

Spring Valley Seniors Staying Put

Caring

Connecting

Contributing

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

Special Relationships Happen with *Staying Put*

Al Brown sold his business managing apartment properties after suffering a stroke several years ago. He has been unable to drive since that time due to poor vision, and other prohibiting

factors. Then his ex-wife Mary died this past year "That's been hard," said Al. "I don't like having to depend on others. I used to go out every day to check on my apartments, to fix something, to take care of things. I miss that."

Al said he is very grateful for the help he receives from *Staying Put*. "Well, the main thing is rides around town, that is what is most important to me. I also really like going to Memory Cafe, it gets me out of the house," said Al. *Staying Put* volunteer Jeannie Hague-Mandelkow has been a great help to Al.

About a year after retiring, Jeannie signed on as a volunteer with *Staying Put*. She provides local transportation for clients to the grocery store, drug store, bakery, food pantry, bank, and to activities. Along with her husband, Lowell, she is also a frequent Meals on Wheels



Staying Put volunteer Jeannie Hague-Mandelkow with client Al Brown

driver. "I've always wanted to do this," said Jeannie. "It feels like I'm giving back to the community." Said Al as he choked up, "*Seniors Staying Put* and the Pierce County ADRC have made it possible for me to stay at home."

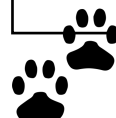
2019 *Staying Put* Statistics

Volunteers
95

Clients
80

Volunteer Miles
17,695

Volunteer Hours
1,995



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

715-778-5800
springvalleystayingput.org

Office Hours
Mon, Tue, Thur 1 - 4 p.m.

Volunteer Director

Kathy Nyeggen
spring.valley.ssp@gmail.com

Board of Directors

Rich O'Connell | President
Margy Balwierz | Vice Pres.
Janice Ottman | Treasurer
Kari Jensen
Lori Peterson
Ron Thompson
Sandy Thompson

Newsletter Editor
Eric Hatling

Staying Put Volunteers



A volunteer since December of 2016, **Annamarie Casey** has been an inspiration to *Staying Put*. This past fall she had a school project that required volunteering in the community.

As she had already been writing letters back and forth with friends Hope and Joy Webb, that gave her the idea of being a pen pal to *Staying Put* clients to fulfill her school project. It was a way to make a personal connection and promote the lost art-form of letter writing.

"I think it is a nice way that people can connect, and it can also help the volunteer to grow in writing and communications skills," says Annamarie.

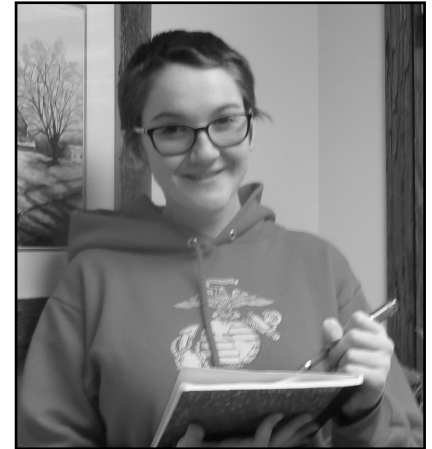
"In our culture today we're so busy and addicted to our phones, shooting off careless texts and meaningless emails. I hope this endeavor can inspire others to bring back a lost art in our current culture."



Hope Webb is 17 years old and very excited to be a part of *Staying Put*. "I hope to use my passion for writing, music and art to brighten my community," says Hope. She learned about *Staying Put* from her friend, Annamarie Casey. "When she told me about it, I was very interested because I would love to help lift up anyone's spirit.

"I have had various pen-pals over the past years and have found that I love communicating in written form. I'm already pen-pals with people I see every day and I love to write to them.

"I also hope that in the future I might be able to write to multiple pen-pals to connect to even more people. I look forward to doing the same with seniors, and hope that my letters will make my pen-pals happy. That is my goal."



Joy Webb is 15 and became a *Staying Put* volunteer last fall. She loves reading, writing and knitting.

When asked how she came to *Staying Put*, she said, "I was hoping to do some good in my community and make sure that all the seniors know they are still cared about.

"Mostly I just want to talk to people and let them know that they can be heard. The best way to let people know they are heard is to be a pen-pal. Everyone needs to be heard, and everyone needs a friend."

Joy began her letter-writing to a recommended client pen-pal shortly after this interview last fall and has had an active exchange with a home-bound *Staying Put* member since then.



