

NBRC **Senior**
Companion
NEWSLETTER

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**BLACK LIVES
MATTER**



In the midst of crisis we
need to notice the good

<http://www.dailygood.org/>



VOLUNTEER CLOSE-UP / RKIA MERNISSI

Today our Senior Companion volunteer close-up features, Rkia Mernissi, who is assigned to clients at Kaleidoscope. Rkia has been an SCP volunteer for ten years!

Her early life was one of loss and recovery. Her parents both died when she was young and she was raised by her paternal uncle, who sent her to a Catholic boarding school in Morocco where she stayed during the week and had weekends at home.

Rkia was introduced to SCP by a friend and has volunteered throughout her life. She remembers going door to door with the Sisters educating people about the importance of vaccines.

(Continued on page 3)

HELP, WE'RE BORED



PUZZLE TIME

Find the words below in the puzzle and circle them. Words can be up, down, left, right or diagonal. Good Luck!

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

By Evelyn Johnson — www.gets.com

Celebration
Desert
Family
Fathers
Flag
Friends
Gardening

Graduation
Hiking
June
Mountain
Outdoors
Picnic
Playing

Recreation
Sea
Summer
Sunshine
Swimming
Vacation
Walking

Quick Pickled Red Cabbage (Atchara)



Recipe By: Yana Gilbuena

Ingredients

- 1 pound red cabbage, finely shredded
- ½ cup spiced cane vinegar
- 1 Tablespoon white sugar
- 2 teaspoons whole coriander seeds
- 1 and ½ teaspoons ground black pepper
- 1 teaspoon kosher salt
- 1 Thai chili, chopped



WHAT'S FOR DINNER?

A common question heard in every home: What's for dinner? We are all cooking more than ever before during the pandemic. Today we're sharing a favorite recipe inspired by Philippine cooking.

"Sour flavors play an important role in Filipino cooking, and quick pickles both heighten the sourness and serve as palate-cleansers, balancing and cutting through fattier dishes. This cold-flash-pickling method works with all kinds of vegetables (green papaya, radishes, and carrots are traditional), but red cabbage is an easy and gorgeous place to start. Store in the refrigerator for up to 3 days." Yana Gilbuena

Directions

Toss cabbage with vinegar, sugar, coriander, pepper, and salt in a large bowl. Massage spices into cabbage using your hands. Adjust seasoning as desired with additional sugar or salt. Stir in Thai chili. Cover and chill until sugar and salt dissolve, at least 30 minutes.

Do you have a favorite recipe or hobby you'd like to share? Send email to the SCP Coordinator, Lisa: LBordner@nbc.net for a future newsletter.



VOLUNTEER CLOSE-UP (continued)

Rkia married and had two daughters and one son. She was a pre-school teacher for twenty years in Morocco, where she taught French to young children. She especially liked to sing to them and still enjoys singing. Some of her favorite singers are Julio Iglesias, Denis Rosso and Mireille Mathieu.

Eventually, Rkia moved to the United States, about twenty-six years ago, when her daughter had her first child.

Rkia now has four grandchildren she dearly loves and has helped raise.

Rkia enjoys daily walks, gardening (especially growing tomatoes), reading (with frequent trips to the library), staying healthy and active, and cooking. Some of her favorite foods are couscous and oranges. Her healthy lifestyle is keeping her relaxed during this time when she is not able to be with her special clients. ★

COVID-19 updates

It feels like we've been stuck at home *forever* and lots of people have cabin-fever. We miss our friends and families, we miss movies out and visiting restaurants. We know you miss volunteering and miss your clients, **who miss you too!** They miss seeing your smiles and hearing your songs and laughter.

We don't know exactly what it will be like when we return to our previous duties but we know it will be different to ensure we all stay healthy. NBRC and SCP are working together to expand opportunities for our volunteers.

Until it is safe to return, please take care of yourselves and your families. Remember to frequently wash your hands for 20 seconds with soap and water, and to wear a mask when you go out to shop or if you are with new people who don't live in your home.

If you are feeling sick, call your doctor for a phone check-up or to ask health advice. If you have no doctor, call the office and leave a message or send e-mail with your name and phone number and Ana or Lisa will assist you.
anah@nbrc.net
Lbordner@nbrc.net

In the coming weeks volunteers will receive information by mail and phone regarding what we do next.

In the meantime, a few local resources are listed to the right. Or call **211** for many types of assistance.

Stay Safe!

VOLUNTEER BIRTHDAYS

Teresita B – March 13
Roderick P – March 23
Emma P – March 28
Victor C – March 30
Dioscoro B – April 22
Maya T – May 7



LOCAL HELP

Web Links and Phone Numbers

Latest Information about Covid-19

Visit the NBRC web page or CDC

<https://nbrc.net/click-here-for-covid-19-faqs/>

<https://www.councilonaging.com/>

Council on Aging -

(707) 525-0143 or **211**

<https://www.councilonaging.com/in-the-news>

Grab and Go Food

<https://socoemergency.org/emergency/novel-coronavirus/support-assistance-during-covid-19/food-and-meals/food-resources-for-low-income/>

Meals on Wheels – Sonoma County Council on Aging

<https://www.councilonaging.com/meals-on-wheels>

(707) 525-0143

Mental Health 24/7 Hotline

(707) 565-6900 or (800) 870-8786

Petaluma People Services

(707) 765-8488

notalone@petalumapeople.org

Redwood Empire Food Bank Finder

<https://getfood.refb.org/>

A statement from NBRC Executive Director, Gabriel Rogan

I think it's important to acknowledge that our community, and our country, are in turmoil right now. We've all seen the news around the protests and calls for action centered on police brutality. Many in our community, especially our Black and African American community members, are experiencing extreme forms of trauma on a repeated basis. Many people are mentally and spiritually exhausted and justifiably very angry.

NBRC has been, and continues to be, committed to cultural competency. As such, we value diversity and equity and strongly condemn any form of racism or discrimination. Our hearts go out to all those in pain during this extremely challenging time. We stand in solidarity with those standing for justice.

I spoke with a very smart, courageous member of our staff yesterday. She reminded me that "when things get messy" it's especially important for leaders to speak. She also reminded me of an important quote from Martin Luther King, "Our lives begin to end when we become silent about things that matter."

I know that my words today will not solve anything but NBRC will not be silent.

*Gabriel Rogin
Executive Director
North Bay Regional Center*

