legal Clinic (715) 839-5004

400 Eau Claire St, Eau Claire, WI: LE Phillips Library, Riverview Room (3rd Floor)

Third Wednesday of the month from 5:30 to 7:00 pm

Free legal clinic provides 5 to 7 attorneys to answer participant's questions.

Guardianship Support Center (GSC) (855) 409-9410

e-mail: guardian@gwaar.org

<https://gwaar.org/guardianship-resources>

Operated by GWAAR, the Guardianship Support Center (GSC) provides information and assistance on issues related to adult guardianship, protective placement, advance directives and more. The GSC is required to be a neutral information source and is unable to provide legal advice or offer direct representation. If you would like specific legal advice, please consult an attorney.

Greater Wisconsin Agency of Aging Resources, Inc. (GWAAR) (608) 243-5670

1414 MacArthur Road, Suite A, Madison, WI 53714

<https://gwaar.org>

Provides information, training and resources needed to develop advocacy skills.

Hmong Mutual Assistance Association (715) 832-8420

1320 West Clairemont Ave, Eau Claire, WI 54701

<https://www.ecahmaa.org/>

Programs for youth, families, and victims along with other services, and housing programs/assistance.

Lawyer Referral & Information Services – State Bar of WI (800) 362-9082

<https://www.wisbar.org/forpublic/incedalawyer/pages/lris.aspx>

Will help you figure out if you need a lawyer and how to proceed if you do. You will not receive legal advice, but instead will talk with a legal assistant who will help analyze potential legal problems. If necessary, a referral will be made to an attorney in your area who has indicated an interest in your type of legal situation. Attorneys referred through this program agree to charge no more than \$20 for the first consultation, up to one half hour. Anything beyond the first half-hour, you will be charged the lawyer's regular fees.

Legal Action of WI – La Crosse Office (608) 785-2809

700 N 3rd Street, Suite 203, La Crosse, WI 54601

<https://www.legalaction.org/>

Provides free civil legal assistance to secure safety, stability, and independence for elder abuse victims through the "Elder Rights Project". Free civil legal aid is also available to low-income individuals and families.

Long-Term Care Ombudsman (800) 815-0015

1402 Pankratz Street, Suite 111, Madison, WI 53704

<http://www.longtermcare.wi.gov>

Provides advocacy services to persons age 60 and older who are consumers of Wisconsin long term care programs (Family Care and IRIS). The Ombudsman Program has, by law, the authority to have contact with any resident or tenant of a Wisconsin nursing home, Community Based Residential Facility (CBRF), Residential Care Apartment Complex (RCAC), Adult Family Home (AFH).

National Academy of Elder Law Attorneys (NAELA)

Members of NAELA are attorneys who are experienced and trained in working with legal problems of older Americans and individuals of all ages with disabilities. To find a lawyer close to you, go online at: www.naela.org. Search by zip code or attorney name.

National Alliance for the Mentally Ill (NAMI)

NAMI Helpline (800) 950-6264

<https://namiwisconsin.org/advocacy/>

Crisis: call or text 988

Office of the Commissioner of Insurance**(608) 266-3585**

125 South Webster St, Madison, WI 53703

<https://oci.wi.gov/Pages/Homepage.aspx>

Complaints: (800) 236-8517

Handles complaints and answers quick insurance questions.

Tenant Resource Center**(877) 238-7368**

2510 Winnebago St, Madison, WI 53704

<https://www.tenantresourcecenter.org/>

Non-profit organization that provides renters with education on their rights and responsibilities and provides information and referrals.

Wisconsin Board for People with Developmental Disabilities**(608) 266-7826**

101 East Wilson St Room 219, Madison, WI 53703

<https://wi-bpdd.org/>

Dedicated to improving the independence, productivity, and integration of persons with a developmental disability.

Wisconsin Judicare, Inc.**(800) 472-1638**

401 5th Street, Suite 200, Wausau, WI 54403

<http://www.judicare.org>

Provides free civil legal assistance to secure safety, stability, and independence for elder abuse victims through the "Elder Rights Project". Wisconsin Judicare's mission is to provide legal assistance to those who otherwise cannot afford it.

Long-Term Care Options Counseling**Aging and Disability Resource Center of Trempealeau County****715-538-2001**

36250 Main Street PO Box 67, Whitehall, WI 54773

<https://co.trempealeau.wi.us/>

Offers information about the choices that are available to meet your long-term care needs and discusses factors to consider when making long-term care decisions. Staff can assist with financial eligibility requirements, screening for functional eligibility and enrollment into long-term care programs such as Family Care or IRIS, if eligible.

