



# HIGH-RISE to HIGH-RISE

## October 2024

Lobby Hours: 9:00am-12:00pm and 12:30pm-3:00pm CST

Phone: 608.782.2264 • Fax: 608.782.2262

Address: 1307 Badger Street

Email: info@lacrossehousing.org

Website: www.lacrossehousing.org

*\*\*Residents can submit NON-EMERGENCY maintenance requests on the website.*

### Upcoming Housing Wide Project: Smoke Detector Replacements and Installations

Contractors will be working in every apartment replacing current smoke detectors and installing smoke detectors in all bedrooms. They will need access to your unit. If you are not home, entry will be made, and a notice of entry will be left for you.

**NOTE: Please have pets secured, kenneled, or placed in the bathroom as this is the only room they do not need access to.**

The project will begin in the family neighborhoods then they will proceed to the high-rises.

The Housing Authority will give everyone advance notice, and it will also be posted in a timely fashion.

### Upcoming Motor Coach Trips

*\*\*LHA residents accounts must be current in order to sign up.\*\**

**Apple Orchard Trip**-Thursday, October 10, 2024

Breakfast Buffet at Kickapoo Corners Family Restaurant in Readstown, WI, then stops at various orchards in Gays Mills, WI.

**Mall of America**-Wednesday, November 6, 2024

For more detailed information flyers are posted in each high-rise on every floor or feel free to call the Housing Office at 608-782-2264 and ask to speak to either Stephanie Moran (ext. 237) or Fawn King (ext. 235).

### EMERGENCY MAINTENANCE

Monday-Thursday after 3:00pm

Weekends (Friday 3:00pm - Monday 6:30am) & Holidays

Call: 1-855-895-4473

**Locked Out?** If you are locked out of your apartment, please be aware that staff are required to confirm you are the resident of the unit prior to unlocking the door. A photo ID is the best means of proof. Please understand this is for everyone's safety.

### Special Thanks to the Midwest Family Broadcast Group & Sponsors

On Sunday, September 29, 2024, representatives from the Midwest Family Broadcast Group delivered about 60 FREE Official Oktoberfest Brats to seniors (55+) who pre-ordered one.

The Housing Authority, Board of Commissioners, and the residents want to thank Jean Taylor, Midwest Family Broadcast Group, and the following sponsors: Paul's Heating & Air Conditioning, Olive Juice Quilts, Bubba's Meats, Boyers Budget Furniture, Great River Cremation, and Heyer Heating and Air Conditioning for offering "Free Brats for Seniors."



### NOTICE OF PUBLIC HEARING & PUBLIC COMMENT

A Public Hearing regarding the Housing Authority of the City of La Crosse PHA 2025 Annual Plan and the Five-Year 2025-2029 Capital Fund Program Plan is scheduled for Wednesday, October 9, 2024, at 1:00 p.m. at Ping Manor, 1311 Badger Street, La Crosse, WI 54601.

The Public Hearing will be held for the following purpose: Provide an opportunity for residents of the City of La Crosse, including LHA Residents and Non-Residents, to express their comments regarding LHA's proposed PHA 2025 Annual Plan and the Five-Year 2025-2029 Capital Fund Program Plan.

Draft copies are available on the Housing Authority website [www.lacrossehousing.org](http://www.lacrossehousing.org), as well as at the Administrative Office, located at 1307 Badger Street, La Crosse, WI 54601. Office hours are from 9:00 a.m. to Noon and 12:30 to 3:00 p.m. Monday through Friday. Written comments will be considered until October 2, 2024, at 8:00 a.m. CST.

The Housing Authority of the City of La Crosse will not discriminate on the basis of race, color, national origin, religion, sex, disability, familial status, age, sexual orientation, gender identity, or marital status. Equal Housing Opportunity.

Email: info@lacrossehousing.org

### Annual Home Inspections

Sauber Manor - October 1-3, 2024

Notices were posted on each floor last month, and everyone was given a copy with a pre-inspection checklist printed on the back. Please note we will be testing the emergency pull cords at each apartment (be prepared for the noise). If you are not home, entry will be made, and a notice will be left for you.



**State of Wisconsin “SENIOR Stockbox” Program:**

For those who signed up for a “Senior Stockbox,” the Hunger Task Force will be delivering your box to your apartment on the following Mondays and times. You must show your ID and sign for your box. The Hunger Task Force may call your apartment to be let in so please buzz them in.

