



March 2025 High-Rise to High-Rise Neighbor to Neighbor Newsletter

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 Outings

LHA residents account must be in good standing to participate

Bowling at Coulee Golf Bowl in Onalaska, WI

Tuesday, March 4, 2025.

SAVE THE DATES (plans being finalized).

Spring Shopping Trip in Rochester, MN (Apache Mall,
Dollar Tree and Trader Joe's) Thursday, April 3, 2025

Oxbow Park & Zollman Zoo in Byron, MN

Friday, May 9, 2025

Wisconsin Dells (Outlets at the Dells and/or downtown)

Thursday, June 5, 2025

For more information or to sign up, call the Housing Office at
608-782-2264, dial ext. 237 for Stephanie or ext. 235 for Fawn.
Family & Friends are welcome to join you.

FREE HEALTH SCREENINGS

(Brain Checks and Balance Screenings)

This event, in partnership with the Aging and Disability Resource Center (ADRC) of La Crosse County and UW-La Crosse Physical Program, will be held at three La Crosse Housing Authority high rises in March and April. Screenings are offered by Physical Therapy students in the community rooms while an ADRC specialist will be available to provide information regarding resources or answer questions for residents in the lobby from 12:15pm - 2:15pm.

Becker Plaza (415 So. 7th St.) **Monday, March 24,** or
Wednesday, March 26

Solberg Heights (215 So. 6th St.) **Monday, March 31,** or
Wednesday, April 1

Sauber Manor (1025 Liberty St.) **Monday, April 7,** or
Wednesday, April 9

To register for an appointment call the Housing Authority Office at 608-782-2264 then dial ext. 237 for Stephanie or ext. 235 for Fawn. *For more detailed information see the insert in this month's newsletter.*

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

Ping Manor Re-Evaluations

Ping Manor Re-Evaluations will be IN PERSON this month March 17, 18, 19, & 20, 2025:

All Ping Manor residents have been scheduled a morning appointment time. The re-evaluation will take place in person in the community room. Please be patient and wait your turn.

- Letters were slid under everyone's door prior to February 28, 2025.
 - You are required to supply all verification of income, assets, and medical expenses.
 - Provide all/any letters you have received from Social Security, Pension, Annuity, IRAs, concerning your benefit amount and/or insurance premium deducted from your monthly benefit.
 - Provide 6 most recent checking account statements, 1 most recent savings account statement, CD, or other asset account statements, Chime, PayPal, Cash App, Direct Express, Green Dot or any other banking app, any other online accounts, over-the-counter medication with doctor's note, 2025 pet license & rabies certificate. A more detailed listing is on the backside of the letter you will receive.
 - Medical insurance premiums and other medical expense information – you need to provide.
 - If you fail to complete your re-evaluation, please be advised that this is your notification that your rent will increase to \$830.00 per month effective July 1, 2025.
 - Read your annual recertification notice carefully! All residents must be seen at annual recertification time - regardless of when you moved in!
- Feel free to call Nancy Peters at 608-782-2264, ext. 232, with any questions.**

Annual Home Inspections

Ping Manor: March 11-13

Notices were posted on each floor, and everyone was given a copy. Please note we will be testing the emergency pull cords in each apartment (be prepared for the noise). If you are not home, entry will be made, and a notice will be left for you.

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.



Patrons may receive 1 complete 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:

All Housing Authority residents qualify 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. High-Rise 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. Neighborhood residents are encouraged to park by the mobile pantry or bring a cart or wagon to get the food back to your home.

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

EVERYONE needs to provide their picture ID, and all new residents need to bring a copy of their lease or a bill/statement with their current address listed on it.

The WAFER Mobile Pantry parks in the front of each high-rise from 9:00am-11:00am.

