

# NBRC Senior Companion News



## New Logo—Extended TDA Payments—Fire Season

You will notice the older Senior Corps logo has been updated. This was a major project of the Corporation for National and Community Service and is intended to help better spread the word to potential volunteers that AmeriCorps is the umbrella identity for connecting to volunteer opportunities in America. AmeriCorps also includes: Vista, and all three formerly Senior Corps programs as **AmeriCorps Seniors**.

There will still be multiple initiatives of senior focused programming of FGP/SCP/RSVP, (formerly Senior Corps ), but they are all referred to as AmeriCorps Seniors now. The goal was to have less confusion and easier promotion to encourage volunteering nationally.

**Debbie Cox Roush**, Director of AmeriCorps Senior, writes:

"For over 50 years, Senior Corps volunteers helped write the story of our country. Today, we start a new chapter. Senior Corps is now AmeriCorps Seniors."

Along with the new logo image we received notice that **Temporary Disaster Allowance** will be continued through the end of the year for all current volunteers who are willing but unable to serve due to Covid-19.

**Fire Safety** is very important as we are in the midst of fire season. Some of you have already been displaced. Let us know if you've had to evacuate or need help. Be sure to have your emergency bags packed, phones and devices charged, your personal ID and some form of payment (cash or debit/credit card), food and water for humans and pets in your care and your contacts list.

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North Bay Regional Center  
**Senior Companion Program**  
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Santa Rosa, CA 95403

707.566.3005

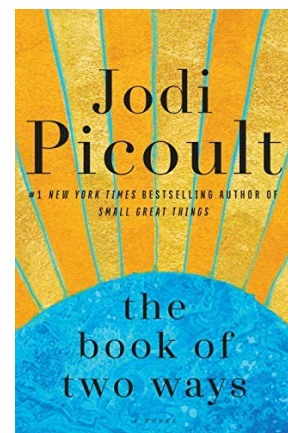
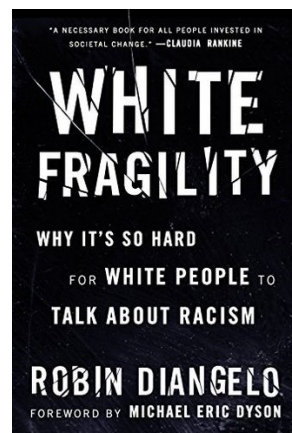
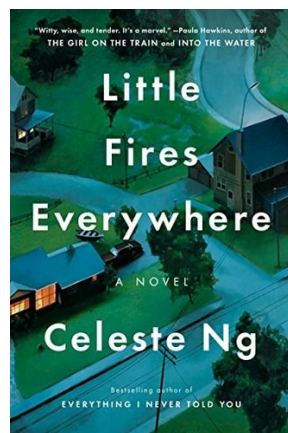
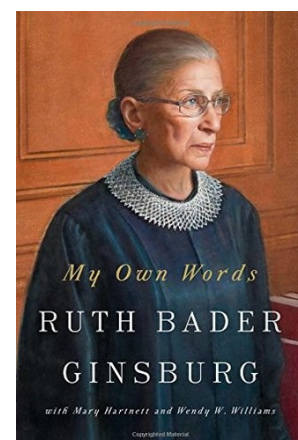
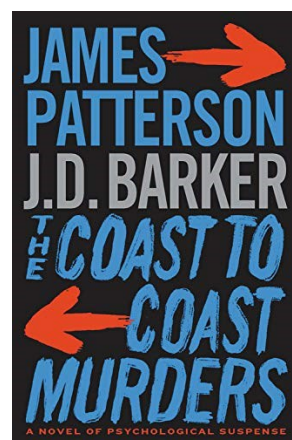
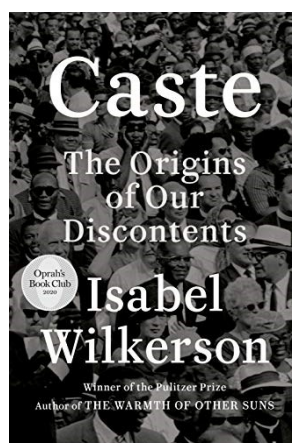


## The Book Shelf

With so much at stake in the upcoming election one might turn to the comparable calm of reading respected authors rather than listening to shouting heads on TV. Those exasperated voices are mostly trying to scare the American public into voting for their candidate using emotional triggers, rather than sharing a thoughtful plan for how to make the American Dream and experience more equitable and sustainable for all.

The things that matter to the average citizen include: good paying jobs, being able to pay bills, protecting our environment, affordable healthcare and personal safety. Several recent studies show the majority of Americans, regardless of party affiliation, want the option of the Affordable Care Act to be protected, because it offers individuals the choice of physician and eliminates the pre-existing condition exclusion that for-profit insurance companies use to avoid paying for medicines and treatments.

