

**Spring Valley Seniors
Staying Put, Inc.**
S312 McKay Ave.
P.O Box 193
Spring Valley, WI 54767



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'Staying Put'

offers an array of non-medical volunteer services to the community (within Spring Valley school district) in continuing the rural tradition of *neighbors helping neighbors*. There is no charge for services, donations are graciously accepted.

- **Transportation to:** medical appointments, church, groceries, drug store, visit a friend/or care facilities, senior meals, dance-day outings, etc.
- **Socialization opportunities/encouragement to the isolated & lonely**
- **Visits or caring phone calls/companionship**
- **Reading, playing games or cards**
- **Light housekeeping or light yard work**
- **Food preparation**
- **A break for someone who takes care of a loved one**
- **Being a walking buddy**
- **Special events engagement, encouragement**
- **Resource referrals (for requests/needs outside Staying Put parameters)**
- **Meals on Wheels delivery**
- **Special weekly/monthly activities**



Phone: 715-778-5800

E-mail: spring.valley.ssp@gmail.com

www.springvalleystayingput.org

S312 McKay Ave.

Spring Valley, WI 54767

THANK YOU

Gifts and Memorials

Staying Put extends heartfelt thanks to the following people, churches, organizations and businesses for their donations. Every effort is made to include the names of all donors during this period. If your name was omitted, please accept our apologies and let us know so we can promptly correct our records.

Donations received from October 1- December 31, 2017

Individuals

Jon and Linda Anderson
Margy and Gary Balwierz
Gary Bird
Don and Donna Blegen
Chuck and Janice Britson
Allan Brown
Anna Brown
Dave and Julie Ducklow
John and Nancy Ellingson
Julie Ann Finch
Dale and Marilyn Finke
Karen and Earl Gunderson
Susan Hanson
Jan Hatling
Rita Jensen
Jeremy & Brenda Johnson
Una Kannel-Jenny & Bob Jenny
Mr. and Mrs. John Kenefick
John and Sonya Gambrel Lenarz
Shivram and Gale Murty
Sally and Orville Pierce
Steve and Diane Pittman
Merlin and Virginia Place
Steve and Linda Price
Doug Siems
Sandy Thompson
Joe and Sharon Vandenberg
Vicky and Ann Weis
Ken and Denise Witucki

In Memory Of

(Donors Indented)
Lorne and LaMoine Hanson
The Hanson Family
Helen Peterson
Rob and Lori Peterson
Ralph Gavic
Pat Gavic
Jill and Bill Klanderman
Harley Rudesill
Francine Rudesill
Mary Jo Spence
Russell and Laurel Spence
Olaf and Margaret Hendrickson
Karen Esanbock
Logan Jacobson
Mike and Heidi Jacobson
Jim Traynor
Cheryl Larsen
Shirley Fox Marx
Patricia Paine

Grants

Allina Health
Pierce County ADRC
United Way St Croix Valley

In-Kind

Janice Ottman
Margy and Gary Balwierz
First Bank of Baldwin
Jenny Nyffeler
Jan Hatling
Kathy Nyeggen
Sandy Thompson
Kyle Fosburgh
Rich O'Connell & Diane Huebel
Sally Pierce

Businesses

Rush River Scenic LLC
Valley View Eye Clinic
Joel Hartung Trucking

OOPS! Our apologies for omitting from last newsletter

Shana Anderson
Marsha Brunkhorst
Michael and Heidi Jacobson
Larry and Diane Hurtgen
Mary and Mike Lansing
Jonathon and Leanna Larson
Franklin and Deanna Pass
Robert and Mary Ann Richardson
Gene and Carol Roland
Sandy Thompson
Jeanette Timm
Arlene & LaVerne Flanders
Mary Hampton
Dale and Kay Place
Greg and Sherry Wells
Shiv and Gayle Murty



Spring Valley Seniors Staying Put, Inc. Newsletter

Caring ~ Connecting ~ Contributing

MISSION STATEMENT; COORDINATING VOLUNTEERS TO HELP SENIORS
AND ADULTS WITH DISABILITIES TO MAINTAIN THEIR INDEPENDENCE.

A Memory Café Experience

Personal hygiene is an area of challenge for many people with dementia. This was an amazing group process as people shared thoughts and identified important things about how to “care for people”.

