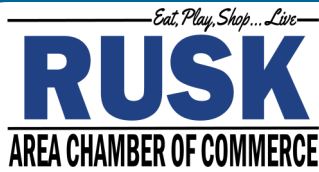


WHAT'S UP THIS WEEK!



3/26 - 4/1

The Rusk Area Chamber of Commerce is currently looking for organizations to host All Member Meetings, 5:05 Business After Hours events, and to fill the Visitor Center display case.

**If you are interested in any of these please email Andy at
manager@liveruskcounty.com**

WHAT'S UP THIS WEEK!



3/26 - 4/1

Friends of the Rusk County Library

Booktique

HOURS:

- **Tuesdays 10:30 AM to 1:30 PM •**
- **Thursdays 11:00 AM to 2:00 PM •**
- **Saturdays 10:30 AM to 12:30 PM •**

- Open when white signs are out. -

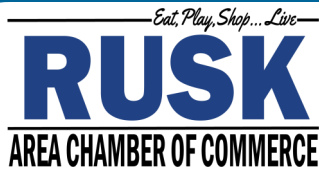
Rusk County Community Library

Lower Level

418 W. Corbett • Ladysmith

Friends of the Library Booktique is a non-profit used book store.

WHAT'S UP THIS WEEK!

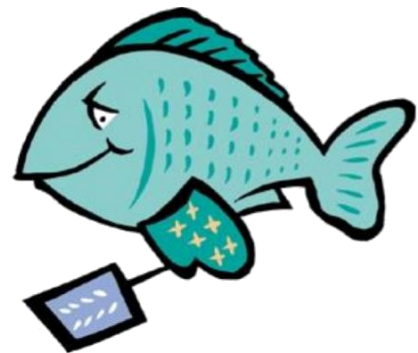


3/26 - 4/1

Knights of Columbus - Fr. Riesenmy Council #2481

2024 LENTEN SEASON

Fish Fry FRIDAYS



- ★ **Baked or Fried Fish**
- ★ **Baked or French Fried Potatoes**
- ★ **Coleslaw, Dessert & Beverage**

Adults - \$13

Children - \$7

ADD \$1 FOR TAKEOUT

Dine In or Take Out

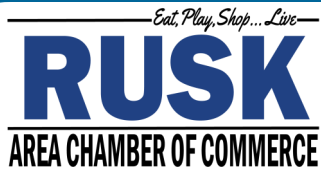
Dates : Starting Friday February 16th and continuing every Friday through Good Friday March 29th

Time : 4:30-6:00 PM

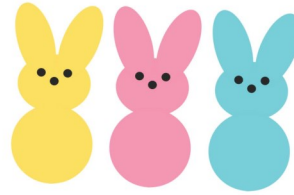
Place : Our Lady of Sorrows School Gym



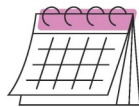
WHAT'S UP THIS WEEK!



3/26 - 4/1



Easter Egg Hunt!



30th March

2024 @ 11 AM - 2pm

Join us for a day of family fun as we search for colorful Easter eggs hidden throughout the school gym. With thousands of eggs to find, the hunt is on! Free for all ages, bounce house, face painting, take pictures with the Easter Bunny, and more!



Bruce High School
New Gym

104 W Washington Ave
Bruce, WI 54819

WHAT'S UP THIS WEEK!



3/26 - 4/1



Join us for Kid Zone
Sunday 9:45 am -11:45 am
at Ladysmith Christian Church
701 Menasha Ave. E. Ladysmith.
For kids age 3 years thru 5th grade!
Learning through, Bible stories,
videos, crafts and group fun!



WHAT'S UP THIS WEEK!

Eat, Play, Shop... Live
RUSK
AREA CHAMBER OF COMMERCE

3/26 - 4/1

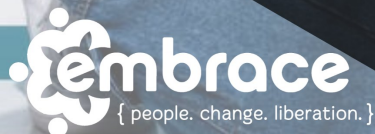
DENIM DAY
April 24, 2024

Support survivors
and educate your
community by
hosting an
awareness display
and asking your staff
to wear denim.