Meal Sites and Home Delivered Meals

Home Delivered Meal Program

Aging and Disability Resource Center of Trempealeau County **715-538-2001**

36250 Main Street PO Box 67, Whitehall, WI 54773

<https://co.trempealeau.wi.us/>

Home delivered meals are available throughout Trempealeau County to eligible individuals. No eligible person shall be denied a meal due to inability to pay. Delivery is available county-wide. Hot meals and salads available to all participants. Suggested contribution is \$5 per meal for participants. Reservations are required one (1) day in advance for some sites.

Meal Sites

Congregate Meal sites provide an opportunity for Trempealeau County residents age 60+ and domestic partner (regardless of age) to enjoy a hot meal or salad in a family-like atmosphere. Suggested donation of \$5 per meal. Reservations are required one (1) day in advance for all meal sites.

Boondocks **(608) 582-4401**

N14433 County Road M, Galesville, WI 54630

- 11:00am - Noon on Wednesdays and Thursdays

Friendship First Community Center **(608) 989-2818**

429 Urberg Street, Blair, WI 54616

- Serving at 11:30am on Tuesdays

Immanuel Lutheran Church **(715) 695-3511**

109 Elm Street, Strum, WI 54770

- Serving at 11:30am on Tuesdays

Sacred Heart Church **(608) 539-5391**

N20555 County Road G, Dodge, WI 54625

- Serving at Noon on Tuesdays and Thursdays

Wanek Senior Dining **(608) 409-2470**

730 Raider Drive, Arcadia, WI 54612

- Serving 11:30am-12:30pm on Wednesdays and Fridays

Whitehall (starting in April) **(715) 538-1526**

36396 Main St, Whitehall, WI 54773

- Serving 12:30pm-1:30pm on Wednesdays

Medical Equipment & Loan Closets

Medical Equipment & Assistive Devices

A&J Mobility (715) 874-6630

2650 Prospect Drive, Eau Claire, WI 54703 <https://www.aandjmobility.com>

Wheelchair Van Sales, Rentals, Service and Mobility Equipment

Access Mobility (608) 782-1069

1542 Rose St, La Crosse, WI 54603 <https://www.accessmobilityproducts.com/>

Access (Accessible Home and Vehicle Mobility Solutions) (608) 784-9980

65 Copeland Ave, La Crosse, WI 54603 <https://www.allaboutaccess.com/showroom/la-crosse-wi/>

ActivStyle (incontinence supplies) (888) 280-8632

<https://www.activstyle.com/>

All Star Elevators (715) 598-7511

2180 Hallie Road, Chippewa Falls, WI 54729 <https://www.allstarelevatorllc.com/>

Apria Healthcare (715) 834-7517

1316 N Hastings Way, Suite B, Eau Claire, WI 54703 <https://www.apria.com>

Barber DME Supply Group (888) 342 3564

720 Moorefield Park Drive, Suite 202, Chesterfield, Virginia 23236 <https://dmesupplyusa.com>

Grace Home Respiratory (715) 832-7377

2204 N Hillcrest Parkway, #2, Altoona, WI 54720 <https://www.ghr-ec.com>

Hilton Medical Supply (608) 785-0390

500 3rd St S, La Crosse, WI 54601 <https://hiltonmedicalsupply.com/>

J&B Medical Supply (800) 737-0045

<https://jandbmedical.com>

J&B Medical offers an extensive assortment of medically necessary supplies. Supplies include diabetes management, incontinence, and much more. J&B Medical will work with health plans (including Medicaid) and providers to assist members in obtaining these life-enhancing supplies.

Lifeway Mobility (507) 267-5214

<https://www.lifewaymobility.com/rochester-mn/>

Mayo Clinic Store (715) 838-1815

1400 Bellinger Street, Suite PHM 3, Eau Claire, WI 54703 <https://www.mayoclinic.org>

Mobility Works (715) 438-4030

3115 Oak Knoll Drive, Eau Claire, WI 54701 <https://home.mobilityworks.com/>

Numotion (715) 552-3711

2601 Morningside Drive, Eau Claire, WI 54703 <https://www.numotion.com>

SafeinHome**(855) 476-6665**<https://www.safeinhome.com>

SafeinHome's Remote Support staff provides support with the help of an integrated system of sensors and assistive technology used in and out of the home. Remote Support solutions cover visitor safety, medication management, seizure management, daily activity reminders, community engagement, transitioning youth, and much more.

