



March

In Like a Lion – Out Like a Lamb

Hold Onto Your Hat!

The first day of Spring may not be until March 20, but the winds of change are upon us. We are working to get everyone back to serving in person at their sites. Amani and UCP are hoping to open again this month. Buses may be fewer or a little slower in getting us to our destinations. If you need help finding a better fit for your bus/work schedule, give us a call or send an email and we will help you. In the meantime, we hope you are happily “blown away” by the push to return to serving in person.

Don't forget that **Daylight Saving Time begins Sunday, March 13**. It's the time of year we reluctantly “spring forward” by setting our clocks one hour ahead before we go to sleep—so that we are on time on Monday.

By the way, you are all doing a **great job** with your Zoom timesheets! Thank you!

Another big change is that Ana Horta has decided to follow her heart and has accepted the position of Diversity and Equity Supervisor for North Bay Regional Center (NBRC), beginning her new job on March first! This is a dream come true for Ana. We celebrate her advancement even though we will miss her caring guidance. She leaves the Senior Companion Program well organized and in better shape than when it transferred to NBRC in the fall of 2018.

There will be no change for our volunteers or their host sites. Ana will be covering the position in a limited capacity until a new supervisor is hired, so you may still reach out to her until that time. Meanwhile, we will continue our important service to the community.

Please remember that, whatever the challenge, we can accomplish anything when we move forward together.

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North Bay
Regional Center



North Bay Regional Center
Senior Companion Program

2351 Mendocino Ave
Santa Rosa, CA 95403

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Join Us To Cheer For Ana!

The Boston Marathon is the world's oldest annual marathon, beginning in 1897. A 26-mile course with three hills that precede the final, fourth hill infamously called Heartbreak Hill, located between mile 20 and 21 in Newton, Massachusetts

Ana Horta is competing this year and has a lifetime of running experience and several successful marathons in her past. She's even competed and finished the Boston Marathon before. This time she's hopes to take more of the wonderful Bostonian spirit as she runs by.

So on Monday, April 18, 2022 — the third Monday in April as is the custom — runners from around the world will line up and compete to see who the fastest runner is and to continue an honored celebration of stamina, strength and preparation.

In Ana's words, " I run not because it's easy, I run because it takes a lot of focus and strength. We do not realize how strong we are until we are forced to be strong. It is a reminder that we can move forward despite challenges. I run because I feel free and because it humbles me every time."

Taking on new challenges is important, not just the easy stuff, but the harder stuff too. Ana challenges her body, mind and spirit through her work, family, running and her devotion to making the world more equitable and goals more attainable for all of our citizens. So while we will miss her—we celebrate her achievements and wish her well on the next leg of her race.

A message from Ana:

My beloved volunteers and Lisa, the last couple of years have been quiet a journey. Together, we have been through the SDC closure, numerous fires, power shutoffs, record high temperatures, and a pandemic. We have walked a long way, and evaded many obstacles, but most importantly we built community. Each of you have taught me something special. I am sad to depart from the program but all the lessons learned, all the memories, the laughter and our "togetherness" will remain in my heart. You have inspired me, I can only hope to be as wise and caring as you all are. You are superheroes, and your super power is love. Love can conquer anything, always remember your worth and your power!

Deeply and forever thankful!

Ana



**SAYING GOOD-BYE
TO ANA**

SCP In-Service

March 4, 2022

12:00p to 2:00p

Finley Community Center
2060 W College Ave.
Santa Rosa, CA 95401

(At the picnic area close to
the volleyball court)



Fruit In All Its Fabulous Forms

To benefit from the many vitamins and minerals in fruit, focus on eating whole fruits, not fruit juice.

Fruits are rich sources of vitamins A, B-6, C, folic acid (folate), potassium, magnesium, and/or fiber.

Research shows eating fruits lowers risk of chronic diseases and certain types of cancer.

Focus on consuming a variety of different colors of fruits. Each color has unique nutrients and health benefits for a healthier you!

