

*Fall 2021*

# Spring Valley Seniors Staying Put

Caring ~ Connecting ~ Contributing



Rich O'Connell, Pres.

Welcome to the fall edition of the Spring Valley Seniors Staying Put newsletter. I would like to take this time to shine the spotlight on a few summer events and a hint of the future.

This summer a few young volunteers joined our organization, along with a large group of Spring Valley High School students. These young people engaged in yard work, friendly visits, played games, helped deliver meals on wheels; in general spread some youthful cheer among our clients.

What is remarkable about this is the spread in years; seniors born as early as 1930, and youth born since 2009. By interacting with younger generations, seniors are able to share important life lessons. On the flip side, younger generations are able to teach seniors new ways of looking at life. Building a connection with each other, both generations are able to offer the respect and affirmation that humans seek.

Our future long range plan is to reach out beyond our service area, which is currently within the school district. Recent census statistics from the Pierce County ADRC has helped us to identify more people in our rural areas. One of the services we are able to offer these people is our transportation expansion program. More information on this is available inside our newsletter.

We are grateful for the volunteer and financial support of our community. Without you, we would not be able to serve this growing population of Spring Valley. **Thanks to you, we are able to sustain our efforts in making our clients lives easier, safer and a little brighter.**

Regards,

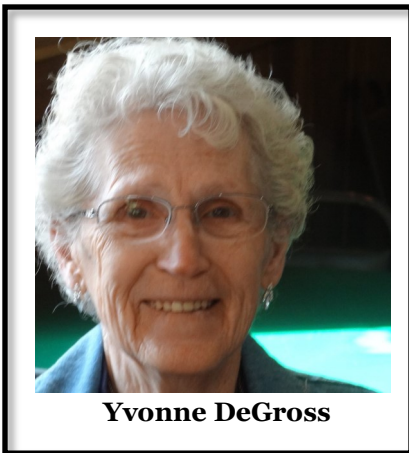
Rich O'Connell,  
President Board of Directors

Visit our DONATE page at  
[www.springvalleystayingput.org](http://www.springvalleystayingput.org)



# Staying Put— Meet Yvonne

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**Yvonne DeGross**

**Y**vonne attended one of Staying Put's early volunteer orientations in August of 2016. At 80 years of age, she registered as a volunteer and transported ladies to Senior Dining Tuesday through Friday every week, from 2016 through the early months of 2020 (until the health pandemic closed down the program).

She continued to volunteer by making routine friendly calls through 2020 and part of 2021 to a group of seniors mostly homebound during the worst months of the pandemic. She made cards & crafts at Christmas for the meals on wheels drivers as an expression

of appreciation, among other acts of kindness.

Yvonne is an artful crafter, and has a fierce green thumb, undertaking a variety of indoor plants and elaborate outdoor gardens for years. Summer of 2021, at age 86, garden upkeep proved to have become too labor intensive, as did keeping up a home. In early fall of 2021 she moved to the Woodland View Apartments in Spring Valley, to better manage a smaller living space and a small garden area.

Yvonne is a prime example of vibrant senior living by way of how *she lives* day to day. **An avid walker**, she strolls to church, to downtown errands, to the Staying Put office for Crafting and other events, to her Strong Bodies exercise class two times a week (except during 2020), etc. Aside of an active family life, she engages in community programs, her church and senior activities, staying involved, socially connected, and active.

On the road of life, abilities change and limitations are faced .... Yvonne keeps one step ahead!



# Staying Put—New Youth Volunteers



**Alyssa Hamater & Ezra Sauve**

**Alyssa** —helps out with craft circle, singing & dancing at the Valley Villas .

**Ezra** — likes visiting, craft circle, singing & dancing at the Valley Villas.

**“You’re never too young to change the world”**  
~ Author Unknown



**Elliot Tanberg**

**Elliot**— likes visiting, and assisting with Bingo.

**Connors’ Kids** made an extra batch of blueberry lemonade and rice krispy bars for clients. On a warm summer volunteers enjoyed delivering the refreshing treat and visiting with some of



## Spring Valley High School National Honor Society Students

Claire Anderson  
Brady Benarek  
Tyler Bowman  
Kaleb Casey  
Connor Ducklow  
Trista Falde  
Allison Graham  
Kaitlin Graham  
Blayne Gregg  
Lydia Hannack  
Grace Haug



L-R: Kaitlin Graham, Tyra Johnson, Coy Stasiak, Brady Benarek, Charlie Maier (yard weeding project)

RJ Hybben  
Merrick Johnson  
Tyra Johnson  
Julia Larson  
Charlie Maier  
Paige Peabody  
Justin Rielly  
Elizabeth Shafer  
Coy Stasiak  
Phoebe Vodnik



# Staying Put– Our Volunteers

## What makes up a volunteer



Mary Thompson

Kathy recently spoke with Mary Thompson. They had a good long conversation about her volunteer experience. By the way, here is what she's been doing for the past several months.

