



The Rusk
County

FREE
SOURCE

June 2026

**Senior Farmer Market Nutrition
Program Vouchers**

The Senior Farmers Market Nutrition Program helps seniors to access fresh nutritious, locally grown fruits and vegetables. To be eligible for the Senior Farmer Market Nutrition Program applicants must be aged 60 and older (55+ if you are Native American), a Rusk County resident and meet the income eligibility requirements. To qualify your income must be:

- **One Person Income \$2,461**
- **Two Person Income \$3,337**
- **Three Person Income \$4,212**

One packet per each qualified member.

Vouchers will be distributed at the following locations on a first come, first serve basis.

• **Sheldon, Thursday June 11, 2026 8:00-8:30 am**

Sheldon Community Center, W5594 Main Street, Sheldon

• **Bruce, Thursday June 11, 2026 9:15-9:45 am**

Parkside Apartments, 503 S Colman Street, Bruce

• **Ladysmith, Thursday June 11, 2026 10:00 – 11:00 am**

Ladysmith Senior Center, 825 E 3rd Street N, Ladysmith

We will also have them at the **Dining at 5 from 5-5:30 and Commodities distribution noon-12:30 on June 11th** (In the car line only)-Have your open pen ready

• **Hawkins, Friday June 12, 2026 9:00- 9:30 am**

Hawkins Community Center, 509 Main Street, Hawkins

• If there are any remaining coupons, after the above dates, they will be available at the ADRC and at some of the Ladysmith Farmer's Market events. Call for availability.

Vouchers cannot be reserved. If you are unable to attend one of the above locations due to the inability to leave your home you can get a form ahead of time. You would still need to have your authorized representative present at one of the distribution sites. By getting the form ahead of time you are not guaranteed a voucher.

For more information, please contact Kathy at the Aging & Disability Resource Center at 715-532-2176.

Healthy Eating As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

Senior Farmers Market information :Senior Famer Market Vouchers: Nondiscrimination Policy 1. The local agency shall ensure that no person will be denied benefits, or otherwise discriminated against on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or previous civil rights activity. 2. The local agency shall notify the public, participants, and potential participants of the nondiscrimination policy. 3. All information materials and sources, including websites that are used to inform the public, applicants, or participants about the Senior FMNP and/or how to apply for benefits will include the full nondiscrimination statement. The full statement is also used when an adverse action will be taken. Full nondiscrimination statement: "In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Senior Farmers' Market Nutrition Program Local Agency Staff Manual 9 Washington, D.C. 20250-9410; (2) fax: (833) 256-1665 or (202) 690-7422; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider." 4. If informational material is too small to include the full statement, the material, at a minimum, will include the following statement "This institution is an equal opportunity provider." The font size of the statement must be consistent with the font size used in the document. 5. The local agency will prominently display the USDA nondiscrimination poster "And Justice for All" at the agency where applicants may inquire about the program. Agencies will bring the poster to distribution sites. The poster will be displayed while the benefit is being issued. When finished with issuance, the poster will be taken down and secured for a future distribution event. Contact the State Office for posters as needed. 6. Persons seeking to file a discrimination complaint may complete Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, or call (866) 632-9992 to request the form. Individuals who speak Spanish may contact the USDA through the Spanish Relay Service at (800) 845-6136. Individuals who are deaf, hard of hearing or have speech disabilities may contact the USDA's TARGET Center at (202) 720- 2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

Get Out & About Safely and Confidently with Falls Free Wisconsin!

As summer approaches, we're more likely to be out and enjoying the nicer weather, going for walks, gardening, or attending grandkids sporting events. With that can come more steps on uneven or bumpy grass and a feeling of unsteadiness. The Falls Free Wisconsin Coalition, a statewide effort to reduce falls as we age, and Aging & Disability Resource Center are sharing simple ways to help support your independence and mobility this season.

Use Assistive Devices

Assistive devices are tools that help us keep our balance and stay safe on our feet. Canes, walkers, and walking sticks give us extra support so we can move around with confidence.

They can also make everyday tasks easier! Other helpful tools include grabbers or reachers, which let you pick up items that are high or low without stretching, bending, or using a stepstool.

Safe Footwear

Shoes that fit well and give good support are key to preventing falls. While warmer weather might tempt us to slip on flip-flops or sandals, choosing shoes with laces, a textured sole, and a closed heel helps keep us steady and prevents slips and trips. Comfort, support, and safety go hand in hand—so we can enjoy every step outside with confidence!

Know Your Surroundings

A little attention goes a long way! Watch where you're walking and scan ahead for bumps, uneven ground, or anything that might cause a fall. Staying aware keeps every step safe—and lets you enjoy your walks, errands, or outdoor fun without worry. Pay attention to your surroundings, move carefully, and take your time to stay steady and confident.

Beware of Glare

Bright sunlight can make it hard to see what's up ahead. Wearing sunglasses reduces glare and helps us spot hazards more easily. When moving in and out of buildings, take a few extra seconds to let your eyes adjust to the light—this simple habit can help prevent slips and falls.

