



**February
2021
Volume 65**

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

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

February Upcoming Events

**ALL
ACTIVITIES
SUSPENDED
UNTIL
FURTHER
NOTICE**

Senior Center News

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

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- 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

SELF-CARE ~ GRAPES

Caroline Atterton, Lead Therapist at Sharp Mesa Vista's Senior Intensive Outpatient program shares a helpful acronym that patients are encouraged to refer to daily to promote self-care and focus on positive things that are within their control: GRAPES.

Gratitude: Cultivating gratitude can help boost our mood by encouraging our minds to focus on what we do have in our lives, rather than what we don't have. Did you enjoy a warm meal? See a beautiful sunset? Receive a phone call from a friend? When we train our minds to look for things we are thankful for, we get better at counting our blessings even in the midst of a pandemic and uncertainty. This doesn't mean that we ignore struggles and problems, but that we do not allow hardship to overshadow the positives in our lives.

Relaxation: During difficult times, we might find our minds going haywire. Anxiety about the virus, our health, loved ones, or economic concerns can keep our brains in "high alert" mode. We need to give our minds and bodies a rest from stress. Try yoga, meditation, or deep breathing to help quiet your mind. Visualize positive, calming imagery. And, be sure to prioritize getting a good night's sleep.

Accomplishment: Pick one thing that you'd really like to do each day. It can be simple, such as taking a shower, scheduling an important appointment, or organizing a drawer. What would you feel good about accomplishing?

Pleasure: Give yourself the gift of a warm cup of hot chocolate, an episode of your favorite TV show, or a trip to the beach for a walk. What can you add into your day that will be enjoyable and make you feel good?

Exercise: Yes, it can be tempting to stay on the couch, but you will likely feel so much better if you get up and go for a walk or bike ride. Even short bursts of 10 minutes of activity are enough to support good mental and physical health. Taking the first steps can be challenging, but the immediate and long-term rewards will be worth it. And, don't forget about brain health. Give your brain a workout by doing puzzles, learning a new skill, or taking up a new hobby.

Socialization: Connect, connect, connect! Pick up the phone and call a relative, make a video call to a friend, or send a letter or card in the mail. Although we need to stay physically distant right now to keep safe, we should remain socially and emotionally connected to friends and family. Nurture those relationships that we have, or perhaps reach out to an old friend or family member you have lost touch with. Meeting with new people online via virtual classes and support groups is another option to help you feel more connected. (www.Aging.SanDiegoCounty.gov ~ December, 2020/January2021)

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Director's Corner February 2021



Here is a little history about February:

February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years.

Our Valentine's Day lunch will be Friday, February 12th since the 14th falls on a Sunday. You don't want to miss Chicken Cordon Bleu with mashed potatoes and strawberry/blueberry crisp for dessert. As always, this meal, and all our meals are prepared fresh

Monday-Friday in our very own kitchen and always prepared with love.

This Valentine's day it's likely that, as a senior citizen, you know other seniors who are alone especially during the Coronavirus pandemic. To brighten the day of others who may be feeling the same as you, make Valentine's Day cards for them. This holiday is about love and letting people know that someone is thinking of them! Making and sending heartfelt cards or even making a phone call to others is a great way to spread love. If you don't know any other single seniors to make and send cards to, choose someone who inspires you or anyone you care about. Letting other people know you're thinking about them is a beautiful way to share love.



Please don't forget we will be closed on February 15th to recognize Presidents day.

What is Presidents Day and why do we celebrate it? Washington's Birthday is a federal holiday in the United States celebrated on the third Monday of February in honor of George Washington. He was the first president of the United States and was born on February 22, 1732. The day is sometimes understood as a celebration of the birthdays and lives of all U.S. presidents.

Please remember, good or bad, if you have a suggestion about the Senior Center meals or anything else, we would love to hear about it. We have a suggestion box and you can drop off your suggestion when you pick up a meal. If you get meals delivered to you then your driver can bring it back to the Senior Center for you. We love to read and consider all of your input.

