

**February
2025
Volume 111**

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.**

VALENTINE'S DAY

What Do People Do?

Many people celebrate their love for their partner by sending cards or letters, giving gifts or flowers and arranging meals in restaurants or romantic nights in hotels. People who would like to have a romantic relationship with somebody may use the occasion to make this known, often anonymously. Valentine's cards are often decorated with images of hearts, red roses or Cupid. Common Valentine's Day gifts are flowers chocolates, candy, lingerie and champagne or sparkling wine. However, some people use the occasion to present lavish gifts, such as jewelry. Many restaurants and hotels have special offers at this time. These can include romantic meals or weekend breaks.



Public Life

Valentine's Day is not a public holiday. Government offices, stores, schools and other organizations are open as usual. Public transit systems run on their regular schedule. Restaurants may be busier than usual as many people go out for an evening with their spouse or partner. Valentine's Day is also a very popular date for weddings.

Background

There are a number of Saints called Valentine who are honored on February 14. The day became associated with romantic love in the Middle Ages in England. This may have followed on from the Pagan fertility festivals that were held all over Europe as the winter came to an end. Traditionally, lovers exchanged hand written notes. Commercial cards became available in the mid nineteenth century.

Symbols

The most common Valentine's Day symbols are the heart, particularly in reds and pinks, and pictures or models of Cupid. Cupid is usually portrayed as a small winged figure with a bow and arrow. In mythology, he uses his arrow to strike the hearts of people. People who have fallen in love are sometimes said to be 'struck by Cupid's arrow. Other symbols of Valentine's Day are couples in loving embraces and the gifts of flowers, chocolate, red roses and lingerie that couples often give each other.

Article from: Timeanddate web page

| | | |
|---|--|---|
| | <p>RESIDENTIAL AGRICULTURAL INDUSTRIAL COMMERCIAL</p> <p>FREE ESTIMATES</p> <p><i>Fence Installations</i></p> <p>RAMONA FENCE, INC.</p> <p>760-788-1538</p> <p>CA LIC #534592</p> | <p>LET'S GROW YOUR BUSINESS</p> <p>Advertise in our Newsletter!</p> <p>CONTACT ME Anita Aguilar</p> <p>aaguilar@lpicommunities.com</p> <p>(800) 950-9952 x2677</p> |
| <p>ADVERTISE HERE to reach your community</p>  <p>Call 800-950-9952</p> | | <p>SUPPORT OUR ADVERTISERS!</p> |



Director's Corner ~ February, 2025



Why do people love February?

February is often known for being a month dedicated to and all about love. But February is not only about valentines and sweethearts; instead, it can also be a month for self-love and self-care, fostering relationships with family and friends, and loving others. It is also the shortest month of the year and the third month of winter.

Our Bingo Fundraiser will be held on Valentines Day, February 14th, right here at the Senior Center. Doors open at 3:30 p.m. and the first game starts at 5:00 p.m. Tickets are on sale now. Call 760-789-0440 or visit the senior center to reserve your spot. **GRAB A FRIEND & COME ON OUT AND HAVE A FUN EVENING WITH US!** You will receive a free hot dog, chips & drink with your purchase of a bingo pack.

Our Valentines Day lunch will be Wednesday, February 14th. You

don't want to miss our special Chicken Cordon Bleu. As always, this meal, and all our meals are prepared fresh Monday through 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. 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. You can make and send heartfelt cards or even make a phone call to others. This 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 are thinking about them is a beautiful way to share love.



REMEMBER!

We will be closed on Monday, February 17th, to recognize Presidents Day.

Did you know?

A dime has 118 ridges around the edge.

A cat has 32 muscles in each ear.

A crocodile cannot stick out its tongue.

A dragonfly has a life span of 24 hours.

A goldfish has a memory span of three seconds.

A "jiffy" is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.

Lora Yule,
Executive Director

Senior Humor

What do you call the world's smallest Valentine's Day card?

A valen-teeny.

What did the stamp say to the envelope on Valentine's Day?

I'm stuck on you!



What did one volcano say to the other?

I lava you!

What did the cucumber say to the pickle?

You mean a great dill to me.

How did the phone propose to his GF?

He gave her a ring.

