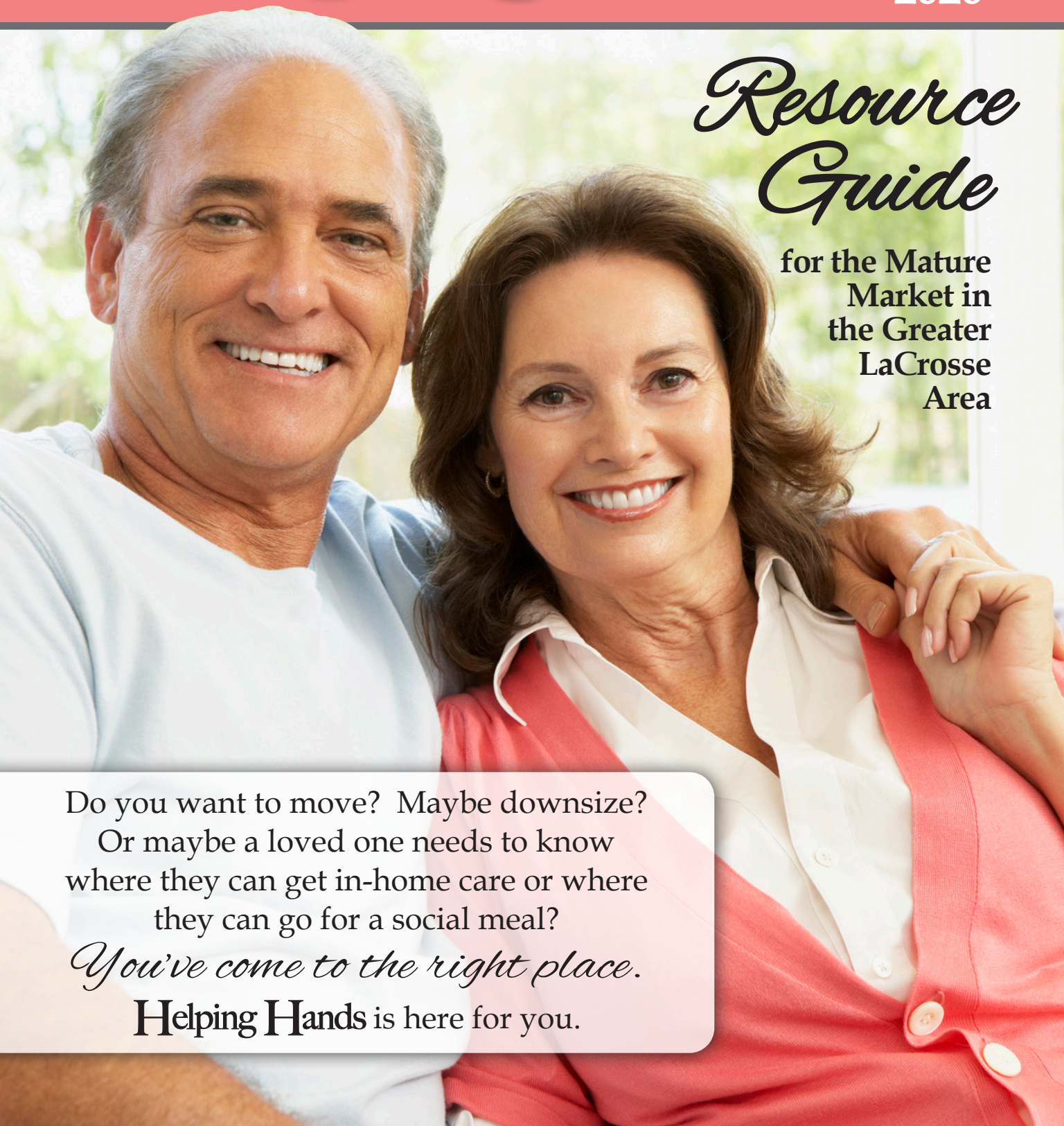
Helping Hands 2026



Resource Guide

for the Mature Market in the Greater LaCrosse Area

Do you want to move? Maybe downsize? Or maybe a loved one needs to know where they can get in-home care or where they can go for a social meal?

You've come to the right place.

Helping Hands is here for you.



Keep living the life you love—with a little more support when you need it.

Life in Onalaska has a rhythm all its own—time on the water, great local shops, and a community that feels like home. At Havenwood of Onalaska, you can keep living the life you love while enjoying maintenance-free living and knowing a little extra support is always within reach.

Our assisted living services are designed around you, offering:

- Personalized care and daily support.
- Opportunities for meaningful connection and engaging activities.
- Wellness programs that support your physical wellbeing.
- A welcoming community where residents are truly known.

