

# NBRC Senior Companion News



## NBRC is Open to the Public Again!

As of May 2, 2022 the North Bay Regional Center offices reopen to the public! This is a huge step forward after more than two years of pandemic restrictions. We're incredibly grateful for the wise leadership that followed the science and kept us safe and grounded during this shared crisis. We're also glad to be returning to serving in person with clients and volunteers.

Visitors to NBRC buildings are required to wear a mask for now. Masks will be available if needed. Senior Companion Program volunteers will also return to serving in person based on their site assignments. Masks will be required for SCP volunteers.

SCP volunteer training meetings will increase now that we can meet in person. This will allow us to gather signatures, complete annual forms and share best practices for service. We've done a great job staying connected using Zoom, but video meetings have limitations and it is not the same as being together in person.

Melissa Slama, SCP Supervisor, is looking forward to meeting you all and getting to know you better. We are really looking forward to meeting in person again.

We understand if you are feeling unsure. It was scary when we went into isolation and it has been a little worrisome to come out of isolation. However, the medical community is ready now. We have vaccinations, treatments, and smart practices to guide us.

If you feel you still aren't ready to return to your site, speak with Melissa and your doctor. If you still don't feel ready after that, you may request a leave of absence and use your Annual Leave time until it is exhausted. Requests to use your Annual Leave should be sent by email or letter, so SCP staff and your site are aware of your choice.

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### Remember to save water



## Celebrating Asian and Pacific Island Americans

David Chiu (San Francisco's first Asian American city attorney)

Hiram Fong (first Asian-American U.S. Senator)

Joe Hayashi (military leader)

Mazie Hirono (U.S. Senator)

Mike Honda (U.S. Congressman)

Harold Hongju Koh (State department legal advisor)

Andrea Jung (non-profit leader)

Kurt Chew-Een Lee (first Asian-American Marine Officer in the U.S. military)

John C. Liu (NY Senator)

Fiame Naomi Mata'afa (Samoa's 1st female Prime Minister)

Patsy Matsu Takemoto Mink (first woman of color in Congress)

Jane Nishida (Former Administrator of the U.S. Environmental Protection Agency)

José B. Nísperos (military leader)

Jean Quan (California politician)

Dalip Singh Saund (first Asian American to be elected to the U.S. Congress)

Telesforo Trinidad (military leader)

Velma Veloria (first Asian American woman elected to Washington state legislature)

Hubert Vo (first and only Vietnamese American elected to the Texas legislature)



Like many of our SCP volunteers, Asian/Pacific Island Americans have been successful in every corner of life. There are so many exceptional people that you should check out the link below for yourself to see what we mean. They are leaders, cartoonists, writers, athletes, scientists, actors, singers and activists.

Our country is all the richer for the incredible participation of our Asian/Pacific Island citizens.

Celebrate!

<https://blog.ongig.com/diversity-and-inclusion/famous-asian-americans/>



# Training Time—Recognizing Media Bias

How do we manage our mental and physical health with heavy issues pressing on us with little resolution in sight?

## According to experts we need to:

- Set and follow a daily routine for waking, eating, going outside, exercising, and sleeping so we are spending time doing something positive
- Try to schedule activities that include other people at least once a week.
- Narrow focus to things we can change for the good in our own lives (daily acts of kindness, gardening, walking in nature, art projects, join a club, keeping a journal).
- Limit news consumption and choose **unbiased** sources.
- Identify things we cannot change and let them go.

Relaxed media rules in the 1980s along with huge profit potential led to the creation of many media sources that are legal, but may be unethical and biased in their reporting. As responsible citizens, we need to choose news sources wisely. Choose sources that have the most unbiased information and limit news consumption to only one or two hours a day.

Did you know that “news” has become more like advertising (opinion-based instead of fact-based)? Prior to the 1980s news programming did not have to make a profit, and ownership was limited. News broadcasts were 30 to 60 minutes in the evening. Now, with hundreds of stations to choose from, opinion is often broadcast as news 24/7 and has become a propaganda tool because outrageous stories keep people tuned in and offer huge profit potential to advertisers. This competition motivated media companies to develop programming that intentionally creates feelings of anxiety and fear to keep people tuned-in to their channel. News now competes with social media and other forms of entertainment to make money for stations.

The list at top right contains the most unbiased sources. You can look up **media bias ranking** by doing a Google search.

Check out your favorite news source to see if your source is biased. If your favorite newspapers are far left or far right, consider spending some time reading or listening to less politically and financially motivated information by reading AP, Reuters, BBC or listening to NPR.

