



# Ventures Adventure

## Welcome NorthernBridges!

### THIS JUST IN:

**The Wisconsin Department of Health and Human Services has notified NorthernBridges of a two month delay in the expansion of family care to the 11 counties of the Northwest Long Term Care District due to the state budget deficit.**

The much discussed and long awaited long-term care reorganization is now upon us. NorthernBridges officially opened its offices in Hayward this past October and is busy assembling its team of nurses, care managers, support persons and service providers.

NorthernBridges is a newly formed agency, built from the ground up with the primary objective of supporting individual choice. Changes of this scale certainly present challenges, but they also provide opportunities. Opportunities to develop innovative and individualized support programs that encourage personal growth in all facets of a person's life. Ven-

tures is committed to grow along with NorthernBridges by offering more and varied support options, including but not limited to: Integrated Employment, Small Business and Micro-enterprise, Retail training, pre-vocational/transitional employment training, Health and Wellness, Massage and Pet Therapies, Daily Living Skills Training, Independent Living supports, and personal cares. Opportunities are only limited by the imagination and by the commitment of the individual. Keep an eye out for future educational forums and question and answer sessions provided by NorthernBridges. As an educated consumer

you will be able to take advantage of numerous options to support you on the road to a fuller life. It is an exciting time indeed.

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*“To exist is to change, To change is to mature, To mature is to go on creating oneself endlessly.”*

*~Henri Bergson~*

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## Director's Corner



2009 promises to be an exciting year for Ventures Unlimited! With Family Care coming to our area, we are expecting many positive changes. The most exciting changes will be the elimination of waiting lists and the expansion of services. We are excited to wel-

come the new Family Care organization, Northern Bridges, to our communities! As Family Care rolls out into our communities in 2009 we will be able to distribute more information. Happy New Year!

## Health Class in Rice Lake



Mike and Santa enjoying the Christmas Party at the Rice Lake facility.

The month of December was a bit hectic and unusually busy! We made time to enjoy the holiday with Santa, Gifts and all the usual treats that Christmas brings.

Our new motto “We’re Doing Fine In 2009” will be used in addition to exploring more ways to be healthy and happy utilizing our keys of good eating habits, exercise, and keeping a positive attitude. Our classes will center around getting our bodies into

shape by training at the Snap Fitness Center for the winter months. We will incorporate our road to success by traveling on a daily basis, if possible, to go to the fitness center for a training session and charting our number of exercise sessions as we progress.

Our class goal is to walk the Tuscobia Trail in the spring.

Each health class will focus upon a new healthful approach to life. Classes will include

herbal tea tasting and setting up a tea station in the dining room for daily use. We welcome donations of any caffeine free herbal teas or a tea pot.

Another class will set up a special lighting area to decrease the effects of seasonal depression and discuss the importance of getting into natural light on a daily basis. We will also be having instructions of facial and skin care for the winter months.

## Staff Spotlight: Stacy Martin

Stacy Martin began her career here at Ventures in 2005 as a job coach/mentor. She then moved on to work in the AIM program, most recently as the Lead AIM Staff. She is married to her husband, Craig and has three daughter, Jessie, Jodi and Marissa. Stacy loves to spend time with her family. When asked what the best part of her job is she

stated “I love making differences in people’s lives every day.”



Ventures Adventure will be published bi-annually for the benefit of clients, family members and friends of Ventures Unlimited, Inc.

If you have recently moved or are receiving duplicate copies of this newsletter, **PLEASE** let us know.

*“I love making differences in people’s lives every day.”*

*~Stacy Martin~*



Massage Therapist, Kathy, performs a massage at the summer picnic.

## Therapeutic Massage

Therapeutic Massage will be offered on Tuesdays in Rice Lake, on Wednesdays in Shell Lake and the first and third Thursdays of each month in Hayward. Massage includes 20 minutes and use of warmed socks and warming blanket.

Some individuals have even requested warmed stones to be utilized so we are having lots of fun and learning different relaxation techniques. Soft music, dimmed lights, and aroma therapy continue to give an added dimension to those precious

relaxation times. We look forward to all the good things the New Year will bring!

## Just For the Birds Thrift and Gift Shoppes

The Just for the Birds business has been busy this winter. The suet ball orders have been coming in as fast as we can fill them. The Hayward group has been busy making kidney fat products, while Shell Lake has been making frozen products. Both groups have done a great job on keeping up with orders and stock. They have been producing quality products with very few seconds and rejects. This helps us to keep our costs down in this tricky economy. We took a price increase on the suet products this year for the first time since 2000. Our customers have been very understanding and we want them to know we appreciate their business.

We continue to sell lots of black oil sunflower seed, and deer corn. In September of 2008, we started to purchase the Black Oil Sunflower Seed locally from Tom Perlick of Sarona. Tom grew and harvested the seed for us and he stores it at his farm. Our employees go the Perlick farm to bag the seed and then transport it to Hayward, Spooner, Shell Lake, and Rice Lake. By purchasing our seed from Tom we are able to support our local farmer and in turn stimulate the local economy, and we also save on transportation charges. Also, we want to offer the best value so we have consciously chosen not to have the seed put through the "cleaning" process. Now we are able to offer quality sunflower seed for birds without wasting valuable

resources by adding to the cost of the product. Our customers have been pleased with the price and the quality of the locally grown seed. We are thankful to Tom Perlick for partnering with us on this project.

Rice Lake ran their first Just for the Birds sale in December. The open house ran for four days and was a success. Our goal was to develop awareness among the community, and a small group of repeat customers. We will plan to run another sale at the Rice Lake location in May.



We will be working out a trade agreement with Polk County Adult Development Center this spring. They have a greenhouse called The Summer Place. We will trade them some bird feeders and suet products in exchange for some plants for our herbal pots and our outdoor gardens. We hope this is a prosperous business arrangement for both of us and look forward to another exciting summer of gardening.

Our Hayward woodshop is busy making bird houses and feeders. Most of our sales come through our own four stores. During the winter time our most popular selling feeders are the 3 in 1 Feeder and the 16" Feeder. The woodshop has also been busy

with a special order for Bat Houses, and building Corn Hole games to be sold in our stores. We look forward to another busy winter with the suet, the bird houses, and the feeders.

Both of the Ventures Unlimited Thrift and Gift Shoppes seem to be thriving. The donations are coming in as fast as we can sort through them and we have a steady stream of regular customers at both locations. The Hayward store moved to the downtown area in June and has been very well received by the community. We continue to have the bag sale on the last Saturday of every month where all of the clothes, shoes, and books you can fit into a bag are \$2.00. In today's economy, we expect the Thrift Shoppes to continue to grow as people recognize the importance of recycling and are limited on their financial resources.

Thank you to everyone for all of their hard work in making our stores a success.

We appreciate your business at Ventures Unlimited Thrift & Gift Shoppe and Just for the Birds stores. Please stop in and see us at any of our locations or visit us at [www.justforthebirds.org](http://www.justforthebirds.org). We have something for everyone. Bring in this coupon for BIG savings!

**FREE**  
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reusable  
shopping  
bag  
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*Clip and bring in the above coupon to any of our locations to receive your free bag with purchase.*

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Hayward, WI 54843  
(715)934-3377*

*10140 Highway 27 S.  
Hayward, WI 54843 -  
(715)934-3035*

*110 N. Industrial Blvd.  
Shell Lake, WI 54871  
(715)468-2939*

*1150 S. River Street  
Spooner, WI  
(715)635-6769*

## Rice Lake Day Center



Consumers of the Rice Lake center celebrating New Years!

Happy New Year!! from the Rice Lake staff and clients. We had a great 2008 and a lot of fun. We went on many community outings, including the pumpkin patch and apple orchards, made a lot of art projects, had a few parties (Ok a bunch of parties), including our Christmas party with a Mexican theme, and some clients even did a good deal of work. We had a successful open house just before the holidays at our "Just For the Bird Store" and sold more than a ton of Black Oil Sunflower bird seed. For the new year the Day Center will

continue to grow and evolve to meet the many different needs of the clients, for instance we are developing some new programs that will incorporate; music activity groups, exercise activity groups and sensory integration groups. Of course we will continue to have many of the same great activities such as arts, crafts, health and wellness groups, relaxation, massage, pet therapy, work activities, independent living skills trainings and community outings. Yes, it looks like a pretty big goal to offer so much, but we believe that

no one person has the same interests, likes or talents and that everyone needs variety and options in their life. Finally, I would like to extend a huge thank you to the staff at Venture's who make these opportunities available to the clients through their hard work and dedication to helping people recognize and increase their skills, abilities and talents. We would like to welcome new staff, Kim Kreier and also consumers, Tonya M and Marilyn T. Welcome to all of you!

*"I was looking for a career that would be rewarding and fulfilling."*

*~Joan Rainville~*

## Staff Spotlight: Joan Rainville

Last spring, after close to 30 years in the banking industry, Joan decided it was time for a new career, one that she felt would be rewarding and fulfilling. Joan then took her C.N.A. class in April and spent the summer taking care of senior citizens in the Stone Lake community.

October marked her start at Ventures in the Aim room in Hay-

ward. After only a few months she feels right at home.

Joan is originally from Minneapolis. She has two children, a 13 year old daughter and an 11 year old son. She enjoys gardening, swimming, rollerblading and walking her two golden retrievers, Clyde and Moose.



Lefse making with Dode in Hayward.

## Hayward SPAM Update

A small group of SPAM participants ventured out swimming in October and had a great time learning to float on their backs.

In December, they enjoyed going to the community cantata at the Catholic Church in Hayward. It was a beautiful concert and the group had a great experience.

Terry DeSmith continues to

work individually with Judy Holmes. They are Nordic Walking and Strength Training. He enjoys the results of losing weight and feeling better about himself.

### Please Note...

The cold and flu season is here. To prevent the spreading of viruses and colds, please refrain from attending Ventures when you are sick.

Please make sure that all coats, hats and gloves are labeled with names. This prevents mix-ups and lost items.

## News from the Shell Lake AIM Program

Another three months have come and gone. How it feels lit it was just fall...Speaking of fall, this year like every other we went on our colored leaf tour during their peak. We thought this year was exceptionally beautiful!

Then came the Halloween party. Our party was great. We had the most participation ever with a great variety of costumes.

Getting down to business, we have been working hard on corn bags and selling them at our thrift shoppes. Thanks Tabby for all of your hard work.



Speaking of work, Judy, our health and wellness instructor, has been getting us into shape with exercise once per week. The consumers seem to enjoy it.

In November, we were lucky in hiring our new staff, Michelle Anderson. She has been a C.N.A. for the past ten years.

She has been a great addition. Welcome!

In the months to come, we are looking forward to warmer weather so we can go on more outings and surprisingly enough prom will be here before we know it!

We are all looking forward to the changes that Ventures will be making with the upcoming Family Care. Each of our consumers are individuals with different needs and goals. Having new services will be beneficial and a great asset to all of us.



A few costumes from the Shell Lake Halloween Party.



## Health and Wellness with Judy

Ventures Health and Wellness programs involve all three sites. Good health is promoted through healthy lifestyles, exercise, and good nutrition. Staff have been given exercise tips and most recently gliding classes for cardio and strength benefits.

Employees are enjoying health classes in Rice Lake focusing on health eating, exercise and positive attitudes. In Hayward, the classes have featured First Aid techniques, including monitoring pulse, respiration, blood pressure and types of bandaging.

Personal training sessions and group exercise are becoming an important part of Ventures. In Rice Lake, Nordic Walking is very successful for Dustin, Jason, Tonya and Megan. Drum-

ming is Donnie's passion, while Connie, Beverly and Jean are enjoying strength training with weights.

Shell Lake participants all love badminton using a balloon and special paddles. DeNiel enjoys Nordic Walking while Chris, Angela, Nancy and Bob prefer working with resistance tubing.

Strength training classes in Hayward are successful through the use of body bars, resistance tubing and medicine balls. Terry is a very accomplished Nordic Walker and Tammy, Maureen, Joyce, Kathy, Johnna, Mark, Nate, Dan, Paul, Tim and Michelle are doing very well during personal training sessions. Everyone is looking toward a fit 2009!



Hayward Halloween Party



*"Everyone is looking toward a fit 2009"*

*~Judy Holmes~*

## 2008 Staff Service Awards

In 2008, the following Ventures staff celebrated their service anniversaries. Thank you to all staff for your commitment and dedication on behalf of individuals with disabilities.

### 10 Years of Service

Melissa Denotter, Office Manager

### 5 Years of Service

Barb Nelson, Mentor

Mike Olsen, RAM Supervisor

Sandy Rommel, Thrift Shoppe Attendant



Mary cleaning her pumpkin for Halloween. After cleaning, the AIM staff roasted the seeds for everyone to try.

## Vacation Days:

President's Day	Feb. 16
Easter Monday	Apr. 13
Memorial Day	May 25
Independence Day (Shell Lake & Rice Lake)	June 29-July 2
Independence Day (Hayward)	July 6

## What's Happening in Hayward AIM?

*I realized that if what we call human nature can be changed, then absolutely anything is possible. And from that moment, my life changed.*

~Shirley MacLaine~

Hayward AIM has been keeping as busy as ever! We started Fall with lots of fun activities. We had "Spirit Week" and everyone wore a designated outfit for each day including: "Favorite Team Shirt," "Hat," and even "Pajama Day," (the most popular!!) where everyone came to work in their PJ's and we had a PJ's and Pizza Party!

October brought us our new

staff member Joan Rainville!

Joan has many great ideas and activities planned for us!

Thanks Joan!!

We also had our Annual Halloween party- we all dressed in our spooky costumes, had punch and snacks, and even danced to the "Monster Mash!" November and December kept us busy getting ready for the holidays! We made many crafts for Christmas-- and also made sugar cookies that every-

one decorated at break time. We have also been having group exercise, and cooking class a couple times a week with Judy. We ended December with our Christmas party... Cocoa, doughnuts, and gift exchange in the morning, then we headed to the bowling alley for an afternoon of bowling and pizza! A fun time was had by all! We look forward to a wonderful 2009....

## Welcome to the Ventures Family



New Hayward Thrift Store Manager, Lori Johnson

The Ventures Unlimited Thrift and Gift Shoppe in Hayward is pleased to welcome Lori Johnson as the new store manager. Lori has been in Judy's exercise class for 9 years! Her husband Bob is the bus driver for the Senior Center in Hayward. Lori and Bob met in Hay-

ward and have been married for 4 1/2 fantastic years. She was a title examiner in the title insurance business for over 20 years. Lori is originally from Wausau and lived in Vincenza, Italy for 3 years. Lori has a son who is married, and a daughter who is in college. We are proud to

have Lori as part of the Ventures family.

## Ventures Staff

### Shell Lake Staff

Lori Adams-Floor Supervisor, Michelle Anderson-AIM Aide, Kate Birdsill-AIM Aide, Kara Breitenfeld-Vocational Case Manager, Tammy Dahle-Book Keeper, Paul Davis-Driver, Melissa Denotter-Office Manager, Gail Espeseth-Woodshop Supervisor, Donna Knoop-Job Coach, Stacy Martin-AIM Aide, Barb Nelson-Mentor, Mike Olsen-RAM, Sandy Rommel-Thrift Store, Tina Stilwell-Job Coach, Crystal Terry-Floor Supervisor

### Hayward Staff

Russell DeCherie-Driver, Debi DeFoe-Greene-Marketing director, Dian DeLong-Job Coach, George Drier-Job Coach, Teresa DesLauriers-Job Coach, Tysa Goold-Muench-Job Developer, Paul Gotmer-Woodshop Supervisor, Judy Holmes-Fitness Instructor, Barb Jaaska-Job Coach, Lori Johnson-Thrift Store, Denise Marquardt-Program Coordinator, Dolores Marquardt-Job Coach, Ellen Palmisano-Job Coach, Joan Rainville- AIM

Aide, Cindy Rau-Floor Supervisor, Kerry Rothgeb-AIM Aide, Michelle Slather-Job Coach, Vicki Smith-AIM Aide, Tom Sweeney-Program Coordinator

### Rice Lake Staff

Shirley Berlin-Job Coach, Pam Broten-Job Coach, Bill Duerkop-Placement Specialist, Kathy Greschner-Massage Therapist, Mike Grilley-Human Resources, Dave Johnson-Office Manager, Kimberly Kreier-AIM Aide, Joe Mier-Job Coach, Tegan Schmandt-AIM Aide, Melissa Toft-AIM Aide, Ricky Tucker-Janitor



Jamie and Chris enjoying the hot tub during the Christmas Party in Shell Lake

## Sampson and Nova: Pet Therapy

As the Ventures Pet Therapy program continues it's obvious to see the positive affects our Therapy dog, Sampson has on our clients. Dustin from our Rice Lake location continues to have a close bond with Sampson. From the time Sampson arrives, Dustin is near his side. First, a long walk and then some quiet time lying near each other. Sampson seems to reach clients where others can't. The results of this unique emotional/mental connection are improvement in our clients focusing and verbal abilities. Our clients show more interest in becoming physically active when Sampson is at their side. Many times resulting in taking walks inside and out-

side our facilities. This includes our clients confined to wheelchairs as well. Sampson is a furry friend that unconditionally loves and accepts everyone. He can also be a motivator for our clients to exercise with. This proves that the mind does influence our physical wellbeing. From the time Sampson enters our Shell Lake facility the first person to call his name across the floor is Richard. Richard has shown remarkable interaction skills while with Sampson. This friendship has grown over the last 10 months. Richard takes Sampson for walks around the facility and proudly takes him into visit the AIM room. You can of-

ten see this team taking a break from work while spending some quality one-on-one time seated with each other on the couch. Sampson would like to introduce his baby sister, Nova. Nova is 4 months old and also comes from a long therapy dog heritage. She has been visiting Ventures since she was 8 weeks old and shows amazing interaction with our physically confined clients and will lay just about anywhere so everyone can pet her. She will be starting her training at Hayward Ventures. We welcome her to our Pet Therapy team.

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*"Our clients show more interest in becoming physically active when Sampson is at their side."*

*~Teresa DesLauriers~*

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Sampson and Nova, our Pet Therapy dogs



Ventures Unlimited  
PO Box 623  
Shell Lake, WI  
54871

Phone: 715-468-2939

Fax: 715-468-4478

E-mail: [melissa@venturesunlimited.org](mailto:melissa@venturesunlimited.org)

*Ventures Unlimited, Inc. mission is to assist people in obtaining development, personal, independence, and employment goals in both facility-based and community-based work settings.*

**Watch for our new website coming soon!  
[venturesunlimited.org](http://venturesunlimited.org)**

### ***Ventures Unlimited Board of Directors:***

**Pearl DeBardleben**  
**Mary Emerson, Vice Chair**  
**Vera Hoogen, Secretary**  
**Wayne Kupsch**  
**Vern Lokken**

**Robert Washkuhn, Washburn County Representative**  
**Kate Melton, Board Chair**  
**Dan Ringwelski, Substitute**

## **Ventures Wish List**

**Dog Kennel**  
**Large Dry Erase Board**  
**Washer/Dryer**  
**Arts/Crafts Supplies**  
**Gardening Materials**  
**Drill Press**  
**Painting Supplies**  
**Kitchen Supplies**  
**Cushioned Chair**  
**Wii**  
**Big Screen TV**

## **FOR SALE:**

**2001 Dodge Ram 3500**

**V-8 Engine**

**Will seat 7 Passengers and**



**1 Wheelchair**

**125,000 + miles**

**Equipped with a wheelchair lift**

**Asking \$1500.00**

**If interested, please call**

**715-736-6959 and ask for Mike**

## **Supported Employment Update**

Besides "Job Seeking" during these long winter months, Ventures Job Developers have begun taking a look at our services. With the upcoming changes toward Family Care, we are looking at how we can expand and evolve our service mission & professional image. We will continue to focus on community employment and integration, but are also viewing Self Employment as a valuable option. We have participated in various trainings in the past six months, which will support this transition & therefore the outcome of the individual's employment desires and goals. Through a Pathways grant, we are working with Laura Owens, who is the National APSE President, on our role as a resource to community businesses. In addition, we will be expanding our knowledge base, & hope to provide PASS, IRWE & Ticket-to-Work to those we support.