

# NBRC Senior Companion News



## SCP Volunteers Zoom Into Action TDA Payments Expected to End December 31

The Corporation for National and Community Service (CNCS) has provided Temporary Disaster Allowance Payments since mid-March, when volunteers could no longer engage face-to-face with NBRC clients due to the pandemic. Those TDA payments are scheduled to stop December 31, 2020 as the Office of Management and Budget has said it will not approve another extension.

CNCS told us that our volunteers need to be engaged in alternative activities that serve their clients in order to be paid their regular stipend when TDA ends. Currently active volunteers will also be able to use their 120 hours of Annual Leave time.

Our SCP Volunteers have been actively engaged in new experiences to connect with their clients and access training. Over half of our SCP volunteers began using email and participating in Zoom trainings with Ana and Lisa over the past few weeks. Our goal is to provide tools and training between now and the end of the year, so our volunteers can regularly participate in Zoom activities with NBRC clients. Several Day Programs have already created weekly Zoom schedules including reading, talking, singing, cooking, yoga and more. It was a pleasant emotional experience to see volunteers greet and speak with their clients on Zoom after so many months apart.

Our program and commitment to serve is not ending; instead, it's transitioning. During the darkest times, our volunteers and our program light the way. We look forward to the New Year with hope.

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# Invincible

Preparing this newsletter prior to the election means we remain in suspense. Regardless whom we elect, it is to be hoped that we join together to rebuild our country as one that has a place and respect for all of us. One of empathy and concern for all its citizens. We are a country of mostly honest and hard-working people. Even so, it will take everyone across this great nation working together to recover from the Covid-19 pandemic and the economic stresses it has brought.

Do you have a poem or expression that you lean on in times of struggle? Are you the strength in your family or neighborhood? Even strong people become weary and need to take time for themselves.

There's a wonderful quote from Albert Camus about endurance in times of challenge that has brought strength and hope to many:

In the midst of hate, I found there was,  
Within me, an invincible love.  
In the midst of tears, I found there was,  
Within me, an invincible smile.  
In the midst of chaos, I found there was,  
Within me, an invincible calm.  
I realized, through it all, that...  
In the midst of winter, I found there was,  
Within me, an invincible summer.  
And that makes me happy.  
For it says that no matter how hard  
the world pushes against me,  
Within me, there's something stronger –  
something better, pushing right back.

Albert Camus



Sometimes we are afraid of change; whether we think it's good or bad, change means things will be different and it can be hard to willingly walk toward an unknown future — so we resist. However, if we always resist, then we never grow. Here's a poem that addresses these strong emotions.

## Conquering FEAR

It is said that before entering the sea a river trembles with fear.

She looks back at the path she has traveled, from the peaks of the mountains, the long winding road crossing forests and villages.

And in front of her,  
she sees an ocean so vast,  
that to enter there seems nothing more than to disappear forever.

But there is no other way.  
The river cannot go back.

Nobody can go back.  
To go back is impossible in existence.

The river needs to take the risk of entering the ocean because only then will fear disappear, because that's where the river will know it's not about disappearing into the ocean, but of becoming the ocean.

Khalil Gibran

## STAFF CLOSE-UP

Courtney Singleton,  
Director of Community Service

My name is Courtney Singleton and I am the Director of Community Services at North Bay Regional Center (NBRC). I am responsible for vendors that provide services to clients. Examples of vendors are: Day Programs, Group Homes, therapists, transportation etc. NBRC contracts with these vendors so that they can provide services to people with developmental disabilities. I am responsible for all new vendors applying for services, for the Quality Assurance Team that monitors all of the current vendors, the Cultural Specialist and the Senior Companion Program

I have worked at NBRC for 8 years and before that I worked at Redwood Coast Regional Center for 6 years. I started working with Service Coordinators and their clients and have now moved over to working with all of the vendors.

A little about myself: I live in Santa Rosa, I'm married and have two little dogs. I don't know if you have every had small dogs before, but they make a lot more noise then big dogs and I'm learning that being home with them so much now. I enjoy reading mystery novels and watching English Mysteries from the United Kingdom. The beach is my favorite place when I have the chance to go.

I am honored to be joining the Senior Companion Program and excited to learn about all of the work each volunteer does. I feel lucky to be a part of this program that gives so much back to our community and to our clients.

This has been a challenging time for all of us and we are all learning and trying new things to stay connected. I am so impressed by the willingness of each volunteer to learn new things to provide service to their clients. It is a lot for everyone to stay home and healthy, so it is important we learn new things like Zoom and email to stay connected not just for work, but to family and friends as well.

