

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



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STANDARD  
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ZIP CODE 54767  
PERMIT NO. 36

## Address Service Requested



### Staying Put

offers an array of non-medical volunteer services to the community (within Spring Valley school district) continuing the rural tradition of *neighbors helping neighbors*. There is no charge for services, donations are graciously accepted.

- Transportation to: medical appointments, church, groceries, drug store, visit a friend/or care facilities, senior meals, dance-day outings, etc.
- Socialization opportunities/encouragement to the isolated & lonely
- Visits or caring phone calls/companionship
- Reading, playing games or cards
- Light housekeeping or light yard work
- Food preparation
- A break for someone who takes care of a loved one
- Being a walking buddy
- Special events engagement, encouragement
- Resource referrals (for requests/needs outside Staying Put parameters)
- Meals on Wheels delivery



**Phone: 715-778-5800**

**E-mail: [spring.valley.ssp@gmail.com](mailto:spring.valley.ssp@gmail.com)  
[www.springvalleystayingput.org](http://www.springvalleystayingput.org)**

# THANK YOU

A BIG DEAL - It may be a small thing to you, as sometimes people forget they gave out of the kindness of their heart, but to *Staying Put* your giving is a BIG DEAL. At times we get busy visiting our clients, maybe training a volunteer, giving a ride, delivering a meal, or just stopping in to make someone laugh that day. So if we forget our heartfelt BIG DEAL thank you to someone who so generously gave, please let us know so we don't miss the opportunity to say "thank you" properly.

## **Donations Received From January 1—May 31, 2018**

### **INDIVIDUALS**

Sylvia Anderson  
Sarah Arneson  
Gary Bird  
Don & Donna Blegen  
Allan Brown  
Nancy Cleveland  
Chuck & Martha Davis  
Kyle Guerink  
Tom Gunderson  
Mary Hampton  
Jan Hatling  
Lyn Huiskamp & Jay Esch  
Bob and Una Kannel-Jenny  
Gary & Ruth Lukes  
Diane Huebel & Rich O'Connell  
Sally & Orville Pierce  
Steve & Diane Pittman  
Gene & Carol Roland  
Cherrie Timm  
Joe & Sharon Vandenberg

### **FOUNDATIONS**

Fred C. and Katherine B. Andersen Foundation  
Gilman Lutheran Church Mission Endowment  
Hugh J. Andersen Foundation  
AnnMarie Foundation

### **100 INSPIRATIONAL WOMEN WHO CAN**

Jenny Hannack  
Andrea Nelson  
Janice Ottman  
Joyce Borgerding  
Jesse Streater  
Julie Ducklow  
Luann Emerson  
Nicole Snyder

### **BUSINESSES AND ORGANIZATIONS**

Allina Health Systems  
Spring Valley Chamber of Commerce  
United Way St. Croix Valley

### **IN-KIND**

Jennifer Nyeffeler  
Guy & Wendy Leach  
Kathy Nyeggen  
Tom Anger, SV Drug & Hardware  
Kyle Guerink, SAVINGSBLEND.COM  
First Bank of Baldwin  
Beulah Thompson  
Janice Ottman

### **IN MEMORY OF**

(donors indented)

#### **Joan Arneson**

Jay Arneson Family  
Robert & Mary Ducklow  
John & Nancy Ellingson  
Becky Glister  
Chuck & Carol Gregg  
Karen & Earl Gunderson  
Matt & Mary Huepfel  
Bill & Jill Klanderman  
Maloy & Nola Monicken Jr.

#### **Mike Finch**

Julie Ann Finch

#### **Ardith Howard**

Sandy Thompson

#### **Logan Jacobson**

Michael & Heidi Jacobson

#### **Jim Traynor**

Dennis Sorenson  
Tammy & Dale Zahorik

#### **Len and Evelyn Wells**

Greg and Sherry Wells

Be the **CHANGE**  
you wish to see in  
the **WORLD**

*Gandhi*

— . . . . .  
We were *Blown Away* by the kindness of Tom Anger of Spring Valley Drug & Hardware for fixing our hanging sign after the winter weather blew it down a couple of times—Thank You Tom.



