

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



IT'S THE END OF SUMMER AND, WHILE WE'RE SAD TO SEE IT GO, WE'RE EXCITED ABOUT ALL THAT FALL HAS TO OFFER. FROM COOLER WEATHER TO PUMPKIN SPICE EVERYTHING.

WE HOPE THAT YOU FIND A LOT TO LOVE ABOUT AUTUMN!

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 Kocha  
jkocha@seniorcompanionprogram.org

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### Corporate Member

Senior Companion Program was founded by the Racine Dominicans.



## FALL IS NEAR

by Sue Craanen

As summer season ends, we start to reach in to the season of fall. September is a month of remembrance. It is the time of year that we honor and remember those who have made sacrifices for their country, community or a loved one. Leaves start to change color, days get shorter and we begin to prepare for the colder months ahead. Now is the time to be able to try new activities or do things that you have never had time for.



Now is your time to be creative-think of the possibilities! There are often classes offered free of charge at your local library or Senior Center, see what they have to offer. Look into bus trips to ballgames, theater performances, or local areas of interest. Try something you've never done before-you might find a new activity that you really enjoy! Not only is it good to learn something new, but you may also have the opportunity to make new friends.

Remember that autumn will be coming soon and that the temperature will begin to get colder. Therefore, don't be afraid to enlist needed support from family and friends.





## CONNECTION CORNER



Laurie and Julia have been companions through SCP for several years, but they actually first met when they both worked at Walker Manufacturing 45 years ago! When SCP moved to our current office, Laurie saw Julia, they started visiting, and soon they were enjoying weekly scrabble games! In addition to their time at Walker, they also have other things in common - they play scrabble at an equal level, they are both Polish and like to exchange some Polish words together, and they enjoy sharing recipes. Julia tells us that a bonus of their visits is that Laurie shares pictures of her granddaughter with Julia, and Laurie says that Julia is a joy!

## VOLUNTEERING IS GOOD FOR THE HEART AND SOUL

We try to make sure our volunteers get as much out of volunteering as the person they are visiting! This is why we work hard to match the personality, interests, and the time they have available when pairing our volunteers with their companion. Statistics show that volunteering is not only good for the community, but can improve your physical and mental health and wellbeing.

Here are just a few things you can gain from giving your time:

- Making new friends
- Better physical and mental health and wellbeing
- Giving something back
- Improving your confidence
- Sense of connection to others in the community
- Improve how things work for the better
- Show your commitment.

## HELP US GROW!

We are working hard to let the Racine community know about one of Racine's best kept secrets! We can be found on Facebook, Instagram, and LinkedIn. If you are on social media, please follow us and like, comment, and share our posts! This is the best way to keep us toward the top of the social media algorithms. Getting our name out there is the best way for us to grow our program. We are always looking for volunteers as well as people who would like a visit—remember there is no cost to be part of our program! Check out our website for more complete information and to contact us. Let's get you volunteering!

[www.seniorcompanionprogram.org](http://www.seniorcompanionprogram.org)

## FALL WORD SEARCH

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

chestnuts  
sweater  
schoolbus  
football  
bales  
cider  
scarecrow  
gourd  
pie  
thanksgiving  
acorn  
flannel  
turkey  
pumpkin  
ghost  
halloween  
hayride  
foliage  
stuffing  
harvest

## THREE WAYS FOR SENIORS TO REMAIN INDEPENDENT

**Keep your brain and body busy.** Try to do some physical activity as you are able—plant flowers, take a walk, try yoga, or simply lift your arms and legs up and down while remaining seated. Spend a little time each day doing a crossword or jigsaw puzzle, doing a word search, or playing a board game with a friend!

**Stay involved in the day-to-day.** Help plan meals or fold laundry, participate in shopping, cooking and cleaning when possible. Keep up on current events by reading the newspaper, watching the news, or listening to the radio!

**Stay Connected.** Try to maintain old friendships as well as cultivating new ones. This can be done by going to church, the gym, the library, a senior center, or even through a simple phone call. If you are able to use technology (or if you have someone to help you!) you can FaceTime a friend who lives almost anywhere in the world!