

NBRC Senior Companion News



A Year of Pandemic Stress and Success

It is hard to believe that one year ago our lives were so drastically changed. At the time, when we left our day programs and offices, we had no idea what we were heading for. We originally thought it would only take a few weeks to return to our normal activities. Little did we know how many surprises and challenges Covid-19 had in store. Sheltering in place, masked, and 6 feet apart, we managed to move through the days, weeks and months. We learned to Zoom and use technologies we never used before. We remained connected with our clients and with each other. We supported one another and rose to the occasion again and again.

Today 85% of our volunteers are Zooming with their clients at their day programs. Since last July our volunteers have provided 2,406 hours of alternative activity services (Zoom and crafts), reaching an estimated 290 clients. Because of our volunteers' eagerness to serve and learn, NBRC's Senior Companion Program (SCP) was selected as a pilot project that involved the purchase of 3 tablets. We will be distributing the tablets this month to those volunteers that have the hardest time accessing Zoom. If our pilot is successful, we may have the opportunity to request more funds for the purchase of more tablets to lend to all our volunteers. We are so proud of our volunteers and SCP staff; we never gave up and we never will. During these 12 months we managed, we pushed, we struggled, we adapted and we overcame so much TOGETHER.

We are thankful to AmeriCorps, DDS and NBRC leadership for their continued support over the past year of challenges. They provided Temporary Disaster Allowance (TDA), which allowed us to continue to pay the volunteer stipend, and they supported us through this journey and gave us time to retool. Most importantly, we are so proud and thankful for each of our dedicated volunteers. Cheers to all of us for surviving and growing so much this year! — Ana Horta

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DST March 14, 2021



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VOLUNTEER CLOSE-UP

Eduardo & Valeriana Marzo—REI

Eduardo was born during the WWII Japanese invasion on August 17, 1943 in the city of Bagabag, Nueva Vizcaya province, Philippines.

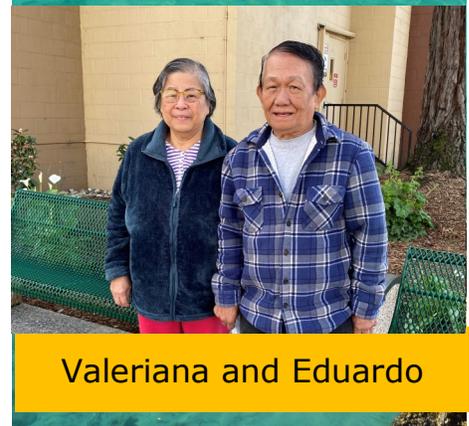
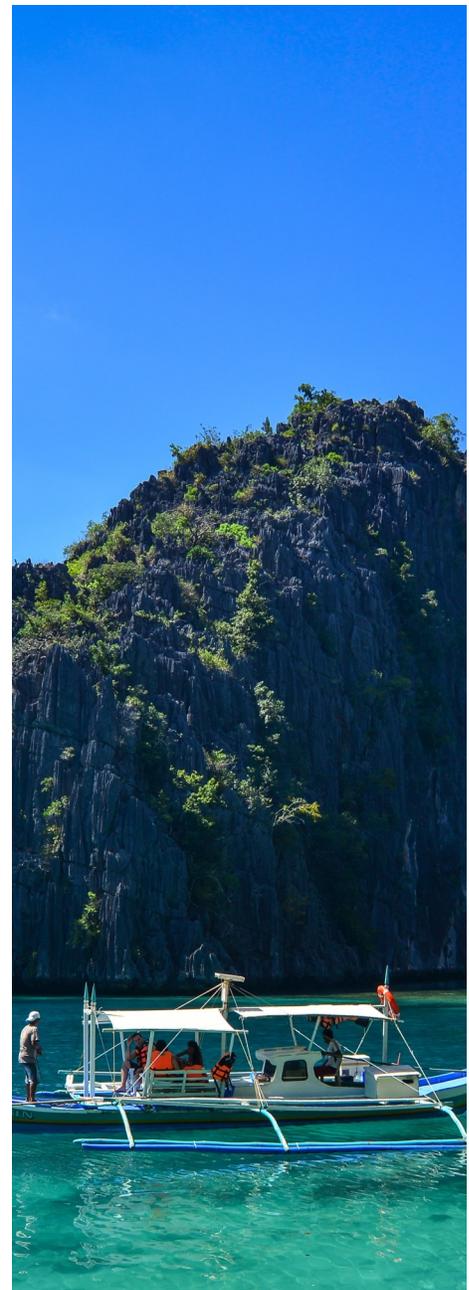
Valeriana was born December 15 in Anao, Tarlac in the Philippines. Attended High School but financial needs prevented her from continuing her education.

