

NBRC Senior Companion News



October Welcomes New Volunteers

We are very excited to announce that we have added **two new volunteers** to our group. Please join us in welcoming Zena and Deborah! Zena comes to us through her husband and volunteer, Samuel, whom most of you know. Deborah saw our flyer in a recent public distribution event. When you see them, be sure to say hello and help them feel welcome and part of our fabulous team of creative volunteers.

We've also been in the news! If you read *Sonoma Seniors Today*—our program was featured in the September issue on page seven. Way to go for us! We'd love to grow our program even more by raising awareness. Your help is also appreciated in spreading the word. We've designed new flyers and once they're printed we will give each of you a few to share...but with only the very best people (like you) who have the patience and willingness to volunteer with our incredibly special and deserving NBRC clients.

Temporary Disaster Allowance Ends. TDA is the name of the financial supplement given to FGP/SCP volunteers during the pandemic nationally. It allowed us to pay our volunteers as if you were working at sites, while you remained at home, because it was not safe to engage person to person.

Now that vaccinations and treatment options have improved, AmeriCorps decided to end TDA as of September 30, 2021. That means the only income you will receive from now on will be for the actual time you spend at your site and the actual time you spend Zooming. Several of you may need to use your Annual Leave time or choose to be unpaid if you have fewer service hours. This decision was not made lightly. We are incredibly safe in our part of the state with over 75% vaccination rate and high mask compliance. It's 100% compliance at sites. So it's important that if you are vaccinated that you return to service as soon as possible. We're here to help.

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Volunteer Close-Up

Victor & Luz Capoy—Alderbrook

My name is Luz Regis Capoy and my husband's name is Victor Lavarez Capoy and we would like to share a short story about us and our family. Victor was born in the municipal town of Danao, Cebu Philippines in March 30, 1943 he is the eldest of his 9 siblings, 6 brothers and three sisters, three of them have gone to rest. I was born in the city of Cebu in February 21, 1943. I'm 3rd to the youngest of my 9 siblings; eight of them have gone to rest. Victor and his family lived across from us, he never finished High School due to lack of finances. We developed a relationship and eventually got married in October 1964. I was not able to finish my degree in Education due to early union of marriage. We lived on my parent's property from 1964 thru 1976, we are blessed to have five children, one son and four daughters. In late 1976, we moved to Cagayan De Oro City due to a job opportunity. Victor was offered to work as messenger in a semi-private company where his brother in-law was working, who also helped him get the job.

Victor and I migrated to California in Feb 2006, petitioned by my daughter Trisha Hunt, who herself has two children, Richard and Nathan. It was a big adjustment living here due to culture differences and language barrier, but we got through it, adopted the change and we enjoyed living here. When Senior Companion was introduced to us in 2006, by our daughter's friend, we were thrilled; it helped us cope from being home sick. Walt Hickey was our supervisor who welcomed and gave us the opportunity to be of help to the clients in need of our assistance. Year after year rain or shine, we loved going to SDC, and we enjoyed every minute of it. We met new friends, who became our new family, and feeling fulfilled in our duties as companions to our clients. We are very thankful for the great opportunity.

Memorable moments with family:

In October 2014 our daughter Trisha made an effort to give us a church wedding for our Golden 50th wedding anniversary, attended by both sides of our family, such a beautiful and memorable moments of our life.

In July 2015, we went on a cruise ship to Alaska. It was our first time going on a cruise along with my daughter and friends. We visited, Juno, Ketchikan, Sitka, and Bouchard Garden in Victoria Canada. We saw the Glacier up close; it was such a beautiful amazing experience.

In September 2019, we went home to our motherland and blessed to celebrate our 55year wedding anniversary in a beautiful worldly known resort in Boracay and bond with my children and few grandchildren.

Year 2020 was quite challenging, scary and full of uncertainties but we stayed positive and blessed to be in good wellbe-



ing. Constant communication with my children and grandkids helped us get through some hard feelings of isolation. ■

We are so grateful for your service as Senior Companions! Your wedding celebration was beautiful!

Cerebral Palsy



So what is Cerebral Palsy?

Cerebral palsy (CP) is a group of disorders that affect movement and muscle tone or posture. It's caused by damage that occurs to the immature, developing brain, usually before birth.

Signs and symptoms appear during infancy or preschool years. In general, cerebral palsy causes impaired movement associated with exaggerated reflexes, floppiness or spasticity of the limbs and trunk, unusual posture, involuntary movements, unsteady walking, or some combination of these. Doctors classify CP according to the main type of movement disorder involved. Depending on which areas of the brain are affected, one or more of the following movement disorders can occur:

Stiff muscles (spasticity)

Uncontrollable movements (dyskinesia)

Poor balance and coordination (ataxia)

It's important to get a prompt diagnosis for a movement disorder or delays in your child's development.

What Causes CP?

