

# NBRC Senior Companion News



## September - Swinging Into Action

Some of you started back to in-person service part time in August and others are starting in September. Hopefully soon, everyone will be back to serving full time at their sites again.

Your personal presence makes such a big difference. There are many aspects of unavoidable loss and suffering caused by the pandemic. Many clients lost direct companionship and comfort. The loss of touch, walking, talking and laughing together with a caring Senior Companion was really tough for some people.

Victor and Luz began serving 2 days a week, the second week of August, at Alderbrook; Maya began serving in person at El Ritero the third week; and Chand began serving at REI the last week in August. One site director told us what a big difference it was making to have the volunteers back in person—giving an example that Victor had walked a client around most of the day. It was the first time the client had been happy and at peace in a very long time, and the positive behavior continued after the volunteer left for the day.

What you do as AmeriCorps Seniors—Senior Companion volunteers **matters so much**. When you share your patience, kindness and encouragement during activities, you are changing the world for the better for that specific individual. And we know how that fills your heart as well. Such winning relationships are the heart of what our program has to offer.



Thank you for being that heart.

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Check your Go-Bags



North Bay Regional Center  
**Senior Companion Program**  
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 Santa Rosa, CA 95403  
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# VOLUNTEER CLOSE-UP

## Elena Son—Kaleidoscope

I was born in Ormoc city, Province of Leyte, Philippines. My mother was a teacher. My father, who had a Bachelor of Law degree, worked at the Court of First Instance of Leyte. My parents felt graced beyond expectation when all four of their children graduated from college and excelled in our chosen careers.

I was the eldest with two sisters and one brother. I graduated from the University of Southern Philippines, Cebu City with a degree of Bachelor of Science in Commerce; with a major in Accounting and minor in Business and Finance.

My first job was as Deputy Assessor in the City Assessor's Office of Ormoc. My work was to assess buildings, land and its improvement for taxation purposes. Our office prepared all tax declarations and submitted a copy to the City Treasurer's Office for collection. After six years as Deputy Assessor, I resigned from the job to explore another job opportunity offered to me. I accepted the position of Assistant Municipal Treasurer after passing the Municipal Treasurer examination given by the Civil Service Commission. From this position I would be eligible for promotion for the position of Municipal Treasurer after serving two years as Assistant.

My job as Assistant Municipal Treasurer was receiving all collections from the tax collectors, preparation of monthly financial reports, recording the receipts issued to tax collectors, and supervision of the office after the Municipal Treasurer left on official business.

I was promoted for the position of Municipal Treasurer and became the head of the Office of the Municipal Treasury. My job was to safeguard government funds entrusted to me and to see to it that every centavo spent was in accordance with generally accepted accounting principles. Collection of taxes and all fees due the government was my priority even though the Municipal Government received millions from the National Government for funding. I kept three books of accounts: the General Fund, the Infrastructure Fund and the Stabilization Fund. At the end of the fiscal year I had to submit the financial report of the Municipal Government to the Office of the Provincial Treasurer and to the Office of the Provincial Auditor. This included a Balance Sheet, which showed the Assets, Liabilities and Equity of the Municipality.

In addition to serving my municipality, I was sent to other municipalities to audit their accounts; especially if there were complaints of wages not being paid on time as specified by law. I also traveled to different parts of the Philippines two or three times a year to attend seminars. Upon my return the Provincial Treasurer set a date and venue for a one-day seminar attended by all nineteen Municipal Treasurers in the region with their Assistants. I gave a lecture about the subject matter of the seminar, and explained to them everything and welcomed questions from the audience. After three years on the job, I was honored to be awarded a plaque by the Writers Guild of the Philippines as the "Most Outstanding Municipal Treasurer."

I was active also in community volunteer work serving as President of our district for twelve years. In the Philippines we call this "Purok." I did everything for our community. I raised funds by holding benefit dance. Leonardo and I always the first in the dance floor and everybody followed. I was also President of the Senior Citizens. Every morning we would go to the tennis court to exercise. Sometimes we danced. It made me so happy to see them smiling and laughing.

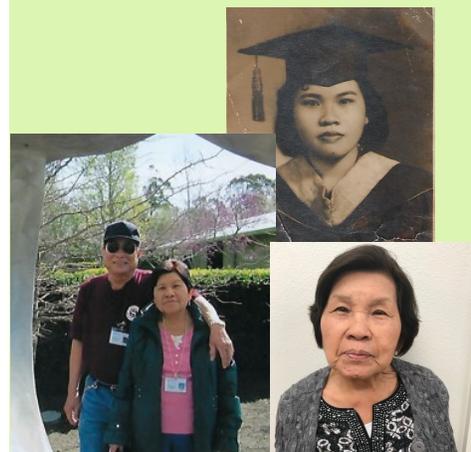
On October 6, 2006, Leonardo came back to the United States with me. First we were in Delano, CA with my daughter and her family.

Leonardo went back to work in the vineyard while I stayed home. Three months later I met someone from the Philippines who worked as caregiver in Los Angeles. I went with her to Los Angeles and ended up working for almost two years as a caregiver before we came to Santa Rosa. I had received a call from Leonardo's cousin inviting us to come for a visit. After we arrived I landed a job as caregiver until 2013 and immediately applied as Senior Companion at Sonoma Developmental Center (SDC). Leonardo had joined in 2012. During my first day of work, I was stunned and speechless when I saw the disabled adults. I cared so much for these people. I used to walk with them in their wheelchairs.

In 2015 I was elected President of the Senior Companions of SDC. During our monthly meeting, I usually talked about how we could better serve our clients, and welcomed suggestions from the members. In September of 2018, we began working at Kaleidoscope after SDC closed. I again came to love my clients and miss them so much during this pandemic.