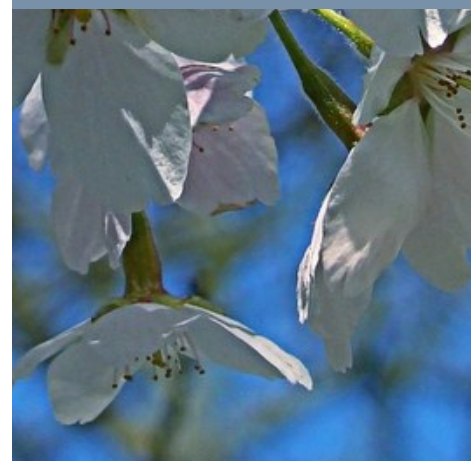
**I'm very happy to announce** that effective November 1st, Ana Horta has been promoted to Senior Companion Program Supervisor. Please join me in congratulating Ana.

I'm looking forward to getting to know you all in the future.

Courtney Singleton



Courtney Singleton





# THANKSGIVING DINNER

Zooming with our volunteers has been such a treat. We get to see each other *safely*, talk, share ideas and learn new things. We were reminded that not everyone celebrates Thanksgiving, which is a distinctly American holiday. In the United States, Thanksgiving is a day of feasting and appreciation for the original founding of our country... and football. Whether we see the early Americans as settlers or conquerors is a more lengthy discussion.

Thanksgiving is usually the most highly traveled holiday in America, as the weather is typically mild. Some people celebrate Thanksgiving and Christmas together with relatives in November and remain home for the Christmas holiday. This year may see many of us celebrating locally or via Zoom.

Making and sharing food is the one thing most of us can appreciate. Watching sports is another. There's usually a Thanksgiving Day Parade, too much food and afternoon naps. So make the most of your holiday!

## 2020 Thanksgiving Day Football Schedule

12:30 p.m.: Houston Texans versus Detroit Lions, on CBS.

4:30 p.m.: Washington Football Team versus Dallas Cowboys, on FOX.

8:20 p.m.: Baltimore Ravens versus Pittsburgh Steelers, on NBC.

If we cannot be together to share food, we can at least share a recipe:

### Sweet Potato Soufflé

1 large can Bruce's Yams—boil to heat through.

Drain and mash.

#### Add:

1 stick room temperature butter

1 cup sugar

4 large eggs, beating after each

3 tablespoons self rising flour

1 cup milk

1/4 teaspoon salt

1 teaspoon **each**: vanilla, coconut and almond extracts

Pour mixture into 1 1/2 quart soufflé dish and **top with mix** of 1/2 cup chopped pecans, 2 tablespoons dark brown sugar and 1/2 teaspoon cinnamon.

**Bake 350°F for 1 hour—serves 10-12**



# Senior Companion Word Search Puzzle

**CIRCLE the words in the puzzle from the list below.**

You may also play this puzzle online with friends or family. Just visit:

<https://thewordsearch.com/puzzle/1585922/>

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

Mask  
Bean  
Casserole  
Hopeful  
Happiness

North Bay  
Meditation  
AmeriCorps  
Football  
Safety

Election  
Pumpkin  
November  
Center  
Healthy

Senior  
Green  
Caring  
Nurturing  
Yams

## Community Links

From Sonoma County's Senior Assistance page:

The following list of services and support for high-risk groups is continually updated. Listings include grocery stores with senior hours, grocery and meal pick-up and delivery, pharmacies with pick-up and delivery, and the status of programs such as adult day care or caregiver support.

If you need help you can contact the Area Agency on Aging Information and Assistance Line, [\(707\) 565-INFO](tel:7075651100) (4636).

For adults age 60+ who need guidance to find community resources, you will be able to talk with a social worker who understands aging issues for guidance on services and follow-up support by phone.

**Monday – Friday 9:00 a.m.4:00 p.m.**

**Free.**

**In English and Spanish (other languages by request).**

<https://socoemergency.org/emergency/novel-coronavirus/resources-for-you/seniors/>

[Food Assistance and Meal Services »](#)  
[Senior Community Agency and Non-profit Services »](#)

[Veteran Services »](#)

[Senior emotional support »](#)

[Information about facial covering requirements »](#)



**AmeriCorps  
Seniors**

### Senior Companion Program

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Read our newsletters online:  
<https://nbrc.net/?s=scp+newsletter>

Newsletter editor  
Lisa Bordner, SCP Coordinator

## HAPPY BIRTHDAY!



### October Birthdays

Samuel M.

Juanito P.

Chand K.

Emilio T.

### November Birthdays

Elena S.

Rosalinda T.

Lourdes F.