



**Aging and Disability
Resource Center of
Monroe County
Resource Guide**

315 W. Oak Street, Suite A

Sparta, WI 54656

1-888-339-7854

608-269-8690

ADRC of Monroe County

The Aging and Disability Resource Center of Monroe County is the first place to go for accurate, unbiased information on aspects of life related to aging or living with a disability. The Aging and Disability Resource Center of Monroe County is a friendly, welcoming place where anyone - individuals, concerned families or friends, or professionals working with topics related to aging or living with a disability - can go for information tailored to their situation.

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ADRC of Monroe County

ADULT DAY SERVICES

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

Sparta: 841 West Wisconsin Street, Suite B · 608-633-2282

Tomah: 1021 N Superior Ave, Suite #14 · 608-374-4673

info@aptiv.org

Coulee Region Adult Day Center:

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

565 Braund St. Onalaska · 608-519-2306

Handishop Day Centers

Sparta: 620 Industrial Drive, Suite 2 · 608-269-4600

Tomah: 1411 North Superior Avenue · 608-372-3289

Merit Centre North, Bethany St. Joseph Corporation

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

1020 Windsor St, La Crosse WI · 608-784-2700

Merit Centre South, Bethany St. Joseph Corporation

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

3900 East Ave. Sth, La Crosse, WI · 608-788-2900

OASIS Respite Program <https://oasisrespite.org/>

4141 Mormon Coulee Rd, La Crosse, WI · 608-780-0471

RESPITE

See Nursing Homes and Supportive Home Care for facilities and agencies that may provide respite care services.

Mayo Clinic Health System Sparta Campus– Respite Care Program:

310 West Main St., Sparta · 608-269-2132

Tomah Health-Swing Bed and Respite Program

<https://www.tomahhealth.org/services/acute-care/swing-bed-respite-programs/>

501 Gopher Drive, Tomah WI · 608-377-8444

For other potential respite options:

<https://rcaw.gnosishosting.net/Portal/Registry>

CAREGIVER SUPPORT

ADRC of Monroe County Caregiver Support

<https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/family-caregiver-support-program>

315 W. Oak Street, Suite A, Sparta, WI · 608-269-8690 or toll free
1-888-339-7854

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Coulee Region RSVP, Friendly Caller Program:

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

Telephone reassurance program for older adults and adults with disabilities. 2920 East Ave. South, Suite 104, La Crosse

608-785-0500 or 1-888-822-1295

Faith in Action Volunteers of Monroe County:

<https://fiamonroecounty.org/>

Companionship/other support services.

321 Butts Ave, Rm 36, Tomah · **608-372-0939**

VA Caregiver Support Line · 1-855-860-3274

Tomah VAMC Caregiver Support Program · (608)-372-3971 ext. 64441

Family Caregiver Grants-Respite Care Association of Wisconsin.

Grants available for respite services. <https://respitecarewi.org/>

608-222-2033

ALZHEIMER/DEMENTIA SERVICES

Greater Wisconsin Chapter of the Alzheimer's Association:

<https://www.alz.org/> 404 ½ North Bridge Street, Chippewa Falls, WI
(715) 720-7611

- **24 hour helpline · 1-800-272-3900.**
- **Spouse of Early Onset Dementia – Telephone Support Group · (608) 203-8500** to register and receive call-in information
- **Telephone Caregiver Support Group, Alzheimer's Association – Telephone Support Group · (800) 272-3900** to register and receive call-in information

Aging and Disability Resource Center of Monroe County - ADRC:

<https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center>

315 W. Oak St., Suite A Sparta, WI · **(608) 269-8690**

- Dementia Care Specialist Program
- Alzheimer's Family Care Support Program (NFCSP) grant
- Alzheimer's Family Support Program (AFCSP) grant
- Lunch Bunch Memory Cafe

Faith in Action Volunteers of Monroe County

<https://fiamonroecounty.org/>

321 Butts Avenue. Tomah, WI · **(608) 372-0939**

Companionship, driver escort, light housekeeping, errands, telephone reassurance and other support.

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Wisconsin Alzheimer's Institute, Research Opportunity:

WRAP, Wisconsin Registry for Alzheimer's Prevention

7818 Big Sky Dr., Suite 215 Madison, WI 53719 · **(608) 829-3315**

Gundersen Health, Neurology Department

Now Becoming Emplify Health

MIND (Multi-disciplinary neurocognitive disorders) Clinic

1900 South Avenue, La Crosse · **608-775-9000**

Mayo Health System, Dementia Care Program

700 West Avenue South, La Crosse · **608-392-6252**

CAREGIVER SUPPORT GROUPS

Aging and Disability Resource Center of Monroe County –

- **Caregiver Support Group**

Call Emily Reitz at the ADRC for more information

(608) 269-8690.

