

NBRC Senior Companion News



*We Pause to Thank Our Volunteers
Who Make Our Community a
More Caring and Accessible
Place for People Who Have
Developmental Disabilities*

June is the last month of our fiscal year and the perfect time to recognize our volunteers. Senior Companion Program volunteers play a vital role in enhancing the lives of individuals with developmental disabilities. Their dedication and compassion fosters a sense of belonging and provides essential support to those who often face significant challenges. Our volunteers offer friendship, assist with daily goals and engage in activities that promote social interaction and personal growth.

The impact of Senior Companion Program volunteers extends beyond the practical help they provide. For many individuals with developmental disabilities, having a consistent and caring presence can significantly improve their emotional well-being. Volunteers are able to ease loneliness and isolation by building trusting relationships, thus creating a more inclusive and supportive community environment.

The work of Day Programs, where volunteers serve, benefits not only the individuals but also their families and caregivers. By offering respite and additional support, Day Programs and volunteers help reduce the stress and demands placed on family members, allowing them to focus on other responsibilities or simply take a much-needed break. This holistic support system strengthens the overall care network for individuals with developmental disabilities.

The dedication of Senior Companion Program volunteers is commendable. Their commitment to serving others, often without seeking recognition or reward, highlights the best aspects of community spirit and altruism. Program volunteers embody the principle that everyone deserves companionship, respect and the opportunity to live a fulfilling life. Their selfless service underscores the importance of volunteerism in building a more compassionate and inclusive society. We look forward to recognizing our volunteers on June 23, when we will formally celebrate their many contributions and the positive changes they've made in the lives of individuals with developmental disabilities over the past year. ■

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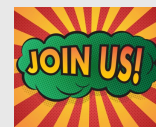
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Join Us



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

infoSCP@nbrc.net

707.566.3005

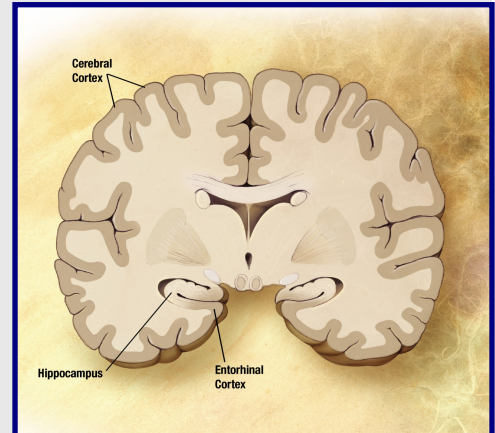
Update on Alzheimer's Disease

Alzheimer's research and treatments continue with significant advancements, with ongoing efforts to better understand the disease and develop more effective therapies. Some of the latest developments include:

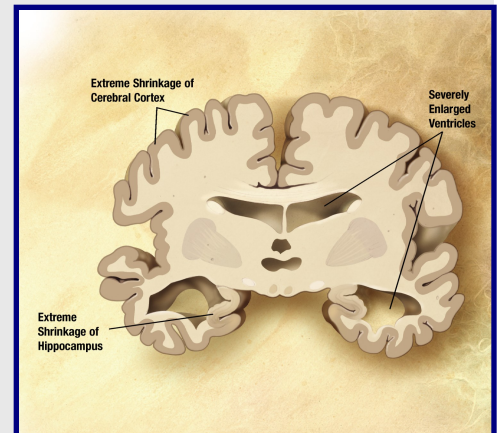
1. **Biological Markers:** Researchers have identified biomarkers, such as specific proteins in the brain (e.g., beta-amyloid and tau), that can help detect Alzheimer's disease in its early stages. This early detection allows for interventions before symptoms become severe.
2. **Imaging Techniques:** Advanced imaging techniques, such as positron emission tomography (PET) scans and magnetic resonance imaging (MRI), are being used to visualize changes in the brain associated with Alzheimer's disease. These imaging methods help in diagnosis and monitoring disease progression.
3. **Immunotherapy:** Immunotherapy approaches aim to target and remove abnormal proteins (such as beta-amyloid and tau) from the brain, which are hallmarks of Alzheimer's disease. Several experimental drugs are being studied in clinical trials to assess their effectiveness in slowing or halting disease progression.
4. **Lifestyle Interventions:** Research suggests that certain lifestyle factors, such as exercise, diet, cognitive stimulation, and social engagement, may help reduce the risk of developing Alzheimer's disease or delay its onset. Studies continue to explore the impact of these interventions on brain health.
5. **Precision Medicine:** Advances in genetics have led to a better understanding of the genetic factors that influence Alzheimer's disease risk. This knowledge may eventually lead to personalized treatment approaches tailored to an individual's genetic profile.
6. **Drug Development:** Pharmaceutical companies are investing in the development of novel drug candidates targeting various aspects of Alzheimer's disease pathology, including inflammation, synaptic dysfunction, and neurodegeneration. Clinical trials are underway to evaluate the safety and efficacy of these potential treatments.
7. **Non-Pharmacological Therapies:** Non-drug interventions, such as cognitive training, music and art therapies, are used in complementary approaches to managing symptoms and improving quality of life for individuals with Alzheimer's disease. It's essential to note that while there have been promising advancements in Alzheimer's research, finding a cure or effective treatments remains the most significant challenge.

