



**July  
2024  
Volume 104**

## **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](mailto:ramonaseniorcenter@gmail.com)**

**Web site [www.ramonaseniorcenter.com](http://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.**

# Senior Center News

## July Upcoming Events

- 1st Ramblers Meeting  
1:00 p.m.
- 3rd Current Events  
10:30 a.m.
- 3rd UKULadies  
11:30 p.m.
- 3rd Independence  
Day Lunch  
11:30 p.m.
- 4th & 5th CLOSED
- 19th Birthday Lunch  
11:30 a.m.
- 19th Del Mar Horse  
Race Day
- 24th Alzheimer  
Support  
10:00 a.m.
- 24th PEF Board  
Meeting  
1:00 p.m.

SEE OUR WEB SITE  
**www.ramonasenior  
center.com**  
OR ACTIVITY CALENDAR  
FOR ALL OTHER  
ACTIVITIES

Our nutrition program helps feed seniors who sometimes would not be able to afford a meal otherwise.

## Table of Contents

Stay Hydrated	---	3
Director's Corner	---	4
Senior Humor	---	4
Senior of The Month	---	5
Let's Get Cooking	---	6
SDG&E	---	7
Cross Word	---	8

## Weekly Events

### Monday

Chess Group 10:00 am

### Tuesday

Yoga 9:00 am  
Computer Help 10:30 am

### Wednesday

Pinochle 8:30 am  
Watercolor Supplies  
Available 10:00 am  
Movie Day 1:00 pm

### Thursday

Quilting/Lace/Crochet/  
Machine Embroidery 8:30 am  
Bingo 1:00 pm

### Friday

Yoga 9:00 am  
Breathwork Class 2nd Friday 10:30 am  
Cornhole Tournament  
(2nd/4th Friday) 10:00 am

## Senior Center Services

- Free Computer / Internet access in the computer room
- Information or referrals on many senior related topics
- Photocopies / Fax for small fee
- Books, magazines, puzzles available to borrow FREE
- Meals are served at the center Monday thru Friday 11:30-12:30
- Reservations for meals are made by calling (760) 789-0440
- Senior meals suggestion \$5.00, Non-Senior cost \$8.00
- Meals on Wheels for homebound seniors, call (760)789-0440

## STAY HYDRATED AND FEEL GREAT: TIPS FOR SENIORS

In this article, we will talk about why it's important for seniors to stay hydrated and share some easy tips to help them drink enough water. As we get older, our bodies change, and it becomes even more important to drink water to stay healthy.

### Why is drinking water important for seniors?

Drinking enough water has many benefits for seniors. Here are some reasons why it's important:

1. **Keep Your Body Working:** Water helps your body work properly, especially your heart, kidneys, and digestion.
2. **Stay Cool:** When it's hot outside, drinking water helps you stay cool and prevents problems like heat exhaustion.
3. **Keep Your Muscles and Joints Happy:** Water keeps your muscles and joints working well, so you won't feel stiff or have aches.
4. **Think Clearly:** Being hydrated helps you think clearly and remember things better.

### Tips for staying hydrated:

1. **Drink Water Often:** Try to drink water throughout the day. You can carry a water bottle or set reminders to help you remember.
2. **Eat Fruits and Veggies:** Some fruits and vegetables have a lot of water in them, like watermelon, cucumber, oranges, and grapes. Eating them can help you stay hydrated.
3. **Be Careful with Some Drinks:** Drinks with caffeine or a lot of sugar can make you lose water from your body. It's best to limit them.
4. **Take Breaks during Exercise:** If you do any exercise or activities that make you sweat, remember to drink water before, during, and after to keep your body hydrated.
5. **Talk to Your Doctor:** Some medicines can make you lose water. If you take any medicines, ask your doctor if they can affect your hydration.
6. **Have Water Handy:** Keep water bottles or cups in places where you can easily reach them, like your kitchen or living room, to remind you to drink more water.

*Partial article taken from: L.A. Care Medicare Plus*

## Director's Corner ~ July, 2024



### Fun Facts about July

- July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere.
- It is sometimes called the Hay month because the grass dries out due to a lack of rain and can be made into hay.



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July

2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 Colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. Please be safe and have fun this Independence Day.

Speaking of parades, myself and Ellen have been invited to be dignitaries representing the Ramona Senior Center at this year's 4<sup>th</sup> of July parade in Julian. We will be honored for all the years that the Ramona Senior Center has served meals to the Back Country senior citizens. WOW! What an honor this is.

This year Independence Day is on a Thursday and the Senior Center will be closed on Thursday the 4<sup>th</sup> & Friday the 5<sup>th</sup>.

Here are some tips for July:

- Stay hydrated  
Drink more than eight glasses of water a day to replace what's lost through sweating. You can add frozen berries, mint leaves, or lime slices to your water for flavor, or eat snacks with high water content like watermelon, cantaloupe, tomatoes, and cucumbers.
- Protect your skin  
Apply broad-spectrum sunscreen with an SPF of at least 15 before going outside, and reapply every two hours or after swimming or sweating. Seek shade during peak sun hours, which are usually between 10 a.m. and 4 p.m.