- Forest Park on March 5** (1st Wednesday)
- Becker Plaza on March 11** (2nd Tuesday)
- Solberg Heights on March 12** (2nd Wednesday)
- Huber Homes on March 13** (2nd Thursday)
10:30am-11:30am (Corner of Gladys Street)
- Stokke Tower on March 18** (3rd Tuesday)
- Sauber Manor on March 19** (3rd Wednesday)
- Ping Manor on March 20** (3rd Thursday)
- Stoffel Court on March 25** (4th Tuesday)
- Schuh/Mullen on March 27** (4th Thursday)
11:00am-12:00pm (St. James St. across from Boys & Girls Club)
- Grover Estates residents are welcome to come to any of the locations once a month.**

The Mobile Pantry stays the full scheduled time: therefore, do not feel you need to get there right away. They will have plenty of food for everyone. If you have any questions, please call Tony Meyers at 608-782-6003 or email him at wafermobile@waferlacrosse.org.

Feel free to check their website for the most current information: waferlacrosse.org.

Stokke Tower Re-Evaluations took place last month

Need Assistance? We're Here to Help!

If you need any help, don't hesitate to reach out to the office—we're happy to assist you!

Important Reminder: If you have a payee, please remind them to send your information to Nicole Hebel as soon as possible.

You can submit your information easily online at: nhebel@lacrossehousing.org, info@lacrossehousing.org OR information can be submitted to the office M-F 9:00 a.m. to Noon & 12:30p.m. to 3:00p.m. After hours, please use the secure drop box next to the main entrances of the office.

We appreciate your cooperation!

UW-La Crosse Recreational Therapy Students

Modality Preceptorship in Recreational Therapy I

This course facilitates experiential learning environments for recreational therapy students consisting of preceptor-supervised experiences in health care and community-based agencies. Students acquire specific modality/skills and facilitation techniques used as treatment interventions in recreational therapy practice. Components of the recreational therapy process, that includes but is not limited to, activity selection, analysis, planning, and modifications will be utilized within an experiential learning environment.

The students will be leading their activities at **Ping Manor** (Community Room) on **Wednesdays from 2:15pm-3:15pm.**



March 5 ~
Arts & Crafts
March 12 ~
Casino Games



No need to call and sign up unless you are coming from another building or the family units so we can make sure you get into the building.

Informational flyers will be posted in a timely fashion.

UW-L Occupational Therapy Students

The students will be planning, organizing, and leading the following groups at Stokke Tower (Community Room) on Thursdays from 1:30pm-3:00pm:

- March 6- Meal Planning
- March 13- Arts & Crafts

Everyone is welcome to attend. If you are from one of the other high-rises or family units, please call the Housing Office at 608-782-2264 then dial ext. 237 for Stephanie or ext. 235 for Fawn to sign up.



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

Reachcenterlacrosse.org

info@reachcenterlacrosse.org

*New Community Health Worker on Staff.

La Crosse AARP Tax-Aide Program

- Appointments will be available from February 5 through April 2 at La Crosse Hogan Administrative Center, 807 East Ave South.
- Self-schedule on-line at www.aarpfoundation.org/taxaide.
- Residents who do not have online access may call the Housing Authority at 608-782-2264, ext. 234, beginning in late January.
 - o If your call goes to voicemail, please leave a message stating you need assistance scheduling an on-line appointment with AARP.
 - o Leave your full name and phone number so your call can be returned.
- Once your appointment has been scheduled, Resident Services will deliver your confirmation and the packet of forms including an overview of the process.
- Please be aware if you do not have all the required information at your appointment, you may be turned away and may need to reschedule your appointment.
- Only 2024 tax returns will be completed this tax season.

Cancel / Reschedule Your Appointment

- If you self-scheduled online, cancel or reschedule at www.aarpfoundation.org/taxaide.
- If Housing Authority scheduled your appointment, contact the staff person who scheduled your appointment by calling 608-782-2264, ext. 234.
- If you have questions and need to speak to someone about Tax-Aide, contact the Housing Authority at 608-782-2264, ext. 234.

