

# Spring Valley Seniors Staying Put, Inc. Newsletter

SIXTH EDITION

APR/MAY/JUN 2017

**Caring ~ Connecting ~ Contributing**

***Staying Put's Mission: Coordinating volunteers to help seniors and adults with disabilities to maintain their independence.***



**Please consider the gift of yourself.... a little of your time.**  
**Join us on: Fall Orientation to be announced soon.**  
**Call (715) 778-5800 with questions, or to register.**  
**Some volunteer services:**  
Local transportation  
Walking escort  
Errands/shopping  
Friendly visits  
Outings/socialization  
Caregiver relief/timeouts  
Light household assistance  
Garden or yard work  
Office help  
Special projects/committee work  
**Help our community be a better place to age & to live.**

***Alice Hurtgen***  
***May 21, 1923 – May 1, 2017***

Dear Aunt Alice,

Thank you for all that you shared with me this past year. From the time we looked through pictures for hours and you shared your wonderful soup with me, the times I came to visit and sing to you and you told me stories about Grandpa Blegen to the last time when I brought Ryan to meet you and sing for you too.

You were an amazing woman and I'm so glad I got to spend that time with you. Thank you for everything! You were a blessing to everyone that had the privilege of meeting you. Give Grandpa and Grandma hugs for me!

~Love, Erin



“It gives me so much pleasure when people come visit me and know my name”, said Alice.

“Her face lightens up when she knows who she is talking to and realizes they came just to see her. Her eyesight is nearly gone and she needs to look very closely at you .... or will recognize your voice”.

“Alice mentioned her visit with Beulah and what good friends they are. She also mentioned that Staying Put has helped Beulah so much and she really appreciates it”

As Diane and Rich were leaving Alice's room, she called out: “Make sure my kids get home safe” (Alice knew Diane and Rich were talking to her son out in the hall just before they came in.)

~ Diane Huebel & Rich O'Connell (March 2017)

We visited Alice's room at the Spring Valley Care Center. Beulah walked to where Alice was sitting, leaned over her chair ... both beaming ... they planted a kiss on each other's cheek. Though they talk on the phone daily, it had been months since they had seen each other.

The conversation was light and lively, filled with story-sharing, people-talk, laughter, enjoying an ice-cream Sunday together, filling the precious moments of a drab, chilly March afternoon.

As the visit drew to a close, Alice waved me over to her chair and whispered “thank you for bringing Beulah to see me, and thank you for taking care of her too”.

Alice can no longer see clearly the faces of friends and loved ones, but her heart can clearly feel their love.

~Kathy Nyeggen (March 2017)



**DEAR VOLUNTEERS ....**



**In appreciation for all you do**

**A picnic is being planned for you !**

**Please save August 26 afternoon, a Saturday**

**More details will soon be on the way ☺**

Staying Put presents the  
 Spring Valley Memory Cafe  
 Starting Tuesday May 23, 2017



**Dementia  
 Friendly**

~Anyone with memory loss is invited and must attend with a friend or companion.

~Make new friends, have fun and share stories, enjoy coffee or tea and treats.



Spring Valley Memory Cafe  
 From 10:00-11:30 on the second and fourth Tuesday of each month at:

*St. John's Lutheran Church  
 5520 Church Ave.  
 Spring Valley, WI, 54767*

**For information: 715 778-5800**



**Volunteer Corner**

We would like to extend a heartfelt **THANK YOU** to **Jeannie Place** for her fine assistance in helping navigate the QuickBooks Pro software program & bookkeeping efforts. Her many hours of time and expertise, and ongoing assistance (often remotely), have been greatly appreciated!



**NEED A LITTLE HELP OPERATING YOUR TABLET OR YOUR SMART PHONE ??**

**COME JOIN THE FREE TECH WORKSHOP SERIES OF SIX**

**JUNE 5, 12, 19, 26, JULY 10, 17**

**SPRING VALLEY LIBRARY @ 5:45 PM - 7:00 PM**

**CALL (715) 778-5800 TO SIGN UP.**



Are you aging? Do you have a health issue like diabetes, arthritis, high blood pressure, heart disease, or depression? Put life back in your life by participating in *ADRC's Living Well Workshop*, available at Sneaker's in Spring Valley on Wednesdays, April 12th- May 17th, 2017 from 9:00-11:00. Workshops provide tips on reducing pain and fatigue, eating better, making exercise fun, talking with your doctor, and more. For more details call Lena at 715-273-6780.