And if your needs change, adding support is simple—so you can focus on what matters most: **living well, right here in the community you love.**

Scan the QR code or visit qrco.de/helpinghands2026 to experience what our community has to offer.

Independent Senior Living | Assisted Living

havenwoodonalaska.com | (608) 351-0345

Bethany St. Joseph Corporation

Assisted Living • Independent Living • Adult Day Care

Multiple Locations Across Western Wisconsin

Galesville • Holmen • La Crosse • Onalaska • Viroqua • Westby • West Salem







Discover supportive care, comfortable living, & peace of mind

- Personalized support tailored to your needs
- Safe, comfortable, inviting environments
- Freedom from home upkeep & yard work
- Dedicated, compassionate staff
- Simple transitions as care needs evolve
- Social activities and events

Schedule Your Personal Tour - Contact Us Today!

(608) 783-1516 **bsjcorp.com**

EQUAL HOUSING OPPORTUNITY

No admission or application fees.
Bethany St. Joseph Communities extend a warm welcome to people of all backgrounds.

Bluffview Memory Care

A happier life for everyone...

Celebrating 14 Years of Exceptional Care

NOW HIRING!



608-526-5864

@MemoryCarePartners



Virtual tour available at:

BluffviewMemoryCare.com

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(608) 691-2058 | Agrace.org

26-3344

Hanger Clinic Services Near You

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At Hanger Clinic, we care for our patients like family, working together to deliver the best possible orthotic and prosthetic outcomes through compassionate, expert care and customized solutions from our initial consultation through lifelong care. Our commitment is to listen to our patients, get to know them as people, and do everything we can to help them achieve their potential.

WE OFFER THE FOLLOWING SERVICES:

- Upper & Lower Limb Prosthetics
- Microprocessor Feet & Knees
- Hip and Ankle Disarticulation Prostheses
- Pediatric Orthotics & Prosthetics
- AFOs / KAFOs - Custom & Off-the-Shelf
- Partial Hand and Partial Finger Prostheses
- Diabetic Shoes and Inserts
- Access to peer support





Hanger Clinic La Crosse
3440 Losey Blvd S
La Crosse, WI 54601
Phone: (608) 782-5070
Fax: (608) 782-3710

Hanger CLINIC
Empowering Human Potential

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seniorreviewnewspapers@gmail.com
715-831-0325

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Directory *Living Options*

Independent Living

Carroll Heights Apartments
La Crosse, 608-785-5500 ext. 1
lacrossecounty.org

Christopherson House
La Crosse, 608-784-1381
allegiantpropertymgmtllc.com

Coulee View Apartments
Coon Valley, 608-637-6355
bethelhome.org

Fox Hollow Senior Apartments Holmen, 608-526-4000

Greendale Apartments
Onalaska, 608-784-1381

Eagle Crest North I.L.
Onalaska, 608-779-1700
eaglecrestlife.org

Eagle Crest South I.L.
La Crosse, 608-791-2700
eaglecrestlife.org

Havenwood of Onalaska
Onalaska, 608-615-4700
havenwoodonalaska.com

Heights Town Homes
Holmen, 608-791-2709
eaglecrestlife.org

Heritage Haven
La Crosse, 08-784-1381
allegiantpropertymgmtllc.com

Hidden Glen Apartments
Holmen, 608-792-3051 or
800-944-4866 ext. 1120
accmanagementgroup.com

Housing Authority of the City of La Crosse
608-782-2264
lacrossehousing.org

Mill St. Manor
West Salem, 608-786-2440
bsjcorp.com

OnaMain
Onalaska, 608-781-7730
bsjcorp.com

OnaTerrace
Onalaska, 608-783-1516
bsjcorp.com

Pinedale Apartments
Onalaska, 608-784-1381
allegiantpropertymgmtllc.com

Prairie Home
Holmen, 608-526-4850
bsjcorp.com

Redwood Terrace Apartments Onalaska, 608-783-6229

River Oaks Apartments
La Crosse, 608-787-0200
accmanagementgroup.com

River Point District
La Crosse, 608-292-5818

Salem Terrace
West Salem, 608-786-2440
bsjcorp.com

Salzer Square
La Crosse, 608-785-7775
or 608-784-2935

Salzer Square II
La Crosse, 608-782-0585

Schumann Apartments
La Crosse, 608-784-1381
allegiantpropertymgmtllc.com

SpringBrook
Onalaska, 608-783-2292
springbrookassistedliving.com

Stonefield Manor
Onalaska, 608-779-4906

The Gardens at Kristy
Onalaska, 608-498-4498
3amigosapartments.com

Welcome Home Apartments
La Crosse, 608-788-0254
bsjcorp.com

Whispering Pines 1 & 2
West Salem
608-781-5365 Ext. 224
lcha.net

Windsor Place
La Crosse, 608-785-2271
bsjcorp.com



❇ Assisted Living *(CBRF)*

Brookdale Senior Living La Crosse (60+)
La Crosse, 608-788-7730
brookdale.com

Brookdale Senior Living Onalaska (60+)
Onalaska, 608-783-4955
brookdale.com

Caretta Senior Living
Holmen, 608-394-4058
carettaseniorliving.com

Eagle Crest South
High acuity assisted living
La Crosse, 608-791-2700
eaglecrestlife.org