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

The Hunger Task Force is overseeing the sign up and delivery of the **State of Wisconsin "SENIOR Stockboxes."**



For those who signed up for a "Senior Stockbox," the Hunger Task Force will be delivering your box to your apartment. 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 deliveries are between 9:30am-12:00pm at all seven high-rises and family unit deliveries are added to a community schedule:

Monday, March 3 (1st Monday):

Becker Plaza and Stoffel Court

Monday, March 10 (2nd Monday):

Solberg Heights and Stokke Tower

Monday, March 17 (3rd Monday):

Forest Park and Ping Manor

Monday, March 24 (4th Monday):

Sauber Manor

If you are (60+), live in any of our **family units** or **high-rises**, your monthly income falls below these levels: 1 person household: \$1,632 or 2-person household: \$2,215, and are interested, please call to sign up at 608-793-1002.

Kane Street Community Garden:

The Hunger Task Force invites residents from our high-rises to volunteer at The Kane Street Community Garden starting March 15th. Spring volunteer hours are Monday-Friday 8 am to 3 pm and Saturday 8 am to 1 pm.

The garden is located on the corner of Kane and St. James 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.

Western OTA (Occupational Therapy Assistant) Program

A big thank you to everyone who completed the surveys for the Western Occupational Therapy Assistant Students! Based on that feedback, the students are planning a variety of groups that will take place at **Solberg Heights**, in the community room, from 11:00am-12:00pm on the following **Wednesdays: March 19, March 26, April 2, and April 9.**

As time gets closer, the students will create their information flyers which will get posted on each floor at Solberg Heights and in each elevator in a timely fashion. **We hope you can join us!**



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Religion

Bible Study: Forest Park (Community Room)

Monday, March 3, 10, 17, 24 & 31, 2025, at 5:00pm

Bible Study: Sauber Manor (Community Room)

Tuesday March 4, 11, 18, & 25, 2025, from 6:30pm-8:00pm

Catholic Communion: Becker Plaza (Library)

Friday, March 7, 2025, at 9:15am

(NSPIRE) Inspection Process

NSPIRE is going to change the way the Housing Authority needs to complete the annual inspections and re-inspections. NSPIRE really focuses on cleanliness and space in each apartment. It is highly recommended to pre-inspect your unit and report any deficiencies so they can be repaired prior to the inspection. If you see items in your unit that may be flagged for an inspection, call the office at 608-782-2264, ext. 221, to put in a work order.

These can include:

- Broken or missing smoke alarms
- Missing or cracked electrical outlets or switch covers
- Lights or fans not working properly
- Doors off hinges or not opening/closing as designed
- Leaking or dripping faucets
- Toilet running or clogged
- Clogged drains
- Fridge or freezer not sealing properly

Important items in preparation for your NSPIRE inspection:

- Window Egress - Nothing can be blocking the actual windows
- Items need to be at least 3 inches away from heat registers
- All windows and doors need to open, close, and latch properly
- Nothing can be covering the breaker box
- Need to have a minimum of 36 inches walking areas in each room
- Pull Cords (if applicable) need to be hanging down and must almost touch the floor
- Kitchen counter and sink need to be clean
- Oven and Stove Top need to be clean and flammable items are not allowed on the stove top or in the oven
- Bathroom sink, toilet, shower/tub need to be clean
- All floors must be clean (mopped and/or vacuumed)
- While you are free to utilize your space as you see fit, overall, we suggest using furniture and surfaces for their intended purpose in order to reduce clutter and potential health and safety issues.

We will keep everyone informed when more information becomes available.

DO NOT REMOVE SMOKE DETECTORS

If you have issues or questions about the new smoke detectors, please call the office. If they are removed or damaged, you will be charged the replacement fee.

Next Month: Annual Home Inspections at Stoffel Court

April 8-10, 2025

Notices will be posted on each floor, and everyone will be given a copy. Please note we will be testing the emergency pull cords in each apartment (be prepared for the noise). If you are not home, entry will be made, and a notice will be left for you.

Stoffel Court Re-Evaluations will be IN PERSON next month

All Stoffel Court residents have been scheduled for a morning appointment time. The re-evaluation will take place **in person** in the **community room** on April 14, 15, & 16. Please be patient and wait your turn.

