

# NBRC Senior Companion News



## LABOR / LOVE

Labor Day is a time to honor the hard work and dedication of the American workforce, recognizing the achievements and contributions of workers who have built and sustained the nation. It's a day to reflect on the progress made in workers' rights and the ongoing efforts to ensure fair treatment and safe working conditions for all.

However, Labor Day also offers an opportunity to respect and celebrate the contributions of volunteers. While they may not receive a paycheck, volunteers play a vital role in strengthening our communities and addressing societal needs. From supporting local nonprofits and organizing community events to helping during crises, volunteers give their time and energy to causes that make a difference in the lives of others.

Volunteering is a form of labor that embodies the spirit of service and altruism. It demonstrates that work is not solely about economic gain, but also about building a more compassionate and connected society. On Labor Day, it is fitting to recognize these individuals who contribute tirelessly, often behind the scenes, to the well-being of others.

By honoring both paid workers and volunteers, Labor Day becomes a celebration of all forms of labor that contribute to the common good, reminding us of the value of community and cooperation.

We recognize Senior Companion Program volunteers, for their lifetime of employment and their transition to volunteering in retirement. We know you have other options for your free time and energy and we are truly honored that you have chosen to spend your time with the Senior Companion Program.

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## Join Us



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

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

707.566.3005



North Bay  
Regional Center



AmeriCorps  
Seniors

# Suicide Awareness Month

September is suicide awareness month. It's a topic that many people are reluctant to discuss. Suicide prevention is a critical public health issue that requires our attention, awareness, and action.

## Recognizing the signs of mental depression and suicide risk can save a life.

**Depression**, often a pre-cursor to suicidal thoughts, may manifest in various ways. Individuals may experience overwhelming sadness, hopelessness or a loss of interest in activities they once enjoyed.

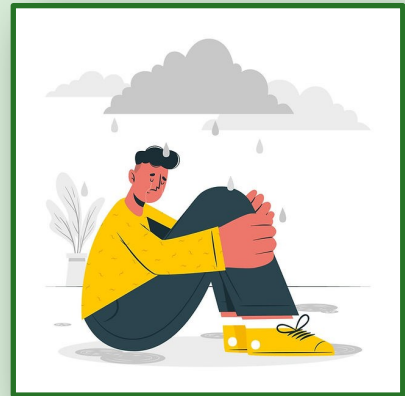
**Physical symptoms** like fatigue, changes in appetite and sleep issues are also common. **Behavioral signs include** withdrawing from social interactions, neglecting personal care, or engaging in risky activities.

**More immediate indicators of suicide risk** include talking about wanting to die, expressing feelings of being a burden to others, giving away valued items, or searching for ways to end their life. Sudden mood swings, especially from despair to calmness, can also be a warning sign. It is crucial to take these signs seriously and act promptly.

If you notice these signs in someone, **there are several steps you can take to help**. Start by initiating a conversation in a non-judgmental and supportive manner. Express your concern and willingness to listen. Asking directly about suicidal thoughts does not increase the risk but rather opens a door for the person to share their feelings. Encourage the person to seek professional help from a mental health provider. If the risk seems imminent, do not leave the person alone; remove any means they might use to harm themselves and contact emergency services immediately.

**Ongoing support is essential.** Regularly check in with the individual to offer continued emotional support and understanding. Remember your intervention can make a profound difference in someone's life, potentially guiding them toward the help they need to recover and thrive.

If you think you or someone you know is having a mental health emergency, **call or Text 988**. You may just save a life.



Our thoughts can bring about changes in our brain chemistry that can lead to depression and suicidal ideas. Or, we may be suffering from a chemical imbalance that's making it nearly impossible to feel positive about life, leading to depression and suicidal thoughts.



