Fall - 2016

Unification
by Sue Craanen

The human body is made up of 10 different systems. These systems include: skeletal, muscular, nervous, respiratory, cardiovascular, lymphatic, endocrine, digestive, urinary, and integumentary. In order for our body to function properly, all systems must be working together. If any system is damaged, the body becomes unstable and ultimately could die.

Similar to the systems of the body are systems in society that need to work together in order for our society to function properly. These systems include: our many cultures, economics, politics, communities, neighborhoods, families, and religious. If these systems fail to work together, we create a sick society – one of violence, hatred and poverty.

When people talk, listen completely, be patient and understanding. Place yourself in their shoes. Each of us needs to take time out of our daily life and reflect on how we can work together to make a difference. Working together as a team gives the ability to work toward a common vision. As Mother Teresa so eloquently stated, "I can do things you cannot, you can do things I cannot: Together we can do great things."
On August 6, we hosted a free forum highlighting the Medicare hospice benefit and what that means. Beth Edwards and Cori Parker from Heartland Home Health were our guest speakers. Much information was shared and our 50 attendees had many questions answered. All enjoyed homemade soups, bread and sweet treats. We appreciate the Racine Community Foundation and the United Way of Racine County for sponsoring this event, and all who helped to make the presentation a success. More informational forums at no cost will be offered in the future.

As our fiscal year draws to a close, we would like to thank each and every donor who contributed to our program this year. The Racine Dominicans, grantees, individual/organizational donations, in-kind contributions and donations made in honor or memory of a loved one; all help tremendously to sustain our program. Without your support, we could not continue to serve the elderly in our community. As we move into the season of thanksgiving and reflect on our blessings, it is difficult to describe how truly grateful we are. God bless you all.

~Sue, Laurie & Jeanne

Remind

On November 6, Daylight Saving Time ends. Move your clocks back one hour. This is also a good time to change the batteries in your smoke and carbon monoxide detectors.

Energy Assistance
If you need assistance with your energy bill and have not yet applied with us, please submit a copy of your most recent energy bill and, if applicable, a copy of your denial letter from WE Energies to:

Senior Companion Program, Inc.
521 Sixth Street
Racine, WI 53403 or call 262.898.1941.

Because funds are limited, we will provide assistance to the best of our ability.

Do You Enjoy Big Band Music?
Reservations are now being taken for our annual fundraiser. Join us for a “Sentimental Journey Back to the Big Band Era.”

The afternoon will begin with live music provided by the Howard Schneider Variety Band. Come to Infusino's Banquet Hall on October 9 from 1-4 pm for great music, pizza and appetizers. Reservations can be made by calling 262.898.1941 or sending a check to SCP, 521 Sixth Street, Racine, WI 53403. Individual seats are $20, or reserve a table for $200 (seats 8) to guarantee your party will sit together. Cash, check or credit card will be accepted. Reservations must be made in advance. The deadline is October 3. See you there!

Maple Glazed Baked Apples

Ingredients:
- 6 small apples, such as Jonathan, Jonagold, or Winesap
- 1 cup apple juice or apple cider
- 4 tablespoons maple syrup
- 2 tablespoons butter
- 6 three-inch cinnamon sticks

Directions:
1. Preheat oven to 350 degrees. Core apples leaving the bottoms intact. Using a small sharp knife, cut off a strip of peel around the top of each apple. Place apples in a 2-quart casserole or baking dish.
2. In a small saucepan, combine apple juice, maple syrup and butter. Bring to a boil. Pour hot juice mixture over apples. Insert a cinnamon stick in the center of each apple.
3. Bake uncovered for 40 to 45 minutes or until apples are tender. Brush tops of apples occasionally with juice mixture in casserole. To serve, remove cinnamon stick. Spoon juice mixture over baked apples. Serve warm with vanilla ice cream.