Our Vision
We recognize and respect the dignity and value of each human being.

Our Mission
The Senior Companion Program enhances the quality of life for adults through socialization and information.

About Us
SCP is a sponsored ministry of the Racine Dominicans

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There is a time...
by Sister Joyce Ballweg, OP

Every season in life provides its own hosts of opportunities, called blessings.
There is a time for everything under the heavens.
A time to say hello and a time to say good-bye
A time to work and a time to refrain from working.
There is a time to do and a time to be;
A time to pray and a time to laugh;
A time to dance and a time to mourn;
There is a time to embrace and a time to let go;
A time to cry and a time to share joy;
A time to companion and a time to be alone;
A time to savor and a time to move on.
There is a time to open the flood gates,
A time to let life gush forth ... and evolve.
“There is an appointed time for everything... a time for every affair under the heavens...” (Ecc. 3:1)
The appointed time has come for me to pass on the torch of the SCP’s directorship. I have had many grace-filled moments as I ministered in this program during these past four years. Our lives have intermingled, thus, I have been graciously blessed! Thank you!
I am confident that the new executive director will spread SCP’s Mission like wildfire, igniting the lives of those who are yet to be part of the program.
In the meantime, Laurie Radewan will be available to assist you.
**Appreciation Brunch**

Volunteers and visitees of the Senior Companion Program with volunteer drivers and members of ITN Racine County gathered at the Roma Lodge on April 13 for an Appreciation Brunch, graciously sponsored by the Milwaukee County Department of Family Care. **Special thanks** to the Siena Center Bell Choir, Dan Hofmann and his students for providing such lovely musical entertainment; and Boy Scout Troop 199 for all of their help in assisting our guests. It was a memorable day enjoyed by all.

Your presence was a gift!

**Celebrating Mother’s Day and Father’s Day**

Parents are filled with wisdom. We asked the Dominican Sisters for “words of wisdom” that they remember from their parents. Here are some of the responses we received. See how many you heard yourself as you were growing up:

If you can’t say anything nice, don’t say anything at all.
Don’t count your chickens before they are hatched.
Rome wasn’t built in a day.
The first hundred years are the hardest.
Don’t cry over spilled milk.
You’d lose your head if it wasn’t tacked on.
What you eat in private, you wear in public.
Remember, no one is better than you and you are not better than anyone else.
You get what you pay for.
Wherever you go, leave the place better than you found it.
Make hay while the sun shines.
Haste makes waste.
Close the door. Were you born in a barn?
The family that prays together, stays together.

If you notice some of these signs, there is support available to you as a caregiver and your loved one. A good place to start is:

**Aging & Disability Resource Center (ADRC)**

14200 Washington Avenue, Racine
262.833.8777
adrc.racineco.com

**Warning signs**

- Not being properly dressed for the weather
- Lack of attention to personal hygiene
- Overdue bills and/or unopened mail
- Unexplained weight loss
- Bruises or other signs of falls
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**Donations**

February 16, 2013 to May 15, 2013

Marilynn & Arthur Skantz
Sister Esther Szambelan
Mary McIlvaine
Phil Grana
Leo Beyer
David Beyer
Anna Marie Foti
Ruth King
Willard Widmar
Shirley Moreno
Jane & Eric Schumann

We are grateful to all who contribute in any way and share in the SCP ministry.

**Word Search**

- **TOM FTR JXX JUNE WJ OENS KUY**
- **FGUO POA AUGUSTROPICALK**
- **ING SM AROOL JF HABACH OBI**
- **RGVEQGNAY SAAII JMJQHOUDE**
- **ENYAB KUSATKNDKRMSPTI**
- **FTSCRHAI QDRBYII IHUZSTQ**
- **LHDADEULTEOIALJNFnLNSKE**
- **YGLT WE MOWG6ORKIG SUSDRI**
- **AI BLYG JGNIZTSTMAHNFPO**
- **CLAOYDRQDMSITFRIYBLA**
- **QSLNASLAVITSEFOFNUYGO**
- **MQAWCTXHFISISHINGOREUE**
- **HCREWOLFNOQMSIiritNGNOK**
- **PGLABESABUOFICINCIOPU**

- **AUGUST**
- **BEACH**
- **BREEZY**
- **FESTIVALS**
- **FISHING**
- **FUN**
- **HIKING**
- **JULY**
- **LIGHTNING**
- **PATRIOTIC**
- **SHADY**
- **SUNBURN**
- **TORNADO**

- **BAREFOOT**
- **BIKING**
- **BUTTERFLY**
- **FIREWORKS**
- **GARDEN**
- **HOT**
- **JUNE**
- **MOSQUITOES**
- **PICNIC**
- **STEAMY**
- **SUNSHINE**
- **TROPICAL**

- **BASEBALL**
- **BOAT**
- **FAN**
- **FLOWERS**
- **GRASS**
- **HUMID**
- **LAKE**
- **MUGGY**
- **POOL**
- **SUMMER**
- **SWIMMING**
- **VACATION**

**Sunny Citrus Cooler recipe**

**Ingredients:**
- 1 can (46 oz.) pineapple juice
- 2 cans (12 oz. each) frozen orange juice, thawed
- ¾ cup thawed lemonade concentrate
- 6 cups ginger ale or white soda
- Orange slices

**Directions:**

In a gallon pitcher, combine pineapple juice, orange juice and lemonade. Add ginger ale or soda and mix well. Serve over ice. Garnish with orange slices if desired. Keep refrigerated. Yield: 1 gallon

**Dates to remember**

- June 6 – D-day
- June 14 – Flag Day
- June 16 – Father’s Day
- June 19 – Emancipation Proclamation
- July 4 – Independence Day

- **Good Cheer**
  Submitted by Betty Klimek
  Adapted from a poem, author unknown

If nobody cared just a little for you and nobody thought about me and we all stood alone in the battle of life, what a dreary old world it would be.

Life is sweet just because of the friends we have made and things in common we share.

We want to live on, not because of ourselves, but because of the people who care.

It’s giving and doing for somebody else, on that all life’s splendor depends, and the joy of the world, when you have summed it all up, is found in making of friends.

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**Prevent heat related illness**

1. Wear lightweight, breathable clothing and footwear
2. Drink plenty of water and stay away from beverages containing sugar or alcohol
3. Eat small, healthy meals, refraining from junk
4. Avoid outdoor activity during the hottest part of the day
5. Place a cool, damp cloth on the back of your neck
6. Use a fan to keep air circulating in your home

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