

**June
2023
Volume 91**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



Open Monday - Friday 8:30 am to 4:00 pm

Phone 760-789-0440

Email us at ramonaseniorcenter@gmail.com

Web site www.ramonaseniorcenter.com

Like us on Facebook at Ramona Senior Center Official.

This program is partially funded by the Older American's Act awarded by the County of San Diego Aging & Independence Services.

REALITY CHECK

- Eventually, you will reach a point when you stop lying about your age and start bragging about it.
- Don't let anyone tell you that you're getting old. Squash their toes with your rocker.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.
- Maturity means being emotionally and mentally healthy. It is that time when you know when to say yes and when to say no, and when to say WHOOPPEE!
- How old would you be if you didn't know how old you are?
- When you are dissatisfied and would like to go back to youth, just think of Algebra.
- You know you are getting old when everything either dries up or leaks.
- I don't know how I got over the hill without getting to the top.
- The golden years are really just metallic years: gold in the tooth, silver in your hair, and lead in the rear.
- One of the many things no one tells you about aging is that it is such a nice change from being young.
- Age seldom arrives smoothly or quickly. It is more often a succession of jerks.
- Yeah, being young is beautiful, but being old is comfortable.
- Old age is when former classmates are so gray and wrinkled and blind that they don't recognize you.
- If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

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Director's Corner June 2023



Father's Day celebrates and honors the men who have embraced the essential role of fatherhood. On this day, we also thank fathers and father figures (step-fathers, uncles, grandfathers) for the sacrifices they make, for embracing the responsibility of nurturing and raising children, and for their devotion to their families.

Father's Day did not become a permanent national holiday for many years. The first bill was introduced in Congress in 1913, but in spite of encouragement from President Woodrow Wilson, it did not pass. In 1966, Lyndon Johnson issued a proclamation designating the third Sunday in June to honor fathers.

Finally, in 1972, President Richard Nixon signed a law declaring that Father's Day be celebrated annually on the third Sunday in June. It has been an official, permanent national holiday ever since.

The Senior Center will be celebrating Father's Day on June 16th along with our Birthday lunch. We look forward to sharing a great lunch with all the fathers and also with everyone that has a birthday in June.

DRINK YOUR WATER!

It is the first month of summer season and the weather is warming up. Temperatures are warm to hot by June. You'll usually be sweating away during the day in June and then nights offer cooler temperatures to help you relax. For a variety of reasons, it is easy for a senior to become dehydrated and not meet their recommended fluid intake. Dehydration is dangerous and can

happen quicker than you think. Some signs of dehydration for you to watch out for include:

- Feeling very thirsty
- Dry mouth
- Unable to produce tears
- Not urinating often enough
- Dark-colored urine (ideally, urine should be almost colorless)
- Dizziness or lightheadedness
- Confusion

Please keep in mind that as a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day. However, it's best to talk to your doctor to determine how much water you should be drinking daily.



Lora Cicalo
Executive Director

Senior Humor

I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request. The fact that he'd been dead for 40 years didn't sway her. Then a solution hit me: "If I stop paying the bill, you can turn off the service, right?" "Well, yes," she said reluctantly. "But that would ruin his credit."

While taking a clinical history from an elderly patient, I asked, "How's your love life?" "I don't know," he said. "I'll ask my wife." He got up, walked into the hallway where his wife was sitting, and shouted, "Hey, the doctor wants to know if we still have sex." His wife shouted back, "No, the only thing we have is Medicare and Blue Cross."

The other day I got carded at the liquor store. While I was taking out my ID, my old Blockbuster card fell out. The clerk shook his head, said, "Never mind," and rang me up.

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?" The old man replied, "You're the eighth."