#DENIMDAY

FOR MORE INFORMATION ON
HOW YOUR BUSINESS CAN
PARTICIPATE CALL EMBRACE
715-532-6976

Denim Day is a worldwide
campaign where folks wear
denim to raise awareness
about sexual assault. This
movement arose from the
outrage that followed a
1992 Italian Supreme Court
decision to overturn a rape
conviction because the
survivor wore tight jeans.



WH
UP
WE

AT'S
THIS
EK!

Eat, Play, Shop... Live
RUSK
AREA CHAMBER OF COMMERCE

3/26 - 4/1

PROJECT GRADUATION | 2024

APRIL
20TH

VMA DROP
ZONE

DOORS OPEN AT 10AM

CORNHOLE
\$20 PER TEAM

12 PM
4PM

TEAM REGISTRATION CLOSSES AT 11 AM

1 PM
3PM

BINGO
\$2 PER CARD

BASKET RAFFLES,
CASH PRIZES, & FOOD!

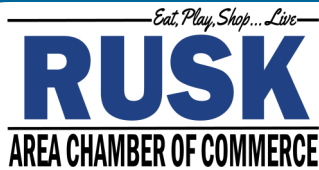
PRIZES
@4

ALL PROCEEDS GO TO CLASS OF 2024
PROJECT GRADUATION



ALL AGES
WELCOME!

WHAT'S UP THIS WEEK!



3/26 - 4/1

ICAA is an equal opportunity employer and provider operating under an approved Affirmative Action Plan. As an equal opportunity employer, we encourage women, minorities, and persons with disabilities to apply.

*Be a Part of the change you see in
YOUR COMMUNITY!*

Indianhead Community Action Agency is looking for a passionate individual to join our Governing Board and who has expertise in

Early Childhood Education Expert

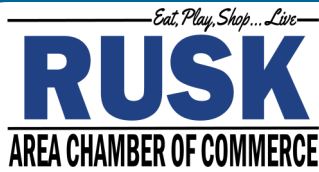


Benefits:

- Mileage Reimbursement
- Zoom Optional
- Meals are Provided
- Meet every 4th Monday of the Month

If you are interested in joining our Agency's Governing Board, please let us know at:
jennifer.shearer@indianheadcaa.org

WHAT'S UP THIS WEEK!



3/26 - 4/1

ICAA is an equal opportunity employer and provider operating under an approved Affirmative Action Plan. An equal opportunity employer, we encourage women, minorities, and persons with disabilities to apply.

BE A PART OF THE CHANGE YOU WANT TO SEE IN
 **YOUR COMMUNITY!** 

**INDIANHEAD COMMUNITY ACTION AGENCY'S
GOVERNING BOARD IS LOOKING FOR:**

Any County - Early Childhood Education Expert

Burnett County - Low-Income Representative

Sawyer County - Low-Income Representative

Benefits:

Mileage Reimbursement, Zoom Optional

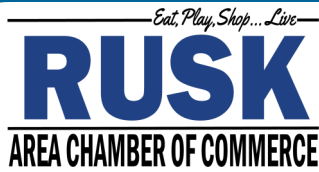
Meals are Provided

Meet Every 4th Monday of the month

**If you are interested in joining our Agency's Governing Board,
please let us know at: jennifer.shearer@indianheadcaa.org**



WHAT'S UP THIS WEEK!



3/26 - 4/1



INDIANHEAD
COMMUNITY ACTION AGENCY, INC.
OPENING DOORS. CREATING OPPORTUNITIES.

ICAA is an equal opportunity employer and provider operating under an approved Affirmative Action Plan. As an equal opportunity employer, we encourage women, minorities, and persons with disabilities to apply.

REMINDER

NCOA Vaccine Uptake Initiative 
national council on aging

- 1 Are you 55 or older OR have a self proclaimed disability?**
(examples: diabetes, hearing loss, mobility issues, depression, etc.)
- 2 Were you vaccinated for COVID-19 and/or Influenza between April 1, 2023 - March 31, 2024?**
- 3 Did you get a \$25. 00 gift card for the COVID-19 Vaccine or Influenza?**

Vaccines must be given in one of the following counties: Burnett, Clark, Rusk, Sawyer, Taylor, or Washburn.