Monarch Manor
West Salem, 608-612-0441
lacrossecounty.org

Neshonoc Manor
West Salem, 608-612-0661
lacrossecounty.org

RBI– The Caring Hearts
Bangor, 608-486-4800
rbicare.com

SpringBrook
Onalaska, 608-783-2292
springbrookassistedliving.com

❇ Assisted Living *(RCAC)*

Benedictine Living Community (62+)
La Crosse, 608-788-9870
benedictineliving.org

Bethany St. Joseph Corp.
(55+ disability or 62+)
bsjcorp.com

Laurel Manor
Onalaska, 608-783-1815
Mill St. Manor
West Salem, 608-786-2440
Prairie Home
Holmen, 608-526-4850
Salem Terrace
West Salem, 608-786-2440
Shelby Terrace
La Crosse, 608-788-4477

Brookdale Senior Living (60+)
La Crosse, 608-788-7730
brookdale.com

Caretta Senior Living
Holmen, 608-394-4058
carettaseniorliving.com

Eagle Crest Communities
eaglecrestlife.org

The Heights Assisted Living (55+)
Holmen, 608-526-2635
Cass St. (55+)
La Crosse
608-784-6656 or 608-796-1091
Eagle Crest North (62+)
Onalaska, 608-779-1700
Eagle Crest South (62+)
La Crosse, 608-791-2700
The Willows (55+)
La Crosse, 608-406-3980

Havenwood of Onalaska
Onalaska, 608-615-4700
havenwoodonalaska.com

Hillview Terrace
La Crosse, 608-785-5500
lacrossecounty.org/hillview

SpringBrook
Onalaska, 608-783-2292
springbrookassistedliving.com

**Registered RCAC facilities that only accept private funds. Others are certified and can accept public funds.*

❇ Memory Care

Bluffview Memory Care
Holmen, 608-526-5864
bluffviewmemorycare.com

Brookdale Senior Living (60+)
La Crosse, 608-788-7730
brookdale.com

Caretta Senior Living
Holmen, 608-394-4058
carettaseniorliving.com

Eagle Crest Communities
eaglecrestlife.org

Eagle Crest North Memory Care
Onalaska, 608-779-1700
La Crosse 608-791-2700
Hearten House I
La Crosse, 608-784-4521
Hearten House II
La Crosse, 608-784-4523
Hearten House III
Holmen, 608-526-6796

Hope Stay Memory Care
Holmen, 608-790-9080
hopestayinc.com

RBI Caring Hearts
Bangor, 608-486-4801
rbicare.com

The Meadows at Springbrook
Onalaska, 608-783-2292
springbrookassistedliving.com

Directory

Home Care / Hospice

Home Care

MA = Accepts Medicaid
MC = Accepts Medicare
VA = Accepts Veterans
PI = Accepts Private Insurance

Aptiv Community Supportive Living
La Crosse, 608-784-9450
aptiv.org

Aveanna Home Health *MC*
La Crosse, 608-406-3140
aveanna.com

BrightStar Care *PP, VA, LTC*
Onalaska, 608-519-4324
brightstarcare.com

Christian Servants Home Care
920-851-8100
christianservantshomecare.com

Comfort Keepers *VA*
La Crosse, 608-784-3357
comfortkeepers.com

Commonheart Home Health and Hospice
Watertown, 844-206-4930
commonheart.com

Cornerstone Caregiving
Onalaska, 608-200-3236
cornerstonecaregiving.com

Grace Community Supported Living Services
La Crosse, 608-963-4357
gracecsls.com

International Quality Home & Personal Care Services
MA, MC, PI
La Crosse, 800-345-0669
internationalquality.com

La Crosse Home Care, LLC
MA, MC
La Crosse, 608-519-2914

La Crosse VA Clinic - Home Care Services *VA*
La Crosse, 608-784-3886
va.gov

Lee Quality Home Care *MA, PI*
La Crosse, 608-519-3124

MCFI Home Care *MA*
1-888-381-5696 or 414-290-0050
mcfihomecare.org

Riverview Home Health Care, Inc *MA*
Holmen, 608-519-8080
riverviewhomehealthcare.com

