Aging with Grace by Sue Craanen

How many times have you said either out loud or to yourself, “I must be having a Senior Moment.” It seems the older we get, the more this happens. Senior moments are defined as lapses in memory, logic or mental functions. With that in mind, aging requires us to have energy, stamina, motivation and, of course, grace!

Aging gracefully requires a lot of work. Three major factors to be considered in the aging process are: exercise, eating right and being sure to get a good night’s sleep. Setting a regular exercise schedule three to four times a week for 45 minutes each time adds to one’s wellbeing. Eating lots of fruits and vegetables and using olive oil instead of butter will help one maintain a well-balanced diet. Not only will your body receive the nutrients needed; it will also help with preserving a healthy state of mind. And, hopefully, you will be graced with at least 6.5 hours of sleep a night.

With all that being said, we must not forget about the grace our friendships have brought to our lives. Those friends we have had throughout our life or have met along our journey will always remain in our hearts. However, don’t be afraid to open your heart to meeting or making new friends. What a great feeling it is not only to share your stories with young and old alike, but also to hear their stories. Each of us has so much to offer and far too often this is forgotten along the way.

Aging with grace also calls out for us to seek out meaningful activities in which to participate. One activity close to my heart is the annual fundraiser for the Senior Companion Program, Inc., “A Sentimental Journey Back to the Big Band Era.” Please join us on Sunday, October 25, from 1–4 pm at Infusino’s Banquet Hall as we take a journey back in time. Dance, relax, eat, reminisce, make new acquaintances and appreciate the perks seniority affords us. Music will again be provided by the Howard Schneider Variety Band.

We would be honored to have you join us for this trip down memory lane to listen to the music, smile and give thanks that you are aging with Grace!
Welcome Two New Volunteers  by Laurie Radewan

The Senior Companion Program is pleased to welcome volunteers, Heidi Jenkins and Sue Horton, to our program!

I asked each of them why they volunteer and what do they like about volunteering.

Heidi said, “I like to meet new people who are willing to share their life stories. I find it interesting to hear their opinion on different topics.” Heidi and her visitee both love to read. They enjoy reading a book, then discussing it afterwards.

Sue answered, “I volunteer because I believe two things that plague the elderly in our society are loneliness and isolation. I feel it’s important to let them know that someone cares–show them how valued their life was and still is. Having weekly interaction through the Senior Companion Program hopefully helps establish relationships that will let my new friend realize what a treasure she is!”

We appreciate all who volunteer in our program. If you are interested in becoming a volunteer, please call our office at: 262-898-1941

Exercise Forum Was Fun and Informative

On June 6, we hosted a free interactive forum highlighting the benefits of exercise during the senior years. Our speaker, Myra Fox, had 50 attendees on their feet doing simple, yet effective exercises to stay strong and limber as we age. After the activities, everyone enjoyed homemade soup, bread and sweet treats. We appreciate the Racine Community Foundation for sponsoring this event. More informational forums at no cost will be offered in the future.

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Recipe

Pumpkin Pie Cake

Ingredients:
1 29-ounce can pumpkin
1 cup sugar
1 teaspoon pumpkin pie spice
1 teaspoon salt
3 eggs
1 12-ounce can evaporated milk
1 box yellow cake mix
1 cup chopped pecans or walnuts
1 cup butter melted

Directions:
1. In mixing bowl, combine the pumpkin, sugar, cinnamon, salt, nutmeg, and ginger. Add eggs. Beat lightly until mixture is just combined.
2. Gradually stir in evaporated milk; mix well. Pour into a greased 9x13” pan.
3. Sprinkle cake mix over pumpkin mixture; sprinkle with nuts. Drizzle melted butter.
4. Bake at 350 degrees for 1 to 1 1/4 hrs. or until edges are firm and center is almost set.

Reminder

On November 1, 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 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. You must apply every year in order to qualify.

Do You Enjoy Big Band Music?

Tickets are now on sale for our annual fundraiser featuring live music provided by the Howard Schneider Variety Band. Join us for a “Sentimental Journey Back to the Big Band Era” at Infusino’s Banquet Hall on Sunday, October 25 from 1-4 pm. Tickets can be purchased by calling (262) 898-1941 or send a check to 521 Sixth Street, Racine, WI 53403. Individual tickets are $20, or reserve a table for $200 (seats 8) to guarantee your party will sit together. Ticket order deadline is October 15. Tickets will not be sold at the door.

SCP Presentations

Senior Companion Program staff would be happy to come to your facility to give a presentation highlighting the services that our program provides. Please contact us if your facility is interested in hearing more about our program.

Have a Wonderful Thanksgiving!