

NBRC Senior Companion News



Celebrating Our Independence

Melissa and I enjoy our work in support of you, our volunteers, as you learn new information about the individuals we serve and how to help them experience their best lives by following their own goals. As we celebrate our independence as a nation, we also celebrate each of you and your individual gifts in building the independence of those we serve.

Meeting People Where They Are

You, them, we, us—we join together as a community. That's what makes us happy to greet each day and work through any challenges.

Each one of you is a blessing on this earth and in our rich community of differences. You are the light that makes them smile. You are the hand that steadies their walk. You are the voice that sings with them. Yours are the eyes that dare to see them as valuable and worthy of dignity.

We see each of you as valuable and worthy of dignity as well, and it fills our hearts with pride for the work we do together. Political actions may try to divide us or diminish our strength to empowering inclusion and choice, but those efforts will not diminish the value of what we do.

Sharing and empowering are two of the best gifts we give each other. We continue to walk with pride and confidence and know that we are valuable, worthy of respect, and worthy of our place in the unique community of American multiculturalism.

We may face an uncertain future, however, the California Department of Disability Services is working diligently to save our program from budget cuts. We praise their efforts and stand tall and trust their confidence in us to deliver compassion and choice for individuals with intellectual and developmental disabilities, now and in the future.

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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
Regional Center



AmeriCorps
Seniors

UV Safety Awareness Month

Sunlight is a marvelous thing. It brightens our path, our day, and our spirit. It helps our bodies make necessary chemical reactions that are important; such as UVB rays that help the skin produce vitamin D, which is essential for healthy bones, proper immune function and calcium absorption.

Sunlight improves sleep. Exposure to natural light helps regulate the body's circadian rhythm, promoting better sleep patterns and melatonin production at night.

Sunlight enhances our mood by increasing the brain's ability to release serotonin, a hormone associated with improved mood and focus. That's why sunlight is often used in treating SAD, also known as Seasonal Affective Disorder.

Some studies suggest that sunlight triggers the skin to release nitric oxide, which can help lower blood pressure.

Along with the benefits of sunlight, there are also risks. UV Safety month intends to help us understand the risks of sun exposure and how to protect ourselves from the harmful effects of ultraviolet (UV) radiation from the sun and encourage safe practices.

The most immediate danger of too much sun exposure is sunburn, which damages the skin's DNA and accelerates aging. Repeated sunburns, especially in childhood, increase the risk of skin cancers, including basal cell carcinoma, squamous cell carcinoma, and the most serious type, melanoma.

UV Radiation can lead to eye damage, such as cataracts and macular degeneration, potentially affecting vision. Over time, sun exposure without protection can cause permanent skin aging, such as wrinkles, leathery skin, and dark spots.

Fortunately, practicing UV safety can significantly reduce these risks.

- Use a sunscreen with an SPF of 30 or higher, applying it generously to all exposed skin and reapplying every two hours—or more if you are swimming or sweating.
- Choose broad-spectrum sunscreen to protect against both UVA and UVB rays.
- Wear protective clothing, including long-sleeved shirts, wide brimmed hats, and UV-blocking sunglasses.
- Seek shade, especially between 10:00a and 4:00p., when UV radiation is strongest.
- Be extra cautious near reflective surfaces, such as water, sand, concrete and snow which can intensify UV exposure.

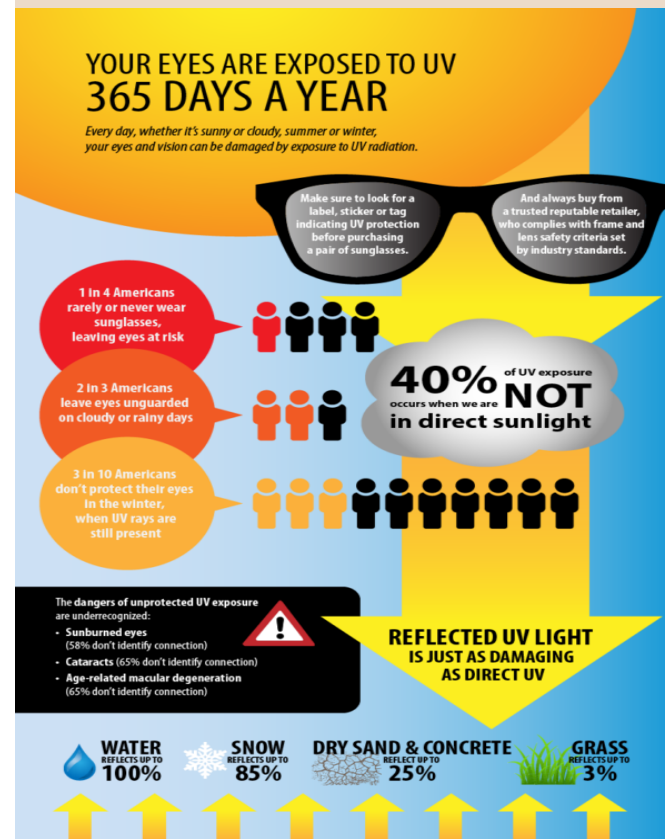


- Check the UV index in your local weather forecast to understand your daily risk.

