

# COVID-19 Resource Changes

(updated 4/17/2020)

*Due to the evolving nature of COVID-19 (Coronavirus), some of this information may have changed by the time you read this. Please call resources ahead of time to verify if they are open. All nonessential travel should be limited as much as possible during this time.*

**Disclaimer: This document is not a promotion and prioritization of certain resources over others. This is simply intended to be a (comprehensive as possible) list of resources and changes to resources related to COVID-19.**

## Health information around COVID-19

**CDC (Federal):** [coronavirus.gov](https://www.cdc.gov/coronavirus)

**Wisconsin COVID-19 Update Page:** <https://govstatus.egov.com/wi-covid-19>

**Wisconsin Department of Health Services (State Information):** <https://www.dhs.wisconsin.gov/covid-19/index.htm>

**Resilient Wisconsin:** <https://www.dhs.wisconsin.gov/resilient/index.htm>

**La Crosse County Health Department (Local Information):** <https://lacrossecounty.org/covid19>

**La Crosse County Coronavirus Hotline:** Monday-Friday 8:00-4:30 and Saturday 8:00-12:00 (608) 785-6240

**Medical College of Wisconsin:** <https://www.mcw.edu/covid-19>

**US Department of Labor Families First Coronavirus Response Act (FFCRA)**

<https://www.dol.gov/agencies/whd>

**WI Safer at Home Order:** [Gov Tony Evers Safer at Home Order](#)

**Safer at Home Extension:**

[https://content.govdelivery.com/attachments/WIGOV/2020/04/16/file\\_attachments/1428997/2020-04-16%20Safer%20at%20Home%20extension%20FAQ.pdf](https://content.govdelivery.com/attachments/WIGOV/2020/04/16/file_attachments/1428997/2020-04-16%20Safer%20at%20Home%20extension%20FAQ.pdf)

**Information on the Stimulus Package:**

<https://smartasset.com/financial-advisor/coronavirus-stimulus-package>

<https://home.treasury.gov/news/press-releases/sm967>

<https://www.irs.gov/coronavirus/economic-impact-payments>

## Applying for Unemployment if Laid off due to coronavirus:

Apply for **Unemployment Benefits**: <https://dwd.wisconsin.gov/ui/>

**Dept. of Workforce Development**: [Q&A about unemployment benefits and COVID-19](#)

## Free Internet Access

**Spectrum** is offering free 60 days of internet to households with K-12 or college students. Call **1-844-488-8395** to enroll. Some restrictions apply. <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

## La Crosse County Resources/ Information

### **Western Region for Economic Assistance**

Food Share, Child Care Assistance: use [ACCESS or call](#) 1-888-627-0430

Energy Assistance: Phone 608-785-5592

For after-hour fuel crisis or furnace assistance for La Crosse County residents call: 608-782-6126

**Aging and Disability Resource Center of La Crosse County**: While the office is closed for walk-in visits, consumers can still call our Aging Resource Call Center at (608) 785-6097

Aging and Resource Center staff are minimizing face to face contact with consumers and will be conducting their appointments over the phone or Skype.

### **La Crosse County Nutrition Program:**

All meal sites are closed

Home delivered meals are continuing to run. Must be 60 or older and have food insecurities

### **La Crosse County Health Department WIC:**

To apply: <https://www.lacrossecounty.org/health/docs/ForYourHealth/WIC%20Index.pdf>

To Call: 785-9865

## Grocery Stores

### **ALDI**

Store Hours 9 AM to 7 PM

Delivery available through Instacart \$4 charge

**Festival Foods**

Store Hours 5 AM to 9 PM Recommended time for seniors and/ or compromised immunity 5 AM to 7 AM  
Order on- line and curbside pick-up from 10 AM to 7 PM (\$50 min and free for first three orders; order 18  
hours in advance

Delivery available through Instacart

**Hansen's IGA- Bangor**

Store Hours: 7 AM to 8 PM

Delivery within 10 miles on Mondays, Wednesdays and Fridays

Call 486- 2626 before 10 AM

Free in town delivery for orders over \$20

**Hansen's IGA- West Salem**

Store Hours: 7 AM to 8 PM 7AM to 8 AM- open to seniors and compromised immune syndrome

Delivery within 10 miles on Wednesdays and Fridays

Call 786-1730 before 9AM

Free in town delivery for orders over \$20

**Kwik Trip**

Store Hours: 24 hours a day

Delivery essential items- bread, eggs, toilet paper, premade meals

Waiving all delivery fees

Call local store to set up delivery

**Sam's Club**

Store Hours: M- S 9 AM to 8 PM Sunday 9 AM to 6 PM

Online ordering and pick up available

**Walmart- La Crosse**

Store Hours: 7 AM to 830 PM Special shopping hours on Wednesdays- call store for details

