

Spring Valley Seniors Staying Put

Caring Connecting Contributing

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



PO Box 193
S312 McKay Avenue
Spring Valley, WI 54767
715-778-5800
springvalleystayingput.org

Volunteer Director
Kathy Nyeggen
spring.valley.ssp@gmail.com

Office Hours
Mon, Tue, Thur 1 – 4 pm

Board of Directors
Karen Gunderson | President
Margy Balwierz | Vice Pres.
Diane Huebel | Secretary
Janice Ottman | Treasurer
Jan Hatling
Rich O'Connell
Sandy Thompson

Dear Caring Neighbors:

We at *Staying Put* are so grateful for the **support of our community**. Through volunteer and financial support, **you** have helped touch many lives.

“Thank you so much for all you do to help my mom stay put at home! You all have been a blessing to our family. With love,” – family of a client

“I would like to extend a huge thank-you to the Staying Put volunteer, for his timely work, for the ‘beautiful, fabulous, spectacular’ job on winterizing our home’s windows.” – a client

Because of you *Staying Put* is here to help! We assist Spring Valley seniors and adults with disabilities to maintain their independence, dignity and quality of life. We offer services at no charge because of our volunteers and generous supporters, like you!

Staying Put services include: providing rides, friendly visits, tech workshops, a break for someone caring for a loved one, delivering Meals on Wheels and so much more. *Staying Put* continues the rural tradition of neighbors helping neighbors.

Your donations cover the cost of volunteer recruitment and training, part-time staffing, phones and internet, insurance, postage, utilities, office supplies and other expenses. They help us reach further into our community to match more volunteers with those who need help. Your continued financial contribution is needed now!

With your help, we can say YES more often. Thank you for your ongoing support!

Sincerely,

Karen Gunderson
President, Board of Directors

Staying Put Projects

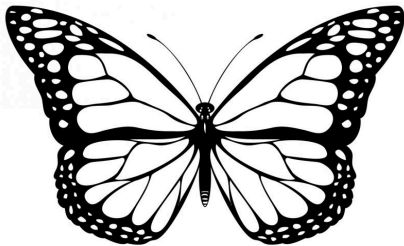
Memory Cafe at St. John's

A Dutch psychiatrist introduced the Memory Cafe concept in 1997 as a way to break through the stigma associated with various forms of dementia. It simply "wasn't discussed." Those with the disease – and their caregivers – suffered as a result.

At first, people might feel reluctant to go the Memory Cafe because they don't know what to expect. Soon, however, they feel comfortable and are grateful that they came because of the camaraderie of its dementia-friendly environment. Memory Cafe is for both the diagnosed and the caregiver. It's time they can spend together, sharing without judgment and working on projects that stretch the corners of their minds.

Activities at the Memory Cafe include socializing with coffee and snacks, playing games, crafts, and guest speakers. The members give us ideas on topics they would like to learn about.

Thanks to those ideas, we had Brad Jorgenson, a Spring Valley EMS provider, come and talk about DNR (Do Not Resuscitate) status. Mark Christopher from Maple Leaf Orchard came (with apple pies!) and talked to the group about life at the orchard. Jeanne Place Cunningham, former owner of Crystal Cave, entertained the group with stories about the cave and its bat population.



Watching monarchs hatch at the Memory Cafe

Mary Ellen Brue, "the Monarch Lady" from Baldwin, shared her experience of raising monarch butterflies. This year she released 195 monarchs.

Caregivers report that their loved ones talk more at the Memory Cafe than they do at home because of the engaging environment!

We thank *Staying Put* volunteers Paula Lugar, Janice Ottman and Tracy Schillinger for starting the Memory Cafe in May 2017. We also thank Heather Conway at the Pierce County ADRC and Pastor Annie and St. John's Church for their support to help us make Spring Valley a dementia friendly community!

The Memory Cafe meets at St. John's Church every 2nd & 4th Tuesday of the month from 10 – 11:30 a.m. Please come and join us.

Volunteers Needed for the Memory Cafe

Call the *Staying Put* office 715-778-5800

Staying Put Volunteers



Staying Put Volunteer Wins Community Service Award

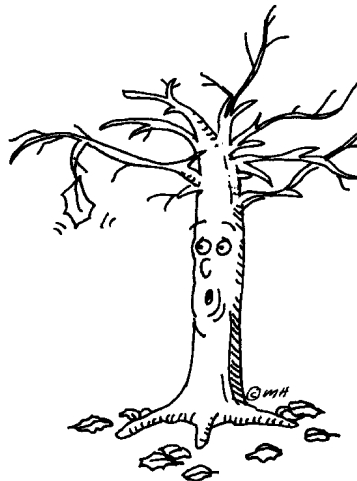
We are proud to announce that our hard-working volunteer, Mary Hinshaw, has won the Live Better Community Service Award from Pierce Pepin Cooperative Services. The award is presented to individuals who engage in community volunteerism, performing valuable services that benefit and improve the quality of life within communities served by PPCS.

Mary has been a part of *Staying Put* since the beginning and has made many friends along the way with her friendly, humorous and caring attitude. "I volunteer because I enjoy working with seniors," said Mary. "They have a lot of knowledge and stories to tell." She delivers Meals on Wheels and recently became our Meals on Wheels volunteer driver coordinator. She often drives our clients to various activities and appointments. She also volunteers for the Spring Valley Food Pantry.

Mary is a retired LPN and a former Red Cross worker. She moved to Spring Valley in 1998. In her free time she enjoys babysitting her grandchildren, gardening and traveling. Thank you Mary for making Spring Valley a better place to live!

Pierce County/ADRC needs drivers for Spring Valley residents. Mileage is reimbursed.

Call Pierce County ADRC,
715-273-6780

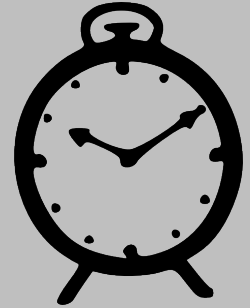


Welcome to Our New Volunteers!

Kay Harmon
Hannah Llewellyn

Volunteers

Remember to call in your volunteer hours and mileage



... that's how we measure our success!

Volunteers Needed!

Memory Cafe

Meals on Wheels substitute drivers

Strong Bodies Co-Peer/Trainers



Staying Put Events & Activities for October



- ◆ **STRONG BODIES FITNESS SESSIONS:** Tues & Thurs, 9:30 – 10:30 a.m., Sept. 11 – Nov. 29, Spring Valley Village Hall. Fitness classes for 55+, strengthening exercises, balance activities, use of weights, adaptable to varying abilities. Current sessions are full. If interested in being placed on a waiting list or for future dates beyond Nov., Call 715-778-5800. This program is co-sponsored by Pierce County ADRC.
- ◆ **SENIORS LUNCH:** Every week Tues. – Fri., 11 a.m. to 1 p.m. at Sneakers. If you need a ride call 715-778-5800.
- ◆ **CRAFT CIRCLE:** Monday, Oct. 8, 3 – 5:00 p.m. at the *Staying Put* office, S312 McKay Ave., for time to socialize and work on fun craft projects. Monthly, call for a reservation and for future dates, 715-778-5800.
- ◆ **MEMORY CAFE:** The 2nd and 4th Tuesdays of the Month, 10 – 11:30 a.m., St. John's Lutheran Church, S520 Church Ave. 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, tea and treats. For information call 715-778-5800. VOLUNTEERS NEEDED.
- ◆ **DANCE CLUB:** One day monthly, 1 – 4 p.m. at the Moose Lodge in Menomonie (\$5/person cover charge). Live entertainment. Lots of fun! Call for dates or for a ride, 715-778-5800. DRIVERS NEEDED.



Thank You!

Donations received from June 1 – September 15, 2018

INDIVIDUALS

Allan Brown
Julie & Dave Ducklow
Dale & Marilyn Finke
(Finke Family Trust)
Patricia Gavic
Jan & Eric Hatling
Mary Honkola
John & Sonya Lenarz
Gary & Ruth Lukes
Fred Pierce
Dennis Sorenson
Russell & Laurel Spence
Joseph & Brenda Stangl
Beulah Thompson
Jeanette Timm
Joe & Sharon Vandenberg

FOUNDATIONS

Allina Health Foundation
United Way of St. Croix Valley

BUSINESSES & ORGANIZATIONS

Allina Health Dollars for Doers

IN-KIND

Margy Balwierz
Elyse Fehrenbach
Kyle Geurkink
Diane Huebel
Paula Lugar
Kathy Nyeggen
Jenny Nyeffler
Rich O'Connell
Janice Ottman
Margaret Thome
First Bank of Baldwin
St. John's Church

IN MEMORY OF

Millard Anderson

Karen & Earl Gunderson

Joan Arneson

Scott & Katherine Klug
Jeanne Place & Blaze Cunningham

Elizabeth Kitso-Kang

Margy & Gary Balwierz

Ramona Lansing

Rita Jensen

Dale Marcott

Karen & Earl Gunderson

Barbara Mattison

Rita Jensen

Marilyn Hanson Sperry

Jan & Eric Hatling

Harland & Stella Weghorn

Jill & Bill Klanderman

Leone Wood

Janice & Jim Ottman

**Spring Valley Seniors Staying Put is a 501(c)(3)
nonprofit** qualified to receive tax-deductible donations.

Please support our programming with a donation:

Spring Valley Seniors Staying Put
PO Box 193, S312 McKay Ave.
Spring Valley, WI 54767

Online: springvalleystayingput.org/donate.html

2018 Staying Put Statistics

Volunteers – **70**

Clients – **56**

Miles Driven – **10,177**

Hours volunteered – **2,284**

Meals on Wheels miles – **4,369**



Spring Valley Seniors Staying Put
PO Box 193
S312 McKay Ave.
Spring Valley, WI 54767

PRESORTED
STANDARD
US POSTAGE
PAID
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ZIPCODE 54767
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ADDRESS SERVICE REQUESTED

Do You Know?

Our volunteers provide lots of services. Tell us what you need. We'll work hard to find someone to help you, call 715-778-5800.

Rides

- Local rides
- Rides to medical appointments

Help in your home

- Friendly visits or phone calls
- Reading books or the mail
- Short-term housekeeping
- Short-term relief for caregivers
- Minor home repairs
- Help changing sheets

Special Services

- Pick up library books
- Pick up prescriptions
- Spring and fall chores
- Tech help, computer, tablets, etc.
- Shop or run errands