Others feel they know who they are voting for and would prefer to disappear until it is time to cast their vote. Pictured here are several best sellers from the New York Times Book Review that may provide information or distraction to suit your mood. Call your library, search Amazon or shop your favorite bookstore.





# Volunteer CLOSE-UP

## Juanito Puha

Juanito was born in the Ambuklao, Bokod, Benguet province in the Philippines nearly 90 years ago. You would never know that to look at him or work with him, as he has the health and vigor of a much younger man. His homeland was quite mountainous, and approximately 35 km from the closest city. Juanito's parents were farmers, they grew rice, camote (sweet potatoes), and other crops. Juanito and his brother helped their parents on the farm. As a child, Juanito enjoyed going to the river with this dad and helping him on the farm.

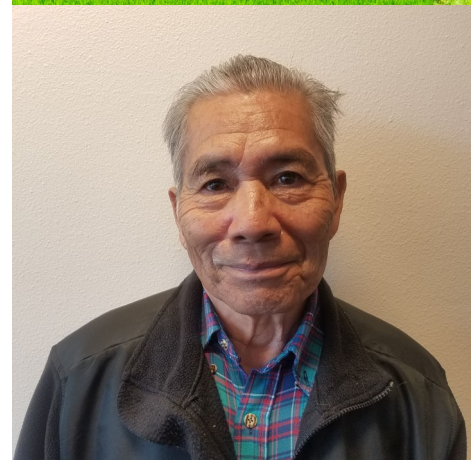
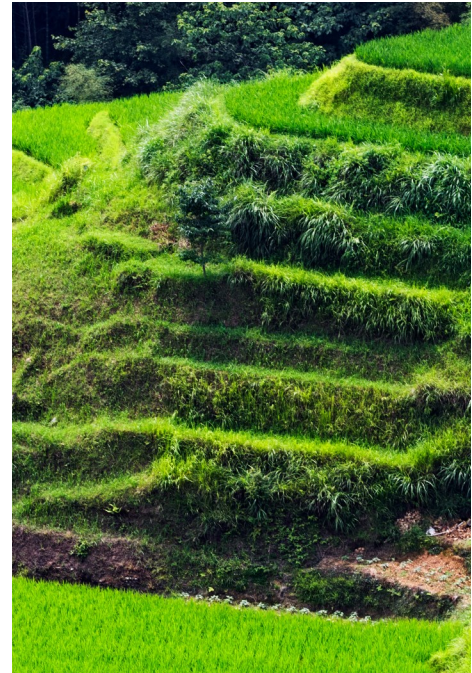
When Juanito was in 2nd grade the Japanese invaded the Philippines. Juanito was forced to discontinue school and had to join the Japanese camps. At first the Japanese were kind to them and taught them songs in Japanese that he stills remembers, he even sang one to Ana! But after a while the Japanese solders became cruel and starting killing civilians. At that point Juanito and his family fled town and escaped into the high mountain area. Once the Japanese surrendered to the Americans, Juanito and his family went back to farming the land.

Years passed and Juanito met Emma through their respective families. Emma was in school so they waited until she was done to get married. Once they married they moved to Emma's province, Ifugao. There, Juanito and Emma helped her father farm his land. This area is very famous for their rice terraces and in 1992 was chosen as a UNESCO world heritage site. After Emma's dad passed, they moved to Baguio city. Juanito became a laborer for the city until he retired.

Juanito and Emma have 5 children, one of them sadly passed. Their daughters Norma and Lucilla lived in Israel for a while to make more money and help their family. Norma and Eric (an American) met as pen pals. They exchanged many letters through the years and eventually he went to the Philippines to meet Norma and her parents. Norma and Eric got married, moved to America and petitioned for Juanito and Emma to come to the U.S. too.

Juanito was at a bus stop when he met a SCP volunteer also from the Philippines. This volunteer told him about the program and Juanito went to Sonoma Developmental Center to apply and became a Senior Companion Volunteer in 2006.

Juanito misses his client and said he really enjoys seeing him smile, "he cannot talk" he said "but he always smiles when I sing to him and take him on walks; he also likes it when I hold his finger with mine". Juanito hardly ever misses a day of volunteering, his peaceful demeanor brightens any room and we are surely happy to have him. Thank you for allowing us to celebrate you, Juanito.



Juanito Puha



# Yoga Poses

If you are new to yoga or just want to remind yourself of the best practices, you may wish to check out the rich and detailed poses along with explanations at Yoga Journal online. They detail 38 benefits of regular yoga practice. Be sure to visit their website.

<https://www.yogajournal.com>

If we were ever in need of yoga and meditation practice, it's now. There are many resources to choose from to improve your practice at home.

You could practice with a friend using Zoom, FaceTime or Skype. Or you might choose to go outside at a level place and social distance with a friend or partner. Or you can make a space in your own home or even on your patio.