Stay Balanced & Strong

Practicing simple balance exercises every day and strength exercises every other day can help us move more safely and confidently. Strong muscles and good balance make everyday activities like walking, getting off the toilet and out of bed, or playing with grandkids easier so we can remain mobile and independent as we age.

While falls are common, they do not have to be a normal part of aging.

If you have experienced a fall, **you are not alone.** According to the Centers for Disease Control and Prevention (CDC), more than 1 in 4 adults aged 65 and older fall each year. Using assistive devices, wearing safe footwear, being aware of your surroundings and taking your time, and practicing balance and strength exercises are important tools to help us in our journey to remain resilient, mobile, and independent as we age.

Want to learn more about staying strong and preventing falls? Sign up for an upcoming Stepping On workshop in your community! Check out the ADRC's website at www.adrcconnections.org or call Alisa at 715-537-6225 to join our interest list!



**Aging & Disability Resource Center
Barron and Rusk—Rusk Location
311 E. Miner Avenue, Suite C260
Ladysmith, WI 54848**



Aging & Disability Resource Center - Barron and Rusk Counties

Rusk Location

Division of Rusk County Health and Human Services
2nd Floor of the Courthouse, Ladysmith, WI 54848 (715) 532-2176

Manager - Kathy Walthers; **Elder Benefit Specialist** - Open; **Disability Benefit Specialist** -Nathalie Swart, **Information & Assistance Specialist** - Angie Harvey, Madison Read **Clerical Staff** - Kay Whittenberger; **Executive Director** - Health & Human Services, Ashley Nelson; **Advisory Board; County Board Representatives:** Tom Hanson, Lois Goode : Communities Members Mark Schmitt (Chair), Kathy Halbur, Tony, (Vice Chair), Ladysmith; Shannda Ladwig, Bruce; opening Sheldon, Alice Kesan, Michele Seator, Ladysmith, Bob Saal, Weyerhaeuser,

Notes from the Office Kathy Walthers - Manager



We're currently experiencing high call volumes, which may result in slightly longer response or service times. We're doing everything we can to meet your needs as promptly as we are able. **Appointments may be required at this time.**

We truly appreciate your patience and understanding as our team works hard to serve you. Thank you for your continued support.

FREE RIDES

Rusk County Transit offers free rides to the Ladysmith Senior Center
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays
within the Ladysmith City Limits. 6 am-3:30pm
715-532-1000



Look for the *ADRC - Barron and Rusk Counties- Ladysmith* location on Facebook! Find up to date cancelations, articles, prevention information and events on the ADRC.

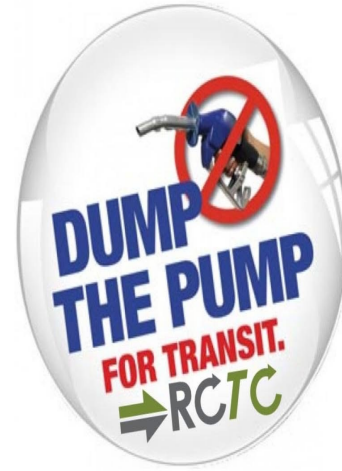
Commodity distribution dates for 2026 12:00- 12:30 pm
Thursday: Jan 15th, Feb 12, March 12th, April 16th, May 14th, June 11, July 16th, Aug 13th, Sept 17th, Oct 15, Nov. 12th Dec 17th. (Must be registered and prequalified to receive commodities. We are limited to 110 participants at a time. Waiting list might apply until there is an opening. When calling to register it may take a few days for Kathy to get back to you.

Have you heard of the Commodity Supplemental Program for seniors?

Are you age 60 or older?
Is your gross household income at or below: 2026 allowable income \$1,995 for 1 person or \$2,705 for 2 persons?
If you answered yes to both questions then you qualify for a free box of commodity foods each month. Each box will contain a 2 pound block of cheese as well as the following items:
Peanut butter, juice, pasta, protein, canned vegetables, canned fruit, shelf stable milk, dry milk and cereal. If you have two people in your household that qualify then you will get two boxes!
Please call Kathy Walthers at 715-532-2176 to see if you qualify and if there is a local participating outlet in your county.



West CAP is an equal opportunity organization and no otherwise qualified applicant for service or service participant shall be excluded for participation, be denied benefits, or otherwise be subject to discrimination in any manner or on the basis of race, color, national origin or ancestry, sex, religion, age, political belief or affiliation, disability or association with a person with a disability. This policy covers eligibility for the access to service delivery, and treatment in all of the programs and activities



715-532-1000

3rd Thursday
of June

Ride the bus
FREE all day!

Mobility/Wheelchair Requirements



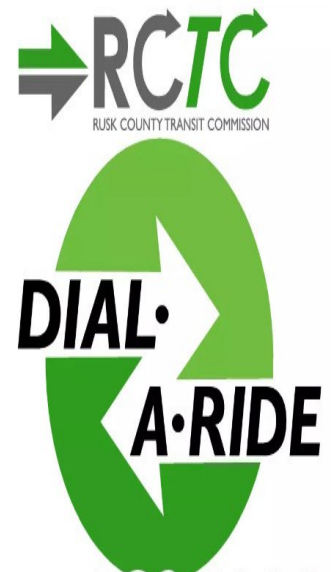
1. Dimensions
 - a. Max Width 34.25"
 - b. Max Length 48.25"
2. Rear wheel **must** be larger than front
3. Four (4) non-moving securement points
4. RCTC Inspection completed **before** first ride

Call to Setup Inspection
(715)532-1000



Door-to-Door Service to Ladysmith for Cornell & Holcombe residents!

