

Spring Valley Seniors Staying Put

Caring

Connecting

Contributing

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



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

Jan Hatling | President
Margo Balwierz | Vice Pres.
Diane Huebel | Secretary
Janice Ottman | Treasurer
Rich O'Connell
Lori Peterson
Sandy Thompson

Newsletter Editor

Eric Hatling

Dear Friends and Neighbors,

Seniors currently make up 18% of the population in Pierce county. This number is expected to double by 2040.

This past year, the Pierce County Aging & Disability Resource Center (ADRC) surveyed the public for input regarding their concerns about aging. This information was used to develop their *Plan on Aging* for 2019-2021.

This is what the ADRC found. **The majority of senior's concerns related to wanting to live independent, healthy and fulfilling lives in their own homes and communities.** The top concerns included transportation and community accessibility, assistance and support of caregivers, assistance with chores, dementia support, the need for social activities and overall concerns about maintaining health and physical abilities.

The ADRC plan also stated that in the future it will be challenging to provide increased services given uncertain and stagnant funding. "Our need to advocate for ourselves and programs that will enrich our lives will only increase."

Spring Valley Seniors Staying Put has been doing just that since 2016. We offer non-medical services at no charge with the mission to help seniors to "stay put" in their own homes and age in place in our community. We are a volunteer organization and presently have 93 volunteers helping 73 clients.

As you can see in our newsletter, we have many programs that provide opportunities for socializing, being active, as well as providing transportation and in-home support.

Spring Valley volunteers have been very generous with their time to help us provide these services. **We need your financial support** to keep us strong and help us to continue to take care of our own.

Sincerely,

Jan Hatling, Board President



Staying Put Clients & Volunteers

Delivering More Than a Meal

Trudy Rew takes the meals on wheels job seriously. She keeps her Fridays open to be available for meal delivery. She shared the following thoughts when asked what she values about this volunteer service:



Trudy with Orville and Elinore Wood

"I love delivering meals, and I especially enjoy going in and visiting a bit with everyone. Many appreciate the company, the conversation, the attention, and a cheery 'hello.' Trying always to be upbeat, I will ask, 'how are you feeling today?' I listen, answering with comments and little suggestions.

"I check to see if they need help with anything, small things at that moment. I pass on relevant information to the office when necessary. Oftentimes they are in need of other services where

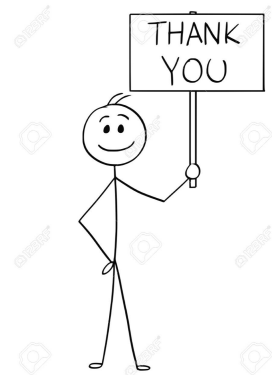
Staying Put could be of help.

"I get as much or more bringing the meals as they do. They value the visit just as much as the delivery of a meal. I've built a lot of nice friendships from this, met some very nice people. I learn a lot, like the history of the area, what they did when they were younger. I learn about their lives and their families. They are always appreciative. I have so much fun doing this."

Delivering a warm, fresh meal, doing a safety-check, having a friendly chat, determining further need, all serve to make people feel just a little more cared for.

**'THANK YOU TO
THE MEALS ON
WHEELS PEOPLE
THAT COME, AND
FOR ALL THEIR
RUNNING EVERY
WEEK. I REALLY
APPRECIATE IT.'**

-BRIAN KIRBY-



Meals on Wheels (MOW) is a meal home-delivery program of the Pierce County and St. Croix County ADRC. All meal deliveries in the Spring Valley area are delivered by *Spring Valley Staying Put* volunteers.

MOW DRIVERS ARE NEEDED, CALL 715-778-5800



For inquiry about the MOW program, please call the Pierce County ADRC, 715-273-6780 or St. Croix County ADRC (for those in St. Croix County), 715-381-4360.