Remember, UV rays can penetrate clouds and affect you even on overcast days. By staying informed and adopting simple sun-safe habits, you can enjoy the benefits of sunlight while protecting your skin and eyes from long-term damage.

Only a few minutes of preparation each day can make a lifetime of difference.

Now you know. Tell someone you care about.



Source: data from the 2015 Harris Poll conducted on behalf of The Vision Council's 2015 UV Protection Report (http://www.thevisioncouncil.org/sites/default/files/UV_Report2015-4Web.pdf)

Recognition Highlights!



Beat The Heat With These Activities

Summer is a wonderful time to enjoy the beauty of Sonoma County. Staying active—both physically and socially—helps older adults maintain their health and well-being. With warm temperatures and long daylight hours, summer is the perfect season for gentle outdoor activities. The key is to stay safe, stay hydrated, listen to your body, and take advantage of the cooler parts of the day.

In our area, mornings and evenings are usually the most comfortable times to be outside during the summer. Temperatures are cooler, and the sun's rays are less intense. Aim for outdoor activities before 10 a.m. or after 5 p.m., especially on hotter days. Be sure to wear sunscreen, bring water, and take breaks in the shade.

Nature walks, bird watching, and scenic strolls are some of the most relaxing and beneficial activities. Local parks like Spring Lake Regional Park, Howarth Park and the Laguna de Santa Rosa Trail offer flat, shaded walking paths that are perfect for all ability levels. Walking not only strengthens the heart and muscles, but also improves mood and mental clarity. Even a short 15-30 minute walk can make a significant difference.

Don't forget Old Courthouse Square in downtown Santa Rosa. There are a lot of activities to be found there, especially on Wednesdays and Saturdays, with vendors, musical performances and even farmers' market booths. Visit the city's webpage to learn more about Old Courthouse Square and the events they have planned for the summer: <https://www.srcity.org/1370/Courthouse-Square-Reunification>

You can also picnic with a purpose. Bring easy-to-carry chairs, maybe an umbrella, light snacks, water, and games like cards or puzzles. It's a great way to socialize, eat well, and soak up nature.

Gentle gardening is a great way to stay active while connecting with the earth. Whether it's watering flowers, picking vegetables, or simply sitting and enjoying the beauty of a garden, these activities can be very therapeutic. Raised garden beds and container gardens are great options for those with mobility concerns and limited space. Community gardens, like those at Luther Burbank Center for the Arts, often need and welcome volunteers.

Stretching and seated exercises outdoors are better than doing them inside, too. Take a folding chair or yoga mat to a shaded area for a simple stretching or breathing exercise. Programs like chair yoga, Tai Chi, or light stretching can be adapted for any level of mobility and can be done in your backyard, common area or at a local park.

Remember, even gentle movement adds up. Staying active helps keep your body strong and your spirit uplifted all summer long.

A little here, a little there and suddenly you have more energy and your mood is lifted. You might also meet others who share the same interests that you do—and friendship makes everything better. So beat the heat and enjoy the beauty of summertime while you can.



STRETCH Your Brain

Sudoku Directions:

Use each number 1 to 9 just once within each row, column, and block.

UNSCRAMBLE WORDS

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

(Total possible words of 3 letters or more = 222)

A — EASY

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

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

B —EASY

Upcoming Paid Days Off / In-Service Dates

In-service dates are subject to change

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Independence Day	July 4	Fri—July 4
July In-Service		Thu—July 24
August In-Service		Thu-Aug 28
Labor Day	1st Mon. in Sept	Mon-Sep 1
Sept In-Service		Thu-Sep 25
Indigenous Peoples' Day	2nd Mon. in Oct	Mon-Oct 13
Veteran's Day	Nov. 11 annually	Tue-Nov 11
Nov. In-Service		Thu-Nov 20
Thanksgiving	Last Thursday of November	Thu-Nov 27
Thanksgiving	Day after Thanksgiving	Fri-Nov 28

JULY 2025

A Few Celebration Days

1. National Postal Workers
2. Civil Rights Act
4. Independence Day
8. National Raspberry Day
10. National Kitten Day
15. Give Something Away Day
20. Moon Landing Anniversary
23. National Gorgeous Grandma Day
29. Lasagna Day
30. International Friendship Day
31. Avocado Day

Awareness Topics

- Family Reunion Month
- UV Safety Month
- Social Wellness Month
- Picnic Month
- Juvenile Arthritis Awareness Month
- National Cleft and Craniofacial Awareness and Prevention Month
- Sarcoma Awareness Month

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



Senior Companion Program

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North Bay
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AmeriCorps
Seniors

Happy Birthday!



JULY 2025

No volunteer birthdays in July

AUGUST 2025

Lolita S

8/17

Shhh...the answers are below!

A

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

B

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