- **Powerful Tools for Caregivers**

Classes run for 6 consecutive weeks throughout the year. Call

Emily Reitz at the ADRC for more information · **608-269-8690**

Tomah VAMC Caregiver Support Program · (608)-372-3971 ext. 64441

VA Caregiver Support Line · 1-855-860-3274

Alzheimer's Association: To register for a support group: Contact the

24/7 Helpline · 800.272.3900 or Visit www.alz.org/crf

Family Caregiver Alliance: Online caregiver support group in an email

format. Participants send and receive e-mails to take part in

discussions. For more information or to join:

<https://www.caregiver.org/support-groups>

EMPLOYMENT ASSISTANCE

Couleecap: <https://www.couleecap.org/>

Job and Business Development, Skills Enhancement Program

217 North Black River Street, Sparta · **608-269-5021** or toll free

1-866-904-4508

Employment Resources, Inc. (ERI): <https://www.eri-wi.org/>

2701 International Lane, Ste 210 Madison, WI 53714 · **608-246-3444**

or toll free **855-401-8549**

Serving all of Wisconsin

ADRC of Monroe County

Handishop Industries Inc.: <http://www.handishop.org/>

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

Sparta · **608-269-4600**

Tomah · **608-372-3289**

Independent Living Resources (ILR): <http://www.ilresources.org/>

Assessment, assistive technology consultation, assistance with applications and interviews, ongoing support, job development
4439 Mormon Coulee Road, La Crosse · **608-787-111** or toll free
1-888-474-5745

TTY · 608-787-1148 or toll free 1-888-378-2198

Wisconsin Job Center

—**Workforce Connections: *By appointment only** Offers programs to assist with training and development of skills for career and/or job search, 120 East Milwaukee St, Tomah · **608-374-7740**

608-785-9939

WISE (Wisconsin Senior Employment):

<https://www.workforceconnections.org/wise.html>

For Wisconsin Residents who are 55 and older, who are unemployed and living on a limited income. 5615 East Avenue South, Suite 300, La Crosse, WI · **608-789-5620** or toll free **800-742-5627**

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

Provides supported employment, job placement, follow-along, and job coaching for individuals with mental illness, developmental disabilities, and learning disabilities

1021 North Superior Avenue, Tomah · **608-372-4673**

Wisconsin Department of Vocational Rehabilitation (DVR):

<https://dwd.wisconsin.gov/>

Provides employment services and counseling to people with disabilities; arranges for services to enable individuals to go to work, training and technical assistance to employers regarding disability employment issues. 2615 East Avenue South, La Crosse

608-785-9500 or toll free **1-800-523-2139**

VARC, Inc

Employment training services for adults with disabilities.

402 South Black River St, Sparta WI 54656 · **608-855-5008** or

608-855-5001

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HEARING AND VISION LOSS SERVICES

Office for the Blind or Visually Impaired:

<https://www.dhs.wisconsin.gov/blind/index.htm> · 608-789-5663

Office for the Deaf and Hard of Hearing:

<https://www.dhs.wisconsin.gov/odhh/index.htm> · 608-319-1249 or toll free 1-800-359-5252 · TTY 1-888-701-1254

Email: dhsodhh@wisconsin.gov

Lions Affordable Hearing Aid Project <https://wlf.info/our-work/hearing/>

Toll Free · 877-463-6953

Telecommunications Equipment Purchase and Assistance Plan TEPP

608-231-3305 · TTY 1-800-251-8345

FINANCIAL RESOURCES

Catholic Charities – St. Lawrence Community Services

<https://cclse.org/st-lawrence-community-services/>

Helps people prevent further financial problems by providing instruction in the wise use of credit, budgeting and family money management; representative payee service.

3710 East Avenue South · 608-782-0710

CouleeCap, Inc: <https://www.couleecap.org/>

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

217 North Black River Street, Sparta · 608-269-5021 or toll free 1-866-904-4508

Consumer Credit Counseling Service of La Crosse: <https://cccsonline.org/>

Dedicated to helping people manage their finances and solve their debt problems through counseling and debt management programs

505 King Street, Suite 212, La Crosse · 608-784-8380

Families First of Monroe County:

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

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

1500 North Superior Avenue, Suite #2, Tomah · 608-374-4141

Foundation for Rural Housing

<http://wisconsinruralhousing.org>

Property tax assistance, utility assistance, mortgage assistance, rental assistance, security deposit assistance

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PO Box 314, Oregon WI 53575 · 1-888-400-5974/608-238-3448

Sparta Area Cancer Support, Inc. (SACS):

<http://spartaareacancersupport.org/>

Donated monies available for fuel, groceries, medical costs, transportation and medications for local cancer victims

PO Box 130, Sparta · 608-269-1880

Tomah Area Cancer Support, Inc. (TACS):

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

Funding for transportation needs; call for information · 608-372-8227

USDA Rural Development: 138 South Iowa Street, Suite 2, Dodgeville

608-935-2791 ex. 4

Western Region for Economic Assistance: <https://access.wisconsin.gov/>

1-888-627-0430 · FAX 1-855-293-1822 Oversees benefits such as Medicaid, Foodshare Apply for benefits Report changes. Get information about benefits Find location and hours of local office.

