

# NBRC Senior Companion News

## We Are Thankful For You!

As Thanksgiving draws closer, the elements of a fine holiday dinner reminded me of the characteristics of our volunteers. In this analogy of the Senior Companion Program volunteers are like the ultimate Thanksgiving dinner—each one bringing something special and essential to the table.

First, the turkey (or Tofurkey, if you're vegetarian) — solid, dependable, and at the heart of everything, just like our volunteers. Without them, there's something important missing. They provide companionship, help with daily tasks, and add a sense of warmth and comfort—much like a perfectly cooked main dish.

Next, there's the stuffing. Volunteers know how to fill a day with good conversation, laughter, and maybe even a little gossip. They pack in the fun, making sure their companions feel full — in spirit.

They're also like mashed potatoes (hang in there with me); no-nonsense, always smooth, and excellent at mixing with the little things life throws our way.

Gravy? We can't forget the gravy. That's the extra kindness volunteers pour over everything. You didn't know you needed it, but once you receive a generous serving of companionship, it makes life so much better.

And let's not forget the cranberry sauce either, bringing in a bit of tartness and fun — breaking up the heaviness to clear our palette for the next bite.

Finally, the pumpkin pie; comforting, sweet and perhaps the best part of your day. Volunteers leave their companions with a sense of warmth and satisfaction that lingers long after they've gone. In short—Senior Companion volunteers are the Thanksgiving feast in our little corner of the world and we're thankful for them.

We are especially thankful for two, new volunteers; Cora and Imelda, who joined in October—Welcome! We're glad you're here. ■

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## Join Us

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

[melissas@nbrtc.net](mailto:melissas@nbrtc.net)

707.566.3005



North Bay  
Regional Center



# CHANGE YOUR CLOCKS



DST Ends  
Sunday,  
November 3

Ahh, that wonderful time of year when we get an extra hour of sleep! As you've probably heard, it's time to turn your clocks back one hour on Saturday night before you go to bed. The official time change happens at 2 a.m. on Sunday morning

## Health Initiatives in November

What else happens in November concerning our health awareness? Well, as it happens, there are several health concerns that are on the November checklist. Do your part by getting a checkup and talking with your doctor.

### 1. Urinary Tract Infections or UTI

#### What causes UTI and who is more likely to get them?

- Bacteria enter the urethra, travel up to the bladder, and multiply.
- This triggers an inflammatory response in your body which results in the symptoms you associate with a UTI.
- Both men and women get UTI's. Women are more likely to get a UTI than men because they have shorter urethras so bacteria doesn't have to travel as far to reach the bladder.

Recurring or painful urination should be reported to your doctor.

### 2. American Diabetes Awareness

Promoted by the American Diabetes Association, it's a month to raise awareness and money to support research to improve the lives of those with Diabetes, and education to promote better living habits of healthy foods and exercise.

<https://diabetes.org/adm>

### 3. Diabetic Eye Health

If you have diabetes, it's time to check for diabetic retinopathy. Symptoms include: Blurry vision, floating spots in your vision, and increasing blindness. <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy#:~:text=Diabetic%20retinopathy%20is%20an%20eye,at%20least%20once%20a%20year.>

### 4. COPD Chronic Obstructive Pulmonary Disease is very serious, but can be managed with successful treatments.

[https://youtu.be/\\_obAlFbZDbY?si=s1Sdb8ILMJAsp0x6](https://youtu.be/_obAlFbZDbY?si=s1Sdb8ILMJAsp0x6)

### 5. Stomach Cancer

Stomach cancer can have few or no symptoms. <https://www.aacr.org/patients-caregivers/awareness-months/gastric-cancer-awareness-month/>

### 6. Lung Cancer

Lung cancer is more likely to occur in people who have smoked and/or people who have worked in certain industries where they were breathing in large amounts of dust or chemicals.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/saved-by-the-scan>

# SHARED ACTIVITY TIME—TRAINING PAGE

Your assignment this month is to talk with your assigned client(s) and ask them the following questions. Then report their answers in an email to SCP Staff: [lbordner@nbrc.net](mailto:lbordner@nbrc.net)

Do not include the client's name—just their answers.

**1. Do you celebrate Thanksgiving at your house?**

- a) Yes
- b) No

**2. What is your favorite part of Thanksgiving?**

- a) Visiting with family and friends
- b) Eating favorite foods
- c) Watching sports on TV
- d) Going shopping the day after Thanksgiving
- e) Something else: \_\_\_\_\_

**3. Do you go to the movies on Thanksgiving holiday?**

- a) Yes
- b) No

"No need to count calories today,  
just our blessings."



