



Connections STORE & MORE

Indianhead Community Action Agency, Inc.

**February
2019**

ICAA Rusk County
500 W. 9th St. N.
Ladysmith, WI.
indianheadcaa.org
(715)532-7542



Store Hours:

Monday-Friday
11:00 A.M.– 5:00 P.M.
Saturday
10:00 A.M. - 3:00 P.M.

Pantry Hours:

Monday, Wednesday & Friday
11:00am-4:00pm

Donation Hours:

Monday 11am-5pm
Tuesday 11am-5pm
Wednesday **CLOSED**
Thursday 11am-5pm
Friday 11am-5pm
Saturday 10am-2pm

What We Need!

We currently are
in need of:

- Snow Shovels, Sleds
- Newspaper
- Furniture

We are no longer be
accepting any donations
of any electronic items

February Specials

Every Wednesday
Senior Day
Ask cashier for details

Be sure to check out our
Facebook page:
ICAA Rusk County
Connections Store & More
Thursday mornings to see
what our
Thrifty Thursday
Special will be.

DONATIONS

It's Hard to say "no thank you" to a donation. However if an item is damaged or dirty, and unsellable the cost of handling or disposal diverts funds that would otherwise be used to support our programs.

Please dispose of these items through an alternative responsible resource.

Remember inclement weather can ruin items left outside our store during non donations hours.

Please make arrangements to drop items off during donations hours only.

If you have any questions please feel free to give us a call.

(715) 532-7542

FUNDING AVAILABLE FOR VETERANS

Funding for the Supportive Services for Veterans (SSVF) program is provided by a grant from the U.S. Department of Veterans Services.

Who is eligible for supportive services???

You MAY be eligible for the program if you meet all the following:

- You have ever served in the military on active duty **AND** have anything other than a dishonorable discharge **AND**
- You are low-income (less than 50% of Area Median income **AND**
- You are homeless (per HUD definitions) or are at imminent risk of becoming homeless.

ICAA, will provide a range of supportive services to Veterans in the six-county area of Burnett, Clark, Rusk, Sawyer, Taylor and Washburn Counties to help meet that goal.

If you, or someone you know might be right for this program please call

Edward to make an appointment. 715-532-1560

PANTRY NOTES:

Income Guidelines for the Food Assistance Program

Your family must meet the economic requirements listed to qualify for the Food Assistance Program.

Household Size	Gross Monthly Income
1	\$1,859.00
2	\$2,504.00
3	\$3,148.00
4	\$3,793.00
5	\$4,437.00
6	\$5,081.00
7	\$5,726.00
8	\$6,370.00
9	\$7,015.00



Happy Valentine's Day! Let our Transit services take you where and when you want to go! Take a RCTC Transit ride to your favorite eating place and take a friend with you for this special occasion. Don't let our snow and cold get the best of you-**get out on the town!** Our RCTC Transit Services will provide you with our present travel services schedule and our ride programs and trip rates. **We provide you with our well trained staff, our rider friendly vehicles, and our quality Transit services!** We can answer any travel questions or help you make your travel plans! The Transit Services also has a **Monthly Bus Pass** available to all riders in the City of Ladysmith. The monthly cost of the bus pass for our Seniors 60 years and older and our persons with disabilities is \$30 per month and the cost for all other riders will be

\$40 per month. These bus passes are for unlimited rides within the City of Ladysmith during our hours of service during the day. We also have a new County Wide Bus Pass for \$50 per month!

Transit Services are available for the City of Ladysmith residents 6:00 AM to 6:00 PM Monday thru Friday of each week. Please call if you have any questions about county wide travel or destinations. **Call us for earlier times for rides to employment and medical appointments!**

Monday thru Friday from 7:00 AM until 5:30 PM **Gordy's County Market** sponsors "**free rides**" for grocery shopping for our seniors 60 years and older that reside within the City of Ladysmith. Let our staff help you transport your groceries!

Our Transit Services are available in the City of Ladysmith on Saturday from 8AM until 1PM so our City residents can attend the many events scheduled around the City or just visit a friend or family member!

We also provide Transit Services for the City of Ladysmith residents to attend their **Sunday Church Services** from 8AM until 12PM. Your ride to the Sunday church services should be scheduled with the Transit Services at 715-532-1000 before Friday at 2:30 PM each week.

Visit our local **Senior Meals Center** to have that special meal with your family and friends. Take advantage of our "free ride" for our City of Ladysmith seniors to visit the Ladysmith Senior Center and noon meal site. Enjoy a great meal for \$3.25! Bring a friend or your neighbor! **Don't forget to attend "Dining at Five"!**

Please contact the Transit Services about our dedicated door to door **Driver's Escort Program!** Local volunteer drivers use their own vehicles to provide a quality service for you. Handicapped accessible vehicles are available if required.



Did you know 1 in 3 young people will experience dating violence? Did you know 1 in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend?

February is Teen Dating Violence Awareness Month (TDVAM), an annual call to action to recognize and respond to teen dating violence in our community. Dating violence is a pattern of abusive behaviors used to exert power and control over a partner. Dating violence can happen to anyone regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture. Common warning signs include checking cell phones, emails or social media accounts without permission, extreme jealousy or insecurity, constant belittling or put-downs, explosive temper, isolation from friends and family, making false accusations, erratic mood swings, physically inflicting pain or hurt in any way, possessiveness, telling someone what to do, and repeatedly pressuring someone to have sex.

Did you also know, drugs and alcohol increase the risk for dating violence, and people who are victims of dating violence are at increased risk for using drugs and alcohol? Sometimes an individual may blame their actions on the use of drugs or alcohol. For example, an abusive partner may say "I wouldn't do that if I was sober." It may seem easy to accept a person's behavior when they are intoxicated or high, because drugs and alcohol impair judgment and affect the way a person acts. However, if a partner blames abusive behaviors on drugs or alcohol, it's an excuse. The abuse is NEVER your fault. There is never an excuse for unhealthy or abusive relationship behaviors. Together as a community we can end teen dating violence by recognizing the warning signs and taking action. It starts with a conversation.

Talk to someone today! If you or anyone you know is experiencing teen dating violence, you are not alone! Regardless of the situation,

Embrace is here to help. You can contact Embrace for free, confidential support at 1-800-924-0556 or text 715-532-6976.