

NBRC Senior Companion News



Thankful for Companionship

As autumn settles in and the leaves turn red and gold, November invites us to pause and reflect on gratitude. For most of us, this season is about more than turkeys and pies. It's about appreciating the connections we've built and the joy that comes from giving our time and talents to something worthwhile.

At your Day Programs, the spirit of thankfulness shines especially bright. You bring warmth, patience, and understanding to your companions each day. Your steady presence creates a sense of belonging, routine, and joy. Whether it's sharing a laugh over an art project, encouraging someone to try a new skill, or simply listening with kindness your efforts ripple outward; strengthening both your companions and the entire community as a whole.

For many individuals, these moments of companionship become treasured highlights in their week. And for volunteers, the rewards often come in an unexpected smile, a story shared, or the pride of watching someone grow more confident. These simple yet profound exchanges remind us why we give our time.

November also reminds us that gratitude is a two-way street. While you offer your talents and compassion, you also receive inspiration, a sense of value, and joy from your service. During this season of Thanksgiving, we honor not only the traditions that strengthen us, but also the daily acts of kindness that bind us together.

As we move into the holiday season, may you carry forward the spirit of gratitude. Thank you for the countless ways you enrich the lives of others; your companionship is truly the heart of our program. ■

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Join Us



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

Melissa Slama
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707.566.3005



North Bay
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Seniors

Hospice and Palliative Care

November is Hospice and Palliative Care Month, and it gives us an opportunity to shine a light on something many people may hesitate to talk about. For older adults, even the words can bring up feelings of fear or uncertainty. But hospice is not about giving up; it's about choosing comfort, dignity, and quality of life.

Palliative care is specialized medical care that is focused on relief from the symptoms, stress, and pain of serious illness. It can be provided at any stage of an illness and alongside treatments intended to cure.

Hospice care, on the other hand, is a form of palliative care designed for those in the final months of life, when the focus shifts to living fully and comfortably, rather than continuing burdensome or painful treatments that are unable to cure.

Both types of care emphasize the whole person (body, mind, and spirit). They also extend support to families and caregivers. Nurses, social workers, volunteers, and chaplains all work together to ensure no one feels alone during such an important time. Many people who receive hospice care are able to remain at home, surrounded by loved ones, with their pain carefully managed and support readily available.

For families, hospice provides guidance through a difficult journey; lifting the burden of constant worry. For patients, it restores a sense of control and peace, allowing them to spend time on what matters most: relationships, memories, and personal comfort.

It's important to understand that hospice care is about comfort and not about hastening death. It's about affirming life and making each day meaningful.

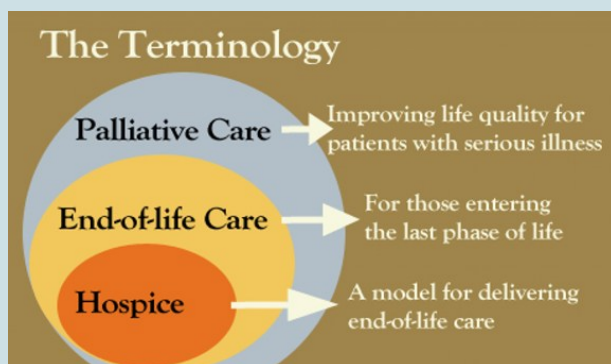
This November, let's honor the importance of hospice and palliative care by talking openly about these options with family members and our care professionals. By understanding this is a gift to ourselves and to our families, hospice can provide reassurance that, when the time comes, we can choose care rooted in compassion and dignity.

Below are a few top hospice providers in Sonoma County:

Providence Hospice (St. Joseph) 707.568.1094
Full hospice, home-based care, grief support
Community-funded, volunteer engagement available

Hospice By The Bay 707.935.7504
Hospice, palliative & grief care
Long-established, "angels of the sick" reputation

Right at Home, Sonoma County 707.843.5192
Hospice support and respite at home
Highly rated caregiving, complementary service



Offering care in a hospital setting:

Hospice Care Room—Sonoma Valley Hospital
In-patient hospice respite / comfort care
Hospital-based, peaceful setting for transitions
707.935.5000

Medicare Hospice Care video on YouTube

Click the link below in digital newsletter, or type the link address into your internet browser:

https://youtu.be/lqVpP9Ux2m4?si=ByK3_gB762WVJpUR



Filipino Thanksgiving Stuffing

There are so many great recipes that fill our tables during Thanksgiving season. One of them is a twist on the American traditional sage and onion stuffing. This one is made with toasted Bibingka and crispy longganisa baked in a salted egg custard and described as, "life-changing." This recipe comes from **Razel Kealoha**:

INGREDIENTS

Filipino Thanksgiving Stuffing

- 1 - 8 Inch cooked Bibingka cut into 1cm cubes
- 1 Pound Skinless longganisa cut into bite size pieces
- 1 Large red onion, cubed
- 1 Head garlic, peeled, crushed and chopped
- 2 Cups baby spinach
- 3 Tablespoons olive oil

Itlog Na Maalat Custard

- 2 ½ Cups broth (any variety is okay)
- 2 Fresh Eggs
- 2 Tablespoons Sliced Green Onion
- 1 Frozen Itlog Na Maalat (make sure it is Peeled)
- 1 Teaspoon Black Pepper

INSTRUCTIONS

Make the Stuffing

First, we are going to prep the Bibingka. If you are using a mix, cook according to package direction, removing the sugar. Bake and then allow to fully cool. You can make this ahead of time (the day before is good).

