

Caring ~ Connecting ~ Contributing

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



1st Anniversary Edition



Spring Valley Seniors Staying Put begins 2017 with one full year of service to the community under our belt. We are so pleased with the engagement of staff and volunteers, and the generous support of community and non-local donors, moving Staying Put towards meeting and even surpassing goals and challenges. We remain confident in steady growth, continued efficiency, and dedication to the important work we do. ~ **Margy Balwierz, President**

Successes of Our First Year

Clients helped
30

Active Volunteers
48

Total Volunteers registered
63

Volunteer Client-related Hours
1,577

Volunteer Client-related Miles
9,780

Client-related Rides and Services
1,798

Total Miles Other-Volunteer Services (Meals on Wheels, Administrative, Office, Misc.)
5,016

Total Hours Other-Volunteer Services (Meals on Wheels, Administrative, Office, Misc.)
1,176.30

Words From Clients and Volunteers:

Connections to much needed-resources....

From a client ...“It took 4 years for us to find the Alzheimer’s resources that Staying Put connected us to, and it’s going to save us \$200 a month.”

Making a difference ...

From a client tearfully describing a Staying Put service ... “I’ve needed this for so long, I’m just so grateful.”

Joy of volunteerism....

From a volunteer escorting a client to an event ... “I told her it was my pleasure to do it, I had fun. It is my way of giving back because my life has been blessed in so many different ways!! Thank you for giving me the opportunity to take her.”



Changing lives

From a volunteer who provides weekly transportation for a client ... “It’s awesome to see how you change a person’s life ... when I first met (this client) he was disheveled, lonely, sad-looking...now he’s talking more, taking pride in his personal care, and seems to enjoy socializing. He smiles more, and looks forward to his weekly trips. He’s such a sweetheart, I’ve thoroughly enjoyed getting to know him.”

Sharing the memories....

On our first visit we introduced ourselves to this lady whose name we had recognized but never really met. She smiled and said “I know your families”. That opened up a pleasant trip down memory lane for both of us. She told us stories we had not heard before that made us smile. We shared memories that took us both back to a pleasant time in life with the generation before us. This visit was an opportunity for her to share and us to learn.

A special “Thank You” to all of our volunteers! Thank you for a wonderful first year! You make a difference!



Meet the Board

Margy Balwierz, Board Member, President

Margy Jean Balwierz, founder of SVSSP, has lived in our community for 17 years. In January of 2014, believing in the power of volunteer work, she initiated Spring Valley Seniors Staying Put. She has had decades of volunteering experience including The Minnesota Raptor Center, Minneapolis Food Shelves and Heartland / Adoray Hospice.

Margy is a retired Minneapolis Elementary Science and Gifted/Talented Teacher. She is currently an artist making handmade tile art which is commissioned by corporations and individuals and also for sale at art galleries and from her home studio. Her website is www.handmadetiles.blogspot.com.

She is a wife, mother and grandmother who has travelled the world yet happily made her home here, where she has lived longer than any other place.



Being involved in Staying Put has given me the opportunity to contribute what I can to help seniors remain independent if possible."



Jan Hatling, Board Member, Treasurer

"Growing up I was lucky to have wonderful grandparents in my life. Working as an RN I have always loved working with seniors. When Margy told me about her interest to help seniors stay put in their homes I wanted to help."



Rich O'Connell, Board Member, Financial Counsel

"My career was in financial and retirement planning. I hope to offer advice and counsel to SV SSP in managing the financial portion of this group. I enjoy working with the people of this community and want to see SSP continue to grow."



Paula Lugar, Board Member

"I have worked with Spring Valley Seniors Staying Put (SVSSP) from the beginning and was on the first board of directors. My dreams include starting a Memory Cafe in Spring Valley so people with dementia and their caregivers will have a fun, safe place to socialize. I believe the SVSSP clients in our community offer wisdom essential to the future of our small community. Caring for each other creates a rich culture. I want to be part of that!"



