

*Believe in  
Yourself*  
♡



**September  
2022  
Volume 82**

## **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.**

# September Upcoming Events

- 2nd Luau Lunch  
11:30 a.m.
- 2nd UKULadies playing  
Hawaiian music and will  
teach a hula dance  
11:30 a.m.
- 5th CLOSED for Labor Day
- 12th Ramblers Meeting  
1:00 p.m.
- 15th Flu Shots given by  
Pharmacist from  
Albertsons  
10:00 a.m. to  
12:00 p.m.
- 16th Birthday Lunch  
11:30 a.m.
- 21st Pajama Day  
All Day
- 21st Music Therapy  
Support Group ~  
Advantage Health Systems  
10:00 a.m.
- 23rd Bingo Fundraiser  
5:00 p.m.  
(Doors Open at 3:30 p.m.)
- 28th PEF Board Meeting  
1:00 p.m.

**SEE OUR WEB SITE**  
**[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)**  
**OR ACTIVITY CALENDAR FOR**  
**ALL OTHER ACTIVITIES**

# Senior Center News

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

## Table of Contents

Car Show--	3
Director's Corner--	4
Senior Humor	4
This Month in 1955	5
Why We Celebrate Labor Day--	6
SDG&E--	7
Word Scramble--	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

# 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



**COME OUT AND SUPPORT THE RAMONA SENIOR CENTER AND HAVE SOME FUN!!!**

**OCTOBER 22, 2022 from 10:00 a.m. to 2:00 p.m.**

**Location: Grace Community Church, 1234 Barger Place, Ramona, California**

**Free Hot Dogs & Drinks. There will be a Silent Auction, Raffle Prizes, D.J. and Trophies.**

## Director's Corner September 2022



**Labor Day, the first Monday in September**, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contribution's workers have made to the strength, prosperity, and well-being of our country. **Don't forget that we will be closed Monday September 5th.**

Join us for our **Luau on Friday, September 2nd!** Wear your favorite Luau attire!!! Also, **September 21<sup>st</sup> is pajama day.** Wear your favorite pajamas to the center this day!!! Our **Bingo Fundraiser** is on **Friday, September 23rd, at 5:00 p.m., doors open at 3:30 p.m.,** come in and have some fun!!

For those of you that don't already know, we have two new employees that have joined our Ramona Senior Center team. They are River and Valenna. River is our new cook and Valenna is our dishwasher/kitchen aid. If you have not had the chance to meet them then please stop by the kitchen and introduce yourself and say welcome. We have had so much great feedback on how delicious the food is. Come in and join us!!



Here is a bit of information that I think is important for you to know.

Why Are Seniors More Likely to Be Dehydrated?

As the body ages, the amount of water in it decreases, and this is one of the main reasons elderly adults are at a higher risk for dehydration. Whereas younger people can afford to lose more water, adults over 60 can lose the same amount and develop dehydration faster.

Even mild dehydration adversely affects mental performance and increases feelings of tiredness. Mental functions affected include memory, attention, concentration and reaction time. Common complications associated with dehydration also include low blood pressure, weakness, dizziness and increased risk of falls.

### Top Signs of Dehydration in Seniors

Muscle weakness.  
Lethargy.  
Dry mouth.  
Headaches or dizziness.  
An inability to sweat.  
Low blood pressure.  
Rapid heart rate.  
Fatigue.

**DRINK YOUR WATER!**



**From my mouth  
to your ears,**

**Lora Cicalo  
Executive Director**



## Senior Humor

1. Did my wife tell you about a Labor day joke?  
It didn't work for her.

2. What did the pilot say when he hadn't studied for his big airlines exam?  
I'm just going to wing it.

3. Why did the young girl resign from her job at the Velcro factory?  
She tried very hard, but in the end, she couldn't stick with it.

4. Why was the young boy's mother unhappy about him becoming a baker?  
She thought he wasn't making enough dough.

5. Why shouldn't people with a mean attitude become masseurs?  
Nobody wants to be rubbed the wrong way.

6. Why were the police on a lookout for Mike, the maze designer?  
He had gotten lost in his own work.

"Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow."

- Douglas Pagels.

## September

### Birthstone

Sapphire



### Flower

Aster &  
Morning Glory



### Signs

Virgo  
August 23-September 22

Libra  
September 23 to October 22

## THIS MONTH IN SEPTEMBER, 1955

On September 3, 1955 Little Richard recorded “Tutti Frutti” in New Orleans. The song was released in October.

