



**WE THINK
YOU'RE KIND OF A
BIG DEAL!**
Thanks for Volunteering With Us

Recognition and Coming Together

Springtime has arrived with flowers popping up everywhere and our collective mood seems to be popping up as well. Please join us in celebrating serious accomplishments YOU made happen; despite living through one of the toughest years our community, country and world have experienced in a very long time.

Our Senior Companion Program was praised for Ana Horta’s strong leadership and creativity, and for volunteer participation in training and engaging in remote service with NBRC Clients over the past year by our funding organizations: AmeriCorps and the Department of Developmental Services in California. Our pilot program used special tablets to make technology more accessible, which allowed more volunteers to interact with NBRC Clients. It worked better than hoped. We currently have 99% participation thanks to the hard work, dedication and willingness of our SCP Volunteers and staff to rise to the challenges. In fact we did such a great job that we’ve been authorized to purchase 10 more tablets to make remote volunteering easier.

We are planning your Recognition. As we look for the best location and gain approvals, please watch your email for your Recognition Luncheon invitation.

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VOLUNTEER CLOSE-UP

Samuel Mallabo—M3 Day Program

I was born October 7, 1949 in Abulug, Cagayan, Philippines as the eldest of four children; two boys and two girls. At age 11 after finishing grade school my parents sent me to Manila, the capital city of the Philippines, to continue my secondary and college education. I finished my B.S. in Management Engineering in 1970.

After graduation I got a job at Phil Long Distance Telephone Company as telephone technician and later was promoted to Training Officer for Outside Plant. In 1984 I resigned my job to work abroad in Riyadh, Saudi Arabia as a cable foreman. It was a good paying job but was difficult because the culture was very different compared to the Philippines.

After 5 years I finished my contract and transferred to Dubai UAE to work with Emirate Telecom as a Chief Telephone Technician. I enjoyed my work in Dubai because even though it is a Muslim country they are open compared to other Muslim countries. My wife and children were able to spend their vacation any time they wanted. I worked in Dubai for almost 18 years, retired in 2007 and returned to the Philippines for good.

In 2010 my wife and I with our youngest son immigrated to the United States and stayed in Windsor, California. In 2011 my wife and I began working as volunteers at the Sonoma Developmental Center with my in-laws (Caesar and Josefina o'Esquires) who were the pioneer volunteers at SDC. In 2013 I went to New York to work as a Dietary Aide at the NY Center for Rehabilitation and Nursing for two years then came back to California and returned to SDC as a volunteer until its closure in 2017. In October of 2017 I got my citizenship! In 2018 I joined NBRC as a volunteer and worked at M3 Day Program. I enjoyed my job because I worked with our former clients at SDC until the pandemic started last year. It has been difficult to just stay home. It's good we have new technology and can now do zoom and online activities with our clients. Hoping this pandemic will be finished and all will return to normal. ■

We thank you Samuel, for your devotion and care connecting with the special clients of NBRC.



Samuel Mallabo



Memorial Day 2021

The Memorial Day we will celebrate this May 31st began a few years after the Civil War (1861-1865).

It was originally called Decoration Day to recognize the 655,000~ Union and Confederate soldiers who had died in the Civil War. It has remained the single largest loss of American lives during any war to date.

So many soldiers died that the government realized the need to establish National Cemeteries; establishing fourteen separate cemeteries in 1862 and many more to follow.* The first official Decoration Day memorial happened at Arlington National Cemetery on May 30th 1868.

It wasn't until 1971 that Decoration Day was renamed Memorial Day and became a Federal holiday in honor of America's war dead celebrated on the last Monday in May.

Memorial Day has been adopted by many Americans who visit the graves of family members during this time (regardless of past military service) to add flowers and markers in honor and remembrance.

This year Memorial Day takes on additional significance for many as we have lost over 575,000 loved ones to Covid-19 so far. That's more Americans dead than were killed in WWI, WWII, and the Vietnam war combined.

This is the kind of shock that's hard to reconcile. It comes as we are once again feeling dramatic tensions between political parties. The current Biden administration has unveiled trillions of dollars in recovery plans for infrastructure, policing, education and even statehood for Washington D.C..

It's more important than ever we join together over positive things that can be done to ensure a safe and equitable America for everyone as we honor our fallen soldiers, and those who died battling Covid-19.

*Source; US Department of Veterans Affairs

War	American Deaths
Civil War	655,000~
WWI	116,516
WWII	405,399
Vietnam	58,209
American Deaths	
Covid-19	575,000 so far
1952 Polio	3,145

Source, Veterans Affairs and CDC

DID YOU KNOW...