Veterans Affairs Home Based Primary Care *VA*
1-800-872-8662 ext. 67734
va.gov/geriatrics

Village Caregiving
PI, VA, LTC insurance, MA
715-492-0191
villagecaregiving.com



Hospice Care

Gundersen Health System Hospice
La Crosse, 608-775-8435
gundersenhealth.org

Agrace Hospice Care
La Crosse, 608-691-2058
agrace.org

Moments Hospice
La Crosse, 608-399-6019
momentshospice.com

St. Croix Hospice
West Salem, 608-433-9704
stcroixhospice.com

Adult Day Services

Aptiv Day Services Program
608-784-9450; www.aptiv.org

Bethany St. Joseph Merit Centre North
608-784-2700; bsjcorp.com

Bethany St. Joseph Merit Centre South
608-788-2900; bsjcorp.com

Catholic Charities Adult Day Services Program
608-782-0710; cclse.org

Coulee Region Adult Day Center
608-519-2306
couleeregionadultdaycenter.com

Creative Community Living Services Day Services
608-779-4118; www.cclswi.org

Skilled Nursing

Nursing Homes

**has Dementia/Alzheimer's care unit*

Benedictine Manor Rehabilitation Center
La Crosse, 608-788-9870
benedictineliving.org/la-crosse-wi

***Bethany St. Joseph Care Center**
La Crosse, 608-788-5700
bsjcorp.com

***Hillview Health Care Center and The Oaks**
(Short-Term Behavioral Health Facility)
La Crosse, 608-789-4800
lacrossecounty.org/hillview/hillview-health-care-center

***Lakeview Health Center**
West Salem, 608-786-1400
lacrossecounty.org/lakeview

Mulder Healthcare Facility
West Salem, 608-786-1600
atriumlivingcenters.com

Onalaska Care Center
Onalaska, 608-783-4681
bsjcorp.com

***Riverside Transitional Care**
La Crosse, 608-406-3900
eaglecrestlife.org/community/riverside-transitional-care

Care and Support

Dimentia Care and Support

ADRC Dementia Care Programs
608-785-5700 or 1-800-500-3910

Alzheimer's Association
1-800-272-3900 (24-hour helpline)
alz.org/wi

Association for Frontotemporal Degeneration
1-866-507-7222 (24-hour helpline)
theaftd.org

Lewy Body Dementia Association
1-800-539-9767
lbda.org

WI Parkinson Association
414-312-6990
wiparkinson.org

Caregiver Support

ADRC Caregiver Support Programs
608-785-5700
lacrossecounty.org/adrc

Causeway Caregivers-Peer Caregiver Support Program
608-775-9999
causewaycaregivers.org

RSVP Friendly Caller Program
608-785-0500; rsvplax.org

Trualta Online Learning for Caregivers
Call the ADRC 608-785-5700
wisconsincaregiver.trualta.com

Veterans Affairs Caregiver Support Line
1-855-260-3274
caregiver.va.gov

Wisconsin Family Caregiver Support Programs
wisconsincaregiver.org

Respite Care

Oasis Respite Care
608-780-0471
For people with dementia
oasisrespite.org

Respite Care WI (RCAW)
608-222-2033
Respite and caregiver resources, online trainings, and toolkits
respitecarewi.org

Directory

Dining / Nutrition

❇ Food Pantries

Call for information and eligibility

A Place of Grace
608-782-6224
919 Hood St., La Crosse

Care and Share Food Pantry
608-786-0030
Our Savior's Lutheran Church,
359 N. Leonard St, West Salem

Catholic Charities Food Pantry
608-782-0710
508 5th Ave S, La Crosse

Coulee Recovery Center
608-784-4177
933 Ferry St, La Crosse

First Free Church Food Pantry
608-782-6022
123 Mason St., Onalaska

From the Heart Food Pantry
608-782-6200
Lower-level Trinity Lutheran Church
1010 Sill St. La Crosse

Holmen Area Food Pantry
608-526-4424
St. Elizabeth Ann Seton Catholic Church
525 N. Main St, Holmen

La Crosse Public Library's Little Pantry
608-789-7100
800 Main St, La Crosse

Onalaska Emergency Food Basket
608-783-7722
735 Sand Lake Rd., Onalaska

Onalaska Schools Food Pantry
608-783-5644 / 608-799-8419
Irving Pertzsch Elementary School, 524 Main St, Onalaska