Online order Pick up 11 AM- 7 PM

Delivery available also

**Walmart- Onalaska**

Store Hours: 7 AM to 830 PM Special shopping hours on Wednesdays- call store for details

Online order Pick up 11 AM- 7 PM

Delivery available also

**Woodman's**

Store Hours: 7 AM to 10 PM      Senior shopping 6 AM to 8 AM  
Delivery available \$9.95 charge  
Online order and curbside pick-up \$4.95 charge

## Food Programs and Pantries

**Salvation Army:** <https://centralusa.salvationarmy.org/lacrosse/>

**WAFER:** <https://waferlacrosse.org/>

WAFER has put a paper application on the website (<https://waferlacrosse.org/get-help-now/>) and then under “How Do I Know If I Am Eligible?”. **If people find themselves in need, they can print this and the permission form (on the same page) to send with their pick-up person.**

This is obviously atypical for WAFER’s procedures, but they are trying to get food to people who need it.

**Local W WI, SE MN, NE IA Restaurants/ Bars open for Carry out or delivery:** Facebook page for open restaurants and delivery

**Toppers Pizza:** on Facebook page Offering free small pizza, no purchase necessary, no strings attached.  
Monday-Friday 11am-1pm

**Mom’s Meals:** <https://www.momsmeals.com/>

**Mobile Meals of La Crosse, Inc:** <https://www.mobilemealsoflacrosse.org/>

La Crosse only

**La Crosse Community Aid Group:** The purpose of this group is to help members of the La Crosse area that may need extra support or aid during the social distancing of COVID-19.

HOW THIS FREE SERVICE WORKS:

1) Individual creates an order request via this link:

<https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flacrossecommunityaid.wufoo.com%2Fforms%2Fz1s1xwg41szkbth%2F&data=02%7C01%7CKmeyer%40lacrossecounty.org%7C833c73e8650d47ce53c508d7e2d9275d%7C90642ce53c114728aa2dfc5917738a93%7C0%7C0%7C637227294603189190&data=VYaGNDh%2FXNha2wfOXvOGiZ5Nvwn%2F1Ca%2BEUborYqdbly%3D&reserved=0> (for food, household products, etc.)

2) A volunteer who is already out in the community for work or other obligations will complete the order request

3) A picture of the full receipt will be text/emailed to the recipient

4) Once the recipient pays (Via PayPal or Venmo), the order will be placed on their doorstep. No human contact required. All volunteers promise to wash hands thoroughly prior to picking items.

*\*There will be no fee for this service, but gratuity is accepted and appreciated!!*

**Food Drive Fridays:** Collections will be held every Friday from 11am-1pm starting on Friday, April 17th through the end of May 2020. (April 17 & 24, May 1, 8, 15, 22, 29)

Locations

Onalaska area: Valley View Mall parking lot (by former Macy's location), 3800 Hwy 16, La Crosse

Downtown La Crosse: La Crosse County Parking lot behind the Courthouse & Law Enforcement Center, 333 Vine St, La Crosse

Southside La Crosse: Big Lots parking lot located at 3960 Mormon Coulee Rd, La Crosse

**CATHOLIC CHARITIES FOOD PANTRY** 413 3rd St. S. La Crosse, WI 519-8060

Hours: Monday 9:00 am-12:00 pm, 1:00 pm-3:00 pm, or by appointment

**FROM THE HEART FOOD PANTRY** Trinity Lutheran Church 1010 Sill St. La Crosse, WI 782-2526

Hours: Monday 5:30-7:30 and the last Saturday of the month 10am-1pm

**PLACE OF GRACE FOOD PANTRY** 919 Hood St. La Crosse, WI 782-6224

Hours: Tuesday & Wednesday 9:30 am-2:00 pm, Thursday 2:00 pm-7:00 pm, Last Sunday of month 12:30 pm-3:30 pm

**THE SALVATION ARMY** 223 N. 8th St. La Crosse, WI 782-6126

Hours: Monday -Thursday 1:00 pm-3:00 pm

**ONALASKA/HOLMEN FOOD BASKET** 735 Sand Lake Rd. Onalaska, WI 782-5644

Hours: Monday 4:00 pm-6:00 pm, Tuesday-Friday 9:00 am-11:00 am

**RIVER OF LIFE CHURCH** 1214 County Road PH, Onalaska, WI

Hours: Thurs 10:00 am-2:00pm –Call 782-2780 for appointment

**FIRST FREE CHURCH** 123 Mason St. Onalaska, WI

Hours: Tuesdays 10am-2pm, Call 782-6022 for an appointment.