Wisconsin Home Energy Assistance Program (WHEAP)

Call Flock's Guardians · 608-487-9356

Wisconsin Housing and Economic Development Authority (WHEDA)

Property Tax Deferral Loan Program · 1-800-755-7835

REPRESENTATIVE PAYEE SERVICES

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

3000 South Avenue, La Crosse · 608-784-9450

Catholic Charities – St. Lawrence Community Services:

<https://cclse.org/> 413 Third Street South, La Crosse · 608-782-0710

Consumer Credit Counseling Service of La Crosse:

<https://cccsonline.org/> 505 King Street, Suite 212, La Crosse · 608-784-8380

Flocks Guardian, Inc.:

606 Cap Street, Sparta · 608-487-9263

Legal Guardianship Services:

P.O. Box 366, Viroqua WI · 608-637-2150

Olson's Guardianship Services:

6434 Jackpot Ave, Sparta WI · 608-487-5421

LEGAL SERVICES

Legal Action of Wisconsin Elder Rights Project (Elder Abuse Victims)

<https://www.legalaction.org/services/elder-rights-project-elder-abuse-victims>.

The Elder Rights Project provides free legal assistance to secure safety, stability, and independence for elder abuse victims. · 855-947-2529

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HOME DELIVERED MEALS

ADRC of Monroe County:

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

315 W. Oak St, Suite A, Sparta · **608-269-8690**

Ho-Chunk Nation Tribal Aging Unit Elderly Nutrition Program:

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

Home delivered meals for elderly tribal members

358 Eos Road, Tomah · 608-372-4547

Morrow Home Community & Services Meals in Motion:

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

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

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

Mom's Meals (PurFoods-nationwide): <http://www.momsmeals.com/>

Provides fresh meals to home every other week

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

Homestyle Direct: <http://www.homestyledirect.com>

Pre-cooked, healthy meals shipped to your doorstep

1-866-735-0921

FOOD RESOURCES

Food Pantries:

Cashton Cupboard and Closet Food Pantry:

Very minimal charge for clothing items

199 Front St., Cashton · **608-654-5770**

Couleecap, Inc. Office and Food Pantry: <https://www.couleecap.org/>

Provides food to individuals and families with an emergency need; income guidelines apply; Call for hours.

217 North Black River Street, Sparta · **608-269-5021**

Ecumenical Bread Basket Food Pantry: 114 N. Water Street, Sparta. Helps provide persons & families in need in Sparta with basic groceries. Open Monday – Thursday 10 am – 12 pm and Tuesday 5 pm – 7 pm. Call for more information · **(608)-269-5081**

Families First of Monroe County:

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

Emergency perishable food vouchers.

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1500 North Superior Avenue, #2 Tomah · **608-374-4141**

Neighbor for Neighbor, Inc.: <http://www.nfnfoodpantry.org/>

Food baskets providing a three-day supply of food for emergency needs; income guidelines apply; Monday 1:00pm-3:30pm Thurs 10am-12pm. 1118 West Veterans Drive, Tomah · **608-372-6737**

Ontario Food Pantry:

Serves the Ontario and Norwalk area by appointment
Community Baptist Church · **608-337-4656**

Wilton Food Pantry:

Community Center 400 E. Street Wilton Tuesdays 1-2pm or by appointment · **608-435-6922**

Second Harvest:

Go to website of most up to date schedules:

<https://www.secondharvestmadison.org/partner-resources/mobile-pantry-schedule> · **608-234-0863**

- **Norwalk:** 208 S Church Street
Fourth Tuesday of the month at 9:30 am.
- **Sparta:** Memorial Park Pine St.
Third Monday of the month at 2:30 pm.
- **Tomah:** 1615 Butts Avenue
First Tuesday of the Month at 3:30 pm.

Senior Meal Sites: <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/nutrition-program>

Cashton: Cashton Community Hall Serving time: 11:30am
812 Main Street, Cashton · **608-377-3831**

Kendall: Kenview Manor Serving time: 11:30am
412 Spring Street, Kendall · **608-463-7622**

Norwalk: Norcrest Senior Housing Serving time: 12:00 pm
206 West Center Street, Norwalk · **343-3158**

Sparta: Sparta Barney Center Serving time: 11:30am
1000 East Montgomery Street, Sparta · **608-269-6778**

Tomah: Kupper-Ratsch Senior Center Serving time: 11:30am
1002 Superior Avenue, Tomah · **608-372-7291**

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HOME HEALTH/SUPPORTIVE HOME CARE

Home health care agencies can provide nursing, personal care, bathing, housekeeping and supportive home care services.