Visit our **DONATE** page at  
**[www.springvalleystayingput.org](http://www.springvalleystayingput.org)**  
**Donate with Pay Pal**  
**Donate with a Debit or Credit Card**  
**Donate by sending a Check to:**

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

# Spring Valley Seniors Staying Put, Inc.

## 2nd Quarter 2018 - Newsletter

Caring ~ Connecting ~ Contributing

**MISSION STATEMENT; COORDINATING VOLUNTEERS TO HELP SENIORS  
AND ADULTS WITH DISABILITIES TO MAINTAIN THEIR INDEPENDENCE.**

### Small Acts, Big Differences

If we have a clear sense of the impact small acts of kindness can make in a person's day, even to their existence ... then we understand the value of those gestures beyond and outside of medical, tactical, and physical services.

It could be sitting quietly for a half hour, encouraging thought process, engaging simple conversation, being a gracious listener.

Maybe it's helping somebody rekindle a sweet memory or laughing with them.

It might be sharing time with a lonely person, mitigating isolation, desolation, feelings of detachment ... by making a human connection for those moments.

It might be opening for expression of loss, or sadness, letting them cry.

*A four year old child's next door neighbor was an elderly gentleman who had recently lost his wife.*

*Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.*

*When his Mother asked what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry."*

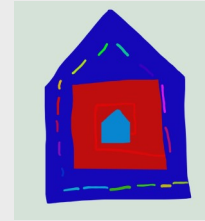
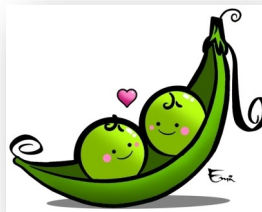
We can *all* make a difference in lives, with small acts of kindness.



### FOR THE GARDEN OF YOUR DAILY LIVING

PLANT THREE ROWS OF PEAS:

Peace of mind  
Peace of heart  
Peace of soul



S312 McKay Ave.  
Spring Valley, WI 54767  
(located in the  
First Bank of Baldwin  
building)



#### Office Hours

Monday	2-5
Tuesday	12-3
Thursday	10-1

#### BOARD OF DIRECTORS

##### President:

Karen Gunderson

##### Vice President:

Margy Balwierz

##### Secretary:

Diane Huebel

##### Treasurer:

Janice Ottman

##### Board Members:

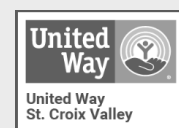
Jan Hatling

Rich O'Connell

Sandy Thompson

##### Volunteer Director:

Kathy Nyeggen



# Wit & Whimsy

**Buy A Vowel**

H \_ L \_ R \_ \_ \_ S

(Funny)

ANSWER: HILARIOUS

## High Five

Can you name the five most popular street names in America, not including numerical

Answer: 1. Park (8,926); 2. Main (7,644); 3. Oak (6,946); 4. Pine (6,170); 5. Maple (6,103)



**A** wonderful program for our community!!! Thanks to all of you!!! (comment on Meals on Wheels program).



*"I know I didn't need to stay longer....I just wanted to finish what I started. :) Plus, we talked a lot, I think she needed to talk." - volunteer*

## Comic Corner



### He must have been lost

It's still cold outside, I'm sitting at my kitchen table and I see this hornet, I think it's a hornet, buzzing around my window. I rolled up a newspaper and gave him a smack...I missed him by 6 inches. He was still there hiding somewhere. Then I saw him again, he started buzzing around my glass of vodka and water, but I didn't want him drinking any of my vodka. I took another swat...missed again. Now I'm waiting for him; sure enough here he comes right towards my glass...BAM I got him. I think he was lost.



# Volunteer do good, feel good

## Meals on Wheels

*Staying Put* volunteers have delivered hundreds of **Meals on Wheels** in the Spring Valley community since February of 2016. That is a lot of hours, miles, and dedication! The success of this program is attributed to the good work and partnership of the Pierce County ADRC (which funds the program), Sneakers and *Staying Put* volunteers. We **thank** and honor all of our volunteer drivers, those who cheerfully carry out this service on a weekly basis, and the subs who help out as needed.

What a great resource Sneakers is to our community, putting out all those wonderful meals week after week, packing up the meals to go, and making patrons feel so welcome at Senior Meals.