WELCOME NEW VOLUNTEERS!

Christine Santori
Bill Karnes
Heather Landin
Rose Landin



Kathy's Korner



by Kathy Nyeggen Volunteer Director

We could all take a page from Beulah Thompson's playbook of life on the crucial elements of healthy aging. So evident in this 92-year-old lady are the rewards of daily disciplines and choices that encourage wellness including a positive outlook, a good sense of humor, staying active and curious, being social, caring for others, and being grateful.

Beulah Thompson has lived in Spring Valley for 68 years. Nearly everyone knows Beulah from the 23 years her and her husband Leonard ran the Thompson Cafe in downtown Spring Valley or from the 12 years she worked in food services at the Spring Valley school.

Eventually, Beulah moved to the Woodland View Apartments where she lived for nearly 30 years. She was known there as the "house mother" and possessed a gift for bringing people together. Beulah instigated the social culture at Woodland View where she kept a constant watch for the safety and welfare of the residents. In 2017 she moved into Valley Villas assisted living.

At Valley Villas, she participates in fitness classes several times weekly, attends bible study, crafts, and other social gatherings. On a routine basis, Beulah walks the hallway connection to the long-term care facility, to visit with the residents there.

Having given up driving a few years ago, *Staying Put* provides transportation for Beulah locally to shop, run errands, and attend monthly Craft Circle, where she also provides assistance. She helps at the bi-monthly Memory Cafe sessions, and twice monthly makes reminder calls to Memory Cafe participants. She is highly connected to the community and to *Staying Put* where she is a client as well as a volunteer.

Beulah said of *Staying Put*, "Spring Valley is so fortunate to have this organization." When asked what she values most about her volunteer role there, she responded, "the connection with people is what I really enjoy, and it gives me a great sense of purpose." We are grateful for you, Beulah, happy birthday!



Beulah Thompson celebrating her 92nd birthday with friends from *Staying Put* and Woodland View.

Kathy

THANK YOU to Jan Hatling, a founding member of *Staying Put*, for your years serving on the board as Treasurer, President, and for continuing as a volunteer.

THANK YOU to Diane Huebel for your years serving the *Staying Put* board as Secretary, and for continuing as a volunteer.

A BIG WELCOME to our newest board members Kari Jensen and Ron Thompson.



Volunteers:

Remember to call in your volunteer hours and mileage, 715-778-5800. That's how we measure our success!

Staying Put events & activities

for February & March 2020

SENIORS LUNCH: Every Tuesday through Friday, 11 a.m. – 1 p.m. at Sneakers. For a ride or more information call *Staying Put*, 715-778-5800.

ARTS & CRAFT CIRCLE: Monday, March 9, 3 - 5 p.m. at the *Staying Put* office. Fun craft projects and social time. To reserve a spot and/or for a ride, call *Staying Put*, 715-778-5800.



DANCE CLUB: Wednesday, March 25, 1 - 4 p.m. at the Moose Lodge in Menomonie, \$5/person cover charge. Live entertainment, lots of fun! For a ride, call *Staying Put*, 715-778-5800. **VOLUNTEER DRIVERS NEEDED!**

STRONG BODIES FITNESS SESSIONS: Ongoing sessions held Tuesdays & Fridays, 9:30 - 10:30 a.m. at the Spring Valley Village Hall Community Room. Certified instructors guide fitness classes for those 55+ focusing on overall strengthening & balancing activities and the use of various hand & leg weights. Class is adapted to varying abilities. There is a \$3 fee per class, however,

no one is turned away because of inability to pay. **PRE-REGISTRATION IS REQUIRED**, call *Staying Put*, 715-778-5800. This program is co-sponsored by Pierce County ADRC.

MARLENE DORAN CARD MAKING CLUB: Monday, March 16, 4 - 5 p.m. *Staying Put* office. The idea was devised by *Staying Put* volunteer Lily Palmer and named in memory of Marlene Doran, an avid card maker. Cards are crafted by *Staying Put* clients and sent by volunteers. **CALLING ALL CARD MAKERS!** For a ride, call *Staying Put* at 715-778-5800.

PEN-PAL CLUB: Volunteers Annamarie Casey, and Hope and Joy Webb, have created this activity to promote letter writing as a form of personal communication and a way to connect with others. If you would like to become a pen-pal or know somebody who would, call *Staying Put*, 715-778-5800.