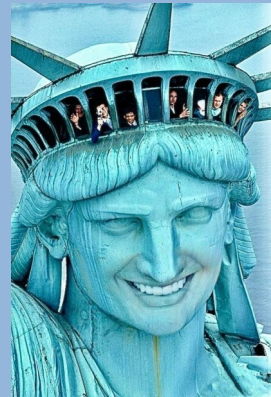


From my mouth to your ears,

**Lora Yule**  
Executive director

## Senior Humor

- \*What do you call an American revolutionary who draws cartoons?  
A Yankee Doodler.
- \*Why were the first Americans like ants?  
They lived in colonies.
- \*Why did Paul Revere ride his horse from Boston to Lexington?  
Because the horse was too heavy to carry!
- \*What protest by a group of dogs occurred in 1772?  
The Boston Flea Party.
- \*What did a patriot put on his dry skin?  
Revo-lotion!
- \*Did you hear the one about the Liberty Bell?  
Yeah, it cracked me up!
- \*What did the little firecracker say to the bigger firecracker?  
Hi, Pop!
- \*What did the firecracker eat at the movies?  
Pop-corn.



## July

### Birthstone

Ruby



### Flower

Water Lily &

Larkspur



### Signs

Cancer

June 21 to July 22

Leo

July 23 to August 22



### **Seniors of the Month ~ Leroy & Kathy Clubb**



Kathy was born in Ocean Beach, California and is an only child. Leroy was born in Moreno Valley, California and has 2 sisters (living) and 2 brothers (who have passed away). Kathy's family eventually moved to Casa De Oro in East County which is where she graduated from high school. Leroy's family remained in Riverside and he graduated from Polytechnic High.

Kathy's family owned a place down in Ensenada, Mexico and would spend time down there for a weekend or sometimes for a week at a time. Leroy started doing long motorcycle rides in 1968 with buddies. They would sometimes ride over 100 miles in the back terrain ending up in Ensenada and spending a day or two there. Kathy and Leroy were both at the San Nicholas bar in 1971, saw each other and sparks flew immediately! They married in November, 1972 and have celebrated 53 years of marriage. They are parents to two children, Christina and Tony, 4 grandsons, 2 great-grandsons and 1 great-granddaughter.

Kathy moved up to Riverside to be with Leroy and they were there for 5 years. After that they moved to North Park for about 16 years. They then began looking for an unincorporated area to move to where they could put a mobile home on for her mother. They had three choices, one of which was Ramona. They chose Ramona and moved here in 1991.

As far as their careers go, Kathy was an office manager for one Family Practice Physician for over 30 years. Leroy worked in sales and was a District Manager for Bell Brand potato chips. They even owned a frozen food business for large service outlets called KTL, Company.

Kathy and Leroy work tirelessly doing fundraisers to raise money for the Senior Center. Leroy enjoys playing golf, riding his Harleys and showing his antique cars. Kathy enjoys supporting her husband at events, gardening and crafts. They are both very involved in the Ramona American Graffiti Cruise organization and through that put on cruise nights in Ramona. We appreciate you Kathy and Leroy!!

# Let's Get Cooking: Kitchen Safety For Seniors

## PREVENTITIVE TIPS:

- Frequently check your smoke detectors and keep a spare set of batteries.
- Keep a step stool handy to reach your smoke detectors or other kitchen items that may be out of reach.
- When storing kitchen supplies, keep your heaviest items at waist level to avoid reaching overhead.
- Have a fire extinguisher handy and keep an up to date fire escape plan.
- To avoid fires, don't leave your cooking unattended, and be aware of what items are near your appliances.
- Loose clothing, towels or other paper products can all be fire hazards. Remember to keep these types of items away from flames.
- Reduce the use of extension cords in the kitchen.
- Avoid shocks by keeping appliances away from water sources.
- Remember to stir away from your body when handling boiling water, as this can prevent burns on the arms and hands.
- If you do spill, clean it up immediately to avoid any risk of slips or falls.
- Make sure your cooking area is well lit.
- Keep up with cleaning out the fridge and pantry by routinely checking expiration dates.



## HELPFUL KITCHEN TOOLS FOR SENIORS:

There are many new gadgets and kitchen tools that are available to seniors. For example, automatic plugs help prevent fires if you forget to turn off a kitchen device or appliances like the coffee maker or oven.

Another helpful kitchen tool for seniors is a food thermometer. As you age, foodborne illnesses become more dangerous. The best way to avoid getting sick is to be sure you are cooking meat to the proper temperature.

Another way to avoid foodborne illness is to store your leftovers correctly. This can be done by purchasing Tupperware containers that seal tightly and adequately.

