

NBRC Senior Companion News



HAPPY NEW YEAR

As we reflect upon the end of one year and the beginning of the next, we realize just how privileged we are to work with elder volunteers. They are a constant inspiration to us and a true service to our community. The long arch of life brings understanding that often eludes us when we're younger (and some, even when they are older). The individuals who volunteer with the Senior Companion Program seem to universally have all the "right stuff" as they share their time, patience and friendship with others.

We often celebrate famous people, but it's the average person who comes through for us; they are true, day-to-day heroes. As we begin a new year, please reflect on the significance of your life and your gift to our community and to your North Bay Regional Center companions.

**"We make a living by what we get,
but we make a life by what we give."**

Winston Churchill

**"Small acts, when multiplied by millions of people,
can transform the world."**

Howard Zinn

**"The best way to find yourself, is to lose yourself
in the service of others."**

Mahatma Gandhi

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Join Us

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

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TRAINING TOPICS

We want to include you in choosing topics for training and we're trying something new. This year, we're providing a list of topics and lots of blank lines for you to share topics that you'd like to learn more about.

The purpose of our monthly training is to meet a few goals:

- 1) Improve your understanding and ability to engage in appropriate interactions with clients.
- 2) Improve your ability to encourage clients toward their chosen goals—their Individual Personalized Plan (IPP)
- 3) To keep you informed about health and community issues and activities that may improve your life.
- 4) To have fun interacting with your fellow volunteers and celebrating your work.

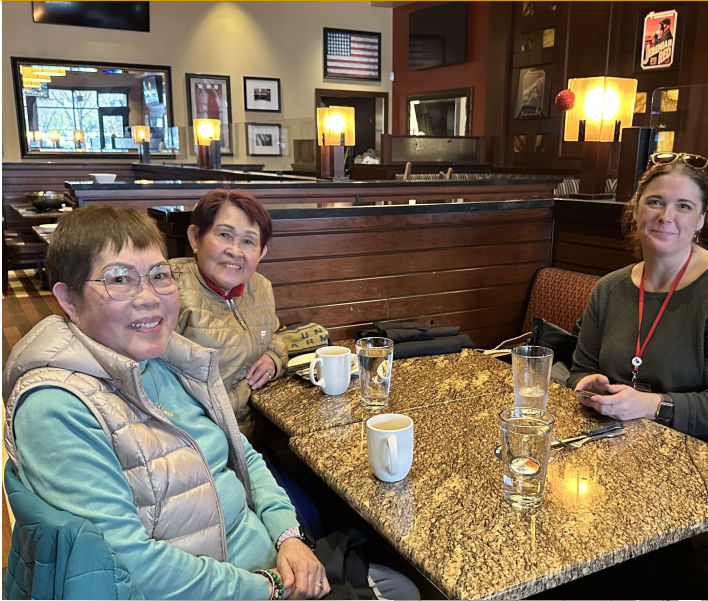
Check any topics that you would find interesting below:

- Interacting with people who have developmental disabilities.
- How to Redirect individuals with developmental disabilities.
- When to back away and let staff take the lead.
- How to find out about your client's IPP
- Learn more about community assistance for your family.
- Visit a local museum
- Go to the movies together
- Healthy cooking demonstration
- Learn more about Medicare choices
- Learn more about Medicaid
- How to obtain assistance with medical equipment (such as transport chairs, medications, oxygen in the home)
- Participate in an English as a Second Language class
- How to assist with our marketing effort to find volunteers
- Participate in a local free health screening (usually at Senior Expos).

Use this area to write in your suggestions for training. List any topics that you'd like to learn more about.