Stout Vocational Rehabilitation Institute**(715) 232-1410**221 10th Avenue E, Menomonie, WI 54751<http://www.uwstout.edu/svri/atrc/>

- **Wheelchair Clinic:** Technologists will diagnose potential repairs and perform routine cleaning and maintenance adjustment procedures. This is a free service. Appointments are suggested.
- **Assistive Technology Services:** Includes evaluation, design, customization, modification, maintenance, repair, training, technical assistance, and identification of funding options.

Winona Home Medical**(507) 457-7703**

930 Parks Avenue, Winona, MN 55987

<https://www.winonahealth.org>*Loan Closets and Programs***Dunn County Veterans Service Office****(715) 232-1646**

3001 US Highway 12 E, Suite 116, Menomonie, WI 54751

<https://www.co.dunn.wi.us>

- Loan Closet available to anyone regardless of residency.

Independent Living Resources**(888) 474-5745**

4439 Mormon Coulee Road, La Crosse, WI 54601

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

- **Device Loan and Demonstration Program:** Assistive technology available for short-term trials, providing an opportunity for consumers to try out equipment and determine if it meets their needs. Staff also has knowledge of where to acquire equipment and any potential funding options that may be available.
- **Donations:** Durable Medical Equipment is donated by community members. Because these items come in as a donation, they are able to be given out to individuals in need for free. Examples: walkers, wheelchairs, shower chairs etc.
- **WISLOAN:** A statewide alternative loan program that allows Wisconsin residents with disabilities to finance assistive technology, home modifications, or equipment needed to become self-employed or to work from home.

UCP of West Central Wisconsin**(715) 832-1782**

2153 Eastridge Center, Eau Claire, WI 54701

<http://www.ucpwcw.org/loan-closet>

Nursing Homes

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| <u>American Lutheran Homes – Mondovi Unit</u> | <u>(715) 926-4962</u> |
| 200 Memorial Drive, Mondovi, WI 54755 | https://www.americanlutheranhomes.com/ |
| <u>Dove Healthcare</u> | <u>(715) 597-2493</u> |
| 51019 Ridge View Road, Osseo, WI 54758 | |
| <u>Grand View Care Center</u> | <u>(608) 989-2511</u> |
| 620 Grand View Avenue, PO Box 27, Blair, WI 54616 | https://www.grandviewhome.org/ |
| <u>Marinuka Manor</u> | <u>(608) 582-2211</u> |
| 19475 Silvercreek Road, Galesville, WI 54630 | https://www.bsicorp.com/marinuka-manor/ |
| <u>Pigeon Falls Healthcare Center</u> | <u>(715) 983-2293</u> |
| 13197 Church St, Pigeon Falls, WI 54760 | |
| <u>Trempealeau County Healthcare Center</u> | <u>(715) 538-4312</u> |
| W20410 State Rd 121, Whitehall, WI 54773 | |

Personal Emergency Response System (PERS)

A personal emergency response system (PERS) is a home device that connects an individual to a 24-hour call center with the push of a button. The transmitter is typically worn on a neck pendant or wristband and sends a signal to the receiver. When the PERS button is pushed, the call center staff member evaluates the situation to decide if family or 911 should be contacted. The individual can talk with the call center staff from anywhere in the house using a 2-way intercom.

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| <u>Alert1</u> | <u>1-877-969-2603</u> |
| | https://www.alert-1.com |
| <u>Bay Alarm Medical</u> | <u>(877) 522-9633</u> |
| | https://www.bayalarmmedical.com |
| <u>Clark Electric</u> | <u>(866) 279-6544 or (715) 267-6544</u> |
| <u>Life Alert</u> | <u>(800) 360-0329</u> |
| | http://www.lifealert.com/ |
| <u>LifeFone</u> | <u>(800) 331-9198</u> |
| | https://www.lifefone.com |
| <u>Life Station</u> | <u>(833) 875-0364</u> |
| | https://www.lifestation.com |
| <u>Medical Alert</u> | <u>(800) 800-2537</u> |
| | https://www.medicalalert.com |

Medical Guardian (800) 668-9200
<https://www.medicalguardian.com>

MobileHelp (800) 992-0616
<https://www.mobilehelp.com>

Lifeline (855) 681-5351
<https://www.lifeline.com>

Senior Safety (888) 473-2800
<https://www.seniorsafety.com>

VRI (800) 860-4230 Select Option 2
<https://vricares.com>

Power of Attorney: Healthcare and Finance

The Power of Attorney for Health Care law allows you to complete a written document designating another person to act on your behalf as your health care agent. Subject to limitations you impose, the designated health care agent is authorized to make many types of health care decisions on your behalf, should you later become incapacitated. In addition, it allows you to indicate in advance when, and under what circumstances, you would like to receive or refuse a feeding tube for provision of nutrition or hydration and receive or refuse the use of life-sustaining procedures. A Power of Attorney for Health Care takes effect upon a finding of incapacity by two (2) physicians who have personally examined the individual and sign a statement specifying that the individual has incapacity. Incapacity means “the inability to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his or her health care decisions.”