Eduardo spent two years in college before other activities pulled him away from his education. He met Valeriana when she was visiting a relative in Bagabag. They dated until marrying in 1980 and later had six children. Two of their children live in Canada, one in Spain, one in Saudi Arabia and one in the United States. They now have many grandchildren who are successful all around the world.

Eduardo worked in the Kingdom of Saudi Arabia as a skilled worker for awhile. In 1984 he was working as a clerk in the Land Transportation Office, until his brother-in-law (Army officer) invited him to live in Makati, Philippines, because there was work in the military reserves. He remained working there until they immigrated to the United States in 2008.

They first traveled to Canada by air, then by land with his nephew to the States. He and Valeriana both began working for the Sonoma Developmental Center in 2009 and later they joined NBRC Senior Companion Program when the SDC complex was closed.

We are incredibly proud of the care and attention that Eduardo and Valeriana give to NBRC clients and we hope that Valerie will be invited to sing with them again soon — maybe even on Zoom!



Valeriana and Eduardo



International Women's Day

International Women's Day Monday — March 8

Also known as **IWD** for short, it grew out of the labor movement to become a recognized annual event by the United Nations (UN). The seeds of it were planted in 1908, when 15,000 women marched through New York City demanding shorter working hours, better pay and the right to vote. The idea to make the day international came from a woman called Clara Zetkin. It was first celebrated in 1911, in Austria, Denmark, Germany and Switzerland. Things were made official in 1975 when the United Nations started celebrating the day. This year we're technically celebrating the 110th International Women's Day.

The world has made unprecedented advances, but no country has achieved gender equality. Fifty years ago, we landed on the moon; in the last decade, we discovered new human ancestors and photographed a black hole for the first time. In the meantime, legal restrictions have kept 2.7 billion women from accessing the same choice of jobs as men. Less than 25 per cent of parliamentarians were women, as of 2019. One in three women still experience gender-based violence. Additionally, data from UN Women revealed the coronavirus pandemic could wipe out 25 years of increasing gender equality. Women are doing significantly more domestic chores and family care because of the pandemic, which in turn, can impact upon job and education opportunities.

International Women's Day has become a date to celebrate how far women have come in society, in politics and in economics. It is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of their countries and communities. Let's make 2021 count for women and girls everywhere.

Read more about it:

<https://www.un.org/en/observances/womens-day>

From the AmeriCorps web page:

National Resource for Sexual Assault or Harassment 1-800-656-HOP (4673)

Examples of Harassment Include:

- Explicit or implicit demands for sexual favors.
- Pressure for dates.
- Deliberate touching, leaning over, or cornering.
- Offensive teasing, jokes, remarks, or questions.
- Letters, phone calls, or distribution or display of offensive materials.
- Offensive leering, looks, or gestures.
- Gender, racial, ethnic, or religious baiting.
- Physical assaults or other threatening behavior.
- Demeaning, debasing, or abusive comments, or actions that intimidate.

Did You Know...

Knowledge
is
power!



AmeriCorps Seniors provide 47 MILLION Service Hours each year.

