



April is a hopeful month, with many days of religious significance, each celebrating rebirth and renewal. This year, spring came early and warmer temperatures have already returned. The trees are full of buds and blooms, daylight lingers a little longer, and with it—that familiar feeling of hope.

It's a season that reminds us growth doesn't happen all at once. It happens through patience, care, and consistent nurturing. That same spirit of renewal is alive every day at area Day Programs, many of which welcome our Senior Companion Program's dedicated volunteers to work alongside adults with intellectual and developmental disabilities.

Day Programs are places of discovery and confidence-building. They are spaces where routine brings comfort, friendships take root, and skills blossom over time. Senior Companion volunteers play a vital role in this environment. Through their steady presence, volunteers help create a sense of belonging and encouragement; allowing individuals the safe space they need to try new activities, express themselves, and celebrate personal achievements both big and small.

Like spring itself, the impact of a Senior Companion volunteer often begins quietly; a shared laugh during an art project, a reassuring word before a group activity, or a patient moment spent practicing communication or daily living skills. These interactions, repeated day after day, help participants grow in independence, self-esteem, and joy. What may seem like a simple act of kindness might be the catalyst that helps someone feel capable, valued and ready to try even more challenges.

April invites us to reflect on our own capacity for renewal. Our Senior Companions frequently share that volunteering brings unexpected rewards: renewed purpose, meaningful relationships, and the deep satisfaction of making a difference. Working with individuals at Day Programs is not just about offering support, it's about mutual growth, shared humanity and learning from one another.

This April, we celebrate the quiet, powerful work of renewal happening every day and encouraged by Senior Companion volunteers, one connection at a time. ■

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Join Us



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

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North Bay
Regional Center



AmeriCorps
Seniors

It's National Volunteer Month

The Power of Your Presence

April is National Volunteer Month, a time to celebrate the extraordinary impact of ordinary people who choose to show up, care deeply, and make a difference.

For Senior Companion Program volunteers, that difference is felt every day in group homes and day programs where adults with developmental and intellectual disabilities rely on steady, compassionate support. Your presence matters more than you may ever fully see.

Volunteers strengthen society in ways that can't be measured by numbers alone. By offering companionship, patience, and encouragement, Senior Companion volunteers build inclusive communities where every person is valued. When you assist with daily routines, encourage independence or simply share a laugh, you create stability and trust. For adults with DD/ID, those consistent relationships foster confidence, emotional security, and a sense of belonging, which are integral to a full and meaningful life.

Volunteering doesn't just change lives outwardly; it transforms lives inwardly as well. Research consistently shows that older adults who volunteer experience better physical health, plus improved mobility with lower rates of depression and isolation. Staying socially connected, having a sense of purpose and engaging in meaningful activity all contribute to improved wellbeing. In short, volunteering is good for your heart - both emotionally and physically.

Senior Companions often say they receive just as much as they give. The joy of being needed, the pride in seeing someone succeed, and the simple human connection of shared moments can be deeply fulfilling. Volunteering offers structure, purpose, and a powerful reminder that your life experience, wisdom and kindness are still very much needed.

This National Volunteer Month, we honor you—the elders who give their time, energy and compassion so generously. You are role models of service, resilience, and empathy. Your weekly commitment enriches the lives of adults with DD/ID, it supports their families and care teams, and strengthens the fabric of our entire community.

Thank you for showing up, thank you for caring, thank you for proving that service has no age limit, and that compassion is one of the greatest gifts we can share.



<i>Clarita</i>	<i>Samuel</i>
<i>Dioscoro</i>	<i>Zena</i>
<i>Teresita</i>	<i>Rkia</i>
<i>Luz</i>	<i>Imelda</i>
<i>Victor</i>	<i>Iris</i>
<i>Mary</i>	<i>Emma</i>
<i>Tonya</i>	<i>Juanito</i>
<i>Chand</i>	<i>Lolita</i>
<i>Irenia</i>	<i>Lydia</i>
<i>Debe</i>	<i>Jesse</i>

CELEBRATE EARTH DAY—It's The Only Planet We Have!

April 22 is Earth Day!

Most of us like to keep our homes and cars tidy, cleaning them regularly for both aesthetic as well as sanitary reasons. We know that appearance matters and we want to protect the items we've invested in so they last a long time. Cleanliness matters, too, because we don't want to encourage pests or disease.

That's why Earth Day became such an easy idea to share. No one wants to live near polluted water or breathe polluted air. We certainly don't want to eat food grown in polluted soil or with dangerous pesticides. So each year on April 22, we celebrate Earth Day to invite people of all ages to pause, appreciate nature, and recommit to protecting it for future generations.

For elders, who grew up in a time when reusing, repairing, and conserving were simply the way they lived, Earth Day honors those values and shows how they still matter today. Your simple daily choices can make a real difference, and they're often easy to build into your routine.

There are simple ways to participate such as choosing reusable shopping bags; reusable water / coffee containers; recycling paper, glass and plastics. Turn off lights when you leave a room, unplug unused electronics, and adjusting thermostats just 2° cooler in winter or 2° warmer in summer can save on your energy use and lower utility bills at the same time.

Start a small garden at home, or if you live in an apartment, ask your landlord to help you and a few other residents create a community garden to grow and share food. This activity has the added benefit of providing a reason to go outside and get fresh air and a little exercise. Not to mention the joy of supporting the environment with purpose.

Water conservation is another important habit to adopt. Turn off the tap while brushing teeth, report leaks to your landlord or repair promptly, Water plants during the morning or evening. Be sure to choose environmentally friendly cleaning products to protect waterways and improve indoor air quality.

Sharing knowledge is a powerful contribution older adults can make on Earth Day. Talk with grandchildren, friends, or neighbors about caring for the earth, to pass along your values and respect for our planet. Invite your grandchildren to help you start a garden and teach them where food comes from—the farmers, the laborers, the haulers, and the markets that are all a part of the farm-to-table luxury we experience. Most of all, let them know this is the only planet we have, and we must take care of it and be good stewards of our shared earth.



Practice “Earth Day” All Year Long

At Home:

- Switch to LED lightbulbs
- Turn off lights and electronics when not in use
- Unplug chargers and small appliances
- Set the thermostat 2° **WARMER** in winter, 2° **COOLER** in summer
- Wash clothes in cold water when possible
- Take shorter showers
- Fix dripping faucets and running toilets
- Recycle paper, plastic, glass, and cans
- Compost food Scraps if you can

Shopping & Errands:

- Bring reusable shopping bags
- Use refillable water bottles or coffee cups
- Choose products with less packaging
- Buy local or seasonal foods
- Skip single-use plastics (straws, cutlery, coffee pods)
- Donate or repair items rather than trashing

Transportation:

- Walk or bike for short trips
- Carpool with friends or coworkers
- Combine errands into one trip
- Keep tires properly inflated to save fuel
- Buy an electric bike or car

Food Choices:

- Plan meals to reduce food waste
- Enjoy one or more plant-based meals per week
- Learn the difference between “best by” and “use by”
- Freeze leftovers

Welcome New Volunteers!

Senior Companion Program is growing and adding new volunteers and site locations. Today we're happy to celebrate three new volunteers who began serving recently

Welcome!

To help fellow volunteers get to know each of them better, they have offered a few tidbits about their lives:



Mary grew up in rural Colorado, an ideal setting where she thrived. She easily learned to swim when she was a child, and still absolutely loves to swim. Mary has thirteen grandchildren and loves each and every one of them and is extremely proud of their accomplishments:

"They are amazing!"

Since volunteering at Southwest Day Program in Rohnert Park, Mary shared how good it feels to be helping people and being part of our team.



Tonya grew up in Salt Lake City, Utah and Sonoma County. She loves storytelling and singing with kiddos and clients. She loves animals and has had many furry creatures over the years. Currently, as caretaker for her mother, she helps watch her mom's black and white cat named Claire. Tonya has a

great sense of humor and loves to laugh. She has a "magical" family with three sons and many grandkids that make her heart sing!



Iris grew up in Peru and her brothers and sister still live there. She loves the mountains of Peru and preferred living there to a busy city.

Iris is a very approachable person and cares deeply for the individuals we serve and helping others.

She enjoys putting around on her patio and taking care of many potted plants. She had two birds, which sadly passed away last fall. However, she does dog-sit for a friend and loves all animals.



We're Glad You're Here!



Upcoming Paid Days Off / In-Service Dates

In-service dates are subject to change

NAME OF EVENT	IS IT A HOLIDAY?	DATE IT APPLIES
IN-SERVICE	NO	Thu—Apr 23
MEMORIAL DAY	YES	Mon—May 25
IN-SERVICE	NO	Thu-May 28
JUNETEENTH	YES	FRI—June 19
INDEPENDENCE DAY	YES	FRI—July 3

APRIL 2026

A Few Celebration Days

- 4/1 April Fools Day
- 4/2 Good Friday
- 4/4 Easter Sunday
- 4/13 Thomas Jefferson's Birthday
- 4/14 National Library Workers Day
- 4/15 Tax Day
- 4/22 Earth Day
- 4/23 Take Daughters/Sons to Work Day
- 4/24 Arbor Day

Awareness Topics

- National Volunteer Month
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Donate Life Month
- National Minority Health Month
- National Parkinson's Awareness Month

Happy Birthday!



APRIL 2026

Dioscoro "Boy" -- 4/22

MAY 2026

No Volunteer Birthdays

Shhh...the answers are below!

A

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

B

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

Is there something you'd like to learn more about? Let us know:
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