Important areas of the brain affected by Alzheimer's Disease over time:

Normal Brain



Brain Affected by Alzheimer's Disease



What you can do:

The most important thing you can do is to talk to your doctor if you notice that you are having issues with memory or performing tasks that used to be easy for you. The earlier you notice, the earlier treatment can be started, which will slow the progression of the disease.

Reference:

<https://www.cdc.gov/aging/aginginfo/alzheimers.htm>
<https://www.nature.com/articles/d41586-024-00756-8#:~:text=In%20January%202023%2C%20the%20US,a%20treatment%20for%20Alzheimer's%20disease>

Become a GREAT Senior Companion Volunteer

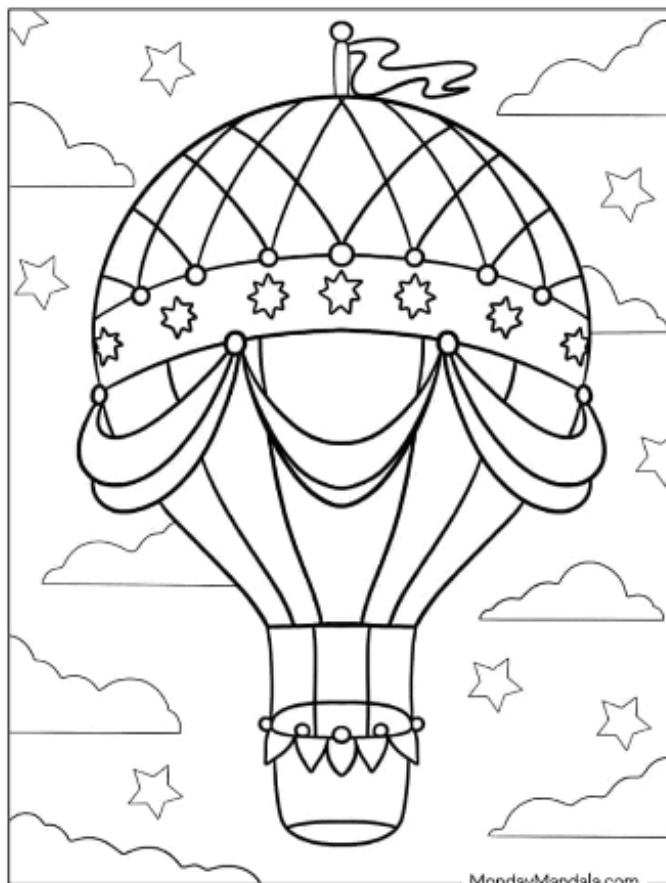
National Hot Air Balloon Day! June 5, 2024

Color these balloons with your companion, then tell them about the **Hot Air Balloon Festival that will happen at the Sonoma County Fairgrounds in July 13 and 14.**

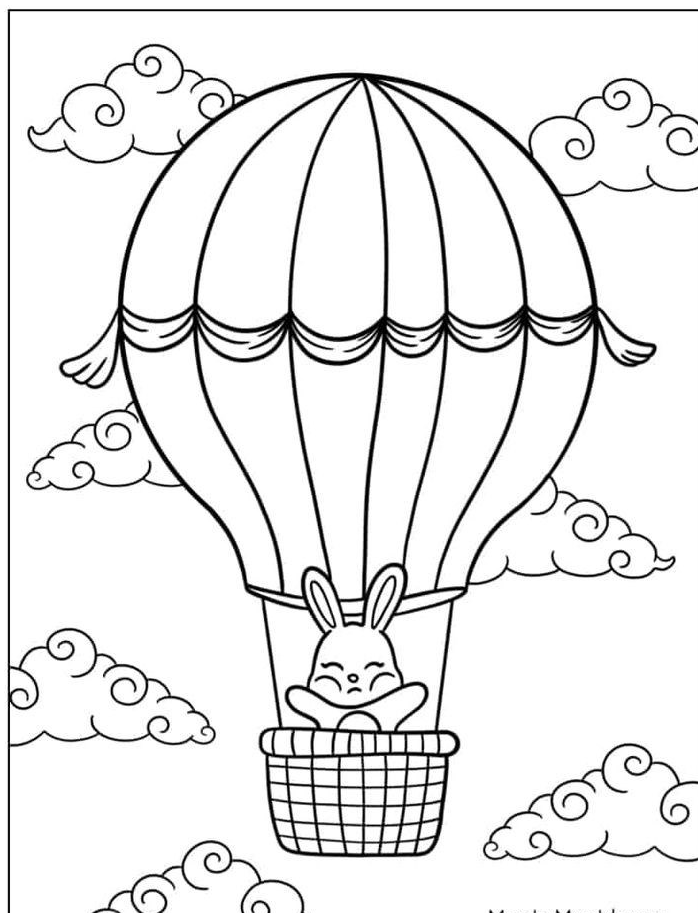
Balloons lift off at 6:30 a.m.
1350 Bennett Valley Road,
Santa Rosa CA 95404

Tickets: <https://www.schabc.org/tickets/>

No tickets, no problem—just look up in the sky during the early morning and you will see hot air balloons floating overhead!



