

# NBRC Senior Companion News



## June is Busting Out All Over!

It's so beautiful outside and we so want to rush back to our previous lives when everything seemed easier and safer. Unfortunately, time takes time to pass and we need to go through several steps before we are ready to safely return to offices and volunteer locations. One thing is certain—things will be a little different.

- Volunteers may be sent to a different site than before or have a different client or Assignment Plan than they had previously.
- Volunteers may be assigned part of their work to do from home on tablets, and part to be done at their site.
- Days and times to report may have changed.
- New hygiene standards will likely apply, such as wearing masks and using hand sanitizer between each task.
- There may be new staff members to get to know.

Even though it will take some time to get back to our new normal, most retail businesses will be opening without mask mandates for vaccinated people as of June 15, 2021. Stay safe out there!

### More Tablets!

We are SO PROUD OF YOU! Before the pandemic only 5 of you were using email—now 18 of you do. Before the pandemic only 5 of you were using Zoom—now 20 of you do! What this meant for you and the clients was tremendous. Zooming allowed you to visit, laugh, and sing; you had training and played BINGO together with clients in higher and higher numbers each month. You used technology to gain confidence and connection with the help of your family and SCP staff. You deserve to be proud of your accomplishments.

Thanks to your hard work and success in Zooming with clients, we received permission to purchase more tablets. Several small groups of volunteers have already received tablets and training. More will be planned over the next months. Stay tuned.

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Remember to Conserve Water



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# VOLUNTEER CLOSE-UP

## Dioscoro & Teresita –REI

Dioscoro (Boy) grew up in Tugbong Kananga – Leyte province. He was the youngest of three (1 brother and 1 sister). Sadly, his parents died when he was only 1 year old and his grandfather adopted them. When he was 16, his grandfather died, and he became responsible for the rice farm and trained as a Machinist/Lathe operator. Beginning in 1974 he worked for three major sugar milling companies: Big Sugar Milling (which became Hideco Sugar Milling), Osco and Tunganon. They produced white and brown sugar. He chose Hideco as it was the most convenient of the three and worked there for 30 years. He was a Machinist for 35 years and was awarded Outstanding Machinist twice.

Before he retired, he was assigned to teach an Engineer how to do his job. He shared his skills and years of knowledge, which gave him a great sense of accomplishment. Dioscoro retired in 2009, but soon got bored and decided to work in a commercial machine shop until the approval of their daughter's petition was finished. Then in 2013 they were able to move to the United States.

Dioscoro says the best time in his life was when he turned 70 and celebrated his birthday in the Philippines. He is thankful to God for his long life. Married 50 years and counting, what makes him happy is to see their children, grandchildren and great-grandchildren grow up to be happy and successful.

Teresita (Sita) was born in Catagbacan, Villaba Province of Leyte and lived in the mountains where her father owned a big coconut plantation, rice field and vegetables. She remembers and misses riding her father's water buffalo.

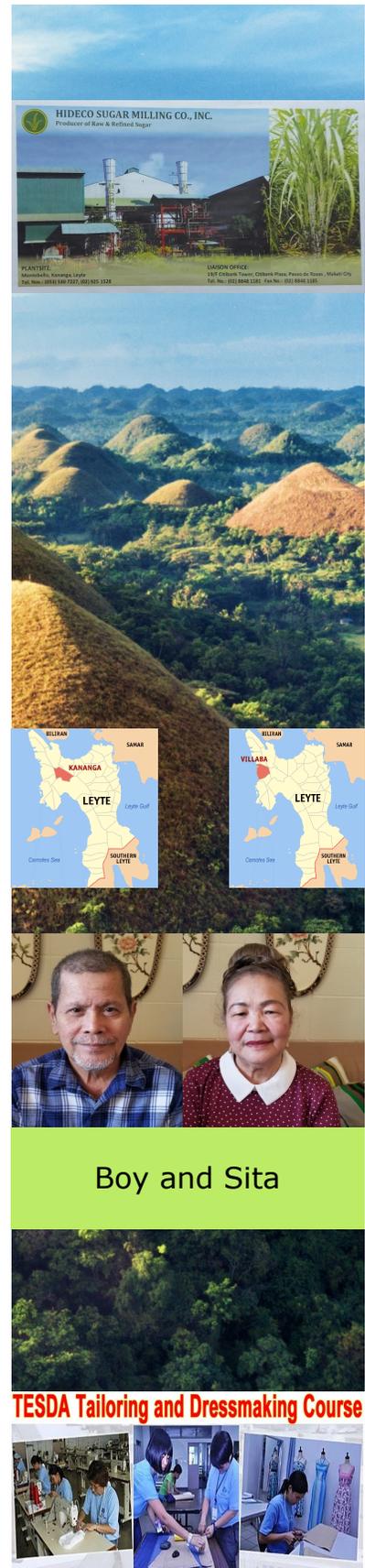
Sita's hobby was sewing. 1988 she decided to go to vocational school sponsored by TESDA (Technical Education and Skills Development Authority) held in St. Peter's College and became a dressmaking and tailoring teacher. Her clients included doctors and nurses from the three hospitals along with private and public school teachers and students. Because she had three daughters going to college at the same time, she went to Cebu city and worked at one of the boutiques to help with the family's financial needs.

