



LA CROSSE COUNTY
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FOR IMMEDIATE RELEASE

**LA CROSSE COUNTY SENIOR NUTRITION PROGRAM CONGREGATE DINING SOON TO REOPEN
THREE SITES TO PROMOTE SOCIALIZATION, HEALTH AND WELL-BEING AMONG OLDER ADULTS**

Date: March 10, 2021

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The Aging & Disability Resource Center (ADRC) of La Crosse County is excited to announce the reopening of three La Crosse County Senior Nutrition Program congregate dining sites in April. Following the guidance of the La Crosse County Health Department, sites to reopen (listed below) are in non-residential, community-based settings with limited seating based on preregistration (registration required at least 24 hours in advance). To learn more, or to register for lunch, please call the ADRC at **608-785-5700**. Transportation options are also available.

- **NEW Saint Andrew Street** site (former La Crosse Footwear/Rubber Mills) located at 1407 Saint Andrew Street, La Crosse will reopen **Monday, April 5th** with lunch provided at 11:30 AM, Monday through Friday. Personal tours as well as programming, provided by a collaboration between the La Crosse Parks and Recreation Department, La Crosse Library and ADRC of La Crosse County, offered before and/or after lunch service. For more information on programming before and/or after lunch service, please call La Crosse Parks and Recreation Department at 608-789-8640 or 608-519-2088.
- **Onalaska Community Center** site located at 515 Quincy Street, Onalaska will reopen **Monday, April 12th** with lunch provided at 11:30 AM, Monday through Friday.
- **NEW Holmen Area Community Center (HACC)** site located at 600 N Holmen Drive, Holmen (inside the Dave & Barb Skogen Boys & Girls Club) will reopen **Monday, April 19th** with lunch provided at 11:00 AM and 12:00 PM Monday through Friday. Programming, provided by HACC, offered before and/or after lunch service. For more information on programming before and/or after lunch service, please call 608-399-1870 or visit holmencc.org.

Due to the pandemic, La Crosse County's seven congregate dining sites have been closed since March 2020. For many, congregate dining provides much more than nutrition; it is also the source of socialization, health, and well-being. Preliminary results of recent aging plan survey revealed concern of loneliness and isolation among local older adults. This, along with lower COVID case counts and vaccine availability, inspired the exploration of reopening dining sites.

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The ADRC of La Crosse County provides La Crosse County residents with unbiased information related to aging or living with a disability. Our goal is to help people maintain their independence by connecting them with the right resources including but not limited to in-home personal care and nursing; housing options; housekeeping and chore services; home modifications; adaptive equipment; transportation; health, nutrition and home-delivered meals; Medicare, Medicaid and Social Security; and caregiver support and respite.

The La Crosse County Senior Nutrition Program is available to seniors 60 years of age or older and their spouses, regardless of age. Its purpose is to reduce hunger and food insecurity and promote socialization, health, and well-being among older adults. Congregate dining provides nutritious meals in a group setting, allowing for opportunities to socialize with others. Participant voluntary contributions are requested however no one is ever denied because of the inability to donate. The suggested donation for congregate dining is \$3.75 per meal.