MondayMandala.com



MondayMandala.com

Action Item

Color hot air balloons with your companion!

Then take a photo of the balloon and email to:

lbordner@nbc.net —and earn 1/2 hour training credit.

STRETCH Your Brain

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

A — Easy

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

UNSCRAMBLE WORDS

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

(Total possible words with 3 letters or more = 395)

<https://wordfinders.com/words-with-the-letters-graduation/>

B — Easy

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

Food Banks and Food Pantries

The economy can be good for some while being less so for others. Your buying power may have diminished as prices have increased dramatically in some areas.

Living on a fixed income means that when prices increase we need to look for ways to increase our ability to find affordable healthy foods by reaching out to a local food pantry for support. These are challenging times and we need not feel embarrassed or undeserving. Instead, we are grateful that our communities care enough to support us when we are in need.

A **food bank** is a non-profit organization that gathers, prepares and distributes food to food pantries and meal programs that serve neighbors in need. Food banks act as food storehouses and distribution facilities for other agencies that are working to end hunger and usually do not give out food directly to people facing hunger themselves.

A **food pantry** is a place where anyone can go to receive food during a time of need. When supplied with food from a food bank, pantries are able to serve many more people from their surrounding area. Pantries look different in every community. For example, they can be connected to a church, school, or community organization, or they can be an independent organization.

Area Food Assistance Resources

Redwood Empire Food Bank (REFB) is a major resource in Santa Rosa. They provide a wide range of service including emergency food boxes and assistance through applications for programs like **CalFresh**. They operate over 300 monthly distributions sites across multiple counties. Their Food Connections Resource Center can be reached at 3990 Brickway Blvd., Santa Rosa CA—and by phone: **707.523.7903**.

Alicia Park: Located at 299 Santa Alicia Drive in Rohnert Park. They offer drive-thru and walk-up services, distributing USDA food weekly on Thursdays from 10:00a to 11:00a. They also provide Senior Baskets for low-income seniors and diapers to families with young children.

The Salvation Army—93 Stony Circle Santa Rosa: They provide food assistance, including daily bread, fruits and vegetables, as well as distributing emergency groceries to around 200 families each week. They can be contacted at **707.542.0998**.

In 2023, the Redwood Empire Food Bank distributed \$61.3 million worth of healthy groceries to residents in Sonoma, Lake, Mendocino, Humboldt, and Del Norte counties, providing enough food for over 24.1 million meals.



You Are Not Alone

“I got word that the Redwood Empire Food Bank will be holding a distribution in Jenner twice a month. On the first food give-away, when I got home with the packages it felt like Christmas... The first box I opened had a jar of peanut butter on top. What a gift! Something that is such a simple staple became the essence of my joy. Feeling cared for, feeling not alone, feeling that folks understood the challenges... What a sigh of relief, and what a great peanut butter sandwich. I have always taken pride in being self-sufficient and not asking for help, but these have proven to be unprecedented times. The regularly scheduled food support gave me hope and literally strength but also came with the sense of community support that I was not alone. The scheduled distribution of staples helped me to stay at home for over 10 weeks! The longest time I have ever hunkered down, out here on the edge of the planet, as it feels sometimes.”

—Recipient at a distribution site in Jenner, CA

Research and references:

<https://refb.org/>

<https://refb.org/programs-initiatives/who-we-serve/senior-security.html>

Upcoming Paid Days Off

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Juneteenth	June 19	Wed—June 19
Independence Day	July 4	Thu—July 4
Labor Day	1st Mon in Sept	Mon—Sept 2
Native People's Day	2nd Monday in Oct	Mon—Oct 14

Celebration Days in April

International Children's Day	01
National Heimlich Day	01
American Indian Citizenship Day	02
National Hug Your Cat Day	04
Hot Air Balloon Day	05
D-Day (Normandy invasion)	06
National Drive-in Movie Day	06
Daniel Boone Day	07
World Oceans Day	08
Belmont Stakes	10
National Corn-on-the-Cob Day	11
Superman Day	12
World Blood Donor Day	14
World Elder Abuse Day	15
Father's Day (U.S.)	16
National Go Fishing Day	18
Juneteenth Holiday	19
Summer Solstice	20
World Day of Music	21
Filipino Seafarer Day	25
Forgiveness Day	26
National Bingo Day	27
National Camera Day	29
International Asteroid Day	30

Awareness & Education

- **Alzheimer's Awareness**
- **Sickle Cell**
- **H I V**
- **Summer Solstice**—most daylight of the year in the northern hemisphere—June 20th

June has two Zodiac signs;
Gemini and Cancer



Happy Birthday!



June 2024

Zena M 6/23
Rita B 6/28

July 2024

No volunteer birthdays

Shhhh...the answers are below!

A

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

B

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

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