

NBRC Senior Companion News

NBRC's VOLUNTEER APPRECIATION MONTH

Senior Companion Program

Volunteer Recognition

Thursday, June 26th

at Juilliard Park

10:00a—2:00p

Ask Paratransit to drop you off on the A-Street side of the park (West side)

Senior Companion volunteers are invited to join us for a celebration of their service and commitment to adults with special needs.

A meal will be provided along with gifts and certificates. A group photo will be taken, so wear your best smile.



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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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Men's Health

June is Men's Health Month, a perfect time to raise awareness about the unique health challenges men face and encourage proactive habits for long-term wellness. As men age, the risk of developing chronic conditions increases, making preventive care more important than ever.

The most common health risks for men are:

- **Heart disease**
- **Prostate cancer**
- **Diabetes**
- **Depression**

Heart disease remains the leading cause of death for men in the United States, often linked to high blood pressure, high cholesterol and unhealthy lifestyle choices.

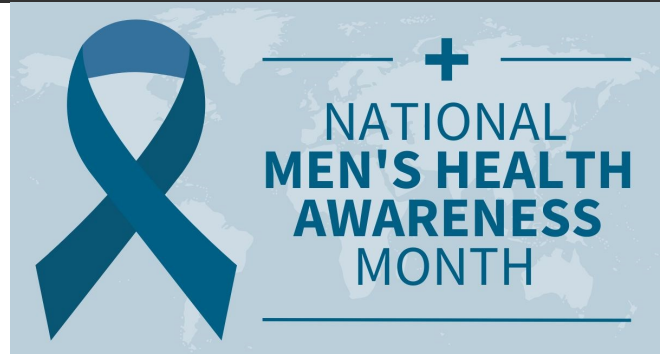
Prostate cancer is another major concern, especially for men over 50, yet it is highly treatable when detected early.

Type 2 diabetes, often fueled by poor diet and lack of exercise, can quietly damage nerves, kidneys and vision.

Mental health issues like depression and anxiety often go unreported in men, due to stigma or reluctance to seek help.

Routine medical checkups are a critical defense against these threats. As we age, checkups become increasingly important—not just for treatment, but for early detection and prevention. These visits provide an opportunity to monitor blood pressure, cholesterol, blood sugar and other vital indicators. Doctors can recommend screenings such as colonoscopies, PSA tests, and skin cancer checks that can save lives.

Men's health Month serves as a powerful reminder that taking care of your body and mind isn't just about adding years to your life—it's about adding quality to those years.



What Can YOU Do?

- Grab a calendar and push yourself to schedule regular medical visits. Remember to call your doctor's office or go to the emergency room if you suddenly feel dizzy, out of breath or weak.
- Have honest conversations about your health with your doctor. Write down a list of questions and ask your doctor for advice in reaching your goals.
- If your doctor prescribes medication, be sure to take it exactly as directed. Don't skip doses or try to stretch out your prescriptions.
- If you are worried about a test your doctor orders, talk to your doctor—they will help you understand how the test is done, why it is necessary and if it is covered by Medicare.
- Plan meals before you go grocery shopping so you are more likely to choose healthy foods with balanced nutrition.
- Find an exercise Buddy—whether that's your spouse, a friend, or the TV—promise yourself that you will get physical activity every day.

Paying just a little bit of attention to yourself and your daily routine can create a profound difference. This June, commit to putting your health first—not only for yourself, but for your family and community as well.

NATIONAL SAFETY MONTH

It's National Safety Month. Below are a few tips to look out for at your volunteer site to make sure that neither you nor your companion are exposed to unnecessary risk.

Trip and Fall Hazards

- Keep the floor clear of dropped or fallen objects.
- Clean up or report any spills.
- Check the pathway for any obstructions — drawers, supplies, trashcans, power cords, etc.
- Keep an eye out for uneven floors or changes in floor level.
- Use proper footwear follow the footwear policies (no open toed shoes, no flip-flops, no high heels, and no untied laces).
- Use handrails when ascending or descending stairs.
- Watch out for loose, torn or worn flooring.
- Report poorly lit areas and burned out bulbs.

Health Hazards

- Don't bring personal medications to your volunteer site unless you absolutely must, and be sure they are securely locked away.
- NEVER share medication or administer medications to anyone at your volunteer site.
- Don't bring peanuts or nut butters to your volunteer site if you have been informed there are people with allergies to nuts.
- No weapon of any kind may be carried or brought to your volunteer site. We have a strict, zero-tolerance policy for weapons.
- Maintain good health practices such as washing your hands, wearing a mask when you are sick, and wearing proper clothing.

