

SENIOR COMPANION PROGRAM, INC
5111 WRIGHT AVENUE
RACINE, WI 53406



SPRING 2025

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Senior Companion Program

Everyone deserves a friend!

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SPRING

BY SUE CRAANEN

Spring is the time of year when we have new beginnings. This is the time for renewal, warmer temperatures, flowers are blooming and wildlife returns. It is a time when the weather starts to change, days are longer, and nights are shorter. Time for everyone to have fresh produce, to be outside and while at home to open the windows and let the fresh air come in. This can become everyone's time for rejuvenation. Spring brings greater energy and vitality to all.

Now is the time to enjoy activities that are available outdoors after the winter months. The fresh air and sunshine can help everyone feel more alive. Consider gardening, setting up a good sitting area where you can read a book, take a walk, watch the birds, but make sure you have some shade around you. Be sure to vary your activities so that there is always something to look forward to.

The change of seasons can always be a magical time. Take time to think about ways you can get out and enjoy spring. Spring brings hope, renewal, and new beginnings.



AS SPRING ARRIVES IN WISCONSIN, WE HOPE THE LONGER DAYS
AND BRIGHTER SUNSHINE INSPIRE YOU TO EMBRACE NEW BEGINNINGS-
JUST LIKE THE FLOWERS BLOOMING AFTER A LONG WINTER.

MAY YOUR DAYS BE BRIGHT & SUNNY!
SUE, CHERYL AND JEANNE



**We Energies
Foundation**





CONNECTION CORNER



WE INTRODUCED OUR VOLUNTEER KYLE TO LYNN IN EARLY FALL OF 2024. LYNN TELLS US, "SCP IS WONDERFUL-THIS EXPERIENCE IS A BLESSING. I LOOK FORWARD TO AND FEEL VERY THANKFUL FOR MY VISITS WITH KYLE." WHEN WE ASKED KYLE ABOUT HIS EXPERIENCE, HE TOLD US THAT "SCP HAS BEEN A WONDERFUL ADDITION TO MY LIFE." KYLE SAYS, "I FEEL FORTUNATE TO BE PAIRED WITH LYNN, AS HE IS A THOUGHTFUL PERSON WITH A THIRST FOR KNOWLEDGE AND COMPASSION FOR OTHERS. WE HAVE MANY THOUGHT PROVOKING CONVERSATIONS WHICH I THOROUGHLY ENJOY. I LOOK FORWARD TO SEEING HOW OUR FRIENDSHIP CONTINUES TO GROW!" WE ARE GRATEFUL FOR THESE TWO GREAT GUYS AND THE FRIENDSHIP THEY HAVE MADE!

WHAT ARE SOME BENEFITS OF FRIENDSHIP?

FRIENDS ARE GOOD FOR YOUR HEALTH.
FRIENDS CAN HELP YOU CELEBRATE GOOD TIMES AND
SUPPORT YOU DURING BAD TIMES. FRIENDS HELP KEEP YOU FROM FEELING ALONE.

FRIENDS ALSO CAN:

- ✿ RAISE YOUR SENSE OF CONNECTION, BELONGING AND PURPOSE.
- ✿ BOOST YOUR HAPPINESS AND LOWER YOUR STRESS.
- ✿ IMPROVE YOUR SELF-CONFIDENCE AND FEELINGS OF SELF-WORTH.
- ✿ HELP YOU COPE THROUGH HARD TIMES,

SUCH AS SERIOUS ILLNESS OR THE DEATH OF A LOVED ONE.
ADULTS WITH STRONG SOCIAL CONNECTIONS HAVE A LOWER RISK OF MANY HEALTH PROBLEMS!
If you would like to make a new friend either as a volunteer or as a client of Senior Companion Program,
give our office a call-we'd love to tell you more about SCP!

When the world is so complicated, the simple gift of friendship is within all of our hands.

~MARIA SHRIVER

Word Search

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

FLOWERS

BLOSSOM

BUTTERFLY

BREEZE

SUNNY

PICNIC

RAINBOW

LADYBUG

SPROUTS

BEE

RAIN

GROW

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