

# NBRC Senior Companion News



The month of March means the winds of change are coming and spring will soon be here. For the past few years, our government representatives have promised to do away with the time change, but for now it's still with us. Which means that on **Sunday, March 10th**, everyone should set their clocks forward by one hour — what was 8 o'clock becomes 9 o'clock, as we **spring forward** for Daylight Saving. The best advice is to set your clocks ahead before you go to bed on Saturday night.



Springtime is a period of hope and renewal that can be seen all around. The earth and trees push forth with great energy after the winter's rest. People feel the same sense of hope and renewal as springtime invigorates our hearts and minds. We prepare for early planting, sign up for classes, start new projects, celebrate religious holidays and make travel plans.

Most of us get that itch to go outside and have fun. A little *Spring Fever*, as they say. Senior volunteers may notice some behavioral changes while participating in activities with their companions. Spring fever symptoms include a sense of restlessness, excitement, and yet resistance to a normal routine, or an antsy feeling to try something new. We seem to crave activity and sleep in equal measure as more daylight increases our serotonin levels. Losing an hour of sleep can reduce attention spans and make us sleepy, but we're more likely to nap after an activity than we are to get a full night's sleep for a few weeks as we adjust to the increased light and the season begins to change.

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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](mailto:infoSCP@nbrc.net)

707.566.3005



North Bay  
Regional Center



AmeriCorps  
Seniors

# Annual Job and Resource Fair

This special hiring event is for people who are homeless or at risk of becoming homeless.

If you know someone who is homeless or at risk of becoming homeless—please tell them and help them attend this important event.

**When:** March 20, 2024  
11:00a—2:00p

**Where:** Sonoma County Fairgrounds  
1450 Bennett Valley Road  
(Enter on Brookwood Ave. — walk through the gate)

**For More information contact Job Link:**  
(707) 565-5550 or [joblink@schsd.org](mailto:joblink@schsd.org)

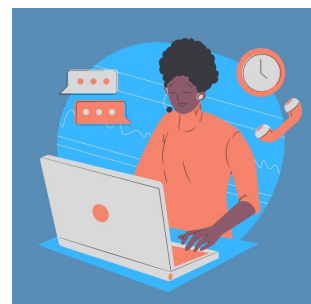
- Don't miss the raffles throughout the event!
- Lunch is included along with a \$25 Gift Card.
- Meet Employers and Resource providers!

It's a WIN • WIN for everyone who attends.



**Plus—**

**ON-SITE RESUMÉ CLINIC**



**FREE HAIRCUTS**



**References:**

<https://www.opportunityvillage.org/disability-services/ways-to-foster-independence-idd>

# National Nutrition Month®

March is National Nutrition Month® when we are encouraged to take stock of our eating habits. Yes, we can make small changes that will have a big impact without sacrificing flavor and freshness. Let's make it a judgement-free experience and concentrate on looking for healthy recipes, shopping for healthy ingredients and encouraging everyone in the household to make a healthy meal to share.

## Eatright.org offers these nine tips for families:

1. As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
2. Give family members a role in meal planning and let them pick out different recipes to try.
3. Plan to eat more meals together as a family during National Nutrition Month®.
4. Explore food recovery options in your community.
5. If you watch TV, take breaks during commercials to be physically active.
6. Practice mindful eating by limiting screentime at mealtime — including phones, computers, TV and other devices.
7. Try more meatless meals — choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
8. Let everyone help with food preparation — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.
9. Bring out the flavors of food by adding new herbs, spices, or citrus fruit like lemon or lime.

## Here's a healthy recipe to get you started!

### Halibut with Butternut Squash & Gremolata

#### Ingredients

1 pound butternut squash, peeled and cut into ½-inch cubes  
1 pound potatoes, cut into ½-inch cubes  
1 medium shallot, sliced  
1 teaspoon plus 1 tablespoon olive oil  
Salt and pepper, to taste  
4 four ounce skinless halibut fillets

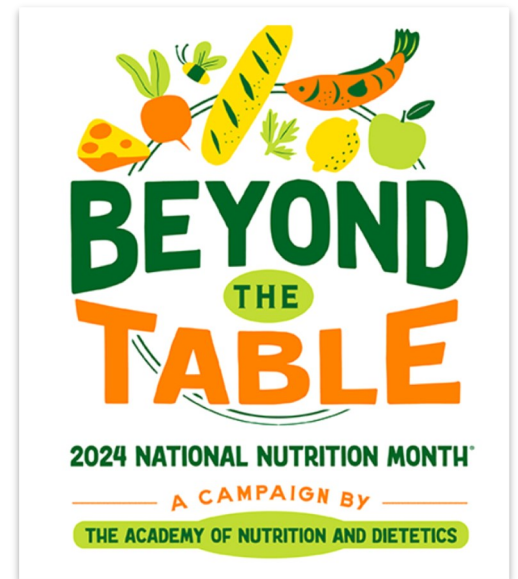
#### For the Parsley Gremolata

1 cup fresh flat-leaf parsley leaves, chopped  
1 to 2 small garlic cloves, sliced  
3 teaspoons lemon zest  
¼ cup water, as needed  
½ cup olive oil  
4 teaspoons lemon juice  
Salt, to taste

#### Directions

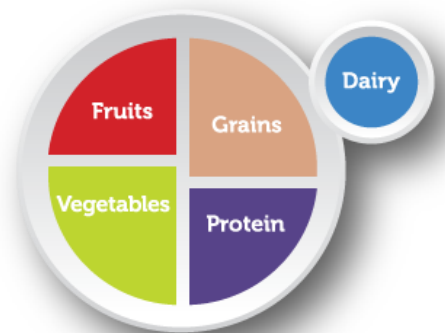
Preheat the oven to 450 degrees. Prepare the gremolata as directed above. On a rimmed baking sheet, toss the butternut squash, potatoes, and sliced shallots with 1 teaspoon of olive oil, salt, and pepper. Bake in a single layer for 25 minutes, or until tender and just beginning to brown.