**ST. ELIZABETH'S CATHOLIC CHURCH** 515 N. Holmen Drive, Holmen, WI

Hours: Tues and Fri 9am-11am

**WEST SALEM COMMUNITY CARE AND SHARE PANTRY** 359 N. Leonard Street, West Salem, WI

Hours: Saturday 10:00 am-12:00 pm

## Caregiver Resources

*Dementia Related*

1:1 Support

**Dementia Care Specialist:** Available to connect via phone for support and education. 608-785-5780

DICE consults for behavioral and psychological symptoms: Available to caregivers looking to reduce or eliminate problematic or challenging behaviors at home. Consults will examine environmental factors, caregiver approach and person with dementia to create non-pharmacological approach. Sessions length & number vary per situation. 608-785-5780

**24/7 Alzheimer's Association Helpline:** 800-272-3900 Talk with master-level social workers for information, assistance and referrals.

Caregiver Virtual Support Groups:

**Alzheimer's Association WI Chapter**

Tuesdays 5:30-7:00 PM to register call 800.272.3900 ask for WI statewide group access

Thursdays 1:00-2:30 PM to register call 800.272.3900 ask for WI statewide group access

Last Tuesday monthly, 10am-11am to register call 715.861.6174

**Southwest Region Caregiver Connect:** A time to come together to chat and strategize how to get through this time together or just the day! Come with your coffee or tea to listen, gain support or ask your questions! Three local dementia care specialists will host the group via zoom. Fill your cup and start your week off right! Call 608-785-5780 to register and get link Mondays 10am-11:00am

*Education/Learning for Caregivers*

**DHS Online family caregiver training:** discusses basic information about dementia and describes strategies for family caregivers to consider when providing care to someone who has changes in their behavior as a result of dementia. It also includes information on how to support family members who are providing care for a person with dementia, and how to take care of yourself as a family caregiver.

<https://www.dhs.wisconsin.gov/dementia/families.htm>

**Virtual Alzheimer's Association Education Programs:** [www.alz.org/education](http://www.alz.org/education) Alzheimer's Association

**Community resource finder:** General search for variety of supports in your area

<https://www.communityresourcefinder.org/ProviderSearch/Search?ProfileDefinitionId=93&location=56401>

**Home Safety Checklist:** Now that you're staying in more, it's important to give your house a check-up

<https://alz.org/media/Documents/alzheimers-dementia-home-safety-checklist-ts.pdf>

**ALZConnected:** Free, online community for anyone affected by Alzheimer's or other dementia including care partners, message boards and a Caregivers Forum available. <https://www.alzconnected.org/>

**Alzheimer's Foundation of America:** Provides online webinars and resources as well as online tips for family caregivers. Helpline: 866-232-8484 <https://alzfdn.org/>

**Community Resource Finder:** Offers a variety of online and virtual supports Including online chat and support groups. <https://www.communityresourcefinder.org/ProviderSearch/Search?ProfileDefinitionId=93&location=56401>

### **Teepa Snow Videos:**

[https://teepasnow.com/?utm\\_source=Main%20List%20%28PAC%20and%20Pines%20Combined%29&utm\\_campaign=45928fb36e](https://teepasnow.com/?utm_source=Main%20List%20%28PAC%20and%20Pines%20Combined%29&utm_campaign=45928fb36e) ○

### *Other Caregiver Supports:*

**Caring From a Distance (CFAD)**—an organization for long-distance caregivers. <http://www.cfad.org/>

**Caregiver Teleconnection:** Provides weekly live call-in events as well as archived programs all relating to caring for someone who is older or disabled. <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

**Caregiver Help Desk:** 1-855-227-3640

**Caregiving for a Person with a Mental Illness**

**Care for Caregivers: Tips for Families and Educators**

**Caregiver Action Network**

**National Alliance for Caregiving**

**National Council on Aging**

### Childcare

**State of WI Families and Children:** <https://dcf.wisconsin.gov/covid-19/childcare>

**Emergency Child Care for Essential Workers** <https://childcarefinder.wisconsin.gov/EmergencyRequest.aspx>

**La Crosse Area YMCA:** <https://www.laxymca.org/>

### Municipality Information

**La Crosse:** <https://www.cityoflacrosse.org/your-government/departments/covid-19-community-coordination-plan>

**Onalaska:** <https://www.cityofonalaska.com/>

**Holmen:** <https://www.holmenwi.com/>

**West Salem:** <http://www.westsalemwi.com/>

**Bangor:** <https://villageofbangor.com/>

**Town of Campbell:** <https://townofcampbell.org/>

**Town of Onalaska:** <https://townofonalaska.org/>

**Town of Holland:** <https://www.townofhollandwi.org/>

**Town of Shelby:** [www.townofshelby.com](http://www.townofshelby.com)  
**Town of Bangor:** <https://townofbangor.com/>  
**Town of Greenfield:** <https://www.townofgreenfieldwi.org/>  
**Town of Hamilton:** <https://www.townofhamiltonwi.org/>  
**Town of Farmington:** <http://www.townoffarmingtonlax.org/>  
**Town of Barre:** Barre Town Hall 608-786-4788  
Hours Mon-Fri 8:00 AM-5:00 PM  
**Town of Medary:** <https://townofmedary.com/>