- Letters will be slid under everyone's door prior to April 1, 2025.
- You are required to supply all verification of income, assets, and medical expenses.
- Provide all/any letters you have received from Social Security, Pension, Annuity, IRA's, concerning your benefit amount and/or insurance premium deducted from your monthly benefit.
- Provide 2 most recent checking account statements, 1 most recent savings account statement, CD, or other asset account statements, Chime, PayPal, Cash App, Direct Express, Green Dot or any other banking app, any other online accounts, over-the-counter medication with doctor's note, 2025 pet license & rabies certificate. A more detailed listing is on the backside of the letter you will receive.
- Medical insurance premiums and other medical expense information – you need to provide.
- If you fail to complete your re-evaluation, please be advised that this is your notification that your rent will increase to \$912.00 per month effective August 1, 2025.
- Read your annual recertification notice carefully! All residents must be seen at annual recertification time - regardless of when you moved in!

Feel free to call Nicole Hebel at 608-782-2264, ext. 225, with any questions.

WORKING ON VEHICLES

Only properly registered vehicles are permitted in the LHA parking areas. Vehicle repairs such as oil changes, motor overhauls and body work are NOT allowed in the complex.

Community Service

If you've received a letter from the Housing Authority about Community Service and haven't yet contacted Loretta Hass to discuss your status, please call immediately. Completing your Community Service is your responsibility, and failure to do so may be considered a lease violation. To address this matter, contact **Loretta Hass at 608-782-2264, ext. 233.**

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.

2.1.1

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

March

** Means with the Resident Services Department.

1
Becker Plaza
Coffee Social
8-9am

2

3
Forest Park
Coffee Hour 10-11am
Bible Study 5pm

4
****Bowling (Community Outing)**
Forest Park
Coffee Hour 10-11am
Dominoes 6pm
Sauber Manor
Bible Study 6:30-8pm

5
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Ping Manor
Arts & Crafts w/UW-L RT
Students 2:15-3:15pm
Ash Wednesday

6
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Stokke Tower
Meal Planning w/UWL
OT Students 1:30-3pm
Sauber Manor
Bingo 6-7pm

7
Becker Plaza
Coffee Social 8-9am
Catholic Communion (Library) 9:15am
Cards & Games 4pm
Forest Park
Coffee Hour 10-11am
Dominoes 6pm
Sauber Manor
****Brunch 10:30am**

8
Becker Plaza
Coffee Social
8-9am

9
Daylight Savings Time Begins

10
Forest Park
Coffee Hour 10-11am
Bible Study 5pm
Stoffel Court
****Manicures (Lobby)**
1:30-3pm

11
Forest Park
Coffee Hour 10-11am
Dominoes 6pm
Sauber Manor
Bible Study 6:30-8pm

12
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Solberg Heights
Bingo w/Grace
Community Supported
Living Services 1pm
Ping Manor
Casino Games w/UW-L
RT Students 2:15-3:15pm

13
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Stokke Tower
Arts & Crafts w/UWL OT
Students 1:30-3pm
Sauber Manor
Bingo 6-7pm

14
Becker Plaza
Coffee Social 8-9am
Cards & Games 4pm
Forest Park
Coffee Hour 10-11am
Dominoes 6pm
Stokke Tower
****Karaoke 1:30-3:30pm**

15
Becker Plaza
Coffee Social
8-9am

16

17
Forest Park
Coffee Hour 10-11am
****St.Patrick's Day**
Treat 2pm
Bible Study 5pm
St. Patrick's Day

18
Forest Park
Coffee Hour 10-11am
Dominoes 6pm
Sauber Manor
Bible Study 6:30-8pm

19
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Solberg Heights
Activity w/WTC OTA
Students 11am-12pm

20
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Sauber Manor
Bingo 6-7pm
Spring Begins

21
Becker Plaza
Coffee Social 8-9am
Cards & Games 4pm
Forest Park
Coffee Hour 10-11am
Dominoes 6pm

22
Becker Plaza
Coffee Social
8-9am

23

24
Forest Park
Coffee Hour 10-11am
Bible Study 5pm

25
Forest Park
Coffee Hour 10-11am
Dominoes 6pm
Sauber Manor
Bible Study 6:30-8pm

26
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Solberg Heights
Activity w/WTC OTA
Students 11am-12pm