Cerebral palsy is most frequently caused by abnormal brain development or damage to the developing brain before a child is born, or caused by trauma or illness at birth or in early infancy. In many cases, the cause is not known. Many factors can lead to problems with brain development. Some include:

Gene mutations that result in genetic disorders or differences in brain development

Maternal infections - Certain infections or toxic exposures during pregnancy can significantly increase cerebral palsy risk to the baby. Inflammation triggered by infection or fever can damage the unborn baby's developing brain.

Cytomegalovirus

German measles

Herpes

Syphilis

Toxoplasmosis (caused by a parasite found in contaminated food, soil and the feces of infected cats.)

Zika virus infection

Intrauterine infections

Exposure to toxins

Infant infections that cause inflammation in or around the brain.

Traumatic head injury to an infant, such as from a motor vehicle accident, fall or physical abuse.

Lack of oxygen to the brain related to difficult labor or delivery.

Bacterial meningitis causes inflammation in the membranes

(Continued)

surrounding the brain and spinal cord.

Viral encephalitis causes inflammation in the membranes surrounding the brain and spinal cord.

Severe or untreated jaundice

Bleeding into the brain commonly caused by the fetal stroke in the womb or in early infancy.

Prevention

Most cases of cerebral palsy cannot be prevented, but you can reduce risks. If you are pregnant or planning to become pregnant, you can take these steps to keep healthy and minimize pregnancy complications:

- Get vaccinated
- Take care of yourself
- Seek early and continuous prenatal care
- Avoid alcohol, tobacco and illegal drugs
- Practice good general safety

By The Numbers

CP is more likely to occur in:

- Boys than girls
- Black versus white children
- Low birth weight children
- Premature births
- Occurs in approximately 1 of every 345 births

Source: Mayo Clinic and CDC

Tell Us What You've Learned (worth 1 hour of Service to read and answer correctly)

Below is a link to the CDC's quiz to test what you've learned about Cerebral Palsy.

<https://www.cdc.gov/ncbddd/cp/quiz/index.html>

Or see below:

What are some symptoms of CP?

- A. Baby doesn't roll over in either direction
- B. Baby cannot bring her hands together
- C. Baby has difficulty bringing her hand to her mouth
- D. All of the above

Can a person with CP walk?

- A. Yes
- B. No
- C. Maybe

What causes cerebral palsy?

- A. Brain damage that happened before, during or immediately after birth.
- B. An infection such as meningitis
- C. Head injury
- D. The cause is unknown
- E. All of the above

Which of the following are ways to help prevent CP after a child is born?

- A. Treating jaundice early
- B. Get your child vaccinated
- C. Use a car seat, booster seat, or seat belt
- D. Carefully watch young children at all times around water
- E. All of the above

Cerebral Palsy (CP) is usually diagnosed during the first or second year after birth

- A. True
- B. False

Is there a cure for CP?

- A. Yes
- B. No

Quiz Time

Receive training credit by sending your answers to:

lbordner@nbrc.net

Or by mail to:

SCP
2351 Mendocino Ave
Santa Rosa, CA 95403

Training Credit for Sept.

Chand K (3 months in a row!)



Brain Teaser

How many words can you make from the letters in **Cerebral Palsy**?

i.e. play _____

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

SUDOKU PUZZLE TIME

Directions:
Use numbers 1 to 9 only once within each row, column, and block.

Intermediate Puzzle

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

CELEBRATE OCTOBER

October 11 is a paid holiday for all volunteers who normally work Mondays.

Days to Celebrate in October:

- Oct 1 [World Vegetarian Day](#)
- Oct 2 [World Farm Animals Day](#)
- Oct 3 [Virus Appreciation Day](#)
- Oct 6** [World Wide Cerebral Palsy Day](#)
- Oct 9 [Moldy Cheese Day](#)
- Oct 11** [Indigenous People Day](#)
- Oct 15 [Bosses Day](#)
- Oct 17 [National Pasta Day](#)
- Oct 21 [National Pumpkin Cheesecake Day](#)
- Oct 23 [Make a Difference Day](#)
- Oct 26 [Carve a Pumpkin Day](#)
- Oct 27 [Black Cat Day](#)

October is also:

- Adopt a Shelter Dog Month
- American Cheese Month
- American Pharmacist Month
- Apple Jack Month
- Awareness Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Domestic Violence Awareness Month
- Eat Country Ham Month
- International Drum Month
- National Diabetes Month
- National Disabilities Employment Awareness**
<https://www.dol.gov/agencies/odep/initiatives/ndeam>
- National Pizza Month
- National Popcorn Poppin' Month



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[NBRC.net Senior Companion Program](#)

Newsletter editor
Lisa Bordner, SCP Coordinator

HAPPY BIRTHDAY!



October Birthdays

- Chand K.
- Samuel M.
- Juanito P.
- Emilio T.

Memories of SDC



Sudoku Answers from page 5

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