You matter

August 2022 Volume 81

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.

August Upcoming Events

- 1st Ramblers Meeting
  1:00 p.m.
- 3rd Tammy G. giving head and neck massages
  10:00 a.m.
- 5th Favorite Sports Team Day
  All Day
  (Wear your favorite team jersey/cap/ colors.)
- 10th Larry Weddle playing songs
  11:30 a.m.
- 17th Music Therapy Support Group ~ Advantage Health Systems
  10:00 a.m.
- 19th Birthday Lunch
  11:30 a.m.
- 24th PEF Board Meeting
  1:00 p.m.

SEE OUR WEB SITE
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.

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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/Crotchet/ 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

YOU KNOW YOU ARE FROM SAN DIEGO WHEN …

You can identify with almost all of the following!

1. You can correctly pronounce Tierrasanta, La Jolla, Rancho Penesquitos, San Ysidro, Otay Mesa, Jamul and El Cajon, and know where they are.

2. There are four distinct seasons: Summer, Not Quite Summer, Almost Summer and "Oh, Hey look its summer again".

3. You've tailgated at Qualcomm Stadium, and for bonus points, also tailgated when it was Jack Murphy Stadium.

4. You know that "Charge!" doesn't refer to a credit card.

5. You still call it the Del Mar Fair.

6. You say "I'm going to the track", and people know what you're talking about.

7. You understand what May-gray and June-gloom means.

8. You know what "real Mexican food" tastes like.

9. You remember when "Mission Valley" was cow pastures (Oh…to have bought land then!)

10. You remember when Lemon Grove had "the cows."

Have a beautiful, sunny San Diego Day!

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Director's Corner
August 2022

This month I would like to introduce you to your new Board of Directors that were voted in this July:

Jim Phillips
Bonnie Sowers
Beverly J. Smith
Cindy Galloway
Sara Allen
Debi Fraser
Nancy Walker
Helene Armand
Lynn McNees

We welcome Bonnie Sowers and Lynn McNees to our senior center as the newly voted in Board of Directors. Voting for officers will take place next month.

The Ramona Ramblers Traveling group is always looking for new members to join their group. Their meetings take place on the first Monday of each month at 1:00 p.m. Please come in and join them!! This is such a fun traveling group.

Get out your favorite sports team gear and/or colors and wear them on Friday, August 5th. Let's have some fun with this!!!

September 2nd, we will be having a luau themed lunch, please come and join us and wear your Hawaiian clothes. The UKULadies will be playing Hawaiian music and will even teach a hula dance. Then on Wednesday, September21st, we have pajama day, so wear your pajamas to the center. We will all be doing it!!

Please remember to check out our activity calendar either on-line or come in a pick up a hard copy. We have resumed some of our fun activities. I just want to remind you that we have a few items at the Center for your recreational use.

We have a 3 in 1 game table with chairs, it is a card table and also a checkers and chess board and it's very beautiful. We also have a shuffleboard table that I think can be a lot of fun for many of you to play.

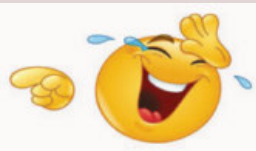
Please remember to drink a lot of water. We have had a very hot summer so make sure your hydrated.

From my mouth to your ears,

Lora Cicalo
Executive Director

Senior Humor

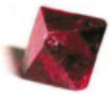
- My grandma started walking 5 miles a day when she turned 65.
  Now she's 92 and we don't know where she is.
- My doctor said I should exercise on top of a healthy diet.
  But surely a treadmill would make more sense?
- I was going to jump rope for exercise this morning.
  But I ended up skipping it.
- A tip to reduce weight: First, turn your head to the right and then to the left.
  Repeat this exercise whenever your offered something to eat.
- What kind of exercise do lazy people do?
  Diddly squats.
- Everyday I tell the wife I'm gonna do a few miles around the neighborhood for exercise, but I never do.
  It's a running joke I have.



August

Birthstone

Peridot & Spinel



Flower

Gladiolus & Poppy

Signs

Leo
July 23—August 22

Virgo
August 23-September 22

Senior of the Month ~ Bonnie Sweet

Bonnie was born in Erie, Pennsylvania. Her family moved to California when she was young, back to New York where she graduated high school, returned to California (where she met the love of her life), to Colorado with him (her husband) for about 25 years, and then eventually back to Thousand Oaks, California. She has been in Ramona for about 1 ½ years now.

She had 2 sisters and 1 brother, all of whom have passed away. Unfortunately, her husband also pre-deceased her and as she says, "once you have had the best you are done".

Bonnie has 2 daughters, Sandra and Kimberly. Kimberly lives in Thousand Oaks and Sandra lives in Ramona. Bonnie lives with Sandra and her husband, Joe, whom she loves. She has four grand-children, Evan, Erin, Brenden and Kaelyn.

She and her husband owned Sweet and Associates for a time where they were representatives for various lines of products. She has also worked at Longs, Savon and AC Home Health Care where she placed people receiving care.

She owns a 1975 Lincoln that has all original parts, except tires, and has shown it at various car shows for about 35 years. She loves classic movies, especially ones with Betty Davis. She does enjoy going to the casinos from time to time, but the majority of her time is spent with their 6 horses, 2 dogs, 2 cats, 14 chickens, Burmese python (13 feet long by the way) and 3 lizards. She also volunteers at the Ramona Senior Center several days a week!!!