## Research and references:

<https://www.nimh.nih.gov/>

<https://my.clevelandclinic.org/health/articles/suicide>

**1. Talking to someone about suicidal thoughts will increase their risk of attempting suicide.**

- TRUE
- FALSE

**2. Depression always clears itself away without medication or therapy.**

- TRUE
- FALSE

**3. Which of the following behaviors might indicate an immediate suicide risk?**

- a. Expressing feelings of being a burden
- b. Searching for ways to end one's life
- c. Withdrawing from social interactions
- d. Giving away items of value without reason
- e. All of the above

**4. If someone is at immediate risk of suicide, which action is NOT recommended?**

- a. Contacting emergency services
- b. Removing any items that may be used to self harm
- c. Leaving the person alone
- d. Staying with them until help arrives

**5. What should you do if someone you know shows signs of suicidal thoughts?**

- a. Ignore it and hope they feel better
- b. Talk to them in a non-judgmental and supportive way
- c. Leave them alone to give them space
- d. Encourage risky behavior to distract them

**6. What should you do if someone you know shows signs of suicidal thoughts?**

- a. Ignore it and hope they feel better
- b. Talk to them in a non-judgmental and supportive way
- c. Call 9-8-8 the suicide prevention hotline
- d. Leave them alone to give them space
- e. Encourage risky behavior to distract them
- f. Both b and c

### Did You Know...

You can add to your annual training, be paid, and improve your understanding of issues by completing our newsletter training page quiz!

Receive one-half hour paid training credit by sending your answers to:

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

Or by mail to:

Senior Companion Program  
520 Mendocino Avenue  
Santa Rosa, CA 95401

# OH, THAT'S TASTY!

It's easy to make fresh and tasty food that doesn't have to break the bank or your waistband.

Here's our choice for September:

## Caprese Chicken Pasta Salad

By Tieghan Gerard

Prep time 20 minutes **4 servings**

Cook time 10 minutes

Calories per serving 644

### Ingredients

#### Balsamic Dressing

⅓ cup extra virgin olive oil

⅓ cup balsamic vinegar

1 ½ tablespoons honey

1 shallot, chopped

1 ½ cloves garlic, chopped

1 tablespoons chopped fresh oregano

1 tablespoons chopped fresh basil

kosher salt, black pepper, and red pepper flakes

#### Salad

½ pound boneless skinless chicken tenders or strips

½ pound short cut pasta

1 cup mozzarella balls (use marinated, if you can find)

1 cups cherry tomatoes, cut in half

½ cup fresh basil leaves, torn

½ avocado, diced

### Directions

1. To make the dressing. Combine all ingredients in a glass jar and whisk until smooth. Taste and adjust the salt and pepper.

2. In a bowl, toss the chicken with 1/3 of the dressing. Let sit 10 minutes or marinate a few hours or overnight. Set your grill, grill pan, or skillet to medium-high heat. Grill the chicken until lightly charred and cooked through, turning halfway through cooking, about 8-10 minutes.

3. Bring a large pot of salted water to a boil. Boil the pasta to al dente, according to package directions. Drain. Add the pasta, chicken, mozzarella, tomatoes, and avocado to a large salad bowl. Pour over the remaining dressing and toss well to combine. Serve warm or cold. The salad will develop more flavor as it sits.



The honey balsamic dressing really is the key to this salad. It adds all the flavor.

It's simple to mix-up of olive oil, balsamic vinegar, honey, shallots, garlic, fresh oregano, and fresh basil. The mix of balsamic and honey creates a tangy-sweet dressing — then add herbs for additional flavor.

Find the recipe here:

<https://www.halfbakedharvest.com/caprese-chicken-pasta-salad/>



## Upcoming Paid Days Off

NAME OF HOLIDAY	DAY OF HOLIDAY	DAY YOU TAKE OFF
Labor Day	1st Mon in Sept	Mon—Sept 2
Native People's Day	2nd Monday in Oct	Mon—Oct 14
Veteran's 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



### September 2024

No Volunteer Birthdays

### October 2024

Sam M	10/7
Emilio T	10/15
Juanito P	10/15
Chand K	10/22

### A Few Celebration Days

- 9/1 Letter Writing Day
- 9/2 Labor Day
- 9/6 Read a Book Day
- 9/6 Food Bank Day
- 9/12 School Picture Day
- 9/15 National Wife Day
- 9/17 Citizenship Day
- 9/19 Talk Like a Pirate Day
- 9/22 Autumnal Equinox—1st Day of Fall
- 9/26 Johnny Appleseed Day
- 9/28 National Coffee Day
- 9/30 Love People Day

### Awareness & Education

- Hispanic Awareness Month
- Suicide Prevention Month
- World Alzheimer's Month

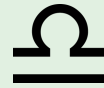
#### September Zodiac signs:

8/23—9/22      9/23—10/23

**VIRGO**



**LIBRA**



Shhhh...the answers are below!

A

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

B

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

Is there something you'd like to learn more about? Let us know:  
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

