

*Happy
New Year*
2023



**January
2023
Volume 86**

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

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Like us on Facebook at Ramona Senior Center Official.

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This Month in 1959

In January of 1959, "North by Northwest" was released, starring Cary Grant, Eva Marie Saint, James Mason, Martin Landau and Leo G. Carroll. The movie was directed by Alfred Hitchcock.

Pillow Talk starring Doris Day and Rock Hudson was also released in January.

"Mr. Blue by The Fleetwoods", and "Waterloo" by Stonewall Jackson were also very popular in January of 1959. Popular TV series in January 1959 were "The Twilight Zone", "Bonanza", "Rawhide", "Dennis the Menace" and "The Untouchables".

On January 1st, an uprising in Cuba overthrew the Fulgencio Batista government. Fidel Castro went on to rule Cuba from 1959 to 2008.

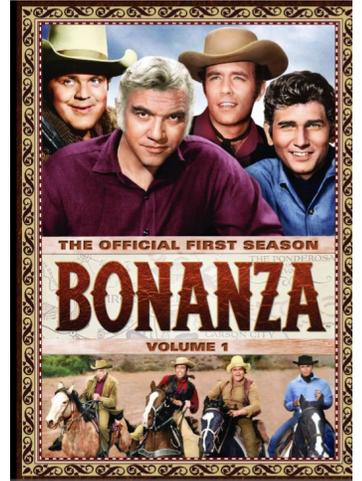
On January 3rd, Alaska was proclaimed the 49th state by President Dwight D. Eisenhower.

On the 8th of January, four Egyptian MiG-17 jets penetrated Israeli airspace near Beersheba but were driven off by Israeli fighters.

In January, "Phonebooth Stuffing" became a fad. This fad spread across the United States, Canada, Britain and South Africa.

President Dwight D. Eisenhower was named as Time Person of the Year.

The average cost of a new house in January of 1959 was \$10,900. A loaf of bread would cost you .20 cents, a T-Bone steak \$1.09 lb. and a sirloin steak, .89 cents per pound. You could wash it down with milk which was \$1.01 gallon. A new car would cost you approximately \$2,132 to \$3,979 and you could fuel it up for a hefty \$.25 per gallon. The average annual income was approximately \$5,016.



Article By Jim Nutting

Director's Corner January 2023



December is over and 2022 is gone. Now we can look forward to some quiet time. The hustle and bustle has calmed down a little and your social calendar is looking much less busy. Now we can all start to think about and make our New Year's Resolutions.

Going forward into the new year, I would like to thank all of my staff and our dedicated volunteers who give so much of their time here at the Center. There are so many of you that I cannot mention everyone, but we all know who you are and appreciate everything you continue to do.

One of the most important things to remember is that the Ramona Senior Center cannot operate without all the wonderful and dedicated volunteers we have. And let's not forget about all the different community members and groups that partnered with us to make this holiday season extra special for the home-delivered meal recipients. Thank you to the San Diego Seniors Community Foundation for their generous Grant that allowed us to have such a great holiday event at the Senior Center.



I look forward to spending another great year with all of you that attend the Ramona Senior Center, and really look forward to welcoming many more new people. Please spread the word and grab a few friends to join you for lunch this year.

Please remember that we have a suggestion box and we would love to hear from you. We welcome any suggestions that you may have for us that could make our Center even better than it already is.

**BE KIND
&
HAPPY NEW
YEAR**



**From my mouth
to your ears,**

**Lora Cicalo
Executive Director**

Senior Humor

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."



Three seniors are out for a stroll.

One of them remarks, "It's windy."

Another replies, "No way. It's Thursday."

The last one says, "Me too. Let's have a soda."

January

Birthstone

Garnet



Flower

Carnation &
Snowdrop



Signs

Capricorn
December 22 to January 19

Aquarius
January 20 to February 18

The Ramona Seniors wish to invite the public to play **BINGO** at the Ramona Senior Center every Thursday from 1pm – 4pm. Plan to arrive and get signed up by 12:30pm. Anyone over the age of 18 may play.

\$14.00 to play

First time player \$5.00 off

16 Games

Doubles \$1 each

Intermission Roundies \$1 each

434 Aqua Lane, Ramona
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SCAM ALERT: IMPOSTERS POSING AS SDG&E EMPLOYEES

With the holidays just winding up scammers often strike, San Diego Gas & Electric (SDG&E) is warning customers to be on the lookout for imposters who pretend to be SDG&E employees over the phone or in person, threatening service disconnections if payments are not made immediately.

Top targets of utility impersonators include limited-English speakers, the elderly and small businesses – particularly restaurants. Scammers are using increasingly advanced tactics and technologies to defraud their victims, including phone spoofing where they manipulate the caller ID to display SDG&E's customer service number, so victims think that they are receiving a legitimate call.

Business both large and small must remain vigilant. Because of the sophistication of the fraud, an unsuspecting, well-intentioned business entity could easily fall into this trap and the losses are sometimes staggering.

How the ruse works

The ruse most often includes a caller posing as a utility collections employee. Victims are told their account is delinquent and that a technician will arrive within the hour to shut off their electricity if they do not pay the past due amount immediately. Victims are asked to pay with non-traceable Bitcoin, payment apps such as Zelle, Green Dot debit cards, or other non-traditional forms of payment that SDG&E does not use.

Scammers capitalize on victims whose livelihood depends on a consistent source of electricity. For example, they have been known to call restaurateurs just prior to the lunch hour to add pressure.

