

NBRC Senior Companion News



As we welcome 2024, we salute 2023 and all the amazing accomplishments we made.

Our 2023 successes:

- SCP volunteers received a stipend increase in April. Then in July, meal and transportation reimbursements increased to \$6 each, per day served. This has helped volunteers keep up with inflation and have more choices in their lives.
- Almost all volunteers have returned to serving in person with their assigned clients after a long pandemic absence. Congratulations!
- In July, NBRC moved its Santa Rosa offices into a new location that is much larger and conveniently located, benefitting those we serve as well as staff.
- SCP expanded its host sites to include Inclusion Concepts, which has been extremely popular with clients and volunteers.
- SCP had three new volunteers successfully complete training and receive assignments. One was able to accept the assignment now and two chose to delay until later.
- SCP caught up on training hours and organized several in-service trainings that were held in person at our new location. The new space has allowed us to have speakers, create crafts and participate in important group training.
- While 2023 was a challenging year, the North Bay Regional Center and the AmeriCorps' Senior Companion Program are continuing to develop strong goals and opportunities throughout Sonoma, Napa and Solano counties.

Thank you for a rewarding 2023—We are excited for 2024

Inside This Issue

- Page 2:** Help Stop Human Trafficking
- Page 3:** Be A Great Detective
- Page 4:** Clam Chowder and Resolutions
- Page 5:** Puzzle Time — Sudoku
- Page 6:** November/December Birthdays
Paid Days Off
Trivia

**JOIN
US!**



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

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What is Human Trafficking?

“Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Every year, millions of men, women, and children are trafficked worldwide – including right here in the United States.” Department of Homeland Security.

The Department of Homeland Security encourages Americans to be aware. Be informed, not afraid about the realities of human trafficking so that you can spot the signs and report to officials.

Who Falls Victim to Traffickers?

First of all, traffickers are looking for the easiest victims. They look for people who seem vulnerable, who are having money troubles, who are alone or have no safety net, who have suffered from a trauma such as war, or a national disaster, who show signs of developmental disability and those who have language barriers.

How Do Traffickers Gain Victims?

Any weakness can be used to coerce a person into forced labor. Traffickers use violence, manipulation, lies or false promises of employment, threat of deportation, romance and physical force. There are 24.9 million victims of forced labor worldwide. In the United States, domestic work is the most common type of labor exploitation.

Types of Human Trafficking	Percent of Industry
Domestic work	19%
Agriculture	7.8%
Construction	6%
Illicit Activities	5%
Traveling Sales Crews	6%
Restaurant/ Food Service / Hospitality	56%

Myths about Human Trafficking

Myth #1 Human trafficking is mostly sex trafficking.

FALSE While sex-trafficking does exist, the most common form of human trafficking involves forced labor in both legal and illegal work, such as sweatshops, massage parlors, hotels, maid service, and restaurants.

Myth #2 Victims are mostly foreign born and poor.

FALSE People are kidnapped or coerced into human trafficking from any age group, race, gender or nationality. They might be poor, middle class or even wealthy —especially when traveling. Location, opportunity and likelihood of success matter more than a person’s status.



- To report suspected trafficking to federal law enforcement call **1-866-347-2423** or submit a tip online at <https://www.ice.gov/webform/ice-tip-form>
- Get help from the National Human Trafficking Hotline by calling **1-888-373-7888** or **text HELP** or **INFO** to **233733** (BEFREE)
- Call 911 or local law enforcement if someone is in immediate danger.
- Visit the Blue Campaign website to learn more about the indicators of human trafficking: <https://www.dhs.gov/blue-campaign>
- Share Blue Campaign materials to raise awareness of human trafficking in your community.
- Follow **@DHSBlueCampaign** on Facebook, Instagram, and X

References:

<https://www.dhs.gov/blue-campaign/what-human-trafficking#:~:text=Human%20trafficking%20involves%20the%20use,here%20in%20the%20United%20States>

BE A GREAT DETECTIVE !

Sometimes we fall into the rut of doing the same thing over and over so much so that we forget to pay attention to our actions. We might become so bored that we are no longer involved in what we are doing. Instead, we are just going through the motions.

Have you ever driven to a familiar place but when you arrived, you realized that you couldn't remember the journey? That is a kind of sleep-walking through life that can easily happen to any of us. We become so familiar with an activity that we no longer pay attention and we go through the motions on autopilot.

Unfortunately, inattention can lead to accidents and many missed opportunities. That can happen when we volunteer, too.

If you want to re-awaken your awareness, try this. When you arrive at your host site, stop and look around. Try to remember what you see and who you see. Feel the floor under your feet as you walk to your locker to put your things away. Is the locker cold to the touch? What does it sound like when you close it?

Face the main room. Where is your client? What are they doing? What is their expression? Are they excited and awake? Do they know you have arrived? What is the mood in the room?

As you make your way to your first task, notice the temperature of the room. Become aware of the noise and light level. Smell the air— do you smell anything? Look at your client—really see them. Look into their eyes and watch their movements. What do they need?

They need YOU to bring their world to life while you are there.

Imagine that you are on a game show and the way to win is to get your client engaged in something that brings them a little joy. Next you want to help them be aware of how good they feel by giving words to their experience. "Wow! You are singing so well! I can tell you like this song!" Or maybe you can tell that they are upset by a noise you can explain and make it less scary. Maybe your client is not joining in the activity. Go and talk with them. Find out if they want to do something different or if they need a little extra help.