Karen Gunderson, Board Member, Vice President

"I was born and raised in Spring Valley, my career in food product development took me to various locations throughout the United States, but Spring Valley was always home. After 35 years in the food industry, I retired and was looking for ways to volunteer and give back to the community. SVSSP has allowed me to do just that..... It is exciting to see volunteers come forward to assist Seniors and make Spring Valley a great place to age."



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Diane Huebel, Board Member, Secretary

"My background is in finance and marketing. Two years ago, I retired from BMO Harris Bank as a Personal Trust Administrator. In my years of working with Trust clients, I came to realize and appreciate the significantly growing senior population. Their greatest asset is their independence.

Sandy Thompson, Board Member

"I joined the Spring Valley Seniors Staying Put board on January 3, 2017.

I am a retired banker. I started working at the Bank of Spring Valley in 1967 and retired in 2016.

I have lived in Spring Valley since 1967 and have been active in the church and community. Since retirement I work at the Spring Valley Drug store part time and do volunteer work in the community and church."



I bring my background as an occupational therapist, my knowledge of system function and my decades of experience working with families in their homes."



Winter Events Calendar

Staying Put Board Meetings

February 7, March 7
9:00, Staying Put office @
312 McKay Ave.
Spring Valley, WI



All are welcome!

SENIOR SUNDAYS

Hosted By:

St. John's Lutheran Church

Held at:

St. John's Fellowship Hall

2017 – Jan. through Mar.

1:00 pm – 4:00 pm

In partnership with:

Spring Valley Seniors Staying Put

For Rides or to Volunteer,

call: (715) 778-5800

- 8-Jan Cards and board games
- 15-Jan Movie Matinee
- 22-Jan Guest Speaker
- 29-Jan Monthly Birthday Party
- 5-Feb Super Bowl Pregame Party
- 12-Feb St. Johns Annual Meeting-No event
- 19-Feb Movie Matinee
- 26-Feb Monthly Birthday Party
- 5-Mar Cards and board games
- 12-Mar Movie Matinee
- 19-Mar Guest Speaker
- 26-Mar Monthly Birthday Party

Dance Club

One Wed. per month
Moose Lodge/Menomonie,
1:00-4:00
Call 715-778-5800 to join!

Walking Club

Twice weekly
as weather
permits.

Call 715-778-5800 to join!



FOR KAYE BIRD

We'd like to add Staying Put's words to the many memorials already written for our wonderful Kaye Bird.

With great sadness Staying Put said 'good-bye' to friend and board member, Kaye Bird, this past December. Her courageous battle with leukemia ended on December 12, 2016. We remember with sincere gratitude all that Kaye contributed to Staying Put from the very beginning, through generous time and efforts into writing about and promoting the organization and all the detail and coordination that entailed. She was always so willing to scoop up a project amidst her busy newspaper editing, writing and column producing work, finding time to volunteer and be a Board Member. Not only will the good work she did for this organization be sorely missed, but also her even-headed problem-resolution style, her wry humor, and especially the delight of knowing and working with her.

From Kaye's memorial service program: A time to gather, A time to remember and give thanks, a time to hear, a time to pray, a time to go forward We will go forward without you, Kaye, but we will never forget the indelible mark you left on our hearts at Staying Put.

VOLUNTEER ORIENTATION! WE NEED YOU!!

Saturday, Jan. 28 10:30 – Noon @ Staying Put – S312 McKay Ave./SV
Casual! Interactive! Treats! Call with questions/to register 715-778-5800

Just a little of your time is BIG!



"We can't expect the world to get better by itself. We have to create something we can leave the next generation" ~Gwen Ifill

TRIBUTE TO A CLIENT, FRANK LUGAR By: Staying Put Board Member, Paula Lugar (Frank's wife)

Frank cannot be defined by birth and death dates, schools, or survivors. He was an inspiration to many people. In the face of great adversity, he persevered with graceful tenacity. He lived with courage and dignity. He thrived in community.

