

# NBRC Senior Companion News



Our senior volunteers bring warmth to adults with developmental and intellectual disabilities during the cold days of winter, just as they do all year round. Playing board games, making art projects, singing, reading together, bundling up to go for a walk when the sun is out, or just being someone to trust and talk with—all help their companions find a reason to smile as the warmth of friendship grows. Senior Companion Program volunteers help build confidence, improve self-care skills and other self-determined goals, as part of a supervised team, volunteering at local Day Programs.

Volunteering doesn't just help others, it helps us feel better in many ways, too. Our own sense of value improves when we see we're important to others and that we can make a positive difference in the world. People who volunteer are usually healthier than those who don't, because they regain a set routine and have more activity in their own lives. Volunteering as an AmeriCorps Senior in the Senior Companion Program also means earning tax-exempt monthly payments along with travel and meal reimbursements, which aren't counted as income in federal assistance programs such as low-income housing or food assistance.

Of course nothing warms the heart more than feeling valued and appreciated. It's a gift that means more and more as we age. Share your experience with others and encourage them to join in the fun and possibly discover a new purpose. Tell them to contact Melissa Slama, whose contact information is to the right.



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## Join Us



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

**Melissa Slama**  
[melissas@nbrc.net](mailto:melissas@nbrc.net)

**707.566.3005**



# SHARE THE FUN

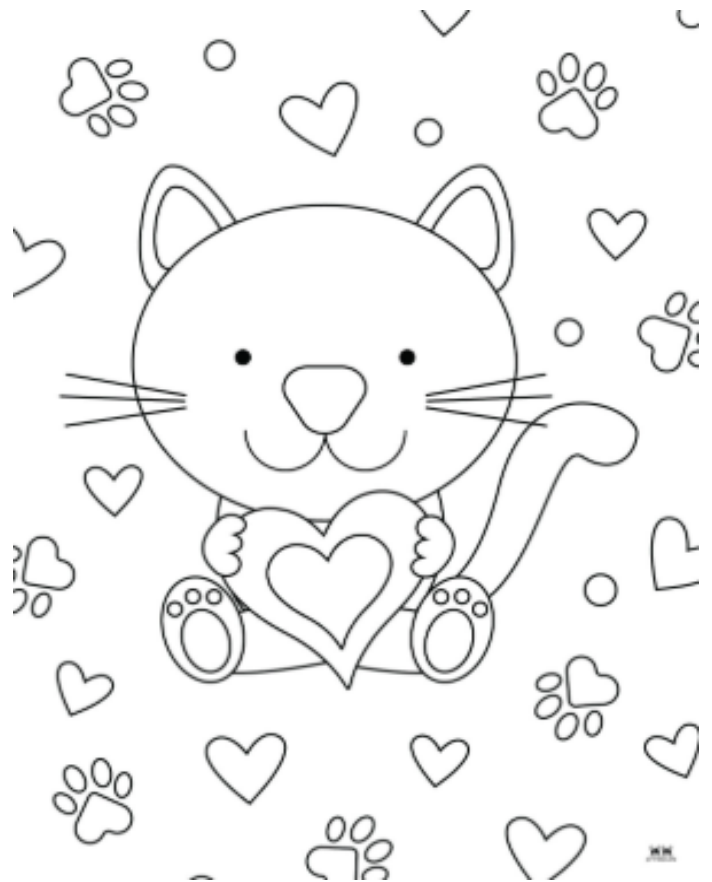


**Groundhog Day (February 2)**

**Valentine's Day (February 14)**

**To receive 1/2 hour  
training credit**

Complete this page with your assigned companion and ask site staff take a photo and send to: [lbordner@nbrc.net](mailto:lbordner@nbrc.net)



# DON'T EXERCISE EVER AGAIN!

That's right, you heard it here first, whatever you do, don't exercise ever again. If you do, you might live longer, breathe easier, move faster, feel better, and sleep better. You might even find yourself in a better mood. So, just put those ideas right out of your head and sit as still as you can, for as long as you can—until you eventually fall over from weakness. Someone you don't know will arrive to pick you up and put you to bed with a very light blanket, but you will be so weak you'll be unable to remove it, and will become so sweaty you take a chill, and finally succumb. How sad that a life, once full of promise, is so quickly extinguished by lethargy.

Okay, that may be a bit extreme and silly, but it's true that if we don't move our bodies, we become weak and weak is bad. So below is a chart that shows a few chair yoga exercises for beginners. Try them and maybe add a few happy years to your life. Also, here's a link to a really good video. Watch and follow along with the exercises so you can remove a light blanket, if the need should arise:

[https://youtu.be/U\\_jdXFfegKE?si=fY0f7-QjtUVUMKNb](https://youtu.be/U_jdXFfegKE?si=fY0f7-QjtUVUMKNb)

## CHAIR YOGA EXERCISES FOR BEGINNERS



This gentle full body flow is suitable for beginners, seniors and those with limited mobility.





# Welcome New Volunteers



We are overjoyed to officially welcome our newest volunteers to the Senior Companion Program serving Sonoma, Solano and Napa counties.

Each of the volunteers below received a certificate recognizing their completion of the required 20 hours of pre-service training.



### Welcome Rita!

Joined in 2024 and now serving at Inclusion Concepts with several other volunteers, including her sister, Lita.



### Welcome Lydia!

Joined in 2024 and now serving and will be assigned to a site this month.



### Welcome Imelda!

Joined in 2024 and now serving at M3 with several other volunteers.



### Welcome Cora!

Joined in 2024 and now serving at M3 with several other volunteers.







## Upcoming Paid Days Off / In-Service Dates

In-service dates are subject to change

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Presidents' Day	3rd Monday in Feb	Mon-Feb 17
February In-Service		Thu-Feb 27
March In-Service		Thu-Mar 27
Cesar Chavez Day	March 31	Mon—Mar 31
April In-service		Thu—Apr 24
Memorial Day	Last Monday in May	Mon—May 26
May In-Service		Thu—May 29

### FEBRUARY 2025

#### A Few Celebration Days

- 01 No Politics Day
- 02 Groundhog Day
- 03 Feed the Birds Day
- 04 National Homemade Soup Day
- 08 National Boy Scout Day
- 09 Superbowl Sunday **#59**
- 12 Abraham Lincoln's Birthday
- 14 Valentine's Day
- 20 Cherry Pie Day
- 22 National Margarita Day
- 24 National Tortilla Chip Day
- 25 Nation Clam Chowder Day
- 27 National Chili Day
- 28 National Tooth Fairy Day

#### Awareness Topics

- American Heart Month
- Black History Month
- Canned Food Month
- Children's Dental Health Month
- National Bird-Feeding Month

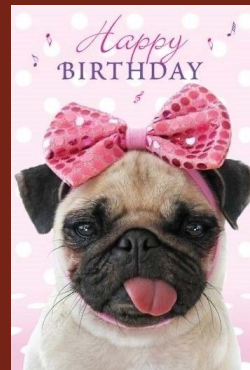
#### February Zodiac signs

12/22—01/19      01/20—02/18

**AQUARIUS**



**PISCES**



## Happy Birthday

May ALL your wishes come true!

### February 2025

Luz C 02/21

### March 2025

Teresita 3/13  
Emma P 3/28  
Victor C 3/30

Shhh...the answers are below!

A

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

B

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

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



#### Senior Companion Program

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