



## NBRC Senior Companion News



## The Road Ahead for SCP Volunteers

The road ahead may be unknown, but we do not travel alone. We've received communication that TDA payments (temporary disaster allowance) have been approved through September 30. In the month of September, we hope to start offering alternative activities for volunteers to re-engage with clients. SCP staff is creating training modules to help our volunteers learn critical skills that will help them, not only in service to NBRC clients, but will also help them during disasters of any kind. We hope to begin training soon, by practicing in small groups about safe and professional use of Email, Zoom, Sign-Now and technology in general. We will continue to provide training about safe practices when volunteering, whether participating at Day Programs or remotely. Additionally, volunteers will have the option to participate in other activities such as calling clients, writing letters and/or making cards.

We are all living through unprecedented times, and we understand that it is stressful and disorienting. However, always remember that you are not alone, SCP staff are here to support you and guide you through these transitions. Interestingly, despite the chaos and threats from fires, hurricanes, pandemic and election worries, we are stronger than we know — we are stronger together — and we will weather all storms to become an even stronger people and community. #Sonoma/Napa/Solano Strong!

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**Senior Companion Program**  
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# Cook's Corner

All you have to do is smell the air and look at the lengthening shadows to know it's harvest time! Whether our favorite foods come in bushels or pecks or straight off the vine, this is the time of year we celebrate all the hard work that went into bringing these great foods to market.

Canning and preserving is frugal as well as creative. For those of us who don't have enough space to grow our own, it only takes a quick trip to the farmer's market or roadside stand to pick up enough fruits and vegetables to store for the winter (if they last that long).

Making your own tomato sauce, applesauce, jams or jellies; or creating salsa, pickles or pickling peppers or cauliflower—oh my—there are so many things to try! And the best part is not only having summertime flavors during the long winter months, it's the satisfaction of making something yourself to share or savor.

For those who have never canned, be aware there are a few equipment items needed to get started. If that's too expensive, maybe team up with a friend who has equipment but no produce, or try freezer recipes instead.

Check your recipe against USDA approved recipes to make sure your method or recipe is still safe. Botulism is real and deadly. According to the Centers for Disease and Control, a germ called *Clostridium botulinum* lives in the soil and can remain in foods that are not properly processed.

## When in doubt, throw it out!

The CDC also warns that if there is any doubt whether safe canning guidelines have been followed, do not eat the food. Home-canned and store-bought food might be contaminated with toxin or other harmful germs if:

- the container is leaking, bulging, or swollen;
- the container looks damaged, cracked, or abnormal;
- the container spurts liquid or foam when opened; or
- the food is discolored, moldy, or smells bad.



Use only trusted recipes or find trusted recipes on the internet. Here are some links to make that easier:

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

<https://www.freshpreserving.com/recipes-0>

## HELP IS AVAILABLE

Sometimes putting food on the table is a real challenge. If you're having some issues with keeping you or your family fed, paying rent or utility bills, please contact our office or **call 2-1-1** or search this listing to find the help you need:

[https://www.needhelppayingbills.com/html/sonoma\\_county\\_assistance\\_progr.html](https://www.needhelppayingbills.com/html/sonoma_county_assistance_progr.html)

# VOLUNTEER CLOSE-UP

## Sue Anderson

강하지 만 부드럽다 (Korean)

The above translates as “Strong but gentle” and is the perfect description when meeting up with Sue, as she interacts with one of her NBRC clients at California Human Development. When we talked recently, she mentioned she was used to volunteering as a Senior Companion five days a week and the boredom is beginning to take its toll. She wants to see her friends and share their smiles and laughter again.

Sue was born in Korea and lost her mother when she was only two years old. When the war started, starvation was a serious threat to their survival and her father wisely brought Sue and her sister to America. She remembers him taking her to a grocery store and showing her all the food and telling her she would never have to worry about being hungry again.

When her father passed away, she went to stay with her sister and was introduced to her future husband and was married when she was just 24 years old. He was a kind and hardworking man and they had three children together (two boys and one girl).

Being almost twenty years older than she, he passed away when their family was still young. After much sadness, she went to work as a telephone mechanic, assembling telephones near their home in Massachusetts — and she went to night-school and became an official US Citizen.

She enjoyed her work but never forgot the days of starvation and insecurity in Korea and was determined to teach her children to be hardworking like she and their father, and to be careful with their money.