PROGRAM ENDS

March 31st, 2024

Contact Darlene at 715-532- 1544,
darlene.grotzinger@indianheadcaa.org

Contact Jamie at 715-532-1582,
jamie.rustad@indianheadcaa.org

WHAT'S UP THIS WEEK!



3/26 - 4/1

CREATIVE WRITING CONTEST

Attention all Writers

Sponsored by the Writers' Exchange
from Ladysmith and surrounding areas.

In memory of Bill Fucik, one of the founders of this group who encouraged us to be better writers, we are offering this contest to anyone who enjoys writing and would like the chance to have your story published in our monthly Anthology and win a cash prize.

\$200.00 **1ST PLACE**

\$100.00 **2ND PLACE**

\$50.00 **3RD PLACE**

Any subject - Tall Tales -- Poetry -- Life Stories

Limit: 1500 words

Deadline for entering -- March 31, 2024

Please attach your name and address, email address and phone # on a cover page.

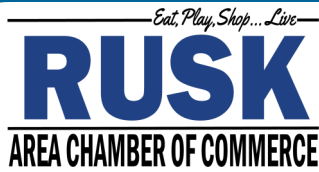
Send your entries to Judy Heintz, N1763 Cty Rd. E, Bruce, WI 54819

or email to jjheintzfarm@gmail.com

Any questions call 715-868-5943

We are looking forward to reading your creative writing!

WHAT'S UP THIS WEEK!



3/26 - 4/1

Cookbook Club

**Celebrating the culture and food
of
Australia**

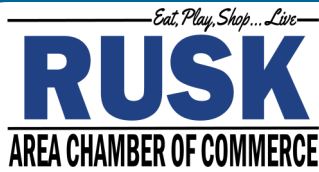
April 7th

2:30pm

**lower level of
the Library
(East Room)**



WHAT'S UP THIS WEEK!



3/26 - 4/1



GriefShare®

Grief recovery groups

Join us:

Hope Lutheran Church
320 1st St. S., Ladysmith
Time: 6-7:30 p.m. To register, call 715-532-7739
Dates: Thursdays March 7, 14, 21 and Wednesday
March 27
All Wednesdays in April and May, except April 17.
We will meet on Thursday, April 18th instead.

GRIEFSHARE.ORG

WHAT'S UP THIS WEEK!



3/26 - 4/1

The Aging and Disability Resource Center Presents

Parkinson's/Lewy Body Dementia Support

For those living with Parkinson's Disease and/or Lewy Body Dementia, their caregivers and families.

Nobody really expects they'll be living with a chronic brain disease, so getting that diagnosis can be pretty overwhelming. The Parkinson's/Lewy Body Dementia Support Group (PALS) connects you with others in the same situation and can help you understand what to expect, help you to live well now, and to plan for your future.

At PALS meetings, attendees will explore tools and techniques to help deal with and ease some of the frustrations patients and caregivers may experience with everyday challenges. Hints and tips will be shared at the monthly meetings.

Connecting with others on the same journey can open new doors to resources available, help you develop better coping skills, and provide a network for education, socialization and support.

PALS can also help you make lemonade out of the lemons that may fall along the way. Getting through a bad day is a little easier with PALS.



Parkinson's/Lewy Body Dementia Support Group (PALS)

**Monthly meetings on the second Tuesday
1:30 p.m. - 3:00 p.m.**

Meetings in 2024:

Jan. 9, Feb. 13, Mar. 12, Apr. 9, May 14,
Jun. 11, Jul. 9, Aug. 13, Sept. 10, Oct. 8,
Nov. 12, Dec. 10

Marshfield Medical
Center Conference Room
1200 Port Arthur Road
Ladysmith, WI

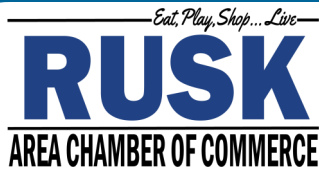
Registration is not required and there is no cost to attend. For more information contact: Trisha Witham at trisha.witham@co.barron.wi.us or 715-532-2176 or Mary Sue Timmerman at marysuetimmerman@yahoo.com



**Marshfield Clinic
Health System**



WHAT'S UP THIS WEEK!