- ➔ \$10.00 copay.
- ➔ 2nd & 4th Tuesday of the month.
- ➔ 60+ & Persons with disabilities.
- ➔ Call 715-726-7777 for eligibility - Chippewa ADRC
- ➔ Call 715-532-1000 to reserve your spot on route after approval from Chippewa ADRC **715-532-1000**



REPORT ELDER ABUSE:
PHYSICAL, FINANCIAL, NEGLECT, SELF-NEGLECT
Call 715-532-2299 or 715-532-7089

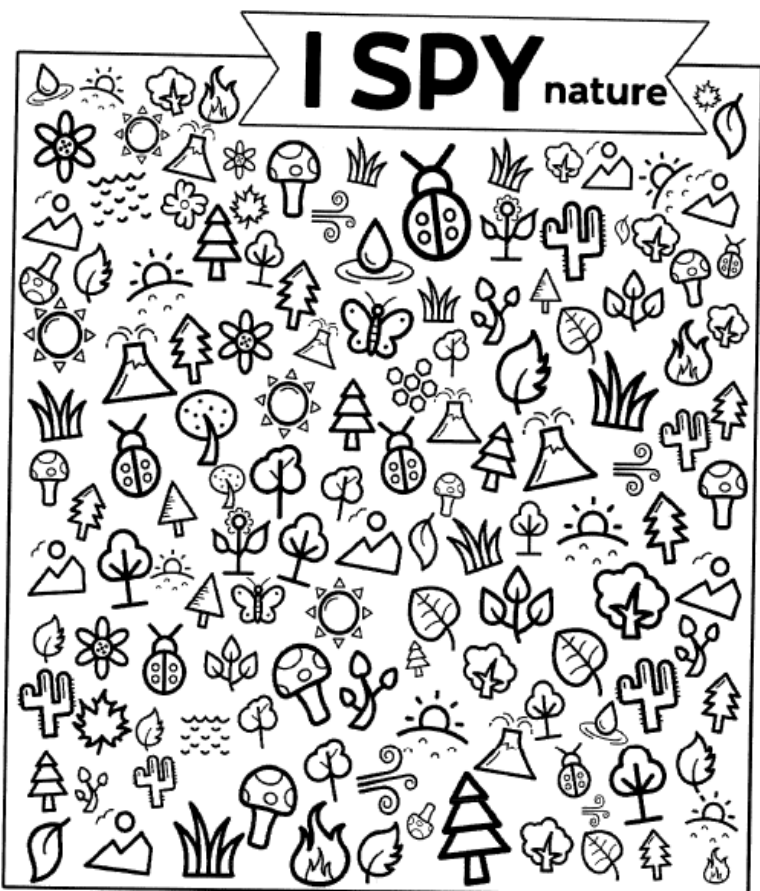
Beneficially Speaking OPEN-Elder Benefit Specialist

Walk-ins are welcome, but appointments are appreciated.
Call 715-532-2176

The Elder Benefit's position is currently still open. We hope to have an update in next months Source. Thank you, for your patience and understanding as we work to fill this position.

Dementia Care Specialist Trisha Witham

Available for appointments only by
calling the ADRC at 715-532-2176.



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papertraildesign.com



Transformational Brain Art Workshop

with Sherri Wesolowski

Whether you're a beginner or have some experience, art can play a crucial role in promoting social and emotional well-being. This is a wonderful opportunity for older adults to explore their creativity, form meaningful connections, and improve their brain health.

Come join us, make new friends, and discover the joy of artistic expression!

Sign up for as many sessions as you would like to attend:

No session In January, February 5, March 5, April 2, May 7, June 4,
No session In July, August 6, September 3, October 1, November 5, December 3

1st Thursday of the month 10:00 a.m. - 11:30 a.m.	Ladysmith Senior Center 825 E 3rd St N Ladysmith, WI 54848	No Cost All Supplies Provided
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For registration & information visit:
www.adrcconnections.org/registrations
or call 715-532-2176



The Aging and Disability Resource Center Presents

Ladysmith Brain Health Café



For people living with changes in their memory or thinking, and the people who care about them.

Did you know developing social connections and giving your brain a "workout" are lifestyle activities that can improve your brain health?

The goal of a brain health café is to provide a place to have fun together, talk with others who understand what you're going through, and try something new! Bakery snacks, coffee, and supplies provided at no cost.