Blue/Purple—Decrease risk of heart disease, high blood pressure and cancer.

Yellow/Green—Decrease risk of cancer and high blood pressure; promote eye health.

Orange/Yellow—Decrease inflammation; promote eye health and immune system.

Red—Decrease risk of heart disease and cancer.

Buy local and in season

Get to know your grocer/farmer—buy organic when possible to avoid harsh chemicals

Buy locally grown fruit during local season for best quality and lower cost.

June: blueberries, cherries, strawberries

July: apples, apricots, blackberries blueberries, cherries, raspberries

August: apples, apricots, blueberries, cantaloupes, honeydew, muskmelons, peaches, pears, plums, raspberries, watermelon

September: apples, blueberries, cantaloupes, grapes, honeydew, muskmelons, pears, plums, raspberries, watermelon

October: apples, cantaloupes, grapes, pears, raspberries, watermelon

Alternative to fresh?

When fresh is not available or high in cost, remember canned and frozen fruit can be a tasty option.



Source: Iowa State University
Extension and Outreach

Tell Us What You've Learned

1. Whenever possible, buy your fruit from big chain stores and not Farmer's Markets or local producers.

- YES
- NO

2. What health benefits are there to eating fresh fruit?

3. Is fruit juice just as beneficial as eating whole fruit?

- YES
- NO

4. If fresh fruit is not in season, what is a good substitute?

- A) Fruit Juice**
- B) Frozen**
- C) Canned**
- D) Both B and C**

5. Fresh fruit is a rich source of what vitamins?



HOW TO BUY FRESH AND SAVE FROZEN

Buy extra fruit in season when the price is low. Remove stems and rinse, cut away any bad parts. Place clean dry fruit on a cookie sheet. Don't let pieces touch. Put in the freezer for 2 hours. Remove and place into a freezer-safe bag and place back in the freezer. The fruit will be fresh and wonderful in midwinter. You can use frozen fruit to:

Quiz Time

Receive one-half hour of training credit by sending your answers to:

lbordner@nbrc.net

Or by mail to:

SCP
2351 Mendocino Ave
Santa Rosa, CA 95403

If you haven't been able to attend all our SCP Zoom trainings, you can add to your annual training by completing our newsletter quizzes!

- Blend in smoothies
- Blend to make purees and sauces
- Use in baking like muffins and cakes
- Use in crumbles
- Thaw and make jam
- Defrost in the fridge and add to porridge or pancakes
- Use in homemade ice cream
- Turn into a chutney
- Use in a salsa
- Make pies or tarts

PUZZLE TIME—SUDOKU

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

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

Puzzle 1



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

Puzzle 2

Solutions on the back page

Paid Days Off in 2022:

- MON—21 February—President’s Day**
- MON—30 May—Memorial Day**
- MON—July 4th—Independence Day**
- MON—Sept 5—Labor Day**
- MON—October 10—Indigenous People’s Day**
- FRI—November 11—Veterans Day** (a paid holiday only if your site is closed)*
- THU—November 24—Thanksgiving Day**
- FRI—November 25—Day after Thanksgiving**
- MON—December 26 Christmas Day Observed**

The above holidays are paid for all active volunteers who normally work on those days.
*Only paid if your site is closed.

Returning to your site? Be sure to wear your mask correctly and wash your hands!

Do wear a mask that



- Covers your nose and mouth and can be secured under your chin.
- Fits snugly against the sides of your face.

How NOT to Wear a Mask



Senior Companion Program

North Bay Regional Center
2351 Mendocino Ave
Santa Rosa CA 95403

Email: infoSCP@nbrc.net
Website: <https://nbrc.net/senior-companion-program/>

Editor
Lisa Bordner, SCP Coordinator



- Teresita B 03/13
- Roderick P 03/23
- Emma P 03/28
- Victor C 03/30



- Dioscoro B 04/22

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

Practice 2 (Easy, difficulty rating 0.37)

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

Practice 1 (Easy, difficulty rating 0.41)