- Visiting a client weekly in the Care Center to play cards
- Weekly meals on wheels driver
- Drives a client locally and out of town when needed
- Walks with a client
- Occasional garden assistance for clients
- Trained with New Freedom to be a qualified driver

While recently attending a funeral for a brother-in-law a family member sat next to her. After the service they were visiting. He said “Your life is kind of like a buffet; farming with your husband was your ‘first helping’. Your volunteer life now is your ‘second helping’:

For the many years of farming with her husband, Harold, she felt put there to be his helper. After he passed away, and the farm was sold, she didn't know what would lie in store. Soon she found out that it was one of ‘helping people’.

“I think I've found my purpose (with *Staying Put*). God trained me to be a helper.”

Mary will be 80 in December.

“You are never too old to set another goal  
or to dream a new dream.”

~ C.S. Lewis

**Volunteering—** A study released by Johns Hopkins University revealed that volunteers actually increased their brain functioning. Volunteer activities get you moving and

# Staying Put— Our Volunteers

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## From Volunteer to Employee



Lily Palmer

This young lady has volunteered for *Staying Put* since March of 2017 performing an array of services: tech-device assistance, craft circle assistance, birthday club creation and management, various office help, singing at Valley Villas, and more.

This summer she was offered, and accepted a job at *Staying Put* as administrative support for 16 hours a week. Outside of possessing an ever-pleasant and friendly demeanor with exemplary character attributes, this 18 year old has exhibited skills in, compassion,

judgement, organizational, self-guidance, problem solving, responsibility and reliability, and strong leadership potential.

“You have no idea how much I have enjoyed working and growing here. In my short time I have learned to go with the flow, make and answer phone calls with confidence, AND I have learned what a rolodex\* is. For all this and so much more I thank you for this amazing opportunity and I hope to continue volunteering in the future”

We have had the pleasure of watching a 14-year old volunteer transform into a young lady with a bright future in a world fortunate to have her in it. While Lily is away at Camp for one year she will continue to work with the birthday club activities.

Thank you Lily for all you do at *Staying Put*.

\*A Rolodex



is a rotating file device used **to store business contact information.**

### *The Funny Bone*

One day Bertha was talking to Elmer about last wishes and asked “What do you think happens to all of our metal replacement parts if we’re cremated?” Elmer replies, “I don’t know.....but why couldn’t you use them to make a wind chime.”



# Staying Put– Our Volunteers

## Our Meals on Wheels Drivers



A Special  
Thank You!

**John Lenarz**

**Jack Erickson**

**Andrea Wallin**

**Gary & Julie Bird**

**Mary Thompson**

**Mike Marek**

**Ron Hybben**

**Glenn & Kathy Johansen**



**Dave & Rosalie Sowatzke**

**Jeannie & Lowell Mandelkow**

**Kari Jensen**

**Chuck Davis**

**Julie Witt**

**Randy Nyeggen**

**Trudy Rew**

**Alissa Trinko**

**Bob Jones**

**Joe Bacon**

**Keith & Nina Larson**



The **Meals on Wheels** program through the **Pierce County ADRC**, continues to operate. To inquire about this program, contact the **Pierce County ADRC** with questions: **(715) 273-6780**.

For those enrolled in the Meals on Wheels program in Spring Valley, *Staying Put* volunteers will deliver your hot and nutritious meal Tuesday—Friday.

## New Volunteers

Greg Buchal and the Knights of Columbus for your time and talents this summer.



## Thank you

Ron Hybben and Casey Van Roekel for joining as volunteers.

