

Senior Companion Program, Inc.
5111 Wright Avenue
Racine, WI 53406

*May the first day of spring
bring with it much peace, love,
joy, passion and purpose into
your life!*

*Blessings,
Sue, Cheryl, and Jeanne*



Our Vision

We recognize and respect the dignity and value of each human being.

Our Mission

The Senior Companion Program, Inc. (SCP) enhances the quality of life for adults through socialization and information.

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Corporate Member M.B. Bauer Group, Inc.

Senior Companion Program was founded by the Racine Dominicans.



ENJOY THE SPRING SEASON

by Sue Craanen

Spring is the time of year when the weather starts to change. It is the season when you can begin to spend more time outdoors. Nature comes alive with color, sound and energy. It is the season for growth and new beginnings.



Spring brings beauty and wonder into the world. During this time of year, it is important to stay healthy and active. Try to eat a variety of seasonal foods such as lean proteins, fruits and vegetables, whole grains and low fat dairy products. These could include apples, avocados, bananas, kale, spinach and mushrooms. Apples are good for your heart and lungs and can possibly help those with Type 2 diabetes.

Try to exercise both indoors and outdoors. If there is inclement weather, do a workout in your home, making sure to start out slow and build up from there. When the weather is nice, go outdoors and enjoy the sunshine-but, be sure to wear your sunscreen! Also, be mindful of any allergies you may have. Pollen counts can be higher in the morning, and because rain can help wash the pollen away, a walk after the rain would be great. Always try to get enough rest.

Remember spring is the time of year when days get longer, sidewalks clear up, April showers bring May flowers, birds are back in town and fresh air is abundant. Therefore, take time out of your daily routine and enjoy the beauty that is all around you!



CONNECTION CORNER



Sue and Marie met in May of 2023 and have been enjoying their weekly visits ever since! Marie says she's happy for the company and she's thankful for the time Sue spends with her.

Marie also enjoys it when Sue brings a treat to their visit! Sue says she enjoys taking time out of her day to bring joy and smiles to someone.

We are very grateful that these wonderful ladies were able to form this friendship through Senior Companion Program Inc.!

NO BAKE ECLAIR CAKE

Ingredients

- 3 1/2 Cups Milk
- 2 (3.4 oz.) boxes instant vanilla pudding (regular or sugar free)
- 16oz. tub whipped topping
- 1 box graham crackers
- 1 tub chocolate frosting

Directions

1. In a large mixing bowl, whisk together the milk and the pudding mix until well combined. Set aside to thicken for a few minutes, stirring occasionally. Once thickened, fold in the whipped topping.
2. Place a single layer of graham cracker in bottom of a 9X13 inch pan. Top with half the pudding mixture. Add another layer of graham crackers, then the remaining pudding mixture. Top with a final layer of graham crackers.
3. Put the frosting into a microwave safe bowl and heat in 15 second increments, stirring well between each interval, until melted. Pour the frosting over the top of the cake.
4. Refrigerate the éclair cake for about 30 minutes until the chocolate frosting is set, then cover with plastic wrap and chill overnight, or 8 hours.
5. Slice and serve chilled!

WE'RE GROWING!

We're happy to say that after a few quiet years largely due to the pandemic, Senior Companion Program, Inc. is growing! In 2023, we made 42 new matches of volunteers and clients and averaged nearly 200 hours per month of contact time!

Please help us spread the word about SCP - remember there is absolutely no cost to be a part of our program. If you would like a weekly visit or are interested in becoming a volunteer, give us a call at (262) 898-1941. We'd love to hear from you!

Spring Word Search

Y	Q	B	U	L	B	S	P	N	U	S	E	D	N	L
B	G	S	R	E	W	O	L	F	V	N	X	M	S	T
L	S	C	Q	Z	V	H	G	S	D	E	E	S	E	E
O	J	J	R	O	S	B	A	K	P	M	A	S	V	K
O	E	I	T	U	I	U	R	J	N	S	D	U	B	S
M	L	M	R	O	W	N	C	J	U	I	I	C	A	A
A	L	U	T	R	Q	N	H	F	T	N	N	L	N	B
V	Y	A	I	O	A	Y	I	V	G	H	L	F	R	R
K	B	L	Q	I	J	G	R	Q	C	E	A	O	J	C
B	E	N	E	E	R	G	P	M	R	F	B	W	F	H
I	A	I	C	H	I	C	K	B	L	I	L	D	F	W
R	N	P	L	V	X	H	M	H	N	X	S	Q	J	Q
T	U	O	R	P	S	U	S	R	E	W	O	H	S	N
D	E	E	L	D	D	U	P	N	V	T	U	L	I	P
V	L	I	D	O	F	F	A	D	T	J	N	H	F	U

seeds
showers
chick
green
thaw
bunny
worm
chirp
tulip
buds
puddle
bulbs
flowers
robin
basket
jellybean
bloom
sprout
umbrella
daffodil

LAUGHTER IS THE BEST MEDICINE

Have you laughed today?

There are many proven benefits of laughter, including:

- Reduce tension
- Inspire a positive outlook
- Remove barriers between people
- Improve memory
- Enhance the immune system
- Lower blood pressure
- Improve alertness and creativity

Some ways you can add laughter to your life include telling jokes or buying a book of tongue twisters, playing fun group games like charades, singing happy music like the hokey pokey, and by being silly by wearing a silly hat or nose to make people laugh. A good sense of humor cannot cure all ailments, but there is mounting data about all the positive things laughter can do. It is also contagious and it's free!



Companions enjoying a laugh together!