The Power of Attorney for Finances allows you to plan for future financial decision-making even if you are unable to make your own decisions. By completing this document, you are not giving up any powers or rights to control your finances or property. Instead, you are giving your designated agent, in addition to yourself, the authority to handle your finances and property. This document is effective immediately when executed unless you state otherwise.

Why is drafting a Power of Attorney important to you and your family?

Completing an advance directive (Power of Attorney) is a gift to yourself and those you love. You are encouraged to make your wishes and expectations about medical care and end-of-life care known to loved ones and to solidify these wishes by completing an advanced directive. When your wishes are known, everyone is on the same page. These decisions should be made now and not in a time of crisis.

Why would ADRC’s educate and promote the completion of advance directives?

- Firstly, having the advance directive allows the family to focus on medical decisions and supporting one another.
- Secondly, without an advance directive, family members may need to hire attorneys and participate in court processes to obtain guardianship and protective placement authority before they are able to make healthcare decisions. This process is very costly not only to the family but to the county system. It also means that no action can be taken until these steps are taken, causing families to wait for days/weeks to make important decisions.

What can you do?

Everyone age 18 and older is encouraged to have an advance directive. If you do not have an advance directive, contact the ADRC of Trempealeau County at 1-800-273-2001 or stop by their offices at the Trempealeau County Courthouse and ask for the WI advance directive document(s). ADRC staff are available to help explain the documents and their importance. You may also ask your health care provider. Fill out the form and ensure that your loved ones have a copy of the document. Secondly, ask your family and friends if they have an advance directive. If not, please share this important information.

Support Groups

The information below is believed to be accurate at the time of printing. For updated information and information on other support groups available in your area, please reach out to the ADRC at 800-273-2001 or resourcecenter@co.trempealeau.wi.us

Alzheimer's & Caregiving**Alzheimer's Support Groups (800) 272-3900**

- Search by area code to find an Alzheimer Caregiver Support Group near you by visiting <https://www.alz.org/events>. Virtual options available.

Caregiver Support Group - Live Well Winona (507) 452-0580

902 E 2nd Street, Suite 321, Winona, MN 55987

- Caregiver Support Group for adults, age 55 and better, provides an opportunity to meet with other caregivers to exchange helpful tips, give and receive support, and learn about new resources. Virtual and In-Person Opportunities

Grief and Healing**Mayo Clinic Eau Claire - Grief Support (715) 464-5086**

- Call for information on meeting dates, times, and locations.

The Healing Place (715) 717-6028

2125 Heights Drive, Eau Claire, WI 54701

- Call for dates and times of groups. Various time-limited, on-going support and meditation groups that help individuals cope with different life adjustments.

Winona Health - Grief Support (507) 457-4468

- Call for information on meeting dates, times, and locations.

Long-Term Health Conditions and General Support**Diabetes Group Education Classes - Winona Health (507) 457-4521**

- Call for information on meeting dates, times, and locations.

Eau Claire Area Stroke Support Group (715) 717-4315

- Call for information on meeting dates, times, and locations.

Gundersen Health System (608) 775-6870

- Support groups and classes for those living with diabetes and chronic pain. Both in-person and virtual options offered. Call for information on meeting dates, times, and locations.

Northwestern WI ALS Support Group

- Email: diane.fergot@als.org for information on meeting dates, times, and locations.

Parkinson's Support Group (715) 538-1713

Gundersen Tri-County Hospital

2nd Wednesday of every month from 1:00 to 2:00pm**Uplift WI** (534) 202-5438<https://www.mhawisconsin.org/upliftwi>

This line is for Wisconsin residents and is staffed by certified peer specialists – people with lived experiences of mental health, substance use and other related life experiences. Call this line if you need someone to talk to for support when things are difficult, or when you just need a peer to connect with. You do not need to be in crisis to call this line. This line is fully anonymous and confidential and is not directly connected to crisis linkage services. We will not call emergency services on you unless you specifically request this from us, and that process will be led by you.