Living Well — your path to less pain, more energy, and living the life you want.

**Staying Put Walking Club**

Every Tuesday and Thursday at 12:30pm

Meet at Sneakers  
 5 119 McKay Ave., Spring Valley

Open to anyone and everyone looking to get their 30 minutes of exercise a day for good health. Walk at your own pace.

**\*\*If raining, walk will be canceled.  
 Questionable weather –  
 Call 715-778-5800**



DANCE CLUB!  
 SHAKE A LEG!

FIRST WEDNESDAYS OF THE MONTH  
 MOOSE LODGE/MENOMONIE 1:00-4:00  
 LIVE MUSIC - \$5 COVER

FOR A RIDE CALL - (715) 778-5800



The Senior Meal Program is at Sneakers  
 Tuesday through Friday  
 11am - 1pm.



**STAYING PUT CAN BRING YOUR BOOKS TO YOU**  
 For library information, to get a library card, or about events, contact:  
 Librarian: Rebecca Schmidt  
 Spring Valley Library  
 715-778-4590  
 Ask about "Books to Go"  
<http://springvalleylibrary.org>

## ~Gifts and Memorials~

Spring Valley Seniors Staying Put extends a heartfelt "thank you" to the following individuals 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 January 19, 2017 – April 17, 2017

#### Individual Donors

Jan Hatling

#### Churches and Church Groups

Gilman Lutheran Church Mission Endowment Fund

#### In-Kind Donors

First Bank of Baldwin  
Jack Kenefick  
Jeannie Place  
Kyle Fosburgh



#### Foundations

Hugh J. Andersen Foundation  
AnnMarie Foundation



#### Business Donors

Pierce Pepin Electrical Cooperative

#### Organization Donors

Allina Health Dollars for Doers

*You can invest in Staying Put's future and strengthen our community with your donation. For your consideration of a donation today, we have enclosed an envelope. Thank you for your thoughtful financial support.*

VOLUNTEERS - **49**

CLIENTS - **32**

CLIENT MILES - **13,672**

CLIENT HOURS - **2,157**

NON-CLIENT/ADMIN-RELATED AND MEALS ON

WHEELS - TOTAL MILES - **1,211**

NON-CLIENT/ADMIN-RELATED AND MEALS ON

WHEELS - TOTAL HOURS - **6,817**



Please contact us if you would like to volunteer or help with a donation .

Phone: 715-778-5800

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

Address: P.O. Box 193, 5312 McKay Street, Spring Valley WI 54767

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

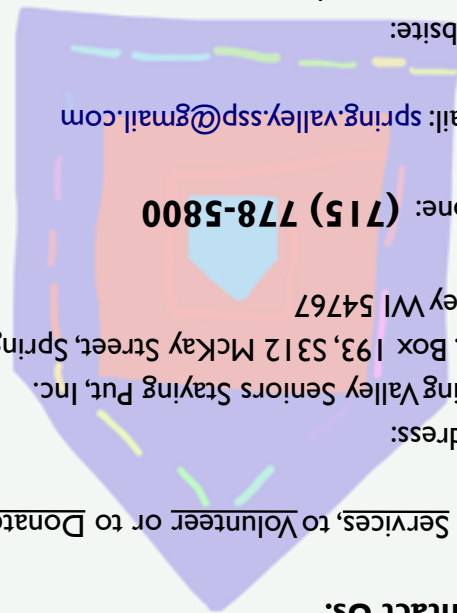
**Contact Us:** For Services, to Volunteer or to Donate.

Address:  
Spring Valley Seniors Staying Put, Inc.  
P.O. Box 193, S312 McKay Street, Spring  
Valley WI 54767

Phone: **(715) 778-5800**

Email: [springvalley.ssp@gmail.com](mailto:springvalley.ssp@gmail.com)

Website:  
[www.springvalleystayingput.org](http://www.springvalleystayingput.org)

The logo is a shield-shaped emblem with a purple border and a light purple background. Inside the shield, there is a red and white pattern that resembles a stylized 'S' or a similar abstract design. The shield is centered within a black-bordered box.