A possible first Memorial Day was organized by a group of freed black slaves less than a month after the Confederacy surrendered in 1865 at a former race track in Charleston, South Carolina.

Many communities claim to be the first to have celebrated Decoration or Memorial Day from Illinois to Pennsylvania. However, President Lyndon Johnson decided in 1966 to officially designate Waterloo, New York as the birthplace of Memorial Day.

Blood pressure

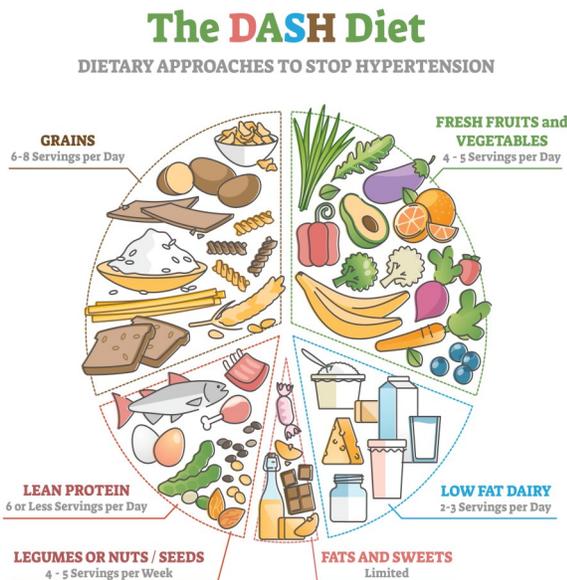
Send your answer to question #1 and report you if you have had your BP checked recently to lbordner@nbc.net for extra credit.



According to the American Heart Association ([AHA statistics](#)), nearly half of adults in the United States have high blood pressure, which is defined as systolic blood pressure of 130 mmHg or above or diastolic blood pressure of 80 mmHg or above.

High blood pressure is not just an older person's disease and has become common among younger adults, affecting more than 1 in 5 people between the ages of 18 to 39 (based on data from the [Centers for Disease Control and Prevention](#)).

To maintain good health, we need to manage core health behaviors: don't smoke, get regular physical activity, maintain a healthy diet, maintain optimal weight for your height, properly manage stress. We should also have regular check ups to monitor health factors that contribute to overall cardiovascular health, such as; cholesterol, blood pressure, and blood sugar levels.



Here are some helpful tips:

- * Regularly visit your primary care physician and take advantage of free blood pressure screenings.
- * The American Heart Association recommends 30 minutes of exercise each day.
- * Maintain a healthy weight.
- * Limit your salt intake to 2300 milligrams per day, which is about one teaspoon. Be sure to check salt content per serving in packaged, processed and canned foods.
- * Eat a diet with low sugar but plenty of fruits, vegetables, fish, healthy fats, and whole grains.
- * Don't smoke. Drink only in moderation.
- * Avoid nonsteroidal anti-inflammatory drugs (NSAIDs), which can raise blood pressure. Take acetaminophen instead whenever possible.

#1 Why Check Blood Pressure?

Check your answer(s) below

- a. To see if you are healthy
- b. To compare with friends
- c. To know if you are at risk for heart disease
- d. None of the above
- e. Answers a. and c. above

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

SUDOKU Time!

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

Directions:

Use all nine numbers (only once) within each row, column, and block.

If you get stuck, the answer key is on page 6.

Puzzle 3

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

Puzzle 4



Happy Birthday
Maya T

Special Days in May

May 5—Cinco de Mayo (Wednesday)

May 9—Mother's Day (Sunday)

May 31—**Memorial Day** (Monday)
Paid day off for volunteers who normally work on Mondays.



**AmeriCorps
Seniors**

Senior Companion Program

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Website: <https://nbrc.net/>

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

Newsletter editor
Lisa Bordner, SCP Coordinator

An Sympathy...

We joined together recently to honor the life of Thomas Maseda, Director of Administrative Services, who passed away April 20th after a courageous battle against colon cancer.

Volunteers will remember that Thomas joined one of the early SCP volunteer meetings shortly after we became part of North Bay Regional Center. Thomas was truly kind and thoughtful and welcomed us into the NBRC family.

He genuinely cared and improved all our lives because of who he was. Always ready with a smile and encouragement, he led by example and was always willing to put his own needs aside to care for others. He believed deeply in our mission and demonstrated his commitment to our agency and our community in countless ways. We will miss him and share our sincere sympathies with his family.

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

Sudoku Puzzle 4 Solution

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

Sudoku Puzzle 3 Solution