

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



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GIVE *thanks*

**'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, 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
- Special weekly/monthly activities



**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

Spring Valley Seniors Staying Put extends a heartfelt “Thank You” to the following individuals, businesses, organizations, and foundations that have supported us with their donations from the beginning. Every effort is made to include the names of our donors. If your name was omitted, please accept our apology and let us know so we can correct our records.



*Thank you for your donation!*

## **Individuals**

Darlene Anderson  
Sylva Anderson  
Arneson Family  
Vicki & Trygve Aarsheim  
Joe and Betsy Bacon  
Suzanne Baker  
Margy and Gary Balwierz  
Gary Bird  
Don and Donna Blegen  
Joyce Borgerding and Tom Rauch  
Jeff and Dianne Brooke  
Allan Brown  
Beverly Bune  
Tina Casey  
Mark and Susan Christopher  
George Churchill  
Chuck and Martha Davis  
Dave and Julie Ducklow  
John and Nancy Ellingson  
Patricia Gavic  
Chuck and Carol Gregg  
Karen and Earl Gunderson  
Joel and Linda Hartung  
Jan and Eric Hatling  
Tim and Shari Henrich  
Jeremy and Brenda Johnson  
Reece and Laurie Keehr  
Bob and Una Kennel-Jenny  
Jill and Bill Klanderman  
Charles and Cheryl Larsen

## **Individuals cont.**

Keith and Nina Larson  
Paula Lugar  
Kathy and Randy Nyeggen  
Rich O’Connell & Diane Huebel  
Cathy Olyphant  
Jim and Janice Ottman  
Rob and Lori Peterson  
Sally and Orville Pierce  
Fred Pierce  
Merlin and Virginia Place  
Steven and Linda Place  
Nils and Jennifer Rahm  
Francine Rudesill  
Doug Siems  
Dennis Sorenson  
Melodee Sortedahl  
Russell M. Sr. Spence  
Russell M. Jr. Spence  
Joe and Brenda Stangl  
Sara Taylor  
Margaret and Rick Thorne  
Joe and Sharon Vandenberg  
Sue West

## **Foundations**

AnnMarie Foundation  
Allina Health Foundation  
Fred C. & Katherine B. Andersen Foundation  
Hugh J. Andersen Foundation

## **Businesses**

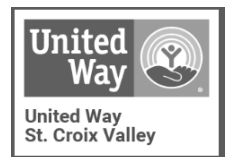
Allina Health Systems & Community Engagement  
Arneson Insurance Agency  
Claudia Traynor, CPA  
Dental Crafters  
First Bank of Baldwin  
Grosskreutz Crop Insurance Agency  
Hair Affaire  
Maple Leaf Orchard  
MBC Sports  
Moses  
People in Business Care  
Pierce Pepin Cooperative  
Premium Title Company  
Sneakers Bar & Restaurant  
Spilde Chiropractic  
Spring Valley Dentistry  
Spring Valley Drug & Hardware  
Spring Valley Foods  
Valley View Eye Clinic

## **In-Kind**

Susan Hanson  
Kyle Fosburgh  
Kathy Nyeggen  
Jennifer Nyffeler  
Sally Pierce  
Jan Hatling  
Tom Gunderson  
Joy Wilson

## **Churches and Organizations**

Gilman Lutheran Church  
St John’s Church Endowment  
Emmaus Church  
Unitarian Universalist Society of River Falls  
United Way St. Croix Valley



## **Have you considered a legacy donation to SVSSP?**

Thinking about the future brings us to how critical it is for our community to assure that Staying Put can continue their work. Designating a bequest in your Will could help Staying Put long into the future.

For additional information please contact your financial advisor.

# Spring Valley Seniors Staying Put, Inc. Newsletter

Caring ~ Connecting ~ Contributing

November 2017

## Still Kicking Up Our Heels

Dancing at the Moose Lodge in Menomonie began when president, Margy Balwierz and Treasurer, Jan Hatling, took client Darlene Anderson dancing back in August of 2016.

Today it has become a regular *Staying Put* activity, and now happens on one Wednesday afternoon most every month.

There are three regular client dancers, with more ready to 'join the club'. Typically, two or three volunteers will escort the group, sometimes less – sometimes more.

The live music is different each week, with a rotating group of entertainers offering up music for the waltz, two-step, polka, fox trot, and schottische, plus many others. Pop and popcorn is a dollar, and sometimes there is even birthday cake and coffee shared by a group celebrating a patron's special day.

On a Wednesday in September, it was a party for a 96-year old man, and though blind, he enjoyed a birthday-dance.

Dance Days at the Moose Lodge are always a great time. Most importantly, it gets everyone out and moving around, socializing, laughing, having fun.