A gentleman we will call *Philip was quick to join the group. Not long into the session one of our members asked Philip how his wife could get him to take a bath or shower. His quick response was, “Ask me politely.” A

member followed up by asking if he would then take a shower.



We shared thoughts and identified important things about how to “care for people”. Being respectful is important!

He said “No!” Philip told a couple of stories starting with “When I was in the marine corps...” He had memories of taking a cold shower, unless you waited until the end of the day.

Caregiver Burnout

The demands on a person who is taking care of a loved one can result in a great deal of stress. If caregivers aren't careful, they jeopardize their own health and well being.

Caregiver burnout is a state of physical, emotional, and mental exhaustion. Caregivers who are burned out may experience fatigue, stress, anxiety, and depression. **Call us, we are here to help 715-778-5800.**



**S312 McKay Ave.
Spring Valley, WI 54767
(located in the
First Bank Baldwin)
Building)**



Office Hours

Monday 2-5
Tuesday
Thursday

BOARD OF DIRECTORS

President:

Karen Gunderson

Vice President:

Margy Balwierz

Secretary:

Diane Huebel

Treasurer:

Janice Ottman

Board Members

Jan Hatling

Rich O'Connell

Sandy Thompson

Volunteer Director:

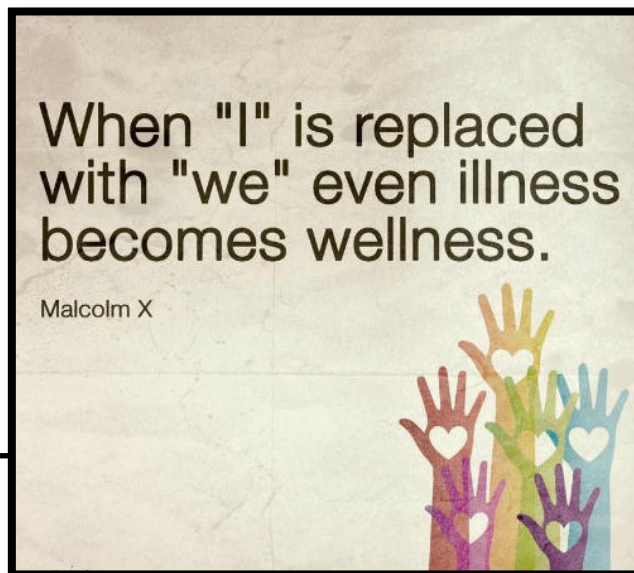
Kathy Nyeggen



Those unpleasant memories he could speak of with a sense of humor now; but that created a challenge when it came to a simple task such as taking a shower. Then with a twinkle in his eye he said he would shower if his wife would get in the shower with him. Our member told him she knew that wasn't going to happen. What amazed me was how well this conversation worked in the group. Philip was talking freely. There was a lot of brainstorming about how to make showers warmer and how to respect privacy.

The Memory Café has become a space where people support each other in meeting life's challenges, brainstorming, sharing the wisdom gained from life experience. It is a social gathering space that allows people to speak their truths and support each other. Members can "take a breath" and release without being judged. It is not a support group led by a profes-

sional, although some members have professional training. It is a group of friends making their way through life. Members will follow up with each other from meeting to meeting and offer their support. Hugs are readily exchanged. We have built a little community where those with dementia talk more than they do at home and share insights and bits of wisdom that we all can use. We are all about each other.



A client wished to extend a huge thank-you to volunteer, Bob Jones, for his 'timely' work, for the 'beautiful, fabulous, spectacular' job on winterizing their home's windows. She wanted to convey how very thankful she was, and how she 'really, really, really appreciated it, and knows the time, energy and efficiency that went into the effort'.

*Also, she included a thank-you the wonderful work on the magazine rack he had repaired several days prior.
Now that is appreciation!*

"Kathy

I told Karen, the real gift is the time and help you all give. Spring Valley is fortunate to have such a great group of caring people. I feel the love and support from you all every day, thank you! Sarah

Have a great weekend and stay warm" (S.Arneson)

Card December 2017

'Kathy, Karen, Nina and team '...

Thank you so much for all you do to help my Mom stay put at home!

