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@racinedominicans.org
262.898.1941
521 Sixth Street
Racine, WI 53403
racinedominicans.org

Executive Director
Sue Craanen
scraanen@racinedominicans.org

Assistant to the Director
Laurie Radewan
lradewan@racinedominicans.org

Office Assistant
Jeanne Kocha
jkocha@racinedominicans.org

Board of Directors
President – Timothy Crawford
Vice President – Jack Louks
Treasurer – Sister Karen Vollmer, OP
Secretary – Shelly Boles
Dorothy Dzengel
Patrick Fogarty
Dave Greitzen
Joyce Herringer
Sandrea Wahl
Martha Washburn

Non-Profit Organization
U.S. Postage
PAID
Racine, WI
Permit No. 1614

Gift-In-Kind Contributions
St. Rita’s Parish
Sue Jaimes
Ellie Reynolds
In Honor of S. Karen Fredrickson
Gary and Sue Craanen
John and Laurie Radewan
Tim and Jeanne Kocha
Jim and Bonnie Wursch
Mike Ady and Mary Thome
In Honor of S. Rosaire Lucassen
Gary and Sue Craanen
Jim and Bonnie Wursch
Mike Ady and Mary Thome
John and Laurie Landaal

In Honor of Chuck & Betty Majeski
50th Wedding Anniversary
Sharon Buckson

In Memory of Charlie Stratman
AJ and Cathy LaPoint

Individual Donations
Richard Roloff
Joe and Mary Wotach
Richard and Ellen Leuenberger
Family Charitable Fund
Dan and Amy DeMathew
Patrick and Katie Dawson
Luella Ottien
Ruth King
Amie Froode
Jan Gage
Deb Mielcarek

Mike O’Brien
S. Marretta Bertelsen
Jim and Pam Cremer
Dennis and Marilyn McGoldrick
Vince and Karen Kostos
Jerry Fredericks
S. Karen Vollmer
Matt and Rita Andis
Dave and Mary Hietpas
Marilyn A. Fralich
S. Rita Martin

We are grateful to all who contribute and participate in the Senior Companion Program, Inc.

Racine Dominicans
SC Johnson
Donald J. Costello Estate
US Navy SNC Robert W. Ply & Mrs. Monica Rothkip Ply
Marjorie L. Christiansen Foundation
Racine Community Foundation
Helen Bader Foundation

Sentimental Journey by Sue Craanen

Wow! Summer is over, fall is on its way out, and winter is rapidly approaching. This doesn’t seem possible. Right? I know when I was young my elders would often say, “Wait, the older you get the faster time will fly.” Guess what, my elders were right! It only took me getting older to realize how fast time goes and how right my elders were and are.

In addition, we have all experienced drama in our lives. There comes a time when it is best to walk away from all that drama and the people who create it. Forget the bad, focus on the good, love all those who treat you right and pray for those who don’t. Life is too short. So, be happy and surround yourself with those who make you laugh and feel good about yourself. As one author said, “falling down is a part of life, getting up is living.”

That being said, I would like to extend an invitation to each of you to surround yourself with laughter, friends, food and music. Join us on Sunday, October 26 from 1 pm to 4 pm at Infusino’s Banquet Hall, 3201 Rapids Drive for a Sentimental Journey back to the Big Band Era. For ticket information please refer to the inside of this newsletter. For more information on the event, like us on Facebook, Senior Companion Program, Inc. Racine, check out our website www.racinedominicans.org, or contact us at our office Monday through Friday 8 am until 2 pm at (262) 898-1941.

Remember to sing, dance, praise and love as it is there for each and every one of us. All we need to do is embrace it.
Growing Relationships Through Volunteering
by Laurie Radewan

I would like to share with you a perfect example of the wonderful relationships that grow through volunteering.

I sat down with Sue Vaile, a Senior Companion Program volunteer and her visitee, Grace Nelson. They were enjoying lunch at a local restaurant and kindly allowed me to join them.

When asked what interested them in the program, Sue replied, “I wanted to spend time with someone who needed a friend.” Grace then added, “I want to stay active and meet new people. This is very important to me. I’m not the type of person to sit around in my apartment alone all day.”

Although Sue and Grace have been in the program for only one year, they have truly benefited from it. Sue told me that it’s wonderful having a friend to share similar interests. As Grace is a certified Bridge instructor, she is currently spending time refreshing Sue’s memory on how to play the game. They also enjoy reminiscing together. Sue shares her stories of 24 years working for Racine Unified School District, and Grace has many fond memories as she owned and operated a lingerie shop in Racine and played piano for a dance studio years ago. They also have traveling to Florida in common. Grace added, “We became friends very quickly. We don’t have a problem keeping the conversation going.”

I wondered if the program had changed either of them in any way. Sue shared that it made her realize how important making new relationships can be no matter what age we are. Grace chimed in, “I haven’t changed. At my age, I’m done changing. Been there, done that!”

When asked if they would recommend our program to others, Grace quickly answered, “Sue has been a positive addition to my life. I would recommend SCP to any senior.” Sue wrapped up our conversation with, “Yes, I would recommend the program. It’s always good to make a new friend. We all have a story to tell.”

We are thankful to all who participate in the Senior Companion Program.

If the only prayer you said in your whole life was, “thank you,” that would suffice.

~Meister Eckhart

Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.

~Theodore Roosevelt

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John F. Kennedy

Thanksgiving Quotes

FIVE INGREDIENT CHILI

This easy recipe is great on an autumn day or to serve at half-time!

Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients:
1 lb. lean ground beef
3 cans (15 oz) diced tomatoes with green chiles
2 cans (15 oz) beans, drained (black beans, kidney beans or whatever you like)
1 small onion, chopped
2 Tbs. chili powder (more to taste)

Directions:

In a large stockpot, cook ground beef over medium heat until browned, stirring frequently. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 15 minutes or until the onion is softened. Serve hot.

Optional toppings: shredded cheese, chopped onions, sour cream, fresh cilantro etc.

Yield: 4-6 servings

Energy Assistance

If you think you may need help paying your heating or electric bill this coming season, please call Energy Services, Inc. at (262) 633-6000.

This is a one-time payment program each heating season (October-May). Its purpose is to help pay a portion of heating costs, but does not pay the entire amount owed. You must apply every year in order to qualify.

Reminder

On November 2, Daylight Saving Time ends. Move your clocks back one hour. Also, please change your smoke detector battery.

Buy your tickets…

Tickets are on sale now for our sentimental journey back to the big band era taking place on Sunday, October 26. Join us at Infusino’s Banquet Hall for an afternoon of great music and appetizers. Our fundraiser will begin at 1:00 pm with live big band music provided by the Howard Schneider Band. Tickets can be purchased by calling (262) 898-1941 or by sending a check to 521 Sixth Street, Racine, WI 53403. Ticket prices are: party of 1=$15, party of 2=$25, and party of 4=$40. Reserved tables of eight are available for $100. Tickets will not be sold at the door.

Word Search

Energy Assistance