**From my mouth to your ears,
Lora Cicalo,
Executive Director**

Senior Humor

After she woke up, a woman told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight." he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it - to find a book entitled "The meaning of dreams"

A woman walks into a post office and notices a middle-aged, well-dressed man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. As he seals each envelop he sprays it with a puff of perfume.

The woman's curiosity gets the better of her, so she goes up to the man and asks what he is doing. The man replies, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" she asks.

"Because I'm a divorce lawyer," the man replies.



February

Birthstone

Amethyst



Flower

Violet &



Primrose



Signs

Aquarius
January 20 to February 18

Pisces
February 19 to March 20

Jim Nutting ~ Wishing You The Best



We want to wish Jim the very best in the next chapter of his life and retirement. A little history about Jim is that he was born in the Bronx, New York and grew up in Paramus, New Jersey. He joined the Navy in 1977 and stayed in New Jersey. He moved to California in 1978 with some of his friends who were stationed out here. Jim initially lived in Imperial Beach and “finally” moved to Ramona in 1994. He worked for the Transit District from 1984 to 2016 at which time he retired from that job. That is, he says, when he started his favorite job of his entire life here at the Ramona Senior Center delivering meals to seniors. Jim has been married to his love, Perri, for 26 years. She is the love of his life and would do anything for her! He has 1 son, 2 step-sons and 9 grand-children. Jim is an animal lover and has 2 dogs himself, however, he loves all dogs and cats. In fact, he would bring treats to all the dogs and cats on his route, daily. Jim said that he will miss his seniors, the talks with them and being involved in their day to day lives very much. They shared life stories with each other so much so that he feels like they are family and they feel the same. The seniors on his route, and all of us here, are sad to see him leave. Jim said that he loves Ramona and that this will be his home for the rest of his life. We will greatly miss you Jim!!

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6 WAYS TO SAVE ENERGY AT HOME THIS WINTER

Lower temperatures and spending more time at home may increase your energy costs. Here are some no-cost and low-cost ideas to help you save energy and money while staying comfortable during the colder winter months.

Take advantage of heat from the sun: Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home. Close the curtains at night to reduce the chill you may feel from cold windows.

Cover drafty windows: Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Make sure the plastic is sealed tightly to the frame to help reduce infiltration. Install tight-fitting, insulating drapes or shades on windows that feel drafty. Find out about other window treatments and coverings that can improve energy efficiency at energy.gov.

Adjust the temperature: When you are asleep or not home, turn your thermostat back 7 to 10 degrees for eight hours and save around 10% a year on your heating bills. A smart or programmable thermostat can make it easy to set back your temperature. If you have a heat pump, maintain a moderate setting or use a programmable thermostat specially designed for use with heat pumps.

Find and seal leaks: Seal the air leaks around utility cut-throughs for pipes ("plumbing penetrations"), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets. Add caulk or weather-stripping to seal air leaks around leaky doors and windows.

Maintain your heating systems: Schedule service for your heating system. Replace your filter once a month or as needed. Find out how to efficiently maintain furnaces or boilers and heat pumps at energy.gov. Wood or pellet burning appliances are cleaner burning and more efficient. Clean the flue vent regularly and the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently. Energy.gov also has other maintenance recommendations for wood-and pellet-burning appliances.

Reduce heat loss from the fireplace: Keep your fireplace damper closed unless a fire is burning. Keeping the damper open is like keeping a window wide open during the winter; it allows warm air to go right up the chimney. When you use the fireplace, reduce heat loss by opening dampers in the bottom of the firebox (if provided) or open the nearest window slightly – around 1 inch – and close doors leading into the room. Find more techniques to improve your fireplace or wood-burning appliance's efficiency and which wood to burn at epa.gov/burnwise.

For more tips on how to save energy this winter, visit sdge.com/winter.



BRAIN TEASERS

1. Johnny's mother had three children. The first was named April. The second child was named May. What was the third child's name?
2. A clerk at a butcher shop stands five feet ten inches tall and wears a size 13 sneakers. What does he weigh?
3. How much dirt is there in a hole that measures two feet by three feet by four feet?
4. What word in the English language is always spelled incorrectly?
5. Billie was born on December 28th, yet her birthday always falls in the summer. How is this possible?
6. If you were running a race and passed the person in second place, what would that place be now?
7. What kind of room has no doors or windows?
8. What gets broken without being held?
9. Feed me and I live, yet give me a drink and I die, who am I?
10. What kind of tree can you carry in your hand?



