

NBRC Senior Companion News

Welcome February

Ahh, February—the month of hearts, flowers, and a whole lot of chocolate! Of course we know love isn't just about candy hearts or red roses. It's also about the connections like Senior Companion volunteers share every day.

You bring the real sweetness through listening, laughing, helping, and simply showing up with kindness. Every visit, every smile, every story or craft you share adds a little more light to someone's life. That's love in action. No fancy giftwrap required.

This month, as we celebrate Heart Health Month and Valentine's Day, let's focus on the little ways in which we can make someone's day brighter and maybe give our own hearts a healthy boost too.

Here are a few fun ideas for February:

- * **Heart to heart chats:** Ask your companion about their first crush, favorite love song, or a Valentine's memory from years past. You might be surprised at the stories you hear.
- * **Share a surprise:** Bring a cheerful card or a paper heart, or even a homemade valentine (bonus for adding glitter).
- * **Add a touch of music:** Hum or sing a familiar tune together. It's amazing how music can lift our spirits and bring back happy memories.
- * **Active Listening:** Being fully present is one of the most caring thing you can do. A quiet moment together can be truly restorative.
- * **Take a walk on the mild side:** Treat your body, mind, and spirit to the healing powers of nature with a walk in the sunshine and brisk air.

Remember that the happiest heart is one that's shared.

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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
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Seniors

How To Beat The Winter Blues

As winter settles in, shorter days and colder temperatures can affect more than just our routines, they can also impact our mood. Many people experience the “winter blues,” while others may feel the effects of Seasonal Affective Disorder (SAD), a type of depression linked to reduced sunlight. The good news is that there are simple, practical ways to lift your spirits and bring warmth into winter days.

Staying connected is one of the most powerful tools for beating the winter blues. Regular conversation, shared activities, and friendly visits can ease feelings of isolation. A phone call, a cup of tea shared with a friend, or a visit from a caring companion can make all the difference.

Light is another important factor. Open curtains during the day to let in natural sunlight. Sit near windows whenever possible. Getting outside, even for a short walk on a sunny afternoon, can help reset your internal clock and boost your mood. For those who spend most of their time indoors, bright indoor lighting may also help.

Movement matters. Gentle physical activity such as stretching, chair exercise, yoga, or Pilates, which help release endorphins, will naturally improve your mood. Pairing movement with music will make it even more enjoyable.

Maintaining a routine provides comfort and structure. Setting daily goals, such as getting dressed, preparing a warm meal, or working on a favorite hobby will create a sense of purpose and accomplishment.

Creative activities also improve our mood. Find something you enjoy like writing, singing, puzzles, reading, or painting can be especially soothing.

Finally, kindness and friendship are essential. Sharing a laugh, listening without judgment, and offering reassurances remind people they're not alone. Winter may bring cold and darker days, but with connection, light and activity you'll be able to add a layer of warmth for yourself and others.

Here are some books to help your motivation:

Winter Blues <https://a.co/d/0oFEpwj>

The Art of Letting Go <https://a.co/d/daAT4qW>

You Become What You Think <https://a.co/d/6lddbY>

The Power of Discipline <https://a.co/d/0j0qTVA>

Don't Jump; The Northwest Winter Blues Survival Guide

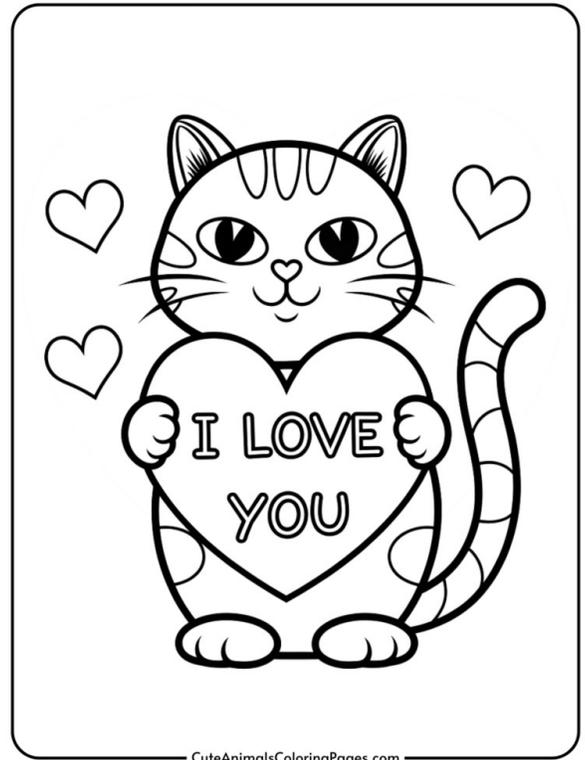
<https://a.co/d/0QP04nP>

Tips to Beat Winter Blues:

- Create a daily schedule and stick to it
 - Take a shower
 - Eat breakfast
 - Take medications
 - Dance or Exercise
 - Call a friend or go for coffee / lunch
 - Run errands
 - Clean / declutter your home
 - Meditate / Pray / Release things you cannot control
 - Keep a calendar of events
- Help others
- Go outside every day — even if it's just 5 minutes
- Make a “grateful for” list
- Dance / Exercise / Move
- Keep a private journal, write daily
- Make something (crafts, food, etc.)
- Binge your favorite TV show and drink your favorite non-alcoholic beverage
- Talk to a professional if you can't break through your depression



Color With Your Companion



Receive 1/2 hour training credit
text photo to: lbordner@nbrc.net

Everything is Better When It's Shared

You're in for a real Valentine's Day treat. Martha Stewart, a more than minor goddess in the culinary world, shares her recipe for a Chocolate Soufflé you'll love eating as much as serving:

Chocolate Soufflé

By Martha Stewart

Prep Time: 30 mins

Total Time: 1 hour 20 mins

Servings: 6

Ingredients

Unsalted butter, room temperature, [for baking dish](#)

¼ cup sugar, plus more [for baking dish](#)

8 ounces semisweet chocolate, finely chopped, **or** semisweet chocolate chips (1 cup)

1 teaspoon pure vanilla extract

3 large egg yolks, lightly beaten

4 large egg whites

¼ teaspoon cream of tartar

Directions

Preheat oven to 350°F. Lightly butter a 1 1/2-quart, tall-sided baking dish. Coat with 1/4 cup sugar, tapping out excess. Set dish on a rimmed baking sheet.

TIP

It's important to coat the baking dish with butter and granulated sugar. This ensures the soufflé will rise evenly and won't stick to the sides of the ramekin. If preparing a savory soufflé, swap the sugar for plain breadcrumbs.

Melt chocolate mixture:

In a large heatproof bowl set over a pot of simmering water, combine chocolate, vanilla, and 1/4 cup water.

Stir and cool:

Stir until chocolate is melted and mixture is smooth, about 10 minutes. Remove from heat and let cool to room temperature, 20 minutes.

Stir egg yolks into [cooled](#) chocolate mixture until well combined. Set soufflé base aside.

Beat egg whites and slowly add the sugar:

In a large bowl, using an electric mixer, beat egg whites and cream of tartar on medium-high until soft peaks form, about 2 minutes.

Add sugar and beat gradually, then beat on high until stiff, [glossy](#) peaks form, about 5 minutes (do not overbeat).



Fold in the egg whites:

Fold egg-white mixture into soufflé base: With a rubber spatula, gently cut down through center and lift up some base from bottom of bowl. Turning bowl, steadily, continue to cut down and lift up base until just combined.

Bake soufflé and serve:

Transfer mixture to dish, taking care not to get batter on top edge of dish; smooth top. Bake soufflé until puffed and set, 30 to 35 minutes. **Do not open oven during first 25 minutes of baking.** Serve immediately.

More Tips:

- Your soufflé will be its tallest, most camera-ready self when it cooks in a straight-sided baking dish with tall sides. Dishes with sloped sides don't allow a soufflé to rise evenly.
- You can make six individual soufflés using ramekins rather than one shareable dish. If you opt for individual ramekins for this recipe, follow the same steps to make the soufflé batter, but pull them from the oven 10 to 15 minutes earlier than the recipe notes.
- Serve Soufflé Quickly. If you are serving soufflé for dessert, pop it in the oven right before you start to eat dinner. This way, the soufflé will be ready to serve around the time you finish the entree. If you wait, it will begin to lose its lift and collapse as it cools.
- Dust lightly with powdered sugar for an easy finishing touch. Make it even more decadent by adding a scoop of your favorite vanilla ice cream to each portion.

Have you every made a soufflé? If you try baking this one, let us know how it turned out.

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 Mon. in Feb.	Mon—Feb 16
February IN-SERVICE	Date changed	Fri— Feb 27
IN-SERVICE	MARCH	Thu—Mar 26
CESAR CHAVEZ	March 31	Tue—Mar 31
IN-SERVICE	APRIL	Thu—Apr 23

FEBRUARY 2026

A Few Celebration Days

- 2/1 [National Freedom Day](#)
- 2/1 [Change Your Password](#)
- 2/2 [Groundhog Day](#)
- 2/3 [Feed The Birds Day](#)
- 2/4 [Homemade Soup Day](#)
- 2/7 [Take Your Child to the Library Day](#)
- 2/9 [Read in the Bathtub Day](#)
- 2/11 [National Peppermint Patty Day](#)
- 2/14 [Valentines Day](#)
- 2/17 [Chinese New Year](#)
- 2/20 [National Comfy Day](#)
- 2/22 [Be Humble Day and World Yogo Day](#)
- 2/28 [National Chocolate Soufflé Day](#)

Awareness Topics

- American Heart Month
- Black History Month
- National Cancer Prevention Month
- Turner Syndrome Awareness Month

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



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HAPPY BIRTHDAY!



February 2026

Luz C----- 2/21

March 2026

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

Shhh...the answers are below!

A

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

B

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