Almost Family: www.almostfamily.com

1053 Oak Forest Drive, Suite 160 Onalaska · 608-779-0900

Aveanna Home Health <https://www.aveanna.com/>

2600 State Road, La Crosse · 608- 406-3140

Black River Memorial Homecare <https://www.brmh.net/>

Service area is limited to with 30 miles of Black River Falls

711 West Adams Street, Black River Falls · 715-284-3662

BrightStar Care

Serves Sparta only

1062 Oak Forest Drive, Suite 500, Onalaska · 608-519-4324

Care at Home · 608-385-7530

Serves residents of Jackson, La Crosse, Monroe, and Vernon Counties

Christian Servants · 608-606-6611

Serves Monroe and La Crosse Counties

Comfort Keepers <http://www.comfortkeepers.com>

2951 South 21st Pl, La Crosse · 1-800-567-6274

Hallmark Homecare www.hallmarkhomecare.com/140

608-315-8530 lpeters@hallmarkhomecare.com

Heart to Hearth LLC www.hearttohearth.net

608-317-5225 sdunham@hearttohearth.net

International Quality Home Care Corporation <http://www.alphaiqh.com>

1501 Saint Andrew Street, Suite C100, La Crosse · 608-796-9131 or
1-800-345-0669

Kares-Just for You, Inc. <http://karesjustforyou.com/index.html>

1021 N. Superior Ave. Suite #10 Tomah, WI 54660 · 608-343-0505

Lori Knapp Companies: www.https://loriknappcares.com

Serves Jackson, La Crosse, Monroe, Vernon Counties.

608-781-4594

Marquardt Home Health

1020 Hill Street, Watertown WI 53098 · 920-261-7108

Maxim Health Care Services

5100 East Park Blvd, Suite 100 Madison WI, 53718 · 608-232-1000

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My Innovative Services

9534 East Highway 16, Onalaska, WI · 608-738-2142

Riverview Home Healthcare, Inc.: www.riverviewhomehealthcare.com

Serves Jackson, La Crosse, and Monroe Counties · 608-519-8080

SSM Health at Home Home Health-Wisconsin

164 Second Street, Reedsburg, WI · 608-241-1516 or toll free
1-800-924-2273.

VA Home Care Service, VA Medical Center, Tomah · 608-372-3374 or toll
free 1-800-872-8862 extension 67734

HOSPICE

Black River Memorial Homecare <http://www.blackriverhospital.com>

711 West Adams Street, Black River Falls · 715-284-3662

Hospice Touch and Life Choices Palliative Care, Tomah Health

601 Straw Street, Tomah · 608-374-0250

Gundersen Health System Hospice

Now Becoming Emplify Health <http://www.gundersenhealth.org/>

1843 Sims Place, La Crosse · 608-775-8435

Mayo Clinic Health System Franciscan Healthcare Homecare/Hospice

<http://www.mayohealthsystem.org>

700 West Avenue S., La Crosse · 608-392-9790 or toll free

1-800-362-5454 x29790

St. Croix Hospice

1540 Heritage Blvd. Suite 201A West Salem, WI 54669-1418

608-433-9704 or toll free 1-855-278-2764

info@stcroixhospice.com

Moments Hospice

4425 Mormon Coulee Rd. La Crosse, WI 54601 · 608-399-6019

REPAIRS

Community Development Block Grant Office:

- **Sparta:** 201 West Oak St. · 608-269-6509
- **Tomah:** 819 Superior Avenue · 608-374-7455

Coulee Region RSVP: Volunteers can assist with minor home repairs.

Call to see if a volunteer is available · 608-785-0500

Monroe County Sanitation, Zoning, and Forestry:

Provides financial assistance for replacement of existing sewer
systems 14307 County Highway B, Sparta · 608-269-8736

Tomorrow's Home Foundation: Designed to assist low income mobile

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home providers who need critical repairs to their primary residence.
Limited funds available · **608-255-1088**

Couleecap, Inc.: <https://www.couleecap.org/>

Provides weatherization, if a person meets eligibility requirements
217 North Black River Street, Sparta · **608-269- 5021** or toll free
1-866-766-9215

ERRANDS

Faith in Action Volunteers of Monroe County:

Grocery delivery, and minor home repair
321 Butts Avenue, Room 36, Tomah · **608-372-0939**

Hansen's IGA: Grocery delivery for seniors and physically disabled individuals, call between 7:30 a.m. and 11:00 a.m. Mon., Wed., Fri. (Mon. and Fri.-\$5 charge) (Wed.-Free)
834 West Wisconsin Street, Sparta · **608-269-6752**

****See ADRC of Monroe County Chore Guide and Monroe County Home Health Provider listing.**

<https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/resources>

HOUSING ALTERNATIVES:

ASSISTED LIVING FACILITIES

RESIDENTIAL CARE APARTMENT COMPLEX (RCAC):

Residence for adults that consist of independent apartments. Each apartment has own lockable entrance, kitchen with stove, private bathroom, sleeping and living areas. Can provide an individual with up to 28 hours of assistance per week. For the Wisconsin DHS Directory of RCAC in Monroe County go to: <https://www.dhs.wisconsin.gov/guide/cbrfmon.pdf>

Close to Home, Inc. <http://www.cthtomah.com>

Available to senior citizens and people with disabilities
1206 Mark Avenue, Tomah · **608-374-5300**

Liberty Village Assisted Living <http://libertyvillagecare.com>

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

Morrow Home Community and Services <http://www.morrowhome.org>

Available to individuals at least 60 years of age
325/401 South Water Street, Sparta · **608-269-3168** or toll free

