

Senior Companion Program

5111 Wright Avenue

Racine, WI 53406



Senior Companion Program



NEWSLETTER

Spring 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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Board of Directors

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Corporate Member

M.B. Bauer Group, Inc.

Senior Companion Program was founded by the Racine Dominicans.



THE BEST GIFT OF ALL

by Sue Craanen

During the winter months a great deal of time is spent indoors. Now that spring will be arriving it is a perfect time of year to get out and enjoy the outdoors and work on an active lifestyle. The older one gets



the more important it is to keep yourself active mentally, physically and socially. Do some things you have enjoyed doing in the past or find a hobby to occupy your time. Physical activities will help to maintain a healthy weight, which allows you to sleep better, controls illnesses and can reduce your stress. Remember also to eat a healthy diet. By choosing nutritious foods, you can prevent or reduce

illnesses, such as high blood pressure, heart disease or symptoms of osteoarthritis. Therefore, it is important to eat fresh fruits and vegetables, which are plentiful in the spring.

Spring is also the perfect time to schedule routine checkups, dental exams, vision, hearing, and preventative screenings. Take time to make sure that your vaccinations are up-to-date; and, don't be afraid to ask your physician for exercises and diet recommendations.

In addition, spring cleaning is a great way to stay healthy and fit. Be sure to remove any items that may be a fall risk such as, throw rugs or loose carpeting. Clean out your refrigerator, pantry, toss expired foods and replace with fresh and healthy foods. Don't forget the medicine cabinet. Get rid of medications you no longer take and any that are expired. Open your windows and let in the fresh air. By doing so, not only will your home smell fresh, but it will help to relieve stress. Remember to stay active and enjoy everyday always!



Wishing you a wonderful Spring!



May the change of season bring you and your loved ones good health, happiness and peace in your heart.

Have a Happy, Healthy and Blessed Easter!

~ Sue, Laurie & Jeanne



Senior Companion Program was founded by the Racine Dominicans.



INTRODUCING A VALUABLE BOARD MEMBER



Ann Shea holds the position of Board Treasurer and has been with the Senior Companion Program for over two years. Ann comes to us well qualified as she has years of experience as an accountant/bookkeeper and also has held other board positions in our community for many years.

She brings beneficial skills to the program such as: administration, management, nonprofit experience and has worked on special events. Ann joined the program because she believes seniors are a vital part of our community. She feels that the Senior Companion Program supports the elderly and offers volunteer opportunities, which is a great service to Racine County.

Ann is pictured here with her husband Greg. They have two daughters and four grandchildren. In her spare time; she enjoys traveling, hiking, reading and word puzzles. Thank you Ann, for sharing your expertise with SCP!

NO BAKE BIRD'S NEST TREATS

These are adorable this time of year!

Ingredients:

- 1 ½ cups butterscotch chips
- 1 cup smooth peanut butter
- 4 cups chow mein noodles
- 1 bag chocolate eggs (such as Cadbury mini eggs)



Instructions:

- Line a muffin tin with paper or foil liners. Set aside.
- Melt the butterscotch chips with the peanut butter in the microwave-stopping every 30 seconds to stir until smooth.
- Pour the mixture into a large bowl with the chow mein noodles and stir to combine.
- Spoon mixture into the muffin cups.
- Gently press three chocolate eggs into each nest.
- Let cool completely and carefully remove cupcake liners.

Enjoy! Makes approximately 12 nests.

NATIONAL VOLUNTEER WEEK



National Volunteer Week was established by Presidential Proclamation in 1974 to highlight the various opportunities available for those interested in volunteering. National Volunteer Week is an annual celebration observed in many countries to promote and show appreciation for those who are willing to donate their time and talents. This year, it will be celebrated April 17-23.

We would like to sincerely thank all of our past and present volunteers. Your dedication and generosity have been a major reason why SCP has been able to serve seniors in our community for almost 44 years!

Are you a caring person? Are you a good listener? Can you spare just one hour per week? We would love to tell you about our volunteer opportunities! Our contact information can be found on the front page of this newsletter. Also, please contact us if you know someone who would enjoy and benefit from having a Senior Companion. We would be happy to explain the socialization and informational services we provide.

Spring Word Search

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

AWAKENING
 BUNNY
 CHIRP
 EASTER
 HATCHLING
 RAINBOWS
 RISEN
 SALVATION
 THAWING

BASKET
 CALVARY
 CHOCOLATE
 EQUINOX
 LENT
 REPENT
 ROBINS
 SHOWERS
 TULIPS

BLOSSOMS
 CATERPILLAR
 DAFFODILS
 GREEN
 PANSIES
 RESURRECTION
 SACRIFICE
 SPRING
 WARMER

WEBSITES OF INTEREST

Here are a few contacts that are helpful and informative. Future newsletters will contain more resources beneficial to our senior population:

Aging and Disability Resource Center of Racine County (ADRC)

www.adrc.racinecounty.com

The ADRC provides a central source of reliable and objective information about a broad range of programs and services for older adults or people with physical and intellectual/developmental disabilities.

Home Instead

www.homeinstead.com

The in-home care services provided by expert caregivers allow older adults to remain at home, even as their care plans and needs change during the aging process.

Hospice Alliance

www.hospicealliance.org

Hospice Alliance is your community-based, non-profit choice for hospice care and palliative care. We are committed to providing compassionate physical, emotional and spiritual care and educating our patients, those who support them and the communities we serve.