Monthly Meetings:

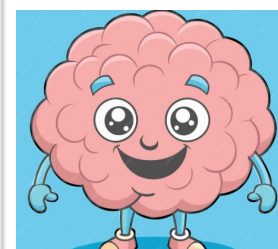
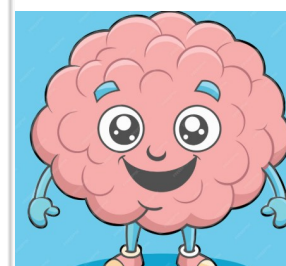
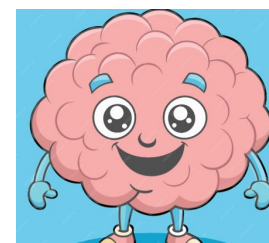
- June 18
- July 16
- August 20
- September 17
- October 15
- November 19
- December 17

Drop-In:

June - December, 2026
Ladysmith
3rd Thursday of each month

Rusk County Community Library
(lower level)
418 Corbett Ave W, Ladysmith, WI
• 1:00 p.m. - 2:30 p.m.

Questions? Call Trisha Witham at the ADRC,
715-532-2176



Disability Discussion

Nathalie Swart—Disability Benefit Specialist

Walk-ins are welcome, but appointments are appreciated.
Call (715) 532-2176 to schedule an appointment.

Hello all, If you are a current Disability Benefit customer be on the look out for a letter from me. I am updating files. As I get trained to serve your needs!

Veteran's Corner

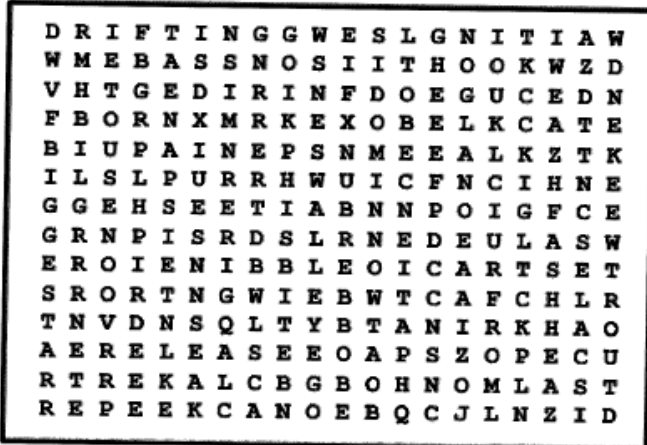
Tami Stoker - Rusk County CVSO

Office hours are 8 am - 4:30 pm Monday - Thur/Fri 8-12:30.
Walk-ins are welcome based on availability.
For appointments, call (715) 532-2299.

Please Enjoy your first days of Summer!

From the Veterans office:

Fishing on the Lake



- | | | | |
|---------|----------|----------|----------------|
| fishing | salmon | bite | life preserver |
| lures | carp | rod | tackle box |
| bait | catfish | worm | sport |
| sinker | waiting | minnow | release |
| line | fillet | relaxing | whopper |
| boat | stringer | drifting | biggest |
| dock | casting | weekend | keeper |
| canoe | patience | lake | bobber |
| bass | scales | sunrise | hook |
| perch | caught | dinner | net |
| trout | nibble | cook | |

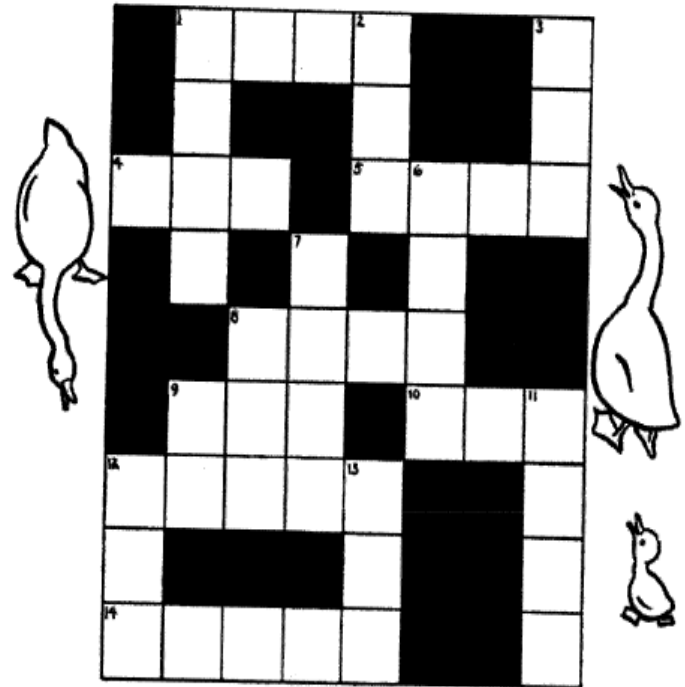
To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: This popular species of sport fish is also known as "Yellow Pike."