River of Life Legacy Church
608-782-2780 Ext. 1
1214 County PH, Onalaska

WAFER Food Pantry
608-782-6003
1607 George St, La Crosse

WAFER Food Pantry-Mobile Distribution
608-782-6003
Anytime Fitness Parking Lot, 1
500 WI-16, West Salem

Vivent Health Food Pantry
608-785-9866
811 Rose St, La Crosse

❇ Free Comunity Meals

Days and times may be subject to change

A Place of Grace
608-782-6224; Meals Thur. 5-6pm
919 Hood St., La Crosse

New Beginnings Christian Fellowship
608-782-8030; Saturdays 5:30pm
122 5th Ave N, La Crosse

Onalaska United Methodist Church
608-783-3380; 2nd Tuesday of each month 5pm-6pm
212 4th Ave N., Onalaska

Our Savior's Lutheran Church Come for Supper
608-782-3468; Tues. 4:15-5:15 pm
612 Division St., La Crosse

Presbyterian Church of West Salem
608 786-0910; 4th Wednesday of the month 5pm-6pm
625 W. Franklin St, West Salem

RAVE Recovery Avenue
608-785-9615; Monday 9am-11am
4439 Mormon Coulee Rd., La Crosse

Salvation Army
608-782-6126; Mon-Sun 11am-12:30pm
223 8th St. N., La Crosse

Trinity Lutheran Church
608-782-6200; Monday 5:00pm
1010 Sill St., La Crosse

❇ Senior Noon Dining Centers

Call the ADRC at 608-785-5775 for eligibility info. and to reserve your meal 24 hours in advance.

Holmen Community Center
608-317-8104: Meal served 11:30am
600 N Holmen Dr., Holmen

Onalaska Community Center
608-317-9870; Meal served 11:30am
515 Quincy St., Onalaska

South Side Neighborhood Center
608-792-6996; Meal served 11:30am
1300 6th St. S., La Crosse

West Salem and Bangor Libraries
608-785-5775; Specific Thursdays each month

❇ Home Delivered Meals

ADRC Senior Nutrition Program
608-785-5775
lacrossecounty.org/adrc/meals.asp

Homestyle Direct
1-866-735-0921; homestyledirect.com

Mobile Meals of La Crosse
608-784-4623; ugetconnected.org

Mom's Meals
1-877-508-6667; momsmeals.com

WAFER Food Pantry Senior Share Program 608-782-6003

Funeral Homes & Cremation

Funeral Homes

Blaschke & Schneider Funeral Home
608-782-1346
1501 West Ave S, La Crosse
blaschkeschneider.com

Coulee Region Cremation Group
608-788-2188
133 Mason St, Onalaska
couleecremation.com

Dickinson Funeral Homes
608-784-0135
809 Gillette Street, La Crosse
1425 Jackson Street, La Crosse
401 Main Street, Onalaska
515 McHugh Road, Holmen
dickinsonfuneralhome.com

Fossum Funeral and Cremation Service
608-783-9777
510 2nd Ave S, Onalaska
fossumfuneralhome.com

Fredrickson Funeral Homes and Crematory
La Crosse: 608-788-3310
4239 Mormon Coulee Road
West Salem: 608-786-1990
121 N. Youlon Street
fredricksonfuneralhomes.com

Great River Cremation
608-799-7590
1007 Caledonia St, La Crosse
greatrivercremation.com

Schumacher-Kish Funeral and Cremation Services
608-782-1252
200 West Ave South, La Crosse
907 Sand Lake Road, Onalaska
schumacher-kish.com

Sletten-McKee-Hanson Funeral Home
608-782-1248
1425 Jackson St, La Crosse
affordablecremationlacrosse.com

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We provide full-service funeral care with a personal touch. Whether you choose a traditional burial or contemporary cremation, we're here to guide you with compassion and professionalism.

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- 24/7 End-to-End Transportation
- On-Site Crematory
- Pre-Planning Options
- Asset Preservation Guidance

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(608) 788-2188
info@couleecremation.com | couleecremation.com
Coulee Region Cremation Group
at The Gathering Place 133 Mason St. Onalaska, WI

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· Probate and trust administration
· Real estate transfers and property matters

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Directory

Medical Supplies, etc

Medical Supplies

A&J Mobility
715-874-6630
aandjmobility.com

Access Elevator Inc.
608-784-9980
allaboutaccess.com

Access Mobility Products
608-782-1069
accessmobilityproducts.com

All Star Mobility
608-519-9292
allstarmobilityllc.com

American Cancer Society
1-800-227-2345
cancer.org

Apria Healthcare
Eau Claire; 715-834-7517
Rochester: 507-285-9959
apria.com

Cass St. Pharmacy Gundersen Health System
608-784-9922
gundersenhealth.org

Dan's Shoe Repair
608-782-3775
dansshoerepairlax.com

Family Medical Supply and CPAP Store
608-791-1100 or 1-855-791-1549
familymedicalandcpap.com