You all have been a blessing to our family

With love,

~Sarah

YOUTH VOLUNTEERISM – GENERATIONAL CONNECTIONS

TECH WORKSHOPS AT STAYING PUT:

In June of 2017, *Staying Put* began offering Tech Workshop sessions on *Notebooks* to small groups (3 or 4) at the SV Library, with one and sometimes two volunteers on hand. Everyone was hoping to learn something different, which in itself was a learning process for us a queue to consider one-on-one sessions.

In July 2017, *Smartphone* sessions were offered at the *Staying Put* office, this time as private one-student-to-one-teacher sessions. It was a good change.

With technology as an impetus, a unique opportunity presents itself in bringing generations together to practice communication between one another. It has been fun to watch them work together.

Tech Workshop volunteers have been Annamarie Casey (15), Lily Palmer (14), and Tyra John-

son (12). It has been my distinct privilege to work with these young ladies; each bring their own style and personality to the 'tech table'. They make an extra effort with the 'older students' in working slowly, being patient, informative, friendly, and cheerful.

Kudos to these young girls for the example they set, each are an inspiration, and are truly making a difference.

~Kathy Nyeggen/Volunteer Director



VOLUNTEER HIGHLIGHT - TRACY SCHILLINGER

"For the past 18 years I've worked in a variety of caregiving settings. Through those experiences, I developed a passion for working elders. I really value the elder population and enjoy spending time with them. They have so much to teach us if we are willing to listen. I am dedicated to supporting elders in staying in their homes for as long as possible. This is why I love being a volunteer for Staying Put". ~ Tracy S.

Tracy has been a volunteer with Staying Put since mid-2016. She jumped in immediately, bringing her experience and motivation to the organization, and soon began assisting clients and handling client intakes. Later she became involved in the development & participation of

Staying Put's program, Memory Café. Most recently, Tracy has also taken on the role of quarterly newsletter formatting. Tracy, we appreciate the skill, knowledge and compassion you bring to our group. Thanks so much!



IN THE WORDS OF YOUTH VOLUNTEERS

“When I first started volunteering at Seniors Staying Put, I did not really know what I was getting myself into. Since then I have done a few different things, including working with a tech workshop and individual sections. I have also visited a few clients, helped around the house, and played cards with one. Another example being, I assisted a craft teacher while helping a senior complete a project. All of the experiences I have had with this organization have been more than enjoyable and I hope I can continue working with Seniors Staying Put”.

“I have had a lot of fun interacting with the older generations and working with them. I am so glad that there are people willing to

learn to work with technology so they can interact with their grandkids and even great-grandkids.” ~ Lily Palmer



“I have volunteered for Tech Workshops. This is when I sit down with a senior and help them with whatever they need on their electronic device.

Volunteerism means to help others when they need help. Helping others is something that everyone should do. It would make a lot of people's day if you do something for them. Social Media is great sometimes but could be the other way too. It is a great way to connect and talk with friends and family, catch up on your favorite sports team, etc. But some people don't really care what people had for lunch today. I am not on Facebook. My future plans are to continue working with people. I love interacting with others, especially elders. I believe that the reason why I am so into helping others is because of my brother. As many of us know, Tor has autism. I have been around him for 12 years now. I have learned how to care for others because of my brother and I am so grateful

that I have had this experience”. ~Tyra Johnson



**Thanking the
VOLUNTEERS that
joined *Staying Put*
in 2017**

Linda Anderson
Annamarie Casey
Eric Hatling
Tyra Johnson
Bob Jones
Connie Jones
Pattie Jones
Roxanne Kiefer
Kristen McMasters
Linda Millerman
Shiv Murty
Jenny Nyffeler
Lily Palmer
Don Stevens

And 'thanks' to all those
that came before!

**CAN YOU SPARE AN
HOUR?**

Join Staying Put, be-
come a volunteer. A little
help *is a lot* !



VOLUNTEERS NEEDED!



"I too have enjoyed the experience. I love not just helping them, but getting to know them, it may have taken a try or to, to figure out how to make this work, but this was a great experience. Which, I think, would do anyone a bit of good, not to mention it was super fun".



SVSSP 2017 STATS:

Number of Volunteers: 76

Volunteer Hours: 2,979

Volunteer Miles: 18,061

Number of Clients: 64

**THANK YOU,
VOLUNTEERS !**

Remember to turn in hours & miles!