Answer: _____

Super Word Search Puzzles - www.superwordsearchpuzzles.com

A FARM CROSSWORD PUZZLE



- | | |
|---|------------------------------|
| Across: | Down: |
| 1. Yield of a planted field | 1. A baby horse |
| 4. A kind of tree, like oak | 2. A baby dog |
| 5. This machine digs up fields | 3. An animal that gives milk |
| 8. A place where animals and crops are raised | 6. A baby sheep |
| 9. Opposite of stand | 7. Animals that chase mice |
| 10. Sack to carry feed in | 8. A kind of evergreen tree |
| 12. An animal to ride on | 9. Word that rhymes with go |
| 14. A long-necked bird which honks | 11. Animal with horns |
| | 12. Another word for pig |
| | 13. What we see with |

Raskin@RuskCounty.com

At The Beach : Word Scramble

1. cdnalssaet _____
2. shfairst _____
3. uiissmwt _____
4. ihcar _____
5. uunnrsb _____
6. bacr _____
7. naeoc _____
8. etmaplre _____
9. acbeh _____
10. svwea _____

Word Scramble Answers: 1. sandcastle; 2. starfish; 3. swimsuit; 4. chair; 5. sunburn; 6. crab; 7. ocean; 8. palm tree; 9. beach; 10. waves

Yoga for Seniors

Easy, gentle, seated and standing stretches to reduce pain, improve balance, and increase flexibility and strength.



First & Third Thursday at 4:00
(June 4 & 18)

Rusk County Senior Center

For more information, call/text Kathy H. at 715-415-1685

Wisconsin's Family Caregiver Support Programs
 Find virtual support groups, memory cafes and other presentations and events.
<http://wisconsin-caregiver.org/virtual-events-for-caregivers>



Dementia Caregiver Support Group

The Aging and Disability Resource Center Presents

Do you help care for someone living with memory loss, Alzheimer's or other dementia? You won't want to miss this monthly opportunity to find answers, get guidance and support, while making connections with others who "get it". Get your questions answered about things like:

- How to handle difficult symptoms of dementia
- How to care for yourself while caring for someone else
- Community resources
- How to pay for help and resources
- Problem solving
- Plan for future care needs
- Communication strategies
- Moving into a care facility
- Relationship changes... and more!

- 2026 Dates**
 June 4
 July: No Meeting
 August 6
 September 3
 October 1
 November 5
 December 3

1st Thursday of each month:

Ladysmith Senior Center (back room)
 825 E 3rd St. N, Ladysmith, WI 54848
Support Group: 12:30 p.m.–2:00 p.m.
 For questions contact Trisha Witham at 1-888-538-3031 or
 email trisha.witham@co.barron.wi.us
 Find us on facebook@ADRCLadysmith



Beneficial Bites



Rhubarb is one of the first spring offerings of the garden. It is a vegetable related to the dock plant, a common weed. We think of rhubarb as a fruit, however, due to its traditional uses in desserts and sauces. Rhubarb is famous in combination with strawberries, such as strawberry rhubarb pie.

Only the stalks of the rhubarb plant are edible; the leaves are highly toxic due to their significant oxalic acid content. Even the stalks we eat are acidic and sour which is why rhubarb is usually sweetened

during preparation to mitigate the tart flavor.

Nutritionally, rhubarb brings great rejuvenating gifts to the end of our winter diets. It is high in vitamins A and C and a variety of minerals, particularly calcium. Rhubarb is also believed to be a beneficial blood purifier and digestive aid. Rhubarb is reported to have originated in China 4,000 years ago, where it was widely used as medicine.

This month's featured recipe, Rhubarb Custard Bars, will be served on June 26th. After you try it and want to make it yourself, pick up rhubarb at the Rusk County Farmers Market. The outdoor market opens for the season on June 20th, Saturdays 8:30-noon and Wednesdays noon-4:00. The Senior Farmers Market Nutrition Program vouchers will be issued beginning June 11th.

RHUBARB BENEFITS

- 1. EASES DIGESTION**
The fiber in rhubarb eases abdominal discomfort and promotes a healthy and normal digestion process.
- 2. PREVENTS OSTEOPOROSIS**
The high vitamin K content strengthens bone and helps prevent or treat osteoporosis.
- 3. STAVES OFF BRAIN DISORDERS**
Rhubarb has been shown to protect the brain from neurological damage, which in turn can help prevent disorders that affect the brain.
- 4. FIGHTS FREE RADICAL DAMAGE**
Rhubarb is packed with antioxidants, which fight free radicals and keep inflammation at bay.
- 5. RELIEVES CONSTIPATION AND DIARRHEA**
Thanks to its ability to ease digestion, rhubarb can also relieve constipation and diarrhea.
- 6. LOWERS INFLAMMATION**
The antiviral effects of rhubarb also help inhibit inflammation, making it an effective anti-inflammatory.



Recipe for: Rhubarb Custard Bars

Ingredients:

- 2 cups all-purpose flour
- ¼ cup sugar
- 1 cup cold butter

Filling:

- 2 cups sugar
- 7 T all-purpose flour
- 1 cup heavy whipping cream
- 3 large eggs, beaten
- 5 cups finely chopped fresh or frozen rhubarb, thawed and drained

Topping:

- 6 oz cream cheese, softened
- ½ cup sugar
- ½ t vanilla extract
- 1 cup heavy whipping cream, whipped



Directions:

1. In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13x9" baking pan. Bake at 350° for 10 minutes.
2. Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350° until custard is set, 40-45 minutes. Cool.
3. For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator.

Source: www.tasteofhome.com/recipes/rhubarb-custard-bars

ADRC of Barron and Rusk Partners with NC State to Offer this Wellness Initiative

New Class Series Beginning Monthly!

Get Healthy with Eat Smart, Move More, Weigh Less Online!

