

NBRC Senior Companion News



BLACK HISTORY MONTH

TDA Extended until March 31

AmeriCorps has extended the Temporary Disaster Allowance stipend through March 31, 2021. This means we are able to continue to pay TDA to our Senior Companion volunteers who, through no fault of their own, remain unable to serve at assigned sites.

All programs are required to submit Alternative Service Plans showing how their volunteers will be ready to resume service by April 1, 2021.

Most volunteers have been able to participate in at least some Zoom classes offered by host sites. However, the time spent in Zoom classes is far less than normally spent when volunteering in person at sites. That means some, if not all, volunteers may need to begin spending down their available Annual Leave time. Staff will also look for ways to expand service hours through training and projects.

Vaccinations Are Happening!

Many of our SCP volunteers and staff have already chosen to receive Covid-19 vaccination. Return to in-person service may require vaccination along with other safe practices, which will be outlined soon. While we will not force anyone to receive a Covid-19 vaccination, it's unlikely a return to service will be possible without vaccination and use of masks, handwashing and social distancing, as well as whatever additional practices individual sites may put in place. If you have concerns about receiving Covid-19 vaccinations, please contact Ana during working hours to discuss privately.

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Community Links

February Birthdays

SCP Facebook page

North Bay Regional Center
Senior Companion Program
2351 Mendocino Ave
Santa Rosa, CA 95403

707.566.3005

VOLUNTEER CLOSE-UP

Chand Kummar — REI



Chand was born on Fiji's principle island of Viti Levu, and lived near the capital city of Suva. Growing up on a tropical island paradise where food was fresh and plentiful even for those in poverty.

Fiji was always a friendly island, very diverse in culture, religion and language. He grew up hearing English, Fijian and Hindi. 600,000 people live on Viti Levu and approximately 900,000 people live on Fiji's 300 islands totaling 7,078 square miles.

After school Chand found work as a golf caddie and later worked for various foreign companies as an internal account clerk. In 1971 he visited Australia's capital city of Canberra on a 3-week holiday and was struck by the fast pace of life and opportunities there before returning to Viti Levu.

One day he encountered a vacationing woman with an upset stomach and he made a special tonic for her. The woman was so appreciative she introduced him to her husband who offered him a job in New Zealand at Palmerston North. He worked there for several months but New Zealand is very cold compared to the tropical temperatures of Fiji. When his wife became pregnant they decided to move back home and remained there 10 years and raised their daughter.

At that time immigrating to America relied upon a lottery system. He applied three times before he was accepted. When he first arrived, it was disorientating so he went to Ohio to visit a frequent traveler to Fiji who had become his friend. That was the first time he saw snow. What was falling from the sky? Was it salt? Ash? One never sees snow on a tropical island. The freezing cold was not a good fit so he returned to California and found work as a caregiver for several years in Sonoma. Later a friend invited him to Santa Rosa to work for the Senior Companion Program.

Chand enjoys soccer and gardening. In his younger years he loved playing soccer. In his garden he used to grow cassava (Fijian pineapples), papaya, pumpkin and long beans.

He also remembers gathering eggs from the wild chickens by putting dry grass in boxes, luring them to nest.

Chand is a widower and wakes up at 5:30 a.m. He hasn't suffered too badly from the pandemic isolation because he keeps busy, reads, and has a positive attitude, saying, "Once the clock ticks the time never comes back."

He's so thankful that he has his job as a volunteer, which helps him to engage his mind and heart. "It's good for your own spirit to look after people who are less fortunate and lonely. Work as long as you can, look forward to it. Ask others if you don't know what to learn or do next."

Chand's daughter, son-in-law and granddaughter live in Australia's Sunshine Coast Queensland near the ocean. His daughter has nearly finished her PhD in Climate Reconstruction and his granddaughter is studying Bio-medical Science to become a doctor. Because of the pandemic he has not been able to see them. He is very proud of their successes. They exchange texts, usually at 9:00 pm just before turning in. Sometimes they talk for hours and hours. He hopes to see them again soon.

Chand's volunteer site and SCP staff thank him for his excellent attitude and self-discipline in bringing joy to those less fortunate.



Chand Kummar



How many celebrations are there in the month of February? At first I thought of Black History Month, Groundhog's day and Valentine's Day, but there are so many more! Can you name others? Do you or your family celebrate any of the following or even other festivals in February?

This list contains **64** separate things to celebrate in February. Maybe that's because the second month of the year in North America is typically dark and cold, and we feel the need for things to do until Spring finally arrives. Look through this list and find some new favorites and perhaps start a new tradition.



Happy Valentine's Day

February 1: National Freedom Day, National Dark Chocolate Day, National Serpent Day, National Baked Alaska Day, National Get Up Day

February 2: Groundhog Day, National Hedgehog Day, National Tater Tot Day, National Ukulele Day

February 3: Four Chaplains Day, National Missing Persons Day, National Carrot Cake Day, National Golden Retriever Day

February 4: USO Day, World Cancer Day, National Homemade Soup Day

February 5: National Weatherperson's Day, World Nutella Day

February 6: National Lame Duck Day, Pay a Compliment Day, National Frozen Yogurt Day

February 7: National Send a Card to a Friend Day, Rose Day, National Fettuccine Alfredo Day,

National Bubble Gum Day* (first Friday), National Wear Red Day* (first Friday), Give Kids a Smile Day* (first Friday)

February 8: Take Your Child to the Library Day* (first Saturday), National Kite Flying Day, Opera Day, Read in the Bathtub Day

