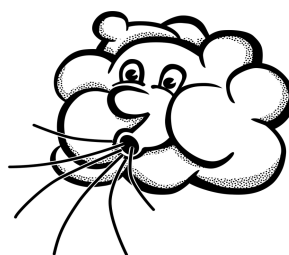




The winds of March help move the weather patterns into place in the northern hemisphere for winter to fade (or lurch) into spring. The winds of change are blowing a lot lately, but if we remember to let ourselves bend with the changes, instead of resisting them stiffly, we will become stronger and confident.



An interesting study was done by the University of California, where they planted several trees in three groups. The first group of trees was planted and staked. The second group of trees was planted and not staked. The third group of trees was planted and waved back and forth by hand each day. After several months, they tested the trees for height and trunk diameter. What they learned was that the trees that were staked grew straight and tall, but were the weakest with a small trunk diameter. The second group of trees were medium in height, medium in trunk diameter, but crooked. The third group of trees were shortest but had the greatest trunk diameter and were the strongest. So, in order to grow the strongest trees, one should plant them with just enough support to stand upright and allow them to wave in the breeze to build strong trunks.

We can relate this example to our own lives. If we are completely protected from stresses as we grow and live, then one day, when there is a sudden or dramatic upset in our lives, we won't have built up our skills and strengths to help us deal effectively with the problems that arise.

However, if we wisely move about our communities and experience the bad with the good, joining with others where we find agreement; we become stronger and are able to absorb changes and challenges with greater fluidity and grace. Our friends, our experiences, and our faith build a strong root system that help us bend and not break. Reach out your branches a little farther, remember your inner strength, and be ready to gently bend if needed regardless of what winds may blow.

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- Page 6:** March / April Birthdays Paid Days Off / In-Service Awareness and Celebration Days

Join Us



If you know someone who would make a caring SCP volunteer, please have them contact:

Melissa Slama
melissas@nbrc.net

707.566.3005

Disability Awareness Month

March is **Disabilities Awareness Month**, a time to reflect on the value of person-centered practices and the meaningful role each of us plays. For volunteers who support individuals with developmental and intellectual disabilities, person-centered care is not a slogan, it's something you practice every day through your presence, patience and genuine connection.

A person-centered approach is at the heart of individuality. This means seeing each person first as an individual, not a diagnosis. It means taking time to learn what matters to each specific person; their interests, routines, preferences, and goals—and allowing those things to guide your interactions. Whether your companion loves music, enjoys sorting activities, prefers quiet conversation, or thrives on routine, honoring those choices helps them feel respected and valued.

Person-centered care often shows up in small but powerful ways. It may be waiting patiently while your companion completes a task independently, even though it takes longer. It could be offering encouragement rather than stepping in too quickly; or noticing when a person wants company versus space. These moments communicate an important message to your companion: They matter, Their voice matters, and you care about their choices.

Older volunteers bring something especially meaningful to person-centered care; their life experiences and ability to truly listen. Most participants feel comforted by familiar faces and calm, consistent interactions. Your willingness to meet people where they are helps create a sense of safety and belonging, which encourages that person's confidence and growth.

At Day Programs, person-centered care also means being flexible, as plans may change and energy levels may vary. A person-centered mindset reminds us that success is **not** about finishing an activity *perfectly*, it's about how someone feels during the experience. Did they feel heard? Did they feel respected? Did they feel Included?

As we observe Disabilities Awareness Month, take a moment to recognize the quiet impact you make. Person-centered care does not require grand gestures. It exists in your shared laughter, gentle guidance, and the everyday choice to see ability, instead of limitation.

Thank you for practicing person-centered care: one relationship, one moment, and one person at a time. Your compassion helps build a more understanding and welcoming community for everyone.



Highlights

- See each person first as an individual
- What are your companion's specific interests, routines, preferences and goals?
- Allow the individual to complete tasks at their own speed—don't jump in to help too soon
- Offer encouragement instead of stepping in
- Be engaged—look into their eyes, smile
- Be consistent
- Be flexible
- Be encouraging with words and your facial expressions
- Be patient
- Notice outcomes—Did they enjoy the activity?
- What did you learn about their preferences?



TRAINING QUIZ—EARN 1 HOUR CREDIT

★ Person-Centered Care Quiz

Complete this quiz and send your answers to earn credit

Part 1: Multiple Choice

- Person-centered care means:
 - Focusing on completing activities correctly
 - Seeing the diagnosis first
 - Seeing each person first as an individual
 - Following the schedule exactly as written
- Which of the following is an example of person-centered practice?
 - Finishing a task quickly for your companion
 - Letting your companion complete a task at their own pace
 - Choosing activities for them without asking
 - Correcting mistakes immediately
- A person-centered approach encourages volunteers to focus on:
 - Productivity
 - Speed
 - Individual interests, routines, preferences, and goals
 - Keeping everyone on the same activity
- Success in person-centered care is best measured by:
 - How perfectly the activity was completed
 - Whether the schedule stayed on track
 - How the person felt during the experience
 - How quickly the activity ended

Part 2: True or False

- Person-centered care requires grand gestures to make an impact.
 True False
- Offering encouragement instead of stepping in too quickly supports independence.
 True False

7. Being flexible is part of person-centered care, especially at Day Programs.

True False

8. Consistency and calm interactions help create safety and belonging.

True False

9. Person-centered care means always keeping people busy.

True False

Part 3: Reflection Questions (Written Response)

10. Think about your current companion — Name two of their specific interests or preferences?

11. Describe a time when you waited patiently instead of stepping in. What happened?

12. How can your facial expressions and tone of voice communicate encouragement?

13. After an activity, what questions can you ask yourself to evaluate success?
(Example: Did they feel heard... What others?)

