

Senior Companion Program

5111 Wright Avenue

Racine, WI 53406



Senior Companion Program



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# NEWSLETTER

Summer 2023

### 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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M.B. Bauer Group, Inc.

Senior Companion Program was founded by the Racine Dominicans.



## SUMMER IS THE TIME TO COME ALIVE

by Sue Craanen

Summer falls between spring and autumn. The closer you are to the equator, the warmer it will be. This is the time of year when the most sunlight is received. "Summer" came from the Old English word for the season during 900 "sumor". Days are longer and nights are shorter during this time of the year. It is the time when one can go outdoors, have a picnic or spend time with friends and family. Summer represents life and endless opportunities that await for each of us.



Here are some summer safety tips for adults:

- 1. Stay Hydrated** – Be sure to drink plenty of water when going on an outing and pack extra bottles of water. Food that is rich in water and a good source of hydration are: watermelon, lettuce, peaches, tomatoes and strawberries.
- 2. Protect your skin and eyes** – Be sure to use sunscreen, wear a hat and sunglasses to protect your eyes and face. Remember to wear light colored and loose fitting clothing.
- 3. Know when to stay inside** – Stay out of the sun during the hottest time, which is 11 am – 3 pm.
- 4. Keep medications properly stored** – Read your prescription labels carefully.
- 5. Run your A/C** – the U.S. Department of Energy recommends setting your thermostat to 78F when you are home.
- 6. Stay connected** – Having someone visit regularly is a great way to stay connected.



"The tans will fade but the memories will last forever..." -Unknown

Wishing you a summer filled with sunny days and time spent with family and friends, making memories to last a lifetime!

Blessings,  
Sue, Cheryl, and Jeanne



Senior Companion Program was founded by the Racine Dominicans.



## IT'S OUR 45TH ANNIVERSARY!

On July 1, 1978 the Senior Companion Program was founded by the Racine Dominican Sisters. It was started by Michelle Olley, O.P. and Brenda Walsh, O.P. as an outreach endeavor for the St. Catherine's Infirmary and grew from there. The program helps to alleviate loneliness by providing companionship and to help enable seniors to live out their later years with hope, meaning, and dignity. For 45 years our volunteers have been providing weekly visits at no cost to seniors in our community. We are happy to say we are growing and going strong, and are looking forward to another 45 years of making a difference!

## SWING INTO SPRING A HUGE SUCCESS - THANK YOU!

In March we held our annual fundraiser indoors for the first time since before the pandemic. Over 150 people gathered on a Friday evening at Infusino's Banquet Hall and enjoyed bidding on basket raffles and silent auction items, taking a chance on a cash raffle, eating delicious food, visiting with friends, dancing and listening to music by The James Yorgan Sextet. We are so thankful to all who attended and participated in any way!

**Sponsorships:** Oh Dennis! Saloon & Charcoal House, Shear Madness, S. Alice Pittz, Gary & Sue Craanen, S. Maryann McMahon, and Maresh Meredith & Acklam Funeral Home

**Raffle Basket Donations:** Wisconsin State Fair, Discovery World, Racine Zoo, Milwaukee Milkmen, Kenosha Kingfish, Green Bay Packers, Mary Schaeffer, InSinkEerator, Aging and Disability Resource Center of Racine County, Waterford Place, Home Helpers Senior Care, Compassus Hospice, Chipotle, Rasmussen Diamonds, S. Shirley Kubat, S. Joanne Bloome, S. Ruth Schaaf, Millers Flowers, S. Stephanie Seversin, O & H Danish Bakery, S. Rose Marie Anthony, Brookdale, Kenosha Place, Hospice Alliance, Milwaukee Brewers, Margaret Pawlowski, Home Instead, Al & Sue Peoppel, Val Madala, Assisted Living Locators, John & Cathy Jacyna, Brenda Schuls, Kenosha Senior Center, Linda Haack, Lisa Johnson, Elizabeth Gardens, Gary & Sue Craanen.

**Special Thanks:** Infusino's Banquet Hall, The James Yorgan Sextet, Tim & Ann Shea, Shelly Boles, Bonnie Wunsch, Mike & Colleen Armgardt, Shari Geertsen, Cathy Jacyna, S. Carol Runde, Val Madala, Linda Haack, Judy Ruelle, S. Karen Fredrickson, Brenda Schuls, Al & Sue Poeppel, and the Senior Companion Program Board and Committee Members.



## PATRIOTIC JELLO POKE CAKE

- White cake mix (prepared according to box directions)
- 1.5 oz. blue jello (half of a small box)
- 1.5 oz. red jello (half of a small box)
- 1 cup boiling water, divided
- 8 oz. whipped topping
- Red, white and blue sprinkles



1. Prepare cake according to box directions and cool.
2. Combine 1/2 cup boiling water with the blue jello in a bowl. Stir until dissolved.
3. In another bowl, combine 1/2 cup boiling water with red the jello. Stir until dissolved.
4. Use the handle of a wooden spoon to poke several holes in the cake.
5. Carefully spoon jello mixtures into the holes, trying to only pour one flavor into each hole. Also be sure to spread the colors throughout to created a fun color pattern.
6. Place cake in the refrigerator for 30 minutes (or longer) to let jello soak in.
7. Frost with whipped topping and add sprinkles!

\*This cake can be made using any flavor (or only one flavor!) of jello—simply use 1 cup of water and all of one small box of jello. In addition, you can use a sugar free cake mix and sugar free jello!

## Summer Word Search

- |           |            |
|-----------|------------|
| Barbecue  | Ice Cream  |
| Baseball  | Insects    |
| Bees      | Mosquitoes |
| Bicycle   | Picnic     |
| Blue Sky  | Sandals    |
| Camping   | Skateboard |
| Fishing   | Sprinklers |
| Flies     | Sunshine   |
| Flowers   | Suntan     |
| Gardening | Swimming   |
| Golf      | Vacation   |
| Hot       |            |

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