27
Becker Plaza
Coffee Social 8-9am
Forest Park
Coffee Hour 10-11am
Sauber Manor
Bingo 6-7pm
HJO Chicken Que Fundraiser

28
Becker Plaza
Coffee Social 8-9am
Cards & Games 4pm
Forest Park
Coffee Hour 10-11am
Dominoes 6pm

29
Becker Plaza
Coffee Social
8-9am

30

31
Forest Park
Coffee Hour 10-11am
Bible Study 5pm

Family Units Information ONLY

Boys & Girls Clubs located in Huber Homes and Schuh/Mullen Homes

Clubs are currently open 3:00pm-6:00pm and on Non-school days (March 7 & 10) they are open 12:00pm-4:00pm. Monday-Friday and K-12 are eligible to attend if registered.



Huber Homes Community Center:

If you have any questions regarding the BGC, please call Cassidy Murphy at 608-784-6065 or email cassidy.murphy@bgclax.org.

Parent Café will be on March 6 (first Thursday) from 5:00pm-6:30pm and will be led by The Parenting Place and Neighborhood Night will be on March 20 (3rd Thursday) from 5:00pm-6:30pm. If you have questions about Neighborhood Night or Parent Cafe, please contact Andy Kiel at 608-789-8956 or email akiel@lacrossesd.org or Sheng Vang at 608-386-4420 or email shvang@lacrossecounty.org.

If you need support or resources, contact Sheng Vang at 608-386-4420 or email shvang@lacrossecounty.org.

Schuh/Mullen Community Center:

If you have any questions regarding the BGC, please call Megan Quintero at 608-784-6073 or email megan.quintero@bgclax.org.

Parent Café will be on March 11 (2nd Tuesday) from 5:30pm-7:00pm and will be led by the Parenting Place and Neighborhood Night will be on March 13 (2nd Thursday) from 5:30pm-7:00pm. If you have questions about Neighborhood Night or Parent Cafe, please contact Andy Kiel at 608-789-8956 or email akiel@lacrossesd.org or Deborah Dobrunz at 608-792-1738 or email ddobrunz@lacrossecounty.org.

If you need support or resources, contact Deborah Dobrunz at 608-792-1738 or email ddobrunz@lacrossecounty.org.

A BIG THANK YOU!

To all the amazing residents of **Huber Homes & Grover Estates**—thank you for getting your annuals done on time! Your hard work and dedication do not go unnoticed, and we truly appreciate your effort. You make our community shine!

REFUSE & RECYCLING

The lid on the cart needs to be closed as designed. If your cart is overflowing, it might not be emptied by Harter's.



Your household refuse is picked up every week. Recycling is collected every other week.

Refuse (garbage) collection dates:

Schuh Homes & Grover Estates: Mondays
Alberts House I & II: Tuesdays
Huber Homes: Fridays

Recycling collection dates:

Grover Estates Monday, March 3 & 17
Alberts House I & II Tuesday, March 4 & 18
Schuh Homes Monday, March 10 & 24
Huber Homes Friday, March 14 & 28

REMINDER: Carts should NOT be placed out for collection more than 12 hours before collection and must be removed from the street within 24 hours after the trash/recycling collection. Also...please keep trash picked up and put in correct bins. Empty boxes can be hazardous when there are high winds.

Mullen Homes

Please dispose of your recycling & refuse properly in the dumpster areas. (Look for visual aids on each dumpster).



Dumpster areas: 1300 St. James St., 802 Winneshiek Rd., 854 Winneshiek Rd.

If you would like a copy of the 2025 Recycler, feel free to call the Housing Office at 608-782-2264 to request one or visit www.lacrossecounty.org/solidwaste.

Mullen Home Residents

April 1, 2025, is fast approaching

If you need help gathering the required information

WE CAN HELP!!!

Need to use a computer

WE CAN HELP!!!