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device. Loaner tablets available! Inquire when registering.

ADRC of Barron & Rusk Counties is covering the full cost of the program (valued at \$260) for adults age 60 and older for a limited time. Donations are accepted.

Limited Seats Available— to register, please call 1-888-538-3031 or register online at www.adrcconnections.org/registrations
 All participants must be over 60+ years of age.

www.esmmweighless.com www.adrcconnections.org

The ADRC cannot endorse or recommend any organization, product, or service.








Rusk County Nutrition Program Menu

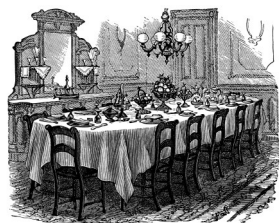
Reservations are necessary and may be made by either calling the meal site manager or signing up at the meal site by 12:30 the previous day. If you are unable to reach the meal site manager, you may call the ADRC at (715)532-2176 to make a reservation. If it is necessary to close a meal site due to weather or other circumstances, radio announcements will be made on WLDY-1340 am or WJBL 93.1 FM.

Comments, suggestions or complaints can be made by calling Kathy Walthers at 715-532-2176.

<i>Ladysmith Senior Center</i>	<i>Bruce</i>	<i>Hawkins</i>	<i>Sheldon</i>
Rusk Cty. Fairgrounds 825 E. 3rd St. N Ladysmith, WI 54848 Joan Campbell Mgr. (715) 532-2638 Meal time 11:30am	Parkside Apartments 503 S. Coleman St. Bruce, WI 54819 Lillian Davis, Mgr. (715) 868-3411 Meal Time 11:00 am	Community Center 509 Main St. Hawkins, WI 54530 Donald Matazinski, Mgr (715) 585-2381 Meal time 11:30am	Community Center W5594 Main St. Sheldon, WI 54766 Greg Schultz, Mgr (715) 452-5484 Meal time 11:30am

Senior Dining - Food, Fellowship and Fun!

<p>Bruce Mon-Fri, 11:00 Ladysmith Mon-Fri, 11:30 Dining @ 5 Jun 11, 5:00 Hawkins Mon-Fri, 11:30 Sheldon Mon- Thur, 11:30 Breakfast @ Sheldon Jun 19, 8-8:30</p>									
Monday		Tuesday		Wednesday		Thursday		Friday	
1	Cook's Choice 	2	Honey Mustard Chicken Parslied Potatoes Carrots Fruit Cocktail	3	Beef Tips over Mashed Potatoes Green Beans Pears	4	Chef Salad with Chickpeas Telera Bun Jello/Fruit	5	Sausage Gravy over Biscuits Hashbrowns Melon Ice Cream
8	Creamy Broccoli Mac & Cheese Buttered Beets Mandarin Oranges	9	Chicken Mashed Potatoes with Gravy Peas Cranberries	10	Brat with Kraut Potato Salad Three Bean Salad Peaches	11	Meat Loaf Au Gratin Potatoes Carrots Mixed Fruit	12	Tomato Soup Grilled Ham & Cheese Green Beans Fresh Fruit Ice Cream
15	Baked Ham with Cherry Sauce Scalloped Potatoes Mixed Vegetables Pineapple	16	Cinnamon Chicken Sweet Potatoes Broccoli Applesauce	17	Summer Pasta Bake Peas Mandarin Oranges	18	Mustard Brown Sugar Pork Roast Parslied Potatoes Marinated Carrot Salad Pears	19	Hot Beef Sandwich Potato Salad Rainbow Bean Salad Ice Cream / Melon
22	Vegetable Lasagna Breadsticks Cottage Cheese Peaches	23	Chicken Mashed Potatoes with Gravy Green Beans Pears	24	Spaghetti with Meatballs Corn Pineapple	25	Southwest Chicken Salad w/Black Beans Mexican Cornbread Jello/Fruit	26	Split Pea Soup with Ham Fresh Fruit Rhubarb Dessert Ice Cream
29	Polish Sausage with Kraut Tomato & Cucumber Salad Pears	30	Baked Caesar Chicken Parslied Potatoes Mixed Vegetables Fruit Cocktail	<p><i>Happy Father's Day on June 21st!</i> </p>		<p><i>First day of Summer is also June 21st!</i> </p>			
<p>Fortified mashed potatoes contains white beans or chickpeas.</p> <p>2% or skim milk and bread served with every meal (may be white or grain type bread, roll or muffin).</p> <p>Food is cooked with butter or oil as needed.</p> <p>*Seasonal fruit or Vitamin C juice.</p>									
				<p>JUNE IS DAIRY MONTH! HAPPY FATHER'S DAY!</p>				<p>This Menu is Subject to Change</p>	



“Dining at Five Menu”

Senior Dining at 5
Thursday June 11, 2026

Call Kay Whittenberger for reservations at 715-532-2176 up to 48 hours ahead. **Reservation deadline is 4:30 pm** on Tuesday prior to the date of dinner. Limited seating!

Suggested Donation is \$7.00 for anyone 60 years, or older, if under 60 years old full price must be paid. \$17.12 .