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THE LIFE-CHANGING BENEFITS OF EXERCISE AFTER 60

As we age, it's normal to not have the stamina and agility we enjoyed in our younger years. But getting older doesn't have to mean becoming a couch potato.

According to the Centers for Disease Control and Prevention (CDC), all older adults—both men and women—can benefit from regular, moderate physical activity. This is true even for people with medical conditions such as arthritis, heart disease, obesity and high blood pressure.

What are the benefits of exercise for older adults?

Regular activity can positively impact our physical health as well as our mental and emotional wellbeing. It can help give us more energy and greater self-confidence, enabling us to embrace our later years with gusto.

Some of the key benefits of exercise for older adults include:

Prevents Bone Loss: Both men and women lose bone density as they age, with post-menopausal women losing up to 2% each year. Strength training has been shown to counteract this loss and actually restore bone density. Having stronger bones leads to fewer fractures and can also aid in balance. By reducing the risk of falls and injuries, exercise can help seniors live independently for longer.

Relieves Osteoarthritis Pain: While it may seem counterintuitive, moving more can actually help lessen the pain and stiffness of arthritis. Arthritis-friendly exercise includes low-impact cardiovascular activity, strength training, and range-of-motion exercises. How does exercise help arthritis? It takes pressure off aching joints by strengthening the surrounding muscles. Physical activity may also help ease joint inflammation and aid in lubrication, which reduces pain and stiffness.

Helps Prevent Chronic Disease: Exercise provides a protective effect against a host of chronic illnesses, including cardiovascular disease, colon cancer, diabetes, obesity and hypertension. If you already have a chronic condition, physical activity can minimize symptoms. It can even help reduce cognitive decline. One study found that participants over the age of 60 showed fewer Alzheimer's disease biomarkers when they performed 30 minutes of exercise every day.

Boosts Immunity: A 2018 study linked moderate exercise with a lower incidence of acute respiratory illness and fewer sick days off of work. The exact way exercise supports immunity is not known. However, there are many theories. Some scientists believe that the anti-inflammatory effects of physical activity enable better immune function. Exercise may also improve the performance of immune cells.

Improves Mood: Simply put, exercise makes us feel good. It can help ease anxiety and depression symptoms, increase relaxation and create an overall sense of wellbeing. A 2019 study of adult men age 65 and older found that the mood-boosting benefits of exercise continue well into old age, underscoring why it's so vital to stay active.

What exercises are best for older adults?

Yoga
Pilates
Aerobic exercise
Strength training

Article from the National Council on Aging, Inc., August 30, 2021 (partial)

SDGE

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GET PAID TO CONSERVE ENERGY WITH SDG&E'S POWER SAVER REWARDS PROGRAM

Help make California's energy grid stronger, safer and more reliable for all Californians this summer – and get paid for it too! The Power Saver Rewards program rewards you for lowering your electricity use when energy is in high demand. This summer, it pays to be flexible.

Here is how it works. Increased demand for cooling on hot summer days strains the electrical grid and creates a higher risk of power outages. If you are eligible and can reduce your energy use during a Power Saver event between the peak hours of 4 p.m. – 9 p.m., you may receive a bill credit. The more energy you conserve, the more you can save!

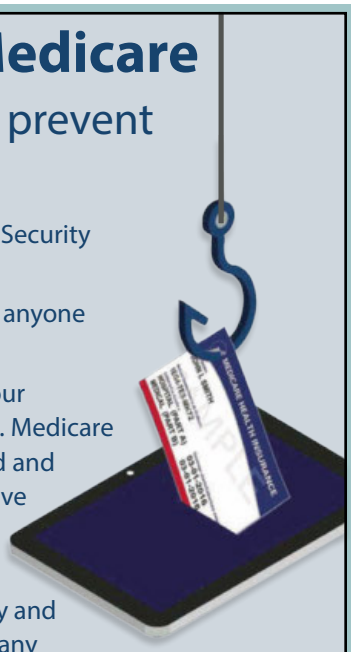
Participation is voluntary and there is no penalty if you are unable to conserve energy. It's a win-win because you'll save on your monthly energy bill and contribute to a cleaner environment.

Visit **sdge.com/PowerSaver** to enroll or find out more about the program.

Protect Your Medicare

Follow these Tips to prevent Medicare ID fraud:

- >> Keep your Medicare and Social Security cards secure.
- >> Don't share your numbers with anyone but your health care team.
- >> If someone calls and asks for your Medicare information, hang up. Medicare will only call you if you've called and left a message or a representative said that someone will call you back.
- >> Check your statements carefully and log into **Medicare.gov** to spot any possible fraud or billing mistakes.
- >> Report suspicious activities by calling **Senior Medicare Patrol**:



1-855-613-7080

California SMP Senior Medicare Patrol Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part, by grant 90MPPG019-04-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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word scramble

EXERCISE FOR OLDER ADULTS

1. WLNGIKA _____
2. NSIFETEB _____
3. HCRESTT _____
4. AALCNBE _____
5. NIGJOGG _____
6. TSHNETGR _____
7. SAIYHPCL _____
8. ABOERIC _____
9. VTYIACTI _____
10. KGBNII _____
11. ISMNIGWM _____
12. DULATS _____
13. TERR TEAHA _____
14. NCUDAERNE _____
15. FLEBTXLYIII _____
16. IGNNCAD _____
17. GDOO _____
18. LEMCUSS _____
19. RTIHNBEGA _____

American HOME HEALTH

"Source: MedlinePlus, National Library of Medicine."