Need help printing "bank statements"

WE CAN HELP!!!

Need help creating an account to log into and retrieve required information

WE CAN HELP!!!



Spring Bus Trip to Rochester, MN

(Dollar Tree, Trader Joe's, & Apache Mall)

Box 4

****LHA resident's account must be in good standing to participate. ****

Date: Thursday, April 3, 2025



Time: 8:00am - Ready Bus Line will begin picking up people on the north end of town heading south.

We have reserved an accessible motor coach which will hold 2 wheelchairs. These wheelchair spots are meant for residents who are wheelchair bound. If no one wheelchair bound signs up, the spots can be used by someone who utilizes a wheelchair.

Cost: \$28.00 per person (Transportation/opportunity to win a door prize).
Bring extra money for shopping & lunch (on your own)

Call the Housing Office at 608-782-2264 to sign up ~ dial 237 for Stephanie or 235 for Fawn. You must pay Resident Services to secure your seat.

Make checks payable to the Housing Authority Rec. Fund
(No Refunds Unless Medically Excused)

****We will not be stopping for supper on the way home; therefore, feel free to bring snacks for the ride, there is plenty of room for coolers and bags****

We would like to fill the bus; therefore, family and friends are welcome!

PLEASE NOTE: We need 30 residents/guests signed up by Wed., March 26, 2025, or the trip will be cancelled.

Both

Social Security Administration



APPOINTMENT NEEDED



**Appointments are required
for most services at
Social Security offices.**

Let us know if you require urgent assistance.

**Many times, you don't need to
visit an office.**



Scan the proper QR code below using your camera app or visit www.SSA.gov

Online Services



Social Security Card



Please call your local office at **866-770-2345**
or **1-800-772-1213** to schedule your appointment.

Both



Free Health Screenings

Brain Checks and Balance Screening
by UWL Physical Therapy Students



This event, in partnership with the Aging and Disability Resource Center (ADRC) of La Crosse County and UW-La Crosse Physical Therapy Program, will be held at three La Crosse Housing Authority high rises in March and April. Screenings offered by Physical Therapy students in community rooms while an ADRC specialist will be available to provide information regarding resources or answer questions for residents in the lobby.

Locations, Dates, Time:

- **Becker Plaza** (415 So. 7th St.)
Monday, March 24 or Wednesday, March 26
12:15pm-2:15pm
- **Solberg Heights** (215 So. 6th St.)
Monday, March 31 or Wednesday, April 2
12:15pm-2:15pm
- **Sauber Manor** (1025 Liberty St.)
Monday, April 7 or Wednesday, April 9
12:15pm-2:15pm

TO REGISTER:

Call the Housing
Authority Office
608-782-2264

Resident Services:

Fawn (dial 235)
Stephanie (dial 237)

You're welcome to schedule if you
live in another high-rise.

**Please stop by the resource table in the lobby anytime during the times listed.
If you're interested in health screenings, you must call to schedule an appointment.**

The brain and balance check-ups aim to support overall wellness. The brain check-up is a non-diagnostic tool to detect potential changes in cognition, while the balance assessment helps evaluate stability to prevent falls and maintain independence. Both screenings provide resources and support for anyone with concerns or wanting a baseline assessment.



HARRY J. OLSON SENIOR CENTER

1607 North Street, La Crosse, WI

CHICKEN-QUE

First Que of 2025

****Thursday, March 27, 2025****

11:30am – 5:30 pm

Cost: \$10.00 (WOW!)

PRESALE TICKETS ENCOURAGED!!

Call 608-781-2122 for Tickets!

Please order tickets by: March 21, 2025

1/2 Chicken/Potato Salad

Baked Beans/Roll/Utensils

Come Check out our wildly popular

HOMEMADE BAKE SALE

(You will not be disappointed)

We can deliver for groups and organizations = 5 dinners+

All proceeds go to the Harry J Olson Senior Center and
the good work that goes on here!!

SEE YOU AT THE CENTER!!!

DINE IN OR DRIVE THROUGH!!!



*Family
Units*