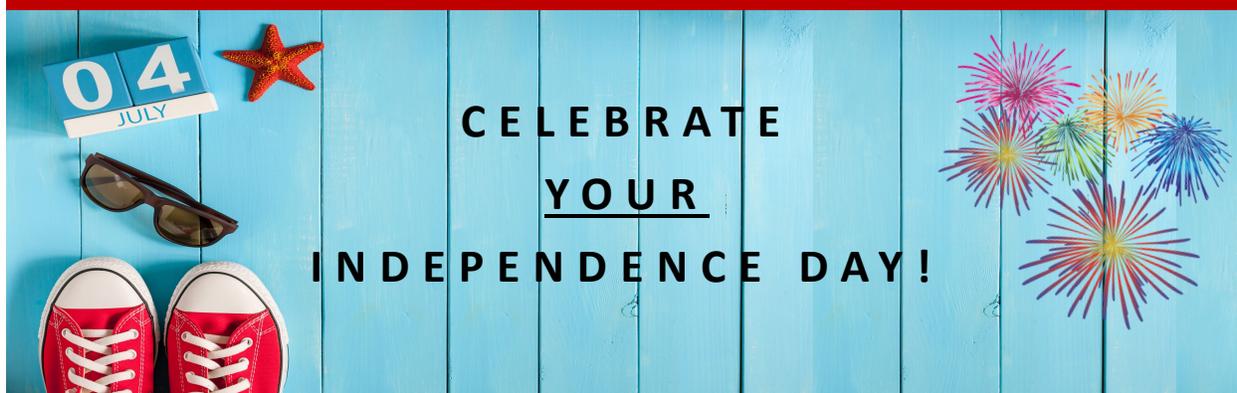


# NBRC Senior Companion News



## Celebrating Independence

On July 4th we celebrate our nation’s independence from Great Britain. The Founding Fathers of the United States of America signed the Declaration of Independence on July 4, 1776, two hundred and forty-six years ago.

What did it mean to be independent? For our nation, it meant no longer sending tax money to King George III and Britain, and we developed our own laws and guided our own expansion. We made lots of mistakes and we still struggle to share the hope, wealth and independence of this nation with all its citizens.

North Bay Regional Center advocates for individuals and it partners with other agencies to support individual choice for all our clients.

As we celebrate our country’s independence we also **thank the Senior Companions** for helping the individuals they serve find their own rhythm in life by helping them achieve the goals they have set for themselves. We may not all be equal in ability, but we should all be treated equally in our humanity toward one another. We all deserve a safe place to live and opportunities to engage, explore and participate in our communities.

One last bit of news worth celebrating is that AmeriCorps has approved an increase to the Federal stipend, meal and transportation allowances. As of July 1, the stipend will increase from \$3 to \$3.15/hour; the meal reimbursement will increase from \$3 to \$4 per volunteer day; and the travel reimbursement will increase from \$2 to \$4 per volunteer day. This is the first increase to meals and transportation reimbursements in 20 years!

We’re positively exploding with good news in July!

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### Not Everyone Likes Fireworks

Veterans and pets often find explosions frightening or triggering. Plan ahead to move to quiet areas inside and provide positive distractions.



# Healing Your Inside, with the Outside

It's the first summer after two years of isolation and pandemic. So expectations are understandably high; people are flocking to events, restaurants, museums, art displays and wine tastings hoping to gobble up all the "good feels" and sense of community we have all been missing.

Take a break from news and work to keep from becoming overwhelmed. Remember to appreciate what we have and make the most of each moment. Spending time in nature helps us feel better in mind, body and spirit.

Did you know that Sonoma County has 60 nature parks and over 425 wineries? That's just in Sonoma! If you are adventurous, or have children or grandchildren who are, **Sonoma Canopy Tours** has seven zip lines, two sky bridges, spiral staircase, and an 80-foot rappel!