What did the one sheep say to the other?

I love ewe!

And how did the other sheep respond?

You're not so baaaaa-d yourself.

What did the farmer give his wife for Valentine's Day?

Hogs and kisses!

What did one light bulb say to the other light bulb on Valentine's Day?

I wuv you watts and watts!

What do you say to an octopus on Valentine's Day?

I want to hold your hand, hand, hand, hand, hand, hand, hand!

Why did the sheriff lock up her boyfriend?

He stole her heart.

February

Birthstone

Amethyst

Flower

Violet



Signs

Aquarius
01/20 to 02/18

Pisces
02/19 to 03/20

SENIOR OF THE MONTH ~ BARBARA TYDINGCO

Barbara was born in Rome, Georgia. Her family moved to Canada when she was six years old and then moved to San Diego when she was seventeen. Barbara has 1 brother, Carl Faircloth, who lives in San Francisco with his wife and three children.

Barbara was going to San Diego State University and met the love of her life, Richard. They were married for 56 years until he passed six years ago. She says that Richard was the best man God ever made. Richard and Barbara have three children. Jennifer Noel, who lives in Ramona with her husband, son and two daughters; Elizabeth Edwards who lives in Minnesota with her husband and son; and, Richard Tydingoco who lives in Ramona.



Barbara and Richard lived in Poway for a time and decided they wanted a slower pace of life. They started building their home in May of 1977, it was completed in August of 1977, and they moved in. Barbara lives in that house to this day.

Barbara worked for the Poway Unified School District for 28 years, American Food Court (supplier of restaurant food to the military), had a home for those with special needs for 31 years and was an owner of fifteen Rice Kings throughout the United States. She was one of three original owners of Rice King Ramona.

Barbara loves to sew. In fact, if she wakes up in the middle of the night she goes to her sewing room and sews. She likes to go to plays and goes often with the Ramblers. She is involved in her church and volunteers at the front desk here at the Senior Center.

Economizers

**RAMONA'S BEST KEPT
HARDWARE SECRET!**

- ◆ Tools ◆ Rope ◆ Wire
- ◆ Plumbing ◆ Stain ◆ Paint
- ◆ Screws ◆ Nuts ◆ Bolts

760-789-4950

209 10th St. (Hwy 78), Ramona
10% Discount for Seniors 65+



BONHAM BROS. & STEWART
MORTUARY AND CREMATION SERVICE

Affordable Cremations & Burials
Pre-Planning • Headstones
Proudly Serving Our Community

www.bonhammortuary.com

(760) 789-1678

321 12th St. (12th & D) • Ramona FD 568

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

VOTED #1 BEST INSURANCE FOR 3 YEARS IN A ROW!

MEDICARE

We are on your side!
Let the Medicare Expert guide you!



**Annick's
INSURANCE
SERVICES**

1012 Main St #105
www.annickselby.com

760-789-0006



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Ramona Senior Center, Ramona, CA

B 4C 05-0664

THE IMPORTANCE OF LOVING YOURSELF

Self-love is important because it motivates much of our positive behavior while reducing harmful behavior. It both empowers us to take risks and to say no to things that don't work for us. It's a key component of building self-compassion.

Self-love helps us take care of ourselves, lower stress, and strive for success. But it also protects us from negative thoughts, self-sabotage, and pushing ourselves too far. It's important to recognize that knowing what to say "no" to is just as important as learning when to say "yes."

8 Ways To Practice Self-Love


Practicing self-love goes beyond the surface. It takes both outer and inner work to understand our value and feel good about ourselves. Here are eight ways to develop and practice self-love in your own life and learn how to love yourself:

1. Know Yourself.
2. Accept Compliments.
3. Build Self-Care Routines.
4. Prioritize Self-Compassion.
5. Nurture Positive Self-Talk and Affirmations.
6. Embrace Your Uniqueness.
7. Practice Gratitude For Your Body.
8. Set And Enforce Healthy Boundaries.