Sita's favorite decade was the 1960s, she was 17 years old and learned to dance, which she loved and continues to this day. She met Boy when she was managing the grocery store next to the machine shop where Boy was being trained as a welder. They got married when she was 18 and he was 21. They have five children (4 daughters and 1 son); 14 grandchildren, and 4 great grandsons.

Their favorite trip was to Bohol island, known for coral reefs and unusual geological formations. One of the famous ones is Chocolate Hills (which is the background picture to the right). It was the first time all their adult children were together for a family vacation.

Boy and Sita feel privileged to bring their love of God and joy with them as they work with NBRC clients. REI has a music program where the clients, staff and volunteers dance. Sita said, "It just makes us so happy to laugh and enjoy life along with them—all the worries of their lives fall away as they dance."

Thank Boy and Sita for sharing your hearts and talents with NBRC clients!



## FIRE SAFETY

Send email to [lbordner@nbrc.net](mailto:lbordner@nbrc.net) if you have signed up for NIXLE alerts and if you've created a Go-Bag for a prize!



### SIGN UP FOR ALERTS

#### NIXLE alerts: Text your zip code to 888-777

Receive email and text messages from local fire and law enforcement agencies that include public safety messages as well as emergency information.

Earthquake and Wildfires happen with little to no warning.

Always keep a sturdy pair of shoes and a flashlight near your bed in case of a sudden evacuation at night.



### GRAB and GO-BAG

- Identification, SS card, Passport, Medical ID
- Phone and battery charger
- 3 days worth of food/water
- Prescription medications for 1 week
- Cash
- Change of clothes, shoes and mask
- Portable radio and extra batteries
- Flashlight and extra batteries
- First Aid Kit
- Map with evacuation route/shelter sites
- Ziploc and garbage bags
- Field knife or multi-tool
- Personal items (deodorant, soap, toothpaste)
- Mask, hand sanitizer, wet wipes

#### Smart Tips:

##### PACK IN ADVANCE

One emergency backpack for each family member with essentials to grab and go without warning — include 3 bottled water, 3 days of food and wet wipes.

**REPLACE** food and water every 6 months.

##### USE WHEELED TUBS

Prepare more emergency supplies on wheels, to take if there is time—packed and ready to go and should contain the majority of your extra supplies.

Use the Go-Bag and Emergency Checklist included in recent mailing to prepare your own Go-Bag!

# Prepare For Emergencies

The **visual list** below can help you prepare and pack NOW in preparation for an emergency relocation during a disaster. Don't wait! Add new items each week until your emergency bags are ready.

Emergency crews and police will be responding to the emergency and need YOU to be responsible for yourself. Plan how to evacuate and pack your own emergency supplies for at least 3 days.

Wildfire, earthquake or any other disaster that has the ability to interrupt energy, housing, travel, and communication puts you, your family and pets in danger.

California Wildfires are FAST—Instead of 6-14 miles per hour, the Glass Fire advanced at 40mph because the winds were 70 mph. At its peak, satellite images revealed the Glass Fire was consuming one acre every five seconds (as reported by the Sept. 29, 2020 Sacramento Bee).

You cannot outrun this kind of wildfire on foot. When you are told to evacuate, be ready and don't wait. Have a safe meeting place planned. Let others know where you are after you are safe.

## Did You Know...

- Fire travels **faster** uphill than downhill.
- 90% of Wildfires are started by human carelessness.
- A large wildfire, also called a conflagration, is capable of modifying the local weather systems, including creating pyro-cumulonimbus clouds, which NASA has called the **"fire-breathing dragon of clouds"** for the thunderbolts they hurl at the earth, which create more blazes and even fire tornadoes.



# SUDOKU Time!

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

**Directions:**

Use all nine numbers (only once) within each row, column, and block.

*If you get stuck, the answer key is on page 6.*

**Puzzle 5**

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

**Puzzle 6**

## Special Days in June

- June 1 National Pen Pal Day  
Global Day of Parents
- June 2 Global Running Day
- June 3 World Bicycle Day  
National Egg Day
- June 4 National Hug Your Cat Day
- June 5 World Environment Day
- June 6 **D-Day**
- June 8 National Best Friends Day  
World Oceans Day
- June 10 National Iced Tea Day
- June 13 National Children's Day
- June 14 Flag Day  
World Blood Donor Day
- June 15 **World Elder Abuse Awareness Day**  
National Photography Day
- June 19 **Juneteenth**
- June 20 Father's Day  
World Refugee Day
- June 21 Summer Solstice
- June 25 **Battle of the Little Bighorn**
- June 27 Helen Keller Day  
National PTSD Awareness Day
- June 29 National Camera Day
- June 30 World Social Media Day  
International Asteroid Day



No volunteer birthdays in June.

If you're reading this and it's your birthday—**Happy Birthday!**

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

Sudoku Puzzle 6 Solution

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

Sudoku Puzzle 5 Solution



**AmeriCorps  
Seniors**

### Senior Companion Program

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Read our newsletters online:  
[NBRC.net Senior Companion Program](https://nbrc.net/SeniorCompanionProgram)

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