Ladysmith Senior Center, 825 E. 3rd St. North, Ladysmith
2026 July 9, Sept 10, Oct 8, Nov 12, Dec 10.

- Menu**
Lasagna
Garlic Bread Stick
Honey Butter Skillet Corn
Garden Salad
Ice Cream Sundae
Coffee, Milk, Water
Cook: Joan Campbell



Senior Center Activities

Other Local Activities

CARE & REHAB-LADYSMITH

Address-1001 E 11th Street North

Activities that Repeat- for Rehab, Memory Care, Assisted Living, & Skilled Nursing More Activities located on www.careandrehab.com/ladysmith/
Visitors welcome

June

Sundays - Virtual Chapel Services, 2:30 p.m. Live Singers or Activity in Cameo Room

Mondays-Hair Care, Exercises, 2 sessions- Exercises, 2:30 p.m.-Choir in Cameo Room

Tuesdays-OLS Communion, 2 sessions -Exercises, 10:00 a.m.- Pet Visits, 2:30 p.m.- Bingo & Piano (Memory Care)

Wednesdays: Hair Care, 2 sessions- Exercises, 2:30 p.m.-Chapel

Thursdays- Hair Care, 2 sessions Exercises, 2:30 p.m.- Activities/Live Music Cameo Room

Fridays- Hair Care, Exercises, 2:30 p.m.-Assorted Activities

Saturdays- Restorative Exercise, 2:30 p.m.-Assorted Activities

ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM

Providing help for caregivers

The Alzheimer's Family and Caregiver Support Program (AFCSP) was created in response to the stress and needs of families caring for someone with Alzheimer's Disease or other irreversible dementia. The purpose of AFCSP is to make an array of services available to these families in hopes of enhancing lives and keeping people in their homes as long as possible.

HOW DOES THE PROGRAM WORK?

Funds are available in each county for qualified individuals to buy goods and services needed to care for someone with irreversible dementia.

WHAT DOES THE PROGRAM PAY FOR?

Typical goods and services include:

- * Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work, snow removal, etc.)
- * Specialized clothing
- * Emergency response system
- * Transportation expenses
- * Incontinence supplies
- * Home safety modifications
- * Medications for dementia
- * Home-delivered meals
- * Activity or hobby supplies
- * Other needed services to help

WHO IS ELIGIBLE?

To be eligible the person must meet three criteria:

1. Diagnosis of Alzheimer's disease or a related dementia
2. Reside in a home setting (not facility)
3. \$48,000 max gross income of person and spouse (cost related to the care of the individual can be deducted)

BENEFITS OF RECEIVING HELP:

Caring for someone with Alzheimer's disease impacts every aspect of daily life. Preparing and protecting yourself, working to understand your loved one's experience and accepting help from others can help to minimize the hazards and enhance the joys of your caregiving experience. All who give care must also receive care.

HOW DO I APPLY?

If you are a resident of Rusk County contact:

Rusk County Department of Human Services - Adult Services Dept
311 Miner Avenue E., Ladysmith, WI 54848 (715) 532-2299



Quick Link to ADRC Website

The QR code can help navigate between print media and the internet. Both have advantages, but the links in news columns are not easy to enter into your phone. QR codes to the rescue.

Your smartphone, iPhone or Android can scan the QR code and link instantly to the website represented where you can find additional material on the subject at hand.

At the Aging and Disability Resource Center of Barron, and Rusk Counties we like to keep up with the latest tech, so we will find a place for the QR code below in each issue. Open your QR reader or the camera app on your iPhone, point the camera at the code below and your phone will open our website.



Manage Your Health With a Free Memory Screen

- At your home or ADRC office
- Confidential with immediate results
- Learn about treatable causes of memory problems
- Get your baseline

Your confidential screen takes about 10 minutes and can be done in your home or our office.

Contact the Rusk County ADRC Office to set up your free screen.

(715) 532-2176

www.adrcconnections.org



Stay after Dining @ 5 to play Bingo!

No cost to play.
Donations support the Rusk County Nutrition Program.

Fun prizes!
Join us on June 11, at 6:00, at the Senior Center!

This is subject to volunteer being available

A BIG THANK YOU!

Thank you for your thoughtful donations to our Meals on Wheels program. Your willingness to help seniors in our community makes all the difference. Because of you, we can keep helping older people in distress. Your donation will make sure that older people in our county thrive. We, and all those we serve, sincerely appreciate your generosity!



FRIDAY June 19, 2026

SENIOR BREAKFAST PROGRAM IN SHELDON
SERVING FROM 8:00 TO 8:30 A.M.

On the menu:

Scrambled eggs

Bacon

Seasoned Potatoes Wedges

Fresh Fruit

Strawberry Breakfast Bars

Milk, Coffee, Juice

Suggested Contribution is \$5.00*17.12 for anyone under 60 years old.

Breakfast will be served the third Friday of every month at the Sheldon Community Center. You can register by stopping in Sheldon and signing up at the center or calling the ADRC 715-532-2176.