Once it is cool, cut the Bibingka into small bite size cubes. Pre-heat your oven to 350°F and spread out the Bibingka cubes on a baking tray. Toast in the oven for 15 minutes until nice and crispy. Turn off the oven and set aside.

Set a large pan on medium heat and add 1 tablespoon of olive oil. Once the oil is hot add in the longganisa pieces. Cook for 8-10 minutes until the longganisa has a nice char on it. Take the longganisa out of the pan and leave to cool in a bowl.

Using the same pan as used for the longganisa, add onion and cook for 5 minutes until soft and translucent. Add in the diced garlic and cook for another 2 minutes. Turn off the stove and put the cooked onions and garlic in a bowl.

Make the Custard

Crack 2 eggs in a large bowl and whisk well. Add in the broth, green onion and black pepper. Mix well. Use a grater or micro plane to grate the frozen Itlog Na maalat (salted egg) into the custard mixture. Mix well again.

Put it all together

First, pre-heat your oven to 350°F then drizzle about 2 tablespoons of olive oil onto a 9 x 13 baking dish.

Next, in a bowl, put the toasted bibingka, cooked longganisa bites, onion, garlic and baby spinach.

Pour the savory custard into the bowl and mix well.

Transfer into your baking dish, making sure everything is even. Cover with foil and bake for 40 minutes.

Remove foil after 40 minutes and increase the oven temperature to 450°F. Bake the stuffing for 15 minutes more until the bibingka is nice and golden and crisp.

Take it out of the oven and allow to rest for 10 minutes before serving with the rest of your Thanksgiving feast.

Magsaya (Enjoy)



HOLIDAY WORD SEARCH

Over The River and Through The Woods...

P	L	I	O	R	A	N	G	E	S	M	T	P	P
O	U	N	S	S	E	N	I	P	P	A	H	A	A
T	F	M	S	T	U	F	F	I	N	G	N	R	S
A	K	U	O	Y	S	F	A	H	T	S	O	T	T
T	N	T	L	V	A	T	P	S	R	S	R	Y	R
O	A	U	L	M	I	M	S	W	A	E	T	M	Y
E	H	A	I	R	W	E	S	O	V	I	D	A	Y
S	T	L	S	I	S	G	S	L	E	R	A	S	E
P	Y	A	P	P	L	E	S	L	L	O	L	H	K
S	H	O	P	P	I	N	G	E	O	M	A	E	R
R	E	T	H	G	U	A	L	F	A	E	S	D	U
R	W	I	N	T	E	R	P	S	K	M	L	O	T
M	A	S	R	E	V	O	T	F	E	L	I	E	P
P	R	H	T	R	A	D	I	T	I	O	N	S	E

Find these words in the puzzle grid above:

Winter	Leftovers	Shopping	Apples
Fellowship	Yams	Potatoes	Stuffing
Oranges	Salad	Mashed Pastry	
Thankful	Travel	Happiness	Family
Memories	Traditions	Laughter	Autumn
Movies	Turkey	Party	



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: **FAMILY**

(Total possible words of 2 letters or more = 36)

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

A

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

EARN TRAINING CREDIT

Draw a picture of your companion's favorite animal, then take a photo and send in a **Text to Lisa** for 1/2 hour training credit:

707.569.2083

B

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

Upcoming Paid Days Off / In-Service Dates

In-service dates are subject to change

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Veteran's Day	Nov. 11 annually	Tue—Nov 11
NO NOVEMBER IN-SERVICE		
Thanksgiving	Last Thursday of Nov.	Thu—Nov 27
Thanksgiving	Day after Thanksgiving	Fri—Nov 28
DECEMBER IN-SERVICE / Holiday Party		Thu—Dec 18
Christmas / Winter	12/24	Wed—Dec 24
Christmas / Winter	12/25	Thu—Dec 25
New Year's Eve	12/31	Wed—Dec 31

NOVEMBER 2025

A Few Celebration Days

- 11/1 - [World Vegan Day](#)
 - [Native American Month](#)
 - [No Shave November begins](#)
- 11/2 **DST Begins—turn clocks back 1 hour**
- 11/11 [Veterans Day](#)
- 11/13 [World Kindness Day](#)
- 11/19 [International Men's Day](#)
- 11/20 [Great American Smokeout!](#)
- 11/27 Thanksgiving Day
- 11/28 Black Friday (biggest shopping day of the year)

Note—No Shave November is about not shaving for the entire month to raise awareness and money in support of men's health and various cancer research projects.

Awareness Topics

- [American Diabetes Month](#)
- [Bladder Health Month](#)
- [Diabetic Eye Disease Month](#)
- [Lung Cancer Awareness Month](#)
- [Epilepsy Awareness Month](#)
- [Hospice Palliative Care Month](#)
- [Stomach Cancer Awareness Month](#)
- [Pancreatic Cancer Awareness Month](#)
- [Giving Tuesday](#)

Is there something you'd like to learn more about? Let us know: lbordner@nbc.net



Senior Companion Program

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November 2025

Melissa S----- 11/2
 Lisa B ----- 11/7
 Rosalinda T----- 11/23

December 2025

Cora M----- 12/7
 Irene L ----- 12/15
 Valeriana M----- 12/15
 Iris P----- 12/24
 Imelda P----- 12/25

Shhh...the answers are below!

A

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

B

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