ADRC of Monroe County

1-866-324-7365

- Creekside Assisted Living Apartments
- Mary Crest Assisted Living Apartments

Touch of Home, Inc. (Private Pay) <http://www.cthtomah.com>

Available to senior citizens and people with disabilities:

1211 Mark Avenue, Tomah · **608-372-5454**

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)

Residence is for 5 or more adults. CBRF's may provide either private or semi-private rooms that do not have a kitchen. They may or may not have a private bathroom in each room. CBRF's provide more assistance and care than RCAC's. For WI DHS Directory of CBRF in Monroe County go to:

<https://www.dhs.wisconsin.gov/guide/cbrfmon.pdf>

Agape Acres: <https://shaffarsoneanotherhomes.com>

3737 Blueberry Road, Warrens · **608-378-4054**

Bridgepath 503 S. Water Street, Sparta WI · **608-269-3168**

Close to Home, Inc. 1206 Mark Avenue, Tomah · **608-374-5300**

Cranberry Court, LLC 1031/1025 Heeler Avenue, Tomah · **608-372-5070**

Deer Valley Cares, LLC 18067 Co Hwy F, Norwalk · **608-823-7278**

Greenfield House: 21444 Flatiron Avenue, Tomah · **608-372-7335**

Liberty Village: 200 Liberty Place, Tomah · **608-567-0005**

The Meadows, Rolling Hills Rehabilitation Center

14400 County Highway B, Sparta · **608-269-8800**

River Road Estates 1848 West River Road, Sparta · **608-269-8532**

Our Town Tomah, Assisted Living & Memory Care

<https://ourtownassistedliving.com/>

1330 N. Superior Avenue, Tomah WI 54660 · **608-567-5050**

Sun Haven 20035 Junco Road, Tomah · **608-372-9670**

Windy Ridge Care Inc. · **608 343-1177**

- **Ann St House**, 321 Ann Street, Tomah
- **Holton House**, 315 E. Holton, Tomah
- **Lake Tomah Care Center**, 321 Butts Ave. Tomah
608-377-0644
- **Jackson St House**, 300 Butts Avenue, Tomah
- **Oak St House**, 220 Oak Street, Sparta
- **Warrens House**, 611 Colton Street, Warrens
- **Hollister House**, 325 Hollister Ave. Tomah

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REM Wall Street 904 Wall Street, Cashton · **608-654-5731**

Trowbridge Personal Care Residence: 110 E. Council Street, Tomah WI
608-372-4388

INDEPENDENT HOUSING:

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

Bethel Village 904 Wall Street, Cashton · **608-654-7600**

Court Yard at Willow Woods 1500 Lincoln Avenue, Tomah · **608-372-5890**

Freedom Village Apartments 304 Murdock Street, Tomah · **608-374-2466**

Heritage Haven (Allegiant Property Management)

622 South Court, Sparta · **608-784-1381**

Hininger Rental Management, LLC · **608-372-5777**

Patriot Properties, Tomah · **608-372-5777**

Olson Properties, Tomah · **608-377-1888**

Heeler Park Apartments, Heeler Ave, Tomah · **608-374-2204**

Murdock Street Apartments Murdock Street, Tomah · **608-344-0194**

HOMZ Management Corporation:

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

- **Sparta Arms** 106 North L Street, Sparta
- **Fairview Estates** 719 Angelo Road, Sparta

Kenview Manor I & II (Kendall Housing Authority)

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

Monroe County Housing Authority

1108 West Wisconsin Street, Sparta · **608-269-5017** or toll free
1-800-491-5017

- **Eastwood Manor I** 711 Wisconsin Avenue, Tomah
- **Eastwood Manor II** 612 East Brownell Street, Tomah
- **Hillcrest Manor** 300 Trescher Avenue, Cashton
- **Hilltop Apartments** 405 Market Street, Warrens
- **Kilbourn Apartments** 515 North Kilbourn Avenue, Tomah
- **Oakdale Apartments** 131 Tara Drive, Oakdale
- **Westwood Manor** 1102 and 1108 West Wisconsin Street, Sparta
- **Wilcrest Manor I** 500 Cemetery Road, Wilton
- **Wilcrest Manor II** 900 Lydon Drive, Wilton

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Morrow Home Community and Services Homestead Independent Apartments

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

Parkview Independent Living Apartments

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

Sparta Housing Authority (Life Style, Inc.)