Part of your role as a Senior Companion is to be a detective!

Discover the moments that bring joy to your client. Prioritize your client's needs by paying attention to their expressions, their body movements, their words and sounds.



Become a great detective and you will become a great Senior Companion.

There are always things you can do with your client. Here are a few, can you think of more?

- Talk together—ask questions
- Dance / listen to music
- Read a story together
- Play a game
- Watch a movie together
- Paint side by side
- Sing together
- Build something
- Race toy cars or balls
- Dress up toy dolls
- Write a story with them
- Sit with them while they eat lunch
- Go on a supervised walk



Take the time to be kind.
You can make all the
Difference in
Someone's day.

The BEST CLAM CHOWDER

Doesn't everyone want to ring in the new year with a hot and creamy bowl of clam chowder? If so we've got you covered! Below is a very popular recipe for clam chowder from Allrecipes.com

Prep time: 20 min Cook time: 25 min

MY BEST CLAM CHOWDER

by *PioneerGirl*

Serves 8

Here's a brief overview of what you can expect when you make this clam chowder recipe:

- 1) Cook the vegetables in clam juice until tender.
- 2) Make the roux, then whisk in the half-and-half.
- 3) Stir in the vegetable mixture.
- 4) Add the clams.
- 5) When they're heated through, stir in the vinegar and seasonings.

INGREDIENTS

- 2 cups cubed potatoes
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup minced onion
- 3 (6.5 ounce) cans minced clams, drained with juice reserved
- water to cover
- ¾ cup butter
- ¾ cup all-purpose flour
- 1 quart half-and-half cream
- 2 tablespoons red wine vinegar (or wine)
- 1 ½ teaspoons salt
- ground black pepper to taste

DIRECTIONS

Place potatoes, carrots, celery, and onion into a large skillet; pour in clam juice and add enough water to cover. Cook and stir over medium-low heat until vegetables are tender.

Meanwhile, melt butter in a large, heavy saucepan over medium heat. Whisk in flour until smooth. Whisk in cream and stir constantly until thick and smooth. Stir in vegetable mixture with any juices until just heated through.

Stir in clams just before serving. If they cook too much they get tough. When clams are heated through, stir in vinegar or wine and season with salt and pepper.



Break Free From Resolutions

Most of the resolutions people make last about as long as it takes to say them. So if you really want to be successful, try choosing resolutions that are achievable and sustainable, don't give up after the first failure, and vow to hang in there after failing and try again several times.

Go Small— Instead of vowing to change your entire life, try making some small tweaks like taking coffee from home to the office, sending handwritten notes for birthdays, or walking an extra block.

Go Personal— Instead of following the latest trend, listen to your own thoughts, body and bank account. Everyone else might decide to try a 600 calorie diet, or buy a off-road bike, but you might need to include more art in your life by taking an art class or buying art supplies.

Go Inexpensive— Instead of Peloton cults, joining an expensive gym or buying ALL new workout shoes, clothes and equipment on day one, try pacing yourself. Try wall Pilates, walking, stretching and deep breathing. Try yoga or other exercise videos on YouTube. It isn't the gear or the money you spend that makes a difference, it's your attitude.

Go With A Friend— Get a talk buddy to go for a walk. You can talk while walking or doing exercise and encourage each other not to give up.

501	33	28	24
Calories	Fat	Carbs	Protein

STRETCH Your Brain

Sudoku Directions:
 Use numbers 1 to 9 only once within each row, column, and block.

8 — Easy

1	5		2		9			4
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UNSCRAMBLE WORDS

How many words can you make out of the letters in the word: UNDERSTANDING?

(Total possible words = 1,507)

<https://wordmaker.info/how-many/understanding.html>

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

5

PAID DAYS OFF—JANUARY / FEBRUARY 2024

HOLIDAY	Day of Holiday	The Day you Take Off
New Year's Eve	Dec. 31	Mon - January 1
New Year's Day	Jan. 01	Tue - January 2
MLK, Jr. Birthday	3rd Mon in Jan	Mon - January 15
Presidents' Day	3rd Mon in Feb	Mon - February 19



National Celebration Days

- 1/1 New Year's Day
- Mexican Independence
- Emancipation Proclamation
- 1/2 World Introvert Day
- 1/4 World Braille Day
- National Trivia Day
- 1/6 National Bean Day
- 1/7 Orthodox Christmas
- 1/9 Law Enforcement Appreciation
- 1/11 National Clean off your Desk
- 1/13 Korean American Day
- 1/15 Martin Luther King Day
- 1/20 Penguin Awareness Day
- 1/21 National Hugging Day
- 1/24 Tu Bishvat
- 1/25 Opposite Day
- 1/26 Spouses Day
- 1/27 Holocaust Remembrance Day
- 1/29 National Puzzle Day
- 1/31 National Hot Chocolate Day

General Awareness

- * National Slavery and Human Trafficking Prevention Month
- * National Glaucoma Awareness Month
- * National Blood Donor Month

Is there something you'd like to learn more about? Let us know:
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North Bay Regional Center

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North Bay
Regional Center



AmeriCorps
Seniors



HAPPY BIRTHDAY!

January 2024

Rkia M 1/1
 Nina P 1/17

February 2024

Luz C 2/21

Shhhh...the answers are below!

#8

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

#9

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