

NBRC Senior Companion News



Hope in the New Year

Many of us were ready to see 2020 come to an end and welcomed the New Year with open arms, especially since vaccines to protect us against Covid-19 were becoming available. Equal to protection from the virus was the hope we felt as change was in the air.

The pandemic and divisive politics didn't leave much to celebrate, as activities were canceled or happened in virtual spaces. We loved seeing faces and hearing voices of friends, co-workers and family, but Zoom meetings still left us longing for the true connectedness we feel when we are physically together.

Then only days after the new year began, we watched on January 6, as some of our fellow citizens cracked under the pressure, turned to violence and attacked our Capitol. The violent and lawless acts that we witnessed are shaking the foundations of our democracy

These are days that will live in infamy. These are not easy days to endure. However, As Fred Rogers' mother told him when he was scared by what he saw in the world, "You will always find people who are helping." Look for the helpers.

We urge all of you to care for your mental and physical health. Look for the helpers. Reach out to us if you are feeling lost. We can listen and we can help you find resources.

We are hopeful that in this new year, our government will focus on unity, along with good leadership to speed the vaccine distribution, economic reconstruction, and the healing of our nation's people.

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Counting Your Successes!

Regardless what is going on in the world, Senior Companions and staff at NBRC deserve to celebrate all the accomplishments we made in 2020.

- Nearly everyone is using their email to communicate with the SCP office which is saving us time and money.
- Volunteers were able to reconnect with their clients because they learned how to use Zoom to attend training and classes. This is a huge accomplishment!
- Volunteers, especially those without internet access or equipment, participated in special projects—creating cards, decorations and goodie bags for clients.
- We saved our Program from the wrecking ball of 2020 and we found new skills and strengths we didn't know we had.

Covid-19 Vaccines May Be Available For Those Over 65 Years of Age

The state of California announced recently that all residents age 65 and older are now eligible to receive the COVID-19 vaccine based upon their local County's abilities. This is great news and will help get our volunteers back to active duty with their clients.

While the state has expanded those eligible to receive the vaccine, local implementation will depend upon the vaccine supply available within each County.

Sonoma County health officials are asking people 65 and over to contact their primary care doctor to ask if they can schedule a vaccination.

If you don't have a primary care doctor you should call **2-1-1** and get connected to a primary care provider at a Federally Qualified Health Center in the county.

The county's website is being updated regularly and there are many great resources and links to services available.

<https://socoemergency.org/emergency/novel-coronavirus/vaccine-information/>



VOLUNTEER CLOSE-UP

Leonardo Son — Kaleidoscope

Leonardo was born in Kananga, Leyte Province. He and his two brothers grew up in Ormoc city about three and a half kilometers from the nearest city, where he walked to school because there was little transportation available.

Elena's father owned land on Ormoc and grew coconuts. She was going to school in Cebu, and once when she went to visit her father and grandparents, Leonardo saw her. He was impressed by her and he asked about her.

One day Leonardo showed up to the dormitory where she was staying in Cebu. Elena had seen him before, but they had not been formally introduced. She asked him why he was there, and he said that he'd come only to see her and after that they began dating.

Leonardo was the first of his family to immigrate to California in 1995. He found work in the vineyards and sent money home to his wife, Elena, who saved all she could. Leonardo returned in 2000 to help Elena and hoped one day to move his family back to the states with him.

