

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 p.m.

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

Staying Put Brings Young and Old Together

George Churchill's daughter, Sue, was worried about her father being lonely after her mother's death a few years ago. She called *Spring Valley Seniors Staying Put* to see if we could visit and help to fill the long hours alone for her dad while she was at work.

Initially, *Staying Put* volunteer Mary Hinshaw would pick up George once a week and take him to senior dining. He enjoyed the social outing as did his lunch mates who enjoyed his stories. George is a great conversationalist with a quick smile and warm demeanor. He is a Korean War veteran with interests in woodworking, gardening, and love for his family and church.



George and Annamarie having a nice visit

Now at age 92, George is finding it more difficult to get out. Annamarie Casey, at age 16 one of *Staying Put's* youngest volunteers, began friendly visits to George at his home. "I think it is important to have relationships with people of all ages," said Annamarie. "I think everyone has thoughts that are important and it is cool to see everyone's perspective about life, politics, really everything."

Asked whether he enjoyed visits from Annamarie and other *Staying Put* volunteers, George said, "Oh yes, I sure do. The hours go so slow here all day." Young and old together, caring, connecting and contributing, Annamarie and George are a good fit. This is what *Staying Put* is all about.



Staying Put News

StrongBodies Gets Lift from Allina Health

Staying Put was very happy to receive a grant from the Allina Health Connection to help support our ongoing StrongBodies exercise class.

StrongBodies is a strength training class that meets on Tuesdays 9:30 - 10:30 a.m. and Thursdays 3 - 4 p.m. in the Spring Valley Village Hall Community Room.

Pierce County ADRC provided funding for volunteers Roxanne Kiefer and Linda Anderson to become certified instructors. They provide knowledge, inspiration and ongoing support for safe exercise with weights.

The benefits from progressive weight training include increased muscle mass, bone density and strength, and reduced risk of osteoporosis and fractures. As a result seniors live stronger, healthier lives which helps them maintain their independence, a mission of *Staying Put*.

Some testimonials from participants include: "I can lift 60 lbs. I couldn't before!" "My back doesn't hurt anymore." "My legs are so much stronger." "I love this class."

Advance registration is required for StrongBodies. Call 715-778-5800 to register and for details. There is still room in the class; exercises are adaptive and we work with you at your level.



Roxanne and Linda, StrongBodies fitness instructors



Pastor Pete entertains

Memory Cafe Celebrates Two Years!

The Memory Cafe, a project of *Staying Put*, celebrated its two year anniversary! We had coffee and cake with fresh fruit and Pastor Pete played guitar and sang.

The Memory Cafe meets on the 2nd and 4th Tuesdays of most months from 10 - 11:30 a.m. at St. John's Lutheran Church in Spring Valley. All with memory issues and their family and friends are invited to come share coffee, conversation and support.

The Memory Cafe is good for everybody and safe for people with memory issues. Hope you can join us! For questions, call 715-778-5800.

Kathy's Korner



by Kathy Nyeggen Volunteer Director

The Volunteer Appreciation Open House at the *Staying Put* office in downtown Spring Valley was fun and lively with approximately 30 volunteers (coming and going) to enjoy a light lunch, visit, and to take home a small plant as a token of appreciation. *Staying Put* to date, has over 80 volunteers. Please stop by the office to pick up your plant if you haven't yet received one!



Some of our wonderful *Staying Put* volunteers who attended the Volunteer Appreciation Open House

THANK YOU,
VOLUNTEERS, for your
kindness,

Kathy

P. S. I also want to give a special thank you to the AnnMarie Foundation for our new microwave and refrigerator. It has made our office a more welcoming place.



Welcome new volunteers!

Alicia Acken
Kari Jensen
Fred Pierce



Volunteers:

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

In Memory Judy Jensen, *Staying Put* friend who passed in March

Staying Put events & activities

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

ARTS & CRAFT CIRCLE: Monday, July 8, 3 - 5 p.m at the *Staying Put* office. For a ride or for future scheduled sessions, call or e-mail Kathy Nyeggen, 715-778-5800 or spring.valley.ssp@gmail.com.