February 9, National Pizza Day, World Marriage Day* (second Sunday)

February 10: National Umbrella Day, Teddy Day, National Clean Out Your Computer Day* (second Monday)

February 11: National Inventors' Day, National Make a Friend Day, National Don't Cry Over Spilled Milk Day, National Make a Friend Day, Get Out Your Guitar Day, International Day of Women and Girls in Science

February 12: Abraham Lincoln's Birthday, International Darwin Day

February 13: World Radio Day, Valentine's Day, National Tortellini Day

February 14: Valentine's Day, National Organ Donor Day

February 15: National Gumdrops Day, Susan B. Anthony Day, National Bagel Day, Singles Awareness Day

February 16: Do a Grouch a Favor Day, National Almond Day

February 17: Presidents' Day* (third Monday)

February 18: National Battery Day, National Drink Wine Day

February 19: National Chocolate Mint Day

February 20: National Love Your Pet Day, National Muffin Day

February 21: International Mother Language Day, National Sticky Bun Day, National Caregivers Day* (third Friday)



BE A SUPPORTIVE SENIOR COMPANION USING ACTIVE LISTENING SKILLS

Whenever you directly engage with your clients, you have important responsibilities. Your interactions will be beneficial if you remember to be aware of their needs.

To do that, remind yourself each visit to:

- Make direct eye contact
- Sit or stand quietly next to the individual
- Show the appropriate facial expressions
- Actively listen to them
- Ask appropriate questions
- Don't interrupt
- Notice their body language
- Show empathy and interest (head nods and smiles, etc.)
- Interact slowly and gently without negative emotion or excited gestures

If the individual pulls away from your appropriate touch or refuses to participate as they normally would, please immediately talk to your site supervisor and ask for guidance. Follow the supervisor's guidance.



TRAINING NOTE

As part of your ongoing training, please read and understand how to use Active Listening Skills.

Be ready to describe how you put this into practice at your site. Be able to repeat at least 5 habits of Active Listening.



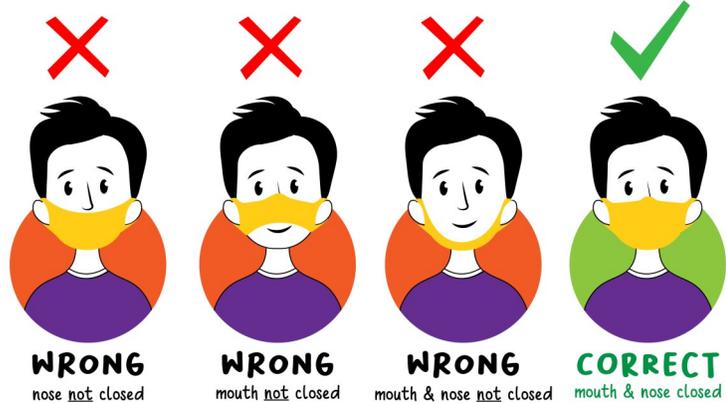
Become a Mask Master

Send your answers to questions #1 and #2 to lbordner@nbc.net for training credit.

#1 What should your mask cover?

Check all that apply

- NOSE
- MOUTH
- CHIN



Use the ear straps to REMOVE your mask. Hang mask outside, put in the laundry basket or throw away.

Wash hands after removing your mask.

DON'T TOUCH

the front of mask

Avoid touching the mask while using it, especially the front of it, as it may be contaminated!



Only touch the ear strap when you take off the mask.

Q. Should I wear the same mask every day?

A. No, not unless you wash it.

Q. How often should I wash my mask?

A. The CDC recommends washing after each use by hand or normal washer/dryer. Throw away disposable masks after one use.

#2 What if I had a Covid-19 Vaccination?

Do I still need to wear a mask, socially distance and wash hands frequently?

Check your answer below

- YES
- NO



HOLIDAY PAY

SCP Volunteers who normally work on official holidays will be paid Holiday time for that day and may not work instead.

The following are paid holidays that occur within February and March

Monday, February 15—President’s Day

Community Links

Food Services Sonoma County

- Food for Thought----- 707.887.1647
- Pandemic EBT ----- 877.328.9677
- Redwood Empire Food Bank----- 707.523.7903
- Catholic Charities ----- 707.528.8712
- Living Room ----- 707.579.0138
- Ceres Community Project----- 707.829.5833 x 201

60+ Food Services

- Council on Aging ----- 707.525.0143
- Petaluma People Service Center--- 707.765.8488
- Coastal Senior Meals to Go ----- 707.882.2137 and 2237
- Santa Rosa - Via Esperanza ----- 707.481.1781

Federal

- Cal Fresh ----- 1.877.847.3663
- WIC ----- 707.565.6590

Sonoma Valley

- Friends in Sonoma ----- 707.996.0111
- La Luz Center ----- 707.938.5131

Legal Aid ----- 707.872.7076

Sonoma Immigrant Services--- 707.996.6669



The NBRC Senior Companion Program FACEBOOK PAGE is active now.

Ana and Lisa are posting items of interest to SCP Volunteers and Advisory Council members at this page regularly.

It is a PRIVATE work group page and no one except those invited can find this page or see the posts.

All SCP volunteers with email received an invitation to join the NBRC Senior Companion Program Facebook page. Look in your email junk folder if you didn't receive it. Follow the link and join the page.

If you want a new invitation—send the email you use for Messenger or Facebook to Lisa or Ana and they will send you a new invitation.



Senior Companion Program

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