### Social Security

All offices are closed, but online services remain available [www.ssa.gov](http://www.ssa.gov)

### Educational Resources

[Scholastic Learn at Home \(PreK-12\)](#)  
<http://www.amazingeducationalresources.com/>  
[Free online Ivy League courses \(College\)](#)  
[Access MPS Online Learning](#)  
[PBS Kids Daily](#)  
[Scholastic Learn at Home](#)  
[Suggestions for Parents While School is Out](#)

### Emergency Funds

**La Crosse County Emergency Response Fund:** For small non-profit organizations  
<https://www.laxcommfoundation.com/give/la-crosse-area-emergency-response-fund-activated/>  
**United Way COVID- 19 Economic Relief Fund** 1-866-211-9966



## Healthcare

*\*If you have symptoms of COVID-19, please call your primary health care provider or a healthcare facility BEFORE visiting a healthcare facility.*

**Gundersen Health Care Systems:** <https://www.gundersenhealth.org/>

**Mayo Health Systems:** <https://www.mayoclinic.org/>

**Planned Parenthood:** [https://www.plannedparenthood.org/health-center/wisconsin/la-crosse/54603/la-crosse-9001-91860?utm\\_campaign=la-crosse&utm\\_medium=organic&utm\\_source=bing-local-listing](https://www.plannedparenthood.org/health-center/wisconsin/la-crosse/54603/la-crosse-9001-91860?utm_campaign=la-crosse&utm_medium=organic&utm_source=bing-local-listing)

**St. Clare Health Mission:** <http://stclarehealthmission.org/>

## Disability Groups/ Advocacy

**Supporting Individuals With Autism** <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

**Wisconsin Board for People with Developmental Disabilities**

<https://www3.thedatabank.com/dpg/579/pm.asp?id=16824&aacwc=37155579123297601682437959126%20target=>

## Mental Health (Mind, Body, & Spirit)

**La Crosse County Mental Health Crisis Program** (608) 784-HELP (4357)

**Google Arts and Culture Museum Tours** <https://artsandculture.google.com/project/streetviews>

[Virtual Museum Tours](#)

**Google Earth National Park Virtual Tours:** <https://www.msn.com/en-gb/travel/tripideas/google-earth-launches-virtual-tours-of-31-of-the-worlds-most-incredible-national-parks/ar-BB11KiPN?li=AAJsPCA>

**Daily HaHa** <http://www.dailyhaha.com/>

**Garfield comics-** <https://garfield.com/comic>

[Lunch time doodles with artist in residence Mo Willems](#)

**Read poems-** <https://www.poetryfoundation.org/poems/52347/the-past-56d230bbc5f71>

[Download free books from New York Public Library](#)

**All Glazed Up:** To Go Ceramic Kits <https://creativecanvasandboard.com/to-go-kits/>

## Social Connections

**Coulee Recovery Center:** <http://www.couleecouncil.org/>

**Social Support: Getting and Staying Connected**

**MHA's Inspire Community** An online community where people can connect with others. MHA hosts a dedicated mental health community, but there are communities related to a variety of topics.

**Depression and Bipolar Support Alliance (DBSA)'s Online Support Groups**

**Lyf App** Lyf is a social media app where users share highly personal aspects of themselves without the fear of judgment. It's the one app where you can be yourself or write anonymously and people won't degrade or bring you down.

**Warmlines:** Unlike a hotline for those in immediate crisis, warmlines provide early intervention with emotional support that can prevent a crisis. The lines are typically free, confidential peer-support services staffed by those who have experienced mental health conditions themselves. Find a warmline in your area at [warmline.org](http://warmline.org).

## Pharmacies

### **Cass St Pharmacy**

Store Hours: M- F 9 AM to 6 PM Saturday 9-1 Business as usual

Have delivery

### **Degen Berglund**

Holmen Store Hours: M- F 9 AM to 7 PM Saturday 9-3

Village Store Hours: M-F 9 AM- 7AM Saturday 10 AM to 4 PM

Onalaska Store Hours: M-F 9AM to 7PM Saturday 9 AM to 3 PM

Business as usual

Have Delivery

### **Walgreen's**

Store Hours: 9 AM to 9 PM Stores are open

24 hour stores that have drive through will continue to give prescriptions through the drive through.

Mail out prescription options