

NBRC Senior Companion News



April is National Volunteer month!

Volunteer month serves as a dedicated time to celebrate and recognize the invaluable contributions of volunteers across the United States. Volunteerism is a cornerstone of civic engagement, fostering a sense of community and shared responsibility.

Individuals who volunteer often find themselves gaining a profound sense of fulfillment and purpose. The act of giving back not only strengthens social bonds, it also enhances personal well-being. Numerous studies have highlighted the positive impact volunteering has upon mental health, citing increased happiness and reduced stress levels among volunteers.

From a societal perspective the impact of volunteerism is immeasurable. Volunteers play a crucial role in addressing pressing social issues; from lessening poverty to building resilient communities, to promoting social cohesion. The diversity of skills and perspectives volunteers bring to the table enrich our collective capacity to address complex challenges.

National Volunteer Month is an opportunity to encourage more people to engage in acts of service. By highlighting their stories and showing real-life outcomes of their efforts, the month-long celebration inspires others to join the movement. The ripple effect of volunteerism goes far beyond individual actions, creating a positive cycle of community involvement and empowerment.

In times of crisis, volunteers often serve as the backbone to relief efforts, providing essential services and support to those in need. Whether it's responding to a natural disaster or assisting vulnerable populations, volunteers demonstrate the resilience and compassion that define the American spirit.

We salute the generosity and selflessness of our Senior Companion volunteers in their work with individuals who have intellectual and developmental challenges.

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Trivia

Volunteer



If you know someone who would make a caring SCP volunteer, please have them contact: **Melissa Slama**

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707.566.3005



North Bay
Regional Center



AmeriCorps
Seniors

APRIL'S FAMOUS BIRTHDAYS



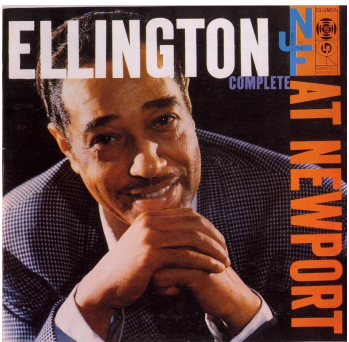
Emma Watson

Here's looking at you, kid!

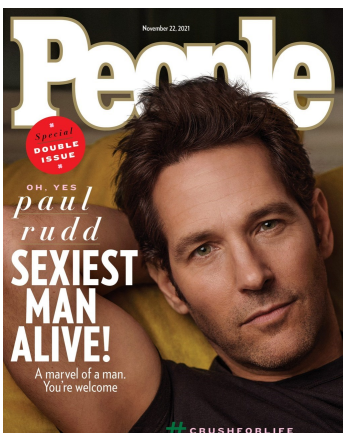
The most famous birthday this month, within our group of trusty volunteers, is **Dioscoro**. He volunteers at Kaleidoscope Day Program with his wife, Teresita, and three other Senior Companion volunteers. Happy Birthday, Dioscoro, you share a birthday with some very famous people!



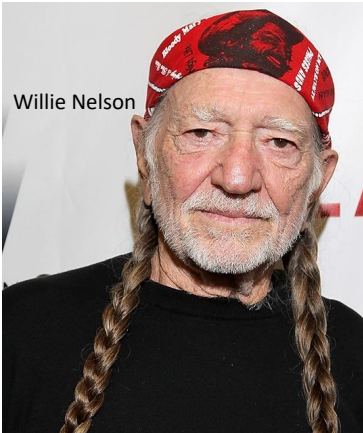
Jackie Chan



Jamie Chung



Lon Chaney	Duke Ellington	Martin Lawrence
Susan Boyle	Willie Nelson	America Ferrera
Buddy Ebsen	Andre Agassi	Ashley Judd
Marvin Gaye	Eddy Murphy	Jack Nicholson
Emmylou Harris	Robert Downey Jr.	Kal Penn
Billy Holiday	Paul Rudd	George Lopez
Francis Ford Coppola	Russel Crowe	Djimon Hounsou
Jackie Chan	Patricia Arquette	Al Pacino
John Madden	William Shakespeare	Jay Leno
Booker T. Washington	Jamie Chung	Uma Thurman
Clarence Darrow	David Letterman	Kirsten Dunst
Barbara Streisand	Adrien Brody	
Chipper Jones	Emma Watson	



Willie Nelson



America Ferrera



Thank you SCP Volunteers!



What Host Sites said about you...