Abuse or Neglect

- Unexplained or frequent bruises, cuts or injury should be reported to your site director and SCP staff.
- If one of the adults at your site is pushed aside, ignored, or treated disrespectfully, please report this to the site director and SCP staff.
- Never handle money for your companion—that is a staff responsibility. However, if you see someone taking money from an adult with disabilities, report that to the site supervisor immediately.

SAFETY FIRST



 Safety Starts Here

Think Safe...
Work Safe...
Be Safe



**KNOW SOMETHING,
SEE SOMETHING,
HEAR SOMETHING
SAY SOMETHING**

Celebrating Fathers

Fabulous Fathers and Quiet Heroes

Father's Day is a time to honor the men whose influence shaped not only their children, but in some cases, the world. Some fathers are celebrated not just for their fame, but for the powerful roles they played in their children's lives—and in the lives of many others.

One such father was Martin Luther King Sr., who instilled in his son a deep sense of justice, faith, and courage. His guidance helped mold Dr. Martin Luther King Jr. into one of the most influential civil rights leaders in history. Another notable example is Charles Darwin, whose letters to his children show a loving, curious, and supportive parent. He encouraged their questions and shared his passion for discovery with them while he changed the world with his theory of evolution.

Barack Obama, the 44th President of the United States, often spoke of fatherhood as his most important job. Despite the demands of leadership, he made time for his daughters, offering a model of balance between career and parenting.

These men remind us that being a great father isn't about perfection or power—it's about love, presence and the values we pass on.

Among lesser-known fathers, Janusz Korczak stands out—a Polish pediatrician and educator who ran an orphanage for Jewish children in Warsaw during World War II. He refused to abandon the children even when deportation loomed, ultimately dying with them in Treblinka. His devotion has become a symbol of selfless love.

Another quiet hero was Dick Hoyt, who for decades pushed his disabled son, Rick, in a custom racing chair through marathons and triathlons, proving that love has no limits. Team Hoyt became a global inspiration, redefining possibilities for families with special needs.

This Father's day, we celebrate all fathers—famous or unsung—who live with love, purpose, and courage to uplift the next generation.



Here are 10 thoughtful ways to show respect and affection for an aging father:

1. Spend Quality Time—Simply being present whether sharing a meal, watching a game, or going for a walk shows you value his company.
2. Ask For His Stories—Invite him to share memories, life lessons, or family history. Listening actively honors his experiences and wisdom.
3. Help Without Taking Over—Assist with tasks like errands or technology, but do so respectfully, allowing him to maintain independence.
4. Give a Thoughtful Gift—Choose something personal like a framed photo, favorite book, or a playlist of music from his era.
5. Write Him a Letter—express your appreciation, love and gratitude in writing. A heartfelt note can be deeply meaningful and lasting.
6. Celebrate Achievements—Acknowledge the work, sacrifices, or values he passed on, whether publicly at a gathering or privately in conversation.
7. Create a Memory Book—Compile photos, notes from loved ones, and keepsakes. This gesture honors his legacy and makes him feel cherished.
8. Share a Hobby—Engage in something he enjoys—gardening, fishing, puzzles, even if you're not an expert. It shows care through connection.
9. Take Him Somewhere Special—Plan an outing that has meaning, such as visiting a childhood neighborhood or favorite place.
10. Say "I Love You" Often—Simple, sincere words go a long way. Don't underestimate the power of regular verbal affection.

STRETCH Your Brain

Sudoku Directions:

UNSCRAMBLE WORDS

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

(Total possible words of 3 letters or more = 217)

[illegible]

<https://wordfinders.com/solver/#results>

A —EASY

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

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

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
Juneteenth	June 19	Thu—June 19
Volunteer Recognition		Thu—June 26
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

Happy Birthday!



JUNE 2025

Zena M 6/23
Rita B 6/28

JULY 2025

No volunteer birthdays in July

JUNE 2025

A Few Celebration Days

6/1 Say Something Nice Day
6/5 World Environment Day
6/6 National Cancer Survivors Day
6/11 Strawberry Moon
6/14 Flag Day
6/15 Father's Day
6/19 Juneteenth
6/20 Summer Solstice
6/30 Asteroid Day

Awareness Topics

- Alzheimer's & Brain Awareness Month
- National Safety Month
- Men's Health
- PTSD Awareness
- Scoliosis Awareness Month
- Pride Month

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



Senior Companion Program

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Santa Rosa, CA 95401

Email: lbordner@nbrc.net
Phone: 707.569-2083



North Bay
Regional Center



AmeriCorps
Seniors

Shhh...the answers are below!

A

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

B

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