Instead of listening to TV personalities tell you what to think, practice being your own digital detective by trying the tips in the column to the right.

## Unbiased News Sources

AP (Associated Press)  
Reuters  
AXIOS  
BBC  
Christian Science Monitor  
Independent Journal Review  
National Public Radio (NPR)  
Wall Street Journal news

## BE A DIGITAL DETECTIVE

- Determine first: Who has written this? Are they a reputable or reliable source?
- Is this written by a real person with a long history commenting on diverse topics, or by a fictitious-person created by an internet troll who targets conspiracy theories over and over?
- Where was the article published? Can I find the same information from a trusted reliable source?
- Examine claims found in YouTube videos and social media posts. Are they “clickbait” articles that spew out disinformation meant to prey on your emotions?
- Think twice before you like or share an article on social media.
- Don’t buy into hate, educate!
- Avoid cynicism but be skeptical.
- Be Web Literate - use these **Fact Check websites:**

[Politifact](#)

[NPR Fact-Check](#)

[Factcheck.org](#)

[Snopes](#)

[Washington Post Fact Checker](#)

[Truth be Told](#)

Sources:

<https://my.lwv.org/california/torrance-area/article/how-reliable-your-news-source-understanding-media-bias-2022>

<https://niemanreports.org/articles/the-transformation-of-network-news/>

## Tell Us What You've Learned

1. **Watching just one TV channel and reading only one newspaper is the best way to get unbiased news.**

- ☐ TRUE  
☐ FALSE

2. **Name three news sources from page two that are considered unbiased.**
- 
- 

3. **Clickbait is a term to describe online stories that appeal to our emotions but provide exaggerated or untrue information to keep us clicking for more.**

- ☐ TRUE  
☐ FALSE

4. **The best way to combat stress is to follow a daily routine that includes what?**

- A) Wake and sleep times that are consistent  
B) Eating healthy foods at predictable times  
C) Getting some physical exercise each day  
D) Limiting news to 1 or 2 hours a day from unbiased sources  
E) Doing all of the above

5. **Name at least two reliable fact-check web sites.**
- 
- 

## Fun Facts

### Celebrating Asian and Pacific Island Americans

- 7 % of Americans are of Asian/PI heritage.
- Hawaii has the largest percentage of Asian/Pacific Island Americans with 57%
- 27% of Asian/Pacific Island Americans live in multi-generational households
- **Zoom** CEO, Eric S. Yuan, is one of the most famous Asian American entrepreneurs

## Quiz Time

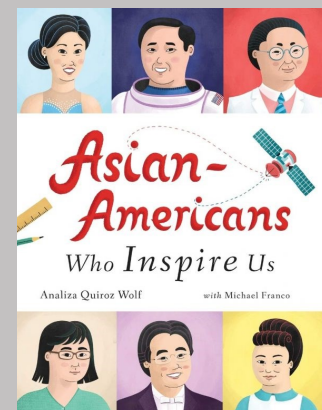
**Receive one-half hour of training credit by sending your answers to:**

[lbordner@nbrc.net](mailto: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 training page quiz and be paid to do it!



# PUZZLE TIME—SUDOKU and Word Scramble

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

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

Puzzle 5

## WORD SCRAMBLE

The Theme is Summer

- umsmer
- oht
- tsewa
- opol
- miwsmign
- kpslrine
- ninesshu
- ebik
- erifdns
- rmawtleeon

1. Summer
2. Hot
3. Sweat
4. Pool
5. Swimming
6. Sprinkler
7. Sunshine
8. Bike
9. Friends
10. Watermelon

Puzzle 6

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

Sudoku solutions on the back page



## Paid Days Off in 2022:

**MON—May 30—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.

## May is known for...

Flowers

Birthstone: Emerald

**Mother's Day—2nd Sunday in May**

Asian/Pacific Island Americans Month

Cinco de Mayo—Always on May 5

Indianapolis 500 race—Sun. May 29

Memorial Day—May 30—Honoring America's men and women who died in military service to our country

**Is there something you'd like to learn more about? Let me know.**

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

707.569.2083



**AmeriCorps  
Seniors**

### Senior Companion Program

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



**May**  
Maya Tomaquin 5/7  
**June**  
No birthdays  
**March—belated**  
Ann Hertel 3/16

Shhh, the answers are below :-)

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

Puzzle 6 (Easy, difficulty rating 0.33)

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

Puzzle 5 (Easy, difficulty rating 0.31)