14. What is one way your life experience helps you practice person-centered care?

Answer these questions and take a photo. Email the photo to: lbordner@nbc.net and earn 1 hour training credit.

Women's History Month

Understanding the struggle of women throughout history and during this particular time in history, is incredibly important. Women's History Month is a perfect time to learn more about the past and present struggles and successes of women.

Following are six books to get you started:

We Should All Be Feminists by Chimamanda Ngozi Adichie

Here is one woman's remarkable exploration of what it means to be female in today's world—and a rallying cry for why all women should be feminists.

Hidden Figures by Margot Lee Shetterly

A true story about black female mathematicians at NASA whose calculations helped make possible some of America's greatest achievements in space. This powerful history is essential to our understanding of race, discrimination, and achievement in modern America.

Educated by Tara Westover

#1 New York Times, Wall Street Journal and Boston Globe Bestseller. One of the most acclaimed books of our time. A young woman, kept out of school, and raised by a survivalist family decides to leave and goes on to earn a PhD from Cambridge University.

No One Is Too Small to Make a Difference by Greta Thunberg

Greta Thunberg was only 15 years old when she decided to leave her classroom and begin protesting about the climate crisis. Her book is a rallying cry for why we must all fight to protect our living planet, no matter how powerless we feel.

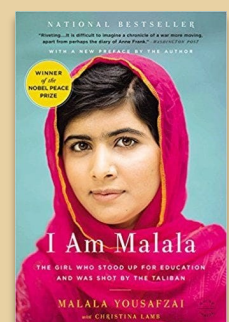
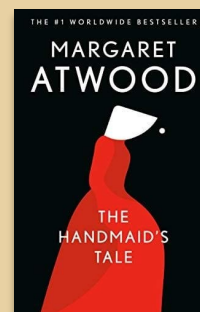
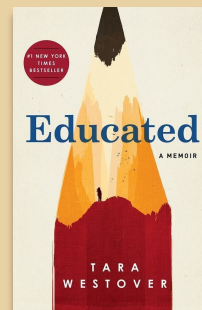
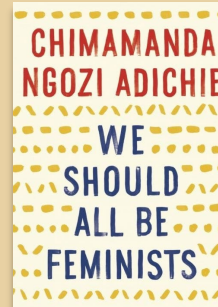
The Handmaid's Tale by Margaret Atwood

In a dystopian future, A civil war erupts in America and a rigid, patriarchal society takes over. Most women are infertile. They are forbidden to read, own property, or manage money. Amidst environmental disasters and plummeting birthrates, a harsh ruling class forces fertile women, known as "Handmaids," to bear children for powerful, wealthy families.

I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban by Malala Yousafzai and Christina Lamb

Oppressed by the Taliban in Pakistan, one girl spoke out and refused to be silenced and fought for her right to an education. On Tuesday, October 9, 2012, when Malala Yousafzai was fifteen, she almost lost her life. She was shot in the head while riding a bus home from school. Malala's recovery has taken her on an extraordinary journey from a remote valley in northern Pakistan to the halls of the United Nations in New York. At sixteen, she became a global symbol of peaceful protest and the youngest nominee ever for the Nobel Peace Prize.

Read All About It:



Upcoming Paid Days Off / In-Service Dates

In-service dates are subject to change

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
IN-SERVICE	MARCH	Thu—Mar 26
CESAR CHAVEZ	March 31	Tue—Mar 31
IN-SERVICE	APRIL	Thu—Apr 23
MEMORIAL DAY	Last Monday in May	Mon—May 25
IN-SERVICE	MAY	Thu-May 28

MARCH 2026

A Few Celebration Days

- 3/1 [Peace Corps Day](#)
- 3/2 [Rescue Cat Day](#)
- 3/3 [Caregiver Appreciation Day](#)
- 3/4 [National Safety Day](#)
- 3/6 [World Day of Prayer](#)
- 3/8 **DST Begins!**
- 3/9 [National Barbie Day](#)
- 3/10 [Harriet Tubman Day](#)
- 3/12 [National Girl Scout Day](#)
- 3/14 [Write Your Story Day](#)
- 3/15 [Ides of March](#)
- 3/16 [Freedom of Information Day](#)
- 3/18 [Social Worker Day](#)
- 3/21 [National Poetry Day](#)
- 3/25 [Little Red Wagon Day](#)
- 3/28 [National Hot Tub Day](#)
- 3/31 [National Farmworkers Day](#)

Awareness Topics

- [Women's History Month](#)
- [Disability Awareness Month](#)
- [Multiple Sclerosis Awareness Month](#)
- [National Bleeding Disorders Awareness Month](#)
- [National Kidney Month](#)
- [National Traumatic Brain Injury Awareness Month](#)



MARCH 2026

Teresita B -----3/13
 Emma P -----3/28
 Victor C -----3/30

APRIL 2026

Dioscoro B -----4/22

Shhh...the answers are below!

A

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

B

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

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



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

Email: infoSCP@nbrc.net
 Phone: 707.566.3005



North Bay
Regional Center



AmeriCorps
Seniors