"Thank you for the food before us,  
the friends beside us, and the  
love between us."



"If the only prayer you ever say in  
your entire life is, Thank You,  
it will be enough."



**ACTIVE VOLUNTEERS,**  
Receive one-half hour paid  
training credit by sending your  
client's answers to:  
[lbordner@nbrc.net](mailto:lbordner@nbrc.net)

# OH, THAT'S TASTY!

What would Thanksgiving be without side dishes? Here's one that's good for you and incredibly popular.

## Roasted Brussels Sprouts with Warm Honey Glaze

By Molly Baz

[Bon Appetit.com](http://BonAppetit.com)

Makes 4 servings

1 1/2 pounds brussels sprouts, trimmed and halved

1/4 cup extra virgin olive oil

12 tsp. kosher salt, plus more

Freshly ground black pepper

1/4 cup honey

1/3 cup sherry vinegar or red wine vinegar

3/4 tsp. crushed red pepper flakes (optional)

3 Tbsp. unsalted butter

3 scallions, thinly sliced on a diagonal

1 tsp. finely grated lemon zest

### Preparation

Place an oven rack in the bottom shelf of your oven, add a jelly roll pan and preheat both to 450 ° F. Toss brussels sprouts and oil in a large bowl; season with salt and pepper.

Using tongs, arrange brussels sprouts, cut side down, on the preheated baking sheet. Roast on bottom rack until tender and deeply brown, 20-25 minutes.

Carefully remove baking sheet from oven.

Meanwhile, bring honey to a simmer in a small saucepan over medium heat. Reduce heat to low and cook, stirring often, until honey is a deep amber color but not burnt, about 3 minutes (it will be foamy). Remove from heat; add vinegar and optional red pepper flakes; whisk until sauce is smooth (it will bubble quite aggressively when you first add the vinegar). Set saucepan over medium heat, add butter and the remaining 1/2 tsp. salt and cook, whisking constantly, until glaze is glossy, bubbling, and slightly thickened (about 4 minutes).

Transfer brussels sprouts to a large bowl. Add glaze and toss to coat. Transfer to a platter and top with scallions and lemon zest.



# STRETCH Your Brain

## Sudoku Directions:

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

A —Easy

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

## UNSCRAMBLE WORDS

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

(Total possible words with 3 letters or more = 64 words)

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<https://word.tips/unscramble/November/>

B —Easy

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

## Upcoming Paid Days Off

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Veterans Day	November 11	Mon—Nov 11
Thanksgiving	4th Thursday in Nov	Thu—Nov 28
Day after Thanksgiving	4th Friday in Nov	Fri- Nov 29
Christmas Eve	December 24	Tue-Dec 24
Christmas Day	December 25	Wed-Dec 25
New Year's Eve	December 31	Tue-Dec 31
New Year's Day	January 1	Wed-Jan 1

### A Few Celebration Days

- 11/1 National Vinegar Day
- 11/3 Daylight Saving Time Ends
- 11/5 National Red-Head Day
- 11/6 Stress Awareness Day
- 11/9 World Freedom Day
- 11/13 World Kindness Day
- 11/15 Clean the Fridge Day
- 11/17 Home Made Bread Day
- 11/20 Universal Children's Day
- 11/21 Great American Smokeout
- 11/23 National Adoption Day
- 11/28 Thanksgiving Day
- 11/29 Black Friday Shopping Day
- 11/29 Native Indiana Heritage Day
- 11/30 International Computer Security Day

### Awareness Topics

- American Diabetes
- Bladder Health
- COPD
- Diabetic Eye Disease
- Stomach Cancer
- Lung Cancer Awareness

### November Zodiac signs:

10/23 —11/21      11/22—12/21

SCORPIO



SAGITARIUS



## HAPPY BIRTHDAY



### November 2024

Melissa S                      02  
 Lisa B                              07  
 Rosalinda T                      11/23

### December 2024

Cora M                              12/07  
 Irenia L                              12/15  
 Valeriana M                      12/15  
 Imelda P                            12/25

Shhhh...the answers are below!

A

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

B

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

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



### Senior Companion Program

North Bay Regional Center  
 520 Mendocino Ave  
 Santa Rosa, CA 95401 95401  
 Email: [infoSCP@nbrc.net](mailto:infoSCP@nbrc.net)  
 Phone: 707.566.3005