Hanger Clinic: Prosthetics and Orthotics
608-782-5070 or 1-866-241-0606
hangerclinic.com

Home Safety Innovations
920-379-4439 or 608-738-4219
homesafetyinnovations.com

Hilton Medical Supply
608-785-0390
hiltonmedicalsupply.com

Independent Living Resources
608-787-1111 or 1-888-474-5745
ilresources.org

Limb Lab
608-782-1855
limblab.com

Mayo Clinic Store
608-392-9797
mayoclinichealthsystem.org

Next Day Access
866-403-0090
nextdayaccess.com

Wisconsin Council of the Blind and Visually Impaired
608-255-1166 or 1-800-783-5213
wcblind.org

Transportation

Non-Emergency Medical

ADRC/La Crosse County Mini-Bus
608-785-5700 or 1-800-500-3910

Cancer Society Road to Recovery
1-800-227-2345; cancer.org

Coulee Region RSVP Volunteer Driver
608-785-0500
rsvplax.org

Disabled American Veterans
(Tomah VA)
1-800-872-8662 Ext. 66227
dav.org

DriftLink Public Transit
Onalaska/Holmen/West Salem
608-784-0000; runninginc.net

Due North Transportation, LLC
608-394-4900
duenorthsts.com

Making a Way Transport
608-784-7700

MTM- Medical Transport Management
1-866-907-1493

Riverview Transport
608-790-9114
riverviewtransportation.com

Clinics

Gundersen Health System Express Care
La Crosse Festival Foods,
608-775-5858
Onalaska Festival Foods,
608-775-5858
gundersenhealth.org

Gundersen Health System
La Crosse, 608-782-7300
Onalaska, 608-775-8100
gundersenhealth.org

La Crosse VA Clinic
La Crosse, 608-784-3886
(Valley View Mall)

Mayo Clinic Health System
La Crosse, 608-785-0940
Holmen, 608-526-3351
Onalaska, 608-392-5000

Scenic Bluffs Community Health Center
212 11th Street S, La Crosse
(Located within the REACH Center Building)
608-785-2550

ViaroCare Primary Clinic
La Crosse, 608-668-2103

IN-HOME CARE
STARTING THE CONVERSATION

RECOGNIZE SIGNS IT MIGHT BE TIME FOR IN-HOME SENIOR CARE

- Not wanting to leave the house
- Forgetting to take medication regularly
- Refusing to shower or change clothes
- Getting confused when questions are asked
- Losing weight from not eating or cooking meals
- Becoming Isolated from friends & family

TIPS FOR HAVING THE CONVERSATION

START EARLY
Keep it simple, choosing a comfortable time & place. Ask mainly open-ended questions to find out what is important to your loved one. Avoid acting like a parent - use words that are non-threatening.

BE UNDERSTANDING
Diagnosis of Alzheimer's or Parkinson's is scary to hear. Any resistance could be a result of fear of losing control. Put yourself in their shoes - would you want help? Also, watch for signs of depression.

BE HONEST
Express your concern without accusing. Tell them you are worried about them vs. telling them they are doing something wrong. Use examples, such as "Your medications got mixed up." Focus on behavior, not the person.

BE RESPECTFUL
It will be hard for your loved one to admit they aren't able to do everything for themselves anymore. The decision to have in-home care will ultimately be up to them. Suggest ideas to them without being pushy.

ASK FOR HELP
Meet with your loved one and his or her doctor. It will be a helpful unbiased opinion. Ask others who use in-home care, and see if they would be willing to discuss the benefits with your loved one.

Sources:
www.comfortkeepers.com/office-326/family-education-center/starting-the-conversation
www.helpguide.org/elder/senior_services_living_home.htm
www.caregiverstress.com/family-communication/40-70/communication-tips

Village CAREGIVING
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HOME HEALTH SERVICES



Services include assistance with bathing, eating, toileting, grooming, and hygiene.

We can also assist with light housekeeping, meal prep, errands, and transportation to appointments.

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Scenic Bluffs
COMMUNITY HEALTH CENTERS

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Talk to someone about your gambling.
Get Help!
Wisconsin Council on Problem Gambling
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Secure Your Legacy: A Senior's Guide to Estate Plans

By Sarah E. Fortune, Attorney and Partner at Hale Skemp

Estate planning may sound like something reserved for the wealthy or elderly, but the truth is, everyone can benefit from having a thoughtful plan in place. At its core, estate planning is about protecting your loved ones, preserving your assets, and making sure your wishes are honored if you become incapacitated or die. Here, we'll cover some of the basic elements of an estate plan to help you start your planning journey.