Frank was born On Memorial Day in 1949. His dad told him those Memorial day parades were for his birthday. His birthday parades remained a joke for his life, although Memorial Day became one of the Monday holidays. This year, his birthday was on Memorial Day! Frank had many hobbies including politics, photography, hunting, woodworking, hiking, and bicycle riding. His interest in border collies brought Max, Ned and Jaff into our lives. He loved Duluth, Lake Superior and the north shore. We had a favorite cabin that we rented on the shore of Lake Superior in Little Marais, MN. He loved boats and aspired to be a sailor. We even rented a houseboat on Rainy Lake one year for a vacation.

We moved to Spring Valley, WI in 2004 when Frank was very sick with Pulmonary Hypertension and we could not imagine he would live long. The land reminded him of his beloved Johnstown, Pennsylvania. He loved the property and grounded in nature in a way that revitalized him. His health improved and he engaged in life building community and learning new skills. He never stopped learning.

Frank's sense of humor and interest in people expanded his circle of friends. When I asked him if we should host a party this year, he replied, "Yes, I'd like to attend my own funeral." We held his funeral on June 25th with him in animated attendance. He never appreciated how much he inspired people. Instead, he remained a humble man throughout his life. His Caring Bridge site drew more than 500 visits over the last three months of his life.

While we have no children, my sister Jane's daughters Amanda and Stephanie became Frank's "daughters." Stephanie asked him to walk her down the aisle when she married Ben three years ago. Amanda and Frank had a very special relationship. Amanda, Steph and Ben visited Frank the day he died. It meant a great deal to me and I believe he knew they were there.

On August 20th, he died as he lived, quietly in his hospital room with me by his side. The care he received in the hospital was extraordinary. The care focused on our unique needs and met every need we identified. He "beat" pulmonary hypertension. His lungs and heart were better than they had been in years. We were able to wean him from his IV medication without incident. It was cancer that defeated his body. He lived against all odds and all predictions of impending death. He died with grace and dignity. His spirit lives on.



The ADRC Meals on Wheels/Senior Dining program was a great success in 2016. Thank you to Sneakers for their fantastic service. And to all the meal delivery drivers. We appreciate you !!

To sign up for meal delivery call ADRC @ (715) 273-6780



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 November 14, 2016 through January 18, 2017

INDIVIDUAL DONORS

Three Anonymous
Suzanne Baker
Margy and Gary Balwierz
Don and Donna Blegen
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Dennis Sorenson
Russell M Sr and Russell M Jr
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Joseph and Brenda Stangl
Sandy Thompson
Joe and Sharon Vandeberge

IN MEMORY OF

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Allen A. Anderson
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Keith and Nina Larson
Esther Cohen
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Joy Wilson
Jan and Eric Hatling
Kathy and Randy Nyeggen
Tom Gunderson
Joe and Betsy Bacon



Kaye and Gary Bird
Karen and Earl Gunderson
Margy and Gary Balwierz
Fred Pierce
Joanne Quackenbush
Engli Auto, Ellsworth WI
First Bank Baldwin, Spring Valley

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

Phone: 715-778-5800

Email: 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

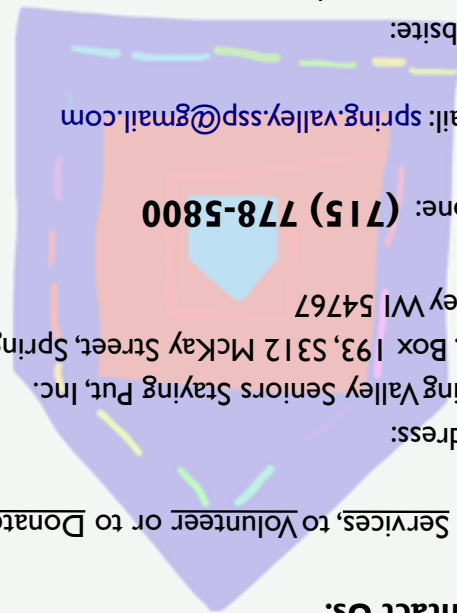
Contact Us: For Services, to Volunteer or to Donate.

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

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

Email: spring.valley.ssp@gmail.com

Website:
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.