

NBRC Senior Companion News



BREAKING NEWS: TDA payments extended until January 31, 2021

Let There Be **Joy** in Staying Home for the Holidays

In the true spirit of the season came an announcement we didn't expect; the Office of Management and Budget has extended **TDA (temporary disaster allowance) payments until January 31st!**

We are so grateful to our Senior Companion Volunteers for their amazing effort and success as they continue to grow in their remote service skills. They've been training, Zooming with clients during staff led classes, making cards, decorations and goodie-bags, which are then safely picked up and delivered to clients. They provided 521.5 remote service hours in November and they were praised for their tremendous accomplishments when Ana reported to the State Department of Developmental Services.

Volunteers went above and beyond their "comfort zone" to learn new skills. Most had never used email before, let alone maneuvering the technical challenges of Zoom meetings. We are proud of each and every one of them for trying new things and connecting with clients who have missed their special acceptance and kind words.

We treasure our volunteers, NBRC clients, staff and families. That's why we encourage you all to celebrate the coming holidays by staying home. Please consider Zoom, Skype or FaceTime to watch loved ones open gifts you've mailed, share stories of your favorite holiday memories, and ask kids to show off their favorite toy. We really can share our hopes and joys without being in the same room, and if we sacrifice today, it will be safe to share bear-hugs soon.

However you choose to celebrate this holiday season, we wish you good health, much joy and a prosperous new year to come.

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Senior Companion Program
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Christmas Poems



Snowball

I made myself a snowball
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.
I made it some pajamas,
And a pillow for its head,
Then last night it ran away,
But first—it wet the bed!

-Shel Silverstein



The Four Stages of Life

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

-Anonymous



December 26

A BB gun.
A model plane.
A basketball.
A 'lectric train.
A bicycle.
A cowboy hat.
A comic book.
A baseball bat.
A deck of cards.
A science kit.
A racing car.
A catcher's mitt.
So that's my list
of everything
that Santa Claus
forgot to bring.

-Kenn Nesbitt



Peppermint Stick

I took a lick
Of a peppermint stick
And oh it tasted yummy!
It used to be
On the Christmas tree
But now it's in my tummy!

-Anonymous

Holiday Feasting

Holiday time is for feasting;
We look forward to each treat.
The tables are full of our favorite foods;
We've got lots of good things to eat.

We scarf marshmallowed sweet potatoes;
There's cider and eggnog to slurp.
There's so much going down at once,
Who can help an occasional burp?

Here's the turkey, dressing and gravy;
Let's all get down to chewing it,
And if we pass a little gas,
Who'll notice? Everyone's doing it.

Dessert is three kinds of pie;
Then pass the box of candy.
Next year will you please remind us
To have Alka-Seltzer handy!

-Joanna Fuchs



VOLUNTEER CLOSE-UP

Irenia Lidres — Amani

This month we feature Irenia Lidres, who volunteers at Amani and has served as a Senior Companion for over ten years. We asked her to tell us a little about herself:

I grew up in Cebu City, Philippines, which is known as the "Queen City of the South." It's an hour away by plane from Manila, the capital of the Philippines. I would say that a good chunk of my childhood was happily spent helping the family-run restaurant business. We had a small garden back in the Philippines, where we grew green leafy vegetables, chilies, and bitter melon. The garden helped me prepare healthy meals for my family without the need to visit a market.

I enjoy cooking for my family. My go-to recipes are spring rolls and stir fried noodles. I have two granddaughters who are currently staying in the Philippines with their mother. Their names are Adrienne Chelsey, who just turned 18, and Aaren Chyler, 9 years old. A good memory is seeing my children and grandchildren enjoy my home cooked meals.

Sewing is a hobby of mine that began as a side project during high school. I was able to share this passion with my daughters by teaching them the basics of sewing. I have had experience making pajamas and curtains for my kids. During the pandemic I sewed masks just to keep myself busy during the lockdown.

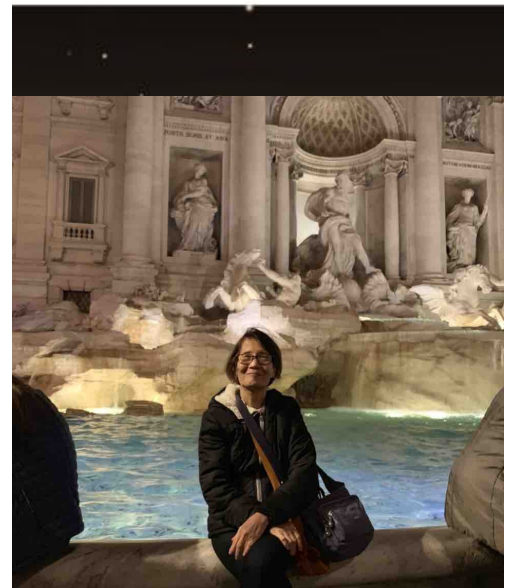
The '70s was a life-changing decade for me. I had my share of challenges as a young housewife raising a family of my own, while aiming to complete my studies. These personal milestones gave the 1970's a reserved special spot in my heart.

It was quite a blessing for me and my family to be given an opportunity to travel to Italy (photos at right). It was awe-inspiring to be in St. Peter's Basilica and be amazed by its grand architecture and long history.

Being a Senior Companion has been so rewarding. I remember a client named Charlotte at the former SDC. She was very sweet, lovely, and charming to the Senior Companions. Whenever we had a chance to have a quick chat, her warm demeanor would cheer me up for the rest of the day. I was so sad when she passed away.