There are many benefits of yoga: increasing flexibility and strength, improving respiration and energy level, improving balance and muscle tone.

When adding mindfulness practice with yoga, it can help reduce anxiety and improve mood dramatically.

Mindfulness through meditation practice has an immediate benefit. By concentrating on our breathing fully, we can calm anxieties, release tension and help ourselves focus on this very minute in life — rather than worrying over the future or reliving past mistakes or sorrows.

There are three excellent meditation applications recommended by area physicians:

**Calm** (subscription fee is \$70 annually with a one week free trial. However, it is free for one year if you sign up through your Kaiser insurance.

**Headspace** (Subscription is \$13/week with one week trial—or \$70 for a year and a two week free trial.

**Smiling Mind** is a **free** app that was designed by psychologists and educators and is available through the Apple app store or Google Play.

The more we stay home, the more we risk losing our social and physical skills. Physical and mental exercises can help us to stay fit inside and out.



Restorative yoga poses by MacKenzie Miller EkhartYoga



ekhartyoga.com

# Living Our Pledge

Normally we recite our pledge frequently, but in isolation, we haven't had an opportunity to be together to share and support our common pledge. By sharing here, we can all be reminded, plus it has been updated with our new name.

## AmeriCorps Seniors' Pledge

I will get things done for America – to make our people safer, smarter, and healthier.

When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.

When faced with children at risk, I will help them stay in school and on track for a brighter future.

When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.

Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.

I am an **AmeriCorps Seniors—Senior Companion Volunteer**, and I will get things done.



## Isolation Bingo

Put a big X through the Bingo squares below for activities you've done since October 1 this year. Be first to return your Bingo sheet with your next time sheet. The decision of the judges is final! Winners will be announced in our next newsletter and receive a small prize!

**CONGRATULATIONS** to Nina P. for winning our previous Isolation Bingo!

B	I	N	G	O
Shelled Peas or Snapped Beans	Read Ingredients on Food Package Before Buying	Tried a New Recipe and Liked it	Made a Mask for Myself	Watched Sporting Reruns
Watched a New Movie	Ate Popcorn with an Apple	Packed an Emergency Bag	Checked Weather Forecast	Took Weekday Afternoon Nap
Ironed Something	Organized Junk Drawer	<b>FREE SPACE</b>	Made/Ate 3 Healthy Meals	Sewed on a Button
Went Fishing or Hiking	Tried a New Beverage	Ate Something Too Spicy	Adopted a New Pet	Cleaned the Refrigerator
Sewed/Gave a Mask to Others	Played Solitaire or Mahjong	Rearranged my furniture <u>again</u>	Cleaned Garage or Extra Room	Shared Vegetables From My Garden



## Evacuation and Fire Safety

Several of you were evacuated or feared you would be during the Glass Fire recently. We know how frightening and upsetting it can be. It's hard to think clearly during moments of sudden stress, that's why it's so important to plan ahead.

Here are some links for maps and resources that are helpful in Sonoma County during fire and emergency evacuations.

### NBRC Tips for Safe Evacuation

<https://nbrc.net/tips-for-safe-evacuation-during-the-covid-19-pandemic/>

### Interactive Map with Evacuation Orders

<https://sonomacounty.maps.arcgis.com/apps/webappviewer/index.html?id=69a0e54e9e2b48c086d122027b21c961>

## Trick or Treating

Most areas are not encouraging trick or treating, but it is fun to dress up anyway and Zoom with family near and far!

If you do pass out candy, do it **"touch free"** - no bowls, wear gloves. Drop wrapped candies through a long tube into treaters' sacks. Or place wrapped candy on a plate and step back.



**AmeriCorps**  
Seniors

### Senior Companion Program

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

Read our newsletters online:

Newsletter editor  
Lisa Bordner, SCP Coordinator

## DON'T FORGET TO VOTE!

Mail it, Drop it or Vote in person  
NOVEMBER 3, 2020 (Tuesday)



## Who Should We Vote For?

It's hard to imagine that at this point in the election process, anyone has failed to choose candidates that best represent their experiences and desires for America's future.

Rather than the emotional appeals that often have no real lasting power beyond election ads, consider what the candidates have done that pleases you. Choose for your own life and that of those you love. What type of leadership is best for them, for you?

Should leaders unite or divide citizens? Help those who are out of work? Work on the country's infrastructure and climate needs to create good jobs? Make testing and treating Covid-19 a priority? Require masks and safe practices for businesses and schools to reopen? Demonstrate respect and equal treatment under the law? Make it harder to vote? Easier to vote?

Many of these ideas will be decided based on **your VOTE**.

### Learn Voting Facts:

<https://www.vote.org/>

### Learn About The Candidates:

<https://voterguide.sos.ca.gov/candidates/>

Lots of translations available  
(including Tagalog and Korean)