Answers

1. Johnny. 2. Meat 3. There is no dirt in a hole 4. Incorrectly (except when it is spelled incorrectly) 5. Billie lives in the southern hemisphere 6. You would be in 2nd place 7. Mushroom 8. A promise 9. Fire 10. Palm tree

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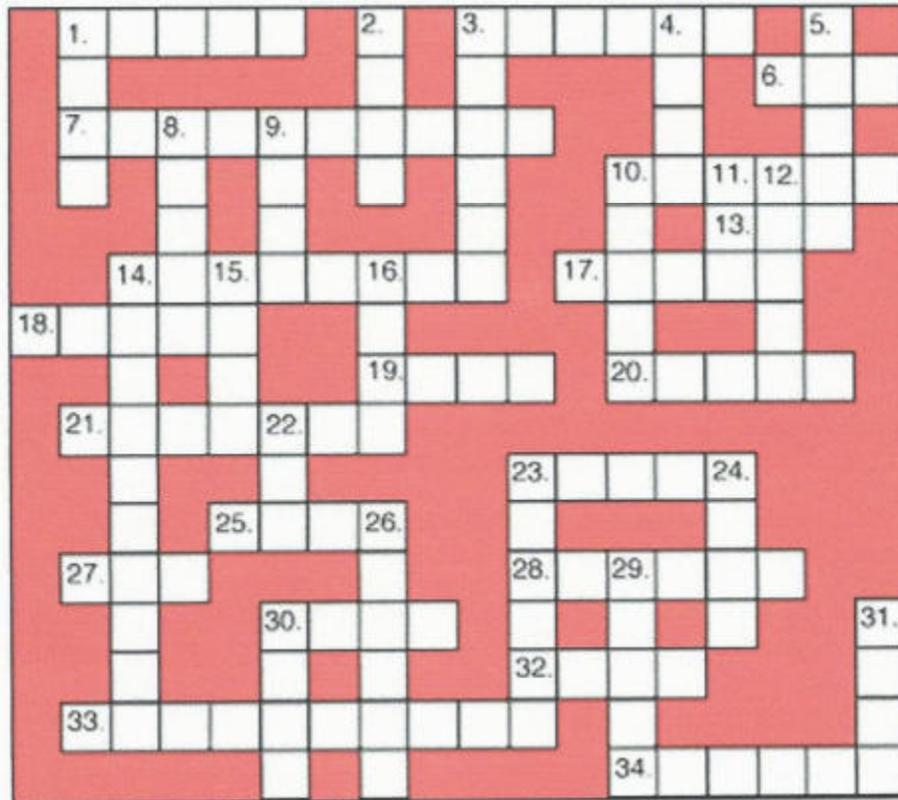
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Valentine's Crossword



Across:

- 1. Opposite of boys
- 3. Valentine colour
- 6. ____ goes there?
- 7. St. _____ Day
- 10. The targets of Cupid's arrows
- 13. This little piggy is one
- 14. Valentine month
- 17. Tolls paid
- 18. ____ change, pocket money
- 19. Sign above door
- 20. Donald's girlfriend
- 21. Crayon maker
- 23. He shoots love arrows

- 25. Short form for animal doctors
- 27. Valentine's colour
- 28. Cupid shoots these
- 30. Valentine colour
- 32. Choose
- 33. Sweet valentine gifts
- 34. _____ admirer

Down:

- 1. Bestow
- 2. _____ the bottle
- 3. Attractive
- 4. Frilly trim
- 5. Valentine colour
- 8. Mickey _____ Minnie
- 9. Close to
- 10. Listened

- 11. Past tense of eat
- 12. Red flowers
- 14. February ____ is Valentine's
- 15. ____ valentine.
- 16. Length x width
- 22. Single, __, 2, 3, ...
- 23. Winners
- 24. Opposite of up
- 26. First day of the week
- 29. Speed contests
- 30. Scheme
- 31. Pepper _____ candy

