



NBRC Senior Companion News



Volunteer Recognition Deliveries!

The beautiful photo above, from a previous year's Windsor Hot Air Balloon Classic, reminds us of just one of the many experiences we are missing as we live through the COVID-19 Pandemic. Normally this time of year we would be getting together and having a big party to celebrate another year of service by our fantastic Senior Companion Volunteers. The pandemic may have temporarily stopped such fun gatherings but it cannot stop our appreciation of these talented, patient and kind-hearted elders who give thousands of hours each year to enrich the lives of individuals with special-needs.

Ana and I were treated to many smiling faces and happy "distant" greetings as we drove around the area for our *parking lot visits* (not quite as spectacular as a hot air balloon delivery). We were all wearing masks, of course, and it was so good to be able to stop outside and visit briefly as we delivered backpacks and gift cards. We may not be returning to our former activities yet, but at least they enjoy the memories of being with their companions at Day Programs. Their first questions were about others: "How are you? How are the Day Programs? How are our friends?"

It's easy to underestimate the value of caring in our busy society. Perhaps that's because the value of caring and nurturing is priceless.

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North Bay Regional Center
Senior Companion Program
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Santa Rosa, CA 95403

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August

HAPPY BIRTHDAY to:

Sue Anderson

Lolita Son

Eduardo Marzo

Volunteer Recognition (continued from Page 1)

Without such daily activities like greetings, talking, sharing and caring—we may feel as if we have less meaning and joy in our lives. That’s why it’s important for us to continue to connect using whatever tools we have at our disposal. Maybe join a friend for a masked walk, or a bring-your-own food for an outside lunch under the trees —keeping proper distance, of course.

As we work to redesign our interactions in the time of COVID-19, we are re-imagining ways to share with one another. Whether that’s in parking lot visits, Zoom meetings, phone calls, cards or letters. We will, as Leonard Cohen sang, “Ring the bells that still will ring, forget your perfect offering, there is a crack in everything, that’s how the light get’s in.”



Vote

Did you know that if you haven’t registered to vote, there’s still time? You can register up to 15 days before the election. SCP staff can help you if you need assistance, however, there are many ways to vote or to register and vote. We are including important information here to help you.

There is nothing you can do that is more important than voting and filling out your census forms. This is how we choose the environment in which we wish to live.

Register Online

Register or update your current registration online at RegisterToVote.ca.gov.

Note: If you do not have a signature on file with the Department of Motor Vehicles (DMV), you will need to print, sign, and mail the application.

Request an Application be Mailed to You

To receive a paper registration application by mail, contact our office at Rov-voterreg@sonoma-county.org or Call the Secretary of State's toll-free Voter Hotline at [\(800\) 345-VOTE \(8683\)](tel:800345VOTE8683)

Volunteer TDA Payments and Virtual Volunteering

The Corporation for National and Community Service has authorized Temporary Disaster Assistance (TDA) payments to continue for available volunteers through September 30, 2020.

The goal for the organization is to begin virtual training as soon as possible and to transition our volunteers to virtual service until it is safe to return to Day Programs and serve in person.

SCP Volunteers are to watch the mail for more information about upcoming training for virtual service. As an example of virtual volunteering, please be sure to read Nina’s story on page 3. ■

VOLUNTEER CLOSE-UP

Rosario (Nina) Palomares

I was born in Manila, Philippines. My parents were poor but they worked hard to send me and my three siblings to college.

Growing up was fun. Our parents instilled in us love of God, family and neighbors. They taught us the value of patience and perseverance in life, trained us to be polite, honest and frugal.

Most of all, they wanted us to go to school, and to college to prepare us for a better future.

I chose to become a teacher, as teaching is a noble profession. My mother was a teacher and I wanted to be like her. So, after graduation, I passed the teachers examination and got my eligibility certificate. I became a high school teacher in the public school just like my Mom. I even met my future husband in school where we were both assigned to teach. After five years of teaching, we got married and had three children.

In 1994, we migrated to the United States for a better future for our children. Upon arrival, we applied for work and landed different jobs. The youngest was just entering high school but also got a job. The elder went to college and worked a part-time job. My husband and I were hired to the jobs we applied for. I got a job at a nursing home as an activity assistant. I learned how to play the ukulele at the same time sing American folk and traditional songs. Eventually, I was playing for the elderly clients for their entertainment, relaxation and enjoyment. I did the same thing at two other facilities which cared for the developmentally disabled. Sadly my husband passed away and I continue working now at United for Cerebral Palsy as a Senior Companion as well as an entertainer through **Zoom** every Monday during the COVID-19 days for our clients to view in their homes. I am happy to be able to help the clients avoid boredom while at home during this pandemic. UCP conducts classes for them five days a week to participate in singing,

cooking, memory games, gardening, meditation, story telling and art.

After COVID-19, I look forward to visiting my aging sister and my son and family in the Philippines. I have two grandkids waiting for me. I will kiss and hug them without being leery of the Virus. ■



A Heartfelt Good-bye

From Our Senior Manager

After 12 years working for the North Bay Regional Center, I am moving on to work for the State of California's Department of Developmental Services (DDS). DDS oversees all of the 21 Regional Centers in California so I will still be involved in working with individuals with developmental disabilities and the programs that support them, just like the Senior Companion Program!

I wish I could see you all in person and thank each of you for your dedication and the support you have provided to the individuals served by North Bay Regional Center. I continue to be impressed with your commitment to our clients and to each other! Ana and Lisa are lucky to be able to work with such a great group and I WILL MISS YOU!

I wish you all well and good health!

January Crane, MPA

Department Manager – Federal Programs & Agency Training
North Bay Regional Center



The Book Shelf

Browse our imaginary bookshelf and see if you find any interesting late summer reading that fits your interests.

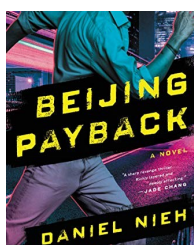
BEIJING PAYBACK

By Daniel Nieh

One of this month's picks in the New Your Times Book Review: Beijing Payback is a first time novel by Victor Li who is devastated by his father's murder, and shocked by a confessional letter he finds among his father's things. In it, his father admits that he was never just a restaurateur — in fact he was part of a vast international crime syndicate that formed during China's leanest communist years.

Victor travels to Beijing, where he navigates his father's secret criminal life, confronting decades-old grudges, violent spats, and a shocking new enterprise that the organization wants to undertake. Standing up against it is likely what got his father killed, but Victor remains undeterred. He enlists his growing network of allies and friends to finish what his father started, no matter the costs.

Available for free in Hardback at your favorite library (you can pick-up outside), or as an e-book or audiobook from online booksellers. Amazon price for Kindle is \$10.99



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<https://www.npr.org/podcasts/>



More Books

You Had Me at Hola'

For steamy escape from the current conditions, you may really enjoy this NPR suggested read — especially if you've ever watched, "Jane The Virgin" on Netflix.

Plot summary from Amazon: After a messy public breakup, soap opera darling Jasmine Lin Rodriguez finds her face splashed across the tabloids. When she returns to her hometown of New York City to film the starring role in a bilingual romantic comedy for the number one streaming service in the country, Jasmine figures her new "Leading Lady Plan" should be easy enough to follow—until a casting shake-up pairs her with telenovela hunk Ashton Suárez.

Leading Ladies don't need a man to be happy.

After his last telenovela character was killed off, Ashton is worried his career is dead as well. Joining this new cast as a last-minute addition will give him the chance to show off his acting chops to American audiences and ping the radar of Hollywood casting agents. To make it work, he'll need to generate smoking-hot on-screen chemistry with Jasmine. Easier said than done, especially when a disastrous first impression smothers the embers of whatever sexual heat they might have had.

Leading Ladies do not rebound with their new costars.

With their careers on the line, Jasmine and Ashton agree to rehearse in private. But rehearsal leads to kissing, and kissing leads to a behind-the-scenes romance worthy of a soap opera. While their on-screen performance improves, the media spotlight on Jasmine soon threatens to destroy her new image and expose Ashton's most closely guarded secret.

Available everywhere—even on Netflix!



Poetry Corner

Courage

by Anonymous

Courage is the strength to stand up
When it's easier to fall down and lose hold.

It is the conviction to explore new horizons
When it's easier to believe what we've been told.

Courage is the desire to maintain our integrity
When it's easier to look the other way.

It is feeling happy and alive, and moving forward
When it's easier to feel sorry for ourselves and stay.

Courage is the will to shape our world
When it's easier to let someone else do it for us.

It is the recognition that none of us are perfect
When it's easier to criticize others and fuss.

Courage is the power to step forward and lead
When it's easier to follow the crowd; their pleas resound.

It is the spirit that places you on top of the mountain
When it's easier to never leave the ground.

The foundation of courage is solid,
The rock that doesn't roll.

Courage is the freedom
Of our mind, body, and soul!



Isolation Bingo:

Put a big **X** though anything you have done since August 1st. Return with your next time sheet.
The decision of the judges (Ana and Lisa) is final! Winners will be announced in our newsletter.

B	I	N	G	O
Rearranged your furniture	4 walks or more per week	Tried a new recipe	Walked the dog 3 or more times per day	Hoarded paper towels or TP (we won't tell)
Sent a handwritten letter	Read 3 or more books	Called 5 or more friends	Completed a Crossword puzzle book	Exercised daily (Be honest!)
Called family at least 4 x per week	Danced to music at least once/ week	FREE SPACE	Did yard work	Wrote a poem or song or story
Got a new pet	Cut your own hair	Counted rolls of TP left in your home	Finished 200 piece puzzle (or more)	Completed a Word Search puzzle book
Read 5 or more magazines	Cleaned out closets or cabinets	Planted or tended a garden	Sang 3 or more songs out loud	Binge-watched a series on Netflix / TV



DON'T FORGET the FARMER'S MARKET

Be sure to check out the Farmer's Markets that are open near you. If groceries are safe, than Farmer's Markets are heaven—where you receive both food and the benefit of supporting local growers. Remember to wear a mask and call ahead to order.

Finding open Farmer's Markets can be a challenge, so here is a web link for:

Santa Rosa Original Certified Farmers Market
50 Mark West Springs Road
Santa Rosa, CA 95403

Curb Side Shopping

Orders must be placed by 7pm Friday Night
pick up Saturday
12 - 1pm

<https://www.srocfmcurbsidestore.com/>

The Link-up / Dial 2-1-1

Important links for evacuation, fire and emergencies:

<https://srcity.org/1696/Paratransit>

<https://www.srcity.org/3254/Evacuation-Routes>

www.socoemergency.org

If you haven't—it's definitely time to get your **Go-Bags** ready. Include necessities:

Flashlight, batteries, prescription medicines, cash, contact list, first-aid kit, identification cards, important documents, cell phone, charger, pet supplies (leash, food, water, kennel) etc.

Preparation makes a crisis a little easier.

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Read our newsletters online:

<https://nbrc.net/senior-companion-program/>

Newsletter editor
Lisa Bordner, SCP Coordinator



PLEASE
PLACE
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HERE

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