

Sisters of St. Dominic  
Senior Companion Program  
5635 Erie St.  
Racine, WI 53402



Senior  
Companion  
Program



# NEWSLETTER

Fall 2021

## With Thankful Hearts

As our fiscal year recently drew to a close, we reflected on the abundant generosity of our supporters. A heartfelt thank you to each and every donor who contributed to our program this year. The Racine Dominicans, grantors, individual and organizational donations, in-kind contributions and donations made in honor or memory of a loved one; all help tremendously to sustain our program.



Without your support, we would not be able to begin our 44th year of serving the elderly in our community! With your kind generosity, we hope to serve for many years to come! As we move into the season of giving thanks and counting our blessings, it is difficult to express how extremely grateful and humbled we truly are!

God Bless you all!  
Sue, Laurie & 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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### Board of Directors

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Senior Companion Program  
is a sponsored ministry of the  
Racine Dominicans.



## THINGS TO BE THANKFUL FOR AS WE AGE

by Sue Craanen



Once retired an individual has 40 plus hours per week of free time which can be used to pursue other passions or dreams that one was unable to do due to working. More time can be spent with loved ones, family, friends, grandchildren, volunteering, or travelling throughout the country to see and do the things dreamt about over the years.

Make a list of what you yourself have to be thankful for such as: family (keep in mind that they are only a phone call away), a cozy home, food on your table, your health, or even pets as they provide unconditional love. Being thankful for even the smallest things in life can do wonders for our mental health and help us to make it through rough times. People who have gone through traumatic events learn to appreciate the small things in life. Always remember to forgive and forget for there are too many precious moments in our lives and it is important to take advantage of all the time granted to each of us daily.

Take time to write down what you are grateful for and say thank you. Finally, remember to focus on the present moment. Always take time out of each day to be thankful for all those individuals who have influenced you throughout your life and remember to slow down and savor even the smallest things.



## FUN IN THE SUN!

On July 18th we hosted our 8th annual fundraiser. "Jazz in July" was our very first event held outdoors, in the middle of a hot summer! Everyone had a wonderful time listening to jazz, big band and swing music performed by local musicians with the James Yorgan Sextet. Attendees enjoyed eating delicious Infusino's pan pizza, snacks, desserts and beverages; and bidding on raffle baskets and our 50/50 raffle. Thank you to all attendees, supporters, board members, and volunteers who helped to make this year's fundraiser a success!



## ZUCCHINI, TOMATO & CHEESE BAKE

With zucchini and tomatoes so abundant this time of year, we thought we would share this healthy, flavorful recipe. It has been tested by our director and family and has been given a thumbs up!

Add cooked chicken or browned Italian sausage to make this a meal. If you like spice, add a pinch or two of crushed red pepper flakes!

- 2 Tbs. butter
- 1 large zucchini – seeded and chopped
- 1 large onion – chopped
- 1 large green bell pepper – chopped
- 1 clove garlic, minced
- 4 tomatoes or 20 sm. cherry tomatoes –chopped
- 1Tbs. dried Italian Seasoning
- 1 – 8oz. pkg. Italian blend shredded cheese or shredded Mozzarella



Preheat oven to 350 degrees. Lightly grease a medium casserole dish.

Melt the butter in a skillet over medium heat. Stir in the zucchini, onion and green pepper, and cook 5-7 minutes, or until onion and pepper has softened. Add garlic, cook for one more minute.

Put tomatoes in the prepared casserole dish. Add the warm zucchini, onion, green pepper and garlic mixture, stir. Season with Italian seasoning, and top with cheese.

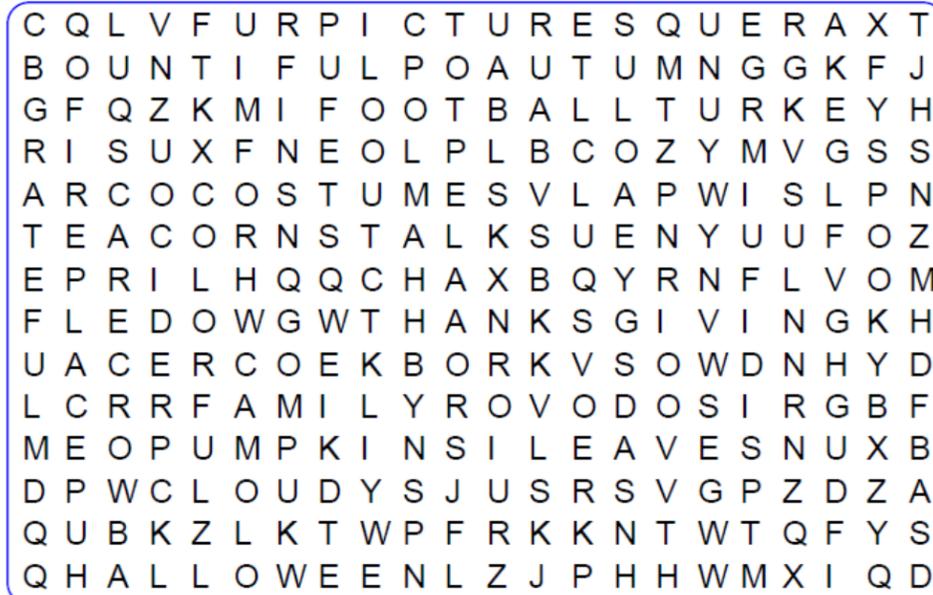
Bake 25 minutes or until cheese is melted and bubbly. Enjoy!

## SCRIP IS AVAILABLE THROUGH SCP!

The SCRIP Program is a fundraiser that benefits you and SCP! Simply purchase a gift card or cards from an order form that we provide. You receive full value for the card/cards that you purchase. Senior Companion Program will receive a rebate from the merchant from which the card/cards were purchased. There are hundreds of stores, restaurants and hotels available in several denominations. We place an order on the last Friday of every month. It is a great way to keep gifts on hand or use them for yourself. SCRIP order forms can be found on our website or by contacting our office. Please call or email us if you have any questions!

## TRIVIA NIGHT

We would like to host another trivia night sometime in the fall as the pandemic restrictions will allow. We are looking forward to announcing the place, date and time. Hopefully soon! Watch for an announcement on our Facebook page and website.



## Fall Word Search

- |              |             |            |
|--------------|-------------|------------|
| AUTUMN       | BOUNTIFUL   | BRISK      |
| CANNING      | CIDER       | CLOUDY     |
| COBBLER      | COLORFUL    | CORNSTALKS |
| COSTUMES     | COZY        | FAMILY     |
| FIREPLACE    | FOOTBALL    | GRATEFUL   |
| HALLOWEEN    | HARVEST     | LEAVES     |
| MUMS         | PICTURESQUE | PUMPKINS   |
| SCARECROW    | SCHOOL      | SPOOKY     |
| THANKSGIVING | TURKEY      | WINDY      |