Over 200 thousand AmeriCorps Senior Volunteers serve each year.

NBRC Senior Companions have provided over 1,895 Zoom service hours and 511 project service hours since July 2020.

Counting To Ten...

In looking up impatience and how to deal with it, one discovers that we are not alone in our concerns over keeping our tempers in check. Nearly everyone wishes they had more patience.

There are common sense solutions to becoming more patient.

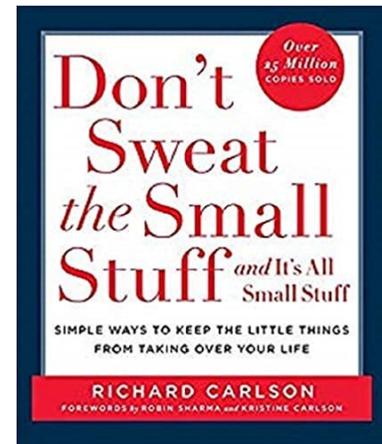
Practice

If we want to get better at anything, we need to practice. How do we practice patience? Get to know your triggers. Start by tracking those moments when you become upset. What's going on during those moments? Are you in public or alone? Are you in charge or feeling powerless? Are you trying to explain something? Trying to do something? What other strong feelings come up when you start to lose patience? Are you feeling afraid, confused or embarrassed? Are you feeling trapped, tired or unprepared?

After you have a list of triggers and emotions that test your patience to the breaking point, look to see if there are any previous experiences behind those thoughts. What do the situations have in common. Think about why certain situations bother you more than others.

Understanding

Once you've done the above, you will have a better understanding of what your triggers are and perhaps why those triggers are significant to you. Avoid negative self-judgment and use the awareness to plan for future triggers.



Techniques

Here are a few ideas for what to do when you feel your temper or frustration beginning to rise and your patience beginning to fail.

- Don't wait until your frustration has become a 5-alarm fire.
- What is your role? Can you leave or take a walk? Can you reschedule or take care of your task in another way?
- Breathe. Practice meditation.
- Literally count to 10, 20, 30...
- Visualize yourself elsewhere.
- Think about a pleasant memory.
- Instead of reacting in kind, try reacting with love. Healing words like, "I can see how frustrating this is," or "Would it help if I reschedule?" or "How can I help make this easier?" or "You're doing a great job given the circumstances. I'm okay to wait."
- If you've never read the book, "Don't Sweat the Small Stuff," it's available at libraries and bookstores everywhere.



HAPPY BIRTHDAY TO:

Teresita B
Victor C
Roderick P
Emma P

Special Days in MARCH

There are **no** paid days off in March 2021.
 International Women’s Day — March 8
 Don’t forget to set your clocks ahead one hour for **Daylight Saving Time** on March 14.
 Many people celebrate **St. Patrick’s Day** on March 17 with games, parties and special food and drink.

Community Links

Food Services Sonoma County

Food for Thought----- 707.887.1647
 Pandemic EBT ----- 877.328.9677
 Redwood Empire Food Bank ----- 707.523.7903
 Catholic Charities ----- 707.528.8712
 Living Room ----- 707.579.0138
 Ceres Community Project----- 707.829.5833 x 201

60+ Food Services

Council on Aging ----- 707.525.0143
 Petaluma People Service Center--- 707.765.8488
 Coastal Senior Meals to Go ----- 707.882.2137 and 2237
 Santa Rosa - Via Esperanza ----- 707.481.1781

Federal

Cal Fresh ----- 1.877.847.3663
 WIC ----- 707.565.6590

Sonoma Valley

Friends in Sonoma ----- 707.996.0111
 La Luz Center ----- 707.938.5131

Legal Aid ----- 707.872.7076

Sonoma Immigrant Services--- 707.996.6669



Senior Companion Program

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Read our newsletters online:
<https://nbrc.net/senior-companion-program/>

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 Lisa Bordner, SCP Coordinator



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