Upcoming Events

SENIOR LUNCH

Every Tuesday, Wednesday,
Thursday, and Friday

11:00 AM to 1:00 PM

At: Sneakers S119 McKay Ave
Spring Valley, WI



TECH WORKSHOP

Need some help learning to
use your smartphone, tablet
or laptop?

One-on-one help available

Contact Seniors Staying Put to
schedule a time.

DANCE CLUB

Once a month on Wednesday

1:00 PM to 4:00 PM

Moose Lodge/Menomonie, WI

(\$5.00 per person)

Drivers Needed!

BOOKS TO GO

Volunteers will deliver a
basket of books for your
reading pleasure.

Contact the SV Public Library
(715) 778-4592

**Want to participate? Need a
ride, or want more
information?**

Contact us:

(715) 778-5800

MEMORY CAFE

Join us in Sharing Our
Stories over a cup of
coffee. Anyone with
memory loss is invited to
attend. Bring a friend!

2nd & 4th Tuesdays of
each month.

10:00 AM to 11:30 AM

St. John's Lutheran Church
S520 Church Ave.

SOCIAL SUNDAYS

2nd & 4th Sundays of each
month.

Lunch will be served at Noon,
plus activities or speakers.

St. Johns Fellowship Hall
S520 church Ave., Spring Valley,
WI for a ride or more information
call: 715-778-5800

CRAFT CIRCLE

Meets once a month,

Monday's at 3PM

Staying Put Office. 312 McKay
Ave.

Spring Valley

Call to reserve a spot



Upcoming Events

Shopping Van Service:

The ADRC Shopping Van Service can take seniors and adults with disabilities to local business for shopping or errands such as going to the grocery store, the bank, the post office or for just general shopping. Reservations are required and space is limited!

Call the ADRC at 715-273-6780 to sign up for shopping trips.

Please sign up 24 hours in advance!



WEEKLY SCHEDULE:

Plum City/Bay City to Red Wing	1st & 3rd Tuesday afternoon of the month
Spring Valley/Elmwood to Menomonie	2nd & 4th Tuesday afternoon of the month
Ellsworth/Bay City to Red Wing	1st & 3rd Wednesday afternoon of the month
Ellsworth for local shopping in Ellsworth	2nd & 4th Wednesday afternoon of the month
Prescott to Hastings	Every Thursday afternoon



'In Memory'

Client.. Mary Jane Gruber, 92 years old, passed 1/10/2018.

We remember Mary Jane Gruber, one of Staying Put's first clients, supporters of our mission, so enthusiastic and filled with 'life', even in her 90's.

'She was a true appreciator of the beauty and wonder of life!'

~ Margy Balwierz

In a thank-you note to Staying Put...

'We cannot thank you enough for all you did for our dear mother. Mom enjoyed your company so much. You are an angel, Seniors Staying Put is a true blessing to our community'

~Anita Gokey

Welcome

TO THE SVSSP BOARD, JANICE OTTMAN !

Janice grew up in Ellsworth and moved to Spring Valley in 2010. She retired in 2015 and began getting involved in Staying Put in early 2016. She has volunteered in various capacities throughout 2016 & 2017.

Janice plays a key role in, and very much enjoys, the Memory Cafe program. She also escorts clients to the Menomonie dance event on most months. Recently she was elected to the Board of Directors at Staying Put, and has also accepted the officer position of Treasurer.

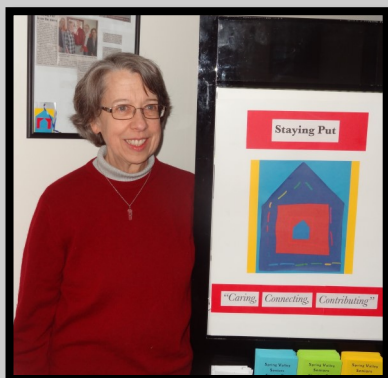
We're grateful for your time, talent and generous heart. Thanks for all you do, Janice.



Thank You

Paula Lugar

For serving on the Board for Seniors Staying Put. Resigned in 2018, continuing as a volunteer. Much Luck with your future endeavors.



In Memory Kaye Bird

passed on December 12, 2016.

One of the founding members of Staying Put, Kaye was also our 'publicist', reporter, loyal supporter, lending a hand on many-a project and task ... an all-around great person and friend to the Staying Put group. "We miss you, Kaye".