**Estimated delivery dates and times at all seven high-rises:**

**Monday, October 7 (1st Monday):**

10:00am-12:00pm- Becker Plaza and Stoffel Court

**Monday, October 14 (2nd Monday):**

10:00am-12:00pm- Solberg Heights and Stokke Tower

**Monday, October 21 (3rd Monday):**

10:00am-12:00pm- Forest Park and Ping Manor

**Monday, October 28 (4th Monday):**

9:00am-10:00am- Sauber Manor

If you are 60 years of age or older, your monthly income must fall below these levels:

1 person household: \$1,632 or 2-person household: \$2,215. Call to sign up at 608-793-1002.

**Kane Street Community Garden:**

The Hunger Task Force has invited residents from our high-rises to receive free vegetables from their garden. On Mondays and Thursdays from 3:00 pm-5:00 pm and Saturdays from 10:00 am-12:00 pm residents are welcome to help harvest vegetables. You will be one of the first in line to receive some vegetables for assistance.

Those residents who are not able to help assist with harvesting may come pick up vegetables that have been harvested on Mondays and Thursdays at 5:00pm and Saturdays at 12:00pm.

The garden is located on the corner of Kane and St. Cloud on the north side of La Crosse close to Goose Green Park. If you have any questions about the garden, feel free to call the **Hunger Task Force Office at 608-793-1002 or Cell Phone at 608-386-3319.**

\*\*\*\*If you are willing and able, they sure could use help harvesting.\*\*\*\*  
Always looking for volunteers!

**Great Rivers 2-1-1**

**Get Connected. Get Help.**

Great Rivers 2-1-1 offers free, confidential community information and referrals 24 hours/day. Dial 2-1-1 or (800) 362-8255 to talk to an information and referral specialist.

We also offer a Crisis Hotline 24/7. Dial 2-1-1 or (800) 362-8255 to talk to a crisis specialist.



**Columbus Day:  
Monday, October 14, 2024**

**UW-La Crosse Recreational  
Therapy Students**

Modality Preceptorship in Recreational Therapy I Students  
Ping Manor



**Forest Park**



This month the students will be offering various interaction groups at **Forest Park** and **Ping Manor** on **Wednesdays** from **2:30pm-3:30pm** in the **community room**. We encourage everyone to come down, meet the students, and participate.

October 2-Arts and Crafts

October 9-Casino Games

October 16-Casino Games

October 23-Arts and Crafts

**Welcoming our  
Newest Residents:**

**Benjamin Kessler, Paul Mitchell, and Cameron Backus -**  
Becker Plaza

**Mellanie Green and Cheryl Wade -** Ping Manor

**Roy Clancy -** Sauber Manor

**Lisa Brown -** Solberg Heights

**Heather Fortun -** Stokke Tower

(These are the residents who chose to be acknowledged.)

**Catholic Communion**

Becker Plaza (Library)

Friday, October 4, 2024 (1st Friday) at 9:15am

Are you feeling isolated and controlled by a loved one?  
Do you feel like no one will understand?

Help is available - Free and Confidential (608) 791-2600

Any time, any day. Someone is here to listen.



advocating against domestic & sexual abuse

# UW- La Crosse Occupational Therapy Students

The University of Wisconsin - La Crosse Occupational Therapy Program contacted the Housing Authority to see if we would be able to collaborate once again. Resident Services graciously agreed to the community partnership since the program has been very successful at Sauber Manor last year and at Ping Manor two years ago. The students will be focusing on the residents of **Stokke Tower**; however, residents from the other high-rises are welcome to participate. This semester the students will be getting to know our residents and creating a community program survey. Then in the spring the students will plan, organize, and lead wellness programs to meet the needs/requests of our residents.

*Informational flyers will be posted in a timely manner.*

## National Bosses Day: Wednesday, October 16

## REACH Services and Resource Center

The REACH Center is a place where multiple agencies can assist with housing navigation, homeless prevention, mental/AODA support, healthcare, and violence prevention and support in one centralized location.

### Hours

Monday & Wednesday: 8:00am-2:30pm

Tuesday & Thursday: 8:00am-4:00pm

Friday: CLOSED

212 11th Street South, La Crosse, WI 54601

608-781-2783, ext. 200

info@reachcenterlacrosse.org

## Top 5 Reminders

1. **Thermostat**- Refrain from shutting your thermostat off because it could cause pipes to freeze in the building. We recommend you set your thermostat to at least 62 degrees.
2. **Baseboard Registers**- Always keep items away from your baseboards. If the heater is blocked, the heater unit will not convert properly.
3. **Shopping Carts & Laundry Carts**- Please physically return the cart to its proper location. Unfortunately, several carts are left in the hallways or put on the elevator for other residents to put back.
4. **Disposal of furniture, electronics, televisions**- Contact your maintenance person before leaving these items outside by the dumpster. The Housing Authority may be charged for some of these items; therefore, the resident may be charged.
5. **Apartment Doors**- Always keep your apartment door closed and locked.