1. Wills. A will, also known as a "last will and testament," is a legal document that spells out how your assets will be distributed after you die. In your will, you can:

- Name a personal representative (a.k.a. an executor) to carry out your wishes and handle your estate administration.
- Specify who receives your property and assets.

Without a valid will, Wisconsin's intestacy laws will dictate how your assets are distributed, which may not align with your wishes.

2. Trusts. Trusts are the Swiss Army knife of estate planning. These tools can help you manage assets during your lifetime and distribute them efficiently after death. There are several types of trusts, but at their core, a trust creates a legal entity to hold and manage assets. Trusts can provide benefits such as:

A common type of trust is a revocable living trust, which you can change or dissolve during your lifetime. Upon your death, the trust becomes irrevocable, and the trustee (a person or institution you designate) will manage and distribute assets according to your instructions.

3. Beneficiary Designations. Beneficiary designations are an often-overlooked but critical part of estate planning. Certain assets, like life insurance policies, retirement accounts, and payable-on-death (POD) bank accounts, allow you to name beneficiaries directly. These assets will pass outside of your will or trust, making it crucial to keep your designations up to date. Regularly reviewing these designations ensures they reflect your current wishes.



Most estate plans use beneficiary designations in conjunction with wills or trusts.

4. Durable Power of Attorney (DPOA). A durable power of attorney is a document that grants someone the authority to handle your financial and legal matters. This can include tasks like paying bills, managing investments, or selling property on your behalf. The term "durable" means the authority remains in effect if you become incapacitated, making it an essential part of your estate plan.

5. Health Care Power of Attorney (HCPOA). A health care power of attorney allows you to designate an individual (known as a "health care agent") to make medical decisions on your behalf if you cannot make them yourself. It may also specify your preferences for end-of-life care and other medical treatments.

Conclusion

Estate planning is more than just creating a few documents; it's about peace of mind. By preparing your plan, you can ensure your loved ones are cared for and your wishes are honored.

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Assisted Living

	Type (AFH, RCAC, CBRF)	Monthly Cost Range	Subsidized	Private Units	Scheduled Transportation	Alzheimer's/ Memory Care	Respite Care	Call System	Diabetes Mgmt.	Rehab Services	24/7 On-Site Care	Nurse On-Site
Havenwood of Onalaska 608-615-4700	RCAC	$4,110-9,736	No	128	Yes	No	Yes	Yes	Yes	No	Yes	Yes
Laurel Manor 608-783-1815	RCAC	$2,780-3,250	No	Yes	No	No	No	Yes	Yes	No	Yes	Part Time
Mill St. Manor 608-786-2440	RCAC	$3,030-3,610	No	Yes	No	No	No	Yes	Yes	No	Yes	Part Time
Prairie Home 608-526-4850	RCAC	$2,900-3,390	No	Yes	No	No	No	Yes	Yes	No	Yes	Part Time
Salem Terrace 608-786-2440	RCAC	$3,050-3,660	No	Yes	No	No	No	Yes	Yes	No	Yes	Part Time
Shelby Terrace 608-788-4477	RCAC	$2,285-2,780	No	Yes	No	No	No	Yes	Yes	No	Yes	Part Time
SpringBrook 608-783-2292	RCAC & CBRF	Call for Rates	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Vernon Acres 608-637-5445	RCAC	$3,670-4,280	No	Yes	No	No	No	Yes	Yes	No	Yes	Part Time

• ASSISTED LIVING FACILITIES •

Community Based Residential Facility (CBRF) CBRF's are staffed group living arrangements that provide room, board, supervision and other supportive services to 5 or more unrelated adult residents. Typically, residents have either a private or shared sleeping room and bathroom, and share living and dining space with other residents of the facility. CBRFs are intended for people who cannot live independently, but are neither acutely ill nor need extensive amounts of skilled nursing care. Up to 3 hours of skilled nursing care per week may be provided. Unlimited amounts of supportive and personal care provide. Facilities vary in size from 5 residents to over 100.



Residential Care Apartment Complex (RCAC) An RCAC is a place where five or more adults reside. Apartments must each have a lockable entrance and exit; a kitchen, including a stove (or microwave oven); and individual bathroom, sleeping and living areas. This living option provides no more than 28 hours per week of sup- portive services, personal assistance and skilled nursing services.

Adult Family Homes Adult Family Homes— where 3 or 4 adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board. May include up to 7 hours per week of nursing care per resident.