Leonardo and I have been married 60 years this June and have five children (2 daughters and 3 sons) and 14 grandchildren. ■

We thank you for your gentle caring and conscientious service as a Senior Companion, Elena.



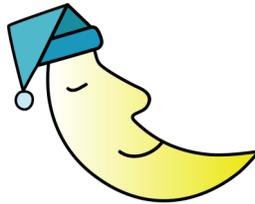
VOLUNTEER  
Elena Son

# SLEEP

We spend about one-third of our lives sleeping or trying to sleep. Some of us drift off effortlessly and others wake up multiple times or struggle to fall asleep. Sleep is important for your body, from your brain, heart, and lungs, to having energy, protection against disease, and a positive mood. It also affects your ability to function during the day.

## A good night's sleep can help you:

- Learn
- Create new memories
- Respond quickly
- Solve problems
- Pay attention
- Make decisions
- Be creative



## Not getting enough sleep can lead to:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- Depression
- Alzheimer's disease
- Worsen memory
- Lead to negative feelings
- Put stress on relationships
- Increase falls or accidents

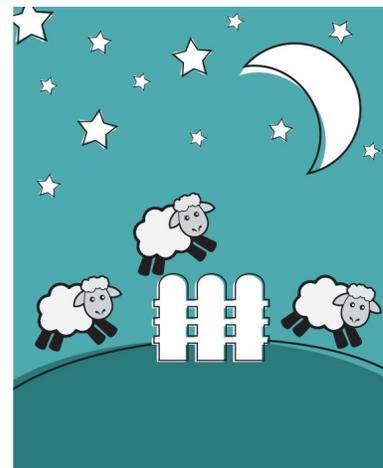
## Things to avoid

- Napping in late afternoon or evening
- Caffeine — such as coffee, some teas, chocolate or soda
- Eating large meals or heavy snacks late in the day
- Drinking alcohol
- Watching TV or using a screen device in the bedroom
- Worrying. Write down your worries in a notebook and leave it for another day.



## Things you can do to improve your sleep quality

- Have a bedtime routine.
- Wake up and go to sleep at the same time each day (weekends too).
- Create a peaceful bedroom that is comfortable—neither too hot nor too cold.
- Avoid TV or other screens the last hour before bedtime.
- Exercise 150 minutes a week—but not within 3 hours of your bedtime.
- Eat a healthy diet.
- Address health issues that may be interfering with your sleep.
- Meditate
- Talk to your doctor if you are having sleep issues.



## Answer Me These Questions Three!

#1 Name three things you can do to improve the quality of your sleep.

#2 Name three ways a good night's sleep can help your health and life.

#3 Not getting enough sleep or good quality sleep can lead to problems. Name three of those problems.

## Quiz Time

Receive training credit by sending your answers to:

[lbordner@nbcrc.net](mailto:lbordner@nbcrc.net)

Or by mail to:

SCP  
2351 Mendocino Ave  
Santa Rosa, CA 95403

## Training Credit for August

Chand K

Nina P

# Harvest Time—Refrigerator Pickles

With so much produce coming into season, you'll want to make use of all you can so it doesn't go to waste. No time for the whole canning process? No worries. You can make a batch of refrigerator pickles in just a few minutes!

### Ingredients

3 pickling cucumbers, each about 4 inches in length, sliced evenly

1/4 cup Vidalia onion, sliced

3-5 sprigs fresh dill weed

1/2 cup apple cider vinegar

1/2 cup water

2 cloves garlic, smashed

1 1/2 teaspoons pickling salt, or kosher salt

1/4 teaspoon granulated sugar

1/4 teaspoon whole black peppercorns

1/4 teaspoon whole yellow mustard seeds

Pinch of crushed red pepper flakes

### Directions

Pack a clean pint-sized jar with sliced cucumbers, onion slices, and dill sprigs. Leave a 1/2 inch of space at the top of the jar for liquid.

In a small pot heat the vinegar, water, garlic, and all spices until the mixture comes to a simmer and the salt and sugar are dissolved.

Cool the brine down to warm and fill the jar so everything is covered with brine.

Close the lid tightly and refrigerate for 24 hours before eating.

Too spicy/tart? Add up to 1 1/2 teaspoons of sugar per jar.



# SUDOKU PUZZLE TIME

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

Intermediate Puzzle #2 (from Excel)

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



## CELEBRATE SEPTEMBER !

**Monday—September 6, 2021 Labor Day**  
**This is a paid day off for volunteers who normally work on Mondays.**

### Days to Celebrate in September:

#### 9/6 Labor Day

- 9/11 Patriot Day or September 11th
- 9/12 Grandparents' Day
- 9/16 Stepfamily Day
- 9/17 Citizenship Day
- 9/24 Native American Day

### September is also the month of:

- Attention Deficit Hyperactivity Disorder Month
- Baby Safety Month
- Backpack Safety America Month
- Childhood Cancer Awareness Month
- California Wild Rice Month
- Library Card Sign-up Month
- Mold Awareness Month
- National Chicken Month
- Education Month
- National Mushroom Month
- Ovarian Cancer Awareness Month
- National Piano Month
- National Preparedness Month
- Reunion Planning Month



### Senior Companion Program

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

[NBRC.net Senior Companion Program](https://nbrc.net/)

Newsletter editor  
 Lisa Bordner, SCP Coordinator



**No September Birthdays**

### BRAIN TEASER

Look at the words below.  
**Say the COLOR, NOT the word.**

- YELLOW
- BLACK
- PURPLE
- ORANGE
- BLUE
- GREEN
- BLUE
- RED
- GREEN
- BLACK
- RED
- PURPLE
- BLUE
- ORANGE
- GREEN

Your right brain tries to say the color but your left brain insists on reading the word.

### Sudoku Intermediate Puzzle #2 solution

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