Celebrating Together

Below are a few photos taken during our holiday celebration in December 2024



Yule Log Recipe

What could be more traditional than a Yule Log for the holidays? Below is a recipe from Taste of Home:

Ingredients

4 large eggs, separated
2/3 cup sugar, divided
1/2 cup all-purpose flour
2 tablespoons baking cocoa
1 teaspoon baking powder
1/4 teaspoon salt

FILLING:

1 cup heavy whipping cream
2 tablespoons sugar
1/4 teaspoon almond extract

FROSTING:

1/2 cup butter, softened
2 cups confectioners' sugar
2 ounces unsweetened chocolate, melted
2 tablespoons 2% milk
2 teaspoons vanilla extract
Optional: sugared cranberries and sugared rosemary sprigs

DIRECTIONS:

Place egg whites in large bowl; let stand at room temperature for 30 minutes. Line a greased 15x10x1-in. baking pan with parchment; grease the paper and set aside.

Preheat oven to 375°. In a large bowl, beat egg yolks on high

speed for 5 minutes or until thick and lemon-colored. Gradually beat in 1/3 cup sugar. Sift flour, baking cocoa, baking powder and salt together twice; gradually add to yolk mixture and mix well (batter will be very thick).

With clean beaters, beat egg whites on medium speed until soft peaks form. Gradually beat in remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. Gradually fold into batter. Spread evenly into prepared pan.

Bake until cake springs back when lightly touched, 10-12 minutes. Cool for 5 minutes. Turn cake onto a kitchen towel dusted with cocoa powder. Gently peel off parchment. Roll up cake in towel, jelly-roll style, starting with a short side; cool completely on a wire rack.

Meanwhile, for the filling, beat cream in a large bowl until soft peaks form. Gradually add sugar and almond extract, beating until stiff peaks form. Unroll cake; spread filling to within 1 in. of edges. Roll up again.

In a large bowl, cream butter and confectioners' sugar until light and fluffy, 3-4 minutes. Beat in chocolate, milk and vanilla until smooth. Frost the cake, using a metal spatula to create a bark-like effect. If desired, dust with additional confectioners' sugar and decorate with sugared cranberries and sugared rosemary sprigs.

Bon Appetit!

History of the Yule Log

Long ago a popular winter solstice tradition was adopted by Christians and celebrated on Christmas Eve. A massive wooden log would be brought into the house. In a great ceremony, the log would be placed onto the fire while saying a blessing. The log was lit using a piece of the previous year's log, which had been saved for just this purpose. The **Yule log** would burn throughout the night, and for twelve days thereafter, to warm the home and its inhabitants.

In French culture, the Yule log evolved into a delightful culinary tradition. The **Bûche de Noël** is a log-shaped cake, usually made of sponge cake and chocolate buttercream, intended to resemble a miniature Yule log. A staple of French Christmas celebrations it has gained popularity around the world.



Upcoming Paid Days Off

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
New Year's Eve	December 31	Tue-Dec 31
New Year's Day	January 1	Wed-Jan 1
MLK Jr. Birthday	3rd Monday in January	Mon-Jan 20
January In-Service		Thu-Jan 30
Presidents' Day	3rd Monday in February	Mon-Feb 17
February In-Service		Thu-Feb 27

JANUARY 2025

A Few Celebration Days

- 01/01 New Year's Day
- 01/03 National Chocolate Covered Cherry day
- 01/04 National Trivia Day
- 01/06 National Cuddle Up Day
- 01/08 Winter Skin Relief Day
- 01/10 Houseplant Appreciation Day
- 01/13 Rubber Ducky Day
- 01/17 Popeye The Sailor Man Day
- 01/20 Martin Luther King Jr. Day
- 01/23 National Handwriting Day
- 01/26 National Spouses Day
- 01/28 National Kazoo Day
- 01/30 National Croissant Day
- 01/31 National Backward Day

Awareness Topics

- National Blood Donor Month
- Thyroid Awareness Month

January Zodiac signs

12/22—01/19 01/20—02/18

CAPRICORN



AQUARIUS



January 2025

Rkia M 01/01

February 2025

Luz C 02/21

Shhhh...the answers are below!

A

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

B

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

Is there something you'd like to learn more about? Let us know:
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Senior Companion Program

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