

# Spring Valley Seniors Staying Put

Caring

Connecting

Contributing

*Coordinating volunteers to help seniors and adults with disabilities to maintain their independence.*



PO Box 193  
S312 McKay Avenue  
Spring Valley, WI 54767  
(located in the First Bank of  
Baldwin building)

715-778-5800  
springvalleystayingput.org

## Office Hours

Mon, Tue, Thur 1 - 4 pm

## Volunteer Director

Kathy Nyeggen  
spring.valley.ssp@gmail.com

## Board of Directors

Jan Hatling | President

Margy Balwierz | Vice Pres.

Diane Huebel | Secretary

Janice Ottman | Treasurer

Rich O'Connell

Lori Peterson

Sandy Thompson

## Caring for the Caregiver by Melodee Sortedahl

After retiring and moving to the town of Spring Valley in 2012, I learned about the formation of *Spring Valley Seniors Staying Put*. Immediately I was interested, as I knew the day would come when we would be looking for assistance – old age was setting in!

As my caregiving responsibilities increased, I was able to “do it all.” After 43 years of running the Peniel Christian Home and School, I felt like “Super Woman.” Then suddenly the world turned upside-down as I found that I had a life-threatening form of cancer. Suddenly I had two people to take care of – my husband who suffers from dementia and me – and for many months I “soldiered on.” I smiled, assured everyone I was doing fine, thanked them for offers to help, and kept telling myself, “I can do this!”



**Melodee and Ken Sortedahl at home**

When the day came that I said, “No more, I cannot do this,” I was advised to make a list of what I needed to not only survive, but flourish. I wanted to take joy and pleasure in caring for my husband.

*Staying Put* was a God-send! Once a week I would look out and there would be a volunteer weeding and trimming my garden and tending the bird feeders. A mother rabbit and her two bunnies took up residence in the garden, and a black squirrel came daily in order to get at one of the suet containers. This was very good for Ken as he was interested in the variety of birds that came to visit and he had to call on his memory to name them.

Fridays after my infusion treatments, I was absolutely non-functional! I would sometimes think how good a glass of water would taste, but just the thought of getting up and walking the ten steps to the sink was more than I could bring myself to add to my duties. Every Friday evening a volunteer from *SVSSP* would come to do my dishes, wash up the counters, clean up the

***Melodee Sortedahl continued next page***

# Staying Put *People*



**Melodee Sortedahl cont.**

stove, and they always offered to help in any other way they could. Alone all day with Ken, I was grateful for outside conversation and someone fresh to talk with. I was lonely!

I realized more and more each day that the responsibilities consumed me and I had no time for friends, recreation, fellowship, breaks from home, fun, and myself. One thing that I really appreciate about all these people who are helping us, is that they recognize this “caretaking problem” and they call, visit, encourage, ask me how I am doing. We are thankful for Spring Valley, *Staying Put*, and all of you who encourage, uplift, and help us as well as all the others who are struggling with needs.

Thank you!

Melodee

## Strong Bodies Fitness

Brian Kirby participated in the StrongBodies fitness class this past fall, offered by *Spring Valley Seniors Staying Put*. He experienced marked improvement in strength and balance.

“It’s a wonderful program,” said Brian. “It’s not easy, and the first couple of times you won’t notice any change, but after that you will indeed feel better for it.” Brian will be returning for the winter series :) Way to go Brian!



**Local Strongman, Brian Kirby**



## *In Memory*

**Gene Geiger**, *Staying Put* friend and supporter who passed away in late January.

# Staying Put *volunteers*

## Karen Gunderson, *Staying Put* board president steps down



Karen Gunderson, *Staying Put* board president, is leaving but plans to stay involved as a volunteer.

"It has been my pleasure serving on the SVSSP Board over the last 3 years and as Board President this past year. I've had the opportunity to work with so many amazing individuals who make *Staying Put* a reality in our Community. Thank you!!"

## Jan Hatling, new *Staying Put* board president

"Being a board member of *Staying Put* has given me many opportunities to learn new skills and stretch my



abilities. I've served as treasurer, worked on grant writing and production of the newsletter. I am honored to be the new president for 2019 and hope to be as good a president as Karen Gunderson was before me."



## Welcome New Board Member Lori Peterson

"Hello! I am SVSSP's newest Board Member, Lori Peterson. It is an honor to join in this work for an organization that is playing such an important role in our community! The more I learn, the more impressed I am. I hope to bring my organizational development consulting background, my other current Board work (President, Spring Valley Stagehands and Board Member Slipstream, Madison WI), and my experiences as Co-owner/Director of the Silkesnas Nature Preserve and Leadership Center to bear in any way that assists SVSSP to advance its mission and continue to thrive here in Spring Valley!"



## Welcome to our new volunteers!

Lisa Finch  
Jeannie Mandelkow  
Laurie Keehr  
Naomi McLeod  
Ron Thompson  
Lori Peterson

## Volunteers:

Remember to call in your volunteer hours and mileage ...