On June 5<sup>th</sup>, Gene Autry and Jimmy Long released “The Yellow Rose of Texas”.

On September 6<sup>th</sup>, Hurricane Gladys makes landfall just south of Brownsville, Texas. It was a category 1 hurricane that reached 85 mph. Padre Island evacuated everyone including vacationers. Boats including shrimp boats were damaged or beached.

On September 10<sup>th</sup>, Gunsmoke, one of the greatest TV series ever, is broadcast for the first time on CBS TV.

On September 13<sup>th</sup>, “Velcro” was patented by inventor George D. Mestral.

On September 24<sup>th</sup>, President Dwight D. Eisenhower suffered coronary thrombosis in Denver, Colorado while he was on vacation. Vice President Richard Nixon served as Acting President during Eisenhower’s recovery.

On September 26<sup>th</sup>, America’s showbiz sweetheart couple, Debbie Reynolds and Eddie Fisher marry. The marriage lasted only four years. During that time, Carrie and Todd were born.

On September 30<sup>th</sup>, Actor James Dean was killed in a car crash on a highway in Cholame, California, he was on his way to Salinas, California for an auto rally. Dean was driving a brand new Porsche 550 Spyder, he was only 24 years old.

In September, Fats Domino and Dave Bartholomew’s “Aint That a Shame” made #1 on Billboard R&B chart. Some popular TV shows of September 1955 were, \$64,000 question on CBS, Colgate Variety Hour on NBC, and Toast of the town.

The weather in Ramona in the mid-month of September was a high of 95 degrees and a low of 57. Not much change there.

*Article by Jim Nutting*

## WHY DO WE CELEBRATE LABOR DAY?

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters.

In the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts' wages.



People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.

As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several Chicago policemen and workers were killed. Others gave rise to longstanding traditions: On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history.

The idea of a “workingmen’s holiday,” celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Congress would not legalize the holiday until 12 years later, when a watershed moment in American labor history brought workers’ rights squarely into the public’s view. On May 11, 1894, employees of the Pullman Palace Car Company in Chicago went on strike to protest wage cuts and the firing of union representatives.

On June 26, the American Railroad Union, led by Eugene V. Debs, called for a boycott of all Pullman railway cars, crippling railroad traffic nationwide. To break the Pullman strike, the federal government dispatched troops to Chicago, unleashing a wave of riots that resulted in the deaths of more than a dozen workers.

In the wake of this massive unrest and in an attempt to repair ties with American workers, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. On June 28, 1894, President Grover Cleveland signed it into law. More than a century later, the true founder of Labor Day has yet to be identified.

Many credit Peter J. McGuire, cofounder of the American Federation of Labor, while others have suggested that Matthew Maguire, a secretary of the Central Labor Union, first proposed the holiday.

Labor Day is still celebrated in cities and towns across the United States with parades, picnics, barbecues, fireworks displays and other public gatherings. For many Americans, particularly children and young adults, it represents the end of the summer and the start of the back-to-school season.

*Information from: History ~ A&E Television Networks, LLC.*



# SIGN UP FOR STATEWIDE FLEX ALERT NOTIFICATIONS AND HELP STRENGTHEN THE GRID

Did you know you can make a difference when it comes to rotating power outages? This summer, as temperatures rise and there is higher energy demand, you can help prevent rotating outages by conserving energy when a Flex Alert is called.

Flex Alerts are triggered by the state's power grid operator, California ISO, when demand for energy is expected to exceed what is needed to power the state. This is particularly true in the summer when more Californians turn on their air conditioning, which puts more demand on the grid.

When a Flex Alert is called, customers are asked to voluntarily postpone higher energy-consuming activities until the Flex Alert has ended. This action could help the grid when it's especially stressed and help avoid rotating outages. Simple steps, like turning off unused lighting or precooling your home before a Flex Alert begins, can make a big difference.

Sign up for Flex Alert notifications so you know when your conservation is critical. To learn more about Flex Alerts and sign up for notifications, visit [\*\*FlexAlert.org\*\*](https://www.flexalert.org).



# Word Search

W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	E	K	E	N	D	U	G	E	I	S
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O	C	T	R	A	V	E	L	O	C	V	K	D	R	O
N	G	E	I	S	D	M	Z	G	N	O	L	E	E	B
A	H	R	O	A	T	L	X	U	K	A	O	F	M	A
L	N	S	Y	G	N	I	D	N	E	Z	I	F	A	L
L	Y	P	P	H	R	O	C	T	L	A	B	O	R	P

See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |