

Senior Companion Program
5111 Wright Avenue
Racine, WI 53406

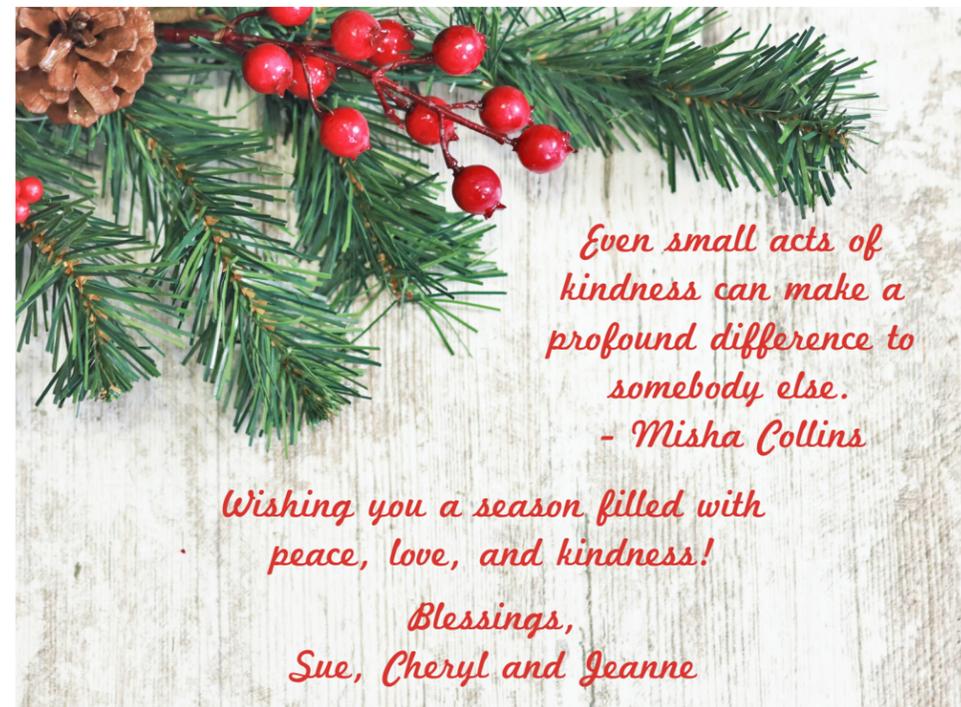


Senior
Companion
Program



NEWSLETTER

Winter 2022



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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Senior Companion Program was founded by the Racine Dominicans.



CARING FOR SENIORS

by Sue Craanen

This is the time of year when we can all bring comfort and ease into the lives of our loved ones by spending quality time with them. By doing so, this will help alleviate loneliness and depression, which are common problems among seniors and can lead to isolation and cause decline in their health.



Here are some ways to show love to an elderly person in their life:

- spend quality time with them
- tell them how much you appreciate and respect them
- listen to what they have to say
- make them feel included
- provide them a comfortable living environment
- visit on a regular basis
- no matter how busy you are – spend time with them
- be polite, considerate, thankful and smile
- ask about traditions and their life
- call them frequently to see how they are doing

As one reaches the “Golden Years” family and friends become the key to their happiness. Remember to keep smiling, discover new interests, stay healthy, maintain a sense of humor, and go outside everyday (if only for a short time). But most importantly, remember to give back to the community.

Everyone have a very Merry Christmas and a Happy New Year! May God bless you always and keep you safe throughout the year.



WE'VE BEEN BUSY

In the past year, our volunteers spent a total of 1,373 hours with their companions! This is no small feat especially considering many facilities continue to have strict covid-19 policies in place. Where there is a will there is a way, and our volunteers found a way to connect, whether it was in person, via zoom or telephone or by sending greeting cards. We could not be more grateful for our volunteers and for the wonderful people we are privileged to visit. We feel strongly that nobody should live out their later years feeling alone- everyone deserves friendship! We are always looking for additional volunteers as well as more people who would like a weekly visit! If you would like to learn more about Senior Companion Program, give us a call or stop by our office weekdays between 8am-2pm. We would love to hear from you and tell you more about one of Racine's best-kept secrets!



Winter Word Search

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

Blizzard
 Cookie
 Rudolph
 Sledding
 Present
 Nativity
 Angel
 Hat
 Mittens
 Tree

Icicle
 Bows
 Elf
 Santa
 Sleigh
 Baking
 Resolution
 Caroling
 Toboggan
 Candle



RESOLVE TO MAKE A DIFFERENCE!

The New Year is a time for new opportunities & goals, and for reflecting on the past year. If you are unsure about what kind of resolution to make, think about giving back by serving your community- this is a way to make the generous mindset of the holidays last all year long! Volunteering is a great way to learn first-hand the importance of helping others and being selfless. However you decide to help others, the effort can help you be more aware throughout the year of living with gratitude, empathy, and compassion. The experience of volunteering can also help you think about different perspectives and consider people's unique circumstances. Consider making a resolution to make a difference in 2023!

SAVE THE DATE FOR OUR SPRING FUNDRAISER

Mark your calendar - we are already planning our fundraiser for 2023! Our event will be held on Friday, March 24, 2023, at Infusino's Banquet Hall from 6-9pm. The evening will feature live music, heavy hors d'oeuvres, a dessert buffet and a cash bar. There will also be a 50/50 raffle and a basket raffle. The Senior Companion Program's annual fundraiser helps us continue to keep our program at no cost to participants-as we have since 1978! Please join us and help us spread the word!



APPLE CRISP (MADE WITH A CAKE MIX!)

1 (15.2oz.) box spice cake mix, unprepared
 2 (21oz.) cans apple pie filling
 ¼ C. loosely packed brown sugar
 2 C. rolled oats
 2 sticks butter-melted

1. Preheat oven to 350 degrees and spray a 9x13 baking dish with non-stick cooking spray.
2. Dump the apple pie filling into the baking dish, and spread evenly over the bottom.
3. Sprinkle brown sugar evenly over the apple pie filling.
4. Spread dry spice cake mix over the apples and brown sugar. Pour melted butter as evenly as possible over the mix.
5. Spread oats evenly over the top. Place the cake in the oven, uncovered, for about 45 minutes or until the top is golden brown and a toothpick inserted into the center comes out without any cake mix on it. You may find apple pie filling on your toothpick, which is fine.
6. Serve warm with caramel sauce, ice cream, or whipped cream.

**You can substitute a yellow or white cake mix or swap out the rolled oats for your favorite granola. Add crushed walnuts or pecans to the oat/granola topping!

12 DAYS OF KINDNESS

We all know the favorite Christmas song "The 12 Days of Christmas". What if we could use that idea to make someone's holiday season a little more special? Consider choosing 12 days this holiday season to practice "The 12 Days of Kindness"! Some ideas to make this happen might be dropping off a package of new socks at a homeless shelter, letting someone go ahead of you in line, donating a book to the library, leaving something in your mailbox for the mail carrier, giving a compliment, sending a care package to deployed soldiers, or visiting somebody in a nursing home—just to name a few! Think outside the box—kindness is a gift everyone can afford to give. There are many ways that you can make an ordinary day more special for others-especially during the holiday season!