# Staying Put– Activity Highlights

## Memory Cafe

*Sessions are led by Paula Lugar,  
Janice Ottman, Rosalie Sowatzke, and  
Amy Luther, Dementia Care Specialist-PCADRC*

### Please Join us

Every 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesdays  
10:00 am-11:30 am  
St. John's Lutheran  
Church



Spring Valley

This is a social get-together for older adults. Anyone with memory loss is invited to attend with a friend or companion. Have fun and share stories, enjoy coffee or tea and treats. For more information or for a ride, call our *Staying Put* Office.

## Craft Tea

*Hosted by Naomi McLeod & Jenny Nyffeler*

### Please Join Us

Thursday, October 7,  
2021

2:00 pm-4:00 pm  
*Staying Put* Office



A harvest tea with home-made scones & jam will be served up, along with lively conversation & a little craft project around a lovely table. **Reservations are required, or for a ride call *Staying Put*.**

**Staying Put**

**Phone: 715-778-5800**

## Strong Bodies

*Led by Linda Anderson*

**SESSIONS:** This physical fitness program is co-sponsored by the ADRC of Pierce County. Classes are held every:

Tuesday and Friday  
9:30 am-10:30 am  
Spring Valley Village Hall

**Pre Registration is Required.**

Please call our *Staying Put* office.

**Class size is limited**



"I'm really glad the new T-shirt says: 'strong bodies' and not 'sagging bodies' "  
~class participant

"I am so grateful for this class. I think I have more energy because of it. And it is nice getting to meet new people." ~ class participant

# Staying Put– Events & Activities

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## Play—Learn—GROW—Together

**NOTE:** All Activities will adhere to COVID-19 current updates and guidelines

**MEALS ON WHEELS:** For home-delivered meals information, please call the ADRC of Pierce County @ 715-273-6780, or the ADRC of St. Croix County @ 715-381-4360. Staying Put volunteers will deliver meals to program participants Tues., Wed., Thurs., Fri.

**CONGREGATE DINING AT SNEAKERS:** Tues., Wed., Thurs., Fri. 11:00 AM – 1:00 PM. Congregate Senior dining (buffet) has resumed for ages 60+.

**CRAFTS OR TEAS HELD MONTHLY** Next Scheduled for Thursday, October 7, 2:00-4:00 PM @ Staying Put office – A harvest tea with home-made scones & jam will be served up, along lively conversation; fun trivia around a lovely table. Reservations are required, or for a ride call Staying Put.

**BINGO:** Every Wednesday, 1:00-2:00 PM hosted by and held at the SPRING VALLEY LIBRARY. No rsvp required, just show up! COFFEE BAR INCLUDED! Call Staying Put if you need a ride.



**STRONG BODIES FITNESS SESSIONS:** This physical fitness program is co-sponsored by the ADRC of Pierce County. Classes are held every Tuesday and Friday 9:30 AM-10:30 AM @ SV Village Hall. Pre-Registration is required. Call Staying Put. (Class size is limited).

**BOOKS-TO-GO/SV LIBRARY:** Volunteers will deliver a basket of books or movies to you for your reading/viewing enjoyment, along with a friendly visit. For more information call SV Library 715-778-4590 or Staying Put.

**TECH WORKSHOP:** For personal help on your electronic or home device, call Staying Put.

**MEMORY CAFÉ:** Every 2nd and 4th Tuesdays of the month. This is a social get-together for older adults held 10:00 AM-11:30 AM 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 or tea and treats. For more information or for a ride.

**ANIMAL CARE:** Could you use some Assistance with animal-care? .



**WALKING BUDDIES:** Would you like a walking buddy? Call Staying Put.

**TRANSPORTATION:** Staying Put is collaborating with New Freedom Transportation/ CILWW to coordinate transportation for Spring Valley area residents to medical appointments & other 'life-essential' trips outside of town. Call 715-778-5800, or 1-800-228-3287, Ext. 227.

- Volunteer Drivers Are Always Needed.
- Mileage is reimbursed at .56 per mile
- Please contact NEW FREEDOM to sign up (see page 9)

**Staying Put Office**  
**Phone: 715-778-5800**



# Staying Put - Transportation Expansion

## Staying Put is expanding their Rides For Medical Appointments and Groceries



*Staying Put* is collaborating with New Freedom Transportation Program, a division of Center for Independent Living based in Menomonie, WI. New Freedom is a well-established organization that already provides transportation to multiple counties, including Pierce. We are looking to expand transportation to our Spring Valley Seniors Staying Put members by offering non-local transportation coordination for medical appointments and groceries.