Patrons may receive 1 complete food package per month. Accounts must be up-to-date and current.

Patrons would be able to receive smaller packages - produce and bakery (and possibly surplus items) - the other weeks of the month, one time per week.

We also offer drive-thru for complete food packages only for people 60+ or those who have had staff approval.

The drive-thru is open Wednesdays and Thursdays from 10:00am-12:00pm for people 60+ or by staff referral.

## Mobile Food Pantry:

**Everyone in each of the high-rises qualifies for this free service.**

You will need to wait in line. No one will be entering the WAFER Mobile at this time. Everyone will get a choice of dairy, meats, produce, bakery, and a pre-packaged food box. There will be staff and volunteers to help lift items into carts. Residents can use the building shopping carts to bring items up to their apartment; however, please clean and return the cart immediately for the next person to use.

**PLEASE** be patient, kind, and respectful of others while waiting your turn.

**From 9:00am to 11:00am the Mobile Pantry will be parking in the front of each high-rise:**

**Forest Park on October 2** (1st Wednesday)

**Becker Plaza on October 8** (2nd Tuesday)

**Solberg Heights on October 9** (2nd Wednesday)

**Stokke Tower on October 15** (3rd Tuesday)

**Sauber Manor on October 16** (3rd Wednesday)

**Ping Manor on October 17** (3rd Thursday)

**Stoffel Court on October 22** (4th Tuesday)

The Mobile Pantry stays the full two hours; therefore, do not feel you need to get down there right away. They will have plenty of food for everyone.

*Feel free to check their website for the most current information: [waferlacrosse.org](http://waferlacrosse.org)*

## United Nations Day: Thursday, October 24

**All Housing Authority properties (buildings/  
grounds/parking lots) are  
"No Smoking Areas."**

# HAPPY HALLOWEEN!

Thursday, October 31



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

# October

1	Forest Park Coffee Hour 10-11am Dominoes 6pm
2	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Forest Park & Ping Manor **Arts & Crafts w/UW-L- RT Students 2:30pm-3:30pm
3	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor Bingo 6-7pm
4	Forest Park Coffee Hour 10-11am Dominoes 6pm Sauber Manor **Halloween J-L-N-G-O Bingo 2pm
5	Becker Plaza Coffee Social 8-9:30am

6	Stokke Tower **Continental Breakfast 9am Forest Park Coffee Hour 10-11am Becker Plaza Cards & Games 5pm
7	Forest Park Coffee Hour 10-11am Penny Bingo 2pm
8	Forest Park Coffee Hour 10-11am Dominoes 6pm Penny Bingo 2pm
9	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Forest Park & Ping Manor **Casino Games w/UW-L- RT Students 2:30pm-3:30pm
10	**Apple Orchard Trip Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor Bingo 6-7pm
11	Forest Park Coffee Hour 10-11am Dominoes 6pm Becker Plaza **Pie & Ice Cream Social 2-3:00pm
12	Becker Plaza Coffee Social 8-9:30am

13	Forest Park Coffee Hour 10-11am
14	Forest Park Coffee Hour 10-11am Solberg Heights **Brat Fest 12pm Becker Plaza Cards & Games 5pm
15	Forest Park Coffee Hour 10-11am Dominoes 6pm
16	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Forest Park & Ping Manor **Casino Games w/UW-L- RT Students 2:30pm-3:30pm
17	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor Bingo 6-7pm
18	Forest Park Coffee Hour 10-11am Dominoes 6pm
19	Becker Plaza Coffee Social 8-9:30am

20	Forest Park Coffee Hour 10-11am Becker Plaza Cards & Games 5pm
21	Forest Park Coffee Hour 10-11am Becker Plaza Cards & Games 5pm
22	Forest Park Coffee Hour 10-11am Dominoes 6pm Stoffel Court **Karaoke 1:30pm-3:30pm Ping Manor Penny Bingo 2pm
23	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Stoffel Court Bingo w/Grace 1pm Forest Park & Ping Manor **Arts & Crafts w/UW-L- RT Students 2:30pm-3:30pm
24	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor Bingo 6-7pm
25	Forest Park Coffee Hour 10-11am Dominoes 6pm
26	Becker Plaza Coffee Social 8-9:30am

27	Forest Park Coffee Hour 10-11am Becker Plaza Cards & Games 5pm
28	Forest Park Coffee Hour 10-11am Becker Plaza Cards & Games 5pm
29	Forest Park Coffee Hour 10-11am Dominoes 6pm
30	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am
31	Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor Bingo 6-7pm Halloween

\*\* Means with the  
Resident Services  
Department.