Kathy's Korner



by Kathy Nyeggen Volunteer Director

In May a number of our clients and community members participated in a 7-session interactive "Stepping On" class focusing on fall-prevention, held in Spring Valley at the Village Hall. Many thanks to Lindsey Fewer from Allina Health, our

wonderful, engaging instructor. She did a great job of teaching all the elements and associated risks of falling, instilling the importance of strength-building through specific daily exercises and by remaining active. Various guest speakers were brought in to speak to the class including Dr. Gary Lukes of Valley View Eye Clinic. Lukes shared stories and talked about how aging eyes and vision afflictions can increase fall risk. This class, attended by ten, was enjoyable, interactive and educational, and we were grateful for the opportunity. Thank you to Allina Health, Pierce County ADRC, and the WI Institute for Healthy Aging. We hope to do it again!

Kathy

Also: Thank you St. Croix Electric Cooperative, for your generous support of Staying Put! We were honored to be chosen for the Commitment to Community program.



Congratulations, graduates of the Stepping On class!



Welcome new volunteers!

Lowell Mandelkow

Becky Pajic

Jeff Pajic

Bonnie Tully

Hope Webb

Joy Webb

Julie Witt



Volunteers:

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

In Memory of Those We Have Lost

Ken Sortedahl, February 1934 - July 2019

Bob Jenny, March 1936 - August 2019

Staying Put events & activities

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

ARTS & CRAFT CIRCLE: Monday, October 14, 3 - 5 p.m at the *Staying Put* office. A fall project is being planned. To reserve a spot and/or for a ride, call *Staying Put*, 715-778-5800.

DANCE CLUB: Wednesday, October 9, 1 - 4 p.m. at the Moose Lodge in Menomonie, \$5/person cover charge. For a ride, call *Staying Put*, 715-778-5800. **VOLUNTEER DRIVERS NEEDED!**

STRONG BODIES FITNESS SESSIONS: Ongoing sessions held Tuesdays and 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. This program is co-sponsored by Pierce County ADRC. **PRE-REGISTRATION IS REQUIRED**, call *Staying Put*, 715-778-5800.

MARLENE DORAN CARD MAKING CLUB: Monday, October 21, 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.



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, October 8 & 22 (Second and Fourth Tuesdays monthly), 10 - 11:30 a.m. 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.



***Staying Put* participants, we would like ideas from you!**

We are always trying to improve and expand to make a positive impact.
Feedback you give us will help us to grow.

What kinds of services might you like to see *Staying Put* provide for Spring Valley seniors, adults with disabilities, their families and caregivers?
New ideas for services? Feedback on current services?

Leave us a message saying "My ideas" or "Ideas" at
spring.valley.ssp@gmail.com or 715-778-5800.

Thank You!

Donations received from June 1 - September 30, 2019

INDIVIDUALS

Al Brown
Julie & Dave Ducklow
John & Nancy Ellingson
Pat Gavic
Ed & Dee Dee Hanson
Brenda Kado
Keith & Nina Larson
Robert & Dorothy Seblon
Dennis Sorenson
Joe & Brenda Stangl
Beulah Thompson
Jeanette Timm
Johannes & Sharon Vandenberg

BUSINESSES & ORGANIZATIONS

St. Croix Electric Cooperative Commitment to Community
United Way of St. Croix Valley

IN-KIND

First Bank Baldwin
Julia Blackbourn
Stacy Fivecoat
Lori Peterson
Elaine Schmit
Margaret Thorne

IN MEMORY OF

Mary Jane Brown
Jerry and Joyce Larson
Vivian Danielson
Bill and Jill Klanderman
Bob Jenny
Pearl Ducklow
Diane and Rich O'Connell
Virgil Lueth
Beverly Lueth
Ken and Denise Witucki
Isabelle O'Connell
Sandy Thompson
Sharon Roatch
Jan and Eric Hatling
Bill and Jill Klanderman

Staying Put Statistics

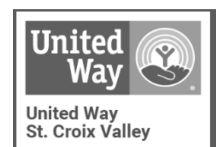
Number of approved volunteers to date – 93
Number of approved clients to date – 73
Number of client-related trips in 2019 to date – 1,547
Number of volunteer client-related miles in 2019 to date – 12,569
Number of volunteer client-related hours in 2019 to date – 1,512

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

Online: springvalleystayingput.org/donate.html





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Spring Valley Seniors Staying Put

S312 McKay Ave.

PO Box 193

Spring Valley, WI 54767

(Located in the First Bank of Baldwin Building)

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.