Cont. 4

***As Gloria Plahn put it on her first dance day out ... "I didn't know it would feel so good to get out and move like that!"***



### MISSION STATEMENT

***Coordinating  
volunteers to help  
seniors and adults with  
disabilities to maintain  
their independence.***

### BOARD OF DIRECTORS

**President:**

Margy Balwierz

**Vice President:**

Karen Gunderson

**Secretary:**

Diane Huebel

**Treasurer:**

Jan Hatling

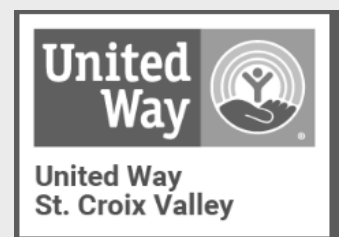
Rich O'Connell

Sandy Thompson

Paula Lugar

**Volunteer Director:**

Kathy Nyeggen





On June 28, after the dance, our group encountered a tornado upon arriving in Spring Valley. Darlene Anderson commented, *"I'm sure glad I was with all you girls today. I'm afraid I'd have had another heart attack if I'd have been home during that tornado"*. She talks frequently of that day.

Winter, spring, summer or fall ..... dance day is a wonderful time for all!

If you would like to join us for the monthly dance party at the Moose Lodge please contact Seniors Staying Put. Call if you need a ride or if you are able to provide transportation.

**Volunteer**  
do good, feel good

#### **SVSSP Volunteer Stats:**

##### **Number of Volunteers**

**73**

##### **Number of Volunteer hours**

**2,987**

##### **Number of Volunteer Miles**

**17,525**

##### **Number of Clients'**

**41**

**Thanks you volunteers!**



Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.

—Marjorie Moore

# Upcoming Events

## SENIOR LUNCH

Every Tuesday, Wednesday,  
Thursday, and Friday

11:00 AM to 1:00 PM

At: Sneakers S119 McKay Ave  
Spring Valley, WI

## TECH WORKSHOP

Need some help learning to  
use your smartphone, tablet  
or laptop?

One-on-one help available

Contact Seniors Staying Put to  
schedule a time.

## DANCE CLUB

One Wednesday of each  
month.

1:00 PM to 4:00 PM

Moose Lodge in  
Menomonie, WI

## BOOKS TO GO

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

Contact the SV Public Library  
(715) 778-4592

**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 AM to 11:30 AM

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

## WALKING CLUB

Every Tuesday & Thursday

12:30 PM

Meet outside Sneakers

Walk for 1/2 hour



# Selling Lemonade While the Sun Shines

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***"We are extremely grateful for all of the people who stopped by and generously supported our lemonade stand, including our awesome sponsors."  
(Mindy Connors)***

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**(Thursday, July 27, 2017)**

Mindy and Dan Connors' kids did a Shark Tank-like presentation prior to the stand to get their Dad's 'approval' for sponsorship. They did a mock-lemonade stand where they served him their product and gave him their 'pitch' as to why he should sponsor them. Fortunately, he approved and everyone was excited!

The kids worked on signs and helped with making the rice krispy bars, and did almost all of the serving that actual day. There were several planning sessions ahead of time about the details.

The day of the event was a beautiful one, sunshine and clear blue skies, 'customers' dropping in to visit and enjoy the delicious home-made lemonade & treats (a delightful strawberry-lemonade also offered). The sale was a smashing success, with the stand earning **\$380 in profits**.

The kids were able to use their portion - \$190 - to buy the cameras they were hoping for. With the matching donations from Spring Valley Dentistry, Grosskreutz Crop Insurance Agency, and Dental Crafters, Spring Valley Seniors Staying Put received a whopping total of **\$760** :)!

*Seniors Staying Put* was very grateful for the substantial portion of \$760 donated to our organization. Kudos to the Connors kids and their Mom, Mindy, for their innovation and hard work, and for choosing Staying Put as a beneficiary! Heartfelt thanks for the generosity of the three matching donors, and appreciation to the supporting community! We are fortunate to live in this place.



Meet the Connor kids: Madelyn (7), Carter (5), and Nolan (2).

**You're  
never too  
young to  
change  
the world.**



# Memory Cafe Halloween Party

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On a chilly fall day in October, the Memory café participants enjoyed a celebration for Halloween.

We started things off with a drum circle. Where we reminisced about our loved ones who have passed. We invited their spirits to join us as we learned about the *Day of the Dead* celebration in Mexico.

Participants enjoyed breaking open a piñata filled with goodies. They also made a craft project, while they enjoyed fresh donuts and cider (donated by the Maple

Leaf Orchard).

A fun time was had by all! Memory Café meets on the second and fourth Tuesday of each month at the St. John's Lutheran Church in Spring Valley, from 10:00 AM to 11:30 AM.

We would love for you to attend. Contact us at Seniors Staying Put if you would like more information or need assistance with transportation.



SVSSP was honored to be one of the Grand Marshals at the 50th Dam Days Celebration.



Tech Workshop with Tyra Johnson (Volunteer), Yvonne DeGross, Margaret Beaver.

# A Victorian Tea Party in the Valley

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*along with freshly baked scones, rose-syrup, lemon and vanilla creams, open-faced finger sandwiches, and grapes. . . all presented in Victorian style on decorative, vintage*

*Once upon an October morning, a fine group of ladies from a village in the valley gathered for Eleven O'clock Tea. Amidst Victorian trappings, at the domicile of Spring Valley Seniors Staying Put, Volunteer Jenny Nyffeler directed the affair with style and panache . . . derived from her vast experience.*

*Rose-petal infused black tea was served to the room,*



*dish and saucer array. Ms. Jenny also imparted an informative history of English tea culture.*

*A lovely time was had by all in attendance with requests of repeat favor (which shall be obliged).*