Dance Club

DANCE CLUB: Monthly event, 1 - 4 p.m. at the Moose Lodge in Menomonie, \$5/person cover charge. Call or e-mail Kathy Nyeggen, 715-778-5800 or spring.valley.ssp@gmail.com for July date. Drivers needed!

STRONG BODIES FITNESS SESSIONS: Ongoing sessions held each Tuesday 9:30 - 10:30 a.m. and Thursday 3 - 4 p.m. at the Spring Valley Village Hall Community Room. Certified instructors guide the fitness series designed for 55+ focusing on overall strengthening & balancing activities, use of various hand & leg weights, adaptive to varying abilities. **PRE-REGISTRATION IS REQUIRED:** call *Staying Put*, 715-778-5800.

EXPANDING HORIZONS: Garden tour at Wouterina "Riana" de Raad's Concrete Mosaic Sculpture Garden, Wednesday, July 17. Cost \$10. Call *Staying Put* for details, 715-778-5800.

MARLENE DORAN CARD MAKING CLUB: Monday, July 22, 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 made by *Staying Put* clients and sent by volunteers. **CALLING ALL CARD MAKERS!** For a ride, call *Staying Put* at 715-778-5800.

SUMMER SUNSHINERS CLUB: Coordinated outdoor activities with a *Staying Put* volunteer throughout the summer months (walks, nature hikes, picnics, etc.). For more information 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 CAFÉ: Tuesday, July 9 & 23 (Second and Fourth Tuesdays monthly). This is a social get-together held 10 - 11:30 a.m. 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



Easter Tea

Thank You!

Donations received from February 1 - May 31, 2019

INDIVIDUALS

Sylva Anderson
Suzanne Baker &
Babette Lightner
Don & Donna Blegen
Allan Brown
Mark & Susan Christopher
Pat Gavic
Jan & Eric Hatling
Michael & Kathleen Hutter
Gary & Ruth Lukes
Janice & Jim Ottman
Sally & Orville Pierce
Merlin & Virginia Place
Robert & Mary Ann
Richardson
Gene & Carol Roland
Jeff & Shelly Shafer
Doug Siems
Dennis Sorenson
Russell M. Sr. & Laurel
Spence
Ron Thompson
Doris Traynor
Johannes & Sharon
Vanderberge

BUSINESSES & ORGANIZATIONS

Home & Community Education (HCE) -
Mary Hampton
Spring Valley Chamber of Commerce

FOUNDATIONS

Allina Health System/Health Connection
AnnMarie Foundation
Fred C. and Katherine B. Andersen Fdn
Hugh J. Andersen Foundation
Pierce Pepin Cooperative/Operation
Roundup

IN-KIND

First Bank of Baldwin
Kyle Fosburgh
Diane Huebel
Kathy Nyeggen - in memory of
Isabelle O'Connell
Janice Ottman
Lily Palmer
St. John's Lutheran Church
Ron Thompson
Therese Wagner

IN MEMORY OF

Betty Breitingner
Diane & Rich O'Connell
Arnie Brorson
Sandy Thompson
Joseph Evan
Nancy Cleveland
Gene Geiger
Geiger Family
Diane & Rich O'Connell
Dan McCardle
Joel & Linda Hartung
Diane & Rich O'Connell
Sue Melius
Rita Jensen
Isabelle O'Connell
Jan & Eric Hatling
Donna Peterson
Janice Ottman
Judy Raasch
Rita Jensen

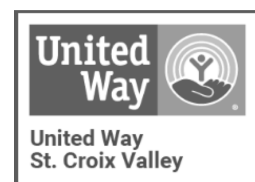
Spring Valley Seniors Staying Put is a 501(c)(3) nonprofit

Your donation is tax deductible.

Please support our programming with a donation:

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PO Box 193, S312 McKay Ave.
Spring Valley, WI 54767
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Online: springvalleystayingput.org/donate.html





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Spring Valley Seniors Staying Put

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ADDRESS SERVICE REQUESTED

Our volunteers provide lots of services:

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

Local Rides

- Rides to medical appointments
- Rides to activities

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.