10 Signs Of A Lack Of Self-Love

Since a healthy amount of self-love has such beneficial qualities, you can probably guess that a lack of self-love can be detrimental. Here are some potential signs of low self-love:

1. Perfectionism and fear of failure.
2. Avoidance of self-care and neglect of personal needs.
3. Tolerating toxic or abusive relationships.
4. Difficulty saying "no" and over-committing.
5. Comparing oneself unfavorably to others.
6. Negative self-talk and constant self-criticism.
7. Difficulty setting and maintaining healthy boundaries.
8. Seeking external validation and approval excessively.
9. Engaging in self-sabotaging behaviors.
10. Chronic feelings of inadequacy or low self-esteem.



Remember to take care of yourself. Sometimes you get so busy taking care of others that you forget that you are important too.

Partial Article from BetterUp,
By Allaya Cooks-Campbell, 01/05/24

5 WAYS TO CUT YOUR WINTER ENERGY BILL

Looking for some quick tips to help you take control of your winter energy use and bill?

Blanket energy loss.

Wrap older water heaters with proper insulating jackets and set the temperature to 120°F (or lower).

Lower your thermostat.

Based on U.S. Department of Energy data, you can save as much as 10% a year on heating and cooling by turning your thermostat back 7°-10°F for 8 hours a day from its usual setting, health permitting. Maximize your savings by using a smart thermostat to reduce heating during on-peak hours.

Control energy use with a space heater.

Only heat the rooms you use. Close doors and vents in rarely used rooms and concentrate heat in your living spaces.

Reduce hot water use.

The longer you run hot water, the higher your energy use and bills. According to the EPA, running your hot faucet for five minutes uses about as much energy as 22 hours of light from a 60-watt light bulb.

Use small appliances.

Instead of using the oven, use small appliances such as a microwave, toaster oven or slow cooker which use less energy.

Take control of your energy savings today! Visit sdge.com/winter for more tips, tools and resources to help you save on your winter energy bills.



A fully vetted registry of caregivers that can provide assists from a 4hr visit to 24hr care

Compassion Care Services

Transportation • Meal prep & Clean up
Hospice • Housekeeping • Laundry • Bathing Errands
Med. Reminder • Companionship • Doctor visits

760-315-7737

PROFESSIONAL SENIOR CARE and Social Club

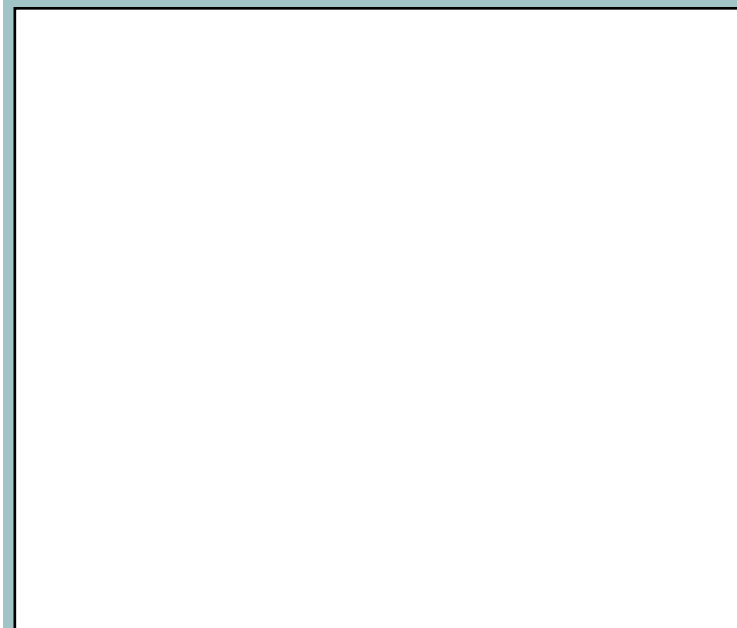
Always Sunny
RAMONA SENIOR DAY CLUB

CALL FOR A TOUR
760-654-2818

Fun & Engaging Activities
Personal Care Assistance
Family Caregiver Respite

ramonaseniordaycare.com

For Older Adults Living With:
Mobility Issues Isolation
Alzheimer's Disease Dementia
Parkinson's Disease Diabetes



IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT **\$19⁹⁵** /mo.