If sky bridges and zip lines aren't for you, maybe you would prefer to fish, swim, bike, shop, walk, or dine at a locally owned restaurant. Or, just spend a little time outside at one of our amazing Sonoma County parks. Here's a small sampling. All are open 7 a.m. to sunset, parking is \$7 for non park members unless otherwise noted below:

**Birdwalk Coastal Trail** 355 Highway 1, Bodega 94923  
1.19 mile path loops around saltwater marsh. It's north of Doran Regional Park and has wheelchair accessible packed gravel trails.

**Colgan Creek Trail** 3600 Stony Point Road, Santa Rosa 95407  
1.2 mile of paved trail running along the creek. It's wheelchair accessible and offers **free parking**.

**Crane Creek Regional Park** 5000 Pressley Road, Rohnert Park 94951— Offers 128 acre park with 3.5 miles of trails. Offers golf, horse trails. Creek and Lupine trails are wheelchair accessible. Restroom are in the parking lot.

**Healdsburg Veterans Memorial Beach**  
13839 Old Redwood Highway, Healdsburg 95448  
Beach is open in non-drought years. Closed for 2022. Normally offers swimming with lifeguards on duty, picnic areas.

**Spring Lake Regional Park** 393 Violetti Rd, Santa Rosa 95409  
10 miles of hiking trails, 2.3 miles are paved and wheelchair accessible. Trails connect to Trione-Annadel State Park and Howarth Park. Features a swimming lagoon, fishing, boating and camping. All-terrain wheelchairs available for check out 707.539.8092

**Tolay Park** 5869 Cannon Lane, Petaluma 94954  
Largest of Sonoma Regional Parks. Parking close to Tolay Lake. Over 11 miles of trails for mountain bikers, equestrians and hikers. Trails lead to amazing vistas of Tolay Valley, Petaluma River Valley, and San Pablo Bay.

Type this link into your browser or follow this link if viewing as a PDF: <https://parks.sonomacounty.ca.gov/visit/find-a-park>



Sonoma Train Town—20264 Broadway  
Sonoma CA—707.938.3912  
Open daily 10-4p, closed when raining



# Conflict Resolution



## What is Conflict?

1. A conflict is a condition that exists anytime two or more people disagree
2. It is a natural phenomenon, neither inherently good or bad, but there may be positive or negative outcomes
3. Conflicts are unavoidable, but we can learn to manage them
4. Conflict is an opportunity to understand opposing preferences and values

## There are many types of conflict:

Community conflict	Interpersonal conflict
Economic conflict	Military conflict
Emotional conflict	Racial conflict
Family conflict	Relationship conflict
Group conflict	Workplace conflict

## Poor Communication Skills Often Contribute to Conflict

- **93%** of our message to each other is non-verbal
- **38%** of our communication comes from the tone of voice used
- **55%** of our communication comes from the facial expression we use
- Only **7%** of what we perceive comes from the words we use

## What DOES NOT Work?

Yelling	Inflexibility
Name calling	Trying to prove who is right
Sarcasm / Ridicule/ Belittling	Defensive body language
Insulting	Refusing to change or compromise
Threatening	
Blaming	

## What DOES Work?

- Listening
- Include the perspectives of the parties involved
- Define (do not avoid) the problem
- Clear/respectful communication
- Flexibility
- Empathy (put yourself in the other person's shoes)
- Brainstorming and finding the best solution/common goals
- Compromise / Mediation / Negotiation / Being invested
- Implementation and following up with evaluation

## Improving Communication Takes Time

1. Listen - Practice reflective listening (Paraphrase what you're hearing)
2. Ask for the other person's needs and perspective
3. Hear and acknowledge the other's needs and basic goals
4. Clarify assumptions
5. Use "I" messages. ("You" messages place blame)
6. Avoid "that is true BUT", instead try "that is true AND"
7. Speak about your interests, not your position
8. Criticize the idea not the person
9. Don't interrupt, or change the subject

## Brainstorming

1. Look for common interests
2. Come up with as many ideas as possible
3. Try to maximize your options
4. Welcome all the suggestions without judging (reflective listening)
5. Look for win-win solutions
6. Set a date to Evaluate later (not now)

## Choose a Solution

1. Review your brainstorming ideas and common goals
2. Find a solution that is acceptable to the majority of the people involved in the conflict
3. Summarize areas of agreement, restate needs, and look for new solutions
4. Make certain that all parties are committed to the solution

## Write it Down, Implement and Evaluate

It's important to check in later and see how the plan is working and if conflict is resolved. If not, repeat the steps again.