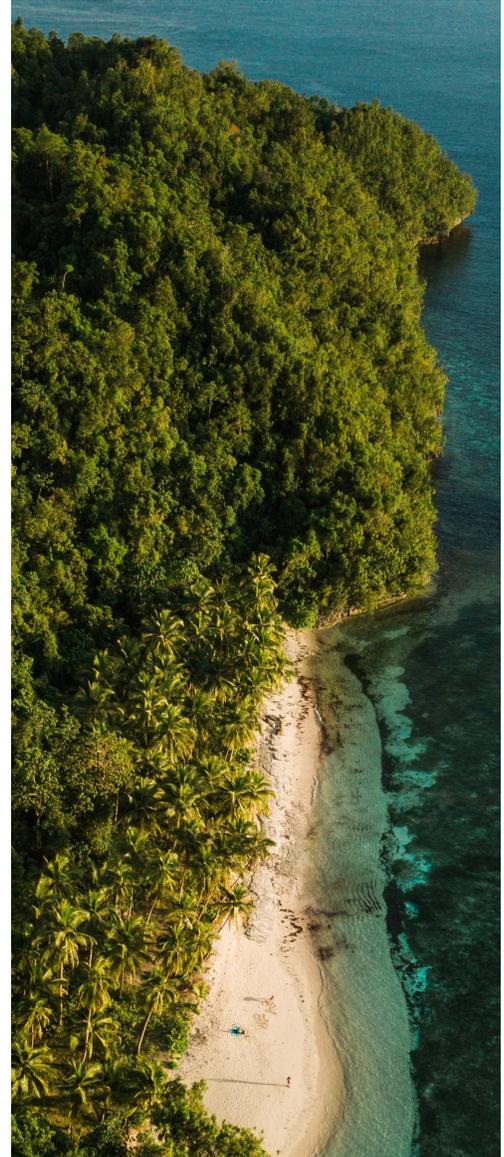
Elena had saved most of the money he'd sent home and they were able to buy land on Biliran island. They also bought a pump boat and some nets to fish. It was the best time in Leonardo's life. He loved to sit outside his home and watch the sunset over the ocean. There was a big demand for ice, so Leonardo bought a freezer and started selling ice to the fishermen, getting up as early as 3:00 a.m. to help his customers.

In 2006 Leonardo and Elena moved back to the United States with their daughter to Delano County. Leonardo contacted his old manager and started working in the vineyards again. Two years after that, they visited their cousin in Santa Rosa and Elena fell in love with the town.

In 2012 Leonardo became a Senior Companion volunteer with the Sonoma County Developmental Center and is now serving North Bay Regional Center clients at the Kaleidoscope Day Program.

Leonardo and Elena raised five happy children; three boys and two girls. They now have 14 grandchildren, whom they adore.

We truly appreciate Leonardo's hard work and caring for the clients at Kaleidoscope and for sharing his story with us.



Leonardo Son

PINE CONE BIRD FEEDERS

As soon as we have permission to visit our Senior Companion Volunteers again, we'll be dropping off the next home craft project. Volunteers will make pine cone bird feeders that will be delivered to the homes of clients and placed outside a window for viewing.

Items being dropped off to volunteers:

- Pine cones.
- Bird seed.
- Peanut butter (**never** use peanut butter that is sugar or has sugar substitutes — which can make animals very sick).
- Yarn, ribbon or twine to hang pine cones in trees. **Do not** use fine threads, fishing line or dental floss as it can tangle around birds or other animals and cause serious or fatal injury.

Step 1 — Gently clean any dirt from between pine cone scales using an old tooth brush and light tapping or blowing.

Step 2 — Wrap the yarn about 1/3 of the way above the bottom (full end) around the scales of the pine cone and tie to secure — leave the remainder to form a loop to hang on a tree branch.

Step 3 — Use a popsicle stick or butter knife to spread peanut butter in-between the scales and on top — don't press too hard, but be generous.

Step 4 — Pour birdseed onto a paper plate, pie plate or wide bowl and roll the peanut butter cones in the birdseed and press lightly to be sure the seeds are sticking well into the peanut butter.



Step 5 — Store your birdfeeders in a cool place (garage or refrigerator) until SCP staff come to pick them up.

The finished pine cone feeders will be delivered and hung on tree branches near windows where clients may enjoy watching the birds gain nourishment from your handmade feeders.

We're hopeful that homecare staff will take photos so you can enjoy their fun as well.



Many people love to make resolutions about changing their behavior, look or circumstances in the New Year. It seems like a perfect time to make a change for the better.