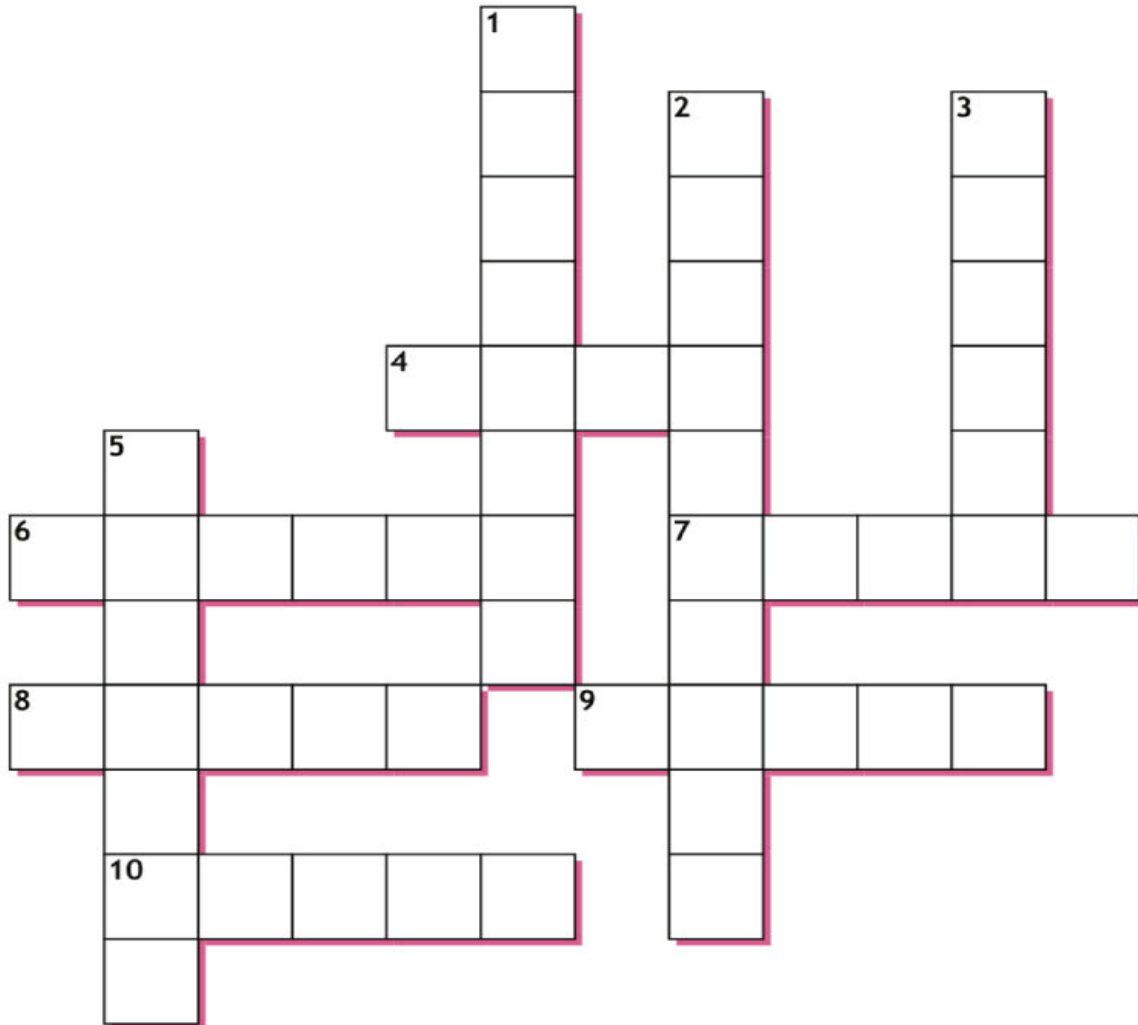
✓ Ambulance ✓ Police ✓ Family
"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert

800.809.3570 * md-medalert.com



Valentine's Day

Crossword Puzzles



Across

4. it makes the world go around
6. two individuals of the same sort considered together.
7. The organ is the main power to your body
8. move rhythmically to music, typically following a set sequence of steps
9. sweets for the sweets
10. Quivers and bow

Down

1. make an offer of marriage to someone
2. a person with whom someone is having a romantic relationship
3. The main meal of the day, taken either around midday or in the evening.
5. a book or movie dealing with love in a sentimental or idealized way.