NUTRITIONAL SUPPLEMENT

Senior Services/ADRC has nutrition supplements available at a discounted price. We carry Original Ensure and Ensure Plus. Ensure flavors we stock and are usually available daily are vanilla and chocolate. Original Ensure can be purchased at a cost of \$23.00 per case of 24 containers. Ensure Plus, a higher calorie blend, can be purchased at a cost of \$25.00 per case of 24 containers. Glucerna, a vanilla diabetic formula, can be ordered upon request; however, it does need to be paid for prior to ordering and requires a doctor's referral. Anyone over the age of 60 may purchase Original Ensure and Ensure Plus without a doctor's referral. A doctor's referral is required for anyone under the age of 60. Please note that we suggest calling our office prior to arriving for purchase to check for availability.

MEAL TICKETS

Do you know of someone who needs a hot, nutritional meal delivered to their home or would like to attend one of our congregate meal sites? Meal tickets can be purchased for \$5.00 each. They make a great gift or are a good way to purchase in advance. Meal Tickets are accepted at all congregate meal sites and can also be used to towards home delivered meals.

OTHER SERVICES AVAILABLE

The ADRC offers pill boxes, walker bags and Vial of Life magnets free of charge to our senior citizens who meet program eligibility. The ADRC also has a limited equipment loan closet. Some of the items available are canes, walkers, bath chairs, etc. The equipment is limited to availability so call first and ask if we have the item you are looking for. For more information on any of these programs and more please contact the Aging & Disability Resource Center - Ladysmith Location at 715-532-2176.

Annual Sponsors of the SOURCE

The Ladysmith News donates technical assistance, use of equipment, and transportation.

**CONTRIBUTIONS
ARE NEEDED TO COVER THE
PRINTING COST FOR THE
SOURCE. (Read below)
YOUR CONTRIBUTIONS ARE
REALLY APPRECIATED.

THANK YOU!!**

OVER \$100

Joan Paschke
Disabled American Veterans
Dr. Thomas Fuhrmann
Deb Bricco
Mary Sue Timmerman
Ladysmith Lions Club
Mark & Nola Schmitt
\$100.00
James Heaser
Ron and Joan Moser
Bruce Housing Authority
Jacqueline and Ronald Johnson

\$50 to \$99

Deborah Johnson
Rosemary Johnson
Gerald and Betty Mujwid
Jane Spears
UCC Women's Fellowship
\$50.00

Laura Tyson in memory of
Rollie Tyson

Robert and Ellen Felske
Nancy Loomis
Marshall Homemakers
Betsey and Jerry Elling
Tim and Kathy Halbur
Lou Ann Lybert

\$30.00—\$49.99

Judy and Gary Anderson
Josephine Hegeholz
Janet Kurz
Alice Kesan
Ellen and Robert Felske

Ramona Nichols
Peggy Novak
Joan Fijalkiewicz
Elizabeth Lieser
\$25.00
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Jane Story
Linda Wilder
Bonnie and Carl Fish
Marilyn Scoles
Rita Benik
Wendy DesJarlais
Kay Ralston

**Would you like to have the *SOURCE*
delivered to your home or would you like to
contribute to the Source.**

If you would like to have the *SOURCE* mailed to your home for another year, please fill out the insert below and send it to Rusk County Senior Services along with your contributions of \$15.00. Your contributions covers only the postage required to mail the "SOURCE" to you. If you would like to make a contribution to help Senior Services pay the cost of printing, please add it to your check. Please check the date on your mailing label. This is the date that your donation for postage will be used up.

MAIL TO:
Aging & Disability Resource Center of Barron, and Rusk- Ladysmith Office
311 E Miner Ave
Ladysmith, WI 54848
Please add my name to the mailing list to receive the RUSK COUNTY SOURCE.

NAME: _____

ADDRESS: _____

The Aging and Disability Resource Center Presents

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.

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

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

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.

Meetings in 2026:
Jan. 13, Feb. 10, Mar. 10, Apr. 14, May 12, Jun. 9, Jul. 14, Aug. 11, Sept. 8, Oct. 13, Nov. 10, Dec. 8

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.

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 the ADRC, 715-537-6225.

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.



Eat Your Vegetables

P	F	A	V	Z	D	G	A	T	M	A	N	P	O	U	M	J	T	F
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B	E	L	L	P	E	P	P	E	R	B	P	H	E	A	A	E	V	B
D	A	I	K	O	N	C	S	B	L	A	M	R	R	R	L	K	J	U
A	M	T	Y	A	K	S	E	I	E	S	U	S	C	S	S	O	Y	T
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| ARTICHOKE | FENNEL | RHUBARB |
| AVOCADO | GINGER | ROCKET |
| BASIL | GREENS | SALSIFY |
| BEET | JICAMA | SORREL |
| BELL PEPPER | KALE | SPROUTS |
| CAPER | LEEK | SQUASH |
| CELERIAC | LETTUCE | SWEET POTATO |
| CELERY | MAIZE | TARO |
| CHARD | OKRA | TUBER |
| CHIVE | PARSLEY | TURNIP |
| CRESS | PARSNIP | WATERCRESS |
| DAIKON | PEA | YAM |
| EGGPLANT | PUMPKIN | |
| ENDIVE | RADISH | |

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Eat Your Vegetables SOLUTION