Source: Eau Claire ADRC



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Independent Senior Living

	Subsidized	Public or Private Transportation	Pets Allowed	Beauty/ Barber Shop	Dining Space (DS) Meals Provided (MP)	Elevator to All Floors	Storage	Entertainment	Parking/Garage	Religious Services	Laundry
Havenwood of Onalaska 608-615-4700	No	Yes	Yes	Yes	MP	Yes	Yes	Yes	Yes	Yes	Yes
Mill St. Manor 608-786-2440	No	No	No	Yes	MP	No	No	Yes	Yes	Yes	Yes
OnaMain 608-781-7730	No	Yes	No	No	MP	No	No	No	Yes	No	Yes
OnaTerrace 608-783-1516	No	Yes	No	Yes	MP	No	No	No	Yes	Yes	Yes
Prairie Home 608-526-4850	No	No	Yes	Yes	MP	No	No	Yes	Yes	Yes	Yes
Salem Terrace 608-786-2440	No	No	Yes	Yes	MP	No	No	Yes	Yes	Yes	Yes
Salzer Square II 608-782-0585	Yes	Nearby	Yes	No	DS	Yes	Yes	No	Yes	No	Coin
Shelby Terrace 608-788-4477	No	No	Yes	No	MP	No	No	Yes	Yes	No	Yes
SpringBrook 608-783-2292	No	Yes	Yes	Yes	MP	Yes	No	Yes	Yes	Yes	Yes
Welcome Home 608-788-0254	No	Yes	No	No	MP	No	No	No	Yes	Yes	Yes
Windsor Place 608-785-2271	No	Yes	Yes	No	MP	No	No	No	Yes	No	Yes

The Helping Hands Guide does it's best to put together the most accurate information for these listings. Because business services change and prices vary throughout the year, we recommend that you call any business you are interested in getting information from before making any decisions. We tried our best to gather all of the information from each company and to the best of our ability is up-to-date as of April 2026.







Rehab and Skilled Nursing

	Total Beds	Medicare	Medicaid	Daily Cost Range	Respite Care	Hospice Contract	Respiratory Care	IV Therapy	Palliative/End of Life Care	Transportation Services
Mulder Health Care 608-387-4405	87	Yes	Yes	$383/day private $357/day semi-private	Yes	Yes	Yes	Yes	Yes	Yes
Tomah Nursing & Rehabilitation Center 608-387-4405	74	Yes	Yes	$384/day private $366/day semi-private	Yes	Yes	Yes	Yes	Yes	Yes







Adult Day Care

	Dementia/ Alzheimer's	Traumatic Brian Injury	Physically Disabled	Instinctually Disabled	Emotionally Challenged/ Mental Illness	Frail/Socially Isolated Adults	Medicaid Accepted	Private Pay Accepted	Long Term Care Insurance	VA Payments	State Licensed
Merit Centre North 608-784-2700	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Merit Centre South 608-788-2900	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes

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Comfort and Connection at Havenwood of Onlaska

If you're like many older adults, finding the right place to call home means staying connected to the community you already know and love. At Havenwood of Onalaska, managed by Vivie, you'll find a community designed to support that connection—offering comfort, care, and the freedom to keep living life your way.

Nestled in the natural beauty of Onalaska, Wisconsin, Havenwood offers a refreshing approach to assisted living—one that starts with independence and builds in support when and how you need it. You don't have to choose between keeping your lifestyle and getting a little extra help. You can have both.

Here, your day can look however you want it to. Spend time in your apartment home, chat with neighbors in the restaurant, join an exercise class in the wellness center, or head out to enjoy everything the Onalaska area has to offer—from local trails to nearby dining and entertainment. When you return, the everyday responsibilities like lawn care, snow removal, and maintenance are already taken care of.









Our community is designed for both comfort and connection, with spacious apartments, inviting shared spaces, and amenities that make it easy to settle in and feel at home. Residents enjoy on-site dining with homestyle meals, a salon, club room, outdoor courtyard, and places to gather with family and friends. And because we're a pet-friendly community, even your four-legged companion can be part of your new home.

What truly sets Havenwood apart, though, is our approach to support. Our team takes time to get to know you—your routines, your preferences, and what matters most to you. Care isn't one-size-fits-all. If your needs change, assisted living services are available right in your apartment. It's care that adapts to you, helping you stay as independent as possible while feeling confident that help is always nearby.

With a team on-site 24/7, controlled building access, and an emergency response system in place, you and your loved ones can have peace of mind.

This is a place where you can truly feel at home—supported, connected, and free to enjoy each day. Whether you're looking for a little more ease in your daily routine or planning for the future, Havenwood of Onalaska offers a thoughtful balance of independence and care, right where you want to be.

Because staying in the community you love shouldn't mean compromising how you live—it should mean living even better.

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