# Apple Orchard Trip

Thursday, October 10, 2024

## Departure Time: Begin loading at 7:30am

(Ready Bus will begin picking up on the north side of town heading south). Drive directly to Kickapoo Corners Family Restaurant in Readstown, WI for a breakfast buffet.

**Cost: \$30.00** (Includes: motor coach transportation, all-inclusive breakfast buffet, beverage, tip, and a chance to win a door prize.)

**Bring extra money for shopping!**



## Stops include:

- Kickapoo Corners Family Restaurant (Readstown, WI)
- Various Apple Orchards (Gays Mills, WI)

---

Call the Housing Authority at 608-782-2264 to sign up, dial 237 for Stephanie or dial 235 for Fawn.

*Make checks payable to the Housing Authority Rec. Fund.*

---

**We must have a minimum of 30 residents/guests signed up and paid by Thursday, October 3 at noon or the trip will be cancelled.**

(No refunds unless medically excused)



*(We reserved an accessible motor coach which will hold 2 wheelchairs)*



*First come, first serve*



**DATE CHANGED-** since Tuesday, November 5 is Election Day.



## Trip to the “Mall of America”

**Wednesday, November 6, 2024**

*\*\*LHA residents accounts must be in good standing in order to participate. \*\**



**Departure Time:** Begin boarding at 7:00am

Ready Bus will begin picking up participants on the north side of town heading south. The bus leaves the parking lot at 4:00pm to head directly back to La Crosse.

We reserved an accessible motor coach which will hold up to 2 wheelchairs. The wheelchair spots are for wheelchair bound residents only.

**Cost: \$35.00** (Transportation, morning snack/beverage and a chance to win a door prize). *(Bring extra money for meals, shopping, and entertainment on your own).*

**Mall of America:** Over 520 shops, 50 restaurants full of delicious food, Nickelodeon Universe, SEA LIFE Aquarium, FlyOver America, and more under one roof.

Call the Housing Authority at 608-782-2264 to sign up - dial 237 for Stephanie or dial 235 for Fawn. You will need to pay Resident Services prior to the trip. *(No refunds unless medically excused)*

*Make checks payable to Housing Authority Rec. Fund.*

***We need a minimum of 30 residents/guests signed up and paid by Tuesday, October 29 at NOON or the trip will be CANCELLED.***

*\*\*We generally play a movie on the way there and another on the way home. Suggestions are welcome.*

*\*\*Feel free to bring snacks for the ride, there is plenty of room to store small coolers and bags\*\**

*\*We **will not** be stopping on the way home; therefore, make sure you eat before you leave the mall or bring it on the bus. \**

***This was a highly requested trip; therefore, we hope to fill the bus.***

# Stay healthy this year: What vaccines are right for you

**Flu:** The best way to reduce your risk from seasonal flu and its potentially serious complications is to get a flu vaccine. People over 6 months of age are recommended to receive the flu vaccine every year. Flu vaccine is available at your health care provider or local pharmacy.

**COVID:** COVID cases increased this summer. Another increase is expected in winter although the patterns are still developing and COVID is not as predictable as other seasonal illnesses. The updated COVID 24/25 vaccine is now available at your health care provider and local pharmacies. Everyone over age 6 months is recommended to receive a COVID vaccine this season.

**RSV:** RSV is a common respiratory virus that usually causes mild, cold-like symptoms. RSV can cause illness in people of all ages, but it may be more severe for infants and older adults. RSV vaccine is recommended for adults over age 60 with certain health conditions and everyone over age 75. It is also recommended for the protection of infants under age 20 months. To receive information on RSV related to your age/health conditions/risk status or to receive the RSV vaccine, consult your health care provider.



**The Health Department offers flu and Covid-19 vaccines available to adults who are:**

- **underinsured or uninsured**
- **use Medicaid**
- **use Medicare**

**And Children 18 years old and younger who are:**

- **uninsured or underinsured**
- **-eligible or Medicaid-enrolled,**
- **American Indian or Alaska Native**

**For more information call the  
La Crosse County Health Department  
at 608-785-9872**



**LA CROSSE COUNTY**  
Health Department  
Nationally Accredited