

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



“The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world’s busy life and become more interested in people than in things.”

~Thomas S. Monson

*Wishing you all the very best of the season!
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.

Contact Information:

scp@seniorcompanionprogram.org
262.898.1941

5111 Wright Avenue
Racine, WI 53406
seniorcompanionprogram.org

Executive Director

Sue Craanen
scraanen@seniorcompanionprogram.org

Assistant to the Director

Cheryl Hansche
chansche@seniorcompanionprogram.org

Administrative Assistant

Jeanne Kocho
jkocho@seniorcompanionprogram.org

Board of Directors

President – Patrick Metzker
Vice President – Tammy Ward
Secretary - Catherine Harris
Treasurer – Ann Shea
Kay Close Rick Kais
Scott Kortendick Al Poeppel
James Pruitt S. Carol Runde
Michael Truckey Brenda Schuls
Heather Vanoss

Committee Members

Shelly Boles Joe Cronin
Dorothy Dziengel Patrick Fogarty
Cathy Jacyna Valerie Madala

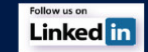
Corporate Member M.B. Bauer Group, Inc.

Senior Companion Program was founded by the Racine Dominicans.



SENIOR COMPANION PROGRAM, INC.

WINTER 2023 NEWSLETTER



TIS' THE SEASON

by Sue Craanen

Now is the time of year that people come together to visit relatives and friends, exchange gifts, eat delicious foods, spend precious time together and have fun.



Because almost 75 percent of the elderly are reluctant to ask for help, this is when you can consider spending time with someone who may be lonely throughout the year. Give someone a call, send a card or pop in to see them.

Each and every one of us need to remember that loneliness and lack of companionship is due to the fact that many seniors can no longer drive, their children have moved out of the area, or their significant others have passed away. Unfortunately, these factors can result in the most common cause of depression in older adults, which is socialization and isolation. Socialization helps sharpen your memory and cognitive skills, increases your sense of happiness and well-being, and may even help a person live longer. Socialization is extremely important for all the elderly.

Enjoy your time spent with family and friends. Consider spending time with an elderly individual on a weekly basis. One can do this by volunteering with the Senior Companion Program. This will provide kindness to someone throughout the year. If you would like more information on our program, please contact us at 262.898.1941 Monday – Friday between 8 – 2 pm.

Have a very Merry Christmas and a wonderful New Year!



CONNECTION CORNER

Starting with this edition, each month we will be highlighting a volunteer/client connection in our newsletters. Our volunteers visit the same client every week, and often a genuine friendship is formed. This is definitely the case with Linda and Nancy. We introduced these two in October of 2023 and they have been enjoying their weekly visits and cribbage games ever since! Linda has a busy schedule, but she enjoys volunteering and the time she spends every week visiting Nancy. Nancy told us “it is so nice to have someone to talk to” and “it gives me something to look forward to”. We are beyond grateful for our volunteers and our clients! “One person caring about another represents life’s greatest value.” ~Jim Rohn



SAVE THE DATE FOR OUR ANNUAL FUNDRAISER



Our annual fundraiser will be held on Friday, April 5, 2024! The event will be held at Infusino’s Banquet Hall, and will feature basket raffles, a cash bar, and live big band, swing, and jazz music by local musicians with the James Yorgan Sextet. Heavy appetizers and homemade desserts will be included. Details will be posted soon on our website and Facebook page, or call our office at (262) 898-1941 or more information!

FIVE WAYS TO HELP SENIORS BEAT SOCIAL ISOLATION THIS WINTER

Social interaction is essential to our overall happiness and well-being. Sometimes it’s difficult in the winter for seniors to get out and spend time with others. This can be due to bad weather, less daylight, or the fear of getting sick or spreading illness. Health issues might also keep them from leaving home. Often seniors might not feel comfortable driving anymore- especially if they live in a place with snowy and icy conditions. Whatever the reason, here are some practical tips to help others feel less alone during the winter months. You may find that a little gesture goes a long way!

1. Visit in person whenever possible-and if that’s not an option, a simple chat through a phone call can do wonders!
2. Offer practical help such as picking up prescriptions, stopping at the post office or picking up items at the grocery store.
3. Consider offering a ride to places like the doctor, the library, the barber or hairdressers, or to faith services.
4. Share a weekly meal, and don’t forget to package the leftovers in small disposable containers that can be put into the freezer for your senior to use another time.
5. Help with household tasks like changing lightbulbs, helping to decorate for the holidays, hanging pictures, etc.

Winter Word Search



- | | | | |
|-------------|-------------|---------------|--------------|
| 1. snow | 2. blanket | 3. sled | 4. soup |
| 5. boots | 6. icicle | 7. blizzard | 8. igloo |
| 9. cold | 10. cookies | 11. flurries | 12. bows |
| 13. shovel | 14. frost | 15. hibernate | 16. mittens |
| 17. wassail | 18. skiing | 19. iceskate | 20. presents |



COOKIE DIP

- 1/2 C. Butter (unsalted)-softened
- 8 oz. Cream Cheese-softened
- 2 tsp. Milk or Cream
- 1/4C. Powdered Sugar
- 1/4 C. Brown Sugar
- 1/2 tsp. Vanilla
- 1 C. Mini Chocolate Chips
- Additional Mini Chips for garnish

Mix butter and cream cheese until smooth and creamy. Add milk, brown sugar, powdered sugar and vanilla. Mix until well combined. Add mini chocolate chips. Spoon into a bowl and garnish with additional chips. Serve with graham crackers, pretzels, vanilla wafers, apple slices or strawberries.