Rub the halibut fillets with the remaining 1 tablespoon of olive oil and a generous pinch of salt and pepper. Lay the fillets on top of the roasted vegetables. Roast for 10-12 minutes more, or until the fish is cooked through. Serve the roasted vegetables topped with the fish and a generous spoonful of the Parsley Gremolata.



## What's on Your Plate?

Balance your nutrition



Halibut with Butternut Squash & Gremolata

## References:

<https://www.eatright.org/national-nutrition-month>  
<https://www.cookforyourlife.org/recipes/halibut-with-butternut-squash-gremolata-2/>

# Become a GREAT Senior Companion Volunteer

## Transitions

Helping with transitions is an important part of the many activities in which a Senior Companion volunteer may participate.

When working with people who have developmental disabilities, it's important to understand your individual's limitations and triggers. Small actions can result in a big response, which might move on to include others who are nearby. Your words and actions should be thoughtful and appropriate.

Transitioning from one activity to another can be improved by using a calm and prepared approach. Perhaps your site uses music to signal a change is coming. A great Senior Companion Volunteer will model the correct behavior and gently encourage their companion into transition. Humming along with the music may help reinforce what is happening at the time. Do you have a "clean-up" song or other signal that is used to mark that a transition is coming at your site?

During transitions your companion may begin to talk too loudly, or have a physical reaction to the stimulation around them. It can help to keep your own voice low and friendly. If your companion is reluctant to stop what they are doing, try shifting their focus in a way that might make the transition more fun, such as; "John, do you want to sit with Michael when we sing? Let's find Michael."

It's important to help your companion with transitions, which are a crucial part of life. Their success in learning to transition as needed, can help them find and keep a job, create lasting friendships and become more independent. Ask site staff for suggestions specific to your individual. In general you may find the following tips to be worthwhile in helping your companion get ready for and happily transition to the next activity.

- Help your companion notice that a transition is coming—picture cards, words, music and lighting might all be used as determined by your site supervisor. Your role is to notice and encourage: "Oh the lights are changing, it must be almost time for lunch."
- Use eye contact and a gentle verbal reminder or pointing out the signal that they will end this task and start a new one soon.
- Praise any move toward the new activity (if they are cleaning up, putting something away, or paying attention to the directions).
- Help them look forward to the transition by pointing out something positive, such as their past skill with the activity or someone they will get to see.
- Help them feel wanted at the new activity (maybe point out their friend is getting ready to change activities too, or that their friend is waiting for them).
- Praise the activity they worked on, so they feel successful and ready to move on, "Wow, Sarah, you did such a great job on your painting today!"
- Smile. It's contagious. Most days can be made better with a smile and a shared laugh. If you look happy and ready to transition, then your companion may too.

Send a short email or phone call, give your name, and tell us how you participated in helping your client with transitions to receive a 1/2 hour training credit.

[lbordner@nbrc.net](mailto:lbordner@nbrc.net) 707.569.2083

## Transitions Visual Cards



## Participate



## References:

<https://www.integrityinc.org/strategies-working-adults-developmental-disabilities/>

<https://link.springer.com/article/10.1007/s40489-014-0039-0>

## STRETCH Your Brain

### Sudoku Directions:

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

A — Easy

## UNSCRAMBLE WORDS

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

(Total possible words with 3 letters or more = 329)

[illegible]

<https://wordmaker.info/how-many/leprechaun.html>

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

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

B — Easy



## Upcoming Paid Days Off

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Cesar Chavez Day	March 31	Mon—April 1
Memorial Day	Last Monday in May	Mon—May 27
Juneteenth	June 19	Wed—June 19
Independence Day	July 4	Thu—July 4

Just a few of the many celebrations happening this month:

DATE	Celebration Days	Awareness & Education
1.	Peace Corps Day	• National Nutrition Month
3.	Caregiver Appreciation Day	• Irish American Heritage Month
6.	Dentist's Day	• Social Workers' Month
9.	Genealogy Day	• National Women's History Month
10.	Daylight Saving Time Begins	• Red Cross Month
12.	Girl Scout Day	
14.	Pi Day – because it is 3.14	
15.	Ides of March	
16.	Freedom of Information Day	
17.	Saint Patrick's Day	
18.	Awkward Moments Day	
19.	Earth Day and 1 <sup>st</sup> Day of Spring	
21.	World Poetry Day	
24.	Palm Sunday	
29.	Good Friday	
30.	National Doctor's Day	
31.	Easter and National Crayon Day	

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



### North Bay Regional Center

North Bay Regional Center  
 520 Mendocino Ave  
 Santa Rosa, CA 95401 95401

Email: [infoSCP@nbrc.net](mailto:infoSCP@nbrc.net)

Phone: 707.566.3005



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### March 2024

Ann H 3/6  
 Teresita B 3/13  
 Emma P 3/28  
 Victor C 3/30

### April 2024

Dioscoro (Boi) 4/22

Shhhh...the answers are below!

A

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

B

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