... that's how we measure our success!

## Look what we've done together in 2018!

Volunteers	80
People Helped	65
Miles Driven	17,562
Hours Volunteered	2,902

### Meals on Wheels

Miles Driven	6,819
Hours Volunteered	375

# Staying Put events & activities

**STRONG BODIES FITNESS SESSIONS:** Tues & Thurs, 9:30 – 10:30 a.m., Jan. 8 – March 28, Spring Valley Village Hall. Fitness classes for 55+, strengthening exercises, balance activities, use of weights, adaptable to varying abilities. Pre-registration is required, call 715-778-5800. This program is co-sponsored by Pierce County ADRC.

**SENIORS LUNCH:** Every week Tues – Fri, 11 a.m. to 1 p.m. at Sneakers. If you need a ride call 715-778-5800.

**CRAFT CIRCLE:** One Monday a month, 3 – 5:00 p.m. at the *Staying Put* office, S312 McKay Ave., for time to socialize and work on fun craft projects. Call for a reservation and for future dates, 715-778-5800.

**MEMORY CAFE:** The 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the Month, 10 – 11:30 a.m., St. John's Lutheran Church, S520 Church Ave. A social get-together for older adults. Anyone with memory loss is invited to attend with a friend or companion. Have fun and share stories, enjoy coffee, tea and treats. For information call 715-778-5800. VOLUNTEERS NEEDED.



**DANCE CLUB:** One day monthly, 1 – 4 p.m. at the Moose Lodge in Menomonie (\$5/person cover charge). Live entertainment. Lots of fun! Call for dates or for a ride, 715-778-5800. DRIVERS NEEDED.





# Thank You!

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Donations received from October 1, 2018 - January 31, 2019

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## INDIVIDUALS

Sylvia Anderson  
Joe & Betsy Bacon  
Margy & Gary Balwierz  
Don & Donna Blegen  
Allan Brown  
Marsha Brunkhorst  
Steven & Teresa Clements  
Nancy Cleveland  
Caroljean Coventry  
Chuck & Martha Davis  
Margorie Downs  
John & Nancy Ellingson  
Pat Gavic  
Gene Geiger  
Karen & Earl Gunderson  
Jeff & Jenny Hannack  
Steven & Jill Hartung  
Joel & Linda Hartung  
Jan & Eric Hatling  
Lynn Huiskamp & Jay Esch  
Brenda Kado  
Una & Bob Kannel – Jenny  
Jack Kenefick  
Charles & Cheryl Larson

## INDIVIDUALS CONT.

Sally & Orville Pierce  
Bob & Mary Ann  
Richardson  
Gene & Carol Roland  
Jeff & Shelly Shafer  
Dennis Sorenson  
Sandy Thompson  
Bruce & Kathy Timm  
Johannes & Sharon  
Vandenberge  
Vicky Weis  
Ken & Denise Witucki

## BUSINESSES & ORGANIZATIONS

AnnMarie Foundation  
Maple Leaf Orchard  
(Mark & Sue Christopher)  
Pierce County ADRC  
Wisconsin Literacy

## IN-KIND

Margy Balwierz  
Kathy Nyeggen  
Jenny Nyeffer  
Rich O'Connell  
Janice Ottman  
Carolyn Sorenson  
Margaret Thorne  
Sandy Thompson  
First Bank of Baldwin  
St. John's Lutheran Church

## IN MEMORY OF

**Marty Gentleman**

**Mrs. Nygren**

Bill & Jill Klanderman

**Margaret Golden**

Diane Huebel & Rich O'Connell

**Logan Jacobson**

Michael & Heidi Jacobson

**Ellen Nelson**

Jeannie Place & Blaze Cunningham

**Marla Vanderpoel**

Greg & Sherry Wells

**Spring Valley Seniors Staying Put is a 501(c)(3) nonprofit**  
qualified to receive tax-deductible donations.

Please support our programming with a donation:

*Spring Valley Seniors Staying Put*

PO Box 193, S312 McKay Ave.

Spring Valley, WI 54767

(located in the First Bank of Baldwin Building)

Online: [springvalleystayingput.org/donate.html](http://springvalleystayingput.org/donate.html)



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BALDWIN

SPRING VALLEY - PLUM CITY





PRESORTED  
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***Spring Valley Seniors Staying Put***

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S312 McKay Ave.  
Spring Valley, WI 54767  
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ADDRESS SERVICE REQUESTED

**Our Volunteers provide lots of services:**

Tell us what you need, call 715-778-5800.

**Rides**

- Local rides
- Rides to medical appointments

**Help in your home**

- Friendly visits or phone calls
- Reading books or the mail
- Short-term housekeeping
- Short-term relief for caregivers
- Minor home repairs
- Help changing sheets

**Special Services**

- Pick up library books
- Pick up prescriptions
- Spring and fall chores
- Tech help, computer, tablets, etc.