Tips to avoid becoming a victim

1. Remember, SDG&E will never call you to demand immediate payments over the phone with the threat of immediate service disconnection. SDG&E provides a variety of payment assistance programs to customers and sends multiple notices to customers before disconnecting service.
2. SDG&E will never ask customers to pay using digital payment apps or cryptocurrencies. The only bill payment options SDG&E uses are MyAccount, a Branch Office location, an Authorized Payment Location or BillMatrix, which accepts payment with a credit card via phone.
3. SDG&E customers who are uncertain about their account status should call SDG&E or look up their bill and payment history via sdge.com/MyAccount. Never use the call back number provided by an unknown caller to verify billing information.

For more information, visit sdge.com/Avoid-Scams.



SAFETY TIPS

Step 1: Low-cost safety tips

Many people find that they can make these changes themselves.

- Add textured, no-slip strips in the bathtub and shower.
- Apply nonslip wax on floors.
- Place a waterproof seat or chair in the shower.
- Put nonskid treads on steps.
- Remove throw rugs.
- Remove wheels on chairs.
- Replace standard doorknobs with lever handles.
- Replace toilet with a raised or high-profile toilet.
- Use rubber-backed bathmats.



Step 2: Expensive changes

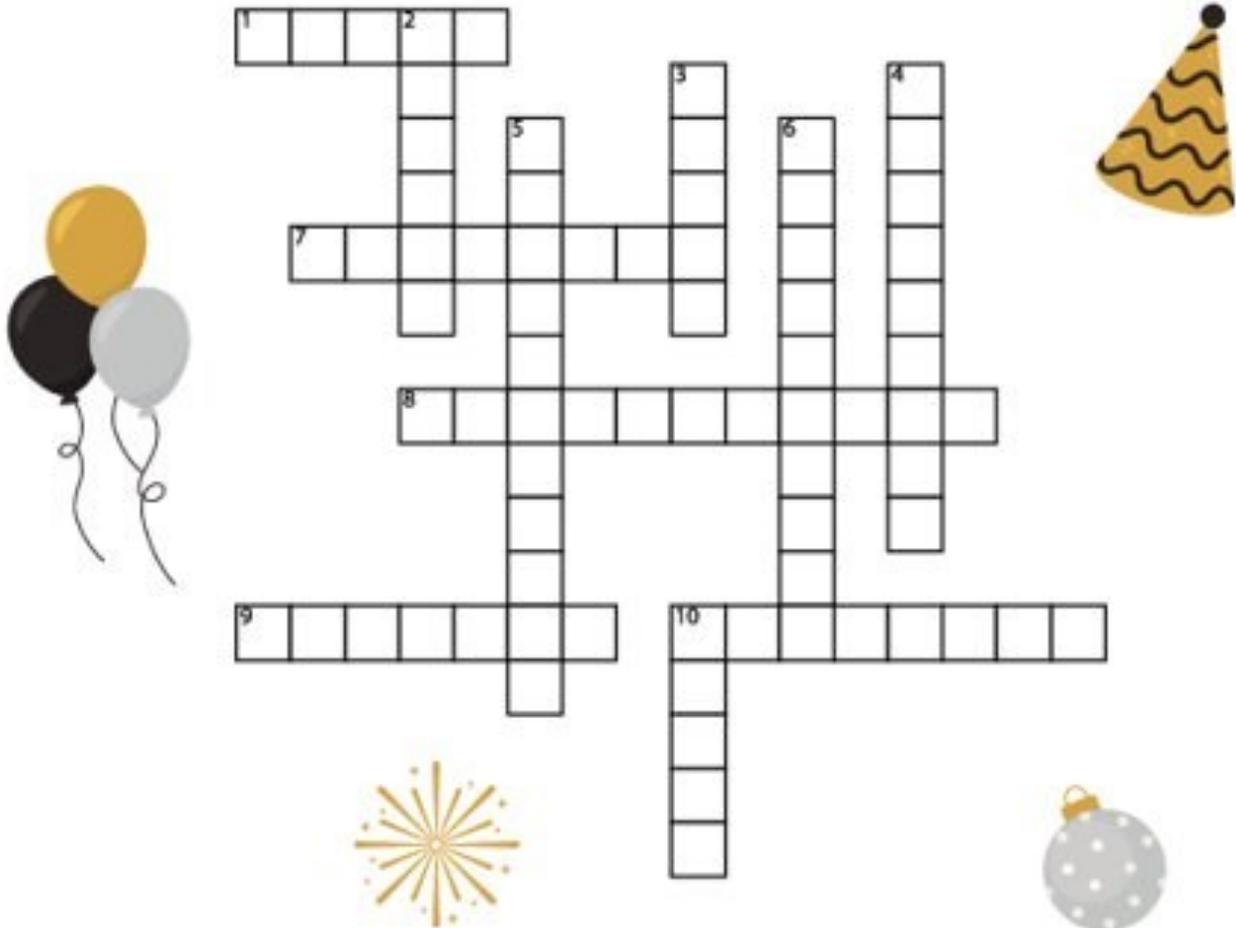
These modifications often require professional help to make a home more accessible for a wheelchair.

- Alter the shower for walk-in rather than step-over entry.
- Create zero-threshold entryways.
- Move light switches for easy reach from a wheelchair or bed.
- Widen doorways and hallways.

Source: AARP "Home and Community Preferences 2021".

HAPPY NEW YEAR

Solve the following puzzle based on the clues given!



Across

- [1] The Ball _____
- [7] Middle of the night at 12 o' clock
- [8] Intersection in New York City that is the site of annual New Year's Eve celebrations
- [9] New Year's Day
- [10] Small pieces of colored paper or streamers

Down

- [2] An organized public procession of people, bands, and floats
- [3] Celebration on New Years Eve
- [4] A spectacular display of the effects in the sky
- [5] A horn or rattle used to make noise at a party
- [6] That which is resolved or determined
- [10] You Checkout the Time on this Device



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