June

Birthstone

Pearl &
Alexandrite



Flower

Rose &



Honeysuckle



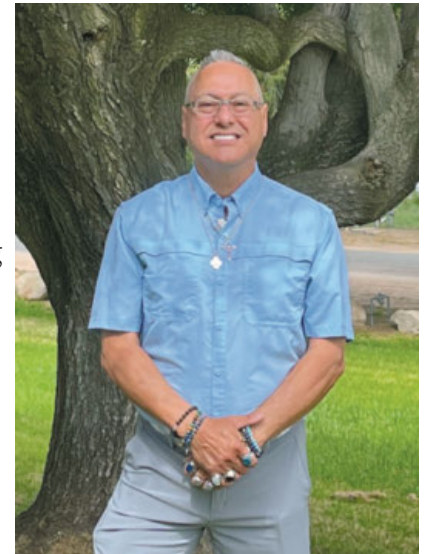
Signs

Gemini
May 21 to June 20

Cancer
June 21 to July 22

Senior of the Month ~ Raay Ponce

Raay was born in San Juan, Texas. He has 2 younger brothers, 1 younger sister, and an older brother who has passed away. They all still live in Texas or Oklahoma. After attending some college, Raay became a bartender in Texas and then eventually moved to Chicago. While there he worked for Hugh Heffner tending bar. He eventually got into the textile industry and worked multi-line showrooms where his clientele were designers and architects. He eventually moved out to California, intending to take a 6-month vacation, however, ended up buying a car and realized that he could not afford that, so he began working in home furnishing and designer trade shows. He retired in 2019 due to health matters.



Raay lived in North Park for 20 years where he was on the North Park Planning Committee and was one of the founding members of the Altadena Neighborhood Association. He lived in Tierrasanta for a few years after that before settling in our beautiful community of Ramona.

Raay likes being of service. He volunteers here at the Senior Center, his church (the Church of Jesus Christ of Latter-Day Saints) and the Recovery Community of Ramona. He is a standing member of AA. Raay's passion is his church. In fact, he is working on his Patriarchal Blessing and has obtained the Aaronic Priesthood. His hobbies include crafts (he is designing crosses at this time), watching documentaries/si-fi programs and singing in the choir. Thank you for all you do!

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MEET THE STAFF

Lora Cicalo, Executive Director



Ellen Pratt, Bookkeeper



River Barnes, Head Cook



Sandy Sterling, Activities



Meagan Morgart, Shuttle



Amada Gallegos, Asst. Cook



Valenna Davis, Kitchen Aid



Mike Nutting, Meal Delivery



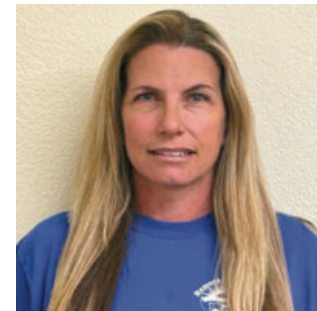
Mike Morgart, Meal Delivery



Tiffany Jordan, Meal Delivery



Erica Roy, Meal Delivery



Sheila Ruff, Sub. Meal/Shuttle



***Jim Nutting,
Sub. Shuttle***



***Tim Webster,
Sub. Kitchen Aid***



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4. Or prefers to receive information in a language other than English, including American Sign Language (ASL) . . .



you can request additional resources. SDG&E is committed to supporting customers and making sure that everyone is offered equal access to information, resources and services. To learn more, visit sdge.com/AFN. Customers are also encouraged to share their household's individual needs online.

The form that can be found at sdge.com/access-and-functional-needs-survey.

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30 DAY GRATITUDE CHALLENGE

1

3 Things that make you special

2

3 People you are grateful for and why

3

3 Simple things you are grateful for

4

A challenging experience that made you strong

5

3 Ways to inject gratitude into a current challenge

6

Describe the last time you did something nice

7

A fear you have overcome

8

3 Activities you enjoy most and why

9

What made you smile today?

10

3 Things you love about your family

11

What is your favorite place and why?

12

3 Things you love most about yourself

13

The last time you were overcome with joy

14

A risk you are grateful you took and why

15

3 Everyday items you are grateful for

16

3 Songs that bring you joy

17

What skill are you grateful for and why?

18

One luxury you are thankful for

19

Describe a rejection you are grateful for

20

3 Things about your body you are grateful for

21

What you are most grateful for in your daily life?

22

3 Things you are grateful for about where you live

23

3 Items in your home you are grateful for

24

Say thank you to someone

25

Something in nature you are grateful for

26

A person in your past you are grateful for

27

Something at work you are grateful for

28

Describe the last time you laughed so hard you cried

29

What is your proudest accomplishment?

30

3 Things you want to manifest