Eventually she moved to Santa Rosa, California. One daughter moved to Idaho but later resettled in Sacramento with her husband (whose father is former Senator, Joe Murphy) to be near her mother and siblings. One of Sue’s sons has his own business as a painter. The other son became a police officer in Rohnert Park. He lovingly refers to her as, “Police Mom.” Sue is obviously very proud of all three of her children and her three happy and healthy grandchildren.

We’re grateful that Sue brings her caring heart and gentle manner to her volunteer work as a Senior Companion.

## 감사합니다

Thank you!



Sue Anderson — REI  
California Human Development





## On the Road "Recovery Poem"

by Jeff Newnham

I was reading Poe  
The Raven

A Robin sat Calling, calling  
"Don't read that,  
Listen to me"

Cheers to the Robin  
His song, his stance

I'm reading Poe  
Your singing  
Demanding audience

There came a knocking  
Tis the Raven

But the Robin Sung on  
An on, he don't need  
Knocking

His song is a poem  
I didn't need the page

I'll keep Poe for  
Future days.

## Living During A Pandemic

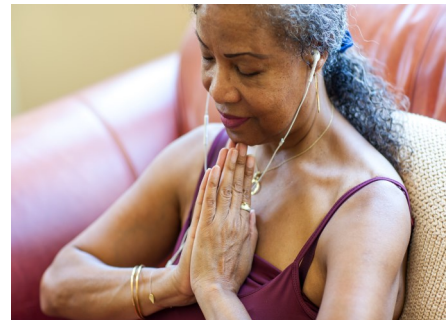
Living during a pandemic is hard, scary and lonely. So it's normal to feel stressed. We all need to take care of our mental health just like we are trying to protect our physical health.

Some daily ways to reduce stress include:

- Limit your intake of news and TV.
- Take daily walks with a friend (masked).
- Eat healthy food and limit sugar (too much sugar can make us feel more anxious).
- Keep a daily journal, being sure to include both the positive and negative things happening in your life. Reminisce your past successes.
- Watch funny movies that make you laugh.
- Send a card or note to someone in the mail to share a happy memory.
- Learn to meditate.

- Try a new project you've been putting off.
- Most importantly, ask for help when you need it.

If you are having difficulty sleeping, eating, or unable to stop fears from taking over your thoughts, call **Sonoma County Mental Health Access** 24 hours a day · 7 days a week: **707.565.6900**



### SUDOKU Puzzle

It's a brand new Sudoku!

We love and need games for our brains! Mix up your physical exercises with your mental exercises. Stretch your brain like you stretch your muscles—it will help clear the fog that comes from isolation.

Sudoku puzzles are logic based number puzzles. The goal is to fill in the missing numbers between 1-9 in each ROW, BLOCK and COLUMN so each includes the numbers 1-9 only once.

## Puzzle Time Help, We're Bored!

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

## The Link-up / Dial 2-1-1

Fire Season in California began early and we can expect more fires through October.

It's especially dangerous because of COVID-19 and the disaster fatigue we are all feeling.

Please prepare — following are some Important links for evacuation, fire and emergencies — **or call 2-1-1 on your phone:**

<https://srcity.org/1696/Paratransit>

<https://www.srcity.org/3254/Evacuation-Routes>

[www.socoemergency.org](http://www.socoemergency.org)

**If you haven't done so yet** — it's definitely time to get your **Go-Bags** ready.

### Include necessities:

Flashlight, batteries, prescription medicines, cash, contact list, first-aid kit, identification cards, important documents, cell phone and charger, a change of clothes, shoes and a sweater.

If you have pets, don't forget their food, medicines and supplies.

**Preparation makes a crisis a little easier.**

## It's Fire Season



## DON'T FORGET TO VOTE!

### Register Online

Register or update your current registration online at [RegisterToVote.ca.gov](https://RegisterToVote.ca.gov).



**Note:** If you do not have a signature on file with the Department of Motor Vehicles (DMV), you will need to print, sign, and mail the application.

### Request an Application be Mailed

To receive a paper registration application by mail, contact our office:

[Rov-voterreg@sonoma-county.org](mailto:Rov-voterreg@sonoma-county.org) or

Call the Secretary of State's toll-free Voter Hotline at [800 345-VOTE \(8683\)](tel:800345VOTE)

### Register in Person

Fill out a paper registration application in our Office at 435 Fiscal Dr., Santa Rosa, CA 95403

### Senior Companion Program

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2351 Mendocino Ave  
Santa Rosa CA 95403

Email: [anah@nbrc.net](mailto:anah@nbrc.net)

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

Read our newsletters online:

<https://nbrc.net/senior-companion-program/>

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