

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



Fall brings to mind the things and people we are thankful for. To our Volunteers, our Clients, and Friends of Senior Companion Program, there is no better time for us to tell you how grateful we are for all of you! We wish the happiest of Thanksgivings to the kindest of people.

*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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Senior Companion Program was founded by the Racine Dominicans.



FALL IS FOR ALL

by Sue Craanen

The fall of the year is when daylight grows shorter and animals are preparing for the long cold months ahead. Temperatures start to become cooler, leaves on the trees turn yellow, orange and red, and pumpkins are ready to be picked. There is so much to love about fall from pumpkin-spiced everything to hay rides and haunted houses. This is the time of year that represents change. Darkness begins to win out over daylight.



For all of us this is when we need to get out our cozy sweaters, woolly socks and plaid sheets. Due to longer lifespans and an increased focus on health and wellbeing, people are working and active for a longer period of time.

When with others turn off cellphones, social media, the TV, leave work at work and focus completely on your loved ones and those around you. This is the time of year that you can read more as reading reduces stress and helps to eliminate depression.

Fall transforms summer into winter. Farmers work on their fall harvest, leaves change colors, weather becomes colder, plants stop making food, animals grow thicker fur to keep them warm through the winter and daylight becomes shorter. Fall is a time to be grateful for what we have in life.



HOW CAN I SUPPORT THE SENIOR COMPANION PROGRAM?

Become a Volunteer

We are happy to say that our program has been steadily growing for the past year! However, no matter how many different types of advertising we do, it consistently is proven that simple word of mouth is the best way to share the news about Senior Companion Program. Due to the nature of SCP, at times the number of people we serve can fluctuate. We are always looking for seniors in our community who can use a weekly visit, as well as volunteers to provide weekly visits. Can you imagine not having anyone to talk to? We feel strongly that no one should live out their later years feeling lonely. Remember that there is absolutely no cost to be a part of SCP. Please help us promote one of Racine's best kept secrets by telling your family and friends about Senior Companion Program!



Follow Us on Social Media

Are you on social media? Follow us on Facebook, Instagram, LinkedIn or check our out website at www.seniorcompanionprogram.org to keep up with all things Senior Companion Program!



Help us with our Wish Lists

SCP is always in need of forever stamps and we have a wish list on Amazon for some of the things we use regularly in our office. To easily access our Amazon wish list, go to our website and click the icons on the homepage. You will be automatically linked to the appropriate corresponding page!



Become a Donor

Our program is supported by wonderful foundations, business and generous donors! As we enter the season of giving, please put Senior Companion Program on your list!



NO BAKE PUMPKIN CHEESECAKE



- 1pkg (8oz) cream cheese, softened
- 1 cup canned pumpkin
- 1/2 cup sugar
- 1/2 tsp. pumpkin pie spice
- 1 tub (8oz) whipped topping, thawed and divided
- 1 ready-to-use graham cracker crumb crust (6oz)

Beat the cream cheese, pumpkin, sugar and pumpkin pie spice with mixer until well blended. Gently stir in 2-1/2 cups whipped topping. Spoon into crust. Refrigerate 3 hours or until firm. Serve topped with remaining whipped topping.

PREVENTING FALLS THIS FALL!

As we make our way to the fall and winter months, the risk of slips, trips and falls increases. Being aware and careful with our steps makes all the difference! Here are some tips to avoid falls this fall:

- **Stay physically active.** Regular exercise improves muscles and makes you stronger-it also keeps your joints, tendons and ligaments flexible.
- **Try balance and strength training exercise.** Yoga, Pilates, and tai chi can all improve balance and muscle strength.
- **Have your eyes and hearing tested.** Even small changes in sight and hearing are linked to an increased risk for falls.
- **Fall-proof your home.** Don't use throw or small area rugs, ensure good lighting, keep areas where you walk tidy, ensure you have handrails-and use them!
- **Find out about the side effects of any medications you may take.** If a medication makes you sleepy or dizzy, tell your doctor or pharmacist.
- **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop making you feel dizzy or wobbly.
- **Keep your hands free.** Use a shoulder bag or fanny pack so you can easily use railings.
- **Choose the right footwear.** Opt to wear nonskid, rubber-soled, low-heeled shoes.



Fall Word Search

- SWEATER
- SQUASH
- STUFFING
- GOURD
- FALL
- CIDER
- LEAVES
- PUMPKIN
- AUTUMN
- RAKE
- GHOST
- PIE
- HARVEST
- TURKEY
- APPLE
- ACORN
- COSTUMES
- FOOTBALL
- YAMS
- QUILT
- CRANBERRY
- TREATS

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