

# NBRC Senior Companion News



## Hot Off the August Press

Activities are heating up all over as everyone rushes to enjoy the last days of summer with family vacations, warm weather activities and fun in the sun. Load up the backyard grill or try a new flavor of ice cream, or slice tomatoes fresh from outside onto toasted bread with butter, salt and a little too much pepper. *Ahhh, August!*

Remember the seemingly endless summers of youth? Hot new songs on the radio, scenic drives (perhaps along the Pacific Coast Highway) or festivals with friends and laughter that would never end. For some of us that was a long time ago but memories alone can spark a smile and desire to recapture some of those relaxing moments spent in the beauty of our natural surroundings. Hopefully, there's no age at which the taste of fresh strawberries or the sound of children laughing will fail to bring us joy.

We were able to share a little joy together on July 29, as we met in the NBRC Courtyard to recognize another year of service and celebrate our volunteers.

We officially ended our 2021-2022 fiscal year on June 30th, and wanted to acknowledge the accomplishments our team achieved during that time. One of our biggest successes was volunteers being able to return to some sort of service with our clients.

Whether that be in-person at day program sites, or via technology such as zoom and virtual classes, 100% of our volunteers were able to adapt and participate. Though programs still have a long road back to traditional service, the flexibility and dedication volunteers have demonstrated gives assurance that Senior Companions will continue to grow and thrive as years progress. Thank you all for your amazing work!

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### We're Growing:



If you know someone who would make a caring SCP volunteer, please have them contact us at [infoSCP@nbrc.net](mailto:infoSCP@nbrc.net)

# What's On Your Reading List?

Presented are a few recommended best sellers you may want to add to your summer reading list.

## EATING TO EXTINCTION

### The World's Rarest Foods and Why We Need to Save Them

By Dan Saladino

There's a reason why everything is starting to taste the same. Saladino writes about the need for diversity.



Disinformation is BIG BUSINESS. It is used to topple governments, erode human rights, and make lots and lots of money. It's not a happy story, but it's important to know how corporations, politicians and governments try to manipulate us because it effects our independence and happiness.

- The Revenge of Power
- Active Measures
- The Misinformation Age
- Cheap Speech



- Who is Vera Kelly?
- Vera Kelly Is Not a Mystery
- Vera Kelly: Lost and Found



Maybe you'll make time for this highly recommended trilogy of a 1960s-era private detective. "Author Rosalie Knecht's writing is crisp, taut and cuts through the manicured landscape with lacerating swiftness." *columnist Sarah Weinman*

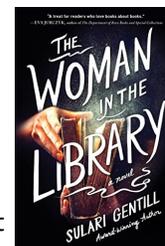


## The Woman In The Library

by Sulari Gentill

"Investigations are launched, fingers are pointed, potentially dangerous liaisons unfold and I was turning those pages like there was cake at the finish line." —

Moira Macdonald, Seattle Times must-read books for summer 2022



## Born To Be Hanged

by Keith Thomson

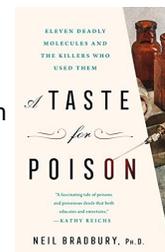
The epic story of the gentlemen pirates who raided the south seas, rescued a princess, and stole a fortune.



## A Taste For Poison:

Eleven Deadly Molecules and the Killers Who Used Them  
by Neil Bradbury

A fascinating blend of popular science, medical history, and true crime.



# Go Bags & Fire Safety

Because we live in Northern California, the question is not **if** there will be a fire emergency, but **when**. The key to survival is a combination of knowledge, preparation, following local instructions and a little luck.

It's amazing how much luckier we are if we understand and prepare for emergencies and then follow the instructions of our first responders and leaders.

Find a reliable source for emergency notifications. That may be using the **NIXLE** alert system, downloading the **Watch Duty** application, or following local radio and news reports.

How does NIXLE work? To opt-in to NIXLE alerts, simply use your smart phone to **text your zip code to 888777**. From either iPhone or Android-style phone—do the following:

- Step 1:** Select your **Message** icon and open 
- Step 2:** Select the **Start New Message** icon 
- Step 3:** Enter **888777** in the **To** field 
- Step 4:** Enter your **Zip Code** in the Message field 
- Step 5:** Press **Send**



You can download the **Watch Duty** app for your phone or access through your computer's browser. <https://www.watchduty.org/> The app is currently free with no advertising and operated by fire experts. If you have a smart phone and need help with downloading and setting up this app, contact the office for assistance.



**The following video link was sent to all SCP volunteers:** It was created by Sonoma County Department of Emergency Management. It talks about what is essential for your go-bag and gives you visual examples and tips. Watch again by typing this address into your browser to make answering the questions on the Quiz page easier.

<https://youtu.be/6wf7zOktwpQ>

## QUICK FACTS

- 84% of Wildfires are caused by human carelessness and create 44% of all burned areas.
- Wildfires are a major cause of air pollution and contribute to climate changes.
- Wildfire season has become longer and more intense due to climate changes. It used to last 4 months and now lasts 6-8 months.

<https://www.ready.gov/kit>

## Tell Us What You've Learned

**1. You should pack a go-bag for each member of your household, including pets.**

- TRUE
- FALSE

**2. Name two notification tools you can use to alert you when there is a wildfire nearby.**

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**3. Most wildfires are caused by human error.**

- TRUE
- FALSE

**4. Which of the following should be in your Go-Bag?**

- A) Enough food and water per person to last 3-5 days
- B) Cell phone, charger and contact numbers for help
- C) AM/FM Radio and batteries
- D) Complete change of clothes and shoes
- E) Prescriptions and cash
- E) All of the above

**5. Tell us what is in your go-bag right now:**

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## Quiz Time

**Receive one-half hour of training credit by sending your answers to:**

[lbordner@nbrc.net](mailto:lbordner@nbrc.net)

Or by mail to:

SCP  
2351 Mendocino Ave  
Santa Rosa, CA 95403

You can add to your annual training and improve your understanding of issues by completing our newsletter training page quiz!

# PUZZLE TIME—SUDOKU and Word Scramble

Sudoku Directions:  
Use numbers 1 to 9 only once within each row, column, and block.

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

Puzzle 13

## WORD SCRAMBLE

Topic: (Fresh Fruit)  
See if you can unscramble them!

1. ATPCULENOA
2. WTAONMELER
3. RCYERH
4. REYBR
5. EAOGRN
6. ANNBAAB
7. IKWI
8. PSAHCEE
9. RTPIAOC
10. LPAEP

1. cantaloupe
2. watermelon
3. cherry
4. berry
5. orange
6. banana
7. kiwi
8. peaches
9. apricot
10. apple

Puzzle 14

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

Solutions on the back page

## Remaining Paid Days Off in 2022:

**MON—Sept 5—Labor Day**

**MON—October 10—Indigenous People’s Day**

**FRI—November 11—Veterans Day\*** (a paid holiday only if your site is closed)

**THU—November 24—Thanksgiving Day**

**FRI—November 25—Day after Thanksgiving**

**MON—December 26 Christmas Day Observed**

The above holidays are paid for all active volunteers who normally work on those days.

\*Only paid if your site is closed.

### August is known for...

**Food.** Every day of the month is claimed by one food temptation or another, and for good reason. In the Northern Hemisphere, August is the last month of Summer. County Fairs, vacations, picnics and parties are happening all over the country.

From Ice Cream Sandwich day (8/2) to Bao Day (8/22) and from Watermelon Day (8/3) to Toasted Marshmallow Day 8/30 and all the ones in between, August is a month to celebrate the flavors of the earth.

#### Just a few of the National Initiatives:

- National Dog Month
- Children’s Eye Health and Safety Month
- MedicAlert Awareness Month
- National Back to School Month
- National Immunization Awareness Month
- Spinal Muscular Atrophy Awareness Month

**Is there something you’d like to learn more about? Let us know.**

[lbordner@nbc.net](mailto:lbordner@nbc.net)  
707.569.2083



### Senior Companion Program

North Bay Regional Center  
2351 Mendocino Ave  
Santa Rosa CA 95403

Email: [infoSCP@nbc.net](mailto:infoSCP@nbc.net)  
Website: <https://nbc.net/senior-companion-program/>



## August

**Eduardo M** 8-17  
**Lolita S** 8-17

**September**  
No birthdays

*Shhh, the answers are below :-)*

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

Puzzle 14 (Easy, difficulty rating 0.43)

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

Puzzle 13 (Easy, difficulty rating 0.37)