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

- **Brookside Apartments** 307 North Court Street, Sparta
- **Sparta Angelo Apartments** 1020 Angelo Road, Sparta

Sunset Place (DAK Management) 418 & 422 South Thayer Street and 421 South Thayer Street, Sparta · **1-800-938-5645**

Tomah Public Housing Authority: Subsidized housing for elderly, families and individuals with disabilities; income and asset limits apply
819 Superior Avenue, Tomah · **608-374-7455**

- **Lakeside Apartments** 720 Williams Ave, Tomah

Norcrest Apartments 206 West Center Street, Norwalk · **608-784-1381**

Saint Anne Apartments 1003 Saint Anne Street, Sparta · **608-792-0049**

HOMELESS SHELTER:

Sojourner's Journey: 111 ½ South Water St. Apt. D, Sparta, WI
608-269-5558

Family Promise of Monroe County:

familypromiseofmonroecounty@gmail.com

Collaborates with local congregations to provide shelter opportunities to families · **608-269-0308**

Salvation Army, La Crosse, WI · **608-782-6126**

NURSING HOMES:

Morrow Home Community and Services Skilled Nursing Care

<http://www.morrowhome.org> 331 South Water Street, Sparta
608-269-3168 or toll free **1-866-324-7365**

Rolling Hills Rehabilitation Center <http://www.rollinghillsrehab.org>

14400 County Highway B, Sparta · **608-269-8800** or **608-372-8800**

Tomah Nursing and Rehabilitation <http://www.atriumlivingcenters.com>

1505 Butts Avenue, Tomah · **608-372-3241**

Tomah VA Medical Center (Eligible Veterans) <http://www.tomah.va.gov>

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

ADRC of Monroe County

MEDICAL: **HOSPITALS:**

Gundersen Health System

Now becoming Emplify Health <http://www.gundersenhealth.org/>
1900 South Avenue, La Crosse · 608-782-7300 · TTY 608-782-3784

Mayo Clinic Health System Franciscan Healthcare

<http://www.mayohealthsystem.org>

- **Sparta:** 310 West Main Street · 608-269-1770
 - **La Crosse:** 700 West Avenue South · 608-785-0940
- TTY 608-785-1161

Tomah Health <http://www.tomahhealth.org>

501 Gopher Avenue, Tomah · 608-372-2181

Tomah VA Medical Center <http://www.tomah.va.gov>

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

CLINICS:

Mayo Clinic Health System:

- **Sparta:** 310 West Main St · 608-269-1770
- **Tomah:** 325 Butts Avenue, Tomah · 608-372-5951

Gundersen Health System Now Becoming Emplify Health

- **Sparta:** 1111 West Wisconsin St · 608-269-6731 or 1-800-554-0380
- **Tomah:** 1330 N. Superior Ave · 608-372-4111 or 1-888-600-3240

House of Wellness Clinic (Ho-Chunk) S2845 White Eagle Road, Baraboo
608-355-1240 or 1-888-552-7889

Tomah VA Medical Center 500 East Veterans Street, Tomah
608-372-3971 or 1-800-872-8662

VA River Valley Integrated Health Center Primary care

Outpatient clinic for veterans 4000 State Road, La Crosse
608-784-3886

Scenic Bluffs Community Health Center <http://www.scenicbluffs.org>

Primary health care for acute, chronic, and routine/ annual medical conditions; chiropractic care; pharmacy services · 608-654-5100

FREE OR REDUCED HEALTHCARE:

St. Clare Health Mission

Low-cost health care for Monroe County residents age 18 and older who have no health insurance and whose financial status prevents them from seeking medical treatment. Call for hours.

Main Street, Sparta · **608-366-5343**

Monroe County Health Department

Communicable and sexually transmitted disease treatment.

315 W. Oak St, Suite B, Sparta · **608- 269-8666**

Wisconsin Well Woman Program

La Crosse County Health Department Preventative screenings for women including mammogram and pap smears who meet guidelines:

Ages 45-64, low income, underinsured or no insurance, not on Medicare
300 4th Street North, La Crosse · **608-785-9872**

Neighborhood Family Clinic <http://mynfclinics.com/>

Our goal is to provide quality medical care at a reduced cost that is affordable and accessible to many without insurance or who are underinsured.

Monroe County Location is 128 S. Water St, Suite B, Sparta,
608-351-2820 Also have locations in La Crosse; Onalaska; Viroqua and West Salem.

Essential Health Clinic <http://www.optionsclinic.org>

Helps to create healthier lives and families by providing and advocating for sexual health and education. Services include annual exams, breast and cervical cancer screenings, FDA approved birth control, STD testing and treatment, pregnancy testing and counseling, and community education. All services are provided in harmony with the personal beliefs of each client. 1111 W Wisconsin Street South, Sparta · **1-800-657- 5177**

Scenic Bluffs Community Health Center <http://www.scenicbluffs.org>

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

- **Cashton** 238 Front Street · **608-654- 5100** Dental services include preventive, restoration and urgent care also available.
- **Norwalk** 200 West North Street · **608-823-7853** (Medical services only)

ADRC of Monroe County

DENTAL

Family Health Center of Marshfield, Inc. Black River Falls Dental

Center N6571 Lumberjack Guy Road, Black River Falls

715-670-0400

Mauston Dental

Call on Monday morning to check for available appointments. Accepts Medical Assistance. 880 Herriot Drive, Mauston · **608-847-6700**

Wisconsin Dental Association, Inc. www.wda.org

Donated Dental Services – provides referrals for free dental care to qualified applicants; eligibility includes individuals who are permanently disabled, chronically ill, or are of advanced age with a financial need; for extensive dental needs only · **1-866-812-9840**