To schedule a ride please call **1-800-228-3287, Ext. 227**. If questions please call Staying Put at 715-778-5800

## Calling All Drivers!



We are currently accepting applications for volunteers who are willing to provide transportation services using their own vehicles. Drivers would be willing to transport members for medical appointments or to get groceries (in Baldwin, Menomonie, River Falls, Eau Claire, Twin Cities, dependent upon personal parameters). Our drivers will receive orientation and training.

**Drivers will be reimbursed for mileage at the current federal mileage rate.**

Driver Requirements:

- ♦ Valid driver's license
- ♦ Good driving record
- ♦ Proof of liability insurance
- ♦ A clean background check

**For more information  
Staying Put Office  
Please Call 715-778-5800**



“Life starts all over again  
when it gets crisp in the  
fall.”

~ F. Scott Fitzgerald

“Hello wonderful people! We  
hope all is well with you.  
Thanks for what you do, keep  
up your excellent efforts.

~ Volunteer & Donor

# Staying Put— Looking for Volunteers

Donating isn't the only way you can support our organization. We are currently looking for volunteers that are passionate about helping *Staying Put* carry out their mission to make Spring Valley a better place to live and age.

## BOARD MEMBER

We are looking for an individual who can contribute by sharing ideas, help strategize to maintain our operating budget, and develop our annual work plan.

**Phone: 715-778-5800**

**Or E-mail:**

**spring.valley.ssp@gmail.com**

## VOLUNTEERS

Looking for who would their skills, interests;



individuals like to share talents, and provide a sense of accomplishment for themselves and those they help, and maintain a healthy mind and body.

**Phone: 715-778-5800**

### Office Hours



Monday 1-4 pm

Tuesday 1-4 pm

Thursday 1-4 pm

Staying Put will adhere to COVID-19 current updates and guidelines.

## CLIENTS

Do you know someone who lives alone? Are you concerned they could fall or become ill and no one would know? Would they 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!

**Phone: 715-778-5800**

**Or E-mail:**

**spring.valley.ssp@gmail.com**

### 2021

#### BOARD OF DIRECTORS

##### **President:**

Rich O'Connell

##### **Vice President:**

Sandy Thompson

##### **Secretary:**

Sue Christopher

##### **Treasurer:**

Janice Ottman

##### **Board Members:**

Lori Peterson

Kari Jensen

Ron Thompson

##### **Volunteer Director:**

Kathy Nyeggen

##### **Administration Dir:**

Diane Huebel

# Staying Put - In Memory



Remembering those we lost this past summer. \* *We omitted Audrey Feiler in our Spring Edition*

Rising from a firm foundation stands a structure of bricks & mortar  
from which souls, departed and present, are bound in spirit, near  
and far.



## **Audrey**

*Was a long time client; her daughter  
Sandy Thompson, is a long time volun-  
teer and Staying Put Board Member.  
~Rest in Peace*

## **Marjorie**

*And her husband Max, were meals on  
wheels recipients & long time donors.  
~ Rest in peace together*

## **Karyn**

*Joined us as a volunteer and  
transitioned into a client.  
~Rest in Peace*

## **Matilda**

*"I want to extend a heartfelt thank  
you to everyone at Staying Put for the  
beautiful red roses for Mom's service.  
Your kindness and thoughtfulness is  
very much appreciated by all of my  
family. They lasted for over a week!"  
~Francine Rudesill*

# Staying Put – Seeking Office Staff

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## FULLTIME ADMINISTRATIVE ASSISTANT

**38 – 40 HOURS WEEKLY**

**Mon. – Thurs. 9:00 am – 5:00 pm, Fri. 9:00 am – 3:00 pm**

**PAY - \$15.00 PER HOUR**

### **JOB QUALIFICATIONS:**

Spring Valley Seniors Staying Put seeks a fulltime, **in-office** administrative assistant for the Spring Valley office location. This person will share a passion (per *Staying Put* mission) for working with seniors and adults with disabilities, will demonstrate a high degree of integrity, sound judgement, discretionary behavior, and possess ability to work & interact effectively with a wide variety of people.

Candidates will be of friendly, professional demeanor with adherence to confidentiality, will possess strong computer and excellent communications skills, organizational, multi-tasking, problem-solving and detail-oriented abilities, and will be trained to fully operate an online program central to agency functionality.

This position offers an opportunity for advancement, as the agency continues to grow.