Lastly, non-slip floor mats are essential to ensure your kitchen is safe. Slips can be common in the kitchen, so it's good to be prepared. Plus, non-slip floor mats can help absorb spills if they should occur.

## CLEAR THE CLUTTER:

It's important to keep surfaces in the kitchen clear. Not only is it sanitary, but in case of a fall, it is much more reliable to grab onto a clear, fixed surface rather than reaching for objects on the counter that could potentially cause more harm. To avoid this, stay organized and tidy.

When organizing your kitchen, remember to have a place or a container for everything. Steer clear of laying kitchen tools on the counter and place them back in their designated areas to help with organization. Plus, having a clear workspace to mix and prep your food can make a significant difference when preparing dinner.

*Article from: StoryPoint Group, Senior Care Experts*



## CUT COSTS ON YOUR SUMMER ENERGY BILL

Warmer temps are on their way, but it doesn't have to mean higher energy bills. Use major appliances when energy is less expensive, before 4 p.m. or after 9 p.m. Here are ways to save energy and money while staying cool.

First, let's talk about appliances. They tend to use a lot of energy and heat up your home at the same time. With that in mind, consider the following:

Change the way you cook: Turn off the oven and stovetop as much as possible. Relying on microwaves, slow cookers, backyard grills or air fryers are great ways to heat up your food but not your home. If you're going to use your oven, do it sparingly and during the coolest part of the day.

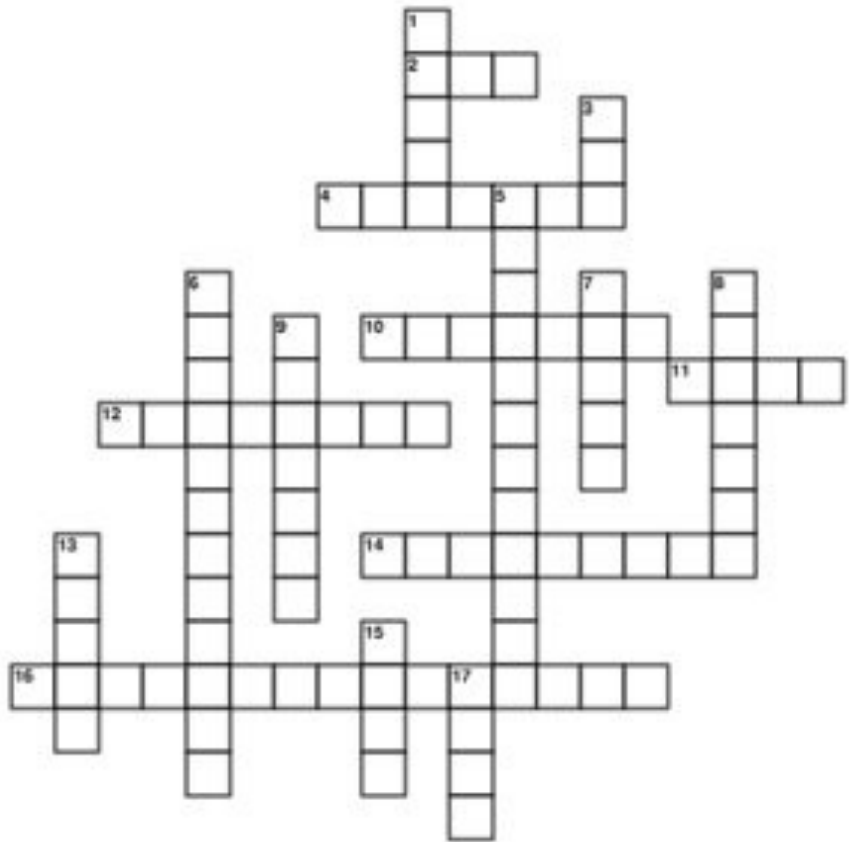
Change how you wash your clothes: Use cold water to wash your clothes so you don't have to pay to heat the water. Cold water helps reduce wrinkles and remove stains. Washing in cold also helps your clothes last longer, prolong vibrancy and maintain their shape and size. Always aim for full loads of laundry and consider line drying them.

Don't "heat dry" your dishes: When running your dishwasher, turn off the "heat dry" cycle and let dishes air dry instead.



Use smart plugs for appliances: Smart plugs allow you to schedule when your appliances are on or off – even remotely. They also help reduce "vampire draw" since appliances still use energy when they're off but still plugged in.

# Fourth of July



## Across

- [2] Some apples are this color
- [4] Land that I love
- [10] I would rather have this than death
- [11] Land of the .....
- [12] Grilling time
- [14] They light up the sky
- [16] A gift from France

## Down

- [1] Home of the .....
- [3] In short, the United States of America
- [5] Not being ruled by another
- [6] The Declaration of Independence was adopted this day
- [7] You can wish upon them
- [8] There are 13 of them
- [9] Some would like to let it ring
- [13] The color of marshmallows
- [15] Old Glory
- [17] The color of the sky