

Senior Companion Program

5111 Wright Avenue

Racine, WI 53406



Senior  
Companion  
Program



# NEWSLETTER

Summer 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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Shelly Boles                    Patrick Fogarty

Joe Cronin                      Cathy Jacyna

Dorothy Dziengel            Tammy Ward

### Corporate Member

M.B. Bauer Group, Inc.

Senior Companion  
Program was founded by  
the Racine Dominicans.



## HOT WEATHER SAFETY TIPS

by Sue Craanen

With summer approaching one needs to be safe when it is too hot outdoors. Make sure to be proactive by taking precautions and avoid excessive heat as summer months can be very dangerous especially for older adults. When you are trying to stay cool, keep in mind the following tips:



- Stay away from the direct sun outside. Be sure to plan your activities early in the morning or after the sun sets.
- Spend time in an air conditioned facility such as the library, take a walk indoors at a mall, go to a movie theater or if there is a senior center go there to meet and make new friends.
- Be sure to stay hydrated. Drink plenty of water, clear juices and liquids that do not contain alcohol or caffeine. As they cause one to lose water in their body.
- Always dress appropriately. Wear loose, light – colored clothes along with a lightweight broad – brimmed hat. By doing so, one will remain cool and avoid becoming sunburned. In addition, buy a sunscreen lotion or spray that has a sunscreen protection of 15 or higher. Make sure to apply it to all exposed skin.
- To cool down, take tepid showers, baths or sponge baths especially when you are feeling warm. Use wet washcloths or towels with cool water on your wrists, ankles, armpits and neck.

By using these tips, you may avoid the following health problems caused by too much heat. They are: dehydration, heat stroke, heat exhaustion, and heat syncope. Have a healthy and safe summer!



Independence Day reminds us to keep in prayer all past and present men and women of the United States Armed Forces. THANK YOU to all who have served or are currently serving to preserve America's freedom and independence. God bless and protect you and your families!

Gratefully and with the Utmost Respect,  
~ Sue, Laurie & Jeanne



## MEET A VERY DEDICATED BOARD MEMBER

Tammy Ward is a member of the Development Committee on our Board. She has been a volunteer with the Senior Companion Program since 2016. When asked why she was interested in our program she answered, "I think it is a wonderful program and I would love to be a part of the mission".



Tammy came to us with many talents. She is very knowledgeable and has extensive experience in the areas of: nonprofit programs, communications, public relations, fundraising and special events. Tammy has worked with several other agencies in the Racine area such as the Walk to End Alzheimer's and the Health Care Professional Marketing Society. She served as secretary of the Elderly Services Network for over 15 years and in 2019, moved to the position of President where she currently serves.

When she is not working or volunteering, Tammy spends her spare time shopping, traveling, crafting and spending time with family and friends. We are very grateful for such a dedicated volunteer and supporter of SCP!

## Summer Word Search

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

ALLERGIES  
 BEACH  
 CAMPING  
 FISHING  
 GOLF  
 LEMONADE  
 PATRIOTIC  
 RAINBOW  
 SWIMMING

BARBEQUE  
 BOATING  
 FESTIVALS  
 FLOWERS  
 HUMID  
 MOSQUITOES  
 PICNICS  
 RELAXATION  
 THUNDERSTORM

BASEBALL  
 BUTTERFLY  
 FIREWORKS  
 GARDENING  
 HUMMINGBIRDS  
 MUGGY  
 POOL  
 SUNBURN  
 VACATION



## FUN NIGHT PLAYING TRIVIA

On Friday, May 20 we hosted a "Trivia Night" fundraiser at St. Richard's Parish. We had a wonderful turnout with the largest number in attendance that we have ever had. Prizes were awarded to the team with the highest score. We hope everyone had as much fun as we did! Special thanks to the St. Richard's Human Concerns Committee. We plan on hosting another trivia night in the near future. We will announce the details as the date gets closer.

## SAVE THE DATE

Join us for "Jazz in July", an outdoor event held on the grounds of St. Sebastian's Parish benefitting the Senior Companion Program. Live Big Band, Jazz and Swing music featuring local musicians with the James Yorgan Sextet. Your ticket will include pizza, dessert and one free beverage of your choice! Silent auction items, basket raffle and 50/50 raffle will be available.

Mark your calendars for Sunday, July 31, 1:00-4:00 pm. Please see our Facebook page or our website for all of the details. Hope to see you there!



## INTERESTING AMERICAN FACTS

- Independence Day did not happen on July 4. July 2 was the day that Congress voted to free us from British rule. However, the 4th of July is when John Hancock wrote the first signature on the Declaration of Independence.
- George Washington wasn't the first president of the United States to live in the White House. John Adams and his wife Abigail were the first. While Washington did oversee the construction of the house; he and his wife, Martha never lived in it.
- The Statue of Liberty, which adorns pretty much every bit of tourist memorabilia available to purchase in the Big Apple, is not actually located in New York City at all. It's technically in Jersey City, New Jersey.
- President Abraham Lincoln was assassinated on April 14, 1865. He signed legislation to create the U.S. Secret Service hours before he headed to Ford's Theatre. However, the Secret Service wouldn't have saved Lincoln had it been created in time—the original purpose was to combat widespread currency counterfeiting. It wasn't until 1901 that it began to protect the president.
- Eight of the 56 men who signed the Declaration of Independence were British! Two were from England, one from Wales, two from Scotland, two from Ireland, and one from Northern Ireland.
- The Empire State Building has its own zip code! It happened in 1980, and the zip code is 10188. The building was declared a landmark on May 18th, 1981, by New York City's Landmarks Preservation Commission, and in 1982 the Empire State Building was listed on the State and National Register of Historic Places.