

*A Season of Renewal***Springtime: A season of Renewal for Body, Mind and Service**

Springtime is nature's way of reminding us that renewal is always possible. As winter fades, blooms emerge, days grow longer and the air fills with new smells and birdsong. This transformation is not just for the earth—it touches our body and mind as well. Sunshine nourishes us with Vitamin D and lifts our mood and energy level. The colors of new flowers and the smell of warmed earth awakens our senses. We feel inspired to move, engage, and embrace life.

For volunteers at the Senior Companion Program, springtime also serves as a metaphor for hope and renewal. Our program, which provides companionship for individuals with intellectual and developmental disabilities, embodies the spirit of spring by bringing the warmth of connection and encouragement to those who may feel isolated. Just as spring revives a dormant earth, volunteers rekindle joy, self-worth, and a sense of belonging in those they serve.

Difficult times can weigh on the heart. Whether it's loneliness, health struggles, or the emotional burdens of the world, the presence of a compassionate volunteer can be a source of renewal for the people they serve. A simple conversation, a shared activity, or just the reassurance of being there can plant the seeds of hope. Volunteering, much like springtime itself, can remind us that no matter how hard the past or present may feel, renewal is always within reach. Tell someone you know about the Senior Companion Program and help them embrace personal growth, new possibilities, and the simple joys of life. ■

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**Join Us**

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

**Melissa Slama**  
[melissas@nbrc.net](mailto:melissas@nbrc.net)

**707.566.3005**



# Stroke Awareness

## What is Stroke? Why is it important to Act Fast?

A stroke occurs when blood flow to the brain is interrupted, either by a clot—called an *ischemic stroke*, or by a burst blood vessel—called a *hemorrhagic stroke*. Without oxygen-rich blood, brain cells begin to die within minutes, making strokes a leading cause of disability and death. However, quickly recognizing the symptoms and getting treatment can significantly improve outcomes.

One of the most effective ways to identify a stroke is by using the **BEFAST** acronym, which highlights these key warning signs:

**B = Balance:** Sudden dizziness, loss of balance, or difficulty walking.

**E = Eyes:** Blurred, double, or sudden loss of vision in one or both eyes.

**F = Face Drooping:** One side of the face may droop/sag or feel numb. Ask the person to smile—if the smile is uneven, this may indicate stroke.

**A = Arm Weakness:** One arm may feel weak or numb. Ask the person to raise both arms at the same time. If one drifts downward, it could be a sign of stroke.

**S = Speech Difficulty:** Slurred or strange speech, difficulty understanding or forming words. Ask the person to repeat a simple sentence such as, “The dog likes to play with a bone.”

**T = Time to Call 911:** If any of these symptoms appear, even briefly, call 911 immediately. Time is crucial in minimizing brain damage.

## Stroke Prevention and Awareness

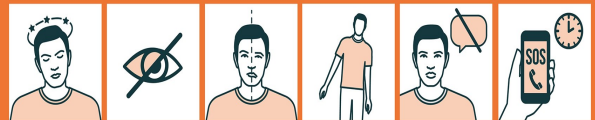
While some risk factors like age and genetics cannot be controlled, many strokes can be prevented by maintaining a healthy lifestyle. Managing high blood pressure, eating a balanced diet, exercising regularly, not smoking or vaping, and controlling diabetes can all reduce your risk of stroke.

## SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



**B E F A S T**



**BALANCE**

LOSS OF BALANCE,  
HEADACHE  
OR DIZZINESS

**EYES**

BLURRED VISION

**FACE**

ONE SIDE OF THE  
FACE IS DROOPING

**ARMS**

ARM OR LEG  
WEAKNESS

**SPEECH**

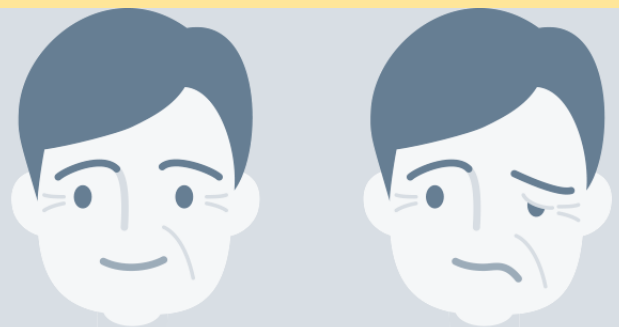
SPEECH DIFFICULTY

**TIME**

TIME TO CALL  
FOR AMBULANCE  
IMMEDIATELY

Educating others about stroke symptoms and prevention saves lives. Many people dismiss minor stroke symptoms (called transient ischemic attacks or TIAs) as temporary issues, but these “mini strokes” can be warning signs of a major stroke. Encouraging awareness and quick action can make the difference between life and severe disability or even death.

By knowing **BEFAST** and spreading awareness, we can all play a role in reducing the impact of strokes, and help people receive timely medical care.



To receive 1/2 hour extra training credit, send email to [lbordner@nbrc.net](mailto:lbordner@nbrc.net) and explain what the BEFAST acronym stands for.

# World Laughter Day

**In celebration of World Laughter Day — (May 4), and because it's also Mental Health Month (and laughter is the best medicine), we share the following for your amusement:**

**1. Why don't skeletons fight each other?**

They don't have the guts.

**2. I asked the librarian if the library had books on paranoia.**

She whispered, "They're right behind you..."

**3. What's orange and sounds like a parrot?**

A carrot.