Thrift Stores**Cents and Sensibility** (715) 985-3301

23741 Washington St, Independence, WI 54747

Common Closet Thrift Store (651) 565-0359

154 Pembroke Avenue, Wabasha, MN 55981

Goodwill Industries <https://www.goodwillncw.org>

- 3605 Gateway Drive, Eau Claire, WI 54701 (715) 835-0532
- 2500 Hills Court, Menomonie, WI 54751 (715) 235-8488
- 1450 Gilmore Avenue, Winona, MN 55987 (507) 454-4817
- 200 Theater Rd, Onalaska, WI 54650 (608) 783-1581

Hope Gospel Mission Bargain Center <https://www.hopegospelmission.org>

- 121 N Eau Claire Street, Mondovi, WI 54755 (715) 598-4778
- 1230 N Broadway Street, Menomonie, WI 54751 (715) 598-2097
- 2511 W Moholt Drive, Eau Claire, WI 54701 (715) 839-9498

Luke 3:11 Project (715) 530-2197 or ahubert@frontier.net

- Free but used good winter outerwear for people of all ages.

Mondovi Area Thrift Shop (715) 926-5268

113 E Main Street, Mondovi, WI 54755

OLPH Mission Thrift Store (608) 323-7116

411 S Washington Street, Arcadia, WI 54612

<https://www.holyfam.com/olph-mission.html>

Ye Old School Shoppe**(608) 248-2691**8th & Humboldt Street, Buffalo City, WI 54622**Transportation****ADRC of Trempealeau County Transportation Program****(715) 538-2001**

36250 Main St, Whitehall, WI 54773

Transportation services are available to Trempealeau County residents seven days a week for all purposes including medical, social, and personal business. Priority is given to individuals aged 60+ and people with disabilities. Handicap accessible van & bus available for individuals who require specialized transportation. Rides must be scheduled on or before Thursday of the week prior.

- To schedule a ride, contact the Trempealeau County Transportation Program at (715) 538-2001.

*For those with ***WI Medicaid, BadgerCare Plus Standard and Benchmark Plans***, transportation for medical appointments only is provided by Wisconsin's State Transportation Program, MTM/Veyo:

- To schedule transportation for medical appointments, call MTM, Inc/Veyo. at 1-866-907-1493.

*For those who are **Veterans**, please contact your local Veterans Service Office first:

- Trempealeau County Veterans Service Office **(715) 538-2311**

Abby Vans**(800) 236-8438 or (715) 743-3364**1115 W. 4th St, Neillsville, WI 54456<https://www.abbyvans.com/>**Access Medical Transit****(608) 782-4200**

226 Hood St, La Crosse, WI 54601

<https://www.makingawaytransport.com/>**Pine Creek Transportation****(715) 662-2028**

S Davis Rd, Taylor, WI 54659

<https://www.pinecreektrans.com/>**Veterans Services**

Contact your local veteran's office for information about financial, educational, health or disability benefits and more for veterans.

Trempealeau County Veteran Services**(715) 538-2311**

18600 Hobson St, Whitehall, WI 54773

https://co.trempealeau.wi.us/departments/service_departments/veterans_service/index.php**Chippewa Valley VA Clinic****(715) 720-3780**

475 Chippewa Mall Drive, Chippewa Falls, WI 54729

<https://www.va.gov/>**River Valley VA Clinic****(608) 784-3886**

2600 State Road, La Crosse, WI 54601

<https://www.va.gov/>**Minneapolis VA Medical Center****(612) 725-2000**

1 Veterans Drive, Minneapolis, MN 55417

<https://www.minneapolis.va.gov>

Tomah VA Medical Center

500 E Veterans Street, Tomah, WI 54660

(608) 372-3971<https://www.tomah.va.gov>**Veterans Outreach and Recovery Program (VORP)****(608) 881-9116**

Connects Veterans to community services, provides case management and support, with a special focus on treatment and recovery. Staff work with community providers and professionals to provide assistance and connection to: Mental Health Services; Substance Use Treatment; Financial Assistance; Housing and Utilities; Claims and Benefits Assistance; Employment and Education; Transportation; and many more services.

VA Caregiver Support**(855) 260-3274**

The Caregiver Support Program offers training, educational resources, and multiple tools to help you succeed.

Veterans Crisis Line**988 (Press 1)**

Are you a Veteran in crisis or concerned about one? Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

- *Chat: [VeteransCrisisLine.net/cha](https://www.veteranscrisisline.net/cha)*
- *Or Text: 838255*

For More Copies Contact:

The ADRC of Trempealeau County
Toll Free: (715) 538-2001

Trempealeau County:
36250 Main St
Whitehall, WI 54773

Send us an email at:
resourcecenter@co.trempealeau.wi.us

Visit us on the web at:
<https://co.trempealeau.wi.us/>

Like us on Facebook!
<https://www.facebook.com/ADRCofTrempealeauCounty/>