3/26 - 4/1

The Aging and Disability Resource Center Presents

Positive Approach to Care

Skills Training for Dementia Family Caregivers



Dementia caregivers need training, skills, and support to do the job with confidence. This is a one day, in-depth hands on practice of communication techniques and care habits to create better quality of life for all.

Saturday, April 13

9:00 a.m. - 2:00 p.m.

Barron County Govt. Center, Room 110

Barron, WI

Lunch included

Topics include:

- Learn how to communicate effectively with a person living with dementia.
- Learn how to handle difficult care situations.
- Practice managing personal care techniques
- Learn about the Positive Approach to Care Gem States and how it changes your communication styles.

No cost for family caregivers to attend! Call the ADRC for more information & to pre-register:

1-888-538-3031

Spaces are limited and will fill quickly! First preference given to Barron & Rusk County caregivers. Professional in-home respite may be available for the person you are caring for at no-cost.

The ADRC cannot endorse or recommend any organization, product, or service. This cover has been designed using assets from Freepik.com

Skills Training Day led by:



Stephanie "Teffie" Landmann

*OTA-C & PAC Certified
Independent Trainer*



Sheri Fairman – Advanced

Consultant & PAC Mentor



WHAT'S UP THIS WEEK!



3/26 - 4/1



STRESS & TRAUMA RECOVERY
CEUs/ 16 Contact Hours
Friday-Sat, June 28-29, 2024
Class time: 8-12, & 1-4 pm each day
Lunch on your own: 12-1.
Location:
Offering Hope Therapies
711 W 9TH ST N
Ladysmith, WI 54848
FEE
\$446 - First Time Attendance (early bird pricing)
\$268 - Repeat Attendance (early bird pricing)
Early bird pricing ends and prices
increase by 10% after **June 7, 2024**

TO REGISTER
www.masgutovamethod.com
Coordinator: Heidi Jo Sovacool
Email: help@offering-hope.com
Phone: 715-609-1310

WHAT BENEFITS WILL PARTICIPANTS RECEIVE?

- An understanding of the way neurosensory motor reflex integration processes affect trauma recovery.
- Learning reflex processes that will affect the release of negativity and fear.
- How to resolve trauma issues and allow them to achieve a higher state of focus and comprehension within their own lives.

WHO SHOULD TAKE THE TRAUMA RECOVERY CLASS?

- Persons who have experienced personal trauma and need day-to-day survival processes.
- Therapists and psychologists who want to understand the role of the reflex integrations as an important tool in assisting their clients.
- Professional personnel such as police, firefighters, and emergency workers, who can use the information on themselves and the people they serve.
- Parents and Caregivers.



**Dr. Joan Spalding, Instructor**
As an instructor and core specialist for the Masgutova Method, Dr. Spalding trains students of all ages to improve sensory-motor connections in the brain in order to release stress and trauma. She has completed a Ph.D. program from Colorado State University focusing on research in Psychology, Kinesiology, and Educational Leadership. Dr. Spalding works with many professionals at family conferences sponsored by the Masgutova Educational Institute internationally and in the United States.

Dr. Joan Spalding • joanlspalding@gmail.com • (720)-270-8082
www.masgutovamethod.com

WHAT'S UP THIS WEEK!



3/26 - 4/1



January 6th

9-12:30 pm

February 3rd

Rusk County Senior/Youth Center
(Fairgrounds)

March 2nd

April 6th

May 4th

Each month will feature a tasty fundraiser for our
summer market's Double Value Coupon Program



Check our Facebook page for more information,
including each month's vendors and educational
presentation. FoodShare/WI Quest accepted.