### **JOB DESCRIPTION:**

- Dispatch and track all rides and service requests on *Assisted Rides* program;
- Become trained to fully manage *Assisted Rides* program, activities and reporting;
- Refer transportation requests to *New Freedom*, ensure that *New Freedom* reimbursements and Pierce County ADRC reimbursements are accurately and effectively managed, submit all monthly reporting;
- Process new volunteer and client paperwork and coordination, oversee all activities;
- Manage Meals on Wheels program; coordinate drivers, track on Assisted Rides software, create updates, manage all communications;
- Greet visitors, answer questions/provide resources, and answer phones;
- Manage daily office functions: mail pickup and processing, bank deposits; update donor base system; mail donor thank-you letters/tax receipts, order office supplies, manage filing system, water plants, keep office tidy and presentable;
- Manage monthly public relation duties, promotional updates, social media, etc.;
- Provide routine grant-calendar updates, support documentation, etc.;
- Assist Accounts Payables & Receivables monthly processes;
- Other duties as determined;
- FULL TRAINING WILL BE PROVIDED
- 

For general inquiry, please contact the office **ONLY** at this number: **715-778-5800**. To apply, send resume to Spring Valley Seniors Staying Put, P.O. Box 193, Spring Valley, WI 54767.

*Messaging through social media will not receive a response.*



# Thank You!



*Thank you  
to our  
anonymous  
donors*

Donations received from May 1, 2021 — Sept. 29, 2021

## INDIVIDUALS

Darlene Anderson  
Margy & Gary Balwierz  
Don & Donna Blegen  
Al Brown  
Pearl Ducklow  
John & Nancy Ellingson  
Luane & Bill Emerson  
Bill & Karen Fesenmaier  
Laurey Gavic  
Pat Gavic  
Shirley Hampton  
David and Connie Jones  
Brenda and Duane Kado  
Una Kannel-Jenny  
Charles & Cheryl Larsen  
John and Sonya Lenarz  
Beverly Lueth  
Duane and Sharon Mattison  
Jeanne O'Connell & Bob Hasewinkle  
Sally and Orville Pierce  
Eugene and Phyllis Ray  
Gene and Carol Roland  
Robert and Dorothy Sebion  
Dennis Sorenson  
Johannes & Sharon Vandenberg

## FOUNDATIONS

Fred C. & Katherine B. Andersen Foundation  
Gilman Lutheran Church  
Hugh J. Andersen Foundation  
Otto Bremer Trust  
Pierce Pepin Cares

## IN-KIND

Naomi McLeod  
Janice Ottman  
Paula Lugar  
Ron Thompson



We  
are  
grateful  
for you!

## IN MEMORY OF

### **Bill Bune**

Bev Bune

### **Rusty Crow**

Jeannie Place & Blaze Cunningham

### **Lorne & LaMoine Hanson**

Edward and Dee Dee Hanson

### **Doug Hinzman**

Linda & Wayne Miklian

### **Adolph Johnson**

Vicki and Berlyn Howe

### **Jack Kenefick**

Julie Kenefick

### **Brian Kirby**

Liz and Jack Erickson

Hair Affaire

Brian Kirby Family

Jeannie Place & Blaze Cunningham

Steve & Linda Price

### **Chuck Lamb**

Jan & Tom Ellefson

### **Wayne Roatch**

Steven and Linda Price

### **Beulah Thompson**

Nancy Cleveland

### **Gerhard & Nora Thompson**

Ron Thompson

### **Sue Thompson**

Ron Thompson

### **Todd Timm**

Jean Blegen

### **Lynette Whirry**

Duane and Sharon Mattison

## BUSINESSES & ORGANIZATIONS

Arneson Insurance Agency

Bill's IBA, Inc.

M. Health Fairview

Pierce County ADRC

Spring Valley Chamber of Commerce



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

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### **Staying Put**

Offers an array of non-medical volunteer services to the community (within Spring Valley school district) in continuing the rural tradition of *neighbors helping neighbors*.

There is no charge for services, and donations are graciously accepted.

S312 McKay Ave.

PO Box 193

Spring Valley, WI 54767

(we are located in the First Bank of Baldwin building)

If you would like to receive  
our E-newsletter please  
email us.

**Phone: 715-778-5800**

**E-mail: [spring.valley.ssp@gmail.com](mailto:spring.valley.ssp@gmail.com)**

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