However, if you want those resolutions to last, a little planning is required.

According to many sources, 80% of New Year's Resolutions fail by the second week in February. Experts offered similar reasons to explain why resolutions fail and how to be more successful.

#1 Be Specific

Instead of vague pronouncements to eat less, eat better, or eat healthy—or unrealistic declarations that you will, “never eat anything sweet again,” plan a vegetarian meal one night a week, schedule one new vegetable recipe to try on another day, make a low fat lunch for work 2 or 3 days a week. Place your goals on your bathroom mirror and refrigerator as a reminder.

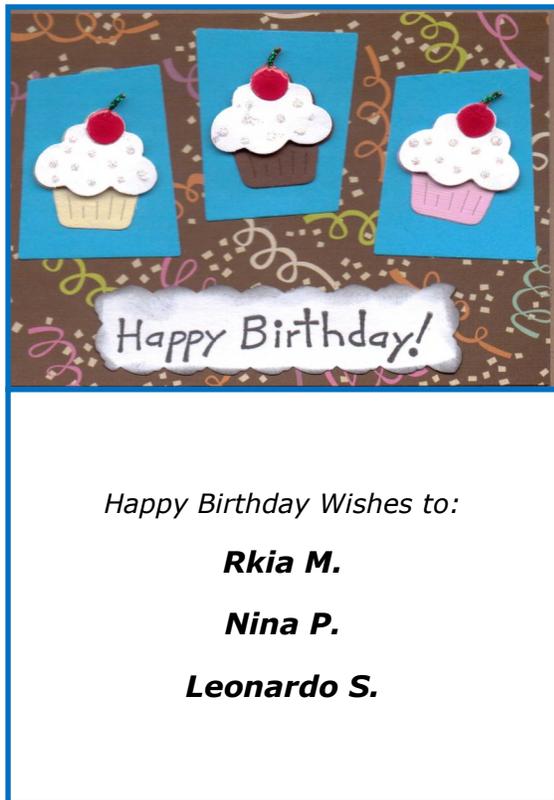
#2 Be Positive

Improvement gets a bad rap. We often berate ourselves for a single failure rather than praise ourselves for days of success. Frame your goals in a positive way — rather than a goal of losing weight, rephrase the goal to gain muscle tone. Name specific days and times for your activities and add a buddy to make it more fun and to encourage each other. Instead of concentrating on exercise, learn to state your goal as something you are gaining (time with a friend).

#3 Be Honest

Sometimes we adopt resolutions because someone else expects us to change, but our hearts just aren't in the game. Rather than please someone else, try pleasing yourself. What do you really want to accomplish? Maybe you'd like to join an art class or a club instead of run a marathon. Empower your own goals to increase your success.





Happy Birthday Wishes to:

Rkia M.

Nina P.

Leonardo S.

Community Links

<https://socoemergency.org/>

The following list of services and support is continually updated.

For adults age 60+ who need guidance to find community resources, you can talk with a social worker who understands aging issues. Call the Area Agency on Aging Information and Assistance Line, [\(707\) 565-INFO \(4636\)](tel:(707)565-INFO).

**Monday – Friday 9:00 a.m. – 4:00 p.m.
In English and Spanish (other languages by request).**

To follow the links below on a computer, hold down the CTRL (control) button and hover the cursor over the link and click). Or type the address into your browser. On a phone or tablet, just touch the links.

Vaccine Information:

<https://socoemergency.org/emergency/novel-coronavirus/vaccine-information/>

Food Assistance:

Meals on Wheels, call [\(707\) 525-0143](tel:(707)525-0143) for more information

Veteran Services:

[Veteran Services »](#)

Emotional Support for Seniors:

<https://socoemergency.org/emergency/novel-coronavirus/resources-for-you/seniors/senior-emotional-support/>



**AmeriCorps
Seniors**

Senior Companion Program

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Read our newsletters online:

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Welcome President Joe Biden and
Vice President Kamala Harris

