

# Spring Valley Seniors Staying Put, Inc. Newsletter

THIRD EDITION

JULY/AUGUST 2016

**Caring ~ Connecting ~ Contributing**

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

## **Volunteer Orientation – SV Library**

**Saturday, August 13th: 10:30-Noon**

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

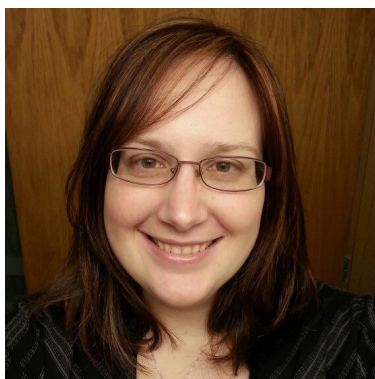
### Services provided by Staying Put:

Our volunteers provide: rides to and from church, hair appointments, and community events; friendly visits and check-in calls; help with light chores; grocery, library or pharmacy deliveries; local shopping assistance; caregivers time-out visits, socialization connections; \*references to services for hire and other available help.

\*These are only referrals to services and are outside of the Staying Put volunteer program. All negotiations and conditions are between service providers and the recipient, for which Staying Put is not accountable, and for which job services provided are not to be combined or associated with Staying Put volunteer services.

### **Volunteer Spotlight**

Erin Blegen joined the Staying Put 'forces' in 2015.



She assisted with administration documentation re-creation, and set up a doc storage/management system for the organization.

She has provided various forms of assistance at almost every volunteer orientation, formats and designs the bi-monthly newsletters, and offers suggestions & helpful ideas to Staying Put. Additionally, she has done a little volunteer visiting.

Erin works a FT job in Woodbury, MN, and lives in River Falls. Along with a cooperative spirit and cheerful demeanor, her dedication, skill and creativity have been very much appreciated. Many thanks to you, Erin, for helping this organization along its journey.

### **SVSSP Volunteer Stats:**

Number of Volunteers as of June 2016:

**52**

Number of Volunteer Hours as of June 2016:

**1036**

Total Number of Trips (Rides and Visits) as of June 2016:

**843**

## **Summer Events Calendar**

**Tuesday-Friday, weekly – 11-1 Senior Meal Program at 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 at Village Hall – 9 am. All are welcome!**



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

**Welcoming our wonderful new volunteers at the June 11 Staying Put volunteer orientation.**



**To become a volunteer or for more information on SVSSP, give us a call at (715)778-5800**

## Staying Put/ADRC/ Sneakers collaboration:

Many thanks to the sensational management and staff (left to right, Chad, Ruth, Beth) at Sneakers in Spring Valley! Since Feb. 2 (of this year) you've really stepped up with superior service, smiles & savory meals ... every week Tues.-Fri./11-1. You've made the Pierce County/ADRC Senior Meal Program a smashing success!



### Beulah's Garden



Left to Right, Chuck & Carol Gregg, Beulah Thompson, Karen Gunderson, standing at Beulah's Garden (Woodland View Apartments, Spring Valley, WI).

Staying Put's VP, Karen Gunderson, has worked hard on the garden this spring/summer and coordinates a schedule of gardening volunteers ... she says "I really enjoy gardening and it's great being able to help somebody at the same time."



## Story Corner: A Volunteer Experience - July/August '16 Edition

My great aunt is a client of SVSSP. When she saw my picture in the paper, she requested that I come and see her for a volunteer visit. I hadn't seen her in a few years, since my Grandma's funeral. She is very energetic and gets around pretty well for being in her nineties and she is the most adorable lady you would ever meet. (Of course I'm being a little biased. She IS family!)

When I walked in, she took my hand and pulled me to the living room to look at pictures. She had received a viewing monitor from the blind institute so she could magnify her pictures. She doesn't see very well and this gift has helped to keep her memories alive. She excitedly told me stories about her childhood, her teenage years, married life, her golden years and everything in-between. I learned about my Grandpa, life during the Depression, the War, and I got a first hand history lesson.

Living in a world where people are essentially married to their phones and everything is over sensationalized, it's extremely refreshing to take a step back and have a real conversation face to face and learn about a time when things were simpler and community meant something more than just a geographic area we lived in. I long for a life like that. Sometimes I feel like I was born in the wrong time. I am an old soul. Getting the opportunity to experience these moments in the past through previous generations' eyes is something that is becoming more scarce as time goes by. Just one hour with someone can make a big difference, not only in the client's life, but in the volunteer's life too.

~ Erin Blegen

The Gregg's have logged plenty of garden time during the month of June, saying "We love helping, and especially for somebody like Beulah". Beulah has always maintained her garden but needed some help this year .... she says "it's wonderful to have friends that will come to help out".

Friends helping friends.... what Staying Put is about.



### Meet the Board!



Left to right: Jan Hatling—Treasurer, Karen Gunderson—VP, Margy Balwierz—President/Founder, Vicki Aarsheim—Secretary, Kathy Nyeggen—Volunteer Coordinator, Rich O'Connell—Financial Advisor/fundraising/general. Missing: Kaye Bird—Promotions/PR, Nina Larson—document editing/general.

**"A shout out to our on-leave team members, your presence is felt, even while you are not here."**

Look for bios in the next edition!

## VOLUNTEER WITH THE MOST MILES DRIVEN IN THREE MONTHS:

**- MARY HINSHAW**

**431 miles**



Thank you for your time and generosity, Mary! You are an outstanding asset to this organization.

### Contact Us:

**Phone:**

715-778-5800

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**Email:**

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**"Be kinder than necessary, for everyone you meet is fighting some kind of battle."**