Scenic Bluffs, <http://www.scenicbluffs.org>

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

MEDICAL EQUIPMENT/SUPPLIES

A&J Mobility <http://www.aandjmobility.com>

Specializes in vehicle conversions and repairs for people with disabilities. Rentals available. 2650 Prospect Drive, Eau Claire · **715-874-6630** or toll free **1-877-833-9830**

Access Mobility Products <https://www.accessmobilityproducts.com/>

Stair lifts and elevators; free assessment and recommendations for consumers 1542 Rose Street, La Crosse
608-782-1069 or toll free **1-800-658-9054**

Coulee Region Mobility <https://www.couleeregionmobility.com/>

Stair lifts, vehicle lifts, ceiling lifts, bathroom solutions, ramps, door modifications. 5128 Jackpot Avenue, Sparta · **1-844-487-5617**

Family Medical Supply and CPAP Store

705 State Street, La Crosse · **608-791-1100** · **1-855-791-1549**

Hiltons Medical Supply <http://hiltonmedicalsupply.com/>

500 3rd St. South, La Crosse · **608-785-0390**

Ho-Chunk Nation Tribal Aging Unit

Financial assistance with purchase of medical goods for enrolled Ho-Chunk Nation Elders (60 years or older) 358 Eos Road, Tomah
608-372-4547

Home Safety Innovations www.homesafetyinnovations.com

Home safety evaluations, home modifications and aluminum ramps for purchase or rent · **920-379-4439** or **920-538-2148**

ADRC of Monroe County

Lincare

Medical equipment, specialize in respiratory needs, professionally licensed staff. 1010 19th Street South, La Crosse · **608-791-0018**

Medicine Shoppe Pharmacy

Provides rental and sales of medical equipment
300 Superior Avenue, Tomah · **608-372-2101** or toll free
1-877-842-2101

Monroe County Health Department

Provides a loan closet of medical equipment
315 W. Oak St., Suite B, Sparta · **608-269- 8666**

Operation Ramp it Up <https://operationrampitup.com/>

Phillips Pharmacies <http://www.phillipsrx.com>

1004 Superior Avenue, Tomah · **608-372-4115**

Tomah Senior Center – Loan Closet

1002 Superior Ave., Tomah · **608-374-7476**

Tomah Lumber, Inc-

Wheelchair ramp sales and repairs.
111 N. Superior Avenue, Tomah · **608-372-2111**

PERSONAL EMERGENCY RESPONSE SYSTEM

Wal-Mart Pharmacy. Not Available in store. www.walmart.com

VA Medical Center Guardian Alert 911

Lifeline service available to veterans that live alone and are currently enrolled in the VA Healthcare System. Contact your primary care provider at the VA for additional information and eligibility.
1-800-872-8662

Comfort Keepers: 2951 South 21st Place, LaCrosse.

Landline or Mobile systems · **608-455-6853** or **1-800-567-6274**

Phillips Lifeline: www.lifeline.phillips.com · **1-508-988-1670**

LifeFone: www.lifefone.com · **1-877-330-7560**

Vernon Communications: <https://vernoncom.coop/phone-residential/>

Life Aid Medical Alert Services · **608-634-3136**

Krus Fire and Electric: www.krusfireandsecurity.com

Medical Monitoring Alert System available to all of Monroe County residents. Lyndon Station, WI · **608-666-2888**

ADRC of Monroe County

MENTAL HEALTH SERVICES

Gundersen Health System

Now becoming Emplify Health <http://www.gundersenhealth.org/>

- Sparta: 111 W. Wisconsin St · **608-362-9567** or
1- 800-362-9567 ext. 57991
- Tomah: 505 Gopher Drive · **608-374-3853** or
1-800-362-9567 ext. 57991

Ho-Chunk Nation Division of Health and Social Services

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

Available for members of the Ho-Chunk Nation, members of other Native American Nations, and employees of the Ho-Chunk Nation
430 Julie St, Ste 2, Tomah · **608-372-5202**

Mayo Clinic Health System Franciscan Healthcare Behavioral Health Services

<http://www.mayohealthsystem.org>

- Sparta: 310 West Main St · **608-269-2132**
- Tomah: 325 Butts Avenue · **608-372-5951**

Monroe County Human Services

<https://www.co.monroe.wi.us/departments/human-services/behavioral-health>

210 W. Oak Street, Sparta · **608-269-8600**

Scenic Bluffs <https://www.scenicbluffs.org/>

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

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

Free mental health counseling services to combat veterans and their family. Military sexual trauma counseling services available to all military service members. 20 Copeland Avenue, La Crosse

608-782-4403

Veterans Affairs Medical Center <http://www.tomah.va.gov>

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

SELF CARE

Physical Activity for Lifelong Success (PALS)

Classes run for 10 consecutive weeks throughout the year. Call Kellee Tourdot at the ADRC for more information · **608-269-8690**

ADRC of Monroe County

ABUSE REPORTING *Abuse of vulnerable adult reporting*

Monroe County Department of Human Services

112 S. Court St. Sparta, M-F 8:00AM-4:30PM

Adult Protective Services · **608-269-8600** after hours: **1-888-552-6642**

Wisconsin Elder Abuse Hotline

A toll-free hotline available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities · **1-833-586-0107**

MENTAL HEALTH CRISIS INTERVENTION

Monroe County Human Services

112 S. Court St. Sparta, M-F 8:00AM-4:30PM · **608-269-8600**

Northwest Connections: 24-Hour Mental Health and APDA Crisis Line
1-888-552-6642.