- Encourages Independence
- Asks great questions
- Exemplary work ethic
- Great Help on Outings
- Follows Instructions
- Friendly and Upbeat
- Demonstrates initiative
- Enthusiastic and Fun
- Observes Boundaries
- Caring & Respectful
- Attentive to our individuals
- Approachable
- Committed and Dependable
- Knowledgeable
- Well-liked by all



Become a GREAT Senior Companion Volunteer

Volunteering brings out the best in us. It changes our focus from ourselves to something bigger—a cause we believe in. It can expand our heart and mind to share experiences with each other. Volunteering helps us grow as individuals while at the same time we are helping make our corner of the world a little better for someone else.

Volunteering with individuals who have developmental and intellectual disabilities is not as hard as it might sound, especially since we serve only in professional and supervised settings. However, it does take special social skills to become a GREAT Senior Companion volunteer.

1. **Being patient and having empathy.** These qualities top the list of social skills needed; approaching each person with patience, respect and maintaining empathy for each person's unique abilities and perspectives.
2. **Effective communication.** Use clear and simple language, use eye contact as needed (unless eye contact is a trigger for the client) and adapt your communication style to accommodate various abilities.
3. **Respect personal space.** Be aware of personal space and boundaries to maintain a safe and comfortable environment for yourself and your companion.
4. **Use an individualized approach.** Each person is different. Tailor your interactions to your companion's preferences and strengths.
5. **Be flexible.** Plans are not legal contracts. Unexpected things happen. Allow time for your client to respond.
6. **Encourage independence.** Provide support when it is truly needed, but allow the individual to do tasks on their own and at their own pace.
7. **Positive reinforcement.** Acknowledge achievements, no matter how small. Be specific; "You were patient and waited for your turn." or "You made a beautiful card for your mom."
8. **Sensory awareness.** Be aware of sensory stimulation in the environment and how your companion is likely to react to various stimuli such as loud noises, transitions, new visitors, or sudden movement.
9. **Collaborate with staff.** Communicate regularly with the staff and **ask questions** about how best to manage any issue. They are professionals and want you to be informed and to succeed.
10. **Inclusive support.** Volunteering with individuals who have intellectual and developmental disabilities is about creating inclusive and supportive environments where everyone feels valued and included.



ENCOURAGING INDEPENDENCE



Action Item

Which techniques to the left have you used at your site to grow your relationship with your companion?

Send an email to lbordner@nbc.net to share your experience—and **earn 1/2 hour training credit.**

References:

<https://www.opportunityvillage.org/disability-services/ways-to-foster-independence-idd>

Upcoming Paid Days Off

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Cesar Chavez Day	March 31	Mon—April 1
Memorial Day	Last Monday in May	Mon—May 27
Juneteenth	June 19	Wed—June 19
Independence Day	July 4	Thu—July 4

Celebration Days in April

April Fools Day	01
Autism Awareness	02
Walking Day	03
No Housework Day	07
Cinnamon Roll Day	10
National Grilled Cheese Day	12
Thomas Jefferson Day	13
National Volunteer Week	14
National Animal Crackers Day	18
Wear Pajamas to Work Day	19
National Kindergarten Day	21
National DNA Day	25
Take Sons/Daughters to work	25
National Super Hero Day	28
National Peace Rose Day	29
Adopt a Shelter Pet Day	30

Awareness & Education

- Autism Acceptance Month
- National Poetry Month
- National Volunteer Month
- National Garden Month

This bunny is hiding somewhere else in the newsletter. Can you find him?



Is there something you'd like to learn more about? Let us know:
lbordner@nbrc.net



North Bay Regional Center

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Happy Birthday!



April 2024

Dioscoro (Boi) 4/22

May 2024

None

Shhhh...the answers are below!

A

8	6	2	4	7	9	1	5	3
7	4	3	5	1	6	8	2	9
5	9	1	8	2	3	6	7	4
2	3	9	7	5	8	4	1	6
6	8	7	1	9	4	2	3	5
4	1	5	3	6	2	7	9	8
9	7	6	2	4	5	3	8	1
1	5	8	6	3	7	9	4	2
3	2	4	9	8	1	5	6	7

B

2	9	1	3	7	5	4	8	6
8	3	7	4	6	2	1	5	9
4	5	6	8	1	9	2	3	7
9	4	5	7	2	1	8	6	3
7	6	3	9	4	8	5	2	1
1	8	2	5	3	6	7	9	4
5	1	8	6	9	4	3	7	2
3	2	9	1	8	7	6	4	5
6	7	4	2	5	3	9	1	8