**4. I told my wife she was drawing her eyebrows too high.**

She looked shocked.

**5. Did you hear about the claustrophobic astronaut?**

He needed a little space.

**6. Why did the coffee file a police report?**

It got mugged.

**7. I don't need an alarm clock anymore...**

My bladder gets me up at 4 a.m. sharp.

**8. I finally got my head together...**

Now my body is falling apart.

**9. I finally got into shape...**

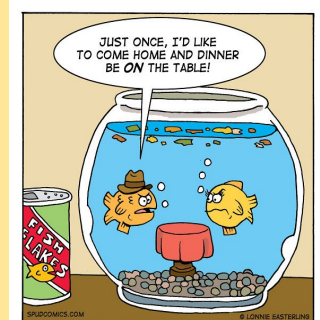
Turns out "round" is not as good as I thought.

**10. I used to have a spring in my step...**

Now it's more of a "creek."

**11. You know you're getting older when...**

The candles cost more than the cake.



# Honoring Asians and Pacific Islanders



President Gerald R. Ford signs a proclamation in 1976 confirming the termination of Executive Order 9066, which resulted in the incarceration of Japanese Americans during World War II. Among those looking on are Senator Daniel Inouye (D-Hawaii), Senator Hiram L. Fong (R-Hawaii), Congressman Spark M. Matsunaga (D-Hawaii), and Congresswoman Patsy T. Mink (D-Hawaii).



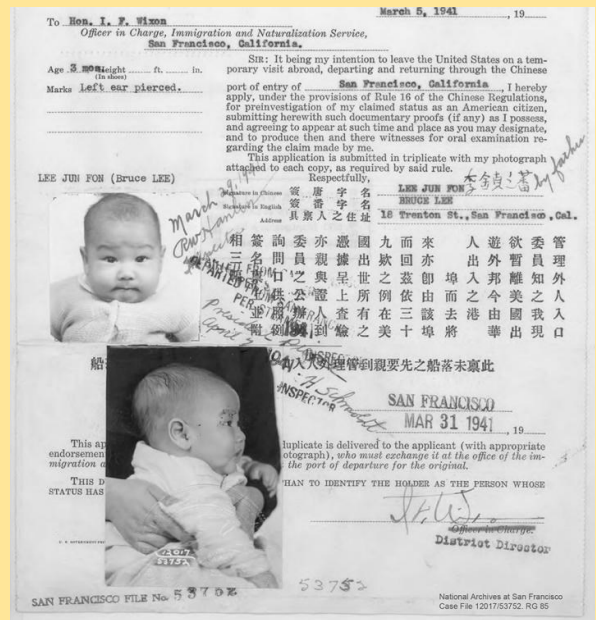
Astronaut **Ellison Onizuka**'s first space shuttle flight was on *Discovery* in January 1985. Sadly, a year later on January 28, 1986, he was aboard *Challenger* when it exploded shortly after liftoff, killing all aboard.

## National Park Service Celebrates Asian Pacific Islander Heritage Month

Every May, during Asian American and Pacific Islander Heritage Month and throughout the year, the National Park Service and its partners share histories and the continuing culture thriving in our parks and communities today.



We also recognize that many of our Senior Companion volunteers immigrated from Asian and Pacific Island countries and became American citizens. They serve our community in so many ways. Thank you for your many sacrifices, and for sharing your time and skills.



Future actor and martial artist **Bruce Lee** was born in San Francisco, CA, in 1940. He returned with his parents to China in April of 1941, and they filed for a Return Certificate on his behalf, documenting his birth and American citizenship.

# STRETCH Your Brain

### Sudoku Directions:

Use each number 1 to 9 just once within each row, column, and block.

## UNSCRAMBLE WORDS

How many words can you make out of the letters in the word: **DEVOTION**

(Total possible words = 107)

[illegible]

<https://wordfinders.com/solver/#results>



## A — EASY

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

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

**B —EASY**

## Upcoming Paid Days Off / In-Service Dates

In-service dates are subject to change

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
<b>Memorial Day</b>	Last Monday in May	<b>Mon—May 26</b>
<b>May In-Service</b>		<b>Thu—May 29</b>
<b>Juneteenth</b>	June 19	<b>Thu—June 19</b>
<b>Volunteer Recognition</b>		<b>Thu—June 26</b>
<b>Independence Day</b>	July 4	<b>Fri—July 4</b>

## MAY 2025

### A Few Celebration Days

- World Password Day
- World Press Freedom Day
- World Laughter Day
- Star Wars Day
- Cinco de Mayo
- Victory in Europe Day (VE Day)
- 11. Mother's Day**
- National Chocolate Chip Day
- Endangered Species Day
- World Hypertension Day
- National Brother's Day
- Memorial Day
- Learn about Composting Day
- World Multiple Sclerosis Day

### Awareness Topics

- Asian and Pacific Islander Month
- Stroke Awareness Month
- Arthritis Awareness Month
- Brain Tumor Awareness Month
- Cystic Fibrosis Awareness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Lupus Awareness Month
- Skin Cancer Detection and Prevention Month
- Mental Health Awareness Month
- National Asthma and Allergy Awareness Month
- National Celiac Disease Awareness Month

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



### Senior Companion Program

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Santa Rosa, CA 95401

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Phone: 707.569-2083



## MAY 2025

No birthdays in May

## JUNE 2025

Zena M  
Rita B

6/23  
6/28

Shhh...the answers are below!

A

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

B

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



North Bay  
Regional Center



AmeriCorps  
Seniors