Great Rivers 211-Crisis hotline. · **1-800-362-8255** or Dial 211

Veteran's Crisis/Suicide Prevention Hotline · **1-800-273-8355 (TALK)**

MENTAL HEALTH DROP-IN CENTERS

RAVE (Recovery Avenue)

Open Monday – Friday 9:00am – 5:00pm

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

TRANSPORTATION

ADRC of Monroe County Transportation:

Mini-Bus Program and volunteer driver programs: For individuals age 55+ and/or disabled people of any age may ride when space is available; must be scheduled through the Transportation Coordinator & requires a 72-hour advance notice; contact for fee details and bus schedule **Reservations** · **608-269-8690**

Ho-Chunk Nation Division of Health and Social Services

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

Provides transportation for Ho-Chunk Nation members for most services 17374 Highway 21 East, Tomah · **608-372-5202**

Ho-Chunk Nation Tribal Aging Unit <http://www.ho-chunknation.com>

Medical appointments and limited recreational activities for enrolled Ho-Chunk Elders (60+yrs) 358 Eos Road, Tomah · **608-372-4547**

Faith in Action Volunteers of Monroe County

321 Butts Avenue, Room 36, Tomah · **608-372-0939**

ADRC of Monroe County

Access Medical Transit/Top Hat, Inc.

226 Hood Street, La Crosse · **608-782-4200** or **1-800-658-9054**

Abby Vans- non emergency medical transportation · **1-800-236-8438**

Disabled American Veterans Van Program

500 East Veterans Street, Tomah · **608-372-3971 extension 66227**

MTM (Medical Transportation Management)

1- 866-907-1493 · TTY 1-800-855-2880

Sparta Area Cancer Support, Inc. (SACS) · 608-269-1880

Tomah Area Cancer Support, Inc. (TACS) · 608-372-9295

Tomah VA Medical Center

For eligible veterans going to the VA for clinic appointments; must be ambulatory 500 East Veterans Street, Tomah · **608-372-3971** or toll free **1-800-872-8662**

Coulee Region RSVP

Volunteer drives may be available. Call to inquire · **608-785-0500**

Tomah Transit-

Local cab serving city of Tomah and up to 10 mile radius of municipality · **1 608-374-3004**

Scenic Mississippi Region Transit (SMRT Bus)

<https://ridesmrt.com/green-route/> Commuter bus service from Tomah, Sparta, and West Salem to LaCrosse area available Monday through Friday.

To receive SMRT Bus Route updates, text *ridesmrt* to **662-200-4303** or call **1-877-444-6543**

Sparta Cab- serving city of Sparta · **608-269-2222**

VETERAN SERVICES

Department of Veterans Affairs Home Based Primary Care

608-372-7734 · 1-800-872-8662 ext. 67734

Department of Veterans Affairs VA Home Care Services

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

Monroe County Veterans Service Office

202 South K Street, Sparta · **608-269-8726**

VA Caregiver Support Line · 1-855-860-3274

Tomah VAMC Caregiver Support Program · (608)-372-3971 ext. 64441

VA Medical Center Guardian Alert 911

Free lifeline service available to veterans that live alone and are enrolled in the VA system. Contact your primary care provider at the VA for additional information and eligibility.

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

ADRC of Monroe County

Tomah VA · 1-800-872-8662 ext. 61751

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

Free mental health counseling services to combat veterans and their family. Military sexual trauma counseling services available to all military service members. 20 Copeland Avenue, La Crosse
608-782-4403

Veteran's Crisis/Suicide Prevention Hotline

1-800-273-TALK (1-800-273-8255) Press "1" when prompted to do so. **Veteran's Homeless Hotline 1-877-4AID-VET (1-877-424-3838)**

CVI Center for Veteran Issues <http://www.cvivet.org/>

Homeless Vets Assistance Programs · **1-414-345-4249**

RECREATION

North American Squirrel Association (n.a.s.a)

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

Formed in 2003, nasa is a non-profit organization that grew out of a desire to provide the physically challenged and elderly members of our community with outdoor opportunities. Using donated funds and merchandise from generous individuals and businesses in the community, nasa has been able to provide a host of opportunities to those in need, free of charge · **1-608-234-5988**

Vintage Vagabond Tours

Monthly day trips to various activities in and around the state.

ADRC of Monroe County 315 W. Oak Street, Suite A, Sparta, WI
608-269-8690

Sparta Parks and Recreation

Amy Betcher, Special Recreation Coordinator
sosparta@hotmail.com · 608-269-6322