BOOKS-to-GO, SV LIBRARY: Volunteers will deliver books or movies to you for your reading/ watching pleasure. For more information call SV Library, 715-778-4590 or *Staying Put*, 715-778-5800.

TECH WORKSHOP: For personal help on your electronic device, call *Staying Put*, 715-778-5800.

MEMORY CAFE: February 11 & 25 and March 10 & 24, 10 - 11:30 a.m. (2nd and 4th Tuesday every month.) This is a social get-together at St. John's Lutheran Church, S520 Church Ave., Spring Valley. 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 or a ride, call *Staying Put*, 715-778-5800.

Thank You!

Donations received from October 1, 2019 - January 15, 2020

INDIVIDUALS

Mary Anderson
Margy & Gary Balwierz
Don & Donna Blegen
Al Brown
George Churchill
Chuck & Martha Davis
John & Nancy Ellingson
Luann & Bill Emerson
Dale & Marilyn Finke
Pat Gavic
Karen & Earl Gunderson
Joel & Linda Hartung,
Hartung Trucking
Jan & Eric Hatling
Flossie Hughes
Bob & Patti Jones
Brenda Kado
Jack & Julie Kenefick
Keith & Nina Larson
John & Sonya Lenarz
Beverly Lueth
Rob & Lori Peterson
Sally & Orville Pierce
Robert & Dorothy Sebion
Norman Solberg
Sandy Thompson
Johannes & Sharon
Vandenberge
Gloria & Jack Weghorn
Ken & Denise Witucki

BUSINESSES, ORGANIZATIONS, FOUNDATIONS

Allina Health Community Engagement
The Henkel Foundation
Pierce County ADRC
St. John's Lutheran Church Endowment Fund

IN MEMORY OF (donor indented)

Karen Jean Anderson

J. David Anderson

Kaye Bird

Gary Bird

Julia Blackbourn

Fred Pierce

LaVonne Safe Ellingson

Bill & Jill Klanderma

Lisa M. Ganske

Bill & Jill Klanderma

Frances and Leo Huebel

Huebel Family

Logan Jacobson

Michael & Heidi Jacobson

Bob Jenny

Wayne & Linda Miklian

Sharon Roatch

Steve & Linda Price

Harley Rudesill

Francine Rudesill

Wayne Supri

Rita Jensen

Sue Thompson

Ron Thompson

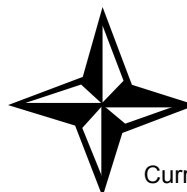
IN-KIND

First Bank Baldwin
St. John's Lutheran Church
Kyle Geurkink
Paula Lugar
Kathy Nyeggen
Jennifer Nyeffler
Rich and Diane O'Connell
Janice Ottman
Rosalie Sowatzke

IN HONOR OF

Jack Weghorn's 90th birthday

Bill & Jill Klanderma



PUT YOUR IRA TO WORK

Current tax laws make it easy for you to support your community through your Traditional or Roth IRA. If you are 70 ½ or older, you can make a tax-free contribution up to \$100,000 per year through your IRA plan. Simply direct a contribution from your IRA to *Spring Valley Seniors Staying Put*, which will not be subject to tax. This is a great solution if you do not need the additional income from your required minimum distribution. For more details please contact your professional advisor.

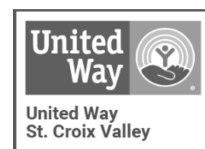
Spring Valley Seniors Staying Put is a 501(c)(3) nonprofit

Your donation is tax deductible; please support our programming with a donation:

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



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Online: springvalleystayingput.org/donate.html



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ADDRESS SERVICE REQUESTED

When might it be time for me to call *Staying Put*?

- *I'm feeling lonely and isolated, a visit and somebody to talk with would be nice.*
- *I need help connecting to others in the community.*
- *I can no longer drive but need rides to medical appointments, to church, to get groceries, to see friends.*
- *My eyesight is failing and I can't read anymore. Someone to read to me would be nice.*
- *I could use some help with simple household chores like vacuuming and snow shoveling.*
- *I'd be happy to hire help for housecleaning and some yard and property work but don't know who to call.*
- *I'd like to volunteer, tell me what's needed and what I can do.*
- *I could use help finding support services and agencies that offer assistance.*

Tell us what you need, give us a call, 715-778-5800