## Tell Us What You've Learned

**1. Conflict is a natural phenomenon, neither inherently good or bad, but there may be positive or negative outcomes.**

- TRUE
- FALSE

**2. There are many types of conflict. Name 4 types.**

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**3. Trying to prove you are right, and refusing to compromise will ensure you get your own way.**

- TRUE
- FALSE

**4. What helps to resolve a conflict?**

- A) Put yourself in the other person's shoes
- B) Really listen to the other person's needs
- C) Define the problem in a respectful way without blaming (use facts instead of feelings or emotion)
- D) Brainstorm solutions together and look for opportunities to compromise
- E) All of the above.

**5. When we talk to each other, 93% of our message is non-verbal. That means the person we're talking to isn't hearing our words as much as they are reacting to our facial expressions, posture and tone of voice. How will this information change how you approach conflict in the future?**

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## Quiz Time

**Receive one-half hour of training credit by sending your answers to:**

[lbordner@nbrc.net](mailto:lbordner@nbrc.net)

Or by mail to:

SCP  
2351 Mendocino Ave  
Santa Rosa, CA 95403

You can add to your annual training and improve your understanding of issues by completing our newsletter training page quiz!



# PUZZLE TIME—SUDOKU and Word Scramble

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

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

Puzzle 11

## WORD SCRAMBLE

Topic: (The Beach)  
See if you can unscramble them!

- ASND
- SEATCL
- NSRSECNEU
- LTNOOI
- ATWRE
- HSAITRFS
- ELLSHS
- KASHR
- ERLGDFUI
- OELTW

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

Puzzle 12

- SAND
- CASTLE
- SUNSCREEN
- LOTION
- WATER
- STARFISH
- SHELLS
- SHARK
- LIFEGUARD
- TOWEL

Solutions on the back page

## Paid Days Off in 2022:

**MON—July 4th—Independence Day**

**MON—Sept 5—Labor Day**

**MON—October 10—Indigenous People’s Day**

**FRI—November 11—Veterans Day\*** (a paid holiday only if your site is closed)

**THU—November 24—Thanksgiving Day**

**FRI—November 25—Day after Thanksgiving**

**MON—December 26 Christmas Day Observed**

The above holidays are paid for all active volunteers who normally work on those days.

\*Only paid if your site is closed.

## JULY is known for...

- 7/1 Canada Day (founded in 1867)
- 7/2 Made in America Day (support local business)
- 7/4 Independence Day (Declaration of Independence signed 1776)
- 7/12 National Simplicity Day
- 7/14 Bastille Day (beginning of French Revolution)
- 7/23 Vanilla Ice Cream Day
- 7/25 National Wine & Cheese Day (easy to do in California)
- 7/28 National Milk Chocolate Day

**Is there something you’d like to learn more about? Let me know.**

[lbordner@nbrc.net](mailto:lbordner@nbrc.net)  
707.569.2083



### Senior Companion Program

North Bay Regional Center  
2351 Mendocino Ave  
Santa Rosa CA 95403

Email: [infoSCP@nbrc.net](mailto:infoSCP@nbrc.net)  
Website: <https://nbrc.net/senior-companion-program/>



<b>July</b>	
No SCP birthdays	
<b>August</b>	
Eduardo M	8-17
Lolita S	8-17

*Shhh, the answers are below :-)*

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

Puzzle 12 (Easy, difficulty rating 0.38)

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

Puzzle 11 (Easy, difficulty rating 0.25)