Pictured back row: Chad (Sneakers), Chuck Gregg, Jan Hatling, Linda Anderson, Mary Hinshaw, Nina Larson, Eric Hatling, Keith Larson. Front row, Ruth and Beth (Sneakers)

Drivers not pictured: Brenda Haack, Orville Pierce, Joe Bacon, Trudy Rew, Diane Huebel, Rich O'Connell, Sandy Thompson, and Karen Gunderson.

Senior Lunches at Sneakers are held Tuesday-Friday 11:00 am – 1:00 pm.

For inquires on home delivered meals (**Meals on Wheels**), please call the Pierce County ADRC at 715-273-6780.



## **STAYING PUT IS A THRIVENT CHOICE ENROLLED ORGANIZATION**

Thrivent Choice is a charitable grant program that allows eligible members to recommend where Thrivent Financial distributes part of its charitable outreach grant funds each year. Spring Valley Seniors Staying Put, Inc. was chosen to be listed in the program's searchable online catalog. When eligible Thrivent Financial members direct Choice Dollars® to our organization in a particular month, Thrivent Financial reviews the recommendation and makes an electronic contribution by the 10<sup>th</sup> of the following month. Any funds received will be used towards the costs of operating the agency ...which supports services offered by *Staying Put*.

**THANK YOU, THRIVENT!**





# Volunteer Blurbs

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**Elyse Fehrenbach** joined Staying Put in early May. A Wisconsin native, Elyse grew up in Eau Claire and graduated from art school in Milwaukee, then taught English in South Korea. She then moved to Arizona where she married her husband Anton, had triplets, and fought and won a battle with Leukemia. Now, back in Wisconsin, she has taken up her artistry, loves community involvement, volunteering and becoming healthy. We are thrilled that Elyse has joined our organization, assisting on many levels with various exciting initiatives.



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*"We make a living by what we get, we make a life by what we give."*  
~ Winston Churchill

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**Trudy Rew** is a MN native, and has lived in WI with her husband for almost 21 years. Her career background is mostly in the retail industry, of which she is semi-retired from these days. She and her husband also do some farming. Cross-stitching is a favorite pastime which she finds very relaxing. Volunteering was always a goal when she finally had the time, with Meals on Wheels as a primary interest.

Welcome Trudy, what a great addition you are to our volunteer group with your bright smile, cheery disposition, and giving heart.



# Volunteer Blurbs

## Welcome new 2018 Volunteers

Rhonda Hoon

Trudy Rew

Margaret Thorne

Francine Rudesill

Mary Kay Schaffner

Elyse Fehrenbach

Denise Guell

And thanks to all those  
that came before!



**Margaret Thorne** "I worked at UW-RF for 34 years as a counselor and asst. director of financial aid. I've been retired now for ten years and volunteered at Treasures from the Heart for three summers. I dabbled in oil painting, other art projects, and drinking wine, gardening.... because I have to. I love flowers, watching things grow and I read a lot. I like to help people and learned a good deal about patience and home care when my Mother had a stroke and was paralyzed. She managed to live on her own, alone, for over six years. I don't know how I'll be able to be help people in the community, but perhaps little by little I'll find a niche that fits."



## **SVSSP 2018 TOTALS:**

**Number of Volunteers: 67**

**Volunteer Hours: 865.15**

**Volunteer Miles: 5,271**

**Number of Clients: 53**

**THANK YOU,**

**CAN YOU SPARE AN  
HOUR?**

**JOIN STAYING PUT,  
BECOME A VOLUNTEER.  
A LITTLE HELP IS A LOT!!**



***The gift of time is priceless.  
You are each a special gift to  
this organization!!***

# Upcoming Events

## SENIOR LUNCH

Every Tuesday,  
Wednesday, Thursday,  
and Friday  
11:00 a.m. to 1:00 p.m.  
At: Sneakers  
S119 McKay Ave  
Spring Valley



## TECH WORKSHOP

Need some help learning  
to use your smartphone,  
tablet or laptop?  
One-on-one help available

Contact *Staying Put* to  
schedule a time.

## DANCE CLUB

Once a month on Wednesday  
1:00 p.m. to 4:00 p.m.  
Moose Lodge in Menomonie  
(\$5.00 per person)

**Drivers Needed!**



## BOOKS TO GO

Volunteers will deliver a  
basket of books or  
movies for your reading  
or viewing pleasure.

Contact the  
SV Public Library  
715-778-5492

## FITNESS FUN

*Staying Put* will launch various fit-  
ness sessions, of all levels, in Spring  
Valley this summer and fall for 55  
and better. We will start with Easy  
Chair Fitness every other Monday at  
9:30 a.m. at St. John's Lutheran  
Church. For questions or to sign up  
call *Staying Put* at 715-778-5800.

**Want to participate? Need a  
ride, or want more  
information?**

**Contact us:  
715-778-5800**

## MEMORY CAFE

Join us in sharing our stories  
over a cup of coffee. Anyone with  
memory loss is invited to attend.  
Bring a friend!

2nd & 4th Tuesdays of each  
month.  
10:00 a.m. to 11:30 a.m.

St. John's Lutheran Church  
S520 Church Ave.  
Spring Valley

## CRAFT CIRCLE

Meets First Mondays of the  
Month  
3:00 PM  
Staying Put Office  
312 McKay Ave  
Spring Valley  
Call to reserve a spot  
715-778-5800





# About Us

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## 100 INSPIRATIONAL WOMEN WHO CAN

On April 19, a group of women gathered at the Spring Valley Golf Course to kick off “100 Inspirational Women Who Can” event, organized and presented by the members of *Spring Valley Seniors Staying Put*. The intention of this effort is to support and raise awareness of all the non-profits in Spring Valley through the power of women coming together.

The event was planned to launch this grass roots organization for the community and its varying non-profit interests, standing together, yet also separately. The hope is that in nurturing the community as a whole, in being a leader towards that vision, the good of what is being done within each non-profit purpose will benefit all.

Karen Gunderson, a life-long resident to Spring Valley, reminisced about the culture women created in the Spring Valley community over many years, the changes through the decades, and women’s sustaining central value. She expounded on the role of women from a bygone era, and how that power and influence translate to modern day society.

Karen discussed the essential need to support the non-profits that work together towards making this community a great place to live and to age. In that outreach of support, the general objective is a \$100 commitment per year for 5 years (*or* an amount that is appropriate to the individual), to be directed toward a local non-profit of choice.

We would like to thank all who attended, and to those who generously gave a donation to *Staying Put*. The event was an encouraging kick-off to this important endeavor. We would also like to express appreciation to Guy and Wendy Leach of the Spring Valley Golf Course for their gracious in-kind donation of facility use.

It *takes a village* to make a community great. The dedicated work of its inspirational women will make it a strong, vibrant, special place to live and age.

***If anyone would like more information please contact us by emailing:  
[sv100women@gmail.com](mailto:sv100women@gmail.com)***



# About Us

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*Staying Put* launched a project called “**Expanding Horizons Healthy Living**” which is funded by Allina Health Systems for their Neighborhood Health Connection Initiative 2018.

A group of 15 seniors, chosen *Staying Put* applicants, will explore interesting local sites with a focus on enriching activities and healthy lifestyle choices.

Expanding Horizons will have monthly adventures for the rest of 2018, seeking out interesting places and featuring a few of the beautiful sites in our area. At each event we will explore healthy living, enjoy lunch together, and have walk and talk opportunities.

**Some of the monthly activities planned:**

**Rush Creek Greenhouse** - Participants will plant a pot of healthy greens to take and grow and will also tour the greenhouses.



**Farm Table in Amery** - We will learn about the philosophy of the restaurant, which offers healthful food using local farm products..

**Geologist and Professor Bill Cordua** - He will take us for a hike-and-learn at Blue Rock and Nugget Lake.

**Maple Leaf Orchard** - Owners will provide a tour of the beautiful grounds, hike, and picnic during apple picking time.

**Do-it-yourself Pain Relief** - Andrea Gerasimo, Yoga instructor, will be teaching simple ways to prevent and take care of aches and pains.

**Audubon Christmas Bird Count** - In December we will be a part of this event with local avian expert, Cathy Olyphant .

# In Memory

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*Joan Arneson*

We will miss bringing Joan her meals Tuesday through Friday each week... as we remember that first snowy day in early February, 2016. We will miss seeing Joan's smiling, friendly face, and that twinkle in her eye.

From all of us at *Staying Put* we would like to extend heartfelt sympathy and sincere thanks to the Arneson family in donating Joan's memorial funds to our organization. We graciously accept their generosity, and as those funds are put to good use in helping the community, we will fondly remember Joan. Rest in peace.

In the words of Tracy Schillinger, who cared for Joan, "*Fly High beautiful Angel! I will miss your spunky spirit and your sense of humor and will always cherish the memories we shared. I'm grateful for the time we spent together.*"



*Arlean Flanders*

Arlean and her husband, Laverne, were clients of *Staying Put* since April of 2016. Arlean was a hard worker, caring for her husband Laverne who had not worked for decades due to a debilitating car accident that profoundly changed both their lives. In more recent years, Arlean continued to care devotedly for Lavern at home (now afflicted by Alzheimer's) in spite of her own serious health problems.

*Staying Put* had served the Flanders with caregiver breaks, transportation and resource referrals. Arlean was grateful for the help she received from *Staying Put* and particularly appreciated being connected to an Alzheimer's funding resource she would not have otherwise known about.

The couple moved to Valley Villas Assisted Living in the summer of 2017, and continued to request occasional transportation assistance from *Staying Put*.



# ☆ You Should Know

## Do You Live Alone?

Are you concerned that you could fall or become ill and no one would know? Would you like a routine call or visit from a volunteer? Could you use some assistance connecting to outside resources?

Call us to discuss how we can help!

715-778-5800



## Need a Ride?

SVSSP volunteers are available to offer **rides locally** at no charge. Limit for distance is a 30 mile radius around SV. Call our office at 715-778-5800.

**Longer distance rides** are available from New Freedom Transportation, a program of the Center for Independent Living for Western Wisconsin. A \$3.00 charge is requested. You can call them for medical/social or whatever reason at **1-800-228-3287**.

They are always looking for volunteer drivers as well.

## Shopping Van Service:

The ADRC Shopping Van Services can take seniors and adults with disabilities to local businesses for shopping or errands such as going to the grocery store, the bank, the post office or just general shopping. Reservations are required and space is limited!

Call the ADRC at **715-273-6780** to sign up for shopping trips.

**Please sign up 24 hours in advance!**



## WEEKLY SCHEDULE:

Plum City/Bay City to Red Wing	1st & 3rd Tuesday afternoon of the month
Spring Valley/Elmwood to Menomonie	2nd & 4th Tuesday afternoon of the month
Ellsworth/Bay City to Red Wing	1st & 3rd Wednesday afternoon of the month
Ellsworth for local shopping in Ellsworth	2nd & 4th Wednesday afternoon of the month
Prescott to Hastings	Every Thursday afternoon



## INSPIRATION IN MOTION



One of the most popular 'girls' in the room, she rarely sits. When not being asked to dance, she is perusing the tables for willing partners.

GaVerna is the picture of vim and vigor. Her posture is upright, she navigates staircases without using a railing, she glides gracefully across the dance floor, holding a conversation, never missing a beat.

At 3:30, winded, forehead beaded with perspiration, she is ready to leave and points towards the door. As she stands to go, a persistent fellow-patron convinces her to join the last group- style circle dance. Once it ends, GaVerna slips quickly down the hallway, out the door, driving herself to where she lives nearby. See you next time, inspiring lady!

At the age of 6, GaVerna's Dad taught her to dance. She described how he would push the chairs and furniture up against the walls of the living area at the family farm in Dunn County, clearing the way for a few hours of joy from the hard work of life.

Today, at 95, GaVerna attends the Moose Lodge in Menomonie weekly, looking lovely as she arrives. She comes to dance and socialize, but mostly to DANCE, from 1:00 until 3:30 every Wednesday.



## BE ACTIVE

*Staying Put* volunteers can help keep you stay active and make new friends by providing rides or offering support:

- Socialize at Sneakers Senior Meals Tuesday-Friday 11:00 a.m.-1:00 p.m.
- Call for a ride to appointments, events, or visit other people.
- Join us at CRAFT CIRCLE one Monday a month, make fun things, visit with others.
- Sign up for friendly visits with our volunteers, to walk with, or just sit and talk with.
- Join us on DANCE DAY in Menomonie, one Wednesday a month (non-dancers welcome!)
- Gentle-Chair Fitness Sessions: Currently in progress.
- Other Fitness class options being developed summer and fall 2018.

CALL 715-778-5800 if questions, need more info, need a ride!