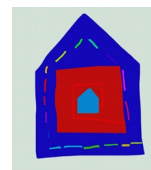




# Spring Valley Seniors Staying Put, Inc. Newsletter



SECOND EDITION

MAY 2016

## *Spring and Summer Events Calendar*

**Tuesday-Friday/weekly – 11-1  
Senior Meal  
Program/Sneakers – SV**

**Meals on Wheels delivered by  
Staying Put Volunteers – to  
sign up for delivered  
meals - call Pierce  
County ADRC  
(715) 273-6780**



**First Tuesdays of the Month:  
Staying Put board  
meeting/Village Hall – 9 am**

**July 16: Summer  
Fundraiser with NFL  
Quarterback – to participate  
or sponsor call (715) 778-  
5800.**



## **Volunteer Spotlight**

Staying Put's very first  
volunteer - outside of our  
council group - to sign on and  
visit client members, is Kali  
Howe!

Thank you, Kali, for taking the  
time out of your very busy  
schedule to care for others.



## **Staying Put – ADRC – Sneakers collaboration**

Heather Conway, ADRC/Pierce County informed  
us in early April there were  
about 150 new people signed up at  
Sneakers for the meal program and  
the comments they've received  
are incredibly positive -  
praising everything from the  
food, the service, the fellow-  
ship, the confidential donation  
process and on and on.



## **Volunteer Orientations/SV Library**

**Saturday May 14: - 10:00-11:30 am.**

**Saturday June 11: (note slight time change) 10:30 am -12:00 pm.**

**Call (715)778-5800 to register.**



One person said when she eats at Sneakers  
she "leaves with a good feeling that lasts  
all day". Heather added "Much praise for  
everyone involved in this project."

TO ALL MEAL DELIVERY VOLUNTEERS .... many  
thanks for your loyal weekly service with a smile !!



We want to thank (volunteer) Yvonne DeGross who picks up and  
drives members to and from the Senior Meal Program every single  
week Tuesday – Friday! You are awesome, Yvonne

## **April was National Volunteer Month!**

We are so very grateful for the dedicated volunteers at Spring Valley Seniors Staying Put for all the hours given from their busy schedules to help strengthen the community we live in by giving of themselves to a neighbor, friend, or stranger. This is a very young organization still finding its way and evolving by the week. The progress has been swift and encouraging and only because of the willing hearts and hands of Staying Put Volunteers (in all capacities).

National Volunteer Months is a time to honor, as a country, more than 62 million Americans - a quarter of the adult population – that have given nearly 8 billion hours a year in various forms of volunteer work, often for causes that are close to their hearts.

And when it comes to hearts, it turns out volunteering is good for physical and mental health! Researchers have the statistics and say the benefits are clear .... lower blood pressure, less stress, even longer lives are all associated with volunteering.

Virginia McLaurin, the 107 year old that realized her dream of visiting the white house, meeting the President and First Lady, and dancing in the Blue Room, has been an avid volunteer all her life and still is today. She understands the power of service and volunteer work, and tells people this “live the best they know how.”

This from a 16-year-old volunteer for a community food bank .... while she doesn't personally know the people she is helping by packing food boxes for seniors or meals for hungry kids and families... she says: “I feel like I'm changing somebody's life.”

Whether it's visiting an elderly or disabled community member, making a friendly call, running an errand, giving a break to a caregiver, assisting with small tasks, it doesn't take a lot (just an hour a week) to help change a life.

### **Summer Fundraiser with and NFL Quarterback**

In the planning stages is a fundraiser to benefit Staying Put which is to be held Saturday, July 16, behind the High School. It will feature on-the-field coaching and experience with *Sage Rosenfels*, former NFL quarterback. Kids 8 to 18 are invited to participate, and families to watch the fun, as kids get guidance from and NFL pro. The fee is \$30 and all donations go directly to Staying Put. Sage has a disabled sister and knows the value of community inclusion and support so his time will be volunteered.

Mark the date on your calendar, July 16, have kids save or find sponsors for the \$30. They will get a tee shirt and have a cool experience with a pro while supporting Spring Valley Seniors Staying Put. Sign up begins now even before posters go up and there are a limited number of participants so, if interested call **715-778-5800** and mention the football event. Businesses who would like to donate to help pay for the tee shirts will be acknowledged on the shirts.



### **Contact Us:**

**Phone:**

**715-778-5800**

**Address:**

P.O. Box 193, Spring Valley,  
WI 54767

**Email:**

[spring.valley.ssp@gmail.com](mailto:spring.valley.ssp@gmail.com)



### **SVSSP Volunteer Stats:**

Number of Volunteers as of  
April 2016

**35**

Number of Volunteer Hours  
Jan-Apr 2016

**681.15**

We make a life by what we give ~ Sir Winston Churchill  
To be a volunteer for Spring Valley Seniors Staying Put, call (715) 778-5800.