Prayer is helping me get through these challenging times and has always been a powerful tool for me whenever boredom strikes.

We are so grateful to Irene for her warm temperament and service as a Senior Companion Volunteer.



Irenia Lidres



Primo the Min-Pin—age 12



Crispy Brussels Sprouts Salad with Citrus-Maple Vinaigrette

Ingredients

For the Vinaigrette

1/3 c. fresh orange juice (from about 2 oranges)
2 tbsp. apple cider vinegar
1 tbsp. fresh lemon juice
1 tbsp. pure maple syrup
1 tsp. Dijon mustard
1/2 c. olive oil
Kosher salt and freshly ground black pepper

For the Salad

1/2 c. canola oil
1 lb. small Brussels sprouts, trimmed and halved (quartered if large)
Kosher salt
8 to 10 ounces mixed baby lettuces
1 tart-sweet apple (such as Honeycrisp or Pink Lady), quartered and thinly sliced
1/3 c. sliced or slivered almonds, toasted
2 to 3 ounces Asiago cheese, shaved
1 tbsp. chopped fresh chives

Directions

1. Make vinaigrette: Place orange juice, vinegar, lemon juice, maple syrup, and mustard in a blender. Blend until well combined, 10 to 15 seconds. With blender running, gradually add oil until emulsified, 45 to 60 seconds. Season with salt and pepper. Store in a jar in refrigerator up to 1 week.
2. Make salad: Line a plate with paper towels. Heat oil in a large cast-iron skillet over medium-high heat until very hot but not smoking, 1 minute. Carefully add Brussels sprouts, cut sides down, and cook, without turning, until crisp-tender and golden brown, 3 to 4 minutes. Transfer to a paper towel-lined plate with a slotted spoon. Season with salt.
3. Toss together lettuces, apple, Brussels sprouts, and 1/4 cup vinaigrette in a serving bowl. Top with almonds, cheese, and chives. Serve immediately with remaining vinaigrette alongside.



This recipe appeared in the October 2020 Country Living Magazine and was created by Mary Heffernan.

Holiday Trivia Game

See how many you can answer (the answers are on the back page—No peeking!)



- Q1: In the song "Frosty the Snowman," what made Frosty come to life?
- Q2: What Christmas decoration was originally made from strands of silver?
- Q3: Who played George Bailey in the Christmas classic "It's a Wonderful Life?"
- Q4: Per a recent holiday fad, what "spy" hides around the house, reporting back to Santa on who has been naughty and nice?
- Q5: What Christmas beverage is also known as "milk punch?"
- Q6: One of Santa's reindeer shares a name with a famous symbol of Valentine's Day. Which reindeer is that?
- Q7: What Christmas-themed ballet premiered in Saint Petersburg, Russia in 1892?
- Q8: In 1981, Bob and Doug McKenzie released their own version of a classic Christmas song. Which song is that?
- Q9: What animated 2004 film is about a train that carries kids to the North Pole on Christmas Eve?
- Q10: What much-reviled Christmas edible is known for its long shelf life?
- Q11: In Charles Dickens' "A Christmas Carol," what was Mr. Scrooge's first name?
- Q12: What Bing Crosby song is the best-selling single ever?
- Q13: In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
- Q14: "Miracle on 34th Street" centers on what real-life department store?
- Q15: In the song "Grandma Got Run Over by a Reindeer," what "incriminating" evidence was found on Grandma's back?
- Q16: How many reindeer are featured in the poem "Twas the Night Before Christmas?"
- Q17: What traditional Christmas decoration is actually a parasitic plant?
- Q18: In "The Muppet Christmas Carol," who played Scrooge? Hint: It wasn't a muppet.
- Q19: What beverage company has been using Santa Claus in its advertising since 1931?
- Q20: According to legend, what holiday goodies were shaped to resemble a shepherd's staff, as a way to remind children of the shepherds who visited baby Jesus?



Community Links

From Sonoma County's Senior Assistance page:

The following list of services and support for high-risk groups is continually updated. Listings include grocery stores with senior hours, grocery and meal pick-up and delivery, pharmacies with pick-up and delivery, and the status of programs such as adult day care or caregiver support.

If you need help you can contact the Area Agency on Aging Information and Assistance Line, [\(707\) 565-INFO](tel:7075651000) (4636).

For adults age 60+ who need guidance to find community resources, you will be able to talk with a social worker who understands aging issues for guidance on services and follow-up support by phone.

Monday – Friday 9:00 a.m.4:00 p.m.

Free.

In English and Spanish (other languages by request).

<https://socoemergency.org/emergency/novel-coronavirus/resources-for-you/seniors/>

[Food Assistance and Meal Services »](#)
[Senior Community Agency and Non-profit Services »](#)

[Veteran Services »](#)

[Senior emotional support »](#)

[Information about facial covering requirements »](#)



Senior Companion Program

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Read our newsletters online:

Newsletter editor
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HAPPY BIRTHDAY!



Answers to Trivia Questions on
Page 5

A1: An old silk hat
A2: Tinsel
A3: Jimmy Stewart
A4: The Elf on the Shelf
A5: Egg nog
A6: Cupid
A7: The Nutcracker
A8: The Twelve Days of Christmas
A9: The Polar Express
A10: Fruitcake
A11: Ebenezer
A12: White Christmas
A13: Hansel and Gretel
A14: Macy's
A15: Claus marks
A16: Eight (no Rudolph!)
A17